

Mount Vernon water will be free of a bad taste and odor once the new water basin is completed, according to officials. Many dignitaries attended the groundbreaking event last Friday at the water plant. Shown above from left are PRIDE President and CEO Tammie Nazario, Tim Schwendeman of CVADD, City Administrator Josh Bray, Vaughn Williams of Kenvirons Engineering, Sandy Dunahoo, commissioner of the Department of Local Government, Congressman Hal Rogers, Lt. Colonel, Kevin R. Lewis of the United States Army Corps of Engineers, Mount Vernon Mayor Mike Bryant, Rockcastle County Judge/ Executive Howell Holbrook, Mount Vernon City Councilmen Wayne Bullock and Clifford Mullins, and Water Plant Supervisor Frank Baker breaking ground for the new basin. Shown below during the ceremony from left are Dunahoo, Lewis, Congressman Rogers and Bray while Mayor Bryant speaks to the crowd.



Taste and odor in water about to be corrected

By: Mike French Editor

After years of struggling with the issue, and trial and error patches, the biggest and final step to solving the bad taste and odor in the water in Mount Vernon has begun, according to Mount Vernon City Administrator Josh Bray, Mayor Mike Bryant and Water Plant Supervisor Frank Baker.

The groundbreaking ceremony for a new \$1,165,000 water basin was held Friday, August 23 near the local water plant.

A bad taste and odor in the local water has been the center of attention for several years in Mount Vernon and officials have made several attempts to correct the problem.

However, until now the steps taken had only been patches instead of permanent fixes while officials

brought in experts to help solve the problem permanently. Engineers and water plant experts discovered the problem stems from a by-product of an algae that grows in

the local water supply and the only permanent fix for the problem would be this new basin.

But, the cost of the basin was not something the city could afford, so officials made several changes to the local plant in an effort to minimize the issue until grants could be acquired to help fund the project.

Now, two years later, (See "Water" on A5)

"This will permanently fix the taste and odor problem"

Josh Bray

Six-year-old left alone for hours

Meth lying around apartment

By: Mike French Editor

A six-year-old Mount Vernon child was found outside, alone for nearly five hours after reports say his mother went to Cheddar's Restaurant with her boyfriend.

According to a three-page police report, Sasha McHone, 31, a tenant in Castle Village Apartments at Brodhead reportedly left her child unattended last Thursday in the early evening, until a neighbor called 911.

The report says a man found the child playing out-

side his apartment and was told by the child that another tenant was supposed to be watching him. When he went to the apartment indicated, he knocked on the door several times. Getting no response, he then called 911.

Rockcastle County Sheriff's Deputy Kirk Mays responded and then knocked on the door of the apartment the little boy had indicated. The tenant answered and said that she had not been asked to watch the child, although the little boy had

(See "Child" on A5)

Three arrested for meth possession

By: Mike French Editor

A routine traffic stop resulted in the arrest of two London men Sunday, August 24 on Main Street in Mount Vernon.

According to citations, after the Kentucky State Police and Mount Vernon Police Officer Dylan Hale stopped the car, Jamie Howard, 38, and Jacob Martin, 20, were both arrested and charged with possession of Methamphetamine.

The citations say both men were asked if they had anything illegal and both replied they did not. However, a search turned up plastic containers with Meth inside and needles with a clear substance "loaded" in each of them.

Both men were arrested and taken to the Rockcastle County Detention Center where they were each charged with possession of meth and possession of drug paraphernalia.

Each suspect's bond was set at \$7,500 unsecured.

The day before, Billye Bryant, 38, of Mount Vernon was also arrested on meth charges on Bowling Ridge Road in Brodhead.

Her citation says she was arrested on an outstanding warrant from Rockcastle County but when Brodhead Police Chief Travis Davis located Bryant in her vehicle, he also located an orange pouch with "Narcas," a spoon, an ink pen and two syringes stuffed between the seat bottom and back.

The citation says Bryant admitted the items were hers and that she had tried to conceal them.

Bryant was taken to the Rockcastle County Detention Center where she was charged with possession of drug paraphernalia and tampering with physical evidence. Her bond was set at \$5,000 cash.

Livingston Reunion

The Livingston School Reunion will be held on Saturday, October 5 in the old Livingston School gymnasium. All former students, teachers, family and friends are invited to attend the event.

There will be no registration fee but anyone who can is asked to make a donation to the Livingston School Revitalization Fund.

A planned program will begin at 6 p.m.

MVHS Reunion

Anyone who has ever attended the Mount Vernon High School should have received an invitation to the Homecoming Reunion planned for September 14 at Rockcastle County Middle School. Registration will begin at 4:30 with the meal at 6 p.m. The class of 1969 will be honored since this is that class's 50th year anniversary.

Sheriff asks fiscal court for help with raises

At this month's meeting of the Rockcastle County Fiscal Court, Sheriff Shannon Franklin asked the court to finance a \$1 an hour raise for his employees, in order for his department to "get competitive" with other departments in the area. Franklin said he could take care of the incremental raises due in his regular budget, but not the \$1 across the board raise.

The county currently gives the sheriff over \$460,000 yearly, which includes over \$18,000 a

month in program support. Other areas covered financially by the county for the sheriff's department includes: benefits, audits, insurance, bonds, postage, printing and training and, last year, the sheriff's contribution needed to purchase two new cruisers on a state USDA grant.

The county tabled the sheriff's request until the September meeting but, if approved, the \$1 an hour raise would add \$1,512 to the monthly support provided the sheriff.

Franklin also told the court that County Attorney Jeremy Rowe had secured a judgment from Rockcastle Circuit Court against Chicago Motors for cruisers bought there that were not usable. The sheriff said that

Called Meeting of Fiscal Court

The Fiscal Court held a called meeting Tuesday morning, August 27th.

The meeting was to approve a Resolution with the Kentucky Transportation Cabinet for the county's 2019-20 FLEX funding in the amount of \$213,946.

Roads that will be resurfaced with these funds, and the cost for each project, include:

- Richards Lane, 0.195 miles, \$9,000;
- Creekside Drive, 0.083 miles, \$7,500;
- Carpenter Road, 0.066, \$3,000;
- Mount Zion Road, 1.170 miles, \$114,000;
- Ember Road, 0.376

(See "Called" on A5)

the judgment also allowed his department to sell the vehicles for salvage.

Rowe will now have to get a circuit court in Chicago to actually enforce the judgment.

Rockcastle County Judge/Executive Howell Holbrook said the vehicles would be added to a list of surplus equipment that will be sold soon by an online auction.

