

# Mount Vernon

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## Easter 2022



Henry and Clara Bray (above) met the Easter Bunny during last Saturday's Easter celebration at the Brodhead Depot Park. The line to meet the Easter Bunny extended to the road. A record number of children (below) showed up to hunt for Easter Eggs during the event which included inflatables, snacks, face painting and many other activities.



## New RCMS building approved

### Project Manager, Architect chosen

By: Mike French  
Editor

Rockcastle County will have a new \$14 million middle school building, thanks to the efforts of Kentucky State Representative Josh Bray's and Superintendent Carrie Ballinger's continued efforts to place the district in a position of eligibility through the nickel program.

During the recent legislative session, among the many projects Bray was able to get passed in this session, was \$14 million in state funding (\$10 million in equalization funding and \$4 million in HB604) for a new RCMS project.

The legislature and Governor Beshear approved \$10 million in the state budget for the new

school building but Bray says the district needed an additional \$4 million to complete the project. So Bray put forth HB 604 which included the additional \$4 million needed. That bill passed late last week. "The money will be available after July 1 and Rockcastle County can begin the process of building a new, much needed middle school," Bray said.

The regular monthly meeting of the Rockcastle County School Board was held Tuesday night before the budget or HB 604 was passed but Ballinger and the board approached the project as if it had been approved. "We don't have time to waste," said Ballinger.

(See "RCMS" on A7)

## Growth Millions in funding coming to Rockcastle

By: Mike French  
Editor

Over \$60 million in state funding will be coming to Rockcastle County.

The Kentucky Legislature passed the state budget and several bills last week.

Governor Andy Beshear vetoed several line items, before approving the remaining budget, but the legislature was able to override those vetoes and, in most cases, did so.

Kentucky State Representative Josh Bray, of Rockcastle County, was able to secure the passage of several bills and was able to include millions of dollars in the state budget for his native county. In fact, in total, over \$60 million in funds have been

designated for Rockcastle County projects, thanks to the efforts of Bray, our new Senator Brandon Storm (R-London) and former senator Jared Carpenter. Projects, that most officials agree will be transformational to the county, were approved last week during the

(See "Growth" on A7)



Shown above is an example of the old, rusty piping inside the walls of the existing RCMS building.

### Fiscal Court

## Blast in the Valley needs more money

### Clerk talks about primary

By: Mike French  
Editor

The Rockcastle County Fiscal Court held their regular monthly meeting last Tuesday evening with 27 items on the agenda.

After magistrates approved the RCIDA budget and the development board's request for \$1,284 for expenses, Judge/Executive Howell Holbrook, Jr., told the court the Blast in the Valley committee is asking for more money this year than ever before. "Last time the county and the city gave \$17,900 each." This time they say they need \$20,000 from the fiscal court and \$20,000 from the City of Mount Vernon.

Holbrook pointed out the two entities last paid for fireworks in 2020. But since that event was cancelled, the company honored the old price and held the 2021 fireworks show for the money that had already been paid the previous year. "So it's been two years since we have had to pay and this is about \$2,100 more than last time," he said.

However, some magis-

trates considered the price hike a little more than expected and asked that the request be tabled until officials with the City of Mount Vernon reveal if they approve of the price

(See "Blast" on A7)

## Suspected Meth lab explosion

By: Mike French  
Editor

Police were called to a suspected meth lab explosion on Maple Grove Road Saturday evening. According to a press

release from the Rockcastle County Sheriff's Department, deputies, assisted by the Mount Vernon Fire Department, responded to a report of a large explosion at 1166 Maple Grove Road.

Upon arrival at the scene, the report says officials discovered Steven Haling, Jr., near the explosion with severe injuries. Haling was treated at the scene and firefighters began routine decontamination treatment and then airlifted him to the University of Kentucky Medical Center.

The site of the explosion was reported to be in a small house trailer parked on the property. A

(See "Meth" on A7)

### State of the County address

The annual Chamber of Commerce State of the County Address, which was postponed earlier this year, was held Tuesday. See next week's issue of the *Mount Vernon Signal* for details.

### COVID

For the second consecutive week, there have been no confirmed cases of COVID-19 in Rockcastle County.

In fact, only two cases have been reported throughout the district which includes Rockcastle, Clay and Jackson counties

### Mount Vernon meeting

The regular monthly meeting of the Mount Vernon City Council is scheduled for tonight, April 2. See next week's issue of the *Mount Vernon Signal* for details.

### Driver's license

Circuit Court Clerk Eliza Jane York-Hansel along with Judge/Executive Howell Holbrook, Jr., and the Kentucky Department of Transportation, plan to schedule another "pop-up" location where local residents may obtain a driver's license. The date, time and location will be announced soon.

### Of Special Note Inside

- Viewpoints ..... Pg. A2
  - Sports ..... Pg. A6
  - Obituaries ..... Pg. A6
  - Classifieds ..... Pgs. B2&3
  - Court News ..... Pg. A5
- Deadline is Monday at 4 p.m.

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# ramblings...

by: perlina m. anderkin

I was really happy to read Mike's recent story about funding by the state for a natural gas pipeline into our county.

When we moved here in January of 1966, we left natural gas in Woodford County and it was one of the biggest adjustments I had to make. 'Move to Mt. Vernon,' Jim's brother Elmo said, 'the cost of living is cheaper here.'

As best I remember, our last monthly bill for natural gas in Versailles was \$7. I can remember one month when we got one for \$13 and I was pretty aggravated that it was so high.

After moving here, not only did I discover that electric heat, or fuel oil as we had for a time, was much more expensive the warmth put off by electric heat is not as "warm" as gas heat is. If I'm still around when gas heat is available, I will not hesitate to convert my furnace from electric to gas. I know natural gas is much higher, under this administration, but it will probably have a long way to go to be as expensive as electric heat is and still

not be comfortable.

Several years ago, we converted our wood fireplace to hold gas logs and had a propane tank installed. It has been a blessing, even though its a little pricey. It's not much fun when my electric furnace clicks on and I have to go and check and make sure I have not put my thermostat on a/c instead of heat because the air blowing out feels so cold.

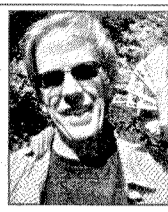
Everything is a "little pricey" these days it seems. Just for myself, I have noticed a substantial difference in the price of my groceries. Everything has gone up considerably and we are being told by our own government that things are going to go higher and they are saying there will be a scarcity of food. Never, in my many years, have I felt that the government was actively working against its citizens as I do now.

They are trying to spin the increase in prices, and scarcity of needed items, as due to greedy corporations, Russian Premier Vladimir Putin, or the war in Ukraine. One of

(Continued on A3)

## Aces Over

By: Mike French



Sometimes I wonder if people are paying attention. I mean no offense to anyone. It is a busy world and we have created this hectic society. So hectic that many citizens don't even bother to notice what is going on with the leaders they elect.

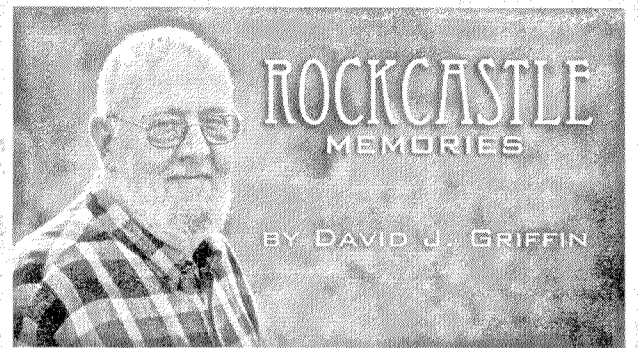
I suppose many people believe they elected the person they want and now it is just up to that elected official to handle government however they wish.

It is really a shame that so many citizens in America don't care about their government. I remember being a young fellow and who my mayor was really never entered my mind. Of course I complained

about ridiculous taxes and potholes in the roads and programs that I disagree with. But, like the rest of the younger generation, I didn't really think that those things exist because elected leaders allow it.

During the last general election in Rockcastle County, more citizens voted on the wet/dry issue than voted for the mayor or magistrates or councilmembers of their town. I just can't imagine going to the polls and voting for alcohol to be served but not bothering to vote for those who will decide what to do with the 5% alcohol tax. Or to

(Continued on A3)



### Tetherball

I have been looking through some of my photographs taken when I was a young boy. At the time my family was living in the Pine Grove section of Rockcastle County. The photo that caught my eye was of Kenneth Hansel, my childhood friend.

Kenneth Hansel lived across old US-25 from my grandparents. We were together almost every day playing sports in my yard, hiking in the woods near our homes, and riding our bikes up and down the highway.

One of the games that I remember us playing was tetherball. I was

given a tetherball set for my tenth birthday, and Kenneth and I could hardly wait until my grandfather (Pop) installed the pole into the ground in my mother's (Bee) yard. The site chosen was shaded by huge poplar trees, and it drained well when it rained.

I remember watching Pop standing on a step ladder, using a large sledge hammer to drive the pole into the ground. The pole had to be ten feet tall from the ground. The ball had to hang 2-3 feet from the ground. The court was suggested to be a circle that was 20 feet

(Continued on A3)



## LETTERS TO THE EDITOR

### Judge/Exec acted in good faith

#### Letter from the Editor

In last week's issue of the Signal, we published a Letter to the Editor containing information that we believe to be false and/or misleading.

The letter suggested County Judge/Executive Howell Holbrook asked a police officer to arrest a citizen for complaining about a road issue. However, though there is more

than one documented 911 call to the area in question on Menifee Hill Road, there is no record that Holbrook made any of the calls or asked an officer to arrest anyone involved. Documents show all calls to the area were made by owners of the property.

Holbrook says he was not involved in taking property from any resident at any time and he was required to reopen the remaining portion of

(Continued on A3)

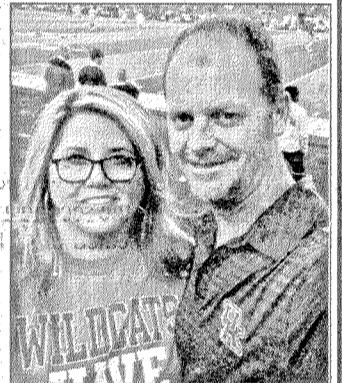
## Vote! MIKE PINGLETON Magistrate/District 1 Rockcastle Co.

I've been in District 1 of Rockcastle my whole life growing up on my parent's (Carl and Phyllis Pingleton) farm learning to work every day.

I will be here for the people of District 1 to listen and work for them every day.

Your vote and support will be appreciated

Paid for by Mike Pingleton



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# VOTE Anthony ASHER

★ ★ ★ for ★ ★ ★

## Rockcastle County PVA

My name is Anthony Asher and I'm running for Rockcastle County PVA in the upcoming May election.

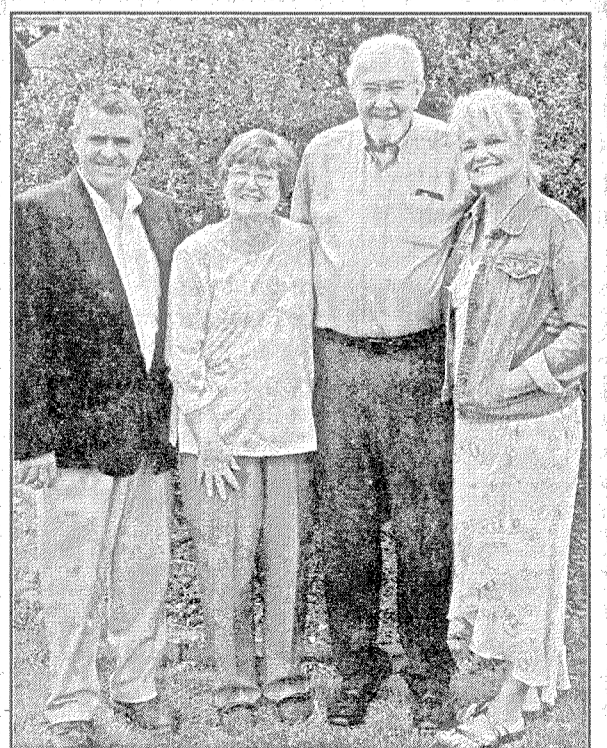
The folks to my left are my mother-in-law and father-in-law, Bill and Sandy Dowell, and of course, my lovely wife, Julie.

I was raised on a farm near Brodhead and definitely know what hard work is all about. My college education was mostly funded from working at my dad's sawmill and in the tobacco patch.

When I saw Julie, I literally used the 'ole dumb farm boy' approach of picking out the prettiest one and then going from there. Boy, did that work out for me! We have been blessed with two beautiful daughters.

I have been privileged to be a part of the Dowell family for over 31 years. Their moral beliefs, integrity and work ethic have made them one of the most upstanding families in the county and I am so happy to be a part of it.

*I would appreciate your vote and support in the upcoming election in my bid to be your next PVA*



Paid for by Anthony Asher



**ramblings**

(Continued from A2)

the solutions, for the rampant inflation, they have come up with was voiced recently by Biden's press secretary Jan Psaki and that was "everyone needs to buy less."

Wonderful solution and about the caliber of thinking you can expect from this government.

Tuesday's attack on a subway train in New York left at least eight people wounded by gunfire and at least 16 in all injured in some way. It

seems that New Yorkers have a propensity for electing mayors who are soft on crime but talk a good show and then don't actually do anything once they're in office. New York's newest mayor, Eric Adams, recently lifted vaccine mandates for celebrities in the city, along with professional athletes, but still insists that school children be masked.

I tweeted the opinion that citizens get the government they deserve and that New Yorkers are suffering from this since they unfaithfully vote majorly Democrat. I was immediately taken to task by a New Yorker who claimed that it wasn't their fault since their elections have been crooked for a number of years.

Again, this really isn't an excuse because if the electorate actually believes that, then it is their responsibility to become involved in elections and call out the cheaters.

There should have been more fuss made by Republicans in the 2020 election when vote counting was called off in five states, and workers started nailing plywood over windows in Detroit so that no one could see what was going on inside when vote counting was resumed. I really don't know who they would have called but there should have been a big fuss raised with somebody.

I don't really know why Republicans think it will be any different in midterms since nothing was done about solving the problem of dead people, illegals and more voters voting then the number actually on voter roles. Of course, SCOTUS didn't help the situation when they arbitrarily decided that no one had standing to bring the matter before them.

But nothing upsets me like the recent trend of school boards and companies to promote the sexualization of children in this country.

Unless we pay attention to what the left is desperately trying to normalize, we are going to be country completely without any standards at all with our children in extreme danger from sexual predators.

I don't have a problem with gay people, lesbians, transgenders. I do have a problem with them not going about their daily life, as they see fit, without attempting 24/7 to convert everyone in our nation to think the same way they do about their lifestyle.

To enforce some citizens reasoning that they do not have a sex at birth, not until they decide at

some later date, whether they are a boy or girl. Our state department, as of April 11, now allows an X to be put for an applicant's sex on passports, instead of M or F.

**Aces**

(Continued from A2)

bother voting for those who will repair our roads and set our tax rates.

Not a week passes that someone isn't complaining about something in the city or county or school system. And yet, I have never seen them at the public meetings that deal with those issues.

With every meeting announcement that I have typed over the past 35 years, I end the announcement with "the public is invited to attend." Yet much more often than not, no one is there but the elected officials and myself.

I can tell you that 99% of the time when a citizen attends a meeting and speaks up, I write what they said just like I write what the officials said. Speaking up at a meeting puts your words in front of over 10,000 people.

Admittedly, sometimes a person speaks up at a meeting and their comments are not helpful to anything, or they are slanderous. I do avoid that. But almost always, anyone who speaks up is heard by our leaders and our readers.

Still, every meeting I cover has some elected official asking the public to come to the next meeting and play a role in our own lives. Sometimes, once an official is elected, they may not know what you would have them do about the latest issue unless you speak up.

In a random national poll last week, people were stopped on the street and several that were queried didn't know who the current vice president of the United States is.

Our country has become complacent. I suppose that is why our laws and social fads are constantly forcing people to change their life style to fit the desires of a tiny minority, even if it damages the vast majority.

I have about decided that if 50 people gather and protest and continue to hound officials and make speeches and buy advertising and attend meetings, and talk louder and interrupt people enough, those 50 could have laws passed that require every American to wear nose rings on Mondays.

Especially if anyone says it is racist not to wear nose rings on Mondays.

So many programs and entities and laws exist today only because the squeaky wheel got the

grease. The majority of people may greatly disagree with a new idea, but politicians didn't hear from them. They only heard from those 50 people with the loudest voices.

So before we know what hit us, working people have to support people who won't work, boys are allowed in girls' sports and we are paying half of everything we make to the government so that they can study cattle belches and ozone layers. Just because 1% have big mouths.

The truth is, the majority of Americans are unhappy with a lot of things in America right now. I know I am. But many, if not most, of those things exist because we didn't speak loud enough and strong enough when those 50 people were crying about their summer being too hot last year. So now the entire country suffers because of some ridiculous projections about climate change.

If the people would participate more, this would be an entirely different country. In fact, it may even be a free country again, like it used to be.

**Letters**

(Continued from A2)

Menifee Hill Road by the State of Kentucky since it had never been officially closed.

**UNITE Coalition gives thanks...**

Dear Editor,  
The Rockcastle UNITE Coalition Community Celebration was a tremendous success Thursday, April 14, at the new Farmer's Market Building.

The facility is a tremendous asset to our community as a multi-purpose facility. I would like to thank several people and businesses for helping make the Community Celebration a success.

First, our thanks to Jeff VanHook and the Rockcastle County Fiscal Court for permitting us to use the facility. We also want to thank Rockcastle Regional Hospital and Luther Allen for supplying the sound system.

Each of our county schools has a UNITE Club and these clubs provided the bulk of our program for the evening.

WRVK and Charlie Napier were on hand to broadcast our program live.

Lumber King donated materials to the Roundstone Elementary UNITE Club for signs.

Rockcastle County Middle School loaned us 200 chairs so we did not have to have a "standing meeting" (thankfully).

Operation UNITE and AmeriCorps provided funds and volunteers.

Supt. Carrie Ballinger and County Attorney Jeremy Rowe permitted us to

use their facilities for additional parking.

Monty Burks, Director of Faith-Based Initiatives for the Tennessee Department of Mental Health and Substance Abuse provided a dynamic message of hope and encouragement for everyone.

Finally, I want to thank the people of Rockcastle County for continuing to fight illicit drug use in our state and for showing up for our program. Please remain vigilant in the fight and encourage our Legislators to never give in to the big money corporations pushing legalization of marijuana. Their motive is money-driven only. They do not care about consequences or people but money talks, so we must be loud to keep the General Assembly and local leaders focused on what is good for the people of our state.

*John Hale, Chairman  
Rockcastle County  
UNITE Coalition*

**Memories**

(Continued from A2)

in diameter. The game was won when one of the players caused to ball to wrap around the pole until it could not be hit again.

