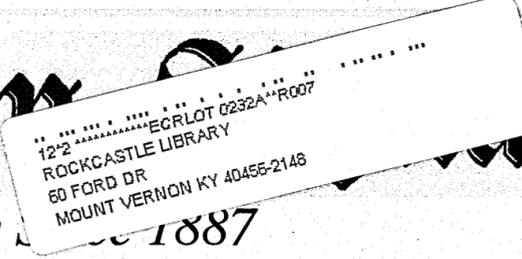


# Mount Vernon

Serving Rockcastle County



Mount Vernon, Kentucky 40456 - (606) 256-2244 Volume 131 • Number 5 .50 per copy Thursday, February 9, 2017



A three-vehicle crash shut down I-75 southbound last week after a tractor trailer hit a stalled car driven by Jill Pillion, of Mount Vernon, in the northbound lane. Both vehicles burst into flames and the truck and car crossed the median where a southbound vehicle was hit as well. No injuries were reported from the crash as Pillion leaped from her vehicle just before the tractor trailer hit her car.



## Fiery crash blocks I-75

No injuries reported

**By: Mike French**  
I-75 in Rockcastle County was shut down once again Thursday, February 2, after a fiery crash and totaled vehicles blocked the highway. However, the wreck left no one hurt.

Police say the southbound lanes of I-75 at mile marker 63 was shutdown for nearly three hours last week after a car, driven by Jill Pillion, of Mount Vernon, began to stall and lose power in the northbound lane.

According to reports, Mrs. Pillion realized it was dark and she saw a tractor trailer was about to crash into the rear of her car. So, bailed out of her vehicle just as impact occurred.

Officers say Pillion leaped from the stalled vehicle just as the tractor-trailer hit her car and both vehicles burst into flames. The tractor-trailer, driven by Randy Thurmond of London, and Pillion's car then crossed the median and hit another vehicle in the southbound lane, driven by Inez Hines of Paris.

Kentucky State Police worked the scene and troopers stated the quick thinking

of Pillion undoubtedly saved her life.

Reports say once the crash was over, Thurmond left the tractor-trailer to help Pillion but when he reached her car he realized she was not there.

The interstate was blocked for nearly three hours and reopened around 10 a.m. Thursday morning after officials removed the burned vehicles from the highway.

Police say no one was injured in the major crash and Pillion went home after the incident, while Hines went to work from the crash.

"God was with these people today," said KSP Trooper Scottie Pennington.

Troopers say they have worked hundreds of accidents on I-75 in Rockcastle County in the past several years and that most of them occur at mile markers 55, 70 and 62.

The widening of I-75 in the county is expected to begin in March. This is expected to greatly reduce the unusual number of accidents in the area but will cause substantial traffic congestion during the construction.

## RCIDA views new high-tech drone video of Industrial Park

Provided by East Kentucky Power and Jackson Energy

**By: Mike French**

Three members and the vice chairman of the Rockcastle County Industrial Development Authority (RCIDA) attended this month's regular meeting Monday at the Court House, Rockcastle County Judge/

Executive Doug Bishop also attended.

Members were presented with a ground breaking new drone video of the Rockcastle Industrial Park, created by East Kentucky Power and Jackson Energy,

according to Jamie Gaddis, Director of Community and Economic Development of

Jackson Energy.

The video was shown to members on an overhead

projector and gives prospective site lessors an overall view of the entire area with very specific dimensions and property lines as well as demographic information.

"This is cutting edge technology, Gaddis said. "We created this video for your use to help promote and develop Rockcastle County."

Vice Chairman Corey Craig said the video is a great help to the community. "This is a very useful tool and shows the many resources that we can offer

prospective site selectors," he said. "This is excellent marketing and we owe a big debt of gratitude to Jackson Energy and East Kentucky Power for providing this video."

Bishop agreed saying, "We, as a community, want to thank you and Jackson Energy for all you do for our community. You have been a huge help to us over the years and you do more than people realize."

Craig praised the video's (See "RCIDA" on A8)

## Local grass fires keep volunteers busy this week

**By: Mike French**

Grass fires are keeping local firefighters busy this year and it's a typical yearly occurrence, according to John Dyehouse, Chief of the Brodhead Fire Department.

Members of the BFD were called to a grass fire Thursday, February 2, at Highway 150 and Maretburg Road. According to officials, due to windy conditions and recent frosts, grass fires are becoming much more likely.

The fire was controlled

before it became a danger to the community.

On Friday, February 3, BFD volunteers were called to Ky. 1505 (Bridle Ridge Road) where another grass fire had gotten out of control. It took a brush truck and a fire engine to extinguish those flames before it reached a nearby structure.

On Sunday, February 5, BFD volunteers were called to Burdette Subdivision Road where another grass

(See "Fire" on A8)

## Another arrest made in roundup

Alvin Knuckles, 48, of Dudley Station Road, Orlando, was arrested Wednesday, February 1, as part of the massive Mount Vernon drug dealer roundup that took place recently.

Police were unable to locate Knuckles on the day of the roundup (January 26) but located him this week, according to the ar-

rest report.

Knuckles is the 19th person arrested in the meth dealer roundup in Mount Vernon and the report says Knuckles sold 1/2 gram of meth to a poconfidential police informant during the nine month investigation.

Knuckles is being held on a \$10,000 cash bond.

## Brodhead sewer work now near completion

**By: Mike French**

In order to meet EPA requirements and upgrade and protect city sewer lines, the City of Brodhead has recently contracted an outside company to reline all the

city's sewer lines.

The city had received EPA fines in the past since the sewer plant is rated to accept 150,00 gallons of water per day but was reaching 220,000 gallons per day,

due to ground water leakage.

GRW Engineers were hired to oversee the work and members of the Brodhead City Council have been happy with the work thus far.

The project is very near completion now, according to Brodhead City Clerk Becky Bussell.

"The work is very near completion for the city and

(See "Sewer" on A8)

## FedEx faces third lawsuit for truck accidents locally

**By: Mike French**

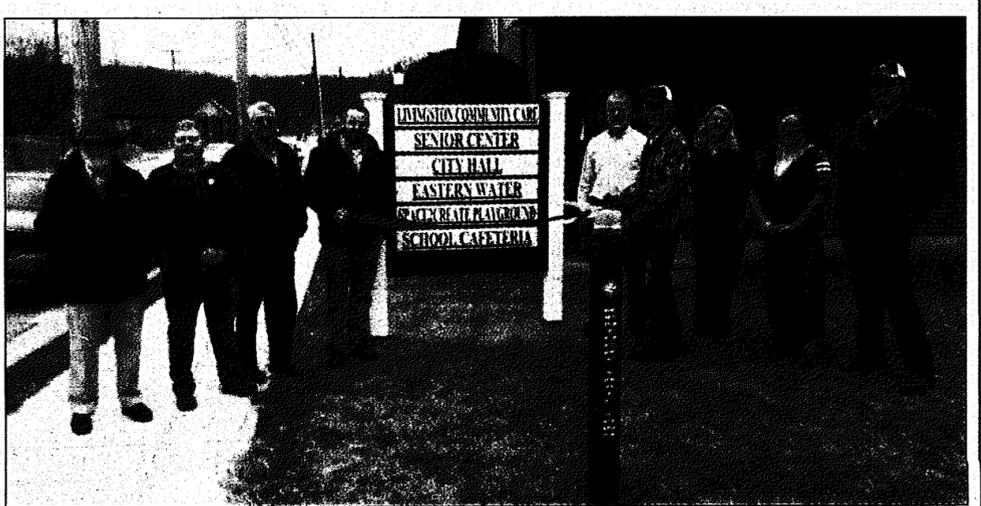
As the FedEx Ground Packaging systems Company already faced two lawsuits stemming from tractor-trailer accidents in Rockcastle County in 2015, another was filed this week by the office of Attorney Charles D. Johnson on behalf of Dusty W. Powers of Bell County.

In 2015, three tractor trailer accidents, involving FedEx trucks, happened on

I-75 in the county, according to lawsuits filed in Rockcastle Civil Court.

The latest lawsuit named FedEx Corporation and Schoonover Transit, Inc in the suit for an accident that occurred on May 19, 2015. The six vehicle accident involved the death of two travelers and the injury of others, including Powers, according to the suit.

(See "Suit" on A8)



A grand opening was held last Friday at the Livingston Community Care facility in Livingston. The new facility is located in the building next to the former Livingston School. Community Care will be operated by Dr. Thomas Fowles and will be open every Friday from 10 a.m. to 6 p.m. Attending the ribbon cutting ceremony were, from left: Mt. Vernon Mayor Mike Bryant, Rockcastle Jailer Carlos McClure, County Judge-Executive Doug Bishop, Livingston Mayor Jason Medley, Dr. Fowles, his wife, Amy Fowles, Livingston City Clerk Trish Doan and Magistrate Mike McGuire. Cutting the ribbon is Dewayne King, Rockcastle County Work Release Supervisor.

### Of Special Note Inside

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# ramblings....

by: perlina m. anderkin

I am really beginning to get annoyed with this "old age" stage of my life. Not only do I spend an inordinate amount of time, standing in my home, wondering why I am in that particular spot. I realize that I had a reason to be there originally but, by the time I arrive at that spot, I have completely forgotten what my original purpose for going there was and have to return to my starting point and hope the purpose returns.

Then, Tuesday, I ordered my lunch at Hardee's, drove to the window, paid the lady, answered my cell phone, took my soft drink and proceeded to drive off without my three piece chicken tender lunch. By the time I had finished my conversation on my cell, I was pulling into my garage. I realized at that point that the Hardee's sack sitting next to me was empty (it had contained my breakfast from said restaurant) but I was too sorry to drive all the way back to Hardee's to retrieve the lunch I had already paid for and driven off without so a peanut butter sandwich sufficed. Of course, there are numerous other annoyances to being a "senior" and, to be perfectly honest, I am appreciative of the fact that I am still on this earth to be annoyed but (and you knew there would be one didn't you?) I would be more appreciative if (1) I didn't have to soon make an appointment to get checked for a much-needed hearing aid (2) still had enough energy to chase Allison's two small children around without having to call in reinforcements and (3) could remember people's name whom I have known for 50 years -- including my own children's occasionally.

I am still blessed with relatively good health and my moments of lucidity are still fairly common (do not listen to my children on that point!).

Anyway, I am happy to be this age, most of the time, considering the alternative and considering several friends and family who didn't have the opportunity to reach old age.

I will putter along, as long as the Good Lord allows me but it's really nice to have my own personal column to vent in occasionally.

BTW. The level of absurdity in D.C., and across the country, has reached a level never seen before.

Maybe the Founding Fathers should have included a provision in the Constitution that once this level is reached, every elected official goes home and the first 400 names from a public phone booth are chosen to replace them, except, of course, it would have to be a phone book from the interior of

our country since we know what party would likely be going, in the vast majority, to our nation's capital from either coast.

I can't deal with all the drama being acted out by both parties at this point so I have reverted to my actions during the six months or so leading up to the election and started ignoring the news again. At least this way I have more time to play games on my computer and read my Kindle and to spend trying to remember well, just anything.

## Aces Over

By Mike French



I can't imagine the changes seen by those who are a lot older than I. In just my meager years, I have seen a difference in America that amazes me every day.

I remember well when Barbara Eden showing her belly button on the "I Dream of Jeanie" television show was the biggest news in the country. Americans with values and morals were outraged that this woman would show her body to anyone watching television.

The very idea that a woman would show her belly button on national television was reprehensible to the religious sections of the country.

I remember very well when the Ed Sullivan Show refused to film Elvis Presley below the waist because he shook his hips when he sang and it was deemed immoral and vulgar and should not be shown on television.

The fact that Elvis moved his hips in front of people seemed so vulgar and deplorable.

I remember when a curse word of any kind was never heard in public. Not on TV or on the street or on protest signs. I'm sure there was cursing, but it was behind closed doors and in private where others couldn't hear it.

I remember when two men or two women being together in an intimate way was an abomination. It was considered sick and grotesque and anti-Christian. Probably had something to do with The Bible saying it is an abomination.

I remember when police officers were respected and admired and soldiers were held up on a pedestal and honored for protecting our freedoms.

I remember when welfare was for those who couldn't work instead of those who wouldn't.

I remember when Social Security was money placed aside to be given back to those it was taken from, upon retirement. It wasn't spent on pet projects or used to save an owl. It belonged to those it was taken from.

I remember when people gave thanks before

## Points East

By Ike Adams



Ever since moving to Paint Lick in 1982, I have deemed the first two weeks of February as "pole-cat love season". It lasts a little longer than the little black-berry, redbud, dogwood, etc. "winters" we have every spring but it almost always corresponds with the first little warmer-than-normal-spell we have after the end of January and then lasts for a couple of weeks

no matter how the weather happens to turn.

During pole-cat love season it is normally impossible to drive from Paint Lick to Berea or Richmond without smelling skunks at practically every bend of the roads and seeing numerous skunk carcasses either in or alongside the pavement. A few years ago Loretta and I counted 28 dead skunks on 52 in a ten mile stretch of road between our place and Richmond. In the meantime, there were over a dozen visible on the ten miles of 21 between Paint Lick and Berea. Heaven only knows how many had been mortally injured but still able to crawl out of sight.

I remember writing about a polecat incident

(Continued on A-3)

## T.J.'s Journal

by: Tonya J. Cook



It's True: You Don't Miss It Until It's Gone

Dear Journal,

The old cliché is true. You'll never miss anything until it is gone. We take things, even people, for granted until they're gone.

About a week ago while I was making some cookies to take to a meeting, the oven went out. Thankfully, the cookies were within a minute or so of being done and the remaining heat finished baking them.

I was in the living room when I heard a "funny" noise in the kitchen. I hurried in there to investigate. The noise was coming from the oven and a light was flashing with "E1" dis-

played. I tried to reset the oven only for the noise and the "E1" to start again. I gave up and turned the oven off but it wouldn't stay off. Fearing fire, I called Stanley to come home to pull the stove out from the wall and unplug it.

I should have suspected a problem. When I'd stir something in a metal pan with a metal spoon, I would get a little shock on occasion, but not every time. There must have been a short somewhere.

Stanley came in from work and wrestled the stove out from the wall and unplugged it. Now we were

(Continued on A-3)



## Great Saltpetre Preserve...

Dear Editor,

Greetings from the Great Saltpetre Preserve! We had a great 2016, and would like to thank our neighbors who attended our Open House. We had over 2,800 visitors at the event last year, our largest turn out on record!

Also last year we took over 570 youth group members on caving trips, which

included the fun of going caving while also incorporating education on caves and preserving nature for future generations. In addition to the youth group members, we had 902 students from Rockcastle, Lincoln, Jackson, Madison and Laurel Counties along with 135 teachers, aids, parents and grandparents visit for field trips. They toured the

(Continued on A3)

him get so upset. He launched himself out of the truck and stomped around until he drew a crowd. I remember thinking that if he kept it up, he was likely to be arrested; but he finally calmed down when the police arrived. He was genuinely distressed by the damage of his new truck and had it repaired immediately.

The trucks of my Dad's day were totally different from the massive, four-wheel-drive, monster trucks of today. He only drove half-ton trucks, and like many others of that day, the bed was always littered with tools, chains, and buckets. At that particular time in his life, he owned three chicken houses that held 13,000 birds at a time. His truck served as a combination vehicle -- a chariot for his family on Sunday and a workhorse the rest of the time.

To me, there was just something special about riding with my Dad in those trucks. I think that most men, even those who don't drive them, still have an animal magnetism toward trucks. Maybe it's genetic.

When I was teaching chemistry at George Rogers Clark High School in Winchester, I brought home a new 1988 GMC Sierra with a cap on the bed. My wife was not a "happy camper." Although we did camp in that big, red pickup for one season, I will admit that it was under a bit of duress. I found myself trading it in on a new conversion van the very next year. That truck was a 4WD, V8 and equipped with a four-speed transmission on the floor.

Once, while I still owned that truck, classes were dismissed early for snow. My friend Larry Jefferson and I had a blast "four-wheeling" on the back roads of Clark County. The snow drifts were huge, and we simply went through of over them. We spent the afternoon looking for drifts and snow banks to drive through. It was a most pleasurable afternoon in the snow.

Despite my admiration for Daddy's trucks, the '88 GMC was my only new pickup. I must admit that there was something special about having that much power and sitting higher in the saddle, looking down on the rest of the world. I can readily understand the lure of big trucks. Like I said, maybe it's in the genes.

(You can reach me at themtnan@att.net or you can drop me a line at 2167 Furnace Road - Stanton, KY 40380. I appreciate your comments and suggestions.)

## Mount Vernon Signal

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**"T.J.'s"**

(Continued from A-2)

"stove-less". We can't really complain; it has lasted about fifteen years. What more can you expect?

Now comes the fun part, trying to find another stove. Flat top or one with burners? Which is better? Stoves have really gone up in price, so we're in the shopping-around phase. I'm not opposed to getting a good "new-ish" stove, either.

For now, we're eating sandwiches, salads, and things heated in the microwave. We've made use of our toaster oven and crock pot, too. We made our share of trips to restaurants, but that's not new to us, either. It's truly been an adventure in cooking, or in the lack thereof.

**"Letters"**

(Cont. from A2)

Great Saltpetre Cave and learned about the cave environment and its preservation.

Since 2013 the cave has been listed on the National Register of Historic Places to recognize the importance of preserving this natural landmark.

Please visit [www.nps.gov/nr/feature/places/13000565.htm](http://www.nps.gov/nr/feature/places/13000565.htm). Once on this page click the link to view the complete listing in pdf format.

The Great Saltpetre Preserve is managed and run by a vast group of volunteer cavers and owned by the Rockcastle Karst Conservancy. We hope to see you at Open House this year, the weekend after Mother's Day, to take a tour of the Historic Great Saltpetre Cave with your friends and family.

Thanks!  
Dan Zubal

**Money Tip for Students**

**Be cautious about credit card offers**

College students and high school seniors headed for college may receive letters offering them credit cards with zero percent fees. They should read those offers carefully, advises the Kentucky Higher Education Assistance Authority (KHEAA).

Most cards that offer zero percent interest to new cardholders do so for only a limited time, perhaps six months. After that, the interest rate may rise to more than 20 percent, depending on the cardholder's payment record during the introductory period.

If all the purchases are not paid off before the introductory rate expires, the higher interest rate may be applied to those purchases from the time they were made.

Students should contact the credit card issuer to make sure they understand exactly what their obligations will be. It is always a good idea to get that information in writing and to save it for future reference.

KHEAA is the state agency that administers Kentucky's grant and scholarship programs, including the Kentucky Educational Excellence Scholarship (KEES).

KHEAA provides financial literacy videos at <http://itsmoney.kheaa.com>. KHEAA also provides free copies of "It's Money, Baby," a guide to financial literacy, to Kentucky schools and residents upon request at [publications@kheaa.com](mailto:publications@kheaa.com).

For more information about Kentucky scholarships and grants, visit [www.kheaa.com](http://www.kheaa.com); write KHEAA, P.O. Box 798, Frankfort, KY 40602; or call 800-928-8926; ext. 6-7214.

**Giving back**



Mt. Vernon Police Department raised money during the 2016 Bittersweet Festival with a dunking booth with over 300 dollars raised. The police wanted to give back to the kids so the decision was made to purchase items for Mt. Vernon Elementary School Snack Pack Program. Additional donations were from Mt. Vernon IGA, Mt. Vernon Save A Lot and Frito Lays. Special thanks to the police officers that participated in the dunking booth: Brian Carter (Police Chief MYPD), Joe Rush (Assistant Chief MYPD), Brian Maupin (KSP), Adam Hensley (KSP), Matt Bryant (Sheriff Dept.) and Jeff Parker (former MYPD). Pictured from left are: Alan Petty (Mt. Vernon IGA), Regina Hull-Brown (MVES), Joe Rush (Assistant Chief MYPD), Brian Carter (Chief MYPD) and JD Bussell (MVES Principal).

**"Points East"**

(Continued from A-2)

that happened on 21 but it may not have been the same year.

I am, however, sure that it happened during the peak of pole-cat love.

We were coming home from Berea a couple or three hours after dark and came upon a stretch of road where traffic was stopped in both directions with more than a dozen cars in front of us sitting stock still and even more than that headed toward Berea were stopped from the opposite direction.

There were no emergency vehicles or law enforcement lights or sirens to be heard. In fact it was eerily quiet.

A fellow pulled up behind me, tapped on the window and asked what was going on, so we decided to walk on up the road to see if we could figure out the problem. This was before the days when everyone had cell phones and we figured that maybe it was an accident that had not yet been reported because there were no homes very close by.

After walking past several vehicles we noticed that there was considerable space, 100 feet or more, between where the east bound traffic was stopped and the front car of our westbound line. Small crowds were gathered near the fronts of each line of cars watching two honeymooning skunks doing what honeymooners do except they were doing it between the double yellow lines of highway 21.

About the time we saw what was going on we saw one of the east bounders step out of his crowd with a rock that looked to be about the size of a soft ball. He looked exactly like a bowler when he let it fly and even did the back leg cross move as he released the missile.

It was not a perfect strike because he hit the head pin dead on but he certainly caused the split he was hoping for as both skunks flew off the road in opposite directions, whereupon they caused a terrible stink.

People were screaming, scrambling to escape the gas attack, and, to this day, I am still amazed that nobody was trampled or seriously injured after the pole-cat love fest was so rudely interrupted.

Last Monday night Loretta and I made an early evening run to Berea between 8 and 9 PM. And I only saw one dead skunk beside the road and I was trying to keep a keen eye out for them. The only one I saw had obviously been there for a few days because the normally attendant odor was gone. We never smelled any skunk evidence in either direction. On the other hand, we have frequently smelled skunks since late fall and throughout the winter to date.

It has not been unusual to see a dead one on the road or to smell where one has been. In fact, it has been unusual to make a trip to either town for at least the last two months without encountering a polecat.

I suspect that the unseasonably warm weather has kept them busy all winter and that 2017 is not going to experience a pole-cat love rush. The only problem is that I don't know whether to be happy or sad about the situation.

I've always, since moving here, considered pole-cat love season to be the first harbinger of spring, but so far, we have not had a winter.

**Rockcastle Community Bulletin Board**

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**Bookmobile Schedule**

**Monday, February 13th:** Spiro, Level Green, Willailla.  
**Tuesday, February 14th:** Ottawa and Bee Lick.  
**Wednesday, February 15th:** Day Health/Senior Citizens Center, Wayne Stewart Center, Cave Valley, Rockcastle Villa. Schedule subject to change due to weather conditions.

**Class of RCHS 2007 Reunion**

There will be a meeting Monday, February 27th at 6 p.m. at the Aunt Polly House in Renfro Valley at 6 p.m. to plan for the RCHS Class of 2007's ten year reunion. Graduates from this class are welcome and encouraged to attend.

**RCLL Registration**

Register now for RCLL Baseball (boys and girls ages 3-12) and Softball (girls ages 9-12). Request a registration form by emailing [rockcastlelittleleague@gmail.com](mailto:rockcastlelittleleague@gmail.com) or stop by Jack's Hardware in Mt. Vernon. Call 606-392-1539 for any questions.

**New Hospice Volunteer Training**

A new session of Hospice Volunteer Training will be held Saturday, February 25th from 9 a.m. to 4 p.m. Hospice Care Plus is seeking compassionate volunteers to help answer phones at the Compassionate Care Center to support home hospice patients and caregivers in Rockcastle County, and to fill a variety of other roles. Adults and teens, age 14 and up, are welcome. To register for the New Volunteer Training, contact Brenna at 859-986-1500 or email [hospice@hospicecp.org](mailto:hospice@hospicecp.org).

**Grandparent Support Group**

Are you raising a grandchild in your home? If so, you are invited to attend our support group meeting. The next meeting will be Thursday, Feb. 16th at noon at the Rockcastle Co. Extension Office, 1050 W. Main St., Mt. Vernon. Guest speaker will be Chief Circuit Court Judge Jeff Burdette. If you plan to attend, contact: Angie Payne at 256-5118 or Jessie Mahaffey 256-4818. This free service is provided by the Family Resource & Youth Service. Meeting will be cancelled if there is a snow day.

**RRTA Meeting**

The Rockcastle Retired Teachers' Association will meet Wednesday, February 15th, beginning at 11:30 a.m. at Limestone Grille. Featured speaker will be Steve Estes, President and CEO of Rockcastle Regional Hospital and Respiratory Care Center. He will provide information about the variety of services offered by Rockcastle Regional and will discuss plans for the new addition to the hospital which will be opened later this year. Please join your fellow retirees for this informative meeting.

**KPR Meeting**

The Cumberland Valley Chapter of the Kentucky Public Retirees (KPR) will meet Tuesday, February 14th at David's Steak House, 125 W. Cumberland Gap Parkway in Corbin. Mealtime will begin at 11:30 a.m. with the meeting to follow. Guest speakers will be a representative from Anthem Blue Cross/Blue Shield Insurance. Any retiree (and their spouse) receiving retirement benefits from KERS, CERS or SPRS is welcome to attend. Membership information will be available at the meeting or on the website [kentuckypublicretirees.org](http://kentuckypublicretirees.org). For more information, call 606-877-0079.

**T.O.P.S. of Brodhead**

Join us in 'Taking off Pounds Seriously' at the Brodhead Community Center, 36 Castle Village Drive on Thursdays at 5 p.m. Ladies and gentlemen both welcome. For more information, [TOPS.org](http://TOPS.org) or call 758-9852

**Chamber of Commerce Meeting**

The Rockcastle County Chamber of Commerce meets once a month, on the third Tuesday, at noon at Limestone Grille. All members are encouraged to attend.

**VFW Post Item**

VFW Post 5908 at Lake Linville welcomes all members and is also looking for new and associate members. New hours are: Wed. - Sat., 5 p.m. to ? Call 606-386-1490 for more information.

**Rockcastle County Recovery Meetings**

- \*Celebrate Recovery-Brodhead: Located in the Community Outreach Center (next to Fairgrounds), every Monday, 6 to 8 p.m. 606-308-3368 or 606-308-3099.
- \*Celebrate Recovery-Northside Baptist every Tuesday, 6 to 8 p.m. 606-256-5577.
- \*Celebrate Recovery-Step Studies. Northside Baptist, Wednesday at 7 p.m. 606-256-5577.
- \*Broken Chains Bible Study at Cruisers Motorcycle Sales on Hwy. 25 North, 4 miles north of Mt. Vernon every Thursday at 6:30 p.m. 859-302-2431.
- \*Celebrate Recovery-Livingston at Livingston School cafeteria. Friday, 6 to 8 p.m. 859-314-7828.

**DAR Meetings**

The Rockcastle Chapter of the Daughters of the American Revolution meets the first Monday of each month, September-May at 6 p.m. at First Christian Church in Mt. Vernon. All prospective members are welcome to attend.

**Brodhead Lodge Meeting**

The Brodhead Masonic Lodge #566 meets every third Saturday at 7 p.m. on Main Street in Brodhead above Brodhead Pharmacy.

**Alcoholics Anonymous**

Alcoholics Anonymous meets Tuesday nights at 8 p.m. behind Our Lady of Mt. Vernon Catholic Church on Williams St. in Mt. Vernon.