In other action, the court:

- approved a \$1,000 donation to the Southeast Ken-

tucky Tractor Show which will be held at the Brodhead Fairgrounds this year

- approved a \$1,000 donation to the Renfro Valley Hall of Fame
- approved a \$350 donation to the All American Club

- approved the purchase of an enclosed 7x16 trailer, at a cost of \$4,395, to keep the side by side (\$11,847) and pump system (\$3,152) recently purchased

(See "Court" on A5)

Livingston Homecoming starts tomorrow night

By: Mike French Editor

Tomorrow night the festivities will begin.

The annual Livingston Homecoming has become one of the more popular events in the county each year and this year Mayor Jason Medley has once again organized a weekend filled with activities for the

whole family.

Beginning at 7 p.m. tomorrow, Friday, August 30, there will be a Gospel Singing featuring Destiny, Ralph Allen and Friends, Williamsburg Gospel band, Sister Judy O'Brien, The Jones Family and many more.

On Saturday, the day will (See "Livingston" on A5)

Of Special Note Inside

- Viewpoints Pg. A2
- Church News Pg. B3
- Obituaries Pg. A4

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- Courthouse News Pg. B2
- Sports Pgs. A6&7
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ramblings...

by: perlina m. anderkin

Got to spend last weekend with Celia James and Joseph, youngest Allison's two children, oh, and, of course, Allison in Springfield.

Allison had a professional development day in Bowling Green Saturday and husband, Daniel, was on a golfing trip with family and friends.

I had a great time, not so sure about Celia and Joseph but they didn't cheer when I left Sunday so that's a good thing.

I am constantly amazed, I guess I have forgotten, how quickly children mature. Celia, six in November, was very helpful with locating everything I needed to feed them on Saturday and interpreted Joseph's chatter for me without too many eye rolls. Don't get me wrong, Joseph talks fine it's just with my hearing these days, I have a hard time with children's high voices (and phone conversations, and movie dialogue, and my preacher on Sunday and TV without closed caption).

Celia's had a rough time since being diagnosed with Systemic Juvenile Idiopathic Arthritis in early August, after trips to UK's Children's Hospital and Cincinnati Children's Hospital. She is still dealing with a low grade fever, a rash at night, joint pain and swelling.

The treatment is akin to treatment for a cancer patient so she has to deal with

the side effects of that. Allison and Daniel were ecstatic when all the really terrible diseases were ruled out but this one is no walk in the park. There is a chance of eventual remission so that's something.

It is so hard to watch small children deal with illness. I have a hard time watching Allison continue to raise Celia as she did before, calling her on her misbehavior, when all I want to do is insist that she be cut some slack, actually a lot of slack.

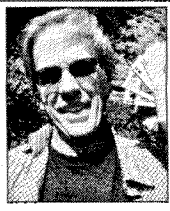
And, as no way to make a segue into this topic, I'll simply move on.

I was, at first, happy that Gov. Bevin's transportation cabinets found over \$600,000 in additional road funds for Rockcastle County this year. But, after pondering on it for a while, besides abhorring the fact

(Continued on A3)

Aces Over

By: Mike French



I did it. I bought something for a penny. I thought those days were long gone.

I found coffee filters at a local dollar store and I got 150 of them for \$1.50. That's a penny each the way I see it.

I had given up on the idea that a penny will buy anything anymore.

I am from a small town that had a little grocery store up the road. Flannery's Grocery was the center hub of our entire town and they had several gumball machines that took a penny.

Old Lady Flannery would hand me a piece of Bazooka Bubble Gum for a penny from behind the counter. I liked those best because they had a little comic strip inside the wrapper that you could read while you were making the gum soft in your mouth.

I would sometimes get a

glass bottle of Coke and a candy bar but that was 15 cents. Of course I got 3 cents back if I drank it right there and let her keep the bottle. So for 12 cents, I could live high on the hog.

The bottle came out of a machine and after I put my dime in it, I would have to slide the bottle over through metal rails that only revealed the bottle top. Then once to the edge of the rails, the bottle would lift up and out. I would find tiny little frozen drops of moisture on the side of the bottle and that seemed to make the Coke inside taste a little better.

Old Lady Flannery had to hand me the candy bar from behind the counter and me and the guys would sit there in old wooden rocking chairs and drink and eat.

I can still hear the creak of that old wood-plank floor with every rock of that old wooden rocking chair next to the coal burning stove.

All of us kids would gather there on our bicycles after school each day and "hang out" for hours at a time.

Our neighborhood had about 10 to 12 kids all about the same age and, as with most my age, we had little forts hidden around the village in unknown corners of fields, and tunnels built in the hay stored in local barns.

One of my favorite places to go was a graveyard close by. It had a path where we could ride out bicycles and one corner was such that they couldn't get to it with a mower so it was pretty grown up with bushes and trees and weeds.

All us guys and gals worked until we made a tunnel through the weeds back into the bushes and a well-hidden fort was found in the

(Continued on A3)

Points East

By Ike Adams



If you are a regular reader of this column, you already know that I have had type 2 diabetes for over 10 years and that I've managed it with Metformin all this time. Our adult has type 1 and he has been on insulin for over 30 years. Our 11 year old grandson has been on insulin since he was 3.

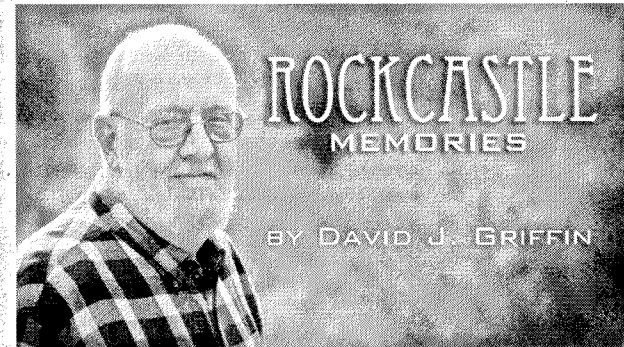
I have commiserated with them, over the years, but I'm just now getting truly acquainted with what they've been going through.

Over the last 4 months, I have been fighting chronic fatigue and anemia that the

doctors have not been able to figure out until I collapsed and took a fall last Thursday, discovered that my sugar was sky high and wound up in the emergency room about 10 minutes after my family doctor's office had closed.