Like most ten-year-old boys, Kenneth and I were very competitive and worked hard to learn the game. We played every day that we could—meaning unless it was raining or we had chores to complete. We both became quite skilled at the game.

When one of our friends challenged us to a tetherball game, Kenneth and I could be seen sporting huge smiles on our faces, because we usually won. When we played doubles, Kenneth and I always were on the same team. And I can tell you for a fact that we never lost a game of tetherball doubles.

The tetherball court in my mother's yard saw a lot of action in those days. The grass couldn't have lasted more than a few days because boys from all over the neighborhood came to challenge me and Kenneth.

Years after I left home to attend UK, that tetherball court could be seen just waiting for the neighborhood boys to play again. Then one weekend when I came home to visit, I noticed that the pole had been taken down. It was sad in a way but of course totally understandable.

That spot lives on in my mind's eye, and I could never forget the fun that we had there. Young boys feeling their oats and taking on all comers. It was pure youthful joy.  
*themtnman1962@gmail.com  
or you can drop me a line at  
30 Johnson Avenue - Mt.  
Sterling, KY 40353. I  
appreciate your comments.)*

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**Rockcastle County Bookmobile Schedule**

**Monday, April 25th:** Brodhead and Copper Creek.  
**Tuesday, April 26th:** Green Hill, Fairview and Brindle Ridge.  
**Wednesday, April 27th:** Cave Valley Apts., Adult Day Health.

**LF&R Soup Bean Supper and Cake and Pie Auction**

Livingston Fire & Rescue will host a Soup Bean Supper and cake and pie auction on Friday, April 29th, beginning at 5 p.m. at their building at 9254 Main St., Livingston. All candidates are welcome to this event. Donations for the auction are appreciated.

**Kiwanis Club meeting**

The Rockcastle Kiwanis Club now meets at Limestone Grille each Thursday at noon. Kiwanis is a service organization working to improve the lives of children. The public is invited.

**Kentucky Public Retirees Meeting**

The Cumberland Valley Chapter of the Kentucky Public Retirees (KPR) will meet Tuesday, April 26th at David's Steak House in Corbin. Mealtime will begin at 11:30 a.m. with the meeting to follow. Guest speaker will be House District 89 Representative Timmy Truett. Retirees (and spouses) receiving retirement benefits from KERS, CERS or SPRS are welcome to attend. Membership information will be available at the meeting or on the website ([kentuckypublicretirees.org](http://kentuckypublicretirees.org)). For more information, call 606-260-0490.

**DBCAA Board Meeting**

Daniel Boone Community Action Agency, Inc. will have a board of directors meeting on Tuesday, April 26, 2022 at 5:30 p.m. in Clay County at the central office, located at 1535 Shamrock Road in Manchester. It can also be viewed by Zoom and a link will be made available. The public is invited to attend. Daniel Boone CAA is an equal housing opportunity provider.

**Celebrate Sobriety Service**

CrossPoint Church of God will host a monthly Celebrate Sobriety Service on the second Thursday of each month at 7 p.m. We are located at 211 Industrial Park Road (across from the high school) in Mt. Vernon, KY. Call 859-582-2553 with any questions.

**Chamber of Commerce Meetings**

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 5908**

Rockcastle Memorial VFW Post 5908 at Lake Linville welcomes all members, those qualified to be members and family members. The post is open Thursday, Friday and Saturday from 5 p.m. to close. The 1st and 3rd Wednesday of each month, the post hosts a Vet Help group for those veterans who are struggling. Monthly meetings are held on the 3rd Saturday of every month at 5 p.m. Those wishing to contact the VFW for help, information or any need, please contact Post Commander William B.J. Thomason at 859-358-2882, Post Commander Glenda Botellos at 606-386-9360 or Service Office Micah Shuler 859-358-6606.

**American Legion Post News**

The David M. Smith American Legion meets at Limestone Grille the second Thursday of every month at 6 p.m. If you wish to eat before the meeting, arrive at 5 p.m. For more info, call Commander Don Gabbard at 859-200-2204 or Chaplain B.J. Thomason at 859-358-2882.

**Celebrate Recovery/AA/NA**

**Monday-Celebrate Recovery-Brodhead:** Community Outreach Center, Monday, 6 p.m. 36 Castle Village Dr., Brodhead, Ky. Contact: Nathan DeLeon 859-230-9590, Kathryn Pope 606-308-3099 or Tammy McGuire 606-308-1614.

**Tuesday-Celebrate Recovery-Mt. Vernon:** Northside Baptist Church, 777 Faith Mountain Rd., Mt. Vernon, Ky. Tuesday, 6 p.m. Contact: J.R. 859-314-7828.

**Tuesday-Alcoholics Anonymous:** 8 p.m. Community Outreach Center, 36 Castle Village Dr., Brodhead, KY Contact 859-308-8900

**Wednesday-Celebrate Recovery-Mt. Vernon:** Crosspoint Church of God, 211 Industrial Park Rd., Mt. Vernon. Wednesday, 6 p.m. Contact: John Burton 606-308-8226, Frankie Woodall 606-308-2382 or Joanie Woodall 606-308-3190.

**Thursday-Celebrate Recovery-Step Studies - Women Only:** Community Outreach Center, 36 Castle Village Dr., Brodhead, Thursday, 6 p.m. Contact: Kathryn Pope, 606-308-3099.

**Thursday-Alcohol Anonymous:** 8 p.m. Community Outreach Center, 36 Castle Village Dr., Brodhead, Ky. Call 606-308-8900.

**Friday-Celebrate Recovery-Livingston School Cafe** 9226 Main St., Livingston. 6 p.m. Contact: J.R. Cornelius, 859-314-7828.

**Saturday-Narcotics Anonymous-Brodhead:** 3 p.m. Community Outreach Center, 36 Castle Village Dr., Brodhead, KY, contact: 606-392-1577.

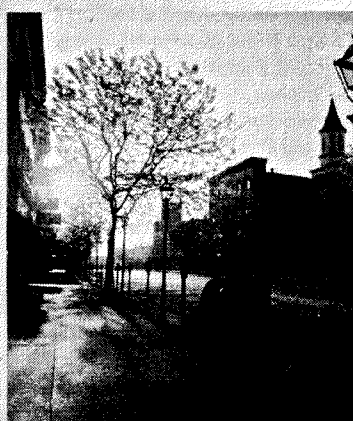
**Sunday - Celebrate Recovery Step Studies-Men Only.** 6 p.m. Northside Baptist Church, 777 Faith Mountain Rd., Mt. Vernon, Ky. Contact: Jason DeBord 606-386-0646 or J.R. Cornelius 859-314-7828.

**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.

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# Obituaries

## Michael Dawayne Doan

Michael Dawayne Doan, 57, of Mt. Vernon, died Sunday, April 17, 2022, at his home. He was born January 8, 1965, a son of Vernon Doan and Charlotte Lawson. On May 28, 2005, he was united in holy matrimony to Melissa Milburn. He was a member of the Calloway Holiness Church and spent his free time playing music, fishing, hunting mushrooms, and spending time with his grandchildren.

Those left to celebrate his life are: his parents, Vernon and Charlotte Lawson Doan; his wife, Melissa Milburn Doan of Mt. Vernon; children, Michael Doan and Felicia, Lula Scarborough and Roy, and William Doan and Brittany, all of Mt. Vernon; grandchildren, Alana, Michael, and Theodore Doan; brothers, Dennis Doan and Donna of Mt. Vernon, Dalmas Doan and Vickie, and Vernon Doan, Jr. and Denise, both of Livingston; sisters, Tina Doan of Livingston and Debbie Doan and Larry of Mt. Vernon; as well as a host of many nieces, nephews, friends, and neighbors.

He was preceded in death by: a child, Samuel Joseph Doan; and his first wife, Laura (Sissy) Doan.

A graveside service was held Wednesday, April 20, 2022 at Sandhill Cemetery, with Phillip Doan officiating.



## Ann Owens Dollins Hopkins

Ann Owens Dollins Hopkins, 91, died April 14, 2022, in Stanford. Born May 26, 1930, in Frankfort, she was the daughter of the late Robert and Locie Payne Owens. Ann was a graduate of Danville High School and began working at Bellsouth at the age of 16. She worked at Bellsouth for 40 years as a billing clerk before going to work at 1st Southern and PBK. After retiring, she volunteered at EMH Auxiliary. She was a member of Stanford Baptist Church. Ann enjoyed shopping, loved spending time with family and attending all family gatherings where she was always the life of the party.

She is predeceased by: her husband, Billy Dollins; and siblings, Dorothy Parrott, Lucy Kirkpatrick, Doug Owens, June Owens, and Dave Owens, Bill Owens, Richard Owens, Bernice Owens, and Nina Owens.

She is survived by: her husband, Kenneth Hopkins; her son, Mark Hogue (Sandy); her stepdaughters, Rita Carlisle and Billie Dollins (Lisa); stepson, Tony Hopkins (Donna); grandchild, Sarah D. Hogue; four step-grandchildren, Kate Carlisle, Gregory Carlisle, Kenneth Shay Hopkins, and Stephen Hopkins; and a brother, Johnny Owens (Wilma). Special thanks to Carol Taylor for her support over the past year.

Public visitation will be held from 11 a.m. to 1 p.m., Friday, April 22, 2022, at Stith Funeral Home in Danville. Funeral service will be at 1 p.m., Friday, April 22, 2022. Burial will be in Piney Grove Cemetery in Brodhead.

Memorial donations are suggested to Walk to End Alzheimer's.

The online guestbook and our Hugs from Home program are available at [www.stithcares.com](http://www.stithcares.com).

## Hazel Mae Gadd Martin

Hazel Mae (Debord) Gadd Martin, 70, of Stanford, died Saturday, April 16, 2022 at the University of Kentucky Hospital in Lexington after fighting a long battle with cancer. She was the wife of the late Charles E. Martin, who preceded her in death on July 16, 2013. She was born in Berea to the late Willie Jay Debord and Mabel Dixon Debord Roe. Hazel was a retired cook for the Lincoln County Board of Education and had previously attended the Pine Grove Church of Christ. She was a very caring person and would set up with the sick even when she was sick herself. She loved to crochet and would often cook and bake goods for her family and friends. Hazel was a loving mother and a mamaw to her pride and joy.

She is survived by: two daughters, Katie Jean Martin and Jenny Lynn Martin; three grandchildren, Ava Elizabeth Grizzell, Sara Bella Henry and Asher Storm Hurt; a sister, Bonnie Faye (John) Barnett of Burnside; and brothers, William Jay (Rebecca) Debord of Eubank and Elza Lee Deboard of Burnside.

In addition to her parents and husband, Hazel was preceded in death by her first husband, Arnold Gadd.

Pallbearers are: Jason Debord, William Debord, Jr., John Barnett, T.J. Smell, Austin Ashcraft, Zachary Osborne, Jacob Anglen, Greg Dixon and Cerrell Greene.

Funeral services will be held at 2 p.m. Thursday, April 21, 2022 at McKnight Funeral Home Chapel with Minister Bro. Curt Herrington officiating. Visitation will be prior to the funeral service beginning at 12 noon. Burial will be in Crab Orchard Cemetery.

### Women Teachers

As we continue with innovations in the church today, we must remember as I recorded in the previous article the church is not evolving the church was created, so man could worship God in spirit and in truth, and what was truth two thousand years ago is still truth today. Hebrews 13:8 Jesus Christ the same yesterday, and today, and forever.

The word of God is let your women keep silent in the church. 1 Corinthians 14:34-35 Let your women keep silent in the churches, for it is not permitted unto them to speak, but they are commanded to be under obedience saith the law. And if they will learn anything, let them ask their husbands at home, for it is a shame for women to speak in the church.

The apostle Paul is saying here, women are not to fill the role of teachers in the churches, the word (speak), is defined as, (to use words to declare what is on one's mind and to disclose one's thoughts.) Women are to 'keep their silence' because they are not permitted to speak in the assembly. The reason women are not allowed to speak in the church, they are commanded (by God), to be under obedience. The word under obedience means: to be subject to oneself, (to obey)

The apostle Paul in writing to Timothy: 1 Timothy 2:11-12 Let the women learn in silence with all subjection. But I suffer not a woman to teach, nor to usurp authority over the man, but to be in silence. The word (teach) means to hold discourse with others in order to instruct them.

The apostle Paul is not prohibiting, singing or praying silently but holding a discourse, a lecture, or a sermon. Their speaking in public would be of itself an act of independence, of teaching the assembly. There is nowhere in the scriptures that allow women to teach publicly, not radio, not television, because if she did, she would usurp authority over the man, and this is forbidden.

One more reason why women cannot teach publicly: 1 Timothy 2:13-14 Adam was first formed then Eve. And Adam was not deceived, but the woman being deceived was in the transgression. The apostle Paul's point is this, since the woman's fall in the garden of Eden, she cannot assume a leading role in the church as a teacher. But there is nothing more honorable, than the role of a Christian wife, a mother, that God has prescribed for the woman. For a woman to attempt to take on the role of a man, would be in direct conflict with divine order. 1 Corinthians 11:3

Women can teach privately we find in Titus 2:4 They can teach young women. 2 Timothy 1:15 and 3:15 they can teach young children, Acts 18:26 They can even teach a man the gospel of Jesus Christ. These scriptures prove without a doubt that a woman may teach anyone privately, but she has no authority to teach anyone publicly.

Thank you for reading this article, we offer free Bible correspondence courses, and several videos on the Yellow Banks Church of Christ website.

### • Chestnut Ridge Church of Christ •

Sundays @ 10 a.m. & Wednesdays @ 7 p.m. • Everyone Welcome  
Bro. Ora Baker 606-878-8104 • Bro. Dale McNew 859-582-4021  
Church is located 2 Miles South of Mt. Vernon on Hwy. 25

## Edie (McCracken) Miller

Edie (McCracken) Miller, 87, of Orlando, died Wednesday, April 6, 2022, at Rockcastle Regional Hospital. Edie was born September 29, 1934, in Orlando to the late Ed and Annas (McGuire) McCracken. She was of the Baptist faith and enjoyed quilting and gardening.



Those left to celebrate her life are: her five children, Darrell (Linda) Miller, Michael (Vickie) Miller, Roger Miller, and Donna Richards, all of Orlando; seven grandchildren, Tim Philbeck, Armanda King, Mikie Miller, Crystal Fish, Kevin Miller, Justin Richards, and Stacy Thomason; 21 great grandchildren; one brother, Randy McCracken; and five sisters, Janet Garret of Indiana, Carolyn Cauhil of Richmond, Rose (Andrew) Robinson of Elizabethtown, Hazel (Arthur) Bailey of Indiana, and Lucille of Virginia; as well as a host of nieces, nephews, friends and neighbors.

Besides her parents, she was preceded in death by: her husband, Oscar Miller; two grandchildren, Miranda Ginter, and Nealus Richards; and six siblings, James McCracken, Frankie McCracken, Bronco McCracken, Katherine Davis, Geneva Bowman, and Linda McCracken.

Funeral services were held Sunday, April 10, 2022, at Marvin E. Owens Home for Funerals with Philip Johnson officiating. Burial was in Johnetta Cemetery.

Casketbearers were: Kevin Miller, Tim Philbeck, Mikie Miller, Justin Richards, Conner Philbeck, and Isaac Steel.

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

## Cemetery Notices

### Maple Grove Cemetery

We are asking for donations for the upkeep and mowing of Maple Grove Cemetery. Anyone that would like to help may go to Community Trust Bank and make a deposit in the Maple Grove account. Donations may also be sent to Penny Cameron at 37 Bob White Lane, Brodhead, KY 40409.

We will be at the cemetery Friday through Sunday, May 27-30. We are asking anyone with a family member buried in the cemetery, please help us keep it up. If everyone would give a little, it wouldn't hurt anyone.

You may call 606-758-4489 for more information or to make a donation. We would like to thank everyone that has given and the ones that will give. Please don't let us down. Every dime given goes for the upkeep of the cemetery.

### Need death dates or names put on your loved ones headstones?

Call Larry Barnett  
606-872-0659

Over 10 Years Experience

### Why are Jesus' Death and Resurrection Important for Christians?

Resurrection in the bible means we must have a resurrected life as it compares to Christ death, burial, and resurrection. After one is baptized into Christ, he comes up from baptism to walk in newness of life. He has now crucified the old man, *Romans 6:6* Knowing this, that our old man was crucified with him, that the body of sin might be destroyed, that henceforth we should not serve sin. *Galatians 3:27* For as many as have been baptized into Christ have put on Christ. *Colossians 2:12* Buried with him in baptism, wherein also ye are risen with him through the faith of the operation of God, who hath raised him from the dead *V 13* And you, being dead in your sins and the uncircumcision of your flesh, hath he quickened together with him, having forgiven you all trespasses. These scriptures are so important for us to understand, because often people may get baptized, not putting the old man to death. So, then what happens is they try to drag the old man along with them, not letting go of their past and moving on with the man that was resurrected out of the watery grave of baptism. The devil loves people who try to drag their old man along in their new Christian walk. With the old man saying, you can't do this, look how good we had it when you did as you pleased and didn't have to be accountable or responsible to anyone.

Paul said in the book of *Romans 6:3*, Know you not, that so many of us as were baptized into Jesus Christ were baptized into his death. *V 4* Therefore we are buried with him by baptism into his death: that like as Christ was raised from the dead by the glory of the Father, even so we also should walk in newness of life. *V 5* For if we have been planted together in the likeness of his death, we shall be also in the likeness of his resurrection. *V 7* For he that is dead is freed from sin. *V 8* Now if we be dead with Christ, we believe that we shall also live with him. *V 16* Know ye not, that whom ye yield yourselves servants to obey, his servants you are to whom you obey: whether of sin unto death, or of obedience unto righteousness. *V 17* But God be thanked, that you were the servants of sin, but you have obeyed from the heart that form of doctrine which was delivered you. *V 18* Being made free from sin, ye became the servants of righteousness.

Everyone Welcome

Robby Cable - 606-305-8452

109 Providence Cemetery Rd. • Brodhead

Providence CHURCH of CHRIST

Come Worship With Us! Sunday Morning Bible Study: 9:30  
Sunday Worship: 10:20 - Sunday Evening Worship: 6:00  
Wednesday Evening Bible Study: 7:00

## Robert Lovins

James Robert Lovins, 91, of Mt. Vernon, died Monday, April 11, 2022 at his home. He was born at Luner in Rockcastle County on January 23, 1931, the son of Oda and Frenchie Cromer

Lovins. He was an Army Veteran of the Korean War, a farmer and carpenter, and was of the Baptist faith. He enjoyed hunting and fishing as well as attending bluegrass singings.