**Kiwanis Club Meetings**

The Rockcastle Kiwanis Club meets every Thursday at noon at the Limestone Grill. Everyone is invited.

**Historical Society Hours**

The Rockcastle Historical Society is open on Mondays from 10 a.m. to 2 p.m. in the RTEC garage building.

**American Legion Post 71**

American Legion Post 71 meets the second Thursday at 6 p.m. of each month at the Limestone Grill. Commander Tommy Hodges invites all Rockcastle veterans to join this organization that honors American soldiers, sailors and airmen.

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# Obituaries



## Bethanie Bretz

Bethanie Bretz, 44, of Brodhead, daughter of James and Kathleen, died Tuesday, January 31, 2017 at the Richmond Compassionate Care with family by her side. She was born November 25, 1972 in Carlilise, to James and Kathleen (Lessard) Bretz. She was a member of the Ottawa Baptist Church and loved gospel music. She also enjoyed bowling and building model trains.

Those left to celebrate her life are: her parents James and Kathleen Bretz of Brodhead; brothers, Justin Bretz of Lexington, Louis (Linda) Bretz of McKee, and James Bretz, Jr. of Brodhead; sister, Michele Bretz of Providence; paternal grandmother, Lula Baldwin of McKee; nieces, Amber Bretz, Brittany Ferguson, Ann Elizabeth Ellis and a very special niece, Kalissa Bretz; nephews, David Bretz and Jacob Ferguson; as well as many friends and neighbors.

A memorial service was held Friday, February 3, 2017 at the Flat Rock Baptist Church in Orlando with Bros. Larry Burton and Jim Craig officiating.

Condolences may be made at [www.marvineowensfuneralhome.com](http://www.marvineowensfuneralhome.com)



## Eula Mae Mink

Eula Mae Mink, 67, of Mt. Vernon, died Wednesday, February 1, 2017 at UK Hospital in Lexington after a long illness. She was born August 9, 1949 in Somerset, the daughter of the late James Luther and Evelyn Price Trett. She was a retired seamstress, enjoyed going to church, cooking, and singing, and was a member of the Line Creek Baptist Church.

Survivors are: one son, James (Susan) Mink of Mt. Vernon; one daughter, Lisa Mink of Mt. Vernon; one brother, J.D. Trett of Somerset; five sisters, Sherlene (Ralph) Gilliam, Iva Dean (Jim) Wallace, Velma Vaughn, and Janet Ann Griffin, all of Somerset, and Carol Acey of Science Hill; and one grandchild, Michael Strunk.

She was preceded in death by: her husband, Leo Mink; and three brothers, James and Denver Trett, and Roy Denzil.

Funeral services were conducted Saturday, February 4, 2017 at the Cox Funeral Home with Bro. Jack Harris and Bro. Tim Renner officiating. Burial was in Mize Cemetery.

Send condolences online at [www.coxfuneralhome.com](http://www.coxfuneralhome.com)



## Paul David Brumett

Paul David Brumett, 61, of Waynesburg, died Tuesday, January 31, 2017 at home with family by his side. He was born December 11, 1955 in Hamilton, OH, a son of the late Ernie Paul and Elizabeth Burdette Owens Brumett. He was a member of Grace Fellowship Church and found great joy in hunting, old cars and basketball, he had coached little league for six years. On March 26, 2011 he was united in marriage to Teresa Bullen and they enjoyed five years together.

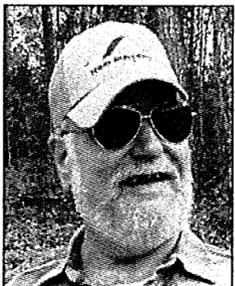
Those left to celebrate his life are: his wife, Teresa Brumett of Waynesburg; his children, David Ross Brumett and Phillip Todd Brumett of Waynesburg; grandchildren, Nathaniel David Brumett, Mary Elizabeth Brumett, Natalie Grace Brumett, Natasha Brooke Brumett, Kayla Renne Brumett, Matthew Peyton Brumett Pleasants, and Eli Daniel Brumett Pleasants; brothers, Mark A. (Lori) Brumett and Richard T. Brumett, both of Waynesburg; sisters, Beverly Ann Brumett (Frank) Ketron of Melbourne and Cathy E. (George) Pleasants of Stanford; as well as a host of nieces/nephews, friends and neighbors.

Besides his parents, he was preceded in death by a son, Matthew Wade Brumett.

Funeral services were conducted Friday, February 3, 2017 at Grace Fellowship Church with Bro. Volva Brown officiating. Burial followed in the Piney Grove Cemetery in Brodhead.

Casketbearers were: Johnny Adkins, Wayne Young, Bobby Hatfield, Raymond Schuler, Eddie Roberts and Dale Cox.

Condolences may be made at [www.marvineowensfuneralhome.com](http://www.marvineowensfuneralhome.com)



## Frank Maples

Frank Maples, 63, of Mt. Vernon, died Sunday, February 5, 2017 at his residence. He was born August 23, 1953, a son of the late Casper Lee and Ruby Irene (Croucher) Maples. He was a dozer operator in the coal industry and also served as a Rockcastle County Constable. He was a member of Roundstone Baptist Church and he took great joy in hunting and collecting knives.

Those left to celebrate his life are: his son, Matthew (Loren) Maples of Brodhead; brothers, Lester Maples of Richmond, and Vester (Judy) Maples of Mt. Vernon; as well as many friends and neighbors.

Besides his parents, he was preceded in death by an infant sister.

Funeral services were conducted Wednesday, February 8, 2017 at Marvin E. Owens Home for Funerals with Bro. Shannon Franklin officiating. Burial was in Meret Cemetery.

Casketbearers were: Vester Maples, Scottie Pennington, Craig Sutton, Ernie Boggs, Delzie Kelley and Leon Clark.

Condolences may be made at [www.marvineowensfuneralhome.com](http://www.marvineowensfuneralhome.com)

## March 1st is deadline for Kentucky Artisan Center Exhibit

The year 2017 marks the 225th Anniversary of Kentucky becoming a state and the Kentucky Artisan Center at Berea will honor that history with the exhibit, 225: Artists Celebrate Kentucky's History.

This new exhibit will be March 25-Sept. 23, 2017, in the center's main gallery and will feature both two and three dimensional works that record, capture, embrace and celebrate a facet or subject from Kentucky's 225 year history.

With a long and rich history behind it, Kentucky offers artists a multitude of historical subjects, ideas, traditions and connections. Original works by Kentucky artists that use this history as a subject, focal or starting point will be considered for this exhibit. Kentucky history should be an integral part of each creation as conveyed by choice of subject or it may connect style wise to a historic Kentucky creative tradition such as the Shakers. Works submitted can be functional or non-functional with no dimension exceeding 4 feet.

As part of this exhibit, artists will be asked to write about the particular Kentucky history that inspired their work and give some background and insight into both the history and their creative processes.

Information about the exhibit and an entry form are available. Artists can also request an entry form and prospectus by mail from the: Kentucky Artisan Center at Berea, Attn: "225", 200 Artisan Way, Berea, KY 40403 or by calling 859-985-5448. The deadline for entry is March 1, 2017.

For more information about events call 859-985-5448, go to the center's website or visit us on Facebook.

The Kentucky Artisan Center at Berea is an agency in the Tourism, Arts and Heritage Cabinet of the Commonwealth of Kentucky.



A truck driven by Mount Vernon resident Joseph Poole crashed into the telephone pole in front of PBK Bank Tuesday afternoon. Assistant Police Chief Joe Rush said Poole lost control of the vehicle in the heavy rain that fell for a short time causing him to veer off the road into the pole. Though Poole was not hurt in the accident, the pole was snapped and the traffic lights on the pole were broken.

## Kentucky Afield Outdoors

# FINs lakes stockings offer great late winter fishing

Five new lakes enrolled in the Fishing in Neighborhoods Program (FINs) will receive stockings of trout in February, a boon to anglers tired of being house bound.

Flemingsburg Old Reservoir, an 11-acre lake in Fleming County, gets 900 trout while Leary Lake, a 5-acre lake on Lloyd Wildlife Management Area in Grant County, gets the same amount of trout. The 9-acre Logan-Hubble Park Lake just south of Lancaster in Garrard County will receive 900 trout as well.

The 2-acre Kess Creek Park Lake in Mayfield in Graves County will get 500 trout as will the Clinton Rotary Park Lake in Clinton in Hickman County. Both of these lakes are in the Purchase Region.

"We are stocking a larger-sized trout in all of our FINs lakes for 2017," said Dane Balsman, coordinator of the FINs program for the Kentucky Department of Fish and Wildlife Resources. "The larger trout now average about 10 to 11 inches long and one-half pound in weight."

Kentucky Fish and Wildlife formerly stocked its traditional "stocker" trout of 9 to 10 inches in the FINs lakes. "We wanted to improve angler satisfaction and utilization as well as reducing hooking and handling mortality. These fish won't be caught as many times and anglers are more likely to harvest a larger trout."

Balsman cautions anglers fishing on a FINs lake to practice beneficial catch and release tactics when they catch a trout, especially as the water warms. Anglers can purchase inexpensive fish grabbers to prevent touching or squeezing a trout when removing the hook. These devices prove valuable when handling fish that may cause injury, such as a catfish or fish with teeth, such as a muskellunge.

Forty-three lakes across Kentucky are in the FINs program. They offer fantastic fishing for trout, but also excellent fishing for catfish and largemouth bass.

"We will start in March with the catfish stockings in FINs lakes," Balsman said. "Due to hatchery expansion, we now have the capabilities to raise all of the FINs catfish in house. We will stock about 125,000 catfish in our FINs lakes."

Largemouth bass anglers usually turn to waters such as Kentucky Lake, Barren River Lake or state-owned lakes, such as Lake Malone

or Lake Kincaid, for a chance at a trophy fish.

"We see exceptional largemouth bass in the FINs lakes, many of them big bass," Balsman said. "We saw a 9.7-pound largemouth bass from Mike Miller Park Lake this past year, my personal best I've seen in a FINs lake. We routinely see 6- to 8-pound bass in the spring." Four-acre Mike Miller Park Lake lies near Draffenville in Marshall County.

Balsman recommends early spring as the time to catch these bruisers. "We stock these lakes with trout and the bass eat them and grow big," he said. A white spinnerbait with a silver Colorado blade works well for trophy pre-spawn largemouth bass in small lakes, especially when rains colored the water a touch. A large soft-plastic swimbait in trout colors may also work well in these lakes.

Many anglers flock to Kentucky Lake or Lake Barkley each May for the redear sunfish spawn. Anglers do not need to go that far.

"Some of these lakes have really good redear sunfish in them," Balsman said. "Three Springs Park Lake near Bowling Green and Madisonville City Park Lake South have great populations of redear sunfish. Both

lakes offer trophy potential of 10-inch and longer redear sunfish."

Lake Mingo in Nicholasville, just south of Lexington has moderate numbers of redear sunfish, commonly called shellcrackers. However, Balsman said some of them are true trophies, running 12 inches or more.

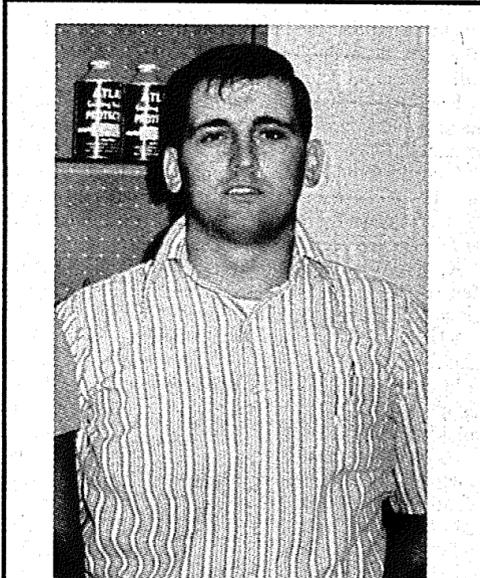
"The trout and catfish are for put and take fishing," Balsman said. "There is trophy potential for redear sunfish and some of these lakes are great bluegill lakes as well."

The main point of the FINs program is providing a place close to home for folks to go and have a reasonable expectation of catching fish.

"We want people to be able to go fish the FINs lakes after work in spring and summer or take the kids and fish for an hour or two on the weekends and catch fish," Balsman said. "The convenience factor is whole point of the FINs program."

Remember, current fishing licenses expire Feb. 28. It is a good idea to buy your fishing license soon.

Author Lee McClellan is a nationally award-winning associate editor for Kentucky Afield magazine, the official publication of the Kentucky Department of Fish and Wildlife Resources. He is a life-long hunter and angler, with a passion for smallmouth bass fishing.



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## Lady Rockets lose to Danville; beat Berea

The Lady Rockets and Danville Lady Admirals fought to the end Saturday but, in the end, it was the Lady Admirals who pulled out the two point win, 36-

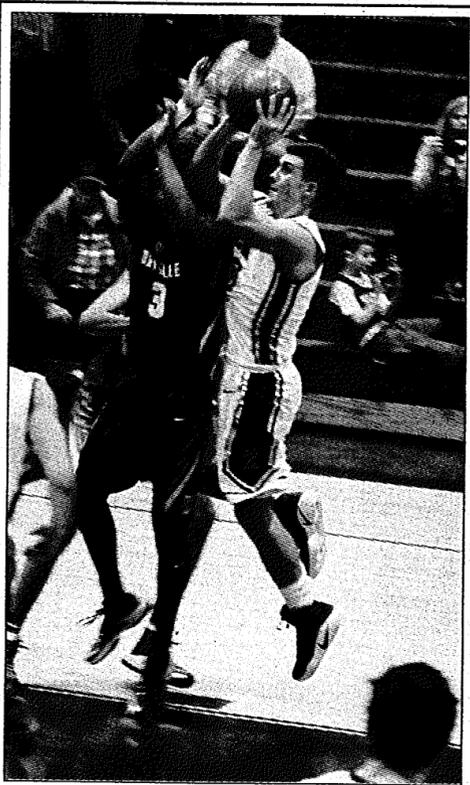
34. Turnovers plagued the Lady Rockets throughout the game.

After being up 7-5 at the end of the first quarter and 21-17 at the half the Lady Rockets were up 25-18 in the third quarter when the Lady Admirals went on an 8-0 run, aided by five straight turnovers by the Lady Rockets, to take their

first lead of the game at 26-25. A buzzer-beating three point shot by senior Emme Barker gave her team the 28-26 lead at the third quarter stop.

The score was tied at 34 with 1:30 left in the game when the Lady Rockets made two turnovers on in-bound plays. The Rockets had another shot at a basket to go ahead but another turnover gave the ball to the Lady Admirals. The Rockets were applying heavy defensive pressure when one

(Cont. to A7)



Senior Carson Noble takes the ball to the basket in the Rockets' 75-58 win over Danville last Saturday. Noble scored 14 points in the contest.

## Rockets beat Danville; lose to PC Maroons

Following their 72-58 win over the Danville Admirals Saturday, the Rockets fell to district foe, Pulaski County Maroons, Sunday at PC in a make-up game.

Against Danville, the Rockets were tied with the Admirals at eight all when RCHS went on an 11-2 run to take the first quarter 19-10.

The lead was 38-27 at the half but the Admirals had cut it to 52-44 at the third quarter stop before the Rockets poured it on in the fourth quarter, outscoring the Admirals 20-14 for the final 72-58.

Senior Jordan Hawkins led the scoring for his team with 17 points; senior John Cornelius was next with 16 points; senior Carson Noble got 14; senior Thomas Burdette scored 13; senior Lucas Gentry got 10 and junior Devin Mullins scored two points.

Rockcastle hit 15 of 19 free throws to the Admirals' six of 12. The Admirals got six three point baskets to the Rockets one, by Burdette.

At PC Sunday, the Rockets were down 25-20 at the first quarter stop; 41-34 at the half and 67-52 at the end of the third quarter. However, PC outscored them 27-19 in the fourth quarter for the final 94-71.

In this game, Noble led the scoring with 21 points; Burdette got 20; Hawkins 14; Cornelius and Gentry seven each and Mullins and senior Logan Taylor, two each.

The Rockets hit six three point baskets to the Maroons seven. They went 11 for 13 from the charity stripe to the Maroons 14 of 15.

## Rockets beat Jackson Co.

The Rockets racked up their 16th win of the season, against 10 losses, Tuesday night when they defeated the visiting Jackson Co. Generals 72-69.

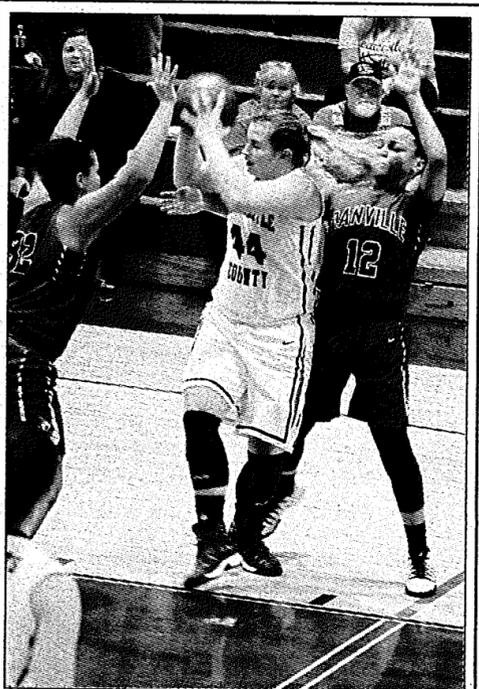
The two teams played pretty much even through the first two quarters with the Rockets going to the locker room at halftime with a 27-24 edge. In the second half, both teams put on scoring exhibitions with the Rockets scoring 48 points and the Generals getting 45.

The Rockets hit nine three point baskets in the game to the Generals five and they went 17 of 25 at the free throw line, 13 of those coming in the second half, while the Generals hit 14 of 16.

Four Rockets were in double figures for the game with John Cornelius leading the scoring with 19; Carson Noble got 16; Jordan Hawkins 15; Thomas Burdette, 14, 12 of those coming in the second half and Lucas Gentry scored eight points.

This Friday night the Rockets will host the Garrard County Lions for a jayvee/varsity game. It will

(Cont. to A7)



Freshman Kenzi Himes looks to take the ball to the basket in the Lady Rockets' loss to Danville last Saturday. The Lady Rockets will host Madison Central this Thursday, McCreary Central next Monday and South Laurel on Thursday, February 16th for their final regular season game.

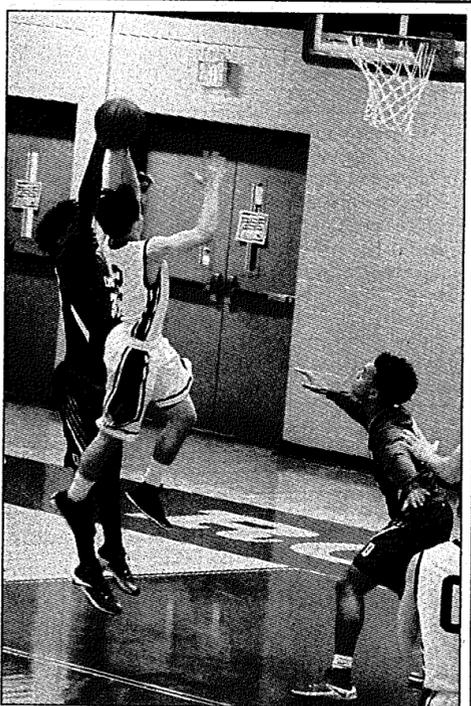
## 47th District Tourney begins February 20th

The 47th District Tournament begins Monday night, February 20th at Somerset and the Lady Rockets, the third seed (3-3), will take on the Pulaski County Lady Maroons, second seed (5-1) at 8 p.m.

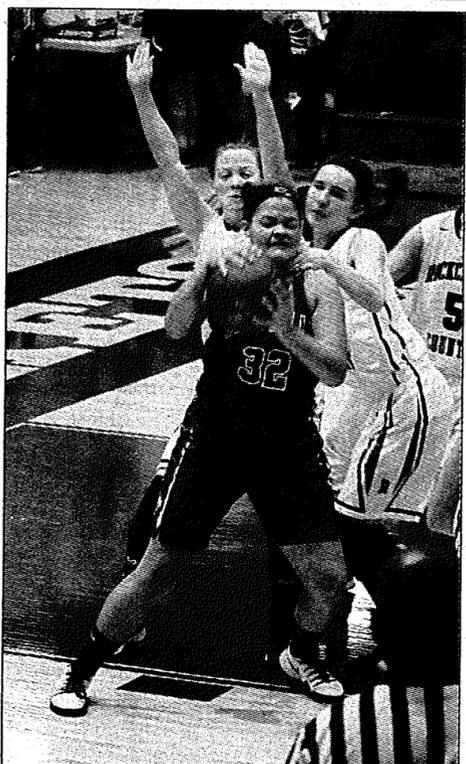
On Wednesday night, February 22nd, the Rockets (3-3) will play Casey County (3-3) at 7 p.m.

## Senior Night set for Friday

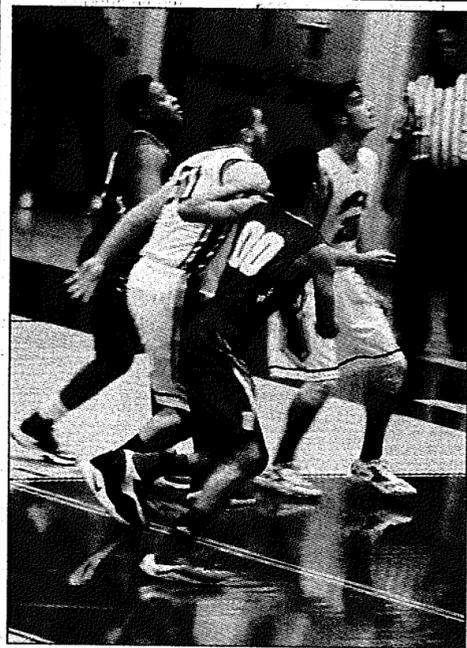
Senior Night at RCHS will be held for both the Rockets and Lady Rockets, between the JV and varsity games with Garrard County, this Friday at home.



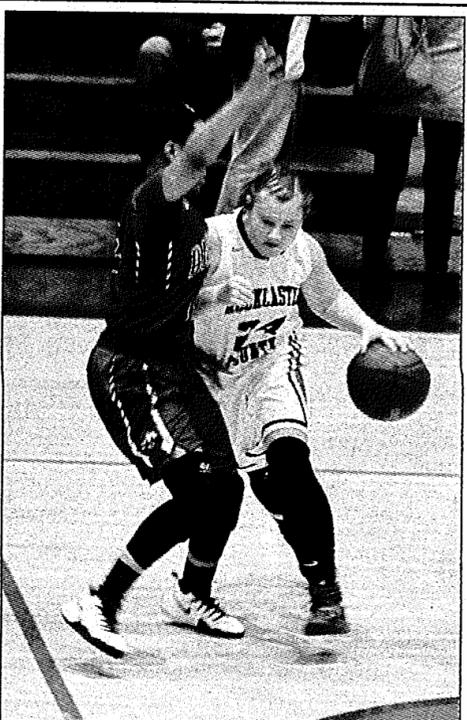
Senior Thomas Burdette goes up for two of his 13 points in the Rockets' 75-58 win over Danville last Saturday. The Rockets host Garrard County Friday night and will also be Senior Night.



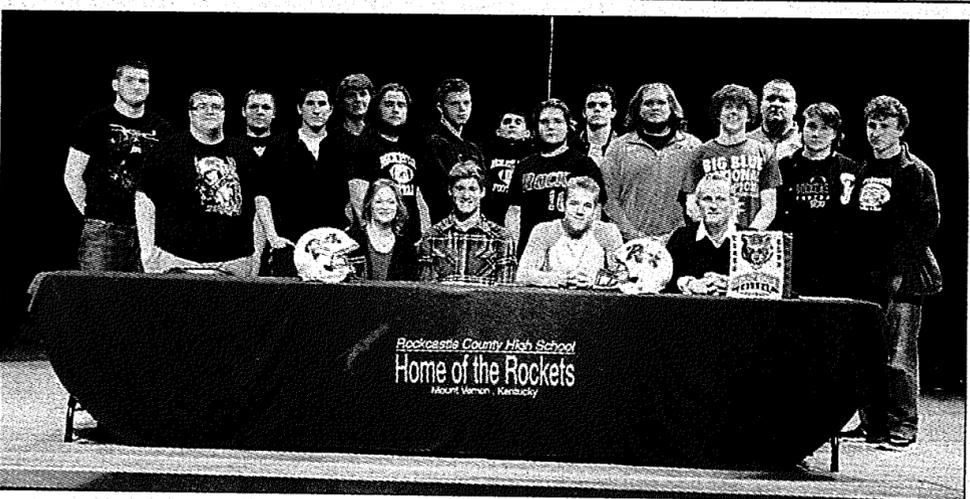
Junior Emily Adams and eighth grader Casey Coleman double team a Lady Admiral in the Lady Rockets' 36-34 loss to Danville last Saturday. The Lady Rockets face Madison Central Thursday night in freshmen, JV and varsity action. First game starts at 5:00.



Senior Logan Taylor and junior Cameron Cornelius work for position after a Danville shot during the Rockets' win over the Admirals last Saturday.



Senior Mahala Saylor tries to work around a defender in the Lady Rockets' loss to Danville Saturday. Saylor, along with Kenzi Himes, led the Rockets in scoring with nine each.



RCHS senior Michael Tomlinson signed a national letter-of-intent to play college football for the Georgetown Tigers last Wednesday. Shown with Mikey during his signing were, from left: his mother Aimee Riley, Mikey, his brother Mathew Tomlinson and head football coach Scott Parkey. Looking on during the signing were also his senior teammates.

## Archery teams compete at Laurel County Invitational

RCMS archer TJ Ramsey once again scored an amazing 279 at the Laurel County Invitational Tournament on Saturday. TJ won first place in the middle school boys division of 102 competitors and led the middle school squad to their best ever team score by being on the target with 13 bullseyes.

The RCHS archers continued to improve their scores as well. The high shooter for the high school team was 8th grader Andrew

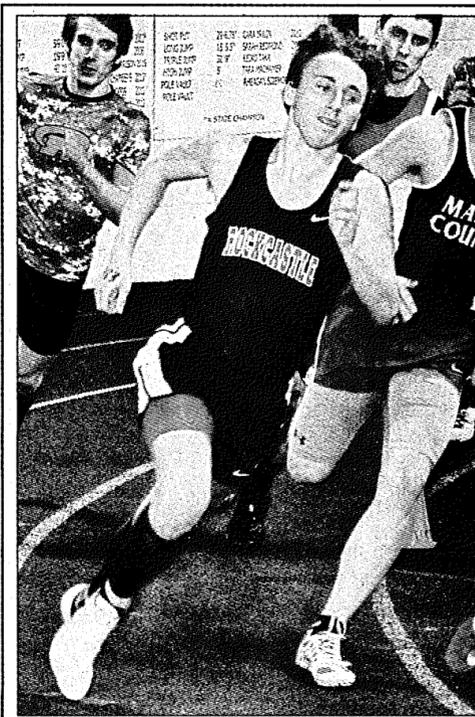
Sargent with his personal best score of 267. Andrew led the team in bullseyes with 14. The top female archer for RCHS was once again freshman Brylee Gill with a score of 265. Brylee and Jackson Cromer each scored 10 tens. Rebekah Lake again did well with a score of 262. Jackson had a perfect 50 point round from 10 meters and a total score of 261. Jacob Collins, Kim Wheat, and Leeann Tankersley each scored 259 followed closely by Ben

Tyler with 258 and Maggie Franklin with 257. This was a season high score for Kim, Leeann, and Ben. Kyle Coffey, Joseph Cowan and CJ Cameron also added to the team's total.