Turned out that a rapid drop in blood pressure was likely the cause of the fall but there's still no accounting for my sugar level hitting nearly 600. The bottom line is that I spent 3 nights in the ICU at Berea's St. Joseph's hospital,

(Continued on A3)



Pop's Rocker

When my mother sold her parents' house and moved to Lexington, she gave me my grandfather's (Pop) rocking chair. It is a small wooden rocker with a woven wicker seat. I still recall when he first obtained this chair. When it was brand new, it was unfinished. We stained it cherry, and he placed it in the den of his house, next to his Warm Morning stove.

Pop's rocker now rests in the living/dining area of our modest house, where it looks perfectly at home. It is a perpetual reminder of Pop.

The rocker is light in weight, and he often moved it between two areas of his

den. When he was cold, he would position it in front of the stove so that he could warm his feet on the small cinder door at the bottom. On Sunday mornings while everyone was getting ready for church at First Baptist, Pop pulled his rocker next to his big wooden, floor-model radio and listened to preaching or the air. He often placed his hands on the radio as if to fully concentrate on the message.

A few days ago, I was reading a story about a man and his rocker. His name was Billy McCoy, and he was 102-years-old when he said the following: "Why, I wouldn't trade a good

(Continued on A3)

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



Will Work for Food

Dear Journal,
For the last few years I've seen the increase of scams, fraud and panhandlers. I would like to help those who are genuinely in need, but who can you trust?

It seems people want something for nothing now more than ever. People don't want to go out and earn an honest paycheck, it would seem.

Every other time I've been out lately, I've seen people standing here and there with signs saying something about "Give", "Homeless", "Every little bit will help" and some will note a Bible verse. Others will have a dog along. I've heard of people who work in nearby gas stations or fast food restaurants who say that some panhandlers even work in shifts. One will drop off the other and come back in a few hours and they will switch out. At the end of the day they both will come over to the gas station and buy huge quantities of lottery tickets or scratch offs. If they sell beer, they buy beer, too. Then they drive home in an almost brand new car. This makes it really rough for those who

(Continued on A3)

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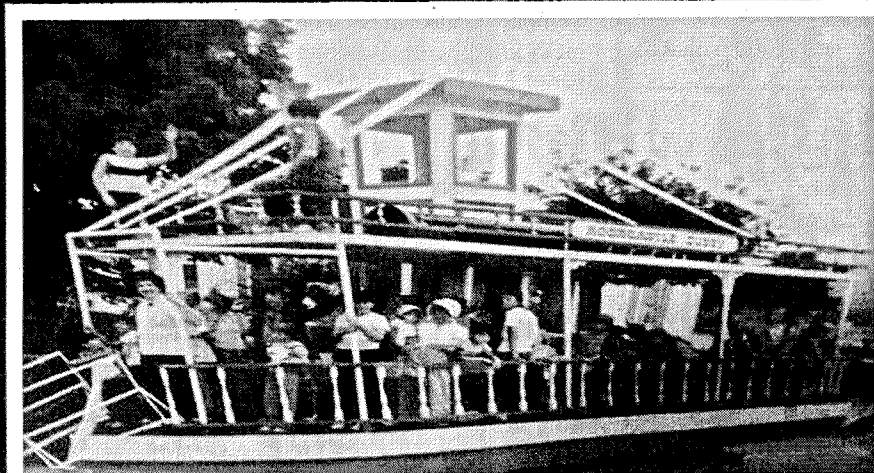
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Livingston Homecoming 2019

Friday
August 30th

7pm - Gospel Singing
Featuring "Destiny"
"Ralph Allen & Friends"
"Williamsburg Gospel Band"
"Sister Judy O'Brien"
"The Jones Family"
And many more!



Food!
Vendors!
Music!

Saturday
August 31st

8am - Livingston Leap 5K
Homecoming
Homestyle Breakfast
in school cafe
10am - Parade Line up
11am - Parade
12pm Awards Program
2pm - Rockcastle Shao-Lin
do Karate Demo
3pm - "Gospel Traditions
Bluegrass"
5pm - "Jaclyn Bullock"
6pm - "Heidi & Ryan"
8pm - "Blind Ricky"



Sunday
September 1st

1pm - Devotional with
Bro. Tommy Miller
2pm - Pet Show
3pm - Watermelon
Eating Contest
4pm - "Paul Ponders Pink
Pie Auction"
7pm - Ugly Woman
Contest
8pm - "Wild River"
10pm - Fireworks!!



for booth setup and info
call (606) 453-2061

Welcome

Introducing Megan Taylor Pittman, APRN



Megan Taylor Pittman, APRN

Rockcastle Pediatrics and Adolescents is pleased to welcome Megan Taylor Pittman, APRN to their staff.

A native of Brodhead, Megan earned her bachelor of science degree in nursing from Eastern Kentucky University and her master's degree in family nurse practitioner studies from Frontier Nursing University. She says

that she has a passion for caring for children that is rooted in her personal experience when she was diagnosed with lymphoma as a child. "I experienced first-hand, how the providers at my oncology clinic changed the lives of not only my family and me, but all the other sick children there. This put a desire in my heart to serve kids."

When managing her patients' care, Megan focuses on building a solid and trusting relationship with her patient and their parents or care givers. She finds great joy when she is able to witness kids' barriers come down when they begin to trust her and know she is there to help them feel better.

To schedule an appointment,
call 606-256-4148, option 1.

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Bookmobile Schedule

Mon., Sept. 2nd: Holiday-No Service. **Tuesday, Sept. 3rd:** Scfold Cane, Clear Creek, Wildie. **Wednesday, Sept. 4th:** Wayne Stewart Center, Day Health/Senior Citizens, Cave Valley Apartments.

Health Department Note

The Rockcastle County Health Department will be closed Monday, September 2nd in observance of Labor Day.

2019 Hummel Homecoming

Come join us and see friends and relatives you haven't seen since last year on Saturday, August 31st, beginning at noon. The event will be held across the tracks on Hummel Road in Hummel Holler. Bring a covered dish. For more information, call 606-308-3466 or 606-308-9587.

Pine Hill School Reunion

The Pine Hill School Reunion will be held Saturday, August 31st at Pine Hill Church Fellowship Hall. Bring a covered dish. The event will begin around noon.

RCCHS Class of '74 Reunion

There is still time to make reservations to attend the RCCHS Class of 1974's 45th Reunion, scheduled for Saturday, September 14th. Please refer to the letter you received for details.

Extension Office Upcoming Events

Upcoming events at the Rockcastle County Extension office: •Elder Financial Fraud Seminar - Sept. 3 at 6 p.m. Food will be provided. •Homemaker Annual Meeting - Sept. 12 at 6 p.m. •Fall Group Hikes - Anglin Falls Oct. 5 at 9 a.m. Pinnacles Oct. 26 at 9 a.m. • Retro Kitty painting class - Oct. 24 at 7 p.m. Afterschool sewing projects will begin soon at the elementary school. If students or parents have questions, feel free to call the extension office at 606-256-2403.