He is survived by: his loving wife of 63 years, Treva Rice Lovins; children, Stanley Lovins and wife Patty of Lancaster, Sheila Payne and Toe Joe of Brodhead, Andy Lovins of St. Louis, MO, and Kathy Smith of Indianapolis, IN; a brother, Joe Lovins of Mt. Vernon; and two sisters, Carnelia Drew of Hamilton, OH, and Ruby Asher of Springfield, OH. Nine grandchildren and several great grandchildren also survive. In addition to his parents, he was preceded in death by a brother, Oda Lovins, Jr. and a sister, Louann Peace.

Funeral services were conducted Friday, April 15, 2022 at the Dowell & Martin Funeral Home Chapel by Bro. Jesse McCoy. Burial was in Lakeside Memorial Gardens in Somerset.

Please visit [www.dowellmartin.com](http://www.dowellmartin.com) or Dowell & Martin Funeral Home's Facebook page to view online obituary.

## Charles R. Tyree, Sr.

Charles R. Tyree, Sr., of Mt. Vernon, died unexpectedly Monday, March 28, 2022.

Mr. Tyree was born June 7, 1954. He was a disabled military Veteran who served aboard the USS Fox DD829. He was also an ordained minister and had overcome literacy issues he had since childhood.

He was preceded in death by: his parents, James and Louise Tyree; his oldest son, Charles Tyree, Jr.; his wife, Virginia Tyree and three sisters, Alice Tyree, Kathryn Sandlin and Dorothy Bellamy.

Survivors are: his daughter, Virginia Dixon; sons, Jessie and James Tyree; sisters, Emma (Jerry) Turpin and Mabel Marler; brothers, Lloyd (Cheryl) Tyree and Jim Tyree and a brother-in-law, Larry Bellamy.

Funeral services will be held at Holiness Church, 5394 South Wilderness Road, Mt. Vernon on Thursday, April 28, 2022 at 10 a.m with Pastor Bentley Collins officiating.

Interment will be at Mill Springs National Cemetery, 9044 KY 80, Nancy, with full military honors and he will be laid to rest with the love of his life.

## Marlene Mays

Marlene Mays, 62, of Manchester, died Friday, April 8, 2022 at her home. She was born in Somerset on June 15, 1959, the daughter of Gene and Elizabeth Jane Thomas Mays.

She is survived by: her children, Kevin Mikesell and wife Jodie of Manchester, Tim Mikesell and wife Tracey of Hamilton, OH, and Angie Diesenbacher of Trenton, OH; two brothers, Chubby Mays and wife Sandy, and Jamie Pergram; two sisters, Valene and Ailene; and nine grandchildren, Mariah, Charlynn, Brady, Dylan, Madison, Kylie, Taylor, Brenna, and Tessa. Several great grandchildren, nieces, and nephews also survive.

Graveside services were conducted Monday, April 18, 2022 in the Thomas Family Cemetery.

Arrangements were by Dowell & Martin Funeral Home.

Please visit [www.dowellmartin.com](http://www.dowellmartin.com) or Dowell & Martin Funeral Home's Facebook page to view online obituary.



# News from the Rockcastle Courthouse



## Deeds Recorded

Michael Floyd Cope, and seven others, property in Rockcastle County, to Roxie Ambrose. No tax  
 Raquel Michelle and Justin Fleming, property at Conway, to Shane M. and Cora E. Pendleton. Tax \$149  
 Edna M. Cameron, property in Rockcastle County, to Timothy L. Cameron. No tax  
 Darlene Denny, property in Rockcastle County, to Troy Kirby. Tax \$2  
 John and Betty Kemper, property near Fairview School and church house, to John and Betty Hart. Tax \$31.50  
 Eugene T. Caldwell and Lori E. Caldwell, co-trustees of the Eugene T. Caldwell and Lori E. Caldwell Revocable Living Trust, Lot #4 of Lear Crest Subdv., to Matthew Caleb and Victoria Caldwell. Tax \$8.50  
 Billy and Retta Graves and 12 others, property on KY 70, to Mark Piotrowski. Tax \$175  
 Virginia Bond, prop-

erty on Gauley Road, to Brian and Angela Burdine. Tax \$6  
 Judy Mitchell, Lot 5 of Judy Mitchell survey, to Mark J. Martin. Tax \$149  
 Victor H. and Deborah Lynn Francoso, property in Wabd community, to Kimberly A. Alexander. Tax \$348.50  
 Walter B. and Karen A. McCoy and Travis T. and Carla S. McCoy, property on Dixie Hwy. to Travis T. and Carla S. McCoy. No tax  
 Janice McGuire Novell, Dora Darlene Silcox and April McGuire Koester, property in Rockcastle County, to Luke and Jessica Ann Fulton. Tax \$125  
 John Christopher Turner, property on Copper Creek Road, to James A. Turner. Tax \$140  
 Janie and Rick Schmitter, property in Wildie Quadrangle, to Bobby Kirby. No tax  
 Farmer Waddle, property on Rockcastle River, to Arthur and Mary Parker. Tax \$5  
 Tim and Victoria Huff, property on Dailey Avenue, to Gabriela S. Bermudez Mejia. Tax \$43

Brenda Estes, property in Rockcastle County, to James Lee Estes. No tax

## Marriage Licenses

Kassie Lynn Lay, 21, Brodhead, teaching asst. and Logan Anthony Noel, 21, Crab Orchard, brick mason. 4/5/22  
 Krista Renee Phillips, 38, Berea, factory and Scottie Lee Powell, 46, Berea, factory. 4/5/22  
 Ashley Mae McCoy, 35, Mt. Vernon, waitress and Kevin Dwayne Robinson, 39, Orlando, stone mason. 4/8/22  
 Kelsey Brooke Dyer, 26, Brodhead, unemployed and Jacob Earl Jasper, 34, Brodhead, self-employed. 4/8/22  
 Teresa Ann Elliott, 40, Orlando, Rockcastle Hospital and Kirk Evan Mays, 48, Mt. Vernon, law enforcement. 4/12/22  
 Kaci Rae Brown, 45, Oklahoma City, Oklahoma, teacher and Jeremy Scott Nichols, 43, Oklahoma City, Oklahoma, mechanic. 4/12/22

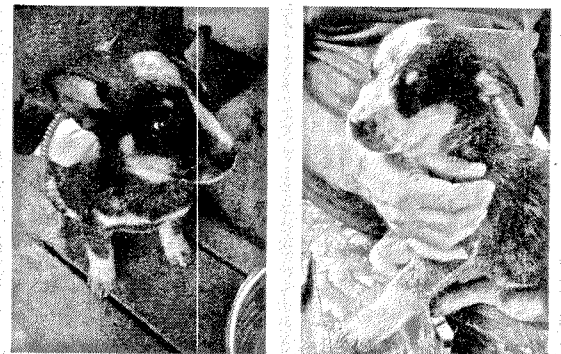
## District Court

April 11-13-2022  
 Hon. Jeffrey S. Lawless  
 Dylan Czucik: disorderly conduct, 90 days/probated two years, costs waived; assault, sentencing order entered.  
 Rebecca Green: public intoxication controlled subs (excludes alcohol), 90 days to serve three/balance probated two years/costs waived.  
 Brandon Hoskins: criminal trespassing and theft by unlawful taking, sentencing orders entered.  
 Mark Bradley Baker: terroristic threatening, \$100 fine plus costs; harassing communications, \$100 fine.  
 Mark Laswell: failure to maintain insurance, \$500 fine plus costs.  
 Billy Rayburn: public intoxication controlled substance, drug paraphernalia-buy/possess, promoting contraband, and six other charges, bench warrant (bw) issued for failure to appear (fta).

Paul W Senters: operating motor vehicle under influence of alcohol, sentencing order entered.  
 Sheradyn Cox: DUI, sentencing order entered.  
 Scottie D. Hensley: public intoxication, 3 days in jail/costs waived.  
 Phillip M. Adkins: fines/fees due (\$243), bw issued for fta/five days in jail or payment in full.  
 Kimberly Ann Cope: fines/fees due (\$198), bw issued for fta/four days in jail or payment in full.  
 Patrick J. Gadd: speeding, \$46 fine plus costs; operating on suspended/revoked license, \$100 fine.  
 Dallas Kirby: operating vehicle with expired operators license, license to be in possession, failure of non-owner operator to maintain req. insurance, failure to produce insurance card, no/expired registration plates - receipt, bw issued for fta.  
 Farron A. Miller: no/expired registration plates, \$25 fine; no/expired Kentucky registration receipt, \$25 fine; failure of owner to maintain req. insurance/security, 90 days in jail/probated 24 months on condition; failure to register transfer of motor vehicle, obstructed vision and/or windshield, operating on suspended/revoked operators license, \$100 fine each charge.  
 Judy Katrina Mink: rear license not illuminated and failure to wear seat belts, license suspended for fta.  
 Brandy N. Owens: operating motor vehicle under influence of alcohol/substance and resisting arrest, sentencing orders

entered.  
 Melissa A. Perry: failure to report traffic accident, \$100 fine/costs waived.  
 Speeding: Jami Leigh Rogers, \$44 fine plus costs; Jonas Lee Snow, license suspended for fta.

Kelsey Sky Duncan: failure to use child restraint device in vehicle, \$100 fine plus costs/suspend \$50; failure to use child restraint device in vehicle, \$100 fine/suspend \$50.



Missing from 461 and Doc Adams Rd. If anyone knows where may be, see Cathy at Community Trust Bank on Main St. Mt. Vernon

## Preschool Bash

April 28, 2022  
 Mt. Vernon Elementary  
 5:00 pm - 7:00 pm

BRODHEAD, ROUNDSTONE & MT. VERNON STUDENTS!!!



NEW STUDENTS! COME ONE, COME ALL!  
 • Meet Teachers  
 • Inflatables  
 • Face Painting  
 • Set up Registration/Screening Appointments

**Elect Rick Brummett**  
**3rd District Constable**  
 Retired Rockcastle Deputy Sheriff  
 18 Years Experience  
 606-386-9515  
 Paid for by Rick Brummett

**RCHS Greenhouse**  
 Opening Day - April 25th  
 • 3:15 - 5:00 p.m. Weekdays  
 • 9:00 a.m. - 1:00 p.m. on Saturday, May 7 and Saturday, May 14  
 Open by appointment during school hours.  
 Closing Day - May 20th

LIVINGSTON BAPTIST CHURCH HOSTS 2ND ANNUAL  
 TOURNEY FOR A JOURNEY  
 3 GAME GUARANTEE - 5 ON 5  
 \$125 PER TEAM ENTRY FEE TO REGISTER YOUR TEAM  
 CALL OR TEXT  
 DANNY - (606) 469-5620  
 NIKI - (606) 510-7440  
 JACOB - (606) 879-6484  
 JC - (606) 396-1117  
 KENTON - (606) 308-4342  
 10AM  
 MAY 14TH  
 AT LIVINGSTON GYM  
**BASKETBALL TOURNAMENT**  
 \$5.00 ADMISSION FEE AGE 5 AND UNDER FREE  
 ALL PROCEEDS GO TO LBC YOUTH  
 FULL CONCESSION ALL DAY!  
 PULLED PORK SANDWICH- CHIPS- DRINKS ONLY \$6.00  
 SILENT AUCTION, RAFFLES, AND FUN FOR THE WHOLE FAMILY!

**ELECT Doug BISHOP**  
**JUDGE - EXEC.**  
 Rockcastle County, It's Time To:  
 • Address the reason we are losing so many of our young families to other counties.  
 • Upgrade our parks and recreation facilities.  
 • Activate our parks and recreation board.  
 • Invest in Rockcastle to attract more tourism dollars and places to keep our \$ working for us.  
 • Upgrade our road department.  
 • Support our police, fire departments and first responders.  
 • Treat all districts equally in road maintenance and snow removal.  
 • It's time we let all those who have worked and put their health and life at risk during the pandemic know how much WE APPRECIATE THEM!!  
**THANKS TO ALL OF YOU!**  
*It's time to move forward Rockcastle Together we can!*  
**Elect Doug Bishop**  
 May 17, 2022  
 Your vote and support is greatly appreciated  
 Paid for by Doug Bishop





Loses to Pulaski and Wayne

# RCHS baseball beats Pulaski

RCHS baseball went 1-2 this past week with a 3-0 shutout of Pulaski County on Tuesday, April 12th and losses to Wayne County and Pulaski County.

Rockcastle traveled to district foe Pulaski County April 12th and it took 10 innings for either team to breakthrough on the scoreboard with the Rockets picking up three in the top of the 10th.

Silas Shaffer and Skyler Durham combined to pitch a one hit shutout. Shaffer threw eight innings for the Rockets giving up only one hit and one walk while striking out fourteen. Durham pitched the final two innings giving up no hits while striking out four and walking four.

Great pitching was the name of the game for Rockcastle and Pulaski County. Pulaski threatened in the bottom of the ninth with bases loaded and one out but Durham struck out the last batters for the final outs of the inning and the Maroons stranding three.

Cade Prewitt got things started in the top of the tenth reaching on an error. Robert Reams, running for Prewitt, advanced to third on a Carson Carrera single. Ethan Fain singled with two outs scoring Reams for the first run of the game. Noah Fain doubled scoring Carrera and Ethan Fain for the final runs of the game.

Pulaski put two runners on in the bottom of the tenth but Durham struck out two and Pulaski hit into a fielder's choice for the final out.

Pulaski came to Rockcastle the next night

## Lady Rockets lose two tough games and win one

RCHS softball lost two tough games to Pulaski County this past week, 10-0 and 15-0 but turned things around Friday with a 6-4 win over Knox Central.

Rockcastle jumped on Knox Central early scoring two runs in the top of the first, all with two outs. Adisyne Lovell drew a walk and advanced to second on a Haven King single. Haley Pingleton singled scoring Lovell and King.

Knox Central tied the game with two in the bottom of the second. Rockcastle answered with three in the top of the third. Laney Bryant singled, advanced to second on a passed ball and reached third on a Makayla Coffey single. Bryant scored on a sac fly by Lovell. King reached on a fielder's choice and advanced to third on another Pingleton single. Ella Bussell drew a walk to load the bases. King

and avenged their loss with a 9-2 victory. The Rockets managed only four hits on the night. Ethan Fain, Noah Fain, Dalton Gibbs and Carson Carrera each had one. Robert Reams and Silas Shaffer each had a stolen base.

Rockcastle traveled to Wayne County Friday night and gave up only their fourth loss of the season, 7-0. Rockcastle struggled offensively picking up only two hits on the night. Silas Shaffer had a single and Carson King picked up a double and a stolen base.

Rockcastle lost a tough one Saturday to Boyle County, 3-2.

Boyle County took an early 2-0 lead in the bottom of the first. Rockcastle came back to tie the game with two runs of their own in the top of the sixth inning. Ethan Fain and Noah Fain each drew walks and advanced on an error. Cam Prewitt singled to score both and tie the game.

Boyle County wasted no time taking the lead back with a run in the bottom of the sixth. Rockcastle couldn't put anything together in their final at-bat for their fifth loss of the season.

Cam Prewitt and Landon Dillingham each had a hit for the Rockets. Prewitt also had two RBI. Ethan Fain had two walks and a run scored. Noah Fain had a walk and a run scored.

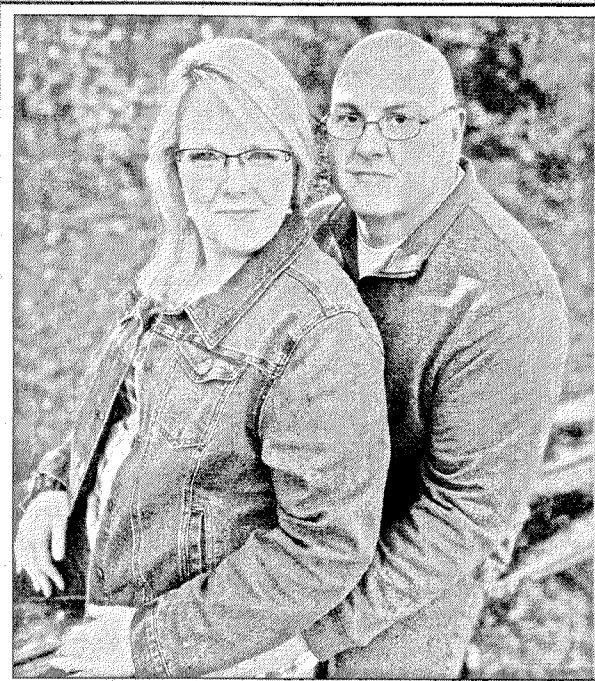
Rockcastle was scheduled to host Casey County Tuesday, April 19th and take on the Rebels on the road this Thursday. North Laurel comes to town Friday for a 5:30 p.m. start.

and Kylee Fletcher, running for Pingleton, scored on a Lexie Brock single for a 5-2 lead.

Knox Central cut the lead to one scoring two in the bottom of the third. Rockcastle added a security run in the top of the seventh. Makayla Coffey singled and advanced to second on a passed ball. Lovell flew out and Coffey advanced to third on a tag and scored on a Haven King ground out.

Katie Denham faced three batters in the bottom of the seventh and retired all three with a strike out, fly out and ground out. Denham went seven innings giving up eight hits, four runs (one earned) and struck out six.

Rockcastle is set to take on Casey County at home Tuesday, the 19th and will travel to Casey Thursday, April 21st. Corbin comes to town next Monday for a 6 p.m. start.



### Elliot - Mays

Kirk Mays, 48, and Teresa Elliot, 46, both of Mount Vernon, were joined in holy matrimony on Sunday, April 17th, 2022 at Brodhead Park.

May is currently Assistant Chief of Police with the BPD and Elliot is employed at Rockcastle Regional Hospital.

Mays bring five children and Elliot brings two children and a daughter in-law to the union.

The happy couple wishes to extend their appreciation to all who attended and are proud to join two rockcastle county families together as one.

**T.J.'s Journal**  
By: Tonya J. Cook



#### The End of an Era

Dear Journal,

It was a valiant effort but we failed on both attempts. Max's Loudon Square Buffet was to close for the last time on Friday, April 8. It was one of our all-time favorite eateries. Max opened the buffet forty-eight years ago on the corner of Loudon and North Broadway in Lexington, KY.

About two or three years ago I was talking to Max about his buffet and he was telling me that over the years he had only been closed about three days several years ago. He had fallen and was in the hospital. He has one of the best work ethics I have ever seen. Max Flannery is in his mid to late eighties now and his buffet is always open, every day. He is open for Thanksgiving, Christmas, Easter, and all of the other days of the year. He serves lunch starting about 11 AM and stays open for dinner until around 9 PM or later.

The buffet was a kind of community gathering spot. When Stanley and I would go, there would always be several people there eating and it seemed that they all knew each other. Max certainly knew them and on a first name basis, too. Max was such a part of the community that he will never be replaced. It seemed like eating at a near relative's house. In an era where race relations seem to be strained, all were welcome at Max's and all enjoyed the others company. The buffet wasn't anything special to look at from the out-

side, but on the inside, it was all heart. It was the kind of place someone could go and ask Max for a meal who had no money. I'm sure he would have said "Just help yourself; pay me when you can".