Gentry Phillips was the second leading scorer for RCMS with 260 points including 9 bullseyes. Gentry placed 22nd. For the second week in a row, the top female shooter for RCMS was Lara Renner with a 250. Rounding out the top twelve and adding to the team's

great score was Michael McCoy, Emily Maupin, Makayla Eldridge, Ethan Cromer, J.T. Kelley, Trace Boone, Allison McCoy, Liz Renner, Caden Napier and Brooke Renner. TJ, Gentry, Trace, Ethan, J.T., Allison, Lara, Brooke, and Makayla all had their season high scores. Sierra Payne and Emily Ashcraft also shot personal bests on Saturday.

The teams will compete on Friday at the NASP Region 10 Tournament in Stanford.



RCHS senior Dylan Robinson had a record-setting performance at his first-ever Mason County indoor track meet on Saturday. Dylan placed 4th overall in the 55-meter hurdles with a new all-time RCHS record of 9.34 seconds. He also ran great in the 400-meter dash, finishing 4th overall.



The RCHS and RCMS indoor track teams both had outstanding performances at the first Mason County meet of the indoor season on Saturday. Both varsity and middle school girls' teams won, while the boys' teams placed very well with only a few competitors. The meet featured the most competitors ever in the history of Mason County's first indoor meet of the season. 8th grader Valerie Kendrick shattered her own RCMS indoor and overall record in shot put with an awesome throw of 34' 9". Team members are front from left: Peyton Bowman, Dylan Bullen, Dylan Robinson, Evan Hendrickson, Taylor Bullock, Grace Gardiner, Tori Dotson and Kensie Sheffield. Second row from left: Aaron Asher, Lexi Dotson, Deana Alexander, Silas Durham, Delani Reynolds, Jasmine Ashcraft, Lila Holt, Destiny Bullen, Learn Reagan and Hannah Davis. Back row from left: Erin Hindman, Bethany Martin, Alyssa Lunsford, Jessalyn Burton, Valerie Kendrick, Natalie Tolle, Jailey Martin, Reina Lykins and Allie Martin. Not pictured: Autumn King and Maliyah Swinney.

RCMS 6th grader Silas Durham had two outstanding performances for the boys' team at the first Mason County indoor track meet of the season on Saturday. Silas placed 2nd in the 800-meter run (2:52.38) and 3rd in the 1600-meter run (6:13.34), both indoor personal best times.



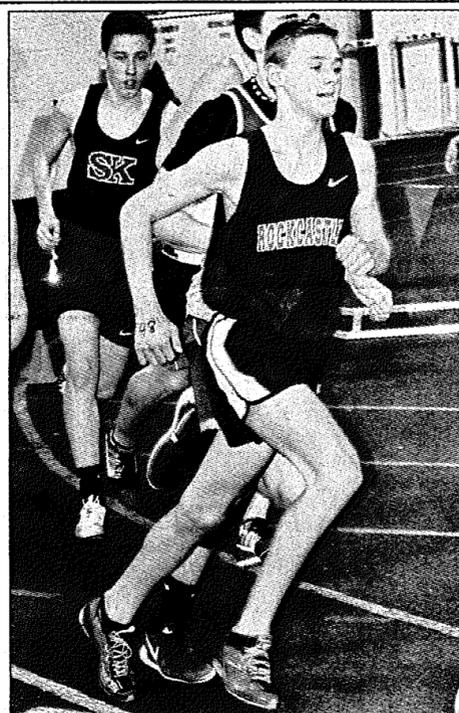
RCMS 8th grader Erin Hindman scored 15 points and had several outstanding performances for the girls' team at the first Mason County indoor track meet of the season on Saturday. Erin placed 4th in the 800-meter run (3:05.26) and 4th in the 1600-meter run (6:48.4). She also ran on the winning 4 x 400 and 4 x 800-meter relay teams.



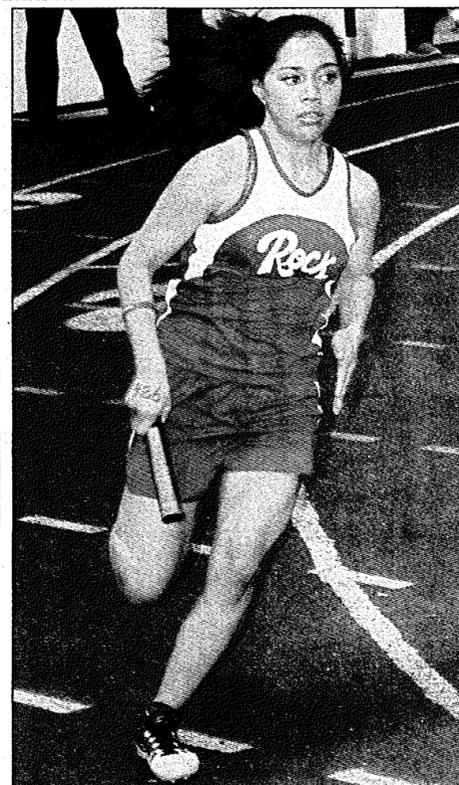
RCMS 8th grader Jasmine Ashcraft had outstanding performances in the distance races for RCHS at the first Mason County indoor track meet of the season on Saturday. Jasmine placed 7th in the 1600-meter run (6:19.52) with an indoor personal best time. She placed 5th in the 800-meter run (2:58.24) and 3rd in the 3000-meter run (11:54.05), also running an indoor personal best. She also ran anchor leg on the second place 4 x 800-meter relay team.



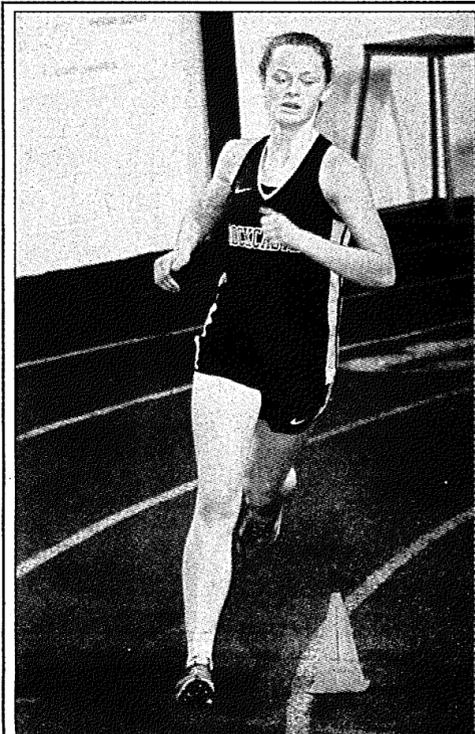
Rockcastle 5th grader Lexi Dotson had several outstanding performances for RCMS at the first indoor track meet at Mason County on Saturday. Lexi won the 1600-meter run with a personal best of 6:05.87 and the 800-meter run with a personal best of 2:51.01. She also ran on the winning 4 x 800 and 4 x 400-meter relay teams.



RCHS freshman Dylan Bullen had several outstanding performances at his first-ever Mason County indoor track meet on Saturday. In the 1600-meter run, Dylan placed 4th with a personal best of 5:10.46. He also placed 4th in the 800-meter run (2:25.01) and ran a personal best of 11:37.57 in the 3000.

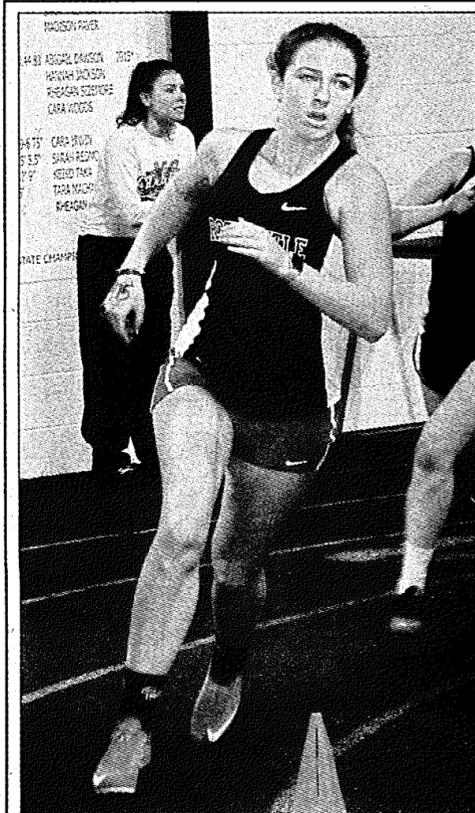


RCMS 8th grader Hannah Davis had an incredible performance for RCMS at the first indoor track meet at Mason County on Saturday. Hannah placed 2nd in long jump with a personal best of 11'9.25". In the 55-meter dash, she placed 4th with a personal best of 8.91 seconds. She also had a personal best in the 400, finishing 5th in 1:17.85. Hannah also ran on the winning 4 x 400-meter relay team.

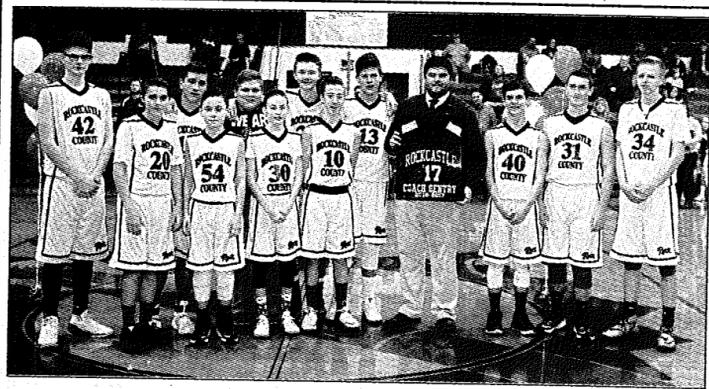


RCHS freshman Tori Dotson swept the distance races and scored 32 total points at the first Mason County indoor track meet of the season on Saturday. Tori dominated the competition and placed 1st in the 1600-meter run (5:33.91), 800-meter run (2:32.33), and 3000-meter run (11:54.05). She also ran lead leg on the second place 4 x 800-meter relay team.

RCHS sophomore Kensie Sheffield had several outstanding performances for RCHS at the first indoor track meet at Mason County on Saturday. In the 800-meter run, she placed 4th with a great time of 2:54.35. She also ran on the 2nd place 4 x 800-meter relay team and the 5th place 4 x 400-meter relay team.



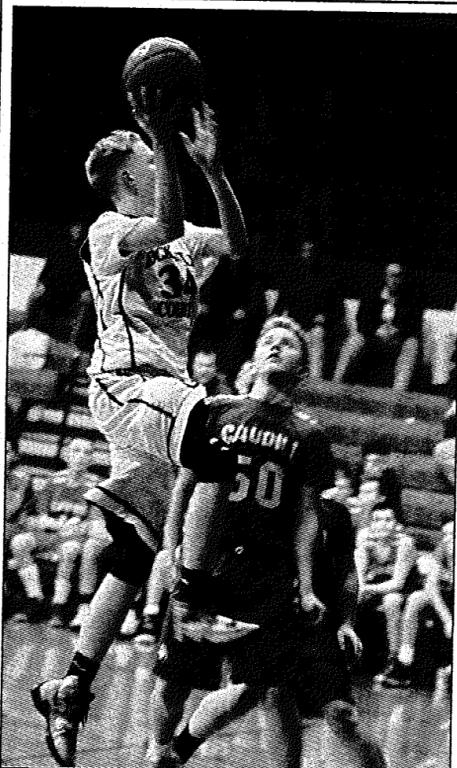
RCHS freshman Autumn King had several outstanding performances and scored 26 total points at the first Mason County indoor track meet of the season on Saturday. In the 55-meter hurdles, Autumn placed 2nd with a personal best of 9.66 seconds. In triple jump, she won by over four feet with another personal best of 35'1.5". In the 400-meter dash, she placed 2nd overall with an indoor personal best of 1:07.1.



RCMS honored their eighth grade ball players during their final regular season home game recently. Shown above are the eighth graders and their coach, from left: Zach Poyle, Nick Chasteen, Jacob Cromer, Connor Price, Caleb Williams, Aidan Thompson, Hunter Spivey, Jacob Lopez, Reece McGuire, coach Zach Gentry, Jacob Collinsworth, Ashton Hansel and Tanner Noel. (Photo by Selena Thompson).



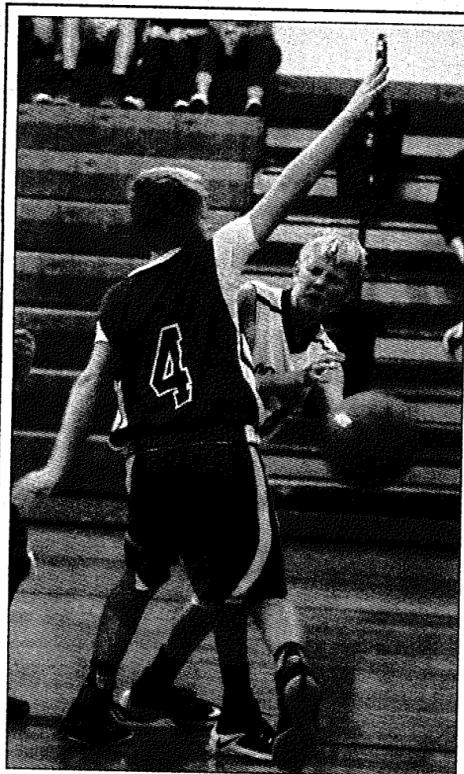
RCMS honored their eighth grade cheerleaders during their final regular season home game. Shown above are the eighth graders from left: Amy Cornelius, Elisabeth Owens, Kyra Ramsey, McKenzi Lunsford, Taylor Hall, Morgan Robinson and Kerrigan Medley.



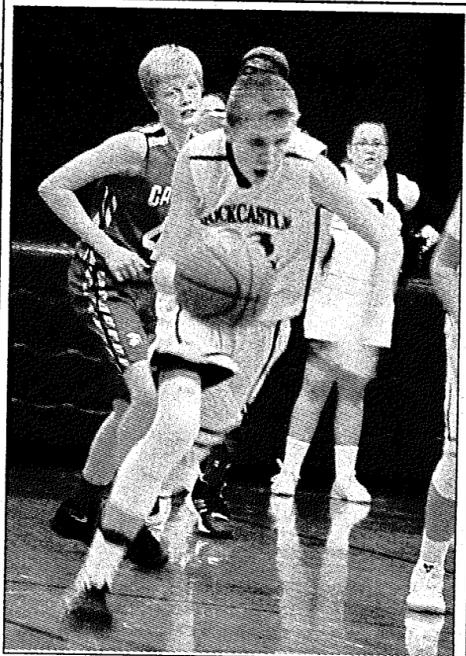
RCMS eighth grader Tanner Noel goes up for two of his 12 points in the Rockets' 60-43 conference tournament win over Michael Caudill Monday night at home.



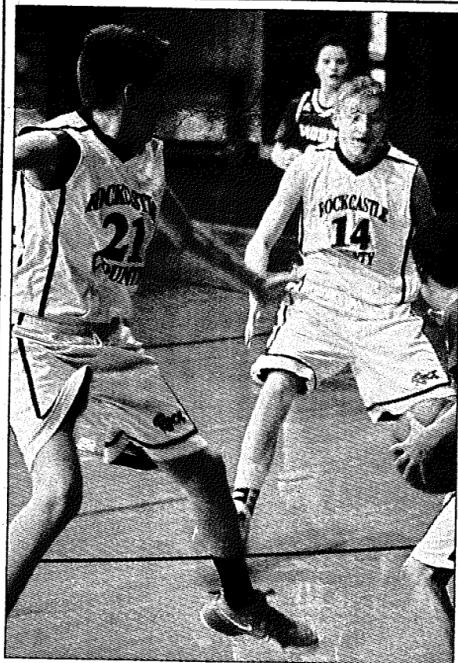
RCMS seventh grader Silas Shaffer works around a defender during the seventh grade's 49-21 conference tournament win over Model Tuesday night. Shaffer scored seven points in the win. Other Rockets scoring were: Reese Coguer with 13, Drew Hopkins added nine, Matthew Chasteen scored eight and Daniel Mullins, Landon Gentry, Ethan Fain, Noah Fain, Dalton Gibbs and Ethan Cotton each scored two.



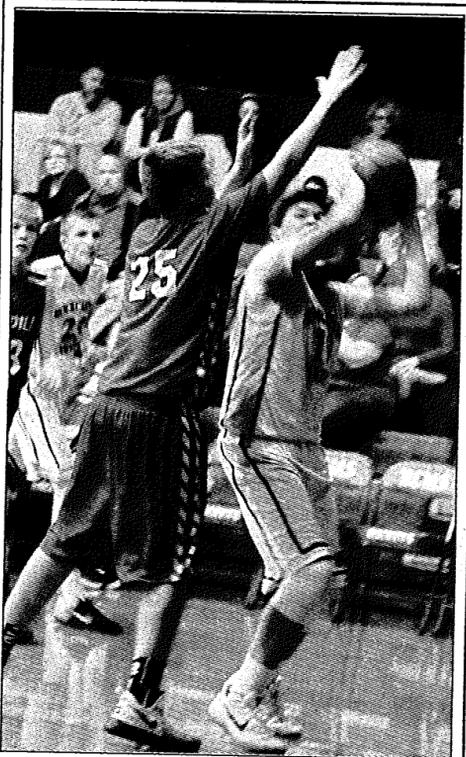
RCMS sixth grader Kaden Kidwell makes a pass in an earlier game against Estill. The sixth grade was knocked out of the conference tournament last Saturday with a loss to Garrard County.



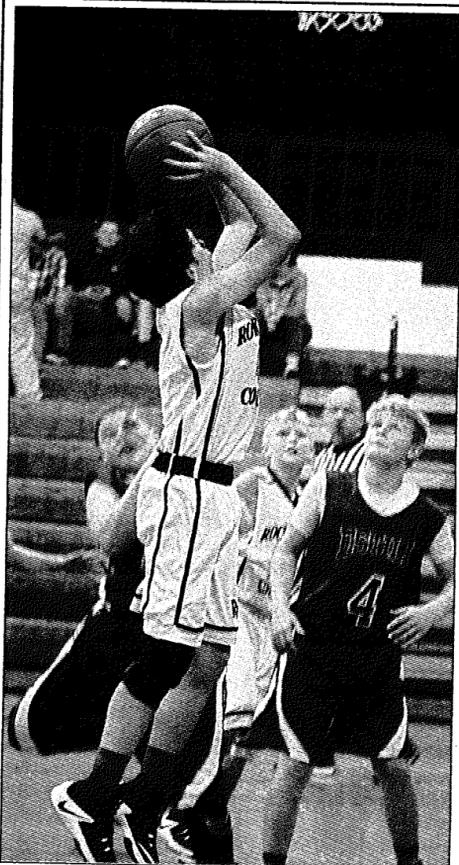
Drew Hopkins takes off on a fast break during the Rockets' conference tournament win over Caudill Monday night. Hopkins led the Rockets in scoring with 14. Other scoring were: Daniel Mullins with 13, Tanner Noel with 12, Reece McGuire added nine, Hunter Spivey scored six, Matthew Chasteen added four and Connor Price scored two.



RCMS seventh graders Daniel Mullins and Matthew Chasteen put on a double team during their 49-21 conference tournament win over Model Tuesday night. The seventh grade's next tournament game is Friday at RCMS.



Reece McGuire gets a bucket and a foul to complete a three point play in the Rockets' conference tournament win over Caudill Monday night. The Rockets will now face Farristown in the semi-finals Thursday night in Berea. Game time is 5:30.



RCMS sixth grader Xander Fletcher goes up for two in an earlier game against Estill. The sixth grade was knocked out of the conference tournament last Saturday with a loss to Garrard County.

## "Lady Rock"

(Cont. from A5)

referee called a five-second violation on the Lady Admirals. However, another referee gave the Lady Admirals a time-out and, with three ticks left on the clock, the Lady Admirals scored on an offensive rebound, giving them a 36-34 lead.

The Lady Rockets had one more chance at the win but a three point shot by senior Jayna Albright didn't fall and the Rockets had picked up their 11th loss of the season against 13 wins.

Senior Mahala Saylor and freshman Kenzi Himes each got nine points to lead their team in scoring; Maddy Bullen got six points and seniors Hope Kelley and Emme Barker scored five points each.

The Lady Rockets had 19 turnovers in the game, were nine for 10 from the free throw line and had three three point baskets. The Lady Admirals committed 11 turnovers, were nine for 16 from the free throw line and scored two three point baskets.

At Berea Monday night, the Lady Rockets brought home their 14th win of the season, easily defeating the Lady Pirates 52-27.

Eight Lady Rockets got into the scoring column in the game with Hope Kelley leading with 21 points, Mahala Saylor got 10, LeaEllen Rogers and Casey Coleman scored five points each, Kenzie Himes and

Emily Adams each got four points, Maddy Bullen scored two and Emme Barker one.

The Lady Rockets will next host the Madison Central Lady Indians on Thursday night, February 9th and the McCreary Central Lady Raiders on Monday night, February 13th. They will finish off their regular season on Thursday night, February 16th by hosting the South Laurel Lady Cardinals in a doubleheader game with the Rockets.

### Lady Rockets JVs 65 Lady Pirates JVs 11

The Lady Rockets JV team also cruised to an easy win Monday night at Berea, defeating the Lady Pirates JV 65-11.

Ten Lady Rockets scored in the game with Lindsay Jones leading with 11 points; Casey Coleman got 10; Shelby Newland 9; Zoe Burdette 8; Emma Bullens 7; Savannah Neeley 5; Kassie Lay, Bailee Allen and Madison McIntosh 4 each and Brooke Castle 3.

## "Rockets"

(Cont. from A5)

also be Senior Night for both the Rockets and Lady Rockets.

Next Tuesday night, the Rockets will host Whitley County and they will finish off their regular season on Thursday night, when they will host the South Laurel Cardinals in a doubleheader with the Lady Rockets.

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**“Fire”**

(Continued from front)

fire had gotten out of control and endangered three separate buildings. Officials say that thanks

to the quick response of firefighters, the buildings were not damaged. Also on Sunday, the

Mount Vernon Fire Department was called to a grass fire on VanZant Road which was also extinguished before structures were damaged.

According to Dyehouse, the frosts kills the top grass and the wind dries it out very quickly. “This makes for a very serious threat for grass fires and greatly increases the chances that an ember can start a fire in another location,” he said.

MVFD Chief David Bales said this time of year creates higher winds and can cause fires to get out of hand very quickly.

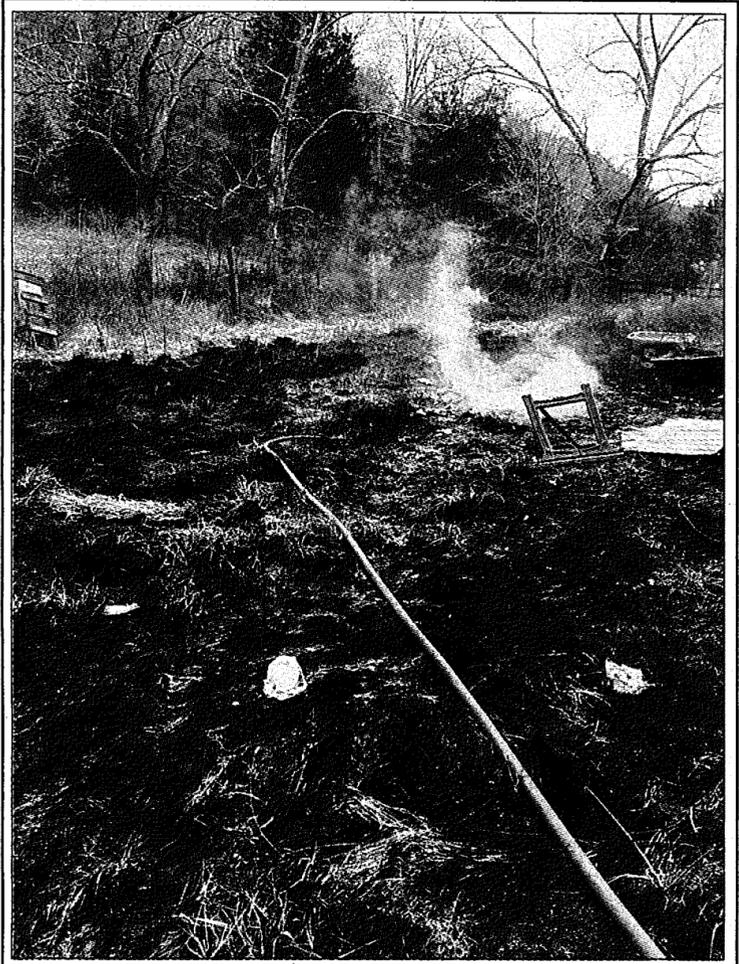
Dyehouse said local residents should be “very mindful” of wind direction and “always have a plan in case an ember gets out of control. People should have a water hose close by and watch very carefully,” he said.

The burn ban will be back in effect beginning next Wednesday, February 15, and will limit burning of any kind from 6 a.m. to 6 p.m. unless there is snow on the ground.

Even during the hours that burning is allowed, Dyehouse said no garbage or lumber or material other than brush may be burned in Rockcastle County at any time.

Any fire started during the allowable hours should be at least 150 feet away from brush or wooded area.

Dyehouse said most importantly, “never leave a fire unattended.”



One of the grassfires that kept local firefighters busy last week was this one on Ky 1505, Brindle Ridge Road, is one of four reported grass fires in the county. The Mount Vernon Fire Department and the Brodhead Fire Department have kept close vigil on such grass fires during the season. Officials say grass fires are very easy to start currently because frost kills the top layer of grass and then the wind dries it out quickly. A burn ban will be back in effect in Rockcastle County beginning February 15 and lasting until April 30.

**“Sewer”**

(Continued from front)

this will be a big benefit for all our residents,” said Bussell. “Our sewers will work better and more importantly most ground water will no longer enter our sewer plant.”

Officials at the city say the local plant had been dealing with thousands of gallons of ground water and the current piping was over 21 years old. But the new relined sewer piping will eliminate a large portion of that work from the sewer plant.

Bussell said the work has had very little disruption in the community and has gone very well. “We have been well pleased with the work they have done and are happy that our sewer lines are now in much better shape.”

After the completion of the work, the contractors will “smoke test” residential lines looking for other potential problems and residential owners will be responsible for repairing their own lines if serious or notable leaks are discovered, according to Bussell.