**MVHS Class of '69 Reunion is
September 14th**

The Mt. Vernon High School, Class of 1969, will be celebrating their 50th high school reunion with the Mt. Vernon High School Alumni Association on Saturday, September 14, 2019. If you, or anyone you know was associated with this class or you would like more details of the event, please contact Loretta Powell at 859-302-8411. There are a few classmates we have been unable to locate and just want to make sure we don't miss anyone.

MVHS Homecoming Reunion

The Mt. Vernon High School Homecoming Reunion is scheduled for September 14th at Rockcastle County Middle School. Invitations have been mailed. Please return your invitation as soon as possible as we must plan for the amount of food to order. This reunion is for everyone who ever attended Mt. Vernon High School. We will honor the class of 1969 as this is their 50th year. Registration begins at 4:30 p.m. and the meal will be served at 6 p.m. Home to see you there.

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 Item

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

Rockcastle County Recovery Meetings

Monday-Celebrate Recovery-Brodhead: Community Outreach Center, 6 to 8 p.m. Leaders: Nathan DeLeon 859-230-9590/Kathryn Pope 606-308-3099. **Tuesday-Celebrate Recovery-Mt. Vernon -** Northside Baptist Church, 606-256-5577 Tuesday, 6 to 8 p.m. •••Please call by 4 p.m. if you need a ride in the church van.

Wednesday-Celebrate Recovery Step Studies. Men Only. Northside Baptist, 606-256-5577, Wednesday, 7 p.m. Men Only. Small group.

Thursday-Celebrate Recovery-Step Studies - Women Only. Community Outreach Center, Brodhead, Thursday, 6 p.m. Leader: Kathryn Pope, 606-308-3099. **AA Meeting,** 8 to 9 p.m. Men and Women, everyone welcome!

Friday-Celebrate Recovery-Livingston School Cafe, Leader: J.R. Cornelius, 859-314-7828. Friday, 6 to 8 p.m.

DAR Meetings

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

Brodhead Lodge Meeting

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

Alcoholics Anonymous

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

Kiwanis Club Meetings

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

American Legion Post 71

American Legion Post 71 meets the second Thursday at 6 p.m. of each month at the Limestone Grill. Commander Rick Bobo (308-2271) invites all Rockcastle veterans to join this organization that honors American soldiers, sailors and airmen.

"T. J.'s"

(Cont. from A2)

really need help.

We saw a panhandler a few days ago with a sign that said, "Will work for food". He was near the exit going to Walmart on I-75 in London. A thought came to my mind. I said to Stanley that my dreams have come true. Here is a man that will work for food. I need him to go home with us. I'll be glad to feed him three good meals a day and I have enough work around the house to keep him busy for several months. He can start on the outside and when cold weather comes he can work inside. In the spring I may have him paint the house and shutters. Then he could plant a garden. I love fresh vegetables. Then he can help with some canning. The list just gets longer and longer.

Stanley said that would be fine if he didn't rob us blind and kill us in the process. Besides, I know how you are when it comes to work projects. He'd run away in no more than two days if it meant starving. He could never stand your OCD and having to supervise every move fearing it won't be up to your specifications and standards... and in a certain order. I've learned how to deal with it over the years.

Well, you are probably right. He was too old, anyway. I need a young man in his twenties, neat and well-groomed, preferably. He needs good manners and will show respect and able to understand my directions. No playing of that rap or hip hop music, a non-smoker and no drugs will be tolerated. He needs to be strong and able to work long hours and show genuine interest in his work. I wonder where I could find a nice young man like this? Probably somewhere prior to the 1960s.

"Aces"

(Cont. from A2)

middle of the growth. We could even hide our bicycles and no one in the world knew where we were. We were totally on our own.

Of course the truth is, mom and dad were probably watching our every move. But, at least, we thought we were totally alone.

Back in that little hideaway is where I got my first kiss and smoked my first cigarette and where I told secrets that grownups could never know.

From there we would go to Old Smitty's Barn. There was almost always hay in that barn and we would stack it for hours making tunnels back to another hideaway.

It's funny that when our parents made us work in hay and stack it in the barns, we would all complain and cry all day long. But us guys would move it around until we could barely walk making tunnels.

But that wasn't work...it was play. My dad told me I was the only person he ever met who would argue for 20

minutes to get out of five minutes work. But I would stack hay all day long if it meant I had a secret tunnel afterwards.

Just as the sun started to set each day, we always put that one bale of hay in front of the tunnel so grown-ups wouldn't find it and we ruffled the weeds back so they couldn't find our fort and we hopped on the bikes to head home.

As we got to each home, one person would peel off our group and head up their own driveway yelling "see you in the morning" until there were but two of us left.

Then the last two would finally part ways (usually me and Ricky Flannery) and head to our own homes where supper and a hot bath were waiting.

We would all sleep very well on those nights because our thoughts as we slumbered were about secret tunnels and forts and laughter and HotWheels.

We were happy and rich. We wanted a lot but needed nothing.

I used to keep pennys back then because I could buy stuff with them. But until I found these coffee filters, I thought those days were long gone.

I guess in many ways they are long gone indeed. But when a simple task like buying a coffee filter brings it back to me, I guess it will never be completely gone.

"ramblings"

(Cont. from A2)

that it was an obvious political ploy, I was struck by the fact that it never occurred to the governor to insist that any "surplus" funds be prioritized and put toward the state's failing retirement system for state employees and teachers. (I won't mention the fact here that state legislators' pension fund is reportedly funded to 95% - oh, gosh, I just did).

If you total all these "surplus" road funds across the state it would have to be in the upper millions of dollars and, while that might be perceived as a drop in the bucket by some, the fact remains that, the longest journey begins with a single step - to paraphrase somebody.

Don't get me wrong, I enjoy nicely paved county roads just the same as everyone else but I get aggravated that it never occurs to anyone in government to say, 'wait a minute, our retirement system is in terrible shape and, after paying into their retirement for years and years, teachers and state workers might find it insolvent when they need it. Why don't we start finding all the savings we can and try to at least make a dent in a system that is criminally underfunded, obviously having been misadministered (okay, that's not a word I looked it up but I'm still using it) for years and years?'