Max specialized in deep fried cod fish. They were way beyond delicious. He had a wide variety of salads, meats, vegetables, desserts and breads. All of his food was homemade and had that "down home" flavor.

Stanley learned from Facebook that the buffet would be closing and we had to go one last time. Thinking that they would be open until at least 10 PM, we got there a little before eight and they were closed. This was Thursday night. We had one last chance on Friday. This time we weren't taking any chances. Since Stanley was already off from work that day anyway, we headed out for Max's and got there a little after 2 PM. We missed out again. They had employees out in the parking lot waving people away, as they had run out of food. Well, as you could imagine, we were just devastated at the thought of never eating at Max's again.

We knew the day would come but we didn't want to face it. It seems that Max had an accident at home and was at Cardinal Hill in rehab and would close his doors forever. What a loss to a city and community. He is so loved and will be so terribly missed. We just love you, Max.

### Annual Trooper Jason VanHook Bass Tournament is huge success

On April 16th, Kentucky State Police Post 11, London hosted the 6th annual Trooper Jason VanHook Memorial Bass Tournament at Conley Bottom Resort and Marina.

The tournament was an overwhelming success. I was amazed at the turnout. The event had 55 fishermen and raised \$3,130 dollars for Trooper Island in Memory of the late Trooper Jason VanHook.

The tournament paid 6 places with the Big Fish winner being given a \$200 dollar Kentucky Outdoorsman Gift Card. The first place winners were Jordan Crabtree and Adam Simpson both of Monticello, Ky. The total winning weight was 18.91 pounds. The first place prize paid \$1,000.00 dollars.

The Kentucky State Police and the VanHook family would like to thank all the sponsors and everyone who came out and fished.

James VOTE  
**SMITH**  
for  
**CONSTABLE**  
Rockcastle County 4th District  
Your vote will be greatly appreciated.

ELECT  
**JESSE COFFEY**  
ROCKCASTLE  
4TH DISTRICT CONSTABLE  
Phone 7606-416-4753

**Wanted**  
2 acres (more or less) to build a church  
Please contact Bro. Ryan Roberts at 606-308-4858  
or  
Bro. Mike Cameron at 606-682-3318

**Commonwealth of Kentucky**  
**28th Judicial Circuit**  
**Rockcastle Circuit Court • Division II**  
**Civil Action No. 21-CI-00195**  
**Roger McFerron** Plaintiff  
**Virgie Edith Truesdell, unknown spouse of Virgie Edith Truesdell, unknown heirs of Virgie Edith Truesdell, unknown spouses of unknown heirs of Virgie Edith Truesdell** Defendants

**NOTICE OF SALE**  
Pursuant to a judgment and order of sale entered in this action on February 11, 2022 for satisfying the judgment entered in favor of the plaintiff against the defendants in the amount of FIVE THOUSAND FIVE HUNDRED TWENTY EIGHT DOLLARS AND 64/100 (\$5,528.64) plus interest, costs and attorney fees. I will offer at public auction the hereinafter described real property in Rockcastle County, Kentucky.

**At the Courthouse on East Main Street**  
**Mt. Vernon, Kentucky**  
**on Friday, April 22, 2022**  
**Beginning at the Hour of 11:00 a.m.**

Said real property being more particularly described as follows:

- PARCEL NO.1  
Lots No. 3 and 6 of the James Poynter Survey as shown on plat of record in Plat Book 3, page 20, in the office of the clerk of the Rockcastle County Court, Mt. Vernon, Kentucky. Reference is made to said plat for a more complete description of same.
- PARCEL NO.2  
Lot No. 4 of the James Poynter Survey as shown on plat of record in Plat Book 3, page 20, in the office of the clerk of the Rockcastle County Court, Mt. Vernon, Kentucky. Reference is made to said plat for a more complete description of same.

Being the same real property Virgie Edith Truesdell obtained by Quit Claim Deed dated March 6, 1999, executed by Phyllis Jean Burton, single, of record in Deed book 173, page 422, in the Rockcastle County Clerk's Office, Mt. Vernon, Kentucky.

**The property shall be sold upon the following terms & conditions:**

- The real property shall be sold together as a whole.
  - The real property shall be sold for cash or upon a credit of thirty (30) days with the purchaser(s) required to pay a minimum of ten percent (10%) of the purchase price in cash on the date of sale and to secure the balance with a bond approved by the Master Commissioner.
  - The bond shall bear interest at the rate of twelve percent (12%) per annum until paid in full. The bond shall have the force and effect of a judgment and shall be and remain a lien upon the property sold as additional surety for the payment of the purchase price.
  - The purchaser shall pay the 2022 local, county and state property taxes.
  - Unpaid delinquent State, County and/or City ad valorem real estate taxes owed to those government entities, and not sold pursuant to the provisions of KRS Chapter 134 to any private purchaser during the pendency of this action shall be paid from the sale proceeds.
  - Full satisfaction of the judgment shall be paid from the proceeds of the sale.
  - The purchaser shall have possession of the real property upon compliance with the terms of the sale.
  - In the event the plaintiff is the successful bidder and the sale price does not exceed the amount of the judgment, no deposit or bond shall be required.
  - The sale shall be made subject to all easements, set back lines, restrictions or covenants of record or otherwise and shall be sold "as is".
  - All sales shall be conducted pursuant to the COVID19 safety regulations set out by the Governor and Kentucky Supreme Court, including but not limited to the following:
    - Only bidders or parties of the civil action or the party's representative shall be present at the auction.
    - All persons present at the sale shall remain 6 feet apart.
    - All persons present at the sale shall be required to wear a mask.
- The sale shall occur outside on the Courthouse steps (main street entrance).

**John D. Ford**  
**Master Commissioner**  
**Rockcastle Circuit Court**

**Keep HOWELL HOLBROOK Jr.**  
**ROCKCASTLE COUNTY JUDGE EXECUTIVE**  
Paid for by Howell Holbrook



## “RCMS”

(Continued from front)

"We need to move forward as we would if the money was already there in order to meet the deadlines and expectations. If it doesn't pass we can back up but we need to assume the funding is coming." That proved to be a beneficial move since the budget and the bill did indeed pass and now the architect and project manager have already been approved to be hired.

Facilities Director Trent Clark recommended Deco Architectural Service of Somerset and Codell Construction of Winchester for the project. Both motions to enter into contracts with the two entities, once funds are available, passed unanimously.

In fact, Jessica Phillips, of Deco Architect and Design, was present for the meeting to answer questions from the board. "We are very excited and thankful for this opportunity," said Phillips. "We are ready and we are prepared. We will begin orientation with this board and the project manager and begin the process of finding out your specific needs. Design will begin from there and then the specifications manual will be developed and then the bidding process will begin."

Board member Matt Chaliff asked if the board's timeline seemed reasonable to the architectural firm. "It is reasonable," said Phillips. "The only unknown at this time may be the ordering of materials. That is beyond our control and some materials may take longer to arrive than usual with the current supply chain troubles. But, we will be looking at that and ordering possible slow-delivery materials very early to try to allow for that."

Codell Construction Company of Winchester was selected as project manager for the new school building. Chaliff asked the difference between a project manager and a general contractor and Clark explained that a general contractor has much more control over decisions made during construction. "A project manager simply oversees the subcontractors that we choose. They aren't bound to certain subs and they simply oversee the project while we make our own decisions throughout the process," Clark said.

Two days after the board meeting, HB 604 passed the legislature and the project was considered "up and running" by Ballinger.

Bray had built some strong relationships in order to have "everyone on the same team," he said. "There were so many people involved in getting this done," said Bray. "Carrie was in Frankfort so many times and Jared Carpenter did as much for this project as he would have if he were still Rockcastle's representative. Brandon Storm did so much to help and even the speaker of the house, the floor leader and the budget chair spoke on the floor for this project."

"The Mount Vernon Signal helped as well," said Bray. "There was so much false information and misrepresentation going around while we were trying to work together to get this done. But you published the truth and the whole story and helped people to understand what needed to be done. It is much harder to get things done if people don't understand what you are trying to do."

Bray was also pleased that the district chose to provide employee raises with the extra SEEK funding that he was able to pass through the legislature. "I

was able to get an extra \$100 per student and I am glad there were some raises from those funds. We could not legally mandate raises in the legislature because school employees are not state employees, they are school district employees. We can't tell the hospital how much they have to pay their doctors and we can't force the school board to pay a certain amount to their employees either," he said. "But I am pleased the board was able to provide some raises from those funds. I think we all agree they deserve more but this is a start."

Bray said getting the funding for the middle school building was not an easy task. "Everyone in Frankfort, and their brother, has some school project they wanted to fund and it took everyone agreeing with us and being willing to do the right thing to get this one funded," said Bray.

The first time the subject of a new middle school was broached in the public monthly meeting of the school board was late last year when board member Misty Lakes said she felt the board should begin thinking about using the contingency fund to help build a new middle school building. The entire board agreed a new middle school was needed.

In fact displays were presented to the board showing destructive damage to the existing middle school building which officials say is dangerous in many ways. "People really have no idea of the damage and rot within the structure of the existing middle school building because it is all in the walls and ceilings and under the flooring," said Clark at an earlier meeting. "Our custodians and maintenance crews keep the building looking good but what is behind the scenes is not safe anymore."

From there, Ballinger began a long and complex process of audits and projects to save the district funds, while placing the district into a program that would make it eligible for state funding for such a project. Planning committees were formed and trips to Frankfort became standard procedure for local officials.

Once all the pieces were in place, Bray began to approach the funding process and Ballinger and others began the process of finding the right architects and engineers and as Ballinger says, "the rest is history." And now, \$14 million will be available on July 1 of 2022 and the process of a new Rockcastle County Middle School will begin.

For a more detailed look at the process from the beginning, see the related story in this issue of the Signal.

## “Meth”

(Continued from front)

deputy entered the trailer to assess the scene and search for further safety issues.

Deputies found butane fuel, electrical equipment and a needle suspected to contain illegal drugs. Fire from the explosion had burned many items, including additional evidence, according to the report.

The Sheriff's Department reports a strong suspicion the explosion was the result of an attempt to manufacture illegal drugs such as methamphetamine, as well as experimentation with other flammable materials.

Sheriff Shannon Franklin says he intends to continue to target drug operations throughout the county for the security and safety of citizens.

## “Growth”

(Continued from front)

legislative session. "As for the gas line now coming to Rockcastle County, I don't think anyone realizes, or can even understand, how transformational this is going to be. No one knows how many times Rockcastle has been marked off of lists because of infrastructure," said Bray. "That won't happen any more."

The projects Bray was able to secure include about \$20 million for the widening of KY 461 from the interstate to US 150 (in two separate projects) another \$20 million to bring a natural gas line from Lincoln County into Rockcastle County, \$14 million for the construction of a new Rockcastle County Middle School, Full state funding of kindergarten, an additional \$100 per child, in SEEK funds, \$102,000 for guard railing on KY1229, \$1,133,000 for the bridge project on KY1787, \$1,350,000 to address safety and mobility along US 25, \$300,000 to address economic development between US 25 from I-75 northerly to mile marker 17.3, \$4 million to increase access to driver's license locations, \$11.4 million to be divided among the state's 54 general aviation airports and many other projects throughout his district.

Though the governor vetoed some of the bills and some line items in the budget, he did not veto these projects. However, some of the vetoes were more than Bray and other representatives were willing to accept. A few vetoes remain in place, but of the 27 line items vetoed, the legislature overrode 24 of them, according to Bray.

"Some of the vetoes just didn't make any sense to us and some of them actually made me sick to my stomach," said Bray. For example, the bill referred to as the "abortion bill" was vetoed and then overrode. "People could get abortion pills in the mail without even telling their parents about it," said Bray. "You can't get any other prescription medication without a doctor. Why would killing a child be any different?"

Bray says he considers it his job, and the job of all elected officials, to fight for the rights of those who cannot speak for themselves. "These unborn children are a perfect example of those who can't protect themselves or speak out against being killed," he said. The bill bans abortion after 15 weeks. At 15 weeks a child's eyes and ears form and the nerve endings attach to the brain allowing the child to feel pain. The child's skeleton is also formed and now appears on x-rays.

Another bill vetoed and overridden was the so-called "Transgender bill." "I have a four year-old girl and a son and I know she doesn't want boys playing on her sports team," Bray said. "One look at my son and my daughter and I can see a physical difference in the two. Imagine that. It is not fair to allow boys to play on girls' sports teams. Period. It is kind of hard to understand why anyone would have to say these things out loud. Who wouldn't recognize there is a difference in boys and girls?"

Bray said the Transgender bill would have been in effect in Rockcastle County as well as every district in the state. "It was a state issue and every school would have no choice but to allow boys on girl's teams if not for this bill."

The state also funded a charter school in Louis-

ville and one in northern Kentucky. Charter schools are allowed in Kentucky but were not funded by the state until now. Two charter schools have now been funded through a per student mechanism of the state budget as a trial system. Some legislatures have said they intend to watch the development of the two funded schools and then decide about future charter school funding. However, no additional charter schools are currently funded.

SBI was also overridden. The bill returns power over school curriculum and principal hiring decisions from local school councils to the superintendent. It also sets parameters for how teachers may address race and history in the classroom.

All in all, Bray was pleased with the outcome of the budget and the legislative session. "We were able to get a lot done that will benefit the people of Kentucky and Rockcastle County and that's our job," he said. "The gas line and the widening project are each game changers in Rockcastle."

There were also many other bills that Bray played a part in, including limiting a governor's authority to implement emergency acts such as mask mandates.

Bray said he could not have accomplished many these goals if not for the help and support of local officials, including Judge/Executive Howell Holbrook, RCIDA Executive Director Jeff VanHook and Superintendent Carrie Ballinger. Bray said those local officials, and others, have made countless trips to Frankfort attending meetings and explaining to committees exactly what the county needed and how the citizens would benefit from these changes. "We have good people in Rockcastle County and in our district who participate and get involved. This played a big part in our ability to get things done," Bray said.

## “Blast”

(Continued from front)

hike. "We need to have this event," said Magistrate Shane Thacker. "Our citizens really enjoy that event. But I don't have a problem with waiting until we see what the city is going to do."

Magistrates voted to table the request until the next meeting, which may be a special meeting before the May regular meeting on Tuesday, May 10th.

Holbrook then brought up the new county road map he is having prepared by the State of Kentucky. "Before we can get the official map, we have to prove Ravenwood Road is in the county road plan. The state can't find any evidence that it is part of the county," he said. Apparently the road was never officially brought into the county maintenance system, yet the road was paved in 2017 and maintained at county taxpayer expense, according to Holbrook. Those who live on the road apparently now expect the county to continue that maintenance.

According to Holbrook, residents in the area expected the road to appear on the new county map as a county road since the county had maintained it in the past. However, Holbrook said he has not been able to locate meeting minutes or an agenda that indicates Ravenwood Road was part of Rockcastle County's responsibility.

Magistrate Mike McGuire said the county had apparently maintained the road for several years.

"They tell me the county has maintained it for years," he said. "There are five houses and a cemetery there and it meets all the county requirements. It should be on our county maintenance map."

Holbrook pointed out that it is illegal for the county to pave a road that is not on the county maintenance schedule and the county cannot maintain it until it has been officially accepted by the court and is brought into the county road system. Holbrook is attempting to have the road included in the county system for future maintenance.

In other action, County Clerk Danetta Ford Allen discussed the May Primary voting requirements with the court. "There have been a lot of people asking questions about how to vote this year," she said. Allen pointed out there will be only four voting locations in the election and any voter may vote at any of the four locations, regardless of their address.

Photo IDs are required at all voting locations. "This worked out very well for us and saved the county a lot of money. I am very glad the state Board of Elections decided to require photo IDs and that we should have these four locations," Allen also said being able to vote at any of the four locations will help some be able to vote. "No more getting in line at 5:55 only to find out you are in the wrong location," she said. "You can vote at any location now."

However, Thacker said he is concerned having four locations instead of the usual 7 will cause lower voter turnout. But Allen said she feels it will be easier for voters. "Anyone can vote at any location," she said. "Just whichever polling place they happen to be near, they can stop in and vote. They don't have to go to a specific location to vote."

Allen also said cutting the locations to four will save the county "a lot of money" due to less machines required and less election workers.

RCIDA Executive Di-

rector Jeff VanHook addressed the court to thank them for their help in getting the natural gas line funded and the KY461 project approved. "This was truly a team effort and so many entities played a part in getting this done," he said. RCIDA Board member Roland Mullins added, "These two projects will be the most transformational thing to happen to Rockcastle County since the railroad came here in the 1920s."

McGuire added his support for the projects. "The truth is, this natural gas line is the most important thing to happen to Rockcastle County since I-75 was built," he said. "I am very pleased that the fiscal court didn't have to borrow millions of dollars to get it done. We are thankful for all the work Jeff and Josh (Josh Bray, Kentucky State Representative) has done for the county. This could benefit the county in ways we can't imagine."

County Treasurer Joe Clontz asked the court to transfer \$7,500 from the general fund to the fair-ground fund, \$30,000 from the general fund to the 911 fund and \$60,000 from the general fund to the jail fund. The request was approved unanimously.

Having no further business, court was adjourned. The next regular meeting is scheduled for Tuesday, May 10 at 4 p.m. in the third floor conference room of the courthouse. The public is invited to attend.

### Special note:

After the meeting, the fiscal court received the \$1.8 million check from Chapin Manufacturing which settled the account for their purchase of the building they are occupying. According to Holbrook, Chapin is paid in full. They have provided well over the number of jobs they promised in a shorter time than they promised and have been an amazing asset to Rockcastle County in a lot of ways. We are very proud to have Chapin as part of our community."

# Church News

## Spring Revival

Mareburg Baptist Church will hold their Spring Revival beginning Sunday, May 1st and continuing through Wednesday, May 4th with services at 7 o'clock nightly.

Bro. Eddie Nation, senior pastor at First Baptist Church in Centre, Alabama (and a former pastor at First Baptist Church in Mt. Vernon, will be the guest evangelist.

The public is invited and encouraged to attend these services.

## Sunday Evening service reinstated

Buffalo Baptist Church recommenced their Sunday Evening Service on Sunday April 10th. The service begins at 6 o'clock each Sunday night.

Pastor Bill Mink and congregation invite everyone to

come out and worship with us.

The church is located 15 miles south of Mt. Vernon on Hwy. 1249 (Sand Springs Road).

For more information, call 606-256-3547.

## Homecoming & Revival

Maple Grove Baptist Church will hold their Homecoming, April 24th and Revival Services will begin April 25th at 7 o'clock nightly. Special singing each night. Bro. Shane Gabbard will be preaching. Bro. Jerry Owens invites everyone to join us.