When the work is complete, the city of Brodhead is expected to meet all EPA requirements which will keep the city from receiving future fines from the EPA.

**“Suit”**

(Continued from front)

The lawsuit claims the accident, which occurred near the 70 mile marker, blocked traffic for eleven hours and included a FedEx truck driven by Toby Caudill.

The suit continues on to say Caudill operated the truck in a grossly negligent manner to cause a collision which involved a truck driven by Powers.

The suit also claims Caudill was not properly trained, educated or supervised and failed to maintain equipment properly and that the FedEx company failed to provide adequate supervision, monitoring or training.

According to the suit, Powers suffered “serious bodily injuries...physical and mental pain....anguish, medical expenses, lost wages, destruction of his power to earn money, and other miscellaneous expenses and damages.”

The plaintiff is seeking damages for each of those costs. A lawsuit shows only one side of a story.

**“RCIDA”**

(Continued from front)

quality and its benefits to the development of the county. “We have already used this video. When potential companies are interested in our area, they have

a lot of very technical questions that this video helps answer,” he said. “An illustration like this is a big deal in such conversations with companies and is an ex-

remely valuable tool.”

The video also shows the park from hundreds of feet in the air with a conceptual view of how the completed and filled park may look in

the future.

The video is viewable by going to dataispower.org and then clicking on “powervision.” Then scroll down until you find Rockcastle County where the video can be viewed.

Gaddis said this new technology is very expensive and was paid for by East Kentucky Power.

In other action, Craig read a letter of resignation from Board Chairman Jason Coguer. In the letter, Coguer said he does not have the time to dedicate to the board that he feels it demands.

Craig said Coguer was a valuable member and contributor to the board and will be sorely missed.

There are now two positions open on the board and Bishop will name the new board members. “I don’t envy the Judge’s task,” said Craig. “To find people willing to serve in this capacity and have a skill set that will

provide insight and make contributions to the discussions, and the time to dedicate to serve, is a tall order.”

Members of the board were asked to give recommendations to Bishop so that he may have more strong candidates for the positions.

The board unanimously accepted Coguer’s resignation.

Craig also suggested that members of the board, and certain people from the community, may attend a meeting of the Kentucky Cabinet for Economic Development to give a presentation about Rockcastle County and the many resources that the county offers.

“We have gone before and given a presentation but we should probably go back in April or May. It’s a good day of fellowship with magistrates, and RCIDA Board members and some community leaders,” he said. Craig

also noted that local community leaders should never miss an opportunity to promote Rockcastle County.

The board also discussed the now vacant SourceHOV building.

Because of inadequate employee parking at the building SourceHOV now occupies, the company had offered \$1,000 a month to lease the parking lot at the building they formerly occupied. RCIDA countered with an offer of \$4,000 per month but it was refused by SourceHOV.

Craig also told the board, “We do have some maintenance issues and there will be some minor repairs to make now that the building is empty. I don’t expect anything major, just mostly cosmetic, but we will discuss it in closed session,” he said.

The board then entered closed session to discuss real estate issues.



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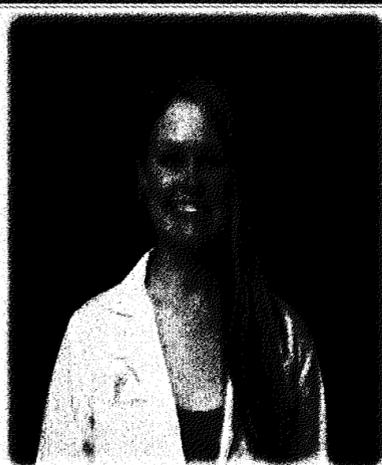
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# Mount Vernon Signal

Second Section

Thursday, February 9, 2017

## RCMS Academic Team wins Region Championship

The RCMS Academic Team won the Region 16 Championship for only the second time in school history this past Saturday by placing first in Quick Recall, Arts and Humanities, Social Studies, and Science. The team will move on to the State Finals in March that will be held in Louisville.

The following students placed in individual Written Assessment and will be competing in their subjects at the State Finals as well.

- Ashley Brenda placed third in Language Arts.
- Bailey Cromer placed third in Social Studies.
- Elizabeth Mikeworth placed first in Science, becoming the first student in school history to do so at Region.
- Joe Pickle placed first in Social Studies and third in Science becoming the first sixth grader in school history to advance to the State Finals in two subjects.
- Ellie Robinson placed first in Arts and Humanities with the eighth-highest score in the state on the exam.
- Team Captain, Audrey Childress placed second in Language Arts with the fourth-highest score in the state on that exam.

The team now begins to prepare for the State Finals in March.



The RCMS Academic Team won the Region 16 Championship for only the second time in school history this past Saturday by placing first in Quick Recall, Arts and Humanities, Social Studies, and Science. Pictured along with the team are a few of the over 20 RCHS student-coaches who have worked with the team since August preparing for State by teaching classes, tutoring, and officiating matches. These student-coaches have volunteered a combined over 500 hours with the team during the current school year. Pictured front from left are: Tessa Pickle, Hannah Isaacs, Emily Nash, Granville Graves, Joe Pickle, Ellie Robinson, Elizabeth Mikeworth, Hunter Day, Logen Dykes and John Asher. Back row from left: Brendan Kirby, Lexy Hasty, Bailey Cromer, Audrey Childress, Jayden Nicely, Bethany Cromer, Ashley Brenda, Katie Vance, Kristin Taylor and Tarrylton Dunn.

## Daniel Boone National Forest celebrates 80 years

The Daniel Boone National Forest is celebrating 80 years as part of America's national forest system.

On Feb. 23, 1937 President Franklin D. Roosevelt signed a proclamation that established the Cumberland National Forest in southern and eastern Kentucky. The national forest was renamed as the Daniel Boone National Forest in 1966.

"For the past 80 years, the Daniel Boone National Forest has been 'caring for the land and serving people' as part of the Forest Service mission," said Acting Forest Supervisor Dan Olsen.

"Across the country, the management of national forest lands is critical to providing our nation with a sustainable supply of natural resources, such as clean water, and multiple outdoor

recreation opportunities.

"The Daniel Boone contributes greatly to this mission and to our region's environmental and economic wellbeing," said Olsen.

The DBNF began with less than 350,000 acres in 16 eastern Kentucky counties. Today, 21 counties contain national forest lands totaling nearly 709,000 acres.

Some of the most popular DBNF destinations include Cave Run Lake, Red River Gorge and Laurel River Lake. More than one million visitors come to the Daniel Boone National Forest each year to enjoy recreation in America's great outdoors.

The DBNF offers nearly 100 developed recreation areas, such as campgrounds

(Cont. to B4)



## 1997 Lady Rockets' State Tournament team

The first ever state tournament team for the RCHS Lady Rockets was honored last Saturday before the Rockets game against Danville. The team, under head coach Chrysti Noble, made the "Sweet Sixteen" in 1997. Team members attending the ceremony are shown above, from left: Jessica Albright Leith, Tiffany McClure, Debbie Brown in honor of Suzanne Brown, Nikki Bullock McKinney, Kristi Moore, statistician Chad Hensley, Jessi Rickels Snyder, Brooke Roberts Bishop, Amanda Osborne Brown, Amber Coffey, coach Noble, Suzy Carpenter Lovell, Brandy Reynolds Smith, assistant coaches David Dooley, Ken Hopkins and Robbie Phillips.

## Join Arbor Day Foundation in February and receive 10 trees

Joining the Arbor Day Foundation is an ideal way to get in the mood for spring planting. Anyone who joins the Foundation in February 2017 will receive 10 Colorado blue spruce trees or 10 redbud trees to plant when the weather turns warm.

The trees are part of the nonprofit Foundation's Trees for America campaign.

"These trees will help beautify your home for many years to come," said Matt Harris, chief executive of the Arbor Day Foundation. "The trees will also add to the proud heritage of your state's existing Tree City USA communities."

The Tree City USA program has supported community forestry throughout the country for the past 40 years.

The trees will be shipped postpaid at the right time for planting, between March 1 and May 31, with enclosed planting instructions. The 6- to 12-inch trees are guaranteed to grow, or they will be replaced free of charge.

Members also receive a subscription to the Foundation's colorful bimonthly publication, Arbor Day, and The Tree Book, which contains information about planting and care.

To become a member of the Foundation and receive the trees, send a \$10 contribution to TEN FREE COLORADO BLUE SPRUCE TREES or TEN FREE EASTERN RED-BUD TREES, Arbor Day Foundation, 100 Arbor Avenue, Nebraska City, NE 68410, by February 28, 2017, or visit [arborday.org/february](http://arborday.org/february).



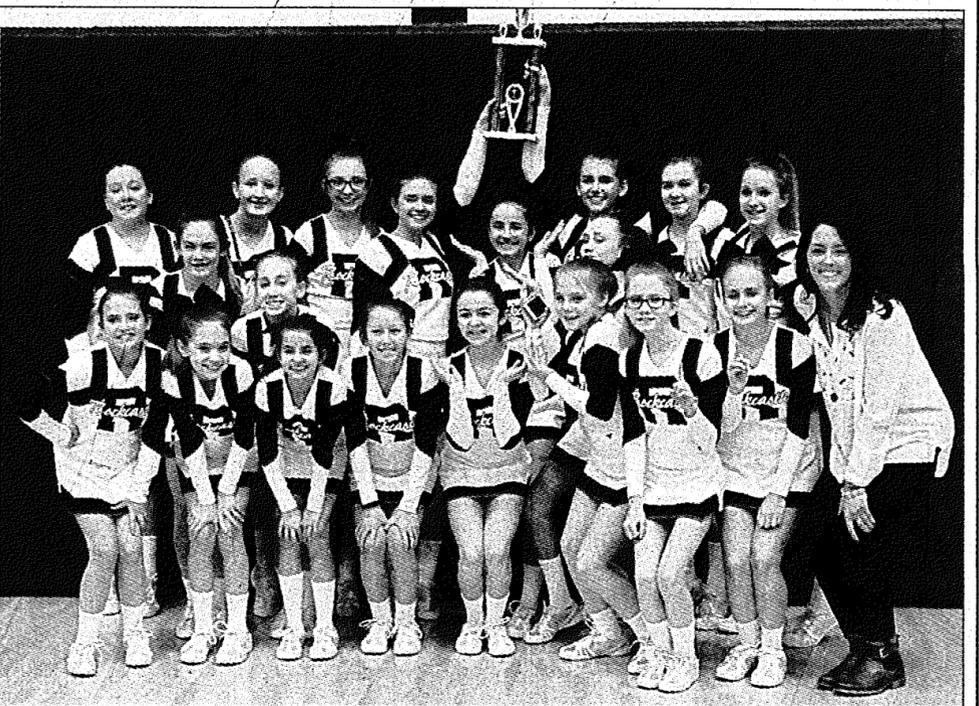
## 2002 Rockets' State Tournament team

The first ever state tournament team for the RCHS Rockets was honored last Saturday before the Rockets game against Danville. The team, under head coach Clayton Cash, made the "Sweet Sixteen" in 2002. Team members attending the ceremony are shown above, front row from left: manager Rachelle Riddle, Aaron Cash, Devin Taylor, Chris Childress, manager Jessica Drew and asst. coach Jason Coger. Back row from left: Blake Roberts, James Isaacs, Andrew Hammond, Darrin Harris, Aaron Anderkin, Jason Reynolds, Coty Reams, asst. coach Corey Craig, head coach Clayton Cash and asst. coach Jerry Reynolds.

## RCMS Cheer takes first in Commonwealth Cheer and Dance Open

The Rockcastle County Middle School cheerleaders placed first in the large division at the Commonwealth Cheer and Dance Open, held on Saturday, February 4th at Madison Central High School. The girls faced some of their toughest competition of the season and gave a great performance.

Pictured front from left are: Emma Ballinger, Halli Bales, Jenna Loudermilk, Maddie Ellis, Kerrigan Medley, Elisabeth Owens, Lindsey Robinson, Jayda Hubbard, and Coach Joanie Alexander. Back row from left: Alyssa Bugg, Sydney Carrera, Taryn Powell, Molly Craig, Jaelyn Pennington, McKenzi Lunsford, Amy Cornelius, Kyra Ramsey, Taylor Hall, Morgan Robinson, and Melanie Vanwinkle.



# News from the Rockcastle Courthouse



## Marriage Licenses

Allison Dawn Chasteen, 20, Berea, H&R Block and Bruce Logan Chasteen, 20, Mt. Vernon, Rice Construction. 1/27/17  
 Marsha Jane Harris, 44, Mt. Vernon, Wendy's and Jackie Dewayne Stephens, 55, Mt. Vernon, Wendy's. 2/2/17

## Deeds Recorded

Vicky Farthing and Lee Earl and Teresa Adams, property in Rockcastle County, to Lee Earl and Teresa Adams. Tax \$35  
 Jerry Ikerd Family LTD Partnerships and The Jerry S. and Brenda Ikerd Trust, property on Price Branch Road, to Classic Country Land LLC. Tax \$327  
 Robbie Barron and Danielle Sowder, property on Hwy. 70, to Robbie Barron. No tax  
 Tammy K. Taylor, property on New Library Road, to Traci Paige and David Ray Rowe. Tax \$77  
 Traci Paige and David Ray Rowe, property in

Rockcastle County, to Jeffrey D. and Morgan Smith. Tax \$130

Lillie Lakes, property in Conway section, to Jeremy Lewis, Jonathon Lewis and Jessica Bradley. No tax

Willene Burton, property in Rockcastle County, to Judy Wilson, Debra Johnson and Terry Burton. No tax

Garlan and Rachel Cummins and Ina Cummins, property on Gum Sulphur Road to Stanley and Paula Reed. Tax \$75

Norma Jean Witt, property in Rockcastle County to Robert L. Witt IV. Tax \$35

Carolyn Sue Mink, property in Conway, to Andrea Mink. No tax

Stephen Bradley, property on KY 70 to Robert Bradley. Tax \$155

William K. and Beverly Brock, property on Alpha Lane, to Joyce S. Renner. No tax

Eyvyonne McDaniel, property in Rockcastle County, to Brian Bullock. Tax \$120

Joseph and Kristie Leger, property on Pleasant View Drive, to David Grubb. Tax \$35

Elma June Parsons, property in Rockcastle County to James H. and

Bertie Parsons and Larry Dale and Norma Faye Parsons. No tax

Jerry Warren Carter and Larry Dale Carter, Trustees, property in Rainbow Ridge Subdv., to Douglas Abney. Tax \$12

Gary W. and Gertha Mink, property in Rockcastle County, to Perry and Amy Mink Properties LLC. Tax \$100

Danny and Hildreth Linville, property on US 25, to Jason William and Tracy Ann Smith and Melissa Smith Deaton. Tax \$10

John R. and Edith Barnett, property in Rockcastle County, to Marcus and Danielle Reppert. Tax 50c

William A. and Lois E. Cox, property in Rockcastle County, to William A. and Lois E. Cox and Joellen Moos. No tax

Marvin and Kathy Roberts, Glen and Yvonne Roberts and Gary and Peggy Roberts, property in Rockcastle County, to Glen and Yvonne Roberts and Gary and Peggy Roberts. No tax

## District Civil Suits

Glenna Edith Whitaker v. Marvin Allan Whitaker, petition for dissolution of marriage.

Lyudmila Zhurko, et al v. Ford J. Wagers, et al, complaint.

Dusty W. Powers v. Fedex Ground Package System, et al, complaint

MSPC Development v. Thomas Winkler, et al, \$6,553.75 plus claimed due.

Citizens Bank v. John Griffith, et al, \$71,826.05 plus claimed due.

Brandon. Linville v. Courtney Linville, verified petition for dissolution of marriage.

CACH LLC v. Sharon R. Dupree, \$8,392.57 plus claimed due.

Cheryl Hill v. John Carrier, et al, verified petition for dissolution of marriage.

Credit Acceptance Corp. v. April L. Rudie, \$10,423.46 plus claimed due.

Kelly Lynne Taylor v. Timothy Ryan Taylor, petition for dissolution of marriage.

Cabinet for Families and Children v. NaKasha Mink, complaint for child support

and medical support.  
 Cabinet for Families and Children v. David Pearson, complaint for child support and medical support. CI-00037

**District Court Suits**  
 Southeastern Emergency Physicians LLC v. Bryon Cromer, \$644 plus claimed due.

LVNV Funding LLC v. Brenda Barnett, \$1,790.87 plus claimed due.

Eagle Financial Services, Inc. v. Richard Ashcraft, \$2,095.25 plus claimed due. C-00013

## District Court

Jan. 30, 2017

Hon. Kathryn G. Wood  
 Charles C. Abney: no/ expired registration plates, \$25 fine; failure of owner to maintain required insurance/security, \$500 fine; failure to register transfer of motor vehicle, \$25 fine.

Zachary Dewayne Bledsoe: no/expired registration plates - receipt, failure to produce insurance card, failure to wear seat belts, paid.

Laura Carpenter: failure to use child restraint device in vehicle, \$25 fine plus costs.

Mitchell Douglas Clontz: fleeing or evading police and drug paraphernalia - buy/possess, bench warrant (bw) issued.

Cassandra Nicole Crouch: giving officer false name or address, 30 days/probated 24 months on condition plus costs.

Shawn P. Davidson: failure to or improper signal, \$25 fine/converted to one day in jail; operating on suspended/revoked operators license (two counts), \$100 fine plus costs/converted to five days in jail to serve/concurrent.

Speeding: Robin Michelle Davis, Jamil Mohammad Thalji, Dylan M. Neudecker, Jennifer Lee Pharis, Eugene Francis Drabik, Ahmad M. Mahmoud, license suspended for failure to appear (fta); Molly S. Dillingham, Howard Gadd, Jr, \$30 fine plus costs; Steven Frye, \$20 fine plus costs; Troy Hunt, \$18 fine plus costs; Kevin Way Whitman, action slip entered

Matthew S. Hafley: improper display of registration plates, no/expired registration plates - receipt, failure to register transfer of motor vehicle, possession of marijuana, drug paraphernalia - buy/possess, bw issued.

Carrie L. Hancock: no/ expired registration plates, \$25 fine plus costs.

Jonathan G. Lewis: speeding, \$20 fine plus costs; operating on suspended/revoked operators license, 10 days/probated 24 months on condition.

Amber Miller: criminal trespass, bw issued.

Daniel K. Miller: no/expired Kentucky registration receipt - plates, failure to produce insurance card, failure of non-owner operator to maintain req. insurance, bw issued for fta.

Joshua C. Pickering: speeding, \$20 fine plus costs; operating on suspended/revoked operators license, 10 days in jail/probated 24 months on condition.

Brent A. Powell: operating motor vehicle under influence of alcohol/drugs, bw issued/license suspended.

Kristie N. Rountree: theft by unlawful taking, 90 days/probated 24 months on condition plus \$100 fine plus costs.

Nancy Renea Ruhe: operating motor vehicle under influence of alcohol/drugs, \$200 fine plus costs, \$375

service fee, 30 days operator license suspension/fines and costs converted to 20 days to serve/credit time served.

Joshua Brian Staton: operating on suspended/revoked operators license, \$100 fine plus costs.

Donald C. Taylor: operating motor vehicle under influence of alcohol/drugs, possess open alcohol beverage container in motor vehicle, bw issued for fta/license suspended.

David B. Howard: part 395/Fed Safety Regs-Hours of Service for Drivers, bw issued for fta.

Darren Dooley: public intoxication and drug paraphernalia - advertisement, 3 days in jail (each count)/concurrent.

Gary Ray Miller: public intoxication and criminal trespassing, bw issued for fta.

Nakasha M. Mink: attempt fleeing or evading police and criminal trespassing, bw issued for fta.

Shyann L. Morgan: contempt hearing, 365 days sentence imposed/credit any time served.

Andrew R. Purves: theft by unlawful taking, bw issued for fta.

Robert Cody Scott: speeding, reckless driving,

failure to or improper signal, improper passing, failure to produce insurance card, fleeing or evading police, resisting arrest, wanton endangerment, license to be in possession, unlawful transaction w/minor, no operators/moped license, bw issued for fta/license suspended.

Christopher Terrill: public intoxication and operating on suspended/revoked operators license, 3 days in jail/concurrent, plus one costs.

David L. Wagers: failure to wear seat belts, operating on suspended/revoked operators license, possessing license when privileges are revoked/suspended, failure to surrender revoked operators license, booster seat violations, failure to produce insurance card, failure of non-owner operator to maintain req. insurance, bw issued for fta.

Christopher W. York: harassing communications (two counts), bw issued for fta.

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### Master Commissioner's Sale

In order to comply with the orders of the Pulaski Circuit Court, the Commissioner will sell the property described in the following action on

Thursday, February 23, at 10:00 a.m., on the steps of the ROCKCASTLE COUNTY COURTHOUSE, 205 E. Main St., Mt. Vernon, Kentucky.

Said property shall be sold to raise the amount hereinafter set forth, together with interest and the costs of the action, and (unless otherwise indicated) upon the following terms and conditions:

(A) At the time of sale the successful bidder shall either pay cash or make a deposit of 10% of the purchase price with the balance on credit for thirty (30) days. In the event the successful bidder desires or elects to credit the balance, he or she will be required to post bond and furnish an acceptable surety thereon. Said bond shall be for the unpaid purchase price and bear interest at the rate of twelve (12%) percent per annum from the date of sale until paid. **IN THE EVENT THAT THE PURCHASER IS NOT PAYING THE FULL AMOUNT OF THE PURCHASE PRICE OF THE PROPERTY ON THE DATE OF SALE, ANOTHER PERSON MUST BE PRESENT ON THE PURCHASER'S BEHALF TO SIGN AS SURETY FOR THE REMAINDER OF THE PURCHASE PRICE.**

(B) Risk of loss of improvements shall be on the purchaser from date of sale.

(C) The purchaser shall be required to assume and pay all taxes or assessments upon the property for the current tax year 2017 and all subsequent years. All other delinquent taxes or assessments upon the property for prior years shall be paid from the sale proceeds if properly claimed in writing and the holder(s) thereof is a party to the foreclosure. The Master Commissioner warrants only such title as is referred by Court order and does not guarantee that all taxes are paid.

(D) The property shall otherwise be sold free and clear of any right, title and interest of all parties to the action and of their liens and encumbrances thereon, excepting easements and restrictions of record in the Pulaski County Clerk's Office and such right of redemption as may exist in favor of the United States of America or the defendant(s).

\*\*\*\*\*

Grace Loop Road, 16-CI-01045, Amt. to be raised \$244,639.70, Parcel ID # 043-00-058

Further information and appraisals are available online @ [www.qpublic.net/ky/pulaski](http://www.qpublic.net/ky/pulaski) under PVA News & Friends.

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 SPECIAL MASTER COMMISSIONER  
 PULASKI CIRCUIT COURT

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## Minds in the Middle

The 8th grade class will be selling candy grams to be delivered on Valentine's Day. Students can purchase those plain or peanut M&M's in the lobby on Thursday or Friday for 50 cents each. Proceeds will go toward the 8th grade trip.

The 8th graders are also sponsoring a dance on Friday, February 17th after school until 5:00.

All middle school students can attend. Tickets are \$3 and they must have a note from home giving them permission to attend. Students must be picked up by 5:15 or may lose privileges to attend future events. We need 8th grade parents to donate canned drinks, individual bags of chips, and individually wrapped candy for us to sell at the dance. There will not be a dance on February 10th.

Volleyball tryouts are on Thursday. 6th grade tryouts are from 5 - 7 pm. 7th and 8th grade tryouts are from 7 - 9 pm. Students must have a current sports physical. If you have any questions please see Ms. Casey Hunt.

On February 18th, middle school students will be able to participate in the Dance Blue Mini Marathon to help kids with cancer. Tickets are \$10. T-shirts are also available for \$10.

Congratulations to Mrs. Tracy's 6th grade Voyagers on winning the attendance race last week. Mr. Mattingly's 7th grade Shooting Stars came in second

place, followed by Miss Alexander's Enterprisers in third.

We send a big thank you to Miss Casey Hunt's Voyagers homeroom for bringing in 24 scarves and gloves for our Youth Services Center. Mrs. Davis's Enterprisers brought in 19 items!

The Y-Club needs your help in collecting bottle caps. We need 400 pounds of plastic bottle caps and lids to create a 6 feet recycled bench for our school. Please start collecting!

Congratulations to kind kids Noah Parkey and Camden Mink who scraped up the melted and dried crayon after crayon art and David Fish who filled the mop bucket and mopped during paint projects. Thank you also to kind kids Jonathan Brown, Michael Strunk, and Paige Ruppe, who were a great cleanup crew for the 8th graders current art project. Miranda Gadd is being recognized as a kind kid because she picked up others' trash in the cafeteria without being asked.

Spring pictures will be taken on Friday, February 17th. We will also be selling shaved ice on that day.

Our Extended School Services (ESS) tutoring will resume this Thursday after school until 4:45. Transportation is provided.

School will not be in session on Monday, February 20th, due to Presidents' Day.

### Financial Aid Tip for Students

## Compare award letters to find best college deal

Most high school seniors headed for college will soon be receiving financial aid award letters. Seniors and their parents should read those letters carefully, the Kentucky Higher Education Assistance Authority (KHEAA) advises.

The letter will usually show the total cost of attendance — what that school costs for one year, including tuition, fees, room, meals, books, supplies, transportation and personal expenses.

It may also show how much the student's family is expected to pay toward those costs, the expected family contribution (EFC). The EFC is subtracted from the total cost of attendance to get a student's financial need. The letter will then list various sources of financial aid offered to pay for the costs not covered by the EFC. Students can accept or reject any or all of those proposed sources.

Students can also appeal the awards made if they believe their family's financial circumstances have changed.

One consideration is how much of the aid being offered is in federal student loans, which have to be repaid. If the package includes federal loans and isn't enough to pay all expenses, students may be looking at a private loan. Comparison shopping is a must in that case.

But don't choose a school based simply on cost. A more expensive college will often be a better choice than picking a less expensive one that turns out not to be a good fit. Transferring or dropping out can increase the total cost of a college degree.

KHEAA is the state agency that administers the Kentucky Educational Excellence Scholarship (KEES), need-based grants and other programs to help students pay their higher education expenses.

For more information about Kentucky scholarships and grants, visit [www.kheaa.com](http://www.kheaa.com); write KHEAA, P.O. Box 798, Frankfort, KY 40602; or call 800-928-8926, ext. 6-7214.