Of course, the political impact might not be the same but it might with teachers and state workers and might, also, go a long way in making amends for the ugly things our gover-

nor said about teachers during the protests in Frankfort last year.

Anyway, what's done is done and that over \$600,000, plus the \$239,000 the county got in flex funds for this fiscal year is going to make for some nice improvements in the road system in our county...

**"Points
East"**

(Cont. from A2)

hooked up to IV bags and various monitoring devices. I'm not sure what it did to my anemia, but I've had so many tubes of blood drawn that I figure I'm another quart low and I've had so many needles poked into me that Loretta's pink pin cushion is turning green with envy.

While I was in the hospital, I don't believe there was a single time that I was not conscious of where I was or what I was doing. During the entire time, not a single hour went by that I didn't have to call a nurse to help me stand up while she turned her back to let me pee. Suffice to say that it doesn't take long to get over one's modesty if they spend much time in the ICU. After 2 nights, they allowed me to get out of the backless hospital gown and dress in a tee shirt and pajama bottoms. After that, I felt better dressed than Calvin Klein.

Home from the hospital Sunday afternoon, Loretta and I spent over an hour learning how to use the new-fangled injection needles that I now have to use to take 4 insulin shots every day. Our adult son, Chris, has showed us some tricks with them but they are nothing like the old "draw it in, then poke and plunge" hypodermic needles from the old days.

These things come preloaded with little dials that determine the dosage. Once the needle is inserted, a button gets pushed on top of the device and I have to wait a few seconds to make sure the insulin gets administered. Learning to do this, unassisted, is going to take a steep learning curve because I only have the use of one hand and Mr. Parkinson believes it needs to be shaking.

In the meantime, after wasting nearly a dozen test strips that cost about 50 cents each, after copay, I have essentially mastered the glucometer and figured out how to do blood sticks using just one hand. My left hand is rejoicing because it now has nearly twice as much utility as it used to. I can only draw blood with my right hand, 5 times a day, from it.

The doctors tell me that there is a good chance I'll be able to get this high sugar back under control with Metformin after they figure out what's causing it to spike so high in the first place. Suffice to say that I'll be making sure the medical profession doesn't have to draw unemployment

ment in the foreseeable future as I go about checking in with urologists and other specialists to figure out what condition my condition is in.

Mr. Parkinson is also tickled because he may be getting a break from the whining he has endured over the last decade.

The column is a tad abbreviated this week because it's already way past deadline and my beeper says it's time for another insulin injection. I'll try to keep you posted without whining too much.

"Memories"

(Cont. from A2)

rockin' chair for all the fancy settin' chairs that's ever been made. No sir. That I wouldn't. The older a body gets, the better a rockin' chair feels. Why, it'd be a heap sight easier to give up smokin' and chewin' than to part with my rockin' chair." Mr. McCoy's perception of his rocker reminds me a lot of Pop.

Occasionally, when my mother (Bee) and my grandmother (Mommie Katie) were sitting on the porch while stinging half-runners, Pop would pull his rocker to the porch and help the women folk. I can see him now, rocking and breaking beans, while listening to the ladies talk about the events of the day.

Over the years, my wife and I have purchased different kinds of rockers, but none were like Pop's. His even has a soft "squeak" when you are rocking. I can distinctly remember that sound when Pop was sitting in front of the wood-burning stove with his feet on the ash door. It was the sight and sound of a cold winter's day.

If someone else in the family was sitting in Pop's rocker and he came into the room, that person would automatically get up so that he could have his rocker. No words needed to be exchanged. That was his seat, and everyone accepted that fact. It seemed perfectly reasonable to all of us. He was, after all, the man of the house.

I cannot count the number of times that Pop fell asleep while sitting in front of the stove. He was warm and contented, he became completely relaxed and just nodded off. The rest of us would step softly so that we wouldn't wake him.

Pop's rocker doesn't get used much these days, but I never see that chair that I don't think of him. That is his rocker, and it always will be. But it brings me a great deal of joy, along with the fondest of memories. It has become priceless in my book.

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

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KENTUCKY FARM BUREAU

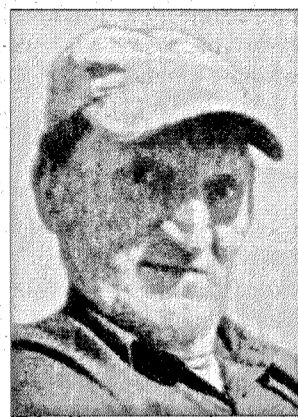


BIG ON COMMITMENT.®

Obituaries

Tommy Collins, Jr.

Tommy Collins, Jr., 63, of Mt. Vernon, died Thursday, August 23, 2019 at Lake Cumberland Regional Hospital. He was born in Hazard on October 20, 1955, the son of



Tommy, Sr. and Margaret Barrett Collins. He had been a farmer and attended Brindle Ridge Baptist Church.

He is survived by: his loving wife, Mary Polly Collins; a son, Tommy (Debra) Collins of Mt. Vernon; two daughters, Martha (Michael) Begley of Mt. Vernon, and Samantha Collins and Joe Yates of Brodhead; a brother, Thurman Collins of Hazard; seven grandchildren, T.J. Hurst, Marybeth Hurst, Dorothy Hurst, Joseph Prickett, Braylin Yates, Johnathon Yates, and Aiden Yates; two step-grandchildren, Michael Flint and Travis Flint; and two great grandchildren, Renesmae Cole and Adaline Hurst. In addition to his parents, he was preceded in death by a daughter, Dorothy Collins; two brothers, Ike Collins and Michael Barrett; a sister, Patsy Collins; and his step-father, Henry Clay Barrett.

Funeral services were conducted Monday, August 26, 2019 at Brindle Ridge Baptist Church by Bro. Ron Roberts. Burial was in Polly Family Cemetery at Hummel. Arrangements were by Dowell & Martin Funeral Home. Please visit www.DowellMartin.com or Dowell & Martin Funeral Home's Facebook® page to view online obituary.

Bonnie Lou Wynn

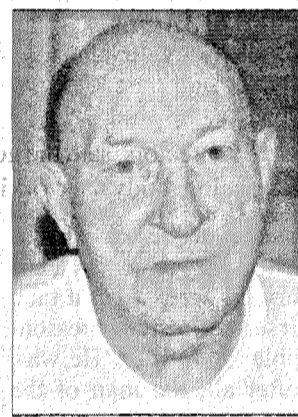
Bonnie Lou Wynn, 61, of Livingston, wife of Larry Wynn, died Monday, August 26, 2019 at the University of Kentucky Medical Center in Lexington.