## Singing

Philadelphia Baptist Church, will hold a singing Sunday, April 24th at 3 p.m. featuring the Mt. View Bluegrass Gospel Singers. Everyone is invited.

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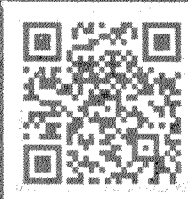
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<b>'17 JEEP RENEGADE ATTITUDE</b> Stk. #W7671 <b>\$20,800</b>	<b>'17 CHEVROLET EQUINOX AWD PREMIER</b> Stk. #154A <b>\$22,800</b>	<b>'17 HONDA CR-V LX</b> Stk. #4144A <b>\$22,800</b>	<b>'20 NISSAN KICKS SV</b> Stk. #W831 <b>\$22,800</b>	<b>'14 JEEP GRAND CHEROKEE 75TH ANNIVERSARY EDITION</b> Stk. #4114A <b>\$23,800</b>	<b>'18 FORD ESCAPE AWD SEL</b> Stk. #41213 <b>\$23,900</b>	<b>'18 NISSAN ROGUE AWD SL</b> Stk. #1592A <b>\$24,900</b>
<b>'16 TOYOTA SIENNA 8-PASSENGER LE</b> Stk. #W841A <b>\$24,900</b>	<b>'19 HONDA CIVIC SPORT</b> Stk. #W859 <b>\$24,900</b>	<b>'01 CHEVROLET CORVETTE</b> Stk. #W707A <b>\$25,900</b>	<b>'20 NISSAN ROGUE AWD SV</b> Stk. #W832 <b>\$26,800</b>	<b>'18 FORD TAURUS SHO</b> Stk. #4239 <b>\$27,900</b>	<b>'20 DODGE GRAND CARAVAN SXT</b> Stk. #W81 <b>\$28,900</b>	<b>'17 TOYOTA CAMRY LE HYBRID</b> Stk. #W85 <b>\$28,900</b>
<b>'20 TOYOTA CAMRY SE</b> Stk. #W853 <b>\$28,900</b>	<b>'19 NISSAN FRONTIER CREW CAB 4WD SV</b> Stk. #W849C <b>\$29,800</b>	<b>'19 TOYOTA RAV4 AWD LE</b> Stk. #4132A <b>\$29,800</b>	<b>'19 TOYOTA RAV4 AWD LE</b> Stk. #4132A <b>\$30,900</b>	<b>'20 NISSAN MURANO AWD SV</b> Stk. #W837 <b>\$30,900</b>	<b>'19 TOYOTA RAV4 LE</b> Stk. #4222A <b>\$30,900</b>	<b>'21 KIA SELTOS AWD EX</b> Stk. #40100 <b>\$30,900</b>
<b>'20 TOYOTA RAV4 AWD XLE</b> Stk. #W810 <b>\$32,800</b>	<b>'20 TOYOTA RAV4 AWD XLE</b> Stk. #W809 <b>\$33,900</b>	<b>'19 TOYOTA CAMRY V6 XLE</b> Stk. #W821A <b>\$33,900</b>	<b>'17 TOYOTA TACOMA DCAB 4WD SR</b> Stk. #4132A <b>\$33,900</b>	<b>'16 CHEVROLET TAHOE 4WD LTZ</b> Stk. #4330A <b>\$33,900</b>	<b>'17 CHEVROLET SILVERADO 4WD 2LT</b> Stk. #W744 <b>\$34,800</b>	<b>'21 GMC ACADIA SLE</b> Stk. #4144A <b>\$34,900</b>
<b>'17 LEXUS RX AWD 350</b> Stk. #W834A <b>\$34,900</b>	<b>'18 TOYOTA AVALON LIMITED</b> Stk. #W857 <b>\$35,900</b>	<b>'16 TOYOTA TUNDRA 4WD SR5</b> Stk. #4043B <b>\$36,800</b>	<b>'17 FORD F-150 CREW CAB STX</b> Stk. #4132A <b>\$37,800</b>	<b>'13 FORD F-150 SVT RAPTOR</b> Stk. #40220 <b>\$38,800</b>	<b>'20 FORD EXPLORER LIMITED</b> Stk. #W855 <b>\$38,900</b>	<b>'19 TOYOTA RAV4 AWD ADVENTURE SERIES</b> Stk. #W800 <b>\$39,800</b>
<b>'20 TOYOTA SIENNA 8-PASSENGER XLE</b> Stk. #W831 <b>\$39,800</b>	<b>'20 LINCOLN MKZ RESERVE</b> Stk. #4249A <b>\$39,900</b>	<b>'20 TOYOTA SIENNA 8-PASSENGER XLE</b> Stk. #W789A <b>\$39,900</b>	<b>'20 JEEP WRANGLER UNLIMITED SPORT</b> Stk. #W856 <b>\$40,900</b>	<b>'17 GMC YUKON 4WD XLT</b> Stk. #W851 <b>\$40,900</b>	<b>'19 TOYOTA 4RUNNER 4WD SR5</b> Stk. #W851 <b>\$40,900</b>	<b>'18 TOYOTA 4RUNNER 4WD LIMITED</b> Stk. #W728 <b>\$42,800</b>
<b>'18 TOYOTA HIGHLANDER LIMITED PLATINUM EDITION</b> Stk. #4170A <b>\$42,800</b>	<b>'19 TOYOTA TACOMA DCAB 4WD TRD OFF ROAD</b> Stk. #4204A <b>\$42,900</b>	<b>'19 TOYOTA TUNDRA DCAB 4WD SR5</b> Stk. #4155A <b>\$43,800</b>	<b>'3 TOYOTA HIGHLANDER AWD HYBRID LTD PLATINUM ED.</b> Stk. #W801 <b>\$43,800</b>	<b>'19 TOYOTA TACOMA DCAB 4WD TRD OFF-ROAD</b> Stk. #W856 <b>\$43,900</b>	<b>'20 NISSAN ARMADA 4WD SL</b> Stk. #W823 <b>\$45,800</b>	<b>'18 TOYOTA 4RUNNER 4WD LIMITED</b> Stk. #4126A <b>\$45,900</b>
<b>'20 LEXUS RC30 AWD PREMIUM</b> Stk. #4112B <b>\$46,800</b>	<b>'19 TOYOTA 4RUNNER 4WD LIMITED</b> Stk. #W771 <b>\$48,800</b>	<b>'20 TOYOTA 4RUNNER LIMITED</b> Stk. #4122A <b>\$50,800</b>	<b>'20 JEEP GLADIATOR 4X4 RUBICON</b> Stk. #4199A <b>\$53,900</b>	<b>'21 CHEVROLET SILVERADO 1500 4X4 LT TRAIL BOSS</b> Stk. #4145B <b>\$56,900</b>	<b>'20 TOYOTA TUNDRA CREW MAX 4WD TRD PRO</b> Stk. #W723 <b>\$57,800</b>	<b>'18 TOYOTA SEQUOIA 4WD TRD SPORT</b> Stk. #W791 <b>\$60,800</b>

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2020 TOYOTA COROLLA SE STOCK #4149B.....	\$25,900	2013 CHEVROLET SILVERADO STOCK #4197B, 4WD.....	NEW ARRIVAL!!	2020 NISSAN PATHFINDER SV STOCK #W869, 4WD.....	NEW ARRIVAL!!
2020 DODGE GRAND CARAVAN SXT STOCK #W815.....	\$27,800	2011 HONDA ODYSSEY LX STOCK #3998C1.....	NEW ARRIVAL!!	2019 TOYOTA SIENNA XLE STOCK #W871, 7-PASSENGER.....	NEW ARRIVAL!!
2020 NISSAN MURANO SV STOCK #W847, AWD.....	\$30,900	2015 KIA SEDONA LX STOCK #4217B.....	NEW ARRIVAL!!	2019 TOYOTA TUNDRA STOCK #4206A, CREW MAX, 4WD, 1794 EDITION.....	NEW ARRIVAL!!

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## Graduation set School district cash flow in good condition

By: Mike French  
Editor

After discussion concerning the new middle school building (see related stories in this issue) the Rockcastle County School Board dealt with several issues during their regular monthly meeting Tuesday night.

Though the district website was shut down for several days, officials say the new and improved website is back in operation now under the same location at [rockcastle.kyschools.us](http://rockcastle.kyschools.us).

Finance Director Jenny Sweet gave the monthly financial report to the board. "It is critically important that the district's cash flow be in good shape and you will notice in this report that this problem is being corrected," said Sweet. "It has taken several years of work but we now have a very stable cash flow." Sweet reported that in March of 2019 the budget showed the general fund at negative \$148,032 while in 2020 the general fund held \$757,781 in March. But in 2021 the March general fund showed \$3,486,618 and in March of 2022 the general fund shows \$3.5 million. "Our ending cash balance in all funds today shows \$9.9 million," she said.

Board member Matt Chaliff asked why some line items within the budget shows negative numbers. "That can be for a variety of reasons," said Sweet. "Perhaps we hadn't budgeted as much as we should have or it could be an increased cost as we will have this year with fuel costs. There are some things that can't be anticipated. It could also be a variety of other factors," Sweet said. "But I would be happy to go through any of them line by line."

Director of Student Services Marcus Reppert told the board that attendance is down in the district. "This is going to be a weakness," said Reppert. "Our attendance has dropped for several years and it is still dropping. We need to develop a plan to bring our attendance back up to where it should be." The board agreed to consider the problem.

Sweet reported the district plans to purchase new copy machines for all schools. "We want to replace every copier at every school and Cannon has offered a \$98,000 buyout of all our current copiers," she said. "We can use those funds to pay the leases off and have a new copy system throughout the district." Sweet said the new copiers may be linked to the Chromebooks that students use and provide

many benefits that "normal copiers" do not offer. Sweet also said costs could be easier to manage through the number of copies at each school. A lengthy discussion of the technical abilities of the new copy system, including software and the copier's ability to access the school website was held by the board.

Superintendent Carrie Ballinger also informed the board that the graduation ceremony has been finalized. **Graduation will be held on May 24 at 7:30 p.m. on the football field at RCHS.** "We had such a nice graduation last year that we may never be able to have graduation indoors again," said Ballinger. "Everyone had a wonderful time." Each graduating senior will have 15 tickets available.

Ballinger also presented the Superintendent's Personnel Action report. It is as follows:

### Full time classified employees hired:

Courtney Boreing, administrative secretary in the central office; Burley Burkhart, head football coach at RCMS; Izak McQueary, girls track coach at RCHS; Jenni Ellis, Human Resources manager; Amelia Berryman, tennis coach at RCHS; Tim McIntosh, head softball coach at RCHS; Jennifer Mattingly, program specialist/food service (replacing Jamie Saylor); Ronald Dotson, volunteer girls track team coach at RCHS; Tamara Smith, school nurse at MVES.

### Resignations:

Burley Burkhart, assistant football coach at RCMS; Corey Baker, assistant football coach at RCMS; Aaron Rupard, head softball coach at RCHS; Shirley "Dean" McClure, substitute custodian; Sara Poynter, substitute teacher; Charli Feltner-Fox, school nurse LPN.

### Certified substitutes:

Tamara Cox, Sara Poynter, Deborah Bowles and Callie Lewis, all substitute teachers.

### Classified substitutes:

Christie Turner, substitute instructional assistant; Crystal Barnett, substitute cook/baker; Tamara Smith, substitute nurse; Terry Davis, substitute bus driver.

### Classified staff updates:

Kathy Owens, transfer from RES 7.5 hour cook to RCMS 7.5 hour cook; Rachele Smith, transfer from MVES 6 hour cook to MVES 7.5 hour cook.

The next regular monthly meeting of the school board is scheduled for Tuesday, May 10 at 6 p.m. in the Teaching and Learning Center on Richmond Street.

## MVFD runs for March

The Mount Vernon Fire Department made 47 runs in March using 10,500 gallons of water. Fifteen involved vehicles accidents and four were structure fires. Four runs involved woods or brush fires and seven runs were made due to illegal burning.



Alyssa Cox, Extension Agent for 4H Youth Development in Rockcastle, had a fun activity for children in attendance at the community event held in Brodhead last Saturday. The event was hosted by the Brodhead Cares Committee and Brodhead Baptist Church and was well received by the community. Children enjoyed inflatables, egg hunting, face painting, visiting with the Easter Bunny and food.

## New RCMS building

On April 14th, Rockcastle County Schools received word that Kentucky's legislature had approved funding for a new middle school for the county.

This was the culmination of a months-long process of planning, meetings and advocating for the vision and need for a new middle school, necessary to educate the next generation of Rockcastle County students.

The current middle school building is 50 years old and was erected before current building codes were in place. In fact, the middle school is 9th on the Kentucky Facilities Inventories Classification System (KFICS) list, which means it is rated as the 9th worst facility in Kentucky and in dire need of replacement, due to safety, electrical and structural deficiencies.

This process began back in August 2021 when Superintendent Carrie Ballinger, along with school and district staff, began to discuss and establish the need for a new middle school. "First, we had to reconvene our own Local Planning Committee, or LPC, to create a new District Facility Plan, showing the total cost of new construction versus the renovation of the existing building" stated Ballinger.

The LPC consisted of district and school staff, parents and community members, as required by the state. In conjunction with the LPC meetings, which met over a period 4 months last fall, the Rockcastle County Board of Education also met and reviewed the process for implementing a Nickel Tax, as required by KRS 157.440(1)(b).

This statute requires all school districts to commit at least an equivalent tax rate of five cents (\$0.05) based local nickel to be eligible to participate in the facilities support program.

"Rockcastle County could not be eligible for equalization from the state without passing this Nickel Tax with minimal impact on our taxpayers," stated Superintendent Ballinger. "This will also ensure that our county will receive equal funding from the state for facilities for the next 20 years."

The Rockcastle County Board of Education approved the implementation of the Nickel Tax, following several open meetings and a final Public Hearing in November. This hearing allowed the public time and opportunity to petition the Nickel Tax, as required by law. In December 2021, the Kentucky Board of Education approved the Rockcastle County LPC proposal to allow the district to move forward to pursue funding for this facility.

Superintendent Ballinger worked with Representatives Josh Bray, as well as Senator

Jared Carpenter and Senator Brandon Storm to advocate for a \$4 million allocation from the state legislature (in addition to the \$10 million in equalization funds in the budget) and to show the need for a new middle school for the county.

The session began on January 4th and, on the final day, April 14th, the funding was approved. Superintendent Ballinger said, "This was definitely a team effort in Rockcastle County. I have to first give credit to our board for passing the Nickel Tax and putting us in a position to receive this funding. I also want to thank our LPC team

for all of their hard work and months of meeting. Finally, our partnerships with Representative Bray and Senators Carpenter and Storm helped us to secure this much-needed funding. Rockcastle County Schools is a forward-thinking district, casting a vision to build a quality facility that will impact the education of our students and lift them to higher levels of achievement."

During the April 12th, 2022 school board meeting, the board approved the recommendation of DECO Architects and Codell Construction (as

(Continued on B4)

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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 4 p.m. Monday**

## For Rent

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

**Mt. Vernon Housing Authority** open Monday, Wednesday and Friday from 9 a.m. to 3 p.m. Applications accepted Monday, 9 a.m. to 1 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. TDD for hearing impaired only. 1-800-247-2510.

**For Rent**  
**Maple Street Storage of Brodhead**  
606-308-2491

## Posted

**Posted:** No hunting or trespassing for any purpose on property owned by James Tudor and Rosa Lee Perkins. 9x4

**Posted:** No hunting or trespassing on land belonging to Joseph and Kimberly Ramsey on Copper Creek Road. No illegal dumping of trash. No hunting, riding horses, ATVs or any other type vehicle. Not responsible for accidents. 8x5

**Posted:** No hunting or trespassing on land belonging to Wayne and Marie Bul-

lock on Kincaid Ridge Road. 5x18

**Posted:** No trespassing on property owned by Shannon Hellard on Cove Branch Road in Rockcastle County. All violators will be prosecuted. 52x28

**Posted:** No hunting or trespassing on property belonging to Brian and Angela Burdine and located at 428 Black Bear Lick Lane, Livingston. Violators will be prosecuted. 47xntf

**Posted:** Absolutely no trespassing on land belonging to LJI Honeycomb LLC for any reason. Formerly known as Christ Outreach for the Blind. Violators will be prosecuted. 33x52

**Posted:** No hunting or trespassing on farms, belonging to Gary and Peggy Roberts, on KY 3245. Violators will be prosecuted. (12/22pd)

**Posted:** No hunting or trespassing on land belonging to Orville and Bernice Burkhardt on Cove Branch, Livingston, Mt. Vernon. Violators will be prosecuted. 35x50p

**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 trespassing on Crawford Place - Old Brodhead Road, Danny Smith. 47tfn

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

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

**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. 25tfn

## Yard Sales

**Three-Family Yard Sale:** This Friday and Saturday, 1901 White Rock Road. Lots of clothes (different sizes), CDs, DVDs, Home Interior, video games, antiques, Christmas items, variety of home decor, baby and adult chickens, cabinets. 8:30 a.m. to ??

## Notices

**Notice:** The contents of Unit # 16 at Chism Drive-Thru Storage, kelsey Drive, Mt. Vernon, will be disposed of Saturday, May 14th. Owners have until **4 p.m., Friday, May 13, 2022** to claim property and pay rental arrears. 11x2

**Notice is hereby given that** Marquita Roberson, 58 White Lane Rd., Pheba, MS 39755, has been appointed Administratrix of the estate of Alexander Roberson, deceased, on the 12th day of April 2022. Any person having claims against said estate shall present them, according to law, to the said Marquita Roberson or to Hon. Jeremy B. Rowe, 205 Richmond St., P.O. Box

1250, Mt. Vernon, Ky. 40456 on or before October 17, 2022 at 11 a.m. 11x3

**Notice is given that** Rhonda R. Biongham has filed the final settlement of her accounts as Administratrix of the Estate of Rick D. Ripple, deceased. A hearing on said settlement will be held May 16, 2022 at 9:30 a.m. Any exceptions to said settlement must be filed before that date. 11x1

**Notice is given that** Patty A. Nicely, Brenda Lovell and Sandra Burke has filed

a Final Settlement of their accounts as co-executrix's of the Estate of Clorine Graves, deceased. A hearing on said settlement will be held May 16, 2022 at 9:30 a.m. Any exceptions to said settlement must be filed before that date. 11x1

## Miscellaneous For Sale

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

**Classified Deadline is 4 p.m. Monday**

## Rockcastle County Recycling Center open for recycling drop-offs

The Rockcastle County Recycling Center is located at 2528 South Wilderness Rd (US 25 South) beside the Rockcastle County Road Department Garage and is open Monday thru Friday from 7 a.m. until 3 p.m. (closed on major holidays).