## Mount Vernon Message

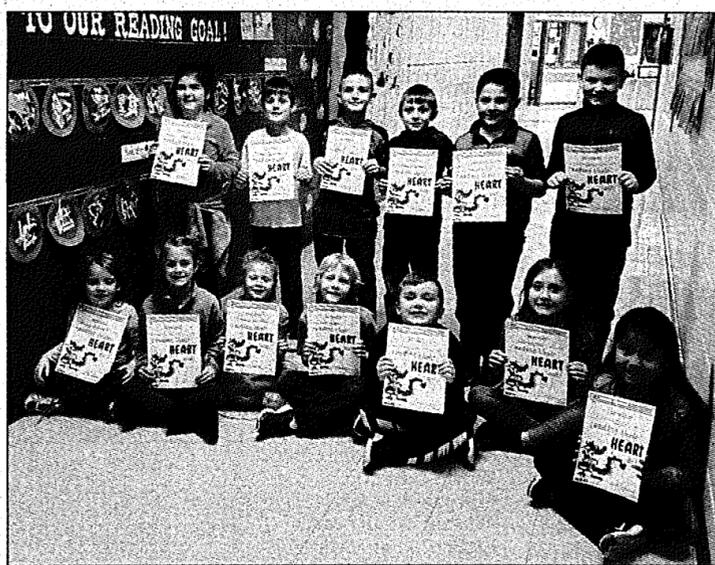
After School Tutoring is each Thursday until 4:30.

Please remember to put your child's name inside his/her coat. Sometimes they take them off and forget them and it's hard to find the owner without a name inside.

In the case of any school closings and/or early dismissals due to inclement weather, please listen to the following radio stations: AM 1460, AM630, FM92.9 and FM100.1 Also, watch tv stations 18, 27, 36 and/or 56.

MVES Archery is in full swing. Practices are every Monday after school until 5 with an optional practice on February 10. The state competition will be held on February 11th at Lincoln County High School.

FRC Jump Rope Club meets each Tuesday. Pick up is at 4:30.



Mrs. Kathy's and Mrs. Kaci's classes have completed another month of Book It Reading. The students read and completed book reports for 109 books during the month of January. They have read a grand total of 450 BOOKS since October!! The following students met their reading goal for January: Kyley Ashcraft, Lexi Burkhart, Jazzline Durham, Lucas Clark, Trey Cole, Abby Miller, Katie Valle, Aidann Lear, Zaden Graham, Josiah McClure, Zander Graham, Brady Valentine and Zane Bullock. Way to go!!!

## Agricultural News

By: Warden Alexander, FSA Director

### USDA's Farm Service Agency Expands Bridges to Opportunity Nationwide

The U.S. Department of Agriculture's (USDA) Farm Service Agency (FSA) has announced the expansion of a unique service for farmers and ranchers. FSA's Bridges to Opportunity program provides a one-stop-shop that connects producers with resources, programs and educational services offered across the department, as well as from other USDA partner organizations. Bridges to Opportunity, which currently provides enhanced customer support to more than 150,000 customers in 20 states, will expand to serve customers across the country before the end of the month using fiscal year 2016 funds.

"By partnering with numerous local, state, regional and national agricultural organizations, FSA employees now can provide farmers and ranchers with comprehensive information about resources, grants, courses, events and activities provided throughout USDA and from external partner organizations," said FSA Administrator Val Dolcini. "Bridges to Opportunity is another example of how USDA is working to reconnect people to their government and provide enhanced services to farmers and ranchers, who, in turn, provide our nation and the world with safe, affordable and reliable food, fuel and fiber."

FSA's presence in over 2,100 county offices, in nearly every rural county, puts the agency in a unique position to partner with non-governmental organizations to reach thousands of agricultural producers who can benefit from the programs and services. Bridges to Opportunity allows FSA employees to search and obtain a list of all local, state, regional and national organizations that may be able assist local producers with their specific need. For example, FSA's Houston County office in Texas partnered with many agricultural organizations to serve producers affected by severe drought. When drought-stricken agricultural producers came to the county office looking for assistance, FSA employees were able to provide traditional services,

such as the Livestock Forage Program and the Emergency loan program administered by FSA, as well as connect local farmers with local, regional, and national organizations that provide drought assistance and education.

Bridges to Opportunity was developed by FSA to provide producers with a more comprehensive customer service experience by connecting them with other USDA agencies and nonfederal partners. Through Bridges to Opportunity, FSA county office employees have the tools to connect farmers, ranchers and anyone interested in agriculture with customized expertise on topics ranging including organic production, beginning farmer resources, integrated pest management, disaster assistance, conservation practices, agricultural educational courses, loans, grants and other financial assistance that can start, grow or benefit farming and ranching operations. Bridges to Opportunity embodies FSA's modernized approach to customer service. By providing a broader array of resources than FSA or USDA alone, FSA is bringing farmers and ranchers one step closer to achieving their version of the American Dream," said Dolcini.

For more information about Bridges to Opportunity, please contact your local FSA county office. To locate your FSA county office, please see

<https://offices.usda.gov>.

Over the past eight years, USDA has taken big, bold steps to forge a new era for civil rights and ensure all Americans who come to USDA for help are treated fairly, with dignity and respect. Through coordinated outreach and consistent engagement, USDA is forming new partnerships in diverse communities and regaining trust where it is was once lost. Learn more about our progress during the Obama Administration to increase access to opportunity for all Americans, and to create a more equal and inclusive USDA in chapter 8 of our yearlong results project. The People's Department: A New Era for Civil Rights at USDA.

Next FSA County Committee Meeting Date: March 1, 2017 8:00 A.M. at the Mt. Vernon USDA Service Center.

Office Closure Schedule. The Mt. Vernon Service Center (FSA, NRCS and Rockcastle Co. Conservation District) offices will be closed the following dates for observance

of a Federal Holiday:

February 20, 2017- President's Day

May 29, 2017-Memorial Day

Important program

dates and Interest Rates

Farm Operating

Loans-Direct = 2.875%

Farm Ownership

Loans-Direct= 4.000%

Limited Resource

Loans= 5.000%

Farm Ownership

Loans Down Payment=

1.500%

Farm Storage Loans=

3 yr. = 1.500%, 5 yr. =

2.000%, 7 yr. =2.250%,

10 yr. =2.500, 12 yr.

=2.500%

Commodity Loans=

1.875%

USDA is an equal opportunity provider, employer and lender. To file a complaint of discrimination, write: USDA, Office of the Assistant Secretary for Civil Rights, Office of Adjudication, 1400 Independence Ave., SW, Washington, DC 20250-9410 or call (866) 632-9992 (Toll-free Customer Service), (800) 877-8339 (Local or Federal relay), (866) 377-8642 (Relay voice users).

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Mount Vernon  
Signal  
(606) 256-2244

### NOTICE OF PENDING CIVIL ACTION

NOTICE TO: WILLIAM ROBINSON, NORMA JEAN WHEAT, SHEILA ROBINSON, JOE ROBINSON, FRED ROBINSON, CHARLES SCARBOROUGH, DENNIS SCARBOROUGH, DEBORAH SCARBOROUGH, MAMIE ROBINSON, DARRELL ROBINSON, BENNY JOE ROBINSON, UNKNOWN HEIRS OF SUDIE ROBINSON MCNEW, AND UNKNOWN HEIRS OF FRED ROBINSON regarding the following civil action: Johnathan Robinson vs. William Robinson, Norma Jean Wheat, Sheila Robinson, Joe Robinson, Fred Robinson, Charles Scarborough, Dennis Scarborough, Deborah Scarborough, Mamie Robinson, Darrell Robinson, Benny Joe Robinson, Unknown Heirs Of Sudie Robinson McNew, And Unknown Heirs Of Fred Robinson.

Jeremy Rowe, PO Box 3038, Mount Vernon, Kentucky 40456, has been appointed Warning Order Attorney by the Rockcastle Circuit Court to notify the above named Defendants of a certain lawsuit filed on or about September 1, 2016, in which the above were named as Defendants. Said lawsuit has been filed in Division No. II of the Rockcastle Circuit Court, and is Civil Action No. 16-CI-00249. The nature of this lawsuit is a Complaint against the Defendants regarding the right to sale property located in Rockcastle County, Kentucky in which the Defendants may have an interest. The above named Defendants shall have fifty (50) days from the date of the appointment of Warning Order Attorney to file an Answer with the Rockcastle Circuit Court Clerk. If they do not appear in this suit and defend it, a Judgment will be entered at the discretion of the Court. The above named Defendants should be advised that the Warning Order Attorney does not and cannot represent their interest and the Warning Order Attorney is only notifying them of the pending lawsuit.

## COUNTY OF ROCKCASTLE

### An Amendment to Rockcastle County Ordinance

#### Number Twenty-Three

#### (Occupational License Fee Tax)

Believing it necessary for the growth of Rockcastle County, the improvement of the life of its citizens, and enhancing the ability of the County and its communities to provide for the best interests of the citizens of Rockcastle County,

Now, Therefore, Be It Ordained by the Fiscal Court of the County of Rockcastle that this Amendment Number Four be herewith enacted.

Now, Therefore, Be It Ordained by the Fiscal Court of the County of Rockcastle that Amendment Number One of the Ordinance Number Twenty-Three, Dated Fifth Day of June, 2008 be repealed and all monies collected pursuant to the Occupational License Fee Tax shall be deposited into the general fund and used for general government and economic development.

First Reading Approved on December 13, 2016.

Doug Bishop, County Judge-Executive  
Patricia Martin, Fiscal Court Clerk

# CHURCH NEWS

**Free Bible Courses**  
Free Bible Correspondence Course. Send your name and address to 3168 Quail Road, Mt. Vernon, Ky. 40456.

**Let the Bible Speak**  
Tune in to "Let the Bible Speak," with Brett Hickey, on Sunday mornings at 8:30 a.m. on WDKY Fox 56.

**Rockcastle County Recovery Meetings**  
\*Celebrate Recovery-Broadhead: Located in the Community Outreach Center (next to Fairgrounds), every Monday, 6 to 8 p.m. 606-308-3368 or 606-308-3099.  
\*Celebrate Recovery-Northside Baptist every Tuesday, 6 to 8 p.m. 606-256-5577.

\*Celebrate Recovery-Step Studies. Northside Baptist, Wednesday at 7 p.m. 606-256-5577.  
\*Broken Chains Bible Study at Cruisers Motorcycle Sales on Hwy. 25 North, 4 miles north of Mt. Vernon every Thursday at 6:30 p.m. 859-302-2431.  
\*Celebrate Recovery-Livingston at Livingston School cafeteria. Friday, 6 to 8 p.m. 859-314-7828.

**Special Service**

A special service will be held February 10th, beginning at 7 p.m., at the Berea Gospel Tabernacle, US 25, Berea. Speaker will be Donald King. Ralph Chasteen and congregation invite everyone.

**An encouraging word:**  
**Some Unchanging Principles**  
By Howard Coop



Do you remember a popular song Doris Day sang so beautifully? That song stated a basic fact of life: "The future's not ours to see!" There is an old axiom that has been a part of our culture for two thousand years: "No one knows about that day or hour." The one thing known is: the future is unknown. Yet, have you noticed an interesting fact? There are those who come forth regularly and say with absolute certainty that they have received special insight that tells them exactly where we are and what the future holds for us? At the beginning of the twentieth century, C. F. G. Masterman was a popular English political leader who was recognized by his peers as an "intellectual and man of letters." In 1913, Masterman, at the age of 40, wrote IN PERIL OF CHANGE, his most popular book. In that book, he, as Alfred, Lord Tennyson said, "dipped into the future as far as human eye could see" and "saw the vision of the world, and all the won-

ders that would be." What Masterman saw was, indeed, interesting. "The general view" at that time, he said was that the world was changing, and he used two metaphors to indicate the nature of that change. It was becoming a "well-ordered watering place" and "a safe playing ground for children."

But 1913 ended peacefully, and 1914 began in peace but in a short time, it became exceedingly turbulent. The devastation of World War I made the world anything but a "well-ordered watering place" and "a safe playing ground for children."

In 1847, Henry Lyte wrote, "Change in all I see." Change is constant, and it comes rapidly, but we are not given the ability to look ahead and see what that change will bring. In this world of constant an unpredictable change, what we need, and what we must have, are some unchanging principles that will guide us through those constantly changing conditions.

## Cooperative Dove Field Enrollment underway

Kentucky farmers can earn some much-needed extra cash by enrolling in the Cooperative Dove Field Program. Enrollment is underway and continues through March 1.

The Cooperative Dove Field Program pays landowners to lease fields on their property for public dove hunting.

"Landowners may earn up to \$10,000 in the Cooperative Dove Field Program," said Wes Little, migratory bird biologist for the Kentucky Department of Fish and Wildlife Resources. "They earn \$300 per acre planted."

Little said the department has accepted fields ranging from six to 40 acres with additional lease payments offered for buffers around planted fields. "Fields generally run from 20 to 30 acres in size," he explained. "But, we encourage anyone interested to apply."

Farmers may plant sunflowers, millet or another

acceptable crop for a public dove field by working with a Kentucky Fish and Wildlife private lands biologist and following some simple guidelines.

Payment amounts depend on the number of acres enrolled, crop type and fulfillment of the plot management agreement with Kentucky Fish and Wildlife.

The department is especially interested in reaching agreements with property owners who have acreage in underserved areas with significant numbers of dove hunters. In the west, this includes Caldwell, Calloway, Christian, Daviess, Fulton, Grayson, Hardin, Hart, Hickman, LaRue, Logan, Lyon, Simpson, Todd and Trigg counties. In southcentral Kentucky, this includes Boyle, Cumberland, Laurel, Lincoln, Pulaski and Wayne counties.

To get the process started, landowners must contact their Kentucky Fish and Wildlife private lands biologist or Natural Resources Conservation Service liaison. For a listing of biologists, visit the Kentucky Fish and Wildlife homepage at [www.fw.ky.gov](http://www.fw.ky.gov) and search under the keywords, "private lands biologist." Property owners may also call the department at 1-800-858-1549 for more information.

**Happy Birthday!!**  
Brian James Robinson  
1-year-old on January 21st  
and  
Fred W. Seagraves  
84 on February 1st



James Allen Bradley and John Blair, from Chad's Hope Teen Challenge, was at Limestone Grill for an organizational/planning meeting regarding their upcoming spring banquet/fundraiser that will be held April 22nd, at 5:30 p.m. at the Rockcastle County Middle School. Anyone interested in helping out can reach Mr. Bradley at 606-599-9716 Monday thru Friday. All money raised goes directly into a scholarship fund that helps men that cannot otherwise afford it.

## DAR and local students participate in Valentines for Veterans Project

**By Karen Adams**  
The Rockcastle Chapter of the Daughters of the American Revolution along with local students from the middle and elementary schools participated in the annual Valentines for Veterans Project as part of the National Salute to Veteran Patients Week. The week of February 9th each year is the community's opportunity to say thank you to more than 98,000 Veterans of the U.S. armed services who are cared for everyday in Department of Veterans Affairs (VA) medical centers, outpatient clinics, domiciliary and nursing homes.

During the National Salute, the VA invites individuals, Veterans groups, military personnel, civic organizations, businesses, schools, local media, celebrities and sports stars to participate in a variety of activities at the VA medical centers.

Activities and events in VA facilities across the U.S. include special ward visits and valentine distributions; photo opportunities; school essay contests; special recreation activities and Veteran recognition programs.

Valentines for Veterans began in 1989 when the late newspaper columnist, Ann Landers, encouraged her readers to create special valentines for Veterans in care

facilities throughout the United States and Canada.

She asked her readers to remember the valiant sacrifices of their nation's Veterans by making them personal hand-crafted valentines.

Through the efforts of local DAR members and students, Rockcastle Chapter collected and sent 417 valentines to the VA Hospital in Lexington, KY.

The Chapter would like to express a special thank you to the participating teachers for getting their students and youth groups involved with this project to honor Veterans.

## "Forest"

(Cont. from B1)

and picnic areas. The forest has more than 600 miles of multiple-use trails, including the Sheltoewe Trace National Recreation Trail.

The Daniel Boone is among 154 national forests and 20 grasslands in the United States and Puerto Rico. The national forest system is managed by the Forest Service under the U.S. Department of Agriculture. Recreational activities on national forests contribute \$14.5 billion annually to the U.S. economy.

**Mamaw's Kitchen**  
By Regina Poynter Hoskins

**REFRIGERATOR GREEN TOMATO CHOW CHOW**  
1/2 head small cabbage, cored and shredded  
4 large hard green tomatoes, chopped  
3 green peppers, chopped  
3 red or yellow peppers, chopped  
2 medium onions, chopped  
1/2 cup chiles, diced small, optional  
1/3 cup salt  
3/4 cup brown sugar  
3/4 cup sugar  
1 tablespoon celery seed  
1 tablespoon mustard seed  
1 teaspoon turmeric  
2 cups apple cider vinegar  
1/2 cup distilled white vinegar  
Chop all the vegetables. If doing by hand, dice small. A food processor can speed the process but will extract more liquid from the vegetables and make for a runnier relish. Note: the size of the dice will make a finer or chunkier relish. The chopped vegetables should equal about 2 1/2 quarts. In a non-reactive bowl, mix the chopped vegetables with the salt. Cover and let sit at room temperature, out of direct sunlight, for about 12 hours or overnight. In a colander, drain and rinse vegetables. Squeeze to remove excess liquid. In a non-reactive pot, bring

the vinegar, sugars, turmeric, celery and mustard seeds to a boil. Add the drained vegetables and return to a boil again. Reduce heat and simmer for 45 minutes; stirring occasionally to prevent sticking. Let cool and pack into jars. Refrigerate. Like most things pickled, it'll be better after it sits a day or two and should keep for several weeks in the refrigerator.

**FREEZER SLAW**  
1 medium cabbage head  
1 large carrot  
1 sweet bell pepper, any color  
1 small purple onion  
1 teaspoon salt  
1 cup vinegar  
1 cup sugar  
1/2 cup water  
1 teaspoon mustard seed  
Chop cabbage, carrot, bell pepper, and onion. Cover with salt; let set for one hour. Squeeze the salt and water out of the cabbage mixture. Mix vinegar, sugar, water, and mustard seed in pan. Bring to a boil. Boil for 3 minutes. Let cool. Pour over cabbage mixture. Stir well. Let stand about 3 minutes; place in freezer containers. This made about 2 pint containers.

## Yards to Paradise

**By Max Phelps**  
*Pruning: When is the Best Time to Prune?*

There's a time for most every lawn and garden chore. So when's the best time to prune?

A quick reply would be "it depends." But in general, for most shrubs and trees, the best answer is late winter when the wood isn't frozen and before new growth begins. However, there are lots of exceptions and one answer does not fit all situations.

General advice, before we get specific, would be to prune off or remove broken or diseased limbs any time you find them. (If in doubt about how easy a disease is to spread, use a sterilizing dip for your pruning tool between plants.) Removing a wild looking limb, one that is rubbing against another limb, or where there are too many limbs on one side and few on another; some pruning can be done anytime. But, serious major cutting back of a deciduous plant generally is done when it is dormant.

So, do you have trees you are thinking of pruning? First, answer the question of why you think you need to prune, what is the purpose you hope to accomplish? Is it to shrink the size, to stimulate growth, to bear fruit, to even it up for better aesthetics, to remove the lower limbs so you can see under it or mow under it, or to keep it from blowing down in a storm or falling on the house?

First off, you should not have planted a tree too close to the house if it is going to be a problem in a few years, and same goes for planting

a large tree near the power lines. Few things are uglier than a big tree with a gaping hole carved out so it does not bother utilities. If you are wanting to reduce the size of a tree because it's gotten too big for where it's planted, this should have been considered at planting time. Yet, you may not be the person who planted the wrong thing in the wrong place, so how and when do you prune?

Major pruning should be done in winter. But pinching tips of a young tree to make it branch better and removing odd limbs are things that can be done in the growing season. Tipping and pruning in summer stunts growth on most trees. Winter pruning stimulates faster growth. Thinning limbs on large trees so wind can blow through (rather than cutting or topping the tree) is much preferred on a stately old tree that seems to be a danger in a storm.

The usual rule is summer and fall blooming trees and shrubby bloom on new growth. So winter and spring pruning is fine. Crape myrtles, rose of Sharon, butterfly bushes, caryopteris or bluebeard, most roses, wisteria, beautyberry, endless summer series of hydrangeas, St. Johnswort, and gooseberries are among plants that flower or fruit on new growth. You will not do harm nor prevent blooming in the current year by pruning these shrubs now.

Many a fruiting tree and flowering shrub that blooms in the spring begins to set next year's buds for flowers shortly after they

are finished blooming in the current year. So prune those after flowering, if you want a full flowering look next year. Rhododendrons, azaleas, witchhazels, peaches, cherries, plums, currants, honeyberries, blueberries, lilacs, weigelas, many viburnums, redbuds, dogwoods, and so forth bloom on old wood. Eventually, if a major pruning needs to be done, you may have to do it in winter, and forego a good bloom the following spring or summer—major pruning in middle of the growing season may stunt the tree or shrub too severely.

Young trees need pruning to encourage good structure and shape, so that when the tree gets large, it will be healthy and well shaped. You may be able to plant and forget a few things like Bradford pear trees or evergreen arborvitae shrubs, but most trees and quite a few shrubs need help as they grow rather than a major "haircut" when mature.

Doing pruning for the first time? Be prepared to make some mistakes. (And on expensive or difficult to grow plants, getting help would be advisable for the newbie.) But on the taxus or boxwood or burning bush hedge, mistakes will grow back within a year usually. Finding a good library book, or going online to sites such as [arborday.com](http://arborday.com) can be a good use of a winter day as you think of doing pruning.

Be aware that trying to keep a tree at six feet or fifteen feet tall if it's natural growth habit is to grow to fifty feet is going to be fighting a war you will eventually lose. If you have planted something too big

for it's spot, I would suggest start thinking of what you could replace it with. (Sometimes a new tree or shrub can be planted and get a year or two of growth before the overgrown item is removed—this way the spot does not look bare when the offending tree is removed.)

Choosing the right tree for the spot and for the conditions of your ground, then helping it to grow to a natural and healthy mature size, should enable tree planting to be done once and then you get to enjoy them for the rest of your life. Only professionals tend to get it right from the start, and not all who call themselves professional manage to get it right either. Thinking things through rather than making a quick decision you may regret saves money and headaches later on.

Let's sum up. Remove dead, diseased limbs and those with less than a 25 degree crotch angle as you can do so. Do major pruning in winter. Vigorous trees can have growth slowed down by pinching tips in spring or summer. Plant new trees now, and remove those that need to go. Get a plan together, know where you're going before getting the trimmers, pruners or saws out. And warm days in late winter are ideal for most pruning chores, so good luck as you correct your plants so that they perform up to their potential.

The author, Max Phelps, is a landscaper. (606) 416-3911. Web: [www.rockcastles.net](http://www.rockcastles.net)

# Church Directory

**Believers House of Prayer**  
156 Scenic View Lane  
U.S. 25 N, left at 18 mile marker  
Renfro Valley, Ky.  
**Sabbath School Sat. 10-11 a.m.**  
**Morning Worship 11 a.m.**  
**Evening Worship 7 p.m.**  
Wednesday 7 p.m.  
**Pastor: Bill Davis**  
bhdp@ymail.com

**Berea Gospel Tabernacle**  
231 US 25 South  
Berea, KY  
**Tuesday Night 7 p.m.**  
**Sunday Night 6 p.m.**

**Bible Baptist Church**  
100 Higher Ground (off US 25)  
Mount Vernon, Ky.  
Church Phone 606-256-5913  
e-mail: www.biblebaptist.org  
**Sunday School 10 a.m.**  
**Sunday Worship/Children's Church 11 a.m.**  
**Sunday Night Worship 6 p.m.**  
**Wednesday Evening 7 p.m.**  
Video services Tues., Thurs., & Sat. at 11 a.m., 4 p.m. & 9 p.m.  
Channel 3 - New Wave  
Cable Channel 5 in Berea and Richmond 1 p.m. Wednesdays  
**Pastor: Don Stayton**  
Associate Pastor/Youth:  
**Bro. Jeremy Ellis**  
Secretary: Jo Roberts  
Music Director: Dan Dull

**Blue Springs Church of Christ**  
7 miles south of Mt. Vernon on Hwy. 1249 (Sand Springs Rd)  
Services:  
**Sundays 10 a.m. & 6 p.m.**  
**Preaching Brethren**  
**Gary Reppert, Doug Hawkins**  
**Marcus Reppert**  
Contact Info:  
Marcus Reppert  
104 Byrda Way • Mt. Vernon, Ky.  
606-308-2794  
marcusreppert24@hotmail.com

**Bride of Christ Church**  
100 High St. Mt. Vernon  
**Sundays 6:00 p.m.**  
**Thursdays 7:00 p.m.**

606-416-7136  
606-379-6335

**Brodhead Baptist Church**  
Corner of Silver & Maple St.  
Brodhead, Ky. 40409  
606-758-8316  
**Sunday Bible Study 10 a.m.**  
**Sunday Worship 11 a.m. & 7 p.m.**  
(Nursery Provided)  
**Sunday Youth Bible Study 5 p.m.**  
**Wednesday Adult & Youth Worship/Bible Study 7 p.m.**  
**Children's Programs:**  
RAS & GAS  
**Mission Friends and Creative Ministry**  
**Ralph Baker, Pastor**  
**Brodhead Christian Church**

237 W. Main St. Brodhead  
606-758-8721  
**Sunday School 10 a.m.**  
**Sunday Worship 11 a.m. & 6 p.m.**  
**Wednesday Bible Study 7 p.m.**  
**Tracy Valentine, Preacher**  
606-758-8662  
Cell 606-305-8980

**Brodhead Church of God**  
Hwy. 3245 • Brodhead  
758-8216

**Sunday School 10 a.m.**  
**Sunday Worship 11 a.m.**  
**Sunday Evening 6 p.m.**  
**Wednesday evening 7 p.m.**  
**Terry Orcutt, Pastor**  
**Brush Creek Holiness Church**  
Sunday School 10 a.m.  
Sunday Worship 11 a.m.  
Sunday Evening 7 p.m.  
Tuesday Prayer Meeting 7 p.m.  
**Lonnie R. McGuire, Pastor**

**Buffalo Baptist Church**  
Located 15 miles south of Mt. Vernon on Hwy. 1249 (Sand Springs Rd.)  
606-256-4988  
**Sunday School 10 a.m.**  
**Sunday Worship 11:15 a.m.**  
**Sunday Evening Service 6 p.m.**  
**Tim Owens, Pastor**

**Calloway Baptist Church**  
76 Calloway Branch Rd. (Off US 25) • Calloway  
**Sunday School 10 a.m.**  
**Sunday Worship 11 a.m.**  
**Sunday Evening 6 p.m.**  
**Wednesday Evening 6 p.m.**  
**George Renner, Pastor**  
606-224-4641

**Central Baptist Church**  
86 Maintenance Rd.  
Mt. Vernon, KY 40456  
606-256-2988  
centralbaptistky.org  
**Sunday School 10 a.m.**  
**Sunday Morning 11 a.m.**  
**Bus Sunday School 5 p.m.**  
**Sunday Evening 6 p.m.**  
**Wednesday Bible Study 7 p.m.**  
"Central Time" Radio Broadcast  
WRVK: M-F 11:15 a.m.  
WOPW: M-F 9:15 a.m.  
Transportation and Nursery provided for all services  
Home of Well of Pure Water  
Radio - 93.3 FM  
**Mark Eaton, Pastor**

**Church of Christ at Chestnut Ridge**  
2 miles south of Mt. Vernon  
Turn left off US Hwy 25  
**Sundays 10:00 a.m.**  
**Wednesdays 7:30 p.m.**  
**Bro. Ova Baker**  
**Bro. Dale McNew**  
**Bro. Philip Scott**

**Church of Christ on Fairground Hill**  
**Sunday Worship 10 a.m.**  
**Different speaker each Sunday**

**Climax Christian Church**  
Hwy. 1912  
308-2806 - 256-4138 - 256-5977  
**Sunday School 10 a.m.**  
**Sunday Worship 11 a.m.**  
**Terry Thornton, Minister**

**Climax Holiness Church**  
**Sunday Night Worship 6 p.m.**  
**Thursday Nights 7 p.m.**  
3rd Sat. of every month at 7 p.m.