Funeral services will be conducted at 11 a.m. Saturday, August 31, 2019 at Pine Hill Holiness Church. Burial will follow in Wynn Cemetery. Friends may call at the church after 6 p.m. Friday.

Arrangements are by Dowell & Martin Funeral Home. A complete obituary will appear in next week's Signal. Please visit www.DowellMartin.com or Dowell & Martin Funeral Home's Facebook® page to view online obituary.

Troy L. Calhoun

Troy L. Calhoun, 87, of Greenwood, died Monday, August 26, 2019. He was born November 2, 1931 in Pulaski County to James E. and Valeria (Stephens) Calhoun. He



grew up and attended school in Rockcastle County. He married his "angel" Beth Ada (Cox) Calhoun on March 17, 1956. She preceded him in death on April 26, 1995.

Troy started his working career in Kentucky blasting for the coal mines. He and Ada moved to Indiana in 1957 and he worked at Bryant Manufacturing (BDP). He was a member of the United Steel Workers Association. He was employed there for 19

years until he became disabled in 1984. He enjoyed fishing, hunting, watching westerns, gardening, and storytelling.

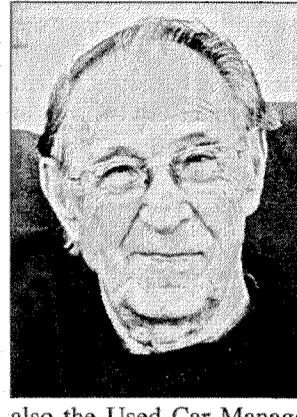
Survivors include: two children, Danny (Pam) Calhoun, and Diane Calhoun, both of Greenwood, as well as many special nieces, nephews, and friends. He was also preceded in death by: his parents and six siblings, Frank Calhoun, Lewis Calhoun, Charlie Calhoun, Thomas Calhoun, Emma Doan and Jewell Hawk; and his precious and beautiful six year old granddaughter, Amanda Danielle Calhoun.

A visitation will be held Friday, August 30, 2019 from 12 noon until the time of service at 2 p.m. at Simplicity Funeral & Cremation Care, 7520 Madison Ave., Indianapolis, IN. 46227, with burial following at Greenwood Cemetery.

Arrangements by Simplicity Funeral & Cremation Care, Indianapolis.

Vernon Lee Cummins

Vernon Lee Cummins, 86, died Thursday, August 22, 2019, at his home in Berea. Born in Mt. Vernon on October 6, 1932, the son of Joe and Nancy Sowder Cummins, he



left school in the 6th grade and spent his teen years selling popcorn at the Renfro Valley Barn Dance. He spent time as a cook at the local Bellyachers restaurant, eventually relocating to Berea to become a car salesman. He co-owned, owned and operated several dealerships to include Baker & Cummins and Cummins & Foley in Berea and Vernon Cummins Auto in Richmond. He was also the Used Car Manager at Joe Conrad Chevrolet in Lexington. Mr. Cummins was a retired restaurateur, he owned and operated several restaurants including the Colonel and Carlton of Berea, KFC in Jackson, and Lee's Famous Recipe in Richmond, Berea and Manchester. After many accomplishments he decided to finish his education and successfully obtained his GED at the age of 65.

He not only took pride in all his business ventures, but truly relished the friends he made during his time in business. He had a big heart and enjoyed helping others.

He had a passion for animals especially dogs and horses. He raised Jack Russell Terriers and trained many award-winning Tennessee Walking horses. In 1986 he received the Kentucky Horse of the Year award.

Mr. Cummins was a member and deacon of the Westside Baptist Church in Berea where he spent time serving others through many ministries.

He is survived by: his cherished and devoted wife of 68 years, Faye Cummins; three daughters, Beverly Harkleroad, Belinda (Steve) Riddle, of Berea and Tina (Tom) Fritz, of Richmond; three brothers, Ivan Cummins, Bentley Cummins, and Glen (Josephine) Cummins; and a sister, Vivian Cummins. Also surviving are: grandchildren, Bunky Harkleroad, Angela Prewitt, Larinda Agee, Chase Riddle, Tatton Jacob and Taryn Lockhart; several great grandchildren; a great great grandson; and many nieces and nephews.

Other than his parents, he was preceded in death by: two brothers, Kenneth and Earl Cummins; and a sister, Jean Anderson.

Funeral services were held Saturday, August 24, 2019 at Westside Baptist Church with Bro. Allen Livingood officiating. Entombment was in Berea Cemetery Mausoleum.

The family has requested that any donations be made to: West Side Baptist Church Youth Group 699 Prince Royal Drive Berea, KY 40403.

Arrangements are by Davis & Powell Funeral Home. www.davisandpowellfuneralhome.com

Card of Thanks • Sallie Bond Mason

The family of Sallie Bond Mason would like to express our heartfelt thanks for the sympathy, love and support you have extended to our family during our Mother's illness and this difficult time of loss.

A special thanks to Mrs. Gladys Mason, Mom's step Mother-in-law. Mom thought a lot of her Mason family. Thank you to our family, our neighbors, and friends for your prayers, visits, cards, calls, food, flowers, pictures and hugs.

We appreciate Brother Lonnie McGuire and Brother Tommy Miller's kind and comforting words. Thanks to the Brush Creek Holiness Church members and family for the delicious buffet you had for our family after the service.

Thank you Bill Wyatt, Shelly Mason, Kim Hines, Angela Beasley, Keith Mink and wife Paula Mink for singing those beautiful songs of God's love. Thanks to the staff of the Dowell-Martin Funeral Home for caring and supporting our family.

We deeply appreciate the pallbearers for your help. Mom loved each one of you very much. Pallbearers were: Tracey Wyatt, Kenny Wyatt, Tanner Carrera, Matthew Godby, Hunter Spivey, Joe Spivey, Jake Bussell, and Jeff Mason. Honorary Pallbearers were: Noah Mason and Brian Keith Bond.

The Mason Family

Brenda, Judy, Lowell Keith, Darlene, Michael

Verla B. Maxie

Verla B. Maxie, 82, of Crothersville, IN, died unexpectedly at 1:10 p.m. at her home on Monday, August 19, 2019. She was born April 9, 1937, in her home at Mt. Vernon. She was the daughter of Homer and Opal (McKinney) Norton, both preceded her in death.

She was a Mt. Vernon High School graduate. On December 15, 1956, she married Ray Maxie who survives in Crothersville, IN. She worked at the Excello Shirt Factory in Seymour, IN, Morgan Foods, and was a cook at Crothersville Community Schools for 27 years. She was a member of Crothersville United Methodist Church, an excellent cook, enjoyed working in her yard, and being outside.