### The following items may be recycled:

Newspapers w/inserts, magazines, catalogs, office paper, junk mail, shredded paper (needs to be bagged), books, phone books (paper products cannot be plastic lined or coated), cardboard (both corrugated and slick), plastics #1 Pet or Pete, plastics #2 HDPE, (no sheet plastics or plastic bags of any kind; no buckets or totes, no matter what number is on it), metal cans, aerosol cans, aluminum cans, aluminum foil, aluminum pie plates, glass bottles and glass jars (lids must be removed and discarded), old cell phones, car batteries, empty printer and toner cartridges, old computers (no monitors of any kind) and computer accessories, telephones, radios, digital clocks, (no televisions of any kind), rechargeable batteries (if the battery says rechargeable on it, then it is recyclable), and large bulky metal items.

Clean used motor oil may also be dropped off at the Rockcastle County Road Department.

### Recycling Drop-Off Trailers are available for use at:

- Brodhead** (behind City Hall)
- Conway** (by Brindle Ridge Volunteer Fire Dept.)
- Livingston** (between Liv. Fire Dept. & City Hall)
- Pongo** (by Pongo Volunteer Fire Dept.)
- Climax** (by Climax Volunteer Fire Dept.)

**Violations may be issued for putting trash in the recycling trailers!!!**

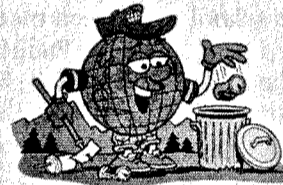
**If you have any questions, you may call the Rockcastle Solid Waste Office at 606-256-1902.**



Funded in part through a grant from the Kentucky Pride Fund, Division of Waste Management.

## Subscribe to the Signal

### Attention Non-Profit Groups or Organizations



The Rockcastle County Fiscal Court in conjunction with the Kentucky Division of Waste Management is pleased to announce

### Rockcastle County Solid Waste

**\$100.00 Per Mile**

### Roadside Litter Clean-Up Program!

Non-profits such as Churches, School Groups, Clubs, Fire Departments or other organizations which have a state tax-exempt ID number on file, may now raise needed funds to help their respective organization or group by cleaning up roadside trash, while also helping to

### Keep The Rock Clean!

The Rockcastle County Solid Waste office will assign qualifying groups or organizations a road and/or section of road to be cleaned up, while funding remains available.

**Contact the Rockcastle Solid Waste Office at 606-256-1902 for further details**

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**Gravel Hauling and spreading.** Call 606-308-1858 or 254-289-2913.  
**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. 14xntf

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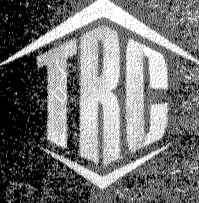
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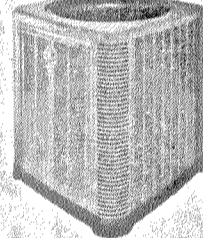
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# Frankfort Update

By: Josh Bray  
State Representative  
Lawmakers wrap up the  
2022 Regular Session

The Kentucky legislature officially wrapped up the 2022 Regular Session last Thursday night, capping off what will go down as one of the most productive and effective sessions in history.

I share regularly that my mission as your legislator is to pass good, long-term public policy that provides Kentuckians with the opportunity to build a better life and make the state a better place to live and work. That is exactly what we achieved during the past 60 days. We arrived in Frankfort with a full agenda and leave with a long list of legislation that puts Kentuckians first.

While we passed many pieces of legislation, here are a couple of examples of the key bills we passed:

**Balanced and Fiscally Responsible Budget:** From the start of session, one of our main priorities was passing a fiscally responsible budget, and that is what we did. We approved a \$31 billion budget that includes record-breaking investments in education, workforce development, health and family services, and public pensions. The budget includes \$4.5 billion each fiscal year for kindergarten through 12th grade public education, \$130 million for full funding for full-day kindergarten, more than \$3 billion in funding to maintain existing roads and bridges as well as build new where necessary, \$274.5 million in transportation funding for school districts, salary supplements, and \$7.4 million to support school-based mental health programs. We also included \$100 million for business site development in rural areas. The budget also invests in our social workers with \$25.6 million allocated in

the first year for raises, and then a \$61.7 million increase in the second year. I cannot wait to see how all of these investments will lead to a brighter future for the commonwealth.

**Highway Construction Plan:** Another investment in our future is HB 242, which is our biennial highway construction plan. Each one of Kentucky's 120 counties is getting record funding for improvements in safety, mobility, congestion, and bridges. This legislation includes funding for the Brent Spence Bridge, the I-69 corridor in Henderson, and the widening of the Mountain Parkway in Eastern Kentucky. While these are three of the largest projects in the legislation, there are many smaller projects that will create safer roads. Roads lead us to the future, with more economic opportunities and an improved quality of life. In addition to HB 242, we also adopted a two-year budget for Kentucky's Transportation Cabinet. That bill, HB 241, includes funding for programs like an additional \$4 million to increase access to driver's license and permit testing, and \$11.4 million to be divided equally among the state's 57 general aviation airports.

**Pro-Life Omnibus Bill:** HB 3, also known as Humanity in Healthcare, is Kentucky's largest piece of pro-life legislation ever passed. Within the measure, a woman seeking a chemical abortion must receive a prescription from a physician, and it requires the physician to schedule and pursue a follow-up visit in order to ensure no conditions have developed as a result of the chemical abortion. It also states that physicians must ensure that at least one parent of a minor seeking an abortion is consulted. The bill would require that parents receive notice of their right to take responsibility or relinquish their child's remains within 24 hours of the procedure. HB 3 also in-

cludes language which would ban abortions after fifteen weeks of pregnancy. This language was added in the event the Supreme Court upholds Mississippi legislation it is currently reviewing as constitutional.

**Public Assistance Reform:** Kentucky's public assistance programs have not been significantly reformed since the 1990s, and this year the General Assembly took the step to reform an outdated system. With HB 7 we wanted to make sure that the people who need public assistance programs had access to the benefits they qualify for while ending benefits for those who are not eligible. We toughened penalties on public benefit fraud and added in a community engagement program for able-bodied adult Medicaid recipients without a child or dependent. The legislation is meant to emphasize the importance of work, and it will ensure the eligibility of those who qualify for programs like food benefits through the Supplemental Nutrition Assistance Program (SNAP).

**Tax Modernization:** Another big step the legislature took this year was modernizing our outdated tax code. HB 8 would gradually eliminate the state personal income tax with the first decrease scheduled to lower the rate to 4.5% on January 1, 2023. Economists believe this first decrease will leave an estimated \$500 million in taxpayer pockets. To ensure there is enough revenue to trigger decreases in the future, HB 8 would place a sales tax or a user fee to services like ride share companies, temporary rental services like AirBnB, security systems, bodyguard services, valet services, and lobbyists. It is another example of the legislature's commitment to grow the state's economy and put more money back into Kentuckians' pockets.

**Protecting Women's Sports:** The Save Women's Sports Act prohibits those who are biologically male from participating in women's and girls' school

sport teams. SB 83 requires any schools regulated by the Kentucky Board of Education and postsecondary institutions that participate in athletic competitions to designate team sports for students in grades six through twelve as boys, girls, or coed. The language reads that the sex of the student who wants to participate in a sport would be determined by what is on their birth certificate and a signed affidavit from a physician. The legislation stands for the simple truth that there is a biological difference between males and females. Neither are superior, but each has strengths that provide a competitive advantage in some areas.

**Safeguarding Religious Freedoms:** During the COVID-19 pandemic, we saw restrictions put in place that stopped people from attending in-person worship services. HB 43 addresses this issue, stating that in a state of emergency, places of worship cannot be deemed unessential. It recognizes that religious freedom is essential to our commonwealth and prevents state and local governments from prohibiting religious services during a state of emergency.

**Reducing the Motor Vehicle Tax:** HB 6, which permanently lowers the motor vehicle taxes for Kentuckians, became law in March, and we are already seeing the benefit of this measure as motor vehicle taxes are frozen at last year's rate. The bill ensures property

valuation administrators (PVAs) under the Kentucky Department of Revenue only uses the average trade-in value, not the clean trade-in value, as the standard when assessing the value of motor vehicles for tax purposes. I received an update on this measure before we adjourned, and it looks like those who paid their motor vehicle tax before the bill became law will be receiving refunds in the mail in the next couple of weeks.

In the last two days, we passed more crucial pieces of legislation and overrode many of the Governor's vetoes. It is the Governor's privilege to veto bills he does not like, but it is the legislature's authority to overturn those vetoes and set the policy for Kentucky—the Governor should remember that he won his election by right at 5,000 votes in an election that was more about personality than policy. Conservatives hold 75 seats in the House Chamber, a clear reminder that Kentuckians want leadership that defends their values, fights for their rights, and works to create opportunities.

As we wrap up with this year's session, I want to emphasize I am proud to represent the people of this dis-

trict. I was sent to Frankfort by you to create positive policy, and this session we achieved just that.

As always, I can be reached through the toll-free message line in Frankfort at 1-800-372-7181. Feel free to contact me via email at Josh.Bray@lrc.ky.gov. If you would like more information, please visit the LRC website [www.legislature.ky.gov](http://www.legislature.ky.gov).


## RCMS

(Continued from B1)  
construction manager) for the RCMS Project. "As the district moves toward making this vision a reality," Ballinger added, "we will continue to report the progress being made to construct a new Rockcastle County Middle School and share each step with our stakeholders and community. We are very excited about the future of Rockcastle County Schools!"

Ballinger said she and the board are working closely with Deco officials to decide the best location for the new building as well as the best use for the old structure.


**Wanted**  
2 acres (more or less) to build a church  
Please contact Bro. Ryan Roberts at 606-308-4858  
or  
Bro. Mike Cameron at 606-682-3318

★ ★ ★ **ELECT**  
**TAMMY COOX**  
FOR Magistrate-District 1



*Elect*  
**KATHY ROBINSON**

**PVA**



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Janet Vaughn

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PAID FOR BY REPUBLICAN CANDIDATE, KATHY ROBINSON





**Welcome  
Dr. Lura Cash**

**Rockcastle Regional welcomes  
dentist Dr. Lura Cash to the team  
at Rockcastle Family Dental Center**

See page 3



### About Us

Rockcastle Regional Hospital & Respiratory Care Center is a not-for-profit community healthcare system that operates an emergency department, a 26-bed inpatient acute hospital, outpatient services, a 143-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 an eleven-time Kentucky Hospital Association Quality Award Winner for 2006, 2008, 2009, 2010, 2011, 2012, 2015, 2016, 2018, 2019, and 2020, and a U.S. News & World Report 2013, 2014, and 2020 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 & 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  
UK HealthCare Network Affiliate—Markey Cancer Center  
UK HealthCare Network Affiliate—Comprehensive Stroke Program  
UK HealthCare Partnership—Gill Heart Institute  
UK HealthCare Partnership—Kentucky Neuroscience Institute

### Speakers Bureau

We are pleased to present information about healthcare and healthcare professions to the public. To schedule a speaker for your school, business, civic, healthcare or government organization, call Jana Bray (606) 256-7880.

### Leadership

Rockcastle Regional Hospital and Respiratory Care Center is governed by a local board of directors.

Joseph E. Lambert, Chairman  
Bigge W. Towery, Jr., Secretary  
Debra H. Lambert  
Jeffrey T. Burdette

### Executive Management

Stephen A. Estes, President/CEO  
C. Nicholas Bastin, CFO  
Tammy Brack, RN, Chief Nursing Officer

145 Newcomb Avenue • P.O. Box 1310 • Mt. Vernon, KY 40456  
(606) 256-2195 • [www.rockcastleregional.org](http://www.rockcastleregional.org)

Health Signal is produced by the Community Relations Department of Rockcastle Regional Hospital and Respiratory Care Center.

Jana Bray, Director  
Susan Turley, Designer



**ROCKCASTLE  
REGIONAL**  
HOSPITAL ■ RESPIRATORY CARE CENTER

## FEATURES



5 OFF AND RUNNING

- 3 Welcome Dr. Lura Cash
- 4 Award for Outstanding Outpatient Experience
- 6 Parkinson's Disease Awareness
- 7 Managing Diabetes
- 8 Autism Awareness
- 10 Let's Talk About High Blood Pressure
- 12 What to Do After Heart Failure Diagnosis
- 13 Bump to the Head? Watch for Concerning Symptoms
- 15 Job Opportunities



## Rockcastle Family Dental Center

# Welcome Dr. Lura Cash

By Jana Bray, Community Relations Director

Rockcastle Regional is pleased to welcome dentist Dr. Lura Cash who will lead the team at Rockcastle Family Dental Center.

Dr. Cash earned her medical degree in dentistry from the University of Kentucky College of Dentistry in 2017 and completed her general practice residency at Miami Valley Hospital in Dayton, Ohio.

“As a dentist, I have the opportunity to help my patients be healthy, happy, and confident in their oral health,” said Dr. Cash. “With each patient, we focus on their individual needs and tailor a specific plan to best meet their goals for their smile and overall oral health.”

Dr. Cash acknowledges that some patients might experience some hesitancy, even fear, when it comes to dental visits. “When I am caring for my patients, I am focused on the experience of that individual, at that moment. My goal is to provide a welcoming, non-intimidating dental environment where I work with each patient to ensure they are comfortable with each step of their dental journey.”

During her general practice residency program, she received training to manage medically compromised patients and to perform more advanced sedation than is typical in a traditional general family dental office setting. “The ability to offer more treatment options offers patients the opportunity to receive a greater variety of dental services in an office where they feel most comfortable.”

As a native of Rockcastle County, Dr. Cash says she feels incredibly fortunate to have the opportunity



Dentist Dr. Lura Cash leads the team at Rockcastle Family Dental Center.

to return home to practice. As a graduate of Rockcastle County High School and a former Brodhead Elementary School Tiger, she is excited to provide dental care to the community where she was raised.

Dr. Cash resides in Brodhead with her husband, Mark Dyehouse, and their two sons, Yadon and Fowler. When not at work, she loves thrift shopping, enjoying the outdoors, and spending time with her family, including her parents, also residents of Brodhead, Ronnie and Katreka Cash.

To schedule an appointment with Dr. Lura Cash, please call (606) 256-7695.

*“My goal is to provide a welcoming, non-intimidating dental environment...” –Dr. Lura Cash, DMD*



**ROCKCASTLE**  
FAMILY DENTAL CENTER

**Location:**

75 Newcomb Ave  
Mt Vernon, KY 40456

**Contact Us:**

(606) 256-7695  
rockdental@rhrcc.org

**Hours:**

Monday: 10am – 7pm  
Tuesday-Thursday: 8am – 5pm



# Rockcastle Regional recognized for outstanding outpatient experience for fourth year-in-a-row

By Jana Bray, Community Relations Director

**R**ockcastle Regional Hospital and Respiratory Care Center has been named one of America's Best Hospitals for Outpatient Experience by the Women's Choice Award.

Hospitals aiming to provide the most appropriate and value-based care along with advances in technology, such as minimally invasive techniques, have shifted many patient cases to outpatient settings. As a result, hospitals have made significant strides in providing increased customer service to improve the outpatient experience.

With women making over 80 percent of family healthcare decisions, and considering their demanding lifestyle with over 70 percent of moms employed, the Women's Choice Award helps women make those decisions by identifying the hospitals that provide the best outpatient experience.

"We take pride in the individualized care we provide each patient and their families,"

said Stephen A. Estes, president and CEO of Rockcastle Regional. "Receiving this award for the fourth year is a testament to the commitment we have towards achieving the best health outcomes and ensuring our patients have the best experience possible."

The methodology used to select Rockcastle Regional as one of America's Best Hospitals for

Outpatient Experience is exclusive in that it evaluates patient satisfaction measures with a hospital visit based on criteria in the Outpatient and Ambulatory Surgery Survey (OAS-CAHPS). The evaluation process is the only national list that focuses on the opinion of females. It is the only award recognizing excellence in outpatient satisfaction based on

robust criteria that considers the patient experience and clinical excellence.

To receive the award, hospitals must first be accredited by the Joint Commission, The Healthcare Facilities Outpatient Program, or Det Norske Veritas Healthcare. Rockcastle

Regional is accredited by the Joint Commission. Accredited facilities are continuously improving the safety and quality of patient care and this certification signifies the facility's commitment in meeting regulations and best practices for the medical industry.

The categories in the OAS-CAHPS survey are assigned weights based on the feedback received from the Women's Choice Award Survey. Only hospitals that achieve rankings higher or equal to the national average in communication and care by hospital staff, pre- and post-surgical coordination, facility ratings, and patients' recommendation are eligible for the outpatient experience award.

Rockcastle Regional is one of 267 award recipients in the nation representing the hospitals that have met the highest standards for outpatient experience in the U.S. by the Women's Choice Award.

“  
We take pride in the individualized care we provide each patient and their families,  
”

**Stephen A. Estes**  
President and CEO



2019-2022  
**WOMEN'S CHOICE AWARD®**  
AMERICA'S BEST HOSPITALS  
OUTPATIENT EXPERIENCE



# 'I'm off and running, and I'm not turning back'

By Dwain Harris, Community Relations Consultant

In the spring of 2021, Lexie Parks was struggling. She was not doing well emotionally, was experiencing health issues, and wasn't physically fit. In fact, her doctor was concerned enough to have a heart-to-heart talk with her about her health.

"That's when I realized I had to do something," Lexie recalled. "I wanted to enjoy life again."

First, she put in the hard work of changing her diet, and then she began to walk for exercise. Occasionally, she would speed up and run. Before long, it became a habit.

"It was an escape for me," she said. "It silenced all the anxiety and worry."

Soon enough she had lost 70 pounds, and she began to think about running a 5K.

"I'd always wanted to, but I was nowhere near in the shape I needed to be to do one," she said.

But with a newfound hope, and feeling like herself again, Lexie began to train in January of this year.

"I didn't know where to do one, and I had a conversation with my family friend, Tracy King (a pharmacist at Rockcastle Professional Pharmacy), about it, and she told me about County-Wide Stride," Lexie said. "She said if I ever wanted to run with her, she would help me. I saw this as my opportunity because I didn't want to be alone, running one for the first time, because I had no idea what I was doing."

With the goal in mind, a "couch-to-5K" app in hand, and a friend by her side, Lexie set her sights on the St. Patrick's Day 5K in Livingston, the third run/walk in Rockcastle Regional's annual Countywide Stride series.

The 12-race series began in 2012 to promote community fitness. The run/walks are of varying distances in different locations throughout Rockcastle County. For a small registration fee, T-shirts are given away to all participants, awards



Lexie Parks poses with Rocky the Health Hound at the St. Patrick's Day 5K race in downtown Livingston. (Photo by J.P. Harris)

are given to the top finishers in each age group, and any money raised goes to a local charity or community group.

Incentives are also offered for the completion of 7, 10, and 12 races each year. For more information, go to [www.rockcastleregional.org/county-wide-stride](http://www.rockcastleregional.org/county-wide-stride).