**Community Worship Church of God**  
758 Hwy. 3245 • Crab Orchard  
Worship Service  
**Sunday School 10 a.m.**  
**Sunday Worship 11 a.m. & 6 p.m.**  
**Conway Missionary Baptist**  
116 Meadow Lark Lane  
Berea, KY 40403

**Sunday School 10 a.m.**  
**Sunday Morning Worship 11 a.m.**  
**Sunday Evening Worship 6 p.m.**  
**Wed. Prayer Service and Bible Study 7 p.m.**  
**Youth Meetings: Sunday 5 p.m., Wednesday 7 p.m.**  
**Bobby Turner, Pastor**  
606-758-4007

**Crab Orchard Pentecostal**  
**Sunday School 10 a.m.**  
**Sunday Evening 6 p.m.**  
**Tuesday Evening 7 p.m.**  
**Pastor: Donald King**  
606-355-7595

**Crossroads Assembly of God**  
Hwy. 150 • Brodhead  
**Bro. Steven Vanhook, Pastor**  
**Sunday School 10 a.m.**  
**Sunday Worship 11 a.m.**  
**Sunday Evening Worship 6:00 p.m.**  
**Wednesday Night 7 p.m.**

**Dixie Park Cornerstone**  
700 N. Powell St. Berea, Ky.  
**Sunday School 10 a.m.**  
**Sunday Worship 11 a.m.**  
**Sunday Evening Service 6 p.m.**  
**Wednesday Service 7 p.m.**  
**Joe Vanwinkle, Pastor**

**Fairground Hill Community Holiness Church**  
**Sunday Evening Service 6 p.m.**  
**Thursday Service 7 p.m.**  
**Robert Miller, Pastor**

**Fairview Baptist Church**  
520 Fairview Loop Road  
Mount Vernon, Ky.  
**Sunday Services**  
**Sunday School 9:45 a.m.**  
**Sunday Worship 11 a.m.**  
**Children's Choir 6 p.m.**  
**Sunday Evening Service 7 p.m.**  
**Sunday Adult Choir 8 p.m.**  
**Wednesday Services**  
**Creative Ministry 6 p.m.**  
**Bible Study 7 p.m.**  
**Youth Ministry QUEST 7 p.m.**  
**RAs and GAS 7 p.m.**  
**Mission Friends 6 p.m.**  
**Vaughn Rasor, Pastor**  
606-256-3722

email: fairviewbapt@aol.com  
**Faith Chapel Pentecostal**  
S. Wilderness Road  
Mount Vernon, Ky.  
**Sunday School 10 a.m.**  
**Sunday Evening Service 6 p.m.**  
**Wednesday Service 7 p.m.**  
**Saturday Service 7 p.m.**  
**Jack Carpenter, Pastor**  
**First Baptist Church**  
340 West Main Street  
Mt. Vernon, Ky. 606-256-2922

**Neal Thornton, Pastor**  
**Jesse Wright, Assoc. Pastor/Youth**  
website: www.fbcmtvky.org  
email: fbcmtvmon@newwave.net  
**Sunday Services: 8:20 a.m., 10:45 a.m. and 6 p.m.**  
**Wednesdays: AWANA and Adult Bible Study 6:30 p.m.**  
Live Broadcast WRVK 1460AM  
Sundays at 11 a.m.

Broadcast on New Wave Cable Channel 3 Tues., Thurs. & Sunday at 10 a.m., 3 p.m. & 8 p.m.

**First Christian Church**  
West Main St. Mt. Vernon  
606-256-2876  
**Bro. Bruce Ross, Pastor**  
**Bro. Josh Haines, Youth/Family Minister**  
**Sunday School: 10 a.m.**  
**Sunday Worship 11 a.m. & 6 p.m.**  
**Wednesday Bible Study 7 p.m.**

**Flat Rock Missionary Baptist**  
504 Maple Grove Rd. Hwy. 1004  
Orlando, Ky.  
**Sunday School 10 a.m.**  
**Fellowship Hour 11 a.m.**  
**Sunday Evening Service 7 p.m.**  
**Wednesday Bible Study 7 p.m.**  
**Jack Stallworth, Pastor**

**Freedom Baptist Church**  
Freedom School Rd.  
Mt. Vernon  
**Sunday School 9:45 a.m.**  
**Sunday Worship 11 a.m.**  
**Discipleship Training 6 p.m.**  
**Sunday Evening Worship 7 p.m.**  
**Wednesday Evening Prayer Meeting & Youth/Children Classes 7 p.m.**  
www.freedomsbc.com  
email:

pastor@freedombsc.com  
**Pastor: David Sargent**  
606-256-2968  
**Hickory Grove Pentecostal Church**  
Hwy. 1505 (6 miles from Brodhead)  
Brodhead, Ky.  
**Randal Adams, Pastor**  
**Youth Pastor, Scott Adams**  
**Sunday School 10 a.m.**  
**Sunday Worship 11 a.m.**  
**Sunday Evening 6 p.m.**  
**Wed. Evening 7 p.m.**

**Lighthouse Assembly of God**  
Hwy. 1004 • Orlando, Ky.  
**Tim Hampton, Pastor**  
606-256-4884 • 606308-2342  
**Sunday School 10 a.m.**  
**Sunday Morning Worship 11 a.m.**  
**Sunday Evening 6 p.m.**  
Tues. Night Intercessory Prayer 7 p.m.  
Wednesday Night Bible Study 7 p.m.

**Little Country Church**  
Jarber Rd.  
Turn left off Rev. Green Loop onto Jarber Rd.  
**Jack Weaver, Pastor**  
Sunday 6 p.m.  
Wednesday 7 p.m.

**Livingston Baptist**  
Worship Service 11 a.m.  
**Children's Church 11 a.m.**  
Prayer Meeting/Bible Study  
Wednesday 7 p.m.  
**Gary Parker, Pastor**

**Livingston Christian Church**  
**Sunday School 10 a.m.**  
**Sunday Worship 11 a.m.**  
**Arthur Hunt, Minister**

**Livingston Pentecostal Holiness Church**  
**Sunday School 10 a.m.**  
**Sunday Worship 11 a.m.**  
**Sunday Evening Service 6 p.m.**  
**Wednesday Service 7 p.m.**  
**Jim Miller, Pastor**  
606-256-1709

**Living Word Community Church**  
"About our Father's Business"  
246 Sycamore St. • Brodhead  
**Sunday School 11 a.m.**  
**Sunday Worship Noon**  
**Wednesday Service 7 p.m.**  
**Joe Bussell, Jr., Pastor**  
606-308-4312

**Macedonia Baptist**  
Scaffold Cane Road  
Mount Vernon, Ky.  
**Bro. Barry Hurst, Pastor**  
**Sunday School 10 a.m.**  
**Sunday Worship 11 a.m.**  
**Sunday Evening 6 p.m.**  
**Wednesday Evening 7 p.m.**  
**Maple Grove Baptist**  
Hwy. 1004 (Big Cave Road)  
Orlando, Ky. • 606-256-1873

**Bro. Jerry Owens, Pastor**  
Home Phone 606-256-3075  
**Sunday School 10 a.m.**  
**Sunday Morning Worship 11 a.m.**  
WRVK Broadcast 2 p.m.  
**Sunday Evening 6 p.m.**  
**Wednesday Evening 7 p.m.**

**Mareburg Baptist Church**  
2617 New Brodhead Rd.  
Mt. Vernon, KY 40456  
**Wayne Harding, Pastor**  
Phone: 256-8844  
**Sunday School 10 a.m.**  
**Sun. Morning Worship 11 a.m.**  
**Sun. Discipleship Training/ Sunday Youth Missions 6 p.m.**  
**Sunday Worship 7 p.m.**  
**Wednesday Evening 7 p.m.**  
www.mareburgbaptist.org  
mareburgchurch@yahoo.com

**McNew Chapel Baptist**  
**Sunday School 10 a.m.**  
**Sunday Worship 11 a.m.**  
**Sunday Evening Service 6 p.m.**  
**Wednesday Service 7 p.m.**  
**Jerry Ballinger, Pastor**

**Mt. Vernon Church of God**  
1025 W Main St.  
Mount Vernon, Ky.  
**Sunday School 10 a.m.**  
**Sunday Worship 11 a.m.**  
**Sunday Evening Service 6 p.m.**  
**Wednesday Service 7 p.m.**  
**Bobby Owens, Pastor**  
859-986-1317

**Mt. Vernon Church of the Nazarene**  
40 Fair Street • Mt. Vernon  
**Sunday School 10 a.m.**

**Sunday Worship 11 a.m.**  
**Sunday Evening 6 p.m.**  
**David Smith, Pastor**

**Mt. Zion Baptist Church**  
606-308-3293  
**Sunday School 10 a.m.**  
**Sunday Worship 11 a.m.**  
**Sunday Evening 5 p.m.**  
**New Heights Church**  
316 Mini Mall Dr.  
(off Richmond Rd., US 25 N)  
Berea, Ky.  
www.newheightsbc.net  
**Sundays 9:30 & 11:00 a.m.**  
**Worship & Children's Church**  
**Wednesdays 6:30 p.m.**  
**Midweek Gathering for all ages; prayer & Bible study, youth worship, and Children in Action**  
**Jon Burdette, Lead Pastor**  
**Steve McDaniel, Worship Leader**

**New Hope Baptist Church**  
Jct. 1797 New Hope Tower Rd.  
Orlando  
**Sunday School 10 a.m.**  
**Sunday Worship 11 a.m.**  
**Sunday Evening 6 p.m.**  
**Wednesday Evening 7 p.m.**  
**Bro. David Carpenter, Pastor**

**Northside Baptist Church**  
777 Faith Mountain Rd.  
(Off 461 bypass) Mt. Vernon  
606-256-5577  
**Kenny Allen, Pastor**

**Sunday**  
**Sunday School 10 a.m.**  
**Morning Worship 11 a.m.**  
**Children's Church 11 a.m.**  
**Tuesday**  
Celebrate Recovery 7 to 9  
**Wednesday**  
Adult & Youth Worship 7 p.m.  
Time Warner Cable  
Tues., Thurs., Sun.  
9 a.m., 2 p.m., 7 p.m.

**Ottawa Baptist Church**  
1074 Ottawa Rd. • Brodhead  
**Sunday School 10 a.m.**  
**Sunday Worship 11 a.m.**  
**Children's Church 11 a.m.**  
**Sunday Discipleship Training/Youth Mission Groups 6 p.m.**  
**Wednesday Services**  
**Youth Choir 6 p.m.**  
**Children's & Youth Bible Study 6:45 p.m. • Service 7 p.m.**  
ottawabaptist@windstream.net

**Our Lady of Mt. Vernon Catholic Church**  
515 Williams St (across from MVES)  
Mount Vernon, Ky.  
606-256-4170  
**Mass Times:**  
**Tuesdays at 5 p.m.**  
**Sabbath Mass: Sat., 5 p.m.**  
**Holy Days 5 p.m.**

**Fr. Michael Flanagan, Pastor**  
Sister Joyce Moeller,  
Pastoral Associate  
Jack Lawless, Groundskeeper  
Tom Darst, Maintenance

**Philadelphia United Baptist**  
834 Bryant Ridge Rd. Brodhead  
**Sunday School 10 a.m.**  
**Sunday Evening Service 6 p.m.**  
**Wednesday Service 7 p.m.**  
**Saturday Service 7 p.m.**  
**Gordon Mink, Pastor**  
606-308-5368

**Pine Hill Holiness**  
5216 S. Wilderness Rd.  
Mt. Vernon, Ky. 40456  
256-5955  
**Sunday School 10 a.m.**  
**Sun. Evening Worship 6 p.m.**  
**Thursday Night Worship 7:00 p.m.**

**Pine Hill Missionary Baptist Church**  
81 Limeplant Hollow Road  
Mt. Vernon, Ky. 40456  
**Bro. Clyde Miller, Pastor**  
859-986-1579  
**Sunday School 10 a.m.**  
**Sunday Worship 11 a.m.**  
Discipleship Training 5:30 p.m.

**Sunday Evening Worship 6:00 p.m.**  
**Wednesday Prayer Meeting & Youth Service at 7:00 p.m.**  
Prayer Partners Ladies Meeting monthly every 2nd Tues. at 6:30 p.m.

**Pleasant Run Missionary**  
**Sunday School 10 a.m.**  
**Sunday Worship 11 a.m.**  
**Sunday Evening 5 p.m.**  
**1st Sunday in Month Church at 2 p.m. at Rockcastle Respiratory Care**  
**Bro. Gary Bowling, Pastor**

**Poplar Grove Baptist**  
145 Richlands Rd. • Brodhead  
**Sunday School 10 a.m.**  
**Sunday Worship 11 a.m.**  
**Sunday Evening 6 p.m.**  
**Wednesday Evening 7 p.m.**  
**Tony Shelton, Pastor**

**Providence church of Christ**  
1 mile off Hwy. 70 on Hwy. 618  
**Dan McKibben, Minister**  
758-8524 or 758-9316  
**Sunday Bible Study 10 a.m.**  
**Sunday Morning Worship 10:30 a.m.**  
**Sunday Evening 6 p.m.**  
**Wednesday Bible Study 7 p.m.**  
email:  
dan.mckibben@juno.com  
www.WhatSaiithTheScriptures.com

**Roundstone Baptist**  
**Sunday School 10 a.m.**  
**Sunday Worship 11:00 a.m.**  
**Sunday Night 6:00 p.m.**  
**Wednesday Night 7 p.m.**

**Sand Hill Baptist Church**  
Sand Hill Rd.  
**Sunday School 10 a.m.**  
**Sunday Worship 11:00 a.m.**  
**Sunday Night 5:00 p.m.**  
**Thursday Night 6 p.m.**  
**Pastor Tommy Miller**

**Sand Springs Baptist**  
Directions: Take Hwy 1249, go exactly 5 miles, church on right  
**Sunday School 10 a.m.**  
**Sunday Worship 11 a.m.**  
**Sunday Evening 6 p.m.**  
**Wednesday Evening 6 p.m.**  
**Pastor: Bro. Eugene Gentry**

**Scaffold Cane Baptist**  
**Sunday School 10 a.m.**  
**Sunday Worship 11:00 a.m.**  
**Sunday Night 6:00 p.m.**  
**Wednesday Night 7 p.m.**  
**Pastor: Bro. James Hardin**

**Skaggs Creek Baptist Church**  
**Sunday School 10 a.m.**  
**Sunday Worship 11:00 a.m.**  
**Pastor: Bro. Bill Wagers**  
Everyone Welcome!

**Union Chapel Pentecostal**  
1505 Union Chapel Rd.  
Brodhead, Ky.  
**Letcher Napier, Pastor**  
**Sunday School 10 a.m.**  
**Sunday Worship 11:00 a.m.**  
**Sunday Evening 6:00 p.m.**  
**Thursday Evening 7:00 p.m.**  
**United Gospel of Christ**  
4 miles off US 25 on Wildie Rd.  
Church welcomes everyone  
**Sunday Worship 11:00 a.m.**  
**Sunday Evening 6:00 p.m.**  
**Wednesday Evening 7:00 p.m.**

**Valley Baptist Church**  
4482 Copper Creek Rd.  
Berea, Ky. 40403  
Organized in December, 1908  
**Sunday School 9:45 a.m.**  
**Sunday Worship 11:00 a.m.**  
**Sunday Evening 6 p.m.**  
**Wednesday Evening 7 p.m.**  
**Evan Eckler, Pastor**  
**Wildie Christian Church**  
1478 Wildie Rd. • Wildie  
606-256-4494  
**Sunday School 10 a.m.**  
**Sunday Worship 10:55 a.m.**  
**Family Fellowship 6 p.m.**  
**Bible Study 6 p.m.**  
**Bro. Gary Pettyjohn, Pastor.**

**Brodhead Pharmacy**  
Main Street • Brodhead  
R 606-758-4373 R

Howard Saylor Pharmacist	Open: 9:30 to 6:30 Mon.-Fri.	David Collins Owner
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# Classifieds

## CLASSIFIED RATES

- Local Rates - \$4 for 25 words or less - .10 each additional word
- Display Classifieds \$5.00/Inch

Deadline for Classifieds is 10 a.m. TUESDAY

## For Rent

**Chism Drive Thru Storage.** 9 1/2 x 14 indoor units. \$50. 24 hr. access and security cameras. 859-559-9903. 3xntf

**Total KU Electric 2BR/2BA trailer in Livingston.** \$350 month plus deposit. 453-3121 or 308-9546. 4xntf

**5x10 and 10x10 Storage Units Available,** as well as outdoor storage for your RV, boat or trailer. Rockcastle Self-Storage units, 100 Whippoorwill Lane, Mt. Vernon. 859-608-1924. 49xntf

**Two bedroom trailer in Mt. Vernon.** \$375 month/ deposit required. 859-358-3560. 49xntf

**Trailers and house in Brodhead.** No pets. 758-8922. ntf

**Accepting applications at Mt. Vernon Housing Authority** on Mondays 4 to 8 p.m. and Wednesdays and Fridays, 4 to 6 p.m. Rent based on income. 256-4185. 14xntf

**Accepting Applications:** For 2 and 3 bedroom units at Valley View Apartments. Rent based on income. Call 256-5912. Equal Housing Opportunity, TDD for hearing impaired only. 1-800-247-2510. 36tn

## For Rent

**Maple St. Storage of Brodhead**  
256-2884 or 606-308-2491

## Property For Sale

**Modern Salon - Day Spa.** Will sell or lease. 3500 sq. ft. Great location (Corbin). 606-526-1909. 5x4p

**2BR Home with garage.** Just north of Mt. Vernon on eight acres +/- . Ready to move into. Serious inquiries only. Shown by appointment only. 606-308-3669 or 606-308-1689. 9xntf

**2BR/2BA 1450 sq. ft.** Selling for \$89,900. Rick Szaks, Broker. 859-255-7777. Lincoln Real Estate, Inc. rickszaks@aol.com 18xntf

## Posted

**Posted:** No trespassing on land, where county road ends, on Coy Road belonging to Margie Weaver. All violators will be prosecuted to fullest extent of the law.

**Posted:** No trespassing on property belonging to Eugene and James Robinson, located off Hickory Flats Road in Rockcastle County. Violators will be prosecuted. 2x4p

**Posted:** No trespassing on land belonging to James and Dorothy Rash heirs on Rash Branch Road off Chestnut Ridge. No hunting, camping, ATVs, trespassing for any purpose. Not responsible for accidents. Violators will be prosecuted. 5x51

**Posted:** No hunting, trespassing, 4-wheeling on property belonging to James and Juanita Chasteen, located on Little Hurricane

Branch Road in Rockcastle County. Violators will be prosecuted. 44xntf

**Posted:** No trespassing, hunting, fishing or 4-wheeling on Cameron property on Poplar Gap Road (former Vanzant property). Violators will be prosecuted. 34x24

**Posted:** Property belonging to Don and Kitty Reese on Smallwood Road at Roundstone. All trespassers will be prosecuted. 49xntf

**Posted:** No hunting or trespassing on land belonging to Glen Roberts at 560 Dix River Branch Road, Brodhead. Violators will be prosecuted. 35xntf

**Posted:** No hunting, trespassing or ATVs on land belonging to Jason and Sara Coguer at Roundstone. Not responsible for accidents.

**Posted:** No trespassing on Crawford Place - Old Brodhead Road. Danny Smith. 47tn

**Posted:** Absolutely no hunting, fishing or trespassing on property belonging to Mark and Debbie Cummins. Violators will be prosecuted.

**Posted:** No trespassing, hunting or fishing on land belonging to Rachel Denney on Hwy. 3245 (former Reggie Bengé property).

**Posted:** No trespassing on property known as C.B. Owens Farm across from Fairgrounds in Brodhead. Violators will be prosecuted.

## Mobile Homes For Sale/Lease

**Lease Purchase:** 14x70 mobile home and lot. 2 Bed/ 2 Bath. \$26,900. 10% down and \$400 a month. Call 606-308-5459 or 606-256-8603. 4xntf

## Miscellaneous For Sale

**Sigmon Farm** now has two meat hogs for sale and straw. 256-2781. 5x2

**Hay,** 4x5 rolls, kept inside. Call for price. 308-3648. 5x2p

**One burial plot in Elmwood Cemetery.** \$550. 513-886-0555. 44xntf

**Cresthaven Cemetery Plots.** Contact Billy Dowell, 606-308-1058. 39xntf

## Notices

**Notice:** To Angela Dawn Morris. If the Ford Escape, left at 8094 Brindle Ridge Rd., is not removed by Thursday, February 23, 2017, it will be disposed of. 5x2p

**Notice is hereby given that** Loretta Battaglia, 1871 Little Clear Creek Road, Mt. Vernon, Ky. 40456 has been appointed Administrator of the Estate of Frank Battaglia on the 23rd day of January, 2017. Any person having claims against said estate shall present them, according to law, to the said Loretta Battaglia or to Hon. Frankie C. Blevins, Jr., Blevins Law, 400 Richmond Road N, Ste C, Berea, Ky. 40403 on or before July 24, 2017 at 9:30 a.m. 4x3

**Notice is hereby given that** Arthur Cromer, 3232 KY 3245, Brodhead, Ky. 140409 has been appointed Administrator of the estate of Bessie Cromer on the 30th day of January, 2017. Any person having claims against said estate shall present them according to law, to the said Arthur Cromer or to Hon. William A. Leger, 140 W. Main St., P.O. Box 1250, Mt. Vernon, Ky. 40456 on or before July 30, 2017 at 11 a.m. 5x3

## Help Wanted

**CNA/Homemaker.** Please email resume to rockseniors@windstream.net or fax 606-256-1626. For more info, contact Sherry or Brenda at 606-256-4316. 4x2

**Drivers:** Regional & OTR. Excellent pay + Rider program. Family Medical/Dental Benefits. Great Home ltime + Weekeends. CDL-A, 1 year experience. 877-758-3905. 4x2p

*Classified Deadline is Noon Tuesday Call 256-2244*

## Pet Supplies

**Use Happy Jack Kennel Dip II** to kill fleas, ticks, mange mites and control mosquitoes where they breed. Dyehouse Farm Supply (355-2301) (kennelvax.com) 4x5

## Motor Vehicles For Sale

**1988 Silverado, 2WD,** extended cab, 350 motor, all power, everything works, rebuilt front end, asking \$3,000. 606-308-9120.

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You may download an employment application from [lumberking.com](http://lumberking.com) and mail to: Mike Bryant, Store Manager, P.O. Box 249, Mt. Vernon, KY 40456.

They may also be attached and emailed to [hr@lumberking.com](mailto:hr@lumberking.com). You may also pick up employment applications at our store located at 1204 South Wilderness Road, Mt. Vernon, KY. Lumber King, Inc. is an Equal Opportunity Employer.



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## House For Sale

\$79,000  
Hwy. 1505  
Brodhead  
3 BD, 2 BA,  
2+/- acres, newly remodeled kitchen/dining combo, living room, full basement partially finished, 10x30 deck, 3 car detached garage, basketball goal, 28' above ground pool, hardwood and tiled floors. New roof in 2013.



New windows 2012. Central heat/air, also an Ashley wood stove in basement for backup or primary heat, if desired. All appliances included - stove, refrigerator, dishwasher, microwave, washer and dryer. Call 606-682-9801 or 606-682-9677 for showing

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Mail to: Mt. Vernon Signal • PO Box 185 • Mt. Vernon, KY 40456

**Professional Services**

**Furry Tails Pet Salon**, 162 Sunlite Lane, Mt. Vernon. Dog & Cat Grooming. For appt., call 606-386-3236 or 606-308-2126. Open: Mon-Fri 9 a.m. to 5 p.m. Saturday 9 a.m. to noon. 4x4p  
**Pave Pro**: Asphalt paving and excavation. Free estimates. Now scheduling for Spring. 859-661-0185. pavepro@windstream.net 4x9p

**Remodeling**, room additions, barn repairs, sun decks and painting. 606-282-3320. 1x5p

**J and R Pressure Washing**. Pressure washing of all type homes, outbuildings, decks, sidewalks and concrete patios. Owner and operator Jonathon Collins. Free estimates. 606-308-3533. 49x4p

**Jonathan Collins Remodeling and Repair Service**. Home improvements of any kind from doors and windows, painting, new floors, to roofs and decks - will do it all. Any home, any problem, "we're the one to call." 606-308-3533. 49x4

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**Owens Monument**: Located behind Owens Funeral Home in Brodhead. Open Mon-Fri. 8 to 5 and Sat. 9 a.m. to noon. 606-758-9600.

**Notice**: Will haul off or buy scrap metal, junk cars or trucks. Metal hauled for free. 231-6788. 14xntf

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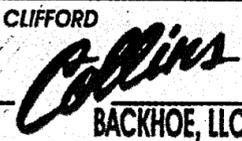
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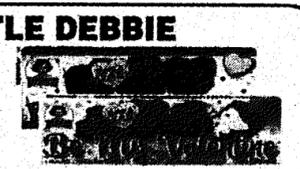
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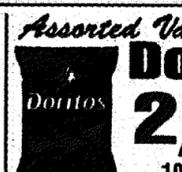
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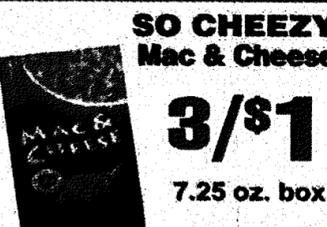
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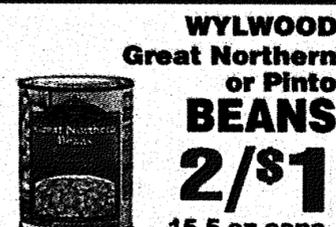
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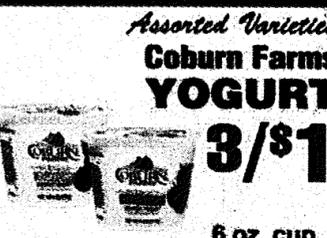
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# HEALTH *signal*

Winter 2017 • Vol. 13 • Issue 1



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## *Sisterly bond*

Sisters *Ann Lewis*  
and *Sarah Bishop*



# ROCKCASTLE REGIONAL HOSPITAL ■ RESPIRATORY CARE CENTER

### About Us

Rockcastle Regional Hospital & Respiratory Care Center is a not-for-profit community healthcare system that operates an emergency department, a 20-bed inpatient acute hospital, outpatient services, a 99-bed long-term care program for patients dependent upon mechanical ventilation and a medical office complex. Rockcastle Regional Hospital was established in 1956 and is accredited by the Joint Commission. Rockcastle Regional Hospital is a eight-time Kentucky Hospital Association Quality Award Winner for 2006, 2008, 2009, 2010, 2011, 2012, 2015, and 2016 and a U.S. News & World Report 2013 & 2014 Best Nursing Home.