She is survived by: her son, Dennis (Sherri) Maxie of Crothersville, IN; six grandchildren; and one brother, Garl (Bonnie) Norton of Crothersville, IN.

She was preceded in death by her daughter, Sheila Elaine Maxie on June 28, 1978.

Pastor David Schill conducted a Celebration of Life on Monday, August 26, 2019 at Adams Family Funeral Homes and Crematory in Crothersville, with a burial at Crothersville Cemetery.

Memorial donations may be given to Crothersville Cemetery, Crothersville Fire Department, and Riley Children's Hospital c/o Adams Family Funeral Home & Crematory, 110 East Howard St., Crothersville, IN 47229.

Online condolences can be given to the family at www.AdamsFuneralHomeOnline.com

William (Bill) Alexander

William Estle (Bill) Alexander, 81, of Brodhead, died Wednesday, August 21, 2019 at Stanford Care and Rehabilitation. He was the husband of Ruby E. Swinney Alexander, whom he married December 15, 1986. Born February 21, 1938 in Madison County, he was the son of the late Delbert and Bertha Reppert Alexander. He was a retired carpenter who truly enjoyed framing buildings. He loved all of his family.

Survivors include: wife, Ruby Alexander; six children, William F. (Heike) Alexander, Clayton Alexander, Diana Robinson, Mary Ann (Dan) Wilson, Debbie (Randy) Mickey and Jack (Sandy) Alexander; 14 grandchildren; 20 great grandchildren; five step children; and several step grandchildren.

In addition to his parents, he was preceded in death by: a grandson, Second Lieutenant Tobias Alexander; three brothers, Eugene, Johnny and J.B. Alexander; and one sister, Georgia McCall.

Funeral services were held Tuesday, August 27, 2019 at McKnight Funeral Home Chapel in Crab Orchard with Pastor Dwayne Lobb officiating. Burial was in Ottawa Cemetery.

Pallbearers were: William F. and Jack Alexander, Devon Cameron, Nathan Bohlman, Johnny and Justin Denney.

Rockcastle County Recovery Meetings

***Celebrate Recovery-Brodhead**
Located in the Community Outreach Center (next to Fairgrounds), every **Monday**, 6 to 8 p.m. 859-230-9590 or 606-308-3099.

***Celebrate Recovery-Northside Baptist Church**
Mt. Vernon every **Tuesday**, 6 to 8 p.m. 606-256-5577. Need a ride? Call and leave message before 4 p.m.

***Celebrate Recovery - Step Studies**
Northside Baptist, Mt. Vernon, **Wednesday** at 7 p.m. 606-256-5577.

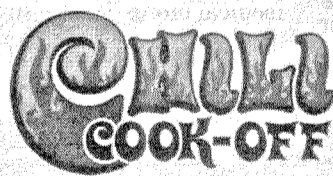
***Broken Chains Bible Study**
at Cruisers Motorcycle Sales, 7223 N. Wilderness Rd., Mt. Vernon every **Thursday** at 6:30 p.m. Leader: Gary Vincen Linville, 859-302-2431.

***Celebrate Recovery - Step Studies Women Only.** Located in the Community Outreach Center (next to Fairgrounds), every **Thursday**, 6:30 p.m. For more info, call 606-308-3099.

***Celebrate Recovery - Livingston**
at Livingston School cafeteria. **Friday**, 6 to 8 p.m. Leader: J.R. Cornelius, 859-314-7828.



2nd Annual Domestic Violence Awareness



Prize for the baker of the cake with the highest bid

Chill Cook Off
Free to enter,
Donations welcome

- Every year about 4,000 people lose their life to Domestic Violence.
- 1 in 4 will experience Domestic Violence at some point in their life.

We would like to invite you to join us at our Chill Cook Off in honor of Domestic Violence Awareness Month. We have a lot of fun planned. We will do a Chill Cook off contest, Live Music, candles lit in honor of Victims. We will also be reading the names of Victims and taking a moment of silence in their honor. Please join us and help bring awareness to this issue. Change happens with one voice.

Location: Northside Baptist Fellowship Hall, Mt. Vernon, KY

Date: October 19th, 2019

Time: 3pm-6pm

Admission: Free Donations are Welcome

Contact: Khristy Couch 606-224-4339,
Domestic Violence Advocate

CAKE AUCTION

To Enter into the Chill Cook Off please contact:
Khristy Couch
606-224-4339

Please Call/Text to let me know if you would like to offer a cake.

This information provided by Cumberland Valley Domestic Violence Services, Inc. For additional copies, Call 808-843-2022



Office for Victims of Crime JUSTICE FOR VICTIMS, A JUSTICE FOR ALL

This Project is supported in part by federal and state funds provided through the Substance Abuse and Family Services through a contract with

This project was created by Grant Number 2008-00015 awarded through the Kentucky Justice and Public Safety Cabinet by the U.S. Department of Justice. The opinions, findings, conclusions and recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the views of the Kentucky Justice and Public Safety Cabinet or the U.S. Department of Justice.

WILDCAT HARLEY-DAVIDSON RIDE

TO SUPPORT DOMESTIC VIOLENCE SERVICES

SATURDAY, SEPT. 7 9:30AM

\$20 SINGLE
\$30 DOUBLE

REGISTRATION BEGINS AT 9:30; KICKSTANDS AT 10:30
RIDE BEGINS AT WILDCAT HARLEY-DAVIDSON & LASTS
ROUGHLY THREE HOURS, INCLUDING STOPS.
RIDE RETURNS TO WILDCAT HARLEY-DAVIDSON AT 1:30

ADDITIONAL DONATIONS APPRECIATED

ART MADE BY CHILDREN CURRENTLY IN THE CUMBERLAND VALLEY DOMESTIC VIOLENCE CENTER WILL BE AVAILABLE FOR PURCHASE AT THE CONCLUSION OF THE RIDE.

“Livingston”

(Continued from front)

start early with the Livingston 5K Leap and a Homecoming style breakfast at 8 a.m. The Homecoming parade line up will start at 10 a.m. and the parade will begin at 11 with the awards program at noon.

At 2 p.m. there will be a Rockcastle Shao-Lin-do karate demonstration and at 3 p.m. the Gospel Traditions Bluegrass will perform onstage beside Main Street.

Jaclyn Bullock will perform at 5, Heidi and Ryan at 6 and the evening will end with Blind Ricky starting at 8 p.m.