Thousands of runners and walkers have participated over the years, many starting, as in Lexie's case, at the urging of a friend.

"Having Tracy by my side, pushing me and not giving up on me during the race, truly help me complete it," she said.

So how did it feel to finish the race?

"When I crossed the finish line, I honestly was about to cry," she recalled. "It was more than just a race for me. It proved to me how strong I can be. I am a Christian, and as I ran, I had a bracelet on that had the Bible verse Philippians 3:14! That verse can be paraphrased into, 'I'm off and running, and I'm not turning back!' This race was like life – you must

keep moving forward no matter what happens along the way! You either persevere and finish, or you quit and wallow in self-pity."

In addition to her friend, she credits total strangers for helping her finish.

"It felt like there was a fellow runner or race worker encouraging me to keep going," she said. "For someone who was scared to even try something like this, it meant the world to have total strangers encourage me the whole way!"

Lexie has a message for those who may be considering lacing up for a 5K.

"I would highly recommend this race series to anyone. If you are hesitant, do it anyways – you will not regret it. It was so rewarding in so many ways. I plan on running several more this year and, hopefully, I will get faster!"

The next Countywide Stride race is the Fairview Baptist Run for Missions 5K Run/2 Mile Walk on April 23.



## April is Parkinson's Awareness Month

By Jana Bray, Community Relations Director

**P**arkinson's disease is a progressive neurological disorder which affects many different regions in the brain. It starts with the involvement a very small area of the brain called the substantia nigra. When this area gradually loses its functioning cells, the typical symptoms of Parkinson's develop.

The main problem in Parkinson's is the lack of a chemical called dopamine, which is a neurotransmitter needed by the brain to function appropriately.

The main symptoms of Parkinson's are tremor, slowness of spontaneous movements, and muscle stiffness. Usually, it starts on one side of the body and tremor is present, even at rest. Tremor in the hands is rhythmical and gives the appearance of rolling an object in the fingers.

"Everyone with Parkinson's develops slowness of spontaneous movements and two-thirds of the individuals develop tremor," said Rockcastle Regional consulting neurologist Dr. Ima Ebong. "In addition, the muscles of the arms and legs

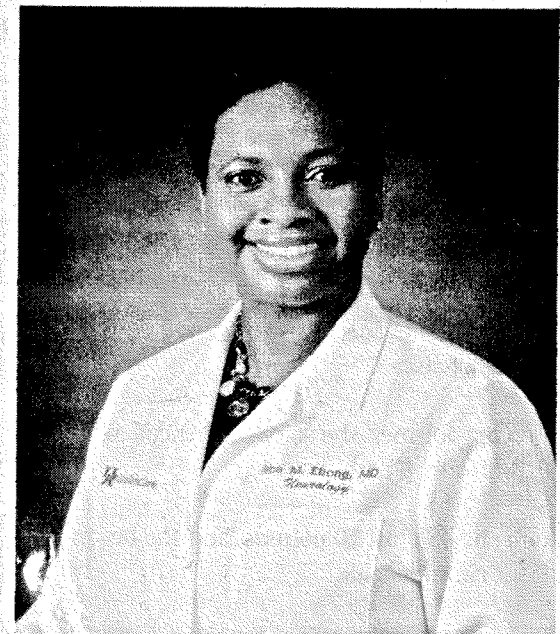
are not supple and loose. Instead, they are tight and resist movement."

Dr. Ebong says that, over time, a person with Parkinson's can begin to experience difficulty to get started with walking, as well as having trouble stopping. Also, making adjustments to one's actions, such as turning suddenly or grasping an object, are difficult to do. She warns that this lack of coordination is likely to cause falls or other accidents.

"A person with Parkinson's may appear to lack facial expression, have difficulty swallowing, may have drooling, and their speech is often low in volume."

Since there are medicines that can help the symptoms of Parkinson's in conjunction with regular exercise and physical therapy, Dr. Ebong encourages patients who are experiencing any early symptoms to report them to their doctor. "Early diagnosis and intervention can improve the quality of life."

To learn more about the symptoms of Parkinson's disease, how it is diagnosed, and what treatment options are available, please visit [www.parkinson.org](http://www.parkinson.org).



**Dr. Ima Ebong, MD, MS**  
*University of Kentucky  
Department of Neurology  
Assistant Professor of Neurology  
and Clinical Neurophysiology*

Dr. Ebong sees patients at Rockcastle Regional's Medical Arts Building. For more information, call 606-256-4148.

### Who Has Parkinson's?

- Nearly one million people in the U.S. are living with Parkinson's disease (PD), which is more than the combined number of people diagnosed with multiple sclerosis, muscular dystrophy, and Lou Gehrig's disease (or Amyotrophic Lateral Sclerosis). This is expected to rise to 1.2 million by 2030.
- Approximately 60,000 Americans are diagnosed with PD each year.
- More than 10 million people worldwide are living with PD.
- Incidence of Parkinson's disease increases with age, but an estimated four percent of people with PD are diagnosed before age 50.
- Men are 1.5 times more likely to have Parkinson's disease than women.

Source: The Parkinson's Foundation [www.parkinson.org](http://www.parkinson.org)



# Managing Diabetes

## The importance of home monitoring

By Jana Bray, Community Relations Director

In the last several years, evidence continues to support the cause to control diabetes as closely as possible to prevent the complications that commonly occur—loss of vision, poor circulation, and kidney damage.

Good control of diabetes can be accomplished with the help of small, convenient devices called glucometers; which can quickly and easily give you a blood sugar reading.

“With a wide variety of home devices, a person with diabetes can do more to control their diabetes than ever before,” said Vicki Chapman, APRN, MSN, CDCES, BC-ADM.

Chapman, who specializes in endocrinology, is part of the healthcare provider team at Rockcastle Family Wellness and has had tremendous success in helping her patients living with diabetes, to take control of their lives and manage their condition.

She says that through coordination with their healthcare provider and with the aid of the proper equipment, patients are better able to regulate their own treatment. “A person living with diabetes can determine the proper amount of food, insulin, and exercise for each

day and control their blood sugar with considerable accuracy at home.”

These glucometers are especially useful in determining if your symptoms are due to the blood sugar being too high or too low, so you can choose the right treatment.

Several different models are available. One option punctures a fingertip for a tiny drop of blood, which is applied to a test strip and then read by the device. It gives a digital reading of the blood sugar level. Other models are attached to your skin and can read blood sugar levels for up to several weeks.

The small amount of pain from the blood test is a small price to pay compared to the benefit of controlling the diabetes and decreasing the number of complications and hospitalizations over the years. Also, if the same finger is used all the time, a callus will form which will decrease the discomfort of the prick.



### Home Monitoring During Pregnancy

It is especially important for pregnant women with diabetes to continually monitor their blood sugar. This is because strict control of blood sugar can help prevent the complications of diabetes during pregnancy. These complications include overweight babies—which present many problems during delivery—and even malformations and other severe complications. Women with diabetes must have close involvement of a physician during pregnancy, and even before conceiving.



## Need help managing diabetes?

Vicki Chapman, APRN, MSN, CDCES, BL-ADM  
 Rockcastle Family Wellness building – 3rd Floor  
 140B Newcomb Avenue  
 Mt. Vernon, Kentucky 40456  
 606-256-7690



# April is Autism Awareness Month

Autism Spectrum Disorder (ASD) is often simply referred to as Autism, and includes Asperger's Disorder and Pervasive Developmental Disorder. It is a complex, lifelong developmental condition that typically appears during early childhood and can impact a person's social skills, communication, relationships, and self-regulation. The Autism experience is different for everyone. It is defined by a certain set of behaviors and is often referred to as a "spectrum condition" that affects people differently and to varying degrees.

While there is currently no known single cause of Autism, early diagnosis helps a person receive resources that can support the choices and opportunities to live fully.

Autism is characterized by persistent differences in communication, interpersonal relationships, and social interaction across different environments. This can look like:

- Being nonverbal, nonspeaking, or having atypical speech patterns
- Having trouble understanding nonverbal communication
- Difficulty making and keeping friends
- Difficulty maintaining typical back-and-forth conversational style

Other defining characteristics can be restricted and repetitive behavior, patterns, activities, and interests. This can look like:

- Repeating sounds or phrases (echolalia)
- Repetitive movements
- Preference for sameness and difficulty with transition or routine
- Rigid or highly restricted and intense interests
- Extreme sensitivity to, or significantly lower sensitivity to, sensory stimuli

Autism impacts an individual throughout the lifespan. However, research shows that early diagnosis can lead to improved quality of life. The behaviors of Autism may be apparent in infancy, but

they usually become clearer during early childhood. As part of a regular health visit, your child's doctor should perform developmental screenings focused on Autism. This screening is recommended at ages 18 and 24 months for all children.

"Staying up-to-date with your infant's or toddler's well-child check ups helps your child's healthcare provider identify early signs of Autism," said Dr. Callie Shaffer, pediatrician at Rockcastle Pediatrics & Adolescents (RockPeds). "Early diagnoses allow for therapeutic interventions to be put in place sooner. Starting therapies for children with Autism as early as possible leads to the best outcome for children."

The National Institute of Child Health and Human Development (NICHD) developed a detailed list of behaviors that can offer signs or characteristics of a child with Autism. They are broken into these categories:

**Social Behavior:**

- Prefers solitary or parallel play rather than engaging in associative or cooperative play with other children
- Preference for predictable, structured play over spontaneous or make-believe play
- May not respond to name being called
- Struggles to make eye contact to communicate interests and/or needs

**Communication:**

- Develops speech later than typical or not at all (nonspeaking)
- Repetition in language or movement, such as repeating the same word or sounds, hand flapping, or any repeated movement
- Atypical nonverbal communication, including avoiding eye contact, giving few facial expressions, or having a monotone voice

**Stereotyped Behavior:**

- Extremely distressed by changes, including new foods or changes in schedule or routine
- Strong, persistent interest in a specific topic, part of a toy, or item

These characteristics vary widely and do not necessarily mean your child has Autism. However,

if your child is showing these behaviors, a screening is encouraged. Many families start by voicing their concerns with their child's doctor, with referrals being made to a specialist for further evaluation.

**Causes & Factors**

There is no known single cause for Autism, but it is generally accepted that it is caused by differences in brain structure or function. Brain scans show differences in the shape and structure of the brain in people with Autism, compared to in neurotypical development. Researchers do not know the exact cause of Autism, but are investigating a number of theories, including the links among hereditary, genetics, and medical problems. There has been misinformation about the cause of Autism. It is not caused by vaccines or due to parenting style or nutrition.

In many families, there appears to be a pattern of Autism or related disabilities, further supporting the theory that the disorder has a genetic basis.

While no one gene has been identified as causing Autism, researchers are searching for irregular segments of genetic code that people with Autism may have inherited. It also appears that some people are born with a susceptibility to Autism, but researchers have not yet identified a single "trigger" that causes Autism to develop.

"To date, we know there are over 120 gene differences that are linked to Autism," Dr. Callie said. "We also know that looking at video screens under age 1 is correlated with Autism development. Now, whether children with Autism prefer screens over typical infants is yet to be determined."

Other researchers are investigating the possibility that, under certain conditions, a cluster of unstable genes may affect brain development in an unexpected way, resulting in Autism. Still, other researchers are investigating complications during pregnancy or delivery, as well as environmental factors such as viral infections, metabolic imbalances, and exposure to chemicals.

**W**hen asking our friends and their parents what they wanted people to know about them and learn about Autism, this is what they shared.

Austin, age 15



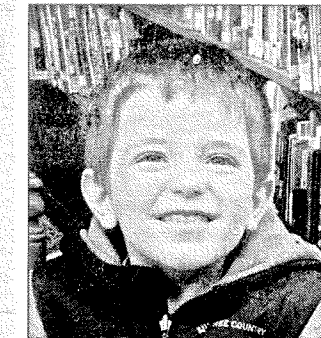
"Autism is not a disease, please trust me. And to those who think autism is a disease, do your research. I don't have a disease. I'm simply a person that's born with autism and that's okay." – Austin

Blake, age 8



"Blake has been attending speech and occupational therapy at Rockcastle Regional since age three. He enjoys listening to music, playing with tempos and drumming, making Mr. Potato Head characters, eating Cheetos, and cuddling with mom."

Gabe, age 6



"Something I would like for people to know about autism is that even though it can be hard, it is also a blessing. I believe my relationships in life have become stronger because my child has autism. It has opened my eyes to all of the possibilities in the world and things that I would have never thought before. It has truly shaped my life, not only as his mother, but it has made me a better person completely. Autism should be celebrated." – Jessie Harris, mother

Waylon & Madison, ages 7



"If I could tell the world anything about twins having autism, it would be that despite sometimes having its challenges, more often than not, there are more joys and rewards than meltdowns. Madison and Waylon are such a blessing to me and everyone they encounter. They have so much joy in life, are kind-hearted, and full of so much love. They are both smart as a tack and love school and are the best big brother and sister to their younger sibling, Sadie."

"Even though they are twins, they both have their own quirks and obsessions that really set them apart from one another and put them on total opposite ends of the spectrum. Four years ago, at age three, they received their diagnosis. I truly love watching them grow and blossom in each season of their lives. Most importantly, I am so thankful that they have forced me to view this world we live in differently, and in a way, that makes sense to them and I am a better human because of it. They are absolutely amazing kiddos and they make me a proud 'Autism Mama!'" – Nicole Lawson, mother

Trey, age 10



"Whether someone has autism or not, people need to treat everyone with the same compassion to make the world a better place." – Trey

Lennon, age 5



"Autism is part of my child, but it is not everything he is." – Kelsey Nelson, mother

To learn more about autism, visit [www.autismsociety.org](http://www.autismsociety.org).



## [ YOUR HEALTH ]

May is National High Blood Pressure Education Month

## Let's talk about hypertension

Nearly half of adults in the United States have hypertension or high blood pressure.

### High Blood Pressure and Stroke

High blood pressure (HBP) means that the force of the blood pushing against the blood vessel walls is consistently in the high range. Uncontrolled HBP can lead to stroke, heart attack, heart failure, or kidney failure.

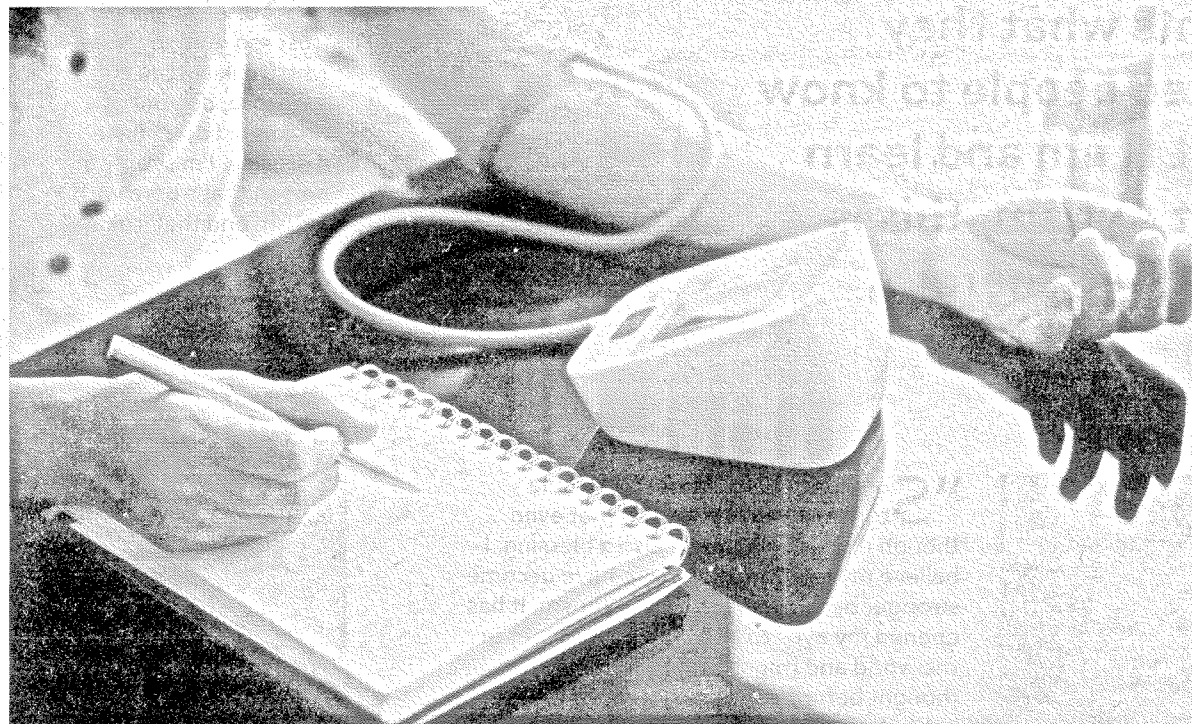
Two numbers represent blood pressure: systolic and diastolic. The higher (systolic) number is the pressure in your arteries when your heart beats. The lower (diastolic) number is the pressure while your heart rests between beats. The systolic number is always listed first. Blood pressure is measured in millimeters of mercury (mm Hg).

Normal blood pressure is below 120/80 mm Hg. If you're an adult and your systolic pressure is 120 to 129, and your diastolic pressure is less than 80, you have elevated blood pressure. High blood pressure is a systolic pressure of 130 or higher or a diastolic pressure of 80 or higher that stays high over time.

### How does HBP increase stroke risk?

HBP is a major risk factor for stroke. HBP adds to your heart's workload and damages your arteries and organs over time. Compared to people whose blood pressure is normal, people with HBP are more likely to have a stroke.

About 87% of strokes are caused by narrowed or clogged blood vessels in the brain that cut off the blood flow to brain cells. This is an ischemic stroke. HBP causes damage to the inner lining of



the blood vessels, which will narrow an artery.

About 13% of strokes occur when a blood vessel ruptures in or near the brain. This is a hemorrhagic stroke. Chronic HBP or aging blood vessels are the main causes of this type of stroke. HBP strains blood vessels and, over time, they no longer hold up to the pressure and then rupture.

### Am I at higher risk for HBP?

There are risk factors that increase your chances of developing HBP. Some you can improve or treat, and some you can't.

Those that can be improved or treated are:

- Cigarette smoking and exposure to secondhand smoke

- Diabetes
- Being overweight or obese
- High cholesterol
- Physical inactivity
- Poor diet (high in sodium, low in potassium, and drinking too much alcohol)

Factors that can't be changed or are difficult to control are:

- Family history of high blood pressure
- Race/ethnicity
- Increasing age
- Gender (males)
- Chronic kidney disease
- Obstructive sleep apnea

Socioeconomic status and psychosocial stress are also risk factors for HBP. These can affect access



## [ YOUR HEALTH ]

to basic living necessities, medication, health care providers, and the ability to make healthy lifestyle changes.