### Mission

Rockcastle Regional Hospital and Respiratory Care Center is a family-oriented team of healthcare professionals dedicated to delivering the highest quality of care to those we serve.

### Vision

Rockcastle Regional Hospital and Respiratory Care Center's vision is to be the hospital of choice for healthcare in Rockcastle County and surrounding areas and to be the facility of choice nationwide for ventilator care.

### Values

We value excellence, friendliness, compassion, cleanliness, and our commitment to our community.

### Accreditation

All Rockcastle Regional Hospital and Respiratory Care Center facilities and programs are accredited by The Joint Commission.

### Professional Association Memberships and Other Affiliations

- American Association of Respiratory Care
- American Health Care Association
- American Hospital Association
- Kentucky Association of Health Care Facilities
- Kentucky Hospital Association
- Kentucky Medical Association
- National Patient Safety Foundation
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### Leadership

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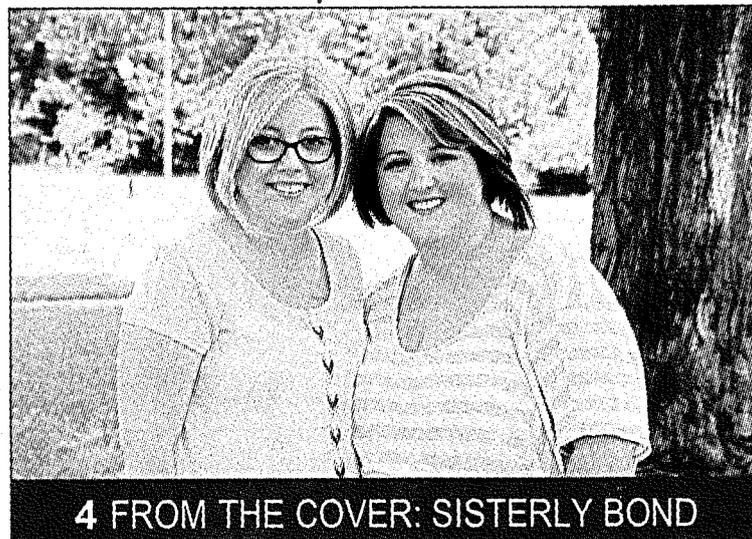
- Stephen A. Estes, President/CEO
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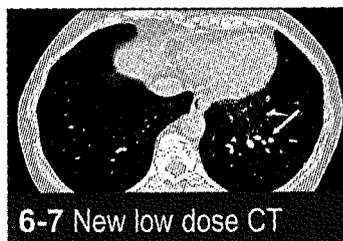
Health Signal is produced by the Community Relations Department of Rockcastle Regional Hospital and Respiratory Care Center.

Jana Bray, Director  
Susan Turley, Designer

## FEATURES



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## [ ROCKPEDS NEWS ]

## An ounce of prevention

By Jana Bray, Community Relations Director

## RockPeds offers fluoride varnish treatments to help prevent tooth decay

February is National Children's Dental Health Month, so it serves to be a great reminder to all parents that healthy gums and teeth are important in a child's early development. This is why talking to your child's doctor about good dental habits even before your child's first tooth appears is important.

"Good oral health is an integral part of a child's overall health," says Dr. Sarah Oliver, pediatrician at Rockcastle Pediatrics and Adolescents (RockPeds). "Giving your child the best start in life in terms of oral hygiene is vital for them to prevent tooth decay and to have healthy teeth and gums into adulthood."

Recommended by the American Academy of Pediatrics (AAP), fluoride varnish is one method pediatricians and dentists are using to help their patients prevent tooth decay, slow it down, or stop it from getting worse. Fluoride varnish is made with fluoride, a mineral that can strengthen tooth enamel, the outer coating on teeth.

Once your child has a tooth, your doctor may recommend that your child receive fluoride varnish treatments two to four times per year. The number of treatments depend on how likely your child is to get a cavity.

Because many young children do not have access to a dentist until they are older, the AAP now recommends that pediatricians perform



this procedure in clinics visits for children when teeth first begin to appear through age six. For more than a year, providers at RockPeds have been offering this service to patients.

During a fluoride varnish, your child's pediatrician will paint the top and sides of each tooth with a small brush. The painless process is very quick. The fluoride hardens soon after it is applied and is brushed off after four to 12 hours.

While studies have shown that fluoride varnish helps to greatly reduce the risk of cavities, it cannot completely prevent them. The treatments are most effective when a child is also brushing their teeth using the right amount of toothpaste with fluoride, flossing regularly, getting regular dental care, and eating a healthy diet.

Dr. Oliver says that this new service is yet another resource parents can utilize to insure the overall health of their children. "By implementing the fluoride varnish program, not only are we following the most recent AAP guidelines, we also hope to emphasize the importance of good dental health to our patients that will carry them throughout their lives."

To learn more about fluoride varnish or to schedule an appointment for your child, please call RockPeds at 606-256-4148 Option 5, or go to [www.healthychildren.org](http://www.healthychildren.org).

## Caring for the youngest of patients

Hospice Care Plus presented its prestigious Above and Beyond

Award at its 2016 annual dinner in December. The



Dr. Callie Shaffer Dr. Sarah Oliver

awards are given each year to civic groups, non-profits, churches, businesses, or other organizations that go to great lengths to support the mission of Hospice Care Plus and its patients and families.

During the dinner, Rockcastle Pediatrics and Adolescents was recognized with this high honor, along with three other organizations from across the region.

Rockcastle Pediatrics and Adolescents, or RockPeds, was thanked for its essential support of pediatric patients served by Hospice Care Plus. Practice physicians Dr. Callie Shaffer and Dr. Sarah Oliver both serve as medical directors for Hospice's youngest patients.

Hospice Care Plus presented the award because both Shaffer and Oliver "make themselves available 24/7 to oversee medical care, participate in care team meetings, write orders for prescriptions, and help design plans of care that promote quality of life, and pain and symptom management."

In presenting the award, Hospice Care Plus noted that without the support of Rockcastle Pediatrics, its staff, and Drs. Shaffer and Oliver, it would be difficult, if not impossible to provide care for pediatric hospice patients and their families.

Dr. Shaffer was honored to accept the award and said, "While it's very emotional to provide palliative care for children, it's great to work with such a high quality team as the Hospice Care Plus' nurses and staff."

# Donation saves the life of a sister

By Jana Bray, Community Relations Director and Kayla Rowe, Community Relations Specialist

**A**shley Lewis has always had a special bond with Samantha Bishop – they are sisters. But now, Ashley calls her sister a different name: lifesaver.

Years ago, Samantha Bishop signed up to be an organ donor. It wasn't something to which she gave much thought, aside from checking "yes" and signing the back of her driver's license. That all changed two years ago.

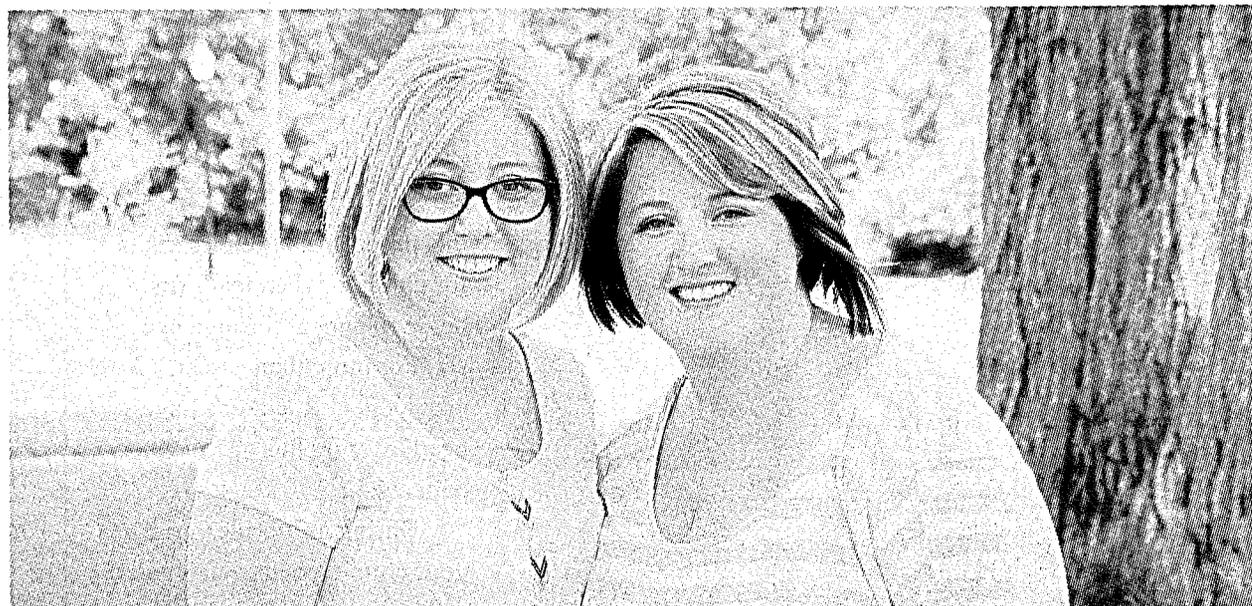
On April 3, 2015, Ashley Lewis was diagnosed with acute lymphoblastic leukemia. As a wife and new mother, Ashley was shocked to learn she now had a cancer that typically affects young children. To say her world was turned upside-down is an understatement.

Ashley immediately started undergoing tests and it was determined that she required a bone marrow transplant. But those tests also revealed she was missing a chromosome, which narrowed down her list of potential donors to only that of family members. As Ashley's only full sibling, without hesitation, Samantha began the screening process to see if she was a match to help her sister. As prayers were answered, the sisters were a match!

The journey began to save Ashley's life, and the process was long. To prepare herself for the transplant, she had to cleanse her body through a series of chemotherapy and radiation treatments.

She received her sister's lifesaving cells on August 4, 2015. The process involved the removal of Samantha's stem cells and then infusing them through a central line into Ashley. The cells made their way to Ashley's bone marrow so they could begin to produce new, healthy stem cells.

During this time, Ashley's blood count began to recover. Because of her compromised immune system, she had to be very careful about her environment. "This was a very long process for me," said Ashley, "I basically didn't see the sun



Sisters Ashley Lewis and Samantha Bishop.

from August 1 until September 17 and was kept in a bubble to allow my body time to accept these new cells."

For Samantha, the physical process was much shorter and was less painful than she had expected. "I had about a two week recovery time and only experienced a sore back following the procedure," said Samantha.

Being given the opportunity to save her sister's life is something Samantha will never take for granted. Now, when she looks at the back of her driver's license and sees that checkmark next to organ donor, it means something much more. "Giving Ashley the transplant wasn't even something I thought about – I knew I had to do it to save her life. I would donate again 100 times over to save a life. To me, it's just something everyone should do."

If you would like to know more about bone marrow donation registry, visit [bethematch.com](http://bethematch.com) or call 1-800-627-7692. To learn more about being an organ and tissue donor, visit [organdonor.gov](http://organdonor.gov).

**For thousands of critically ill blood cancer patients, there is a cure. And it could be you.**

Are you interested in learning more about becoming a bone marrow donor? Be the Match, operated by the National Marrow Donor Program (NMDP), is a nonprofit organization that's dedicated to helping every patient get the life-saving transplant they need.

You can join the national registry of bone marrow donors through Be the Match. You can join the registry at a local donor registry drive in your community or you can join online at [www.join.bethematch.org](http://www.join.bethematch.org). The process includes answering a series of questions which include a brief medical history and contact information, which takes about 10 minutes. If you are deemed eligible to join the registry after this step, you will be sent a registration kit in the mail to provide a swab of cheek cells. Be the Match will tissue type the sample you provide and use the results to match you to patients.

To learn more about the registry and donation process, please visit [www.bethematch.org](http://www.bethematch.org).

# Rockcastle Regional named a *"Best Places to Work in Kentucky"*

By Jana Bray, Community Relations Director

**R**ockcastle Regional Hospital and Respiratory Care Center has been named a "Best Places to Work in Kentucky" for 2017 by the Kentucky Chamber of Commerce and the Kentucky Society for Human Resource Management (KYSHRM). This is Rockcastle Regional's second year-in-a-row to be named to the list.

"We are incredibly proud to be named a Best Place to Work in Kentucky," said Carmen Poynter, human resources director at Rockcastle Regional. "Our goal is to create a work environment that attracts talented individuals who choose to be employed at Rockcastle Regional because they believe in our mission and core values. Our employees take great pride in being part of a team that conducts purposeful, worthwhile, and meaningful work."

Winners from across the state have been selected in three categories: small companies of 15-149 employees, medium companies of 150-499 employees, and large companies consisting of 500 or more employees. Rockcastle Regional was named a winner in the large company category based on its 678 employees. The selection process, managed by Best Companies Group, is based on an

assessment of the company's employee policies and procedures and the results of an internal employee survey.

The competition is a multi-year initiative designed to motivate companies in the Commonwealth to focus, measure, and move their workplace environments toward excellence.

"Engaged employees who are dedicated to the highest standards of job performance are the foundation for great organizations," said Stephen A. Estes, Rockcastle Regional president and CEO. "For healthcare organizations in particular, studies have shown a

correlation in engaged employees and the delivery of higher quality care, resulting in better health outcomes for patients. That's why we are committed to creating the best workplace for our employees, because ultimately, that's what's best for our patients."

Rockcastle Regional will be recognized at an awards dinner on April 26 where the final winner rankings will be

announced.

For more information about career opportunities at Rockcastle Regional, or to apply for a job, please visit [www.rockcastleregional.org/careers](http://www.rockcastleregional.org/careers).

Rockcastle Regional Hospital and Respiratory Care Center is a not-for-profit community healthcare system that operates an emergency department, outpatient services, a 20-bed acute care hospital, a 99-bed long-term care program for residents dependent upon mechanical ventilation and three rural health clinics. Rockcastle Regional Hospital was established in 1956 and is accredited by the Joint Commission. The organization is an eight-time Kentucky Hospital Association Quality Award Winner, a U.S. News & World Report Best Nursing Home for 2013 and 2014, a winner of the Women's Choice Award for America's 100 Best Hospitals for Patient Experience 2013-2017, was recognized with the Women's Choice

Award as an America's Best Emergency Care Hospital in 2015 and 2016, and a recipient of the 2013 Jackson Healthcare Charitable Services Award. For more information, please visit [www.rockcastleregional.org](http://www.rockcastleregional.org).



# Lung Cancer: Early detection is key

By Jana Bray, Community Relations Director

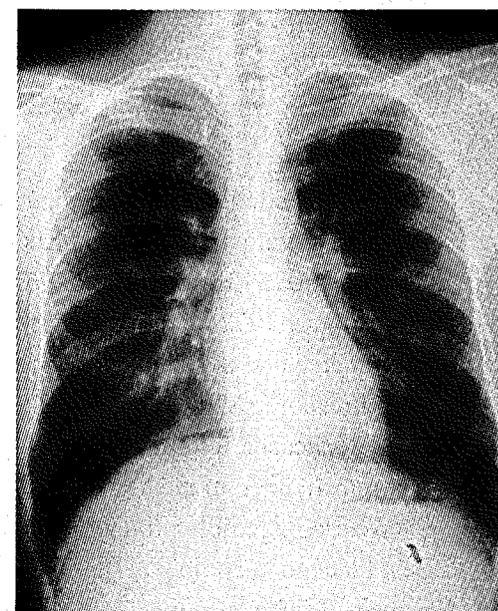
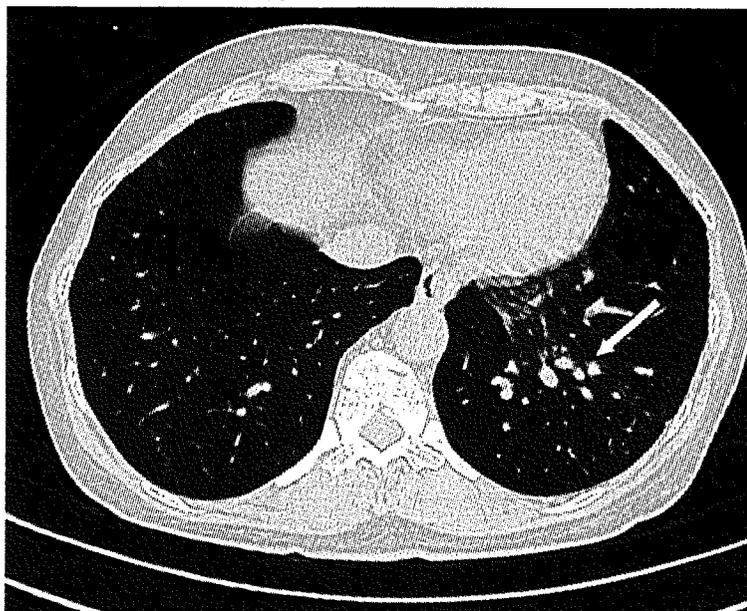
Lung cancer is the number one cancer killer in the country. It is the most common cancer worldwide, representing 13 percent of all cancer diagnoses. The most recent study showed that in 2013, Kentucky led the nation with the highest age-adjusted incidence rates for both men and women for lung cancer.

Currently, there are three screening methods for lung cancer: sputum cytology (looks for cancer cells in a patient's sputum), standard chest x-ray, and low-dose CT scan. While all three methods detect signs of lung cancer, only studies on the low-dose CT scan show an actual reduction in the likelihood of death from the disease. Additionally, the low-dose CT scan poses less risk to the patient than the regular diagnostic chest CT because the radiation exposure is much lower.

In 2011, a study was released by the National Cancer Institute which compared the effectiveness of reducing the mortality rate from lung cancer from standard chest x-rays to that of low-dose CT scans. The decade-long study showed a 20 percent reduction in the death rate from this type of cancer.

Unlike some other cancers, patients with lung cancer typically only begin showing symptoms once the disease is in its later stages and has spread to other areas of the body.

When lung cancer is detected in its earliest stage, the survival rate is 55 percent; however, only 16 percent of lung cancer cases are diagnosed this early. For those found in later stages, the five-year survival rate drops to 4 percent. This is why early-detection lung screening, like low-dose CT, is so important.



Low-dose CT scans (pictured at left) are different from standard chest x-rays (pictured at right) in that they capture multiple images of the entire chest to produce a three-dimensional picture. An X-ray simply produces a single image of the chest where the anatomic structures of the chest actually overlaid one another.

In August 2016, Rockcastle Regional Hospital began offering low-dose CT scans. Since then, approximately 300 scans have been performed and 29 have returned test results that are suspicious of cancer. "The national average for suspicious results from low-dose CT scans is 3 percent," said John Mitchell, director of Radiology at Rockcastle Regional. In this community, we are nearing triple that at 10 percent.

While low-dose CT scan is an excellent screening tool, it is not recommended for everyone. Those who are candidates for this test must meet all of the following "high-risk" criteria:

- 55-77 years of age
- 30 pack-year history of smoking. (Pack-years are calculated by multiplying the

average number of packs of cigarettes smoked per day by the number of years a person has smoked. Example: 1 pack a day for 30 years, 2 packs a day for 15 years, etc.)

- Are a current smoker or have quit within the last 15 years.

If you think you are a candidate for this screening, it is important to note that some insurance plans may not cover this test. It is best to check with your insurance plan for coverage of the screening and for any additional procedures, as there may be other costs associated even if the actual screening is free. The American Lung Association offers a checklist of questions to ask your insurance provider when calling to inquire about the screening. Visit [lung.org](http://lung.org) to learn more.

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# Is lung cancer screening right for you?

**S**creening is a test used to detect lung cancer before any symptoms appear. Screening with low-dose CT scans can reduce deaths in those at high risk. The test is not recommended for everyone and it has risks as well as benefits. Below, the American Lung Association provides key points you may want to use in discussion with your doctor if you are worried about your risk for lung cancer.

## Q: Am I a candidate for lung cancer screening?

**A:** If you meet the following criteria, you are considered to be “high risk” for developing lung cancer and screening is recommended:

- 55-77 years of age
- Have a 30 pack-year history of smoking (this means 1 pack a day for 30 years, 2 packs a day for 15 years, etc.)
- AND, are a current smoker, or have quit within the last 15 years

At this time, there is not enough evidence to show that screening is recommended for other groups.

## Q: Why is lung cancer screening only recommended for a certain group of people?

**A:** Experts look at the available data and use complex equations to determine who should be screened. If you are not in the high-risk group that means data has shown the benefits of screening do not outweigh your risks. However, there are still important ways you can reduce your lung cancer risk, such as eliminating your exposure to tobacco smoke, radon in your home, and other hazardous chemicals.

## Q: How can I reduce my lung cancer risk if I am not a candidate for screening?

**A:** The best way to reduce your risk is to take steps to avoid exposure to the dangerous substances most likely to cause lung cancer.

- The best way is to never smoke or stop smoking now. If you are still smoking, talk to your doctor or contact the Lung HelpLine (1-800-LUNGUSA) about ways to help you quit smoking. Visit [lung.org/quitsmoking](http://lung.org/quitsmoking) for more information.
- Avoid exposure to secondhand smoke.
- Test your home for radon, an odorless gas that causes lung cancer. Radon can be found in any home. If your home tests high for radon, take steps to repair your home to remove the radon. A certified radon contractor can fix the problem. Learn more at [lung.org/radon](http://lung.org/radon).
- Make sure you are safe around hazardous materials in the workplace and at home.

## Q: Should I get a low-dose CT (LDCT) scan to screen for lung cancer?

**A:** If you are at high risk, talk with your doctor about getting an LDCT scan to screen for lung cancer. Screening for lung cancer may save your life. Discuss your complete health history and ask for a clear explanation about the possible benefits and risk. There are some risks and not everyone should be screened for lung cancer. Only low-dose CT scans are recommended for screening. Chest x-rays are not recommended for lung cancer screening.

## Q: What happens if I choose to get an LDCT scan for lung cancer?

**A:** There is some radiation risk with an LDCT

scan and you may need to have additional tests and procedures. You should go to a hospital or screening center that has a team of experts who will clearly explain the procedure to you. The team should tell you about all the risks and benefits of the screening. They should also discuss what the results can mean and how they will follow up with you after the initial screening.

## Q: What do the results mean?

**A:** A “positive” result means that the LDCT scan shows something is abnormal. This could mean lung cancer. It could also mean some other condition. You may need to have additional procedures to find out exactly what is abnormal. If you do have lung cancer or some other condition, your doctor and the team of experts should discuss all possible treatment options with you.

A “negative” result means there were no abnormal findings at this time and on this LDCT scan. It does not mean you absolutely do not have lung cancer. It does not mean that you will never get lung cancer. Your doctor should discuss when and if you should be tested again. There may also be an “indeterminate” result and your doctor may recommend watchful follow-up and further imaging at a later time.

## Q: Where can I get more information about lung cancer and lung cancer screening?

**A:** The American Lung Association has a variety of lung cancer screening resources for patients and healthcare professionals. Visit [lung.org/lcsscreening](http://lung.org/lcsscreening) or call the Lung Cancer HelpLine at 1-844-ALA-LUNG for more information.

# The Wellness Center

Is your New Years' resolution to get healthy and fit? Rockcastle Regional hosts co-ed group exercise programs in its 2,600 square-foot Wellness Center located on the third floor of the Outpatient Services Center. A variety of classes are offered for all fitness levels.

## Meet the instructors



**JOANIE ALEXANDER** teaches gymnastics. She is certified through U.S. Gymnastics. Joanie began teaching gymnastics in 2011.



**JAMIE ELLISON** teaches Spin. She is certified in Cycling Instruction by the American Sports and Fitness Association. She has taught Spin since July 2012.



**ELIZABETH MIDDEN** teaches gymnastics. Elizabeth is certified by U.S. Gymnastics. She has taught gymnastics since November 2013.



**REBEKAH ARVIN** teaches Trifecta. She is certified in kick-boxing and step. Rebekah began teaching in the Wellness Center in January 2014.



**CHRISTOPHER FRITH** teaches Karate. He is a fifth degree black belt in Shotokan Karate and a black belt in Aki-Ju-Kan-Do. Christopher has taught Karate since 1990.



**CHELSEA PAYNE** teaches SilverSneakers and Rockin' Fit Kids. Chelsea is a certified personal trainer and has worked in the Wellness Center since April 2013.



**BRANDY BOWMAN** teaches Kettlebell. Brandy is certified in Kettlebell AMPD. She has taught in the Wellness Center since November 2015.



**DARRELL HARRISON** teaches Yoga and has been a martial arts and self-defense instructor for more than 25 years. He has taught in the Wellness Center since October 2015.



**JANNA STRINGFIELD** teaches yoga. Janna is an occupational therapist at Rockcastle Regional. She received her yoga certification from the Om Place.



**AMANDA BRADLEY** teaches gymnastics. She is certified through U.S. Gymnastics. Amanda has taught gymnastics since November 2013.



**MORGAN BRAY** teaches Barre and Zumba. She has a Bachelor of Science degree in Kinesiology and Public Health. Morgan is excited to return to the Wellness Center.

### Interested in holding classes at the Wellness Center?

*Instructors at the Wellness Center are independent contractors and are not employed by Rockcastle Regional Hospital and Respiratory Care Center in their capacity as a fitness instructor. Rockcastle Regional allows only certified, licensed and insured instructors to utilize the Wellness Center for the purpose of conducting class. If you are a licensed/certified instructor and would like to inquire about instructing in the Wellness Center please email [kayla.rowe@rhrcc.org](mailto:kayla.rowe@rhrcc.org) for more information.*

# at Rockcastle Regional

Always consult your physician before starting a new exercise program. Choose a class that is appropriate for your fitness level. For instructor contact information and current class schedule, visit [rockcastleregional.org/wellness center](http://rockcastleregional.org/wellness center).

## Class Descriptions

### BARRE

Barre includes a variety of activities to increase stamina, flexibility, and strength by combining ballet, Pilates and Yoga movements. Alignment, core engagement, and total body strengthening will be achieved each session. It is recommended to bring a yoga mat and no-skid socks. (Classes held Monday and Thursday)

### KARATE

Shotokan Karate is a Japanese style of martial arts. The main focus of the art is physical training for strength, flexibility, and power. This is achieved by using proper form and technique. Classes are taught in a very traditional manner, requiring students to learn respect and self-discipline in addition to the physical aspect. New students are always welcome to try a month for FREE! (Classes held Tuesday and Thursday)

### KETTLEBELL

Kettlebell AMPD takes heart-pumping music and your favorite kettlebell moves and combines them into 60 minutes of calorie-torching fun! This whole-body workout emphasizes group fitness and focuses on specific areas such as arms, legs, core, and cardio. Each song concentrates on a main area, while still maintaining a whole body routine. (Classes held Monday, Wednesday, Thursday, and Friday)

### SILVERSNEAKERS® CLASSIC

Have fun and move to the music though a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support. To find out if you're eligible call (606) 256-7767. (Classes held Tuesday and Thursday)

### SPIN

Spin is the best low-impact cardio fitness available. This class is non-stop pedaling on a stationary bike. There's no impact on knees, but after class you will feel like you ran a half-marathon. (Classes held Tuesday and Thursday)

### TRIFECTA

A body blasting workout where the routine is always different! Trifecta is a fusion of cardio endurance, strength training, and core work designed for a total body workout. It uses several types of equipment such as weights and stability balls during fun workouts made up of planks, abdominal strengthening, and more! This class will tone and tighten your body all while improving your strength. (Classes held Monday and Saturday)

### YOGA

Yoga is designed to improve the health, performance, and mental acuity of individuals interested in improving their level of fitness. Based on the ancient fitness science of hatha yoga, it blends balance, strength, flexibility and power in a fitness format. Yoga delivers a practical, user-friendly style, which is accessible, understandable, and doable by individuals at any level of fitness. (Classes held Tuesday and Friday)

### ZUMBA

A fun and energetic way to dance your way into shape! A total workout including cardio, muscle conditioning, balance, and flexibility! For all ages and levels. (Classes held Monday and Thursday)

#### Wellness Center Guidelines

- For all classes, it is important to participate in the warm-up and cool downs.
- Beginners, please introduce yourself to the instructor prior to class and complete necessary paperwork.
- Proper footwear is important for a safe and enjoyable workout.
- Instructors and class schedule subject to change.

## [ YOUR HEALTH ]

# Poison prevention

**P**oisoning is the #1 cause of injury-related death in the U.S. The third week in March each year is designated as National Poison Prevention Week, a week dedicated to raising awareness about the burden of poisoning in the U.S. and highlighting specific ways to prevent it. Be prepared for poisoning emergencies by programming the Poison Help line in your phone today, 1-800-222-1222! Here are some tips to prevent poisonings in your home.

### Household Chemicals and Carbon Monoxide

- Always read the label before using a product that may be poisonous.
- Keep chemical products in their original bottles or containers. Do not use food containers such as cups, bottles, or jars to store chemical products such as cleaning solutions or beauty products.
- Never mix household products together. For example, mixing bleach and ammonia can result in toxic gases.
- Wear protective clothing (gloves, long sleeves, long pants, socks, shoes) if you spray pesticides or other chemicals.
- Turn on the fan and open windows when using chemical products such as household cleaners.

### Drugs and Medicines

- Only take prescription medications that are prescribed to you by a healthcare professional. Misusing or abusing prescription or over-the-counter medications is not a "safe" alternative to illicit substance abuse.
- Never take larger or more frequent doses of your medications, particularly prescription pain medications, to try to get faster or more powerful effects.
- Never share or sell your prescription drugs. Keep all prescription medicines (especially prescription painkillers, such as those containing methadone, hydrocodone, or oxycodone), over-the-counter medicines (including pain or fever relievers and cough and cold medicines), vitamins and herbals in a safe place that can only be reached by people who take or give them.
- Follow directions on the label when you give or take medicines. Read all warning labels. Some medicines cannot be taken safely when you take other medicines or drink alcohol.
- Turn on a light when you give or take medicines at night so that you know you have the correct amount of the right medicine.
- Keep medicines in their original bottles or containers.
- Monitor the use of medicines prescribed for children and teenagers, such as medicines for attention deficit hyperactivity disorder, or ADHD.1
- Dispose of unused, unneeded, or expired prescription drugs. Follow federal guidelines for how to do this (FDA 2011).
- Participate in National Drug Take Back days recognized by the Drug Enforcement Administration or local take back programs in your community.

### Keep Young Children Safe from Poisoning

#### Be Prepared

- Put the poison help number, 1-800-222-1222, on or near every home telephone and save it on your cell phone. The line is open 24 hours a day, 7 days a week.

#### Be Smart about Storage

- Store all medicines and household products up and away and out of sight in a cabinet where a child cannot reach them.
- When you are taking or giving medicines or are using household products:
  - Do not put your next dose on the counter or table where children can reach them—it only takes seconds for a child to get them.
  - If you have to do something else while taking medicine, such as answer the phone, take any young children with you.
  - Secure the child safety cap completely every time you use a medicine.
  - After using them, do not leave medicines or household products out. As soon as you are done with them, put them away and out of sight in a cabinet where a child cannot reach them.
  - Be aware of any legal or illegal drugs that guests may bring into your home. Ask guests to store drugs where children cannot find them. Children can easily get into pillboxes, purses, backpacks, or coat pockets.

**Poison Help Line**  
**1-800-222-1222**

## [ YOUR HEALTH ]

# Is it a cold or the flu?

Influenza (also known as the flu) is a contagious respiratory illness caused by flu viruses. It can cause mild to severe illness, and at times can lead to death. The flu is different from a cold. The flu usually comes on suddenly. People who have the flu often feel some or all of these symptoms:

- Fever\* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

\* It's important to note that not everyone with flu will have a fever.

### Flu Complications

Most people who get influenza will recover in a few days to less than two weeks, but some people will develop complications (such as pneumonia) as a result of the flu, some of which can be life-threatening and result in death.

Pneumonia, bronchitis, sinus and ear infections are examples of complications from flu. The flu can make chronic health problems worse. For example, people with asthma may experience asthma attacks while they have the flu, and people with chronic congestive heart failure may experience worsening of this condition that is triggered by the flu.

### People at High Risk from Flu

Anyone can get the flu (even healthy people), and serious problems related to the flu can happen at any age, but some people are at high risk of developing serious flu-related complications if they

get sick. This includes people 65 years and older, people of any age with certain chronic medical conditions (such as asthma, diabetes, or heart disease), pregnant women, and young children.

### What are the emergency warning signs of flu sickness?

#### *In children*

Fast breathing or trouble breathing

- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

#### *In adults*

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms that improve but then return with fever and worse cough



In addition to the signs above, get medical help right away for any infant who has any of these signs:

- Being unable to eat
- Has trouble breathing
- Has no tears when crying
- Significantly fewer wet diapers than normal

Signs & Symptoms	Influenza	Cold
Symptom onset	Abrupt	Gradual
Fever	Usual; lasts 3-4 days	Rare
Aches	Usual; often severe	Slight
Chills	Fairly common	Uncommon
Fatigue, weakness	Usual	Sometimes
Sneezing	Sometimes	Common
Stuffy nose	Sometimes	Common
Sore throat	Sometimes	Common
Chest discomfort, cough	Common; can be severe	Mild to moderate; hacking cough
Headache	Common	Rare

# Ready to run?

## Don't just take off – take this advice instead

By Dwain Harris, Community Relations

If there is one piece of advice that's most important to new runners, it is this: avoid the terrible "toos" – Too far, too much, too fast.

Rockcastle Regional's Countywide Stride run/walk series has attracted dozens, if not more than hundred, to the sport of running over the years. If you are one of the many who are thinking of trying it, here are some things to think about in terms of preventing injury and getting the most out of your new sport.

### What's the rush?

At our year-end survey when we ask current runners to give advice to new runners, by far the most popular information goes along the lines of "Build distance gradually. Don't try to run too much, too often." Many of these runners have learned the hard way that the surest way to get hurt is to be too ambitious at the beginning.

James Messer, DPT, director of Rockcastle Regional's outpatient rehabilitation department, recommends not even running for at least a few days after the journey to being a runner starts. Instead, spend some time on strength and flexibility. Then, when it's time to run, don't run during every workout.

"Some days, integrate a run/walk sequence," he says. He recommends the guidance of well-known runner and coach Jeff Galloway, who champions the run/walk training method. Find more at [jeffgalloway.com](http://jeffgalloway.com).

### Stay true to good form

Form is important, not only to maximize speed but also it will make you look better while

running. Kidding about the looking better! That is not important here. The most important thing to remember is good form prevents injuries.

"Most injuries we see are caused by poor running form," Messer said. For example, some may try to use the same form for distance running as for sprints, and that is a recipe for injury.

His advice: Have an experienced runner or physical therapist watch your form and give you feedback on what adjustments you might need to make.

### These shoes were made for running

Invest in appropriate footwear and the time it takes to determine what shoe is best for your foot. It's best to visit a trusted specialty running shoe store.

There are three main kinds of running shoes – support, neutral and motion control. Which of those you need depends on the shape of your foot and your particular gait.

You also need to pay attention to whether your shoes, like an old set of tires, have too many miles on them. A worn-out shoe can let the body down, causing injury.

### When your body talks (or sometimes screams), listen

Some soreness and discomfort is normal for runners, but the last thing you should do is try to "run through" an injury.

"When starting any new exercise program, expect delayed muscle soreness," Messer says. "But when you have sharp pain, or clicking,

popping, or locking up... stop and get it checked out."

### Run with a group

There's nothing like accountability partners to get you up out of bed for that early morning run. There are a few groups in Rockcastle County who can be found running regularly.

They're smart for sticking together. Not only does running with a group keep you accountable, it's also a great way to socialize, learn and stay motivated. Think about it – there will almost always be someone faster who will motivate you to achieve what you might have thought too difficult. There's actually a term for this – social facilitation – which refers to an improvement of performance by the mere presence of others.

It's also much safer to run with a group than running on your own. Speaking of safety...

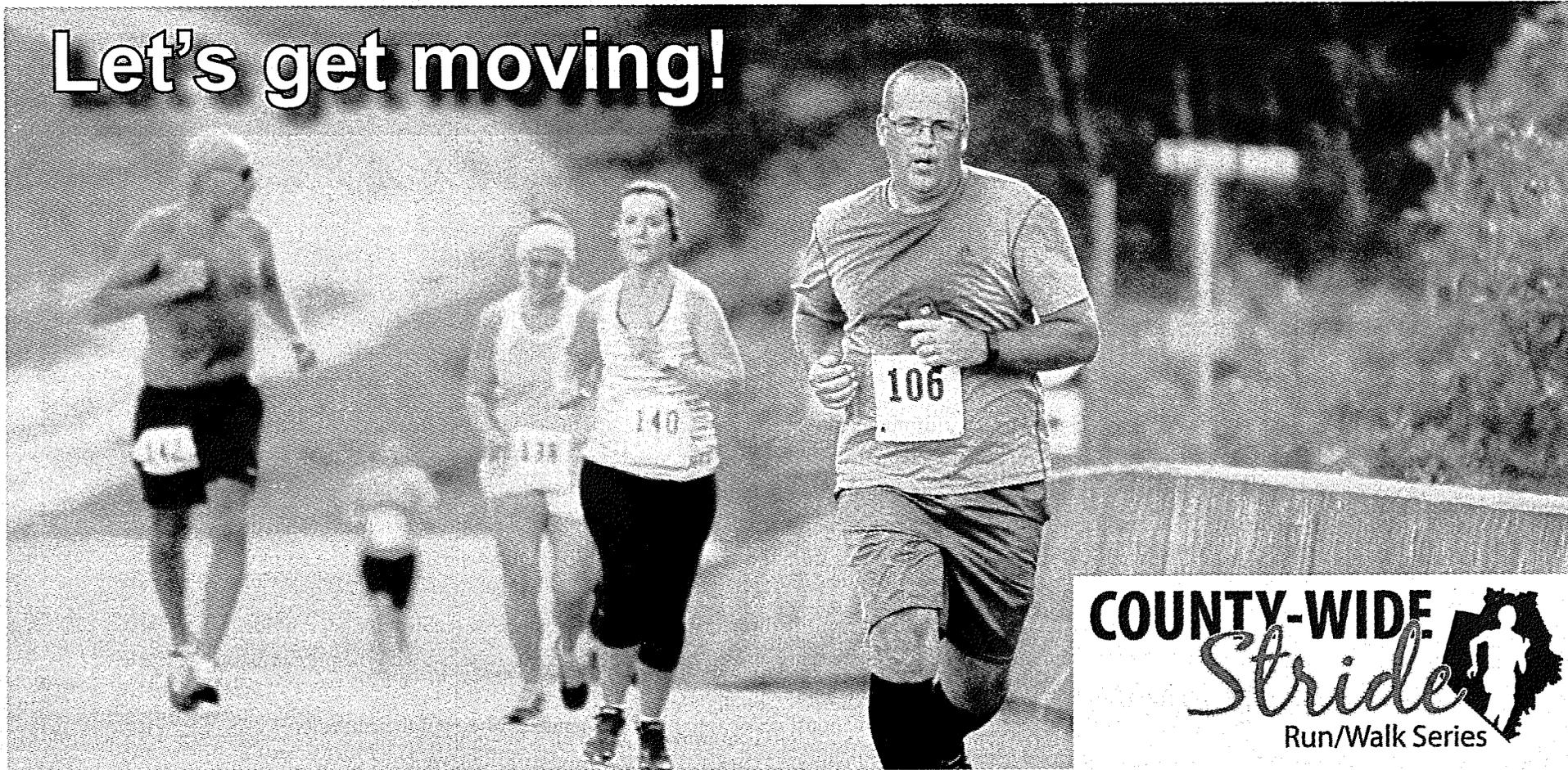
### Roads are dangerous

In 2014, 4,884 people were killed in pedestrian/motor vehicles crashes, and 65,000 pedestrian injuries were reported – one injury every eight minutes.

Put simply, though roads (or sides of roads) often are where fitness is achieved through running, it can all go out the window with a miscalculation of runner or motorist.

Always run facing traffic, and wear bright, reflective clothing. And if running in dusk or dawn, invest in a lighted safety vest. In addition, lose the earphones because they prevent you from hearing traffic that could be headed right toward you.

# Let's get moving!



**COUNTY-WIDE**  
*Stride*  
Run/Walk Series

*Rockcastle County, let's get fit. Hit your County-wide Stride this year!*

### WHAT'S IN IT FOR YOU?

**Complete 7** races for a long-sleeve dri-fit County-wide Stride shirt

**Complete 10** races for a dri-fit shirt and a \$25 gift certificate

**Complete 12** races for a dri-fit shirt, \$25 gift certificate, and a personalized commemorative plaque

*(No separate registration is required for the series and there is no additional entry fee; we'll keep up with who participates at each event.)*

### 2017 COUNTY-WIDE STRIDE RACE CALENDAR

- Snowball Express 2-miler** • Sunday, January 29
- 4K for Heart Health** • Virtual event, Feb. 14 - 28
- St. Patrick's Day 5 Miler** • Sunday, March 12
- Fairview Baptist Run for Missions** • Saturday, April 1
- Brodhead Hustle 5K** • Saturday, May 27
- Fit Family Run** • Thursday, June 15
- Rockcastle Alzheimer's 5K** • Saturday, July 8
- Ren10 (10K run/5K walk by the lake)** • Saturday, August 12
- Livingston Leap 5K** • Saturday, September 2
- Smokin' Butt Bike Ride** • Saturday, September TBD
- Bittersweet (5K run/2M walk)** • Saturday, October 7
- Renfro Rock N' Run (Half marathon & 5K)** • Saturday, Nov. 11
- Jingle Bell 6K** • Saturday, December 2

For more information visit, us online at [www.rockcastleregional.org/race](http://www.rockcastleregional.org/race) or follow us on Facebook at [facebook.com/countywidestride](https://facebook.com/countywidestride)

# Showing appreciation to those who *serve and protect*

By Jana Bray, Community Relations Director

**J**anuary 9, 2017 was National Law Enforcement Appreciation Day. Rockcastle Regional Hospital & Respiratory Care Center took that opportunity to recognize our local law enforcement officers for the sacrifices they make daily to serve and protect our community.

The second annual Law Enforcement Appreciation Luncheon was held for all local law enforcement officers at Rockcastle Regional's Wellness Center. Officers from the various law enforcement agencies across the county were in attendance.

During the luncheon, Rockcastle Regional's security director Luke Manuel expressed the hospital's gratitude to the police forces in the community and presented donations to each of the agencies to assist with the purchase of supplies and equipment needed by each of the departments.

"We truly can't thank our local law enforcement officers enough," said Manuel. "They put their lives on the line every day to ensure our facility and community stays safe. Over the course of time, we have developed a close relationship with community, county and state law enforcement officers and we plan to build upon that relationship for many years to come. We appreciate their hard work and sacrifice."



Rockcastle Regional's security director Luke Manuel thanks local police officers for their assistance throughout the year in helping to serve and protect the hospital, its patients, and its employees.



Law enforcement officers from across Rockcastle County attended the second Annual Law Enforcement Luncheon held on January 9 at Rockcastle Regional.

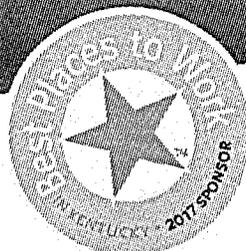
## NEWS AND NOTES FROM OUR TEAM

**D**anette Craig is a new pharmacist in the inpatient pharmacy at Rockcastle Regional. She earned her doctorate of pharmacy degree from Samford University McWhorter School of Pharmacy in Birmingham, Alabama. Danette lives in Mt. Vernon with her husband Kevin and children Harrison and Ava. In her



free time she enjoys crafting, traveling, and spending time with her family. When asked about her new job, Danette said, "Making the decision to join the team here at Rockcastle Regional has been very rewarding for me on many levels. I look forward to being able to contribute to patient care and to our community."

Inspired care,  
Inspired career.



## Current Job Opportunities at Rockcastle Regional

### Child Development Center

Teacher - Full Time  
Teacher - Part Time

### Dietary Services

Dietary Aides

### Environmental Services

Housekeeper  
Laundry Tech  
Janitor

### Facilities Management

Licensed Plumber  
Licensed HVAC

### In-patient Pharmacy

Certified Pharmacy Technician

### Laboratory

MTs/MLTs  
Phlebotomist

### Nursing Services

RNs - Long-term Care  
RN - Emergency Department  
RN - Special Care Unit  
RN - Acute  
LPNs - Long-term Care  
SRNAs

### Respiratory Care

Respiratory Therapists

### Rockcastle Pediatrics & Adolescents

APRN  
Referral Coordinator

### Rockcastle Family Wellness

LPN or CMA

### Surgery

Certified Surgical Tech

### Surgery Clinic

LPN

Apply now:  
[rockcastleregional.org/careers](http://rockcastleregional.org/careers)

## ROCKCASTLE REGIONAL

### Physicians Based in Rockcastle County

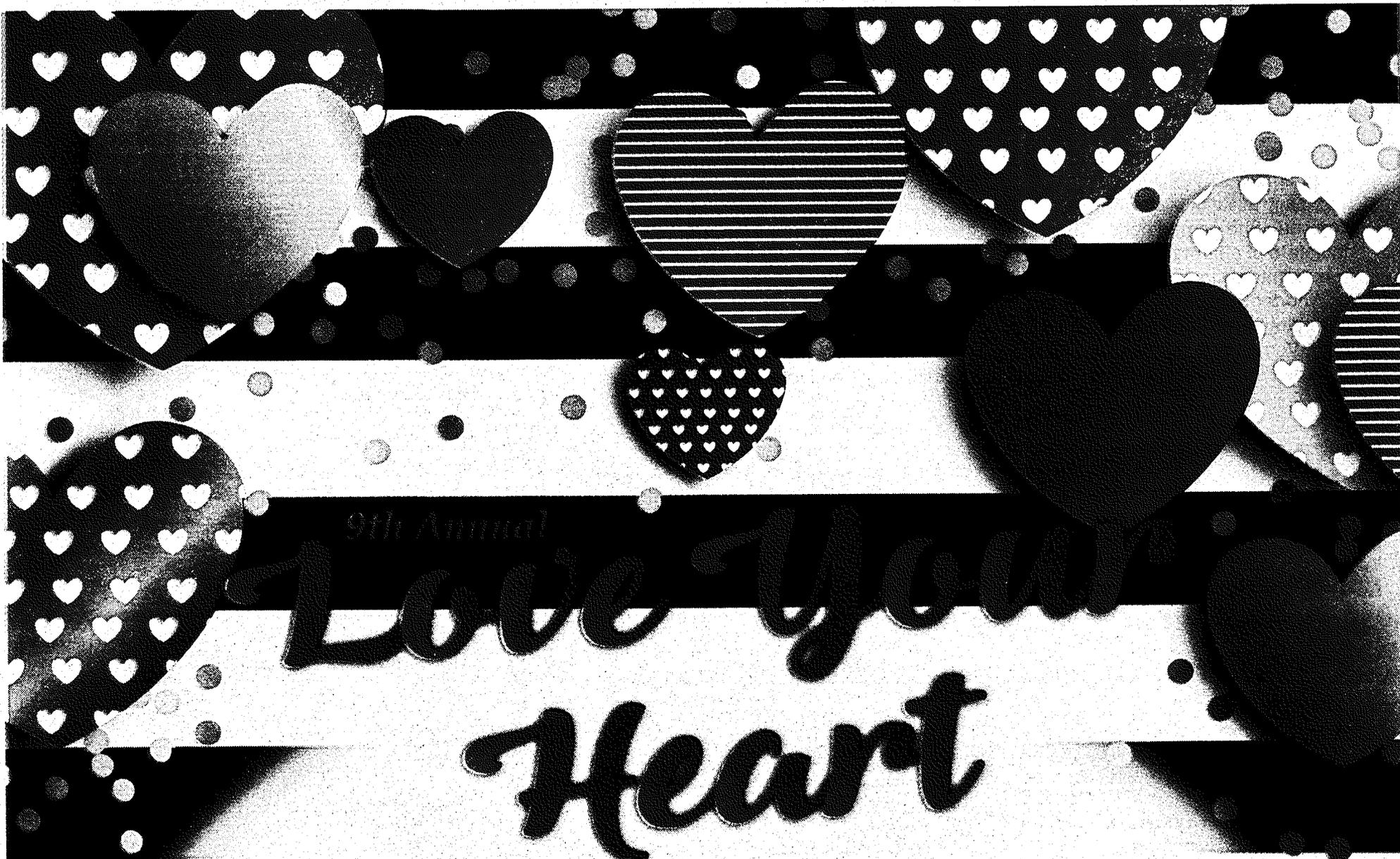
Jon A. Arvin, M.D.	Family Practice
William Bakhos, M.D.	General Surgery
David L. Brabon, M.D.	Plastic Surgery
David S. Bullock, M.D.	Family Practice
Kimberly Cornelius, M.D.	Internal Medicine/Pediatrics
Eduardo R. Gomez, M.D.	Radiology
George W. Griffith, M.D.	Family Practice
Bethanie Hammond, M.D.	Breast Imaging/Radiology
Rebecca Hammond, M.D.	Family Practice
Sarah Oliver, M.D.	Pediatrics
Kevin Rowe, M.D.	Family Practice
Karen B. Saylor, M.D.	Internal Medicine/Pediatrics
Callie Shaffer, M.D.	Pediatrics

### Mid-Level Providers Based in Rockcastle County

Courtney Browning, APRN	Pediatrics
Jenny Collier, CSW	Counseling
Alicia Cook, PA-C	Family Practice
Chasity Frakes, APRN	Family Practice
Deana Gabbard, PA-C	Family Practice
Shelley Gover, APRN	Pediatrics
Chelsen Larkey, LPCA	Counseling
Ginger Mink-Cash, APRN	Family Practice
Joan Moore, APRN	QuickCare
Angela Parsons-Woods, PA-C	Family Practice
Brittany Perkins-Saylor, PA-C	Family Practice
Rachel Powee, APRN	QuickCare
Joyce Puckett, APRN	QuickCare

### Visiting Physicians

Daniel Albertson, APRN	Podiatry
Paul Anaya, M.D.	Cardiology
Michael Anstead, M.D.	Pulmonology
Azhar Aslam, M.D.	Cardiology
Juan-Carlos Aycinena, M.D.	Nephrology
Amy Barko, M.D.	Podiatry
David Booth, M.D.	Cardiology
Ketan Buch, M.D.	Pulmonology
Mara C. Chambers, M.D.	Hematology & Oncology
Chad Cooper, M.D.	Podiatry
James K. Crager, M.D.	Cardiology
Kristopher Cumbermack, M.D.	Pediatric Cardiology
W. Lisle Dalton, M.D.	Gynecology
Yousef Darrat, M.D.	Cardiovascular Disease
Anna Christina dela Cruz, M.D.	Gastroenterology
John M. Draus, M.D.	Pediatric Surgery
David Escalante, M.D.	Endocrinology
Deborah R. Flomenhoft, M.D.	Pediatric Gastroenterology
Abeer Hamdy, M.D.	Pediatric Cardiology
Amy Hessler, D.O.	Neurology
Thomas W. Howard III, M.D.	Rheumatology
Joseph A. Iacono, M.D.	Pediatric Surgery
Mary Ireland, M.D.	Orthopaedic Surgery
Kirk Jenkins, M.D.	Rheumatology
Heather Jones, M.D.	Podiatry
Michael Jones, M.D.	Cardiology
Ashok Kanthawar, M.D.	Gastroenterology
Stefan Kiessling, M.D.	Pediatric Nephrology
Christian Knecht, M.D.	General Surgery
John Kotter, M.D.	Cardiology
Paul K. Krestik, DPM	Podiatry
Christian Lattemann, M.D.	Orthopaedic Surgery
Aleksander Lenert, M.D.	Rheumatology
Steve W. Leung, M.D.	Cardiology
Iraklis Livas, M.D.	Allergy/Immunology
Angela Mahan, M.D.	Thoracic Surgery
Zabeen Mahuwala, M.D.	Neurology
Majd Makhoul, M.D.	Pediatric Cardiology
Anne P. Marshall, M.D.	Pathology/Cytopathology
Ashish P. Maskey, M.D.	Pulmonology
Rick R. McClure, M.D.	Cardiology
Adrian Messerli, M.D.	Cardiology
Timothy W. Mullett, M.D.	Thoracic Surgery
Vidya Nadig, M.D.	Cardiology
Javier A. Neyra-Lozano, M.D.	Nephrology
William Robertson, M.D.	Nerve Study
Anthony Rogers, M.D.	Thoracic Surgery
Sarah S. Rugg, M.D.	Cardiology
Ana Ruzic, M.D.	Pediatric Surgery
Mandakini Sadhir, M.D.	Adolescent Medicine
Cameron S. Schaeffer, M.D.	Pediatric Urology/Plastic Surgery
Douglas Schneider, M.D.	Pediatric Cardiology
Sean C. Skinner, M.D.	Pediatric Surgery
Mikel D. Smith, M.D.	Cardiology
Susan Smyth, M.D.	Cardiology
Vincent Sorrell, M.D.	Cardiology
Stephanie Stockburger, M.D.	Adolescent Medicine
Ravneet Thind, M.D.	Hematology & Oncology
Mark Vranicar, M.D.	Pediatric Cardiology
Byron T. Westerfield, M.D.	Sleep Medicine
Thomas F. Whyne, M.D.	Cardiology
Greg Wheeler, M.D.	Neurosurgery
Denis Yalkut, M.D.	Urology
John Yozlak, M.D.	Adolescent Medicine - Psychology
Ali Ziada, M.D.	Pediatric Urology



9th Annual

# Love your Heart

*From your head to your feet, keep a healthy heartbeat!*

**FEBRUARY 9, 2017**

**Wellness Center • 5:30 p.m.**

*Door prizes • Healthy dinner • Gift for every lady*



RSVP by February 6  
to Kayla Rowe  
at (606) 256-7767