### How can I control HBP?

Even if you have had a prior stroke or heart attack, controlling HBP can help prevent another one. Some tips to help control HBP are:

- Don't smoke and avoid secondhand smoke.
- Reach and maintain a healthy weight.
- Eat a healthy diet low in sodium and saturated and trans fat. Limit sweets and red and processed meats.
- Eat fruits and vegetables, whole grains, low-fat dairy products, poultry, fish, and nuts. Include foods rich in potassium.
- Be physically active. Aim for at least 150 minutes of moderate-intensity physical activity per week.
- Limit alcohol to no more than two drinks a day, if you're a man; and one drink a day if you're a woman.
- Take all medicines as prescribed to control your blood pressure.
- Know what your blood pressure should be and try to keep it at that level.

### Monitoring Your Blood Pressure at Home

#### How to use a home blood pressure monitor

- Be still. Don't smoke, drink caffeinated beverages, or exercise within 30 minutes before measuring your blood pressure. Empty your bladder and ensure at least 5 minutes of quiet rest before measurements.
- Sit correctly. Sit with your back straight and supported (on a dining chair, rather than a sofa). Your feet should be flat on the floor and your legs should not be crossed. Your arm should be supported on a flat surface (such as a table) with the upper arm at heart level.

Make sure the bottom of the cuff is placed directly above the bend of the elbow. Check your monitor's instructions for an illustration or have your healthcare provider show you how.

- Measure at the same time every day. It's important to take the readings at the same time each day, such as morning and evening. It is best to take the readings daily; however, ideally beginning 2 weeks after a change in treatment and during the week before your next appointment.
- Take multiple readings and record the results. Each time you measure, take two or three readings one minute apart and record the results. If your monitor has built-in memory to store your readings, take it with you to your appointments. Some monitors may also allow you to upload your readings to a secure website after you register your profile.
- Don't take the measurement over clothes.

### If you get a high blood pressure reading

- A single high reading is not an immediate cause for alarm. If you get a reading that is slightly or moderately higher than normal, take your blood pressure a few more times and consult your healthcare professional to verify if there's a health concern or whether there may be any issues with your monitor.
- If your blood pressure readings suddenly exceed 180/120 mm Hg, wait five minutes and test again. If your readings are still unusually high, contact your doctor immediately. You could be experiencing a hypertensive crisis.
- If your blood pressure is higher than 180/120 mm Hg and you are experiencing signs of possible organ damage such as chest pain, shortness of breath, back pain, numbness/weakness, change in vision, or difficulty speaking, do not wait to see if your pressure comes down on its own. Call 911.

## Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

[heart.org/bplevels](http://heart.org/bplevels)

Source: American Heart Association [www.heart.org](http://www.heart.org)



## [ UK CONNECTIONS ]

# What to do After a Heart Failure Diagnosis

By Andrew R. Kolodziej, M.D., cardiologist and medical director of the heart transplant program at UK HealthCare

**H**ear failure can be a harrowing diagnosis. But what does it mean? Heart failure means that your heart isn't pumping blood as well as it should. When this happens, blood often backs up and fluid can build up in the lungs, causing shortness of breath and other symptoms.

There are several reasons for heart failure. The first is muscle failure in which the muscle is weak from a previous heart attack, called systolic heart failure, or from a stiff heart muscle called diastolic heart failure. It is important to have an understanding of the reason for your heart failure as there are different medical treatment options, as well as surgical options, depending on the type of muscle dysfunction.

Here are some tips to manage your heart failure diagnosis:

## Take your medications as directed

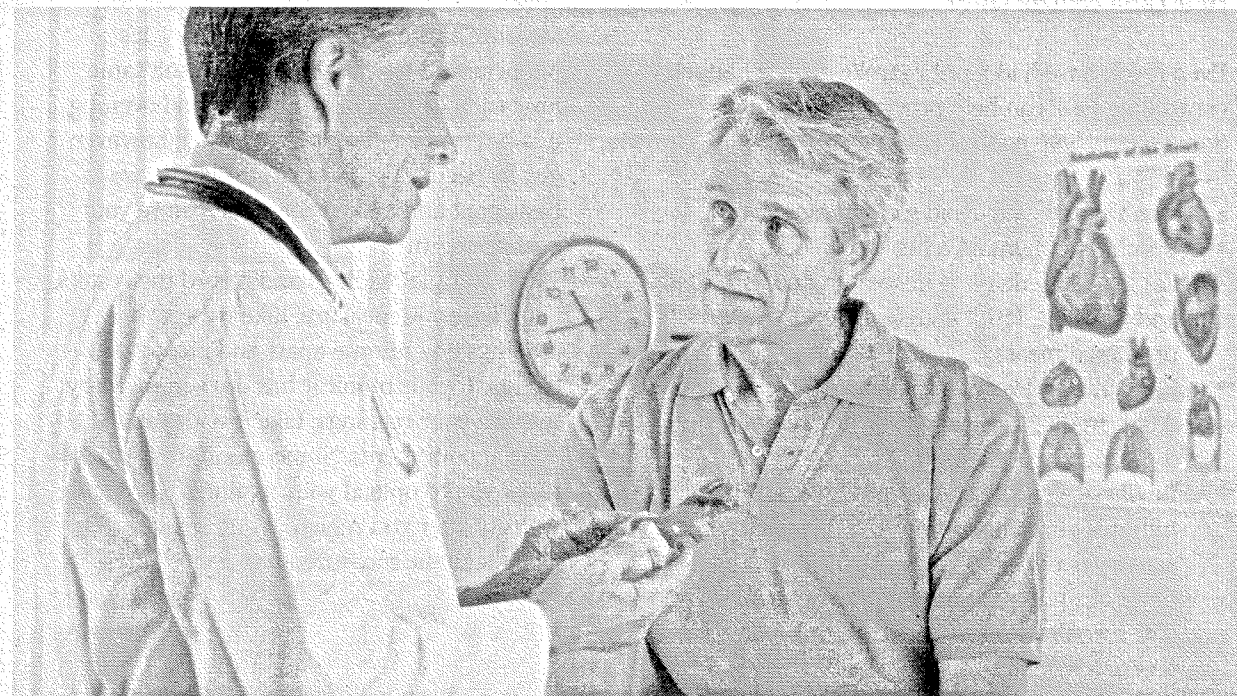
Even though treatment of fluid congestion is the primary therapy and symptoms can be controlled with diuretic medications, other therapies have been proven to improve survival.

There are four medication classes proven to be effective in improving symptoms and survival. Talk to your doctor about what medication and therapies are right for you.

## Have a heart failure action plan

Medication is crucial to treating heart failure, but education about this condition and its symptoms are also very important.

Despite improving medical therapy, patients can still retain fluid and need diuretic therapy. Diuretics will get rid of the fluid through the kidneys. Understanding how to self-medicate with diuretics can prevent trips to the hospital. Learn



to recognize the symptoms of fluid retention such as increasing shortness of breath, the inability to lie flat, increased breathing difficulty with activities, and weight gain.

It is important to discuss the plan of action with your heart failure cardiologist to have a mutual understanding of when to self-administer the additional diuretic medication. This usually keeps patients out of hospitals when combined with lifestyle changes.

## Change your lifestyle

Sodium sensitivity and sodium intake are directly related to fluid retention. It's important that patients with heart failure limit the sodium in their diet. Our bodies usually only require 220 mg of sodium a day, but the average American consumes approximately 6,000 mg per day.

Heart failure patients should not exceed 2,000 mg

per day as well as keep fluid consumption to less than two liters or 67 ounces per day.

Heart failure is a chronic inflammatory condition and so an anti-inflammatory diet is recommended. Often patients with heart failure have underlying health conditions such as hypertension, diabetes, obesity, and coronary artery disease; so they are advised to transition to a plant-based diet with abstinence from animal products such as meats and dairy. A plant-based diet has been shown to improve those conditions and thus decrease the overall risk of disease progression and complications.

## Attend cardiac rehabilitation

Exercise has been proven to improve symptoms and survival in heart failure patients. In fact, all heart failure patients are usually referred to cardiac rehab with further emphasis on a home exercise regimen to continue long after initial rehabilitation.



## [ UK CONNECTIONS ]

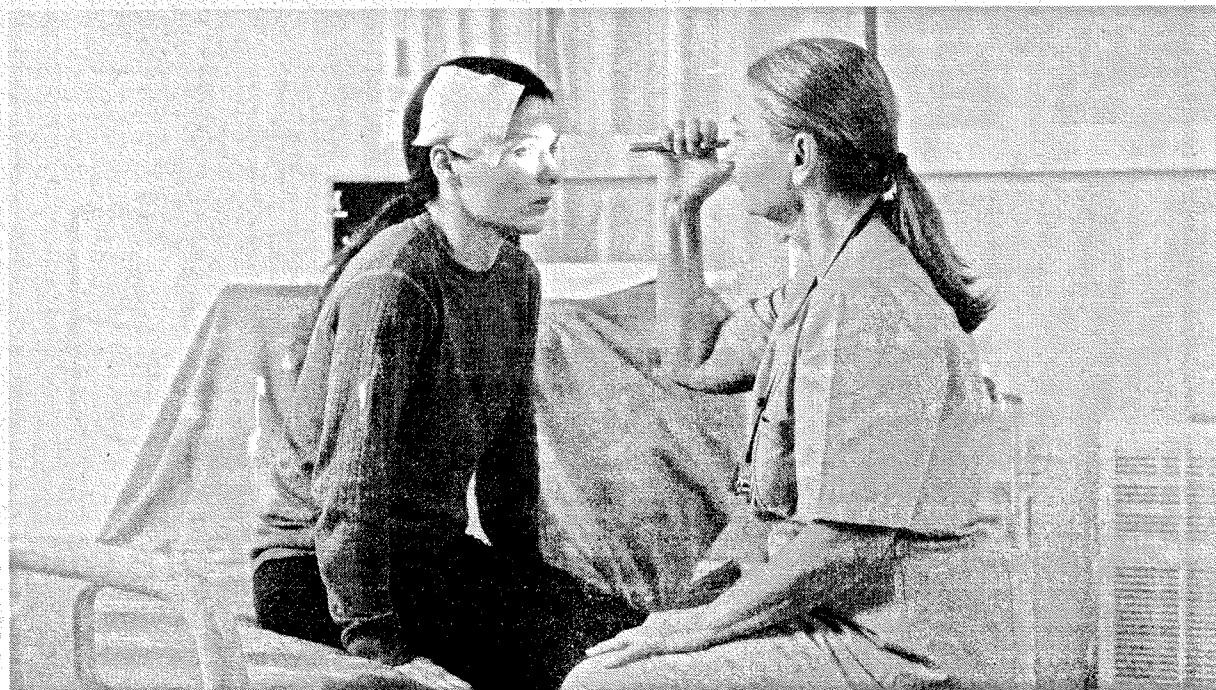
# Bump to the Head? Watch for any Concerning Symptoms

By Larry B. Goldstein, M.D., chairman of the University of Kentucky Department of Neurology and co-director of the Kentucky Neuroscience Institute

**H**ead trauma can range from mild to severe, accounting for about one million visits to emergency departments in the United States each year. The leading causes are motor vehicle accidents, falls, and assaults. The injuries are most common in children, young adults, and people over 75. The subject has gained attention in recent weeks after the sudden death of actor and comedian Bob Saget. Autopsy reports revealed his cause of death as “accidental head trauma.”

“The authorities have determined that Bob passed from head trauma. They have concluded that he accidentally hit the back of his head on something, thought nothing of it, and went to sleep,” a statement from the actor’s family said. “No drugs or alcohol were involved.”

Many times, a bump on the head is just that, with the skull providing protection. Head trauma, if mild, may be accompanied by no immediate symptoms. However, injuries can be more severe and result in a skull fracture, concussion, brain swelling, or bleeding in or around the brain. Concussion, a head injury that affects brain function, is not always associated with loss of consciousness and can occur after an otherwise seemingly mild injury. There can be loss of consciousness, confusion, and amnesia for events that occurred prior, to or after, the injury. A variety of other symptoms can occur depending on the location and extent of brain



injury and can include headache, vertigo (a feeling of spinning or turning), nausea or vomiting, lightheadedness, or ringing in the ears. Brain swelling or bleeding within or around the brain can be life-threatening.

There can be a period of normal consciousness followed by progressive or rapid impaired wakefulness after head trauma. People who experience a head injury with any symptoms of concern should seek an immediate medical evaluation. Even a mild injury, such as a bump on the head that causes loss of consciousness, confusion, or disorientation should prompt an immediate assessment.

Repeated, even mild head injuries can have long-term effects on brain function, such as memory and thinking.

As with other medical conditions, prevention is the best treatment. Children and adults riding bicycles, scooters, or engaging in other recreational activities in which head injury could occur should wear an approved helmet. Those with gait imbalance should be assessed for a walking aid and their homes checked for obstacles that could increase fall risk. Consult your health care provider for advice on lowering risk for falls or injury, and resulting head trauma.





# BRODHEAD FAMILY CARE



*Brodhead Family Care Clinic is Open  
Monday-Friday 8 a.m.- 5 p.m.  
For appointments, call (606) 758-4748.*

**Our Providers:**  
Dr. Angela DeBord Isaacs  
Dr. Mary Saylor Joenborg  
Barbara Prather, APRN

***Walk-Ins Welcome!***

*Conveniently located at 46 West Main Street • Brodhead, KY*



## Rockcastle Regional Healthcare Providers

### Physicians Based in Rockcastle County

William Bakhos, MD	General Surgery
David L. Brabon, MD	Plastic Surgery
David S. Bullock, MD	Family Practice
Lura Cash, DMD	Dentistry
Eduardo R. Gomez, MD	Radiology
Michael Hamilton, MD	Emergency Medicine
Angela DeBord Isaacs, DO	Family Practice
Mary Saylor Joenborg, MD	Family Practice
Kelsey Ladd, MD	Psychiatry
Sarah Oliver, MD	Pediatrics
Kevin Rowe, MD	Family Practice
Karen B. Saylor, MD	Internal Medicine/Pediatrics
Callie Shaffer, MD	Pediatrics
Justin Williams, DO	Hematology/Oncology

### Mid-Level Providers Based in Rockcastle County

Courtney Browning, APRN	Pediatrics
Jessica Carpenter, APRN	Family Practice
Jennifer Cash, APRN	Family Practice
Vicki Chapman, APRN	Endocrinology
Jenny Collier, LCSW	Counseling
Chasity Frakes, APRN	Behavioral Health
Deana Gabbard, MPAS, PA-C	QuickCare
Brent Hasty, CSW	Counseling
Latoya Lamb, APRN	QuickCare
Chelsen Larkey, LPCC	Counseling
Ginger Mink-Cash, APRN	Family Practice
Alicia Myers, MPAS, PA-C	Family Practice
Kacey Scoggin Nicely, APRN	QuickCare
Nancy Owens, APRN	QuickCare
Angela Parsons-Woods, MPAS, PA-C	Family Practice
Tiffany Patrick, CRNA	Nurse Anesthetist
Brittany Perkins-Saylor, MPAS, PA-C	Family Practice
Megan Taylor Pittman, APRN	Pediatrics
Barbara Prather, APRN	Family Practice
Terry Puckett, CRNA	Nurse Anesthetist
Brislyn Saylor, MPAS, PA-C	QuickCare
Jordan Whitaker, MPAS, PA-C	QuickCare
Jonathan White, MPAS, PA-C	QuickCare

### Visiting Physicians

Michael Anstead, MD	Pulmonology
Azhar Aslam, MD	Cardiology
Taha Ayach, MD	Nephrology
Joshua C. Bailey, MD	Pain Management
Nicole Begg, PhD	Adolescent Psychology
Karim Benrajab, MD	Gastroenterology
Michael Blackburn, PA-C	Orthopaedics
Ann Davis, DPM	Podiatry
Ima Ebong, MD	Neurology
David Escalante, MD	Endocrinology
Suhas Gangadhara, MD	Neurology
Bethanie Hammond, MD	Breast Imaging/Radiology
Aaron Hesselson, MD	Cardiology
Wallace Huff, MD	Orthopaedics
Khurrom Khan, MD	Pulmonology
Faris Khasawneh, MD	Nephrology
Christian Knecht, MD	General Surgery
Vishakhadatta Kumaraswamy, MD	Neurology
Nathan Kusterer, MD	Cardiology
Iraklis Livas, MD	Allergy/Immunology
Zabeen Mahuwala, MD	Neurology
Rick R. McClure, MD	Cardiology
David Moliterno, MD	Cardiology
Khalil Rahman, MD	Nephrology
Mandakini Sathir, MD	Adolescent Medicine
Amanda Saltzman, MD	Pediatric Urology
Cameron S. Schaeffer, MD	Pediatric Urology/Plastic Surgery
Douglas Schneider, MD	Pediatric Cardiology
Parijat Sen, MD	Pulmonology
Hammad Siddiqui, MD	Nephrology
Stephanie Stockburger, MD	Adolescent Medicine
Rudolph Tovar, MD	Gynecology
Denis Yalkut, MD	Urology

## Join Our Team

**R**ockcastle Regional offers excellent full-time benefits including: health/dental/vision insurance, 401(k) with employer match, on-site child care center, and more. Equal Opportunity Employer.



### CLINICAL JOB OPENINGS

- Respiratory Therapists
- RNs
- RN – MDS
- RN – Emergency Room
- LPNs
- LPN or CMA (RFPW, RockPeds, & QuickCare)
- SRNAs
- SRNA Facilitator
- SRNA Class
- Phone Triage Medical Assistant
- Licensed Paramedic Clinical Transportation
- Laboratory Technician
- Clinical Dietitian
- Radiology Technologist
- Speech-Language Pathologist

### NON-CLINICAL JOB OPENINGS

- Housekeepers
- Laundry Tech
- Janitor
- Security Officer
- Transporter
- Customer Service Representative
- Unit Secretary
- Teachers
- Admission Clerk
- Food & Nutrition Services Associates
- Receptionist
- Activities Assistant

For a complete list of available positions, or to apply, visit [www.rockcastleregional.org/careers/current-openings](http://www.rockcastleregional.org/careers/current-openings)





*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 & a \$25 gift card

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

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

**2022 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 5K/2M walk) • Sunday, March 13
- Fairview Baptist Run for Missions • Saturday, April 23
- Brodhead Hustle 5K • Saturday, May 21
- Fit Family Run • Tuesday, June 21
- Rockcastle Alzheimer's 5K run/walk • Saturday, July 16
- Go Glow Fun Run • Friday, August 12
- Livingston Leap 5K • Saturday, September 3
- Running for the Rock 5K run/2M walk • Saturday, September 14
- Kiwanis Run for Kids (5K run/2M walk) • Saturday, October 1
- Renfro Rock 'N Run (HM/5K run/walk) • Saturday, November 19
- Jingle Bell 6K • Saturday, December 10

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