On Sunday, there will be a devotional with Bro. Tommy Miller beginning at 1 p.m. and a Pet Show at 2 p.m.

At 3 p.m. the Watermelon Eating Contest will begin and at 4 p.m., Paul Ponder's Pink Pig Pie Auction will start. The annual Ugly Woman Contest will begin at 7 p.m. with Wild River playing at 8 p.m.

The weekend of festivities will culminate with the annual fireworks show starting at 10 p.m.

Throughout the weekend, the streets of Livingston will be lined with vendors, music and food of all kinds as well as displays and demonstrations and everyone is invited to attend all of the free events.

Medley says he expects this year's event to be even bigger and better than previous years and hopes everyone will attend the family-oriented activities.

“Child”

(Continued from front)

been over earlier to play with her children and then left.

Another neighbor told Mays that he had gotten hold of McHone by phone and she was on her way home. She arrived home at 10:15 p.m.

McHone reportedly told police she had sent the six-year-old to the neighbor to ask if he could stay with them but did not ask the neighbor herself.

Mays called social services and a worker picked up the child and placed him with the father.

McHone reportedly gave consent for the social service worker and the father to enter the apartment for clothes for the child. Upon entering the home, drugs and paraphernalia were found in plain view, the report said.

The report says Mays then gained permission to search the home from McHone and he located plastic baggies containing meth on the coffee table where the child could easily have gotten to them.

Mays also found straws and a glass pipe used for smoking drugs in the bedroom where the child would have access as well, the report says.

McHone admitted that she does smoke meth and marijuana, according to the report.

In fact, McHone was apparently intoxicated when she arrived home that night as the report says her eyes were “pinpoints” and she failed sobriety tests.

McHone was arrested and taken to the Rockcastle County Detention Center where she was charged with wanton endangerment, endangering the welfare of a minor, operating a motor vehicle under the influence and possession of drug paraphernalia.

Her bond was set at \$50,000 cash.

“Water”

(Continued from front)

the project is fully funded through grants obtained by local officials. “The project is fully grant funded,” said Bray.

Not only was Bray and others able to obtain full funding for the basin, but now he says the way the new system will work to

remove the taste and odor from the water will save the city money every month.

According to Bray, the city is currently using large amounts of carbon for filtration that is not being fully utilized, but it's the only way to keep the taste and odor down until the basin is built. However, with the new system, the carbon will be used to its full filtering capacity. “This will save the city a ton of money,” Bray said. “After the basin is constructed we will be able to feed our carbon in bulk and won't have to waste nearly as much.”

A large part of the funding came through a \$750,000 grant from the Army Corps of Engineers. Then a \$250,000 Department of Local Government grant, along with a \$165,000 ARC grant, fully funded the project.

The new basin will be built between the existing water plant and I-75 which was owned by the state but officials were able to convince the state to donate the land to the City of Mount Vernon. “The state doesn't just give away land,” said Bray. “We are very lucky that they were willing to give us the spot for the basin.”

Construction began last week at the official ground breaking ceremony and crews will start working on the basin very soon.

Congressman Harold Rogers, who was among the many dignitaries who attended the ceremony last week, has supported the project since its inception.

Bray says construction may be completed in as early as nine months but he is not confident in that schedule just yet. “That may be a little optimistic,” he said. “I would feel much better expecting the project to be completed sometime in 2020.”

After trying several options and ideas over the past few years, Bray and other officials are now confident that this will finally fix the taste and odor issues. After all, officials have called in experts from across the state, as well as advisors from water plants who have had the same issues, and this basin seems to be the consensus recommendation.

“This will permanently fix the taste and odor,” said Bray. “We are increasing the filtering time (time the water is in contact with carbon) from 10 minutes to over an hour. And it will save us a ton of money because we are having to feed a lot of carbon that isn't being fully utilized right now.”

Bray, Mayor Bryant and Baker have all expressed their confidence that the problem may finally be solved.

“We have worked on this project and the grants for over two years,” said Bray. “I am extremely proud to be a part of the solution to a big problem this county has had.”

Mayor Bryant agrees that this step should take care of the problem the city has been fighting.

“The funding we are receiving for the improvements needed at the water plant are going to provide results that we could have only dreamed about,” said the mayor. “The experts with whom we are working assure us that these measures will materialize in a permanent solution to the issues we've had with our drinking water.”

“Court”

(Continued from front)

by the Climax Fire Dept. through fundraisers.

•approved the closure of 1070 feet of Chickadee Lane, at the request and permission of the two land-owners of the property and of 843 feet of Mahaffey Hollow Road and posting speed limit signs of 35mph on Hammonds Fork Road and Tar Kiln Road.

Judge Holbrook also gave an update on the renovations planned for the grandstands at the Brodhead Fairgrounds.

The judge said the stands would be repaired where needed and wrapped in metal for \$9,500 plus the rental cost of a lift.

The court also approved the payment of \$35,779 for four trailers and a lawn mower for CSEPP which will be reimbursed to the county by the federal government.

County Treasurer Joe Clontz was given permission to hire an auditing firm in Somerset, Patrick and Associates, to conduct the 2018 audit at a cost of \$16,500. The state charges \$40,000 for an audit when they conduct them.

The court also approved the transfer of \$75,000 from the general fund to the jail fund

“Called”

(Continued from front)

miles, \$17,250;

Snowflake Lane, 0.699 miles, \$30,000;

•Catfish Road, 0.741 miles, \$39,375, and

•Chestnut Ridge Road, 0.590 miles, \$27,000.

The total for these roads is \$33,000 over the amount the county will receive from the state in Flex funds and will be taken from road department funds, County Judge/Executive Howell Holbrook said.

No special significance will be given to the ten roads on this year's list that did not receive any funding for resurfacing, in next year's evaluation by the state, Holbrook said.

The court agreed to a request by Rockcastle County Jailer Nathan Carter to use the county's credit card to purchase new servers and computers for the jail from Walmart.

Jailer Nathan Carter told the court the new equipment was necessary to upgrade the jail's tracking system and the fingerprint system for the KSP.

Carter also told the court that he had secured a \$6,358 tech grant to pay for the new equipment which would be used to reimburse the county.

“Indict”

(Continued from front)

Steven D. Frederick, 31, of Burnside was indicted for possession of a controlled substance and tampering with physical evidence.

His bond was set at \$5,000 c/p.

Darrell Morgan, 46, of Kermit Lane, Mt. Vernon was indicted on five charges: kidnapping, wanton endangerment, terroristic threatening, assault and resisting arrest.

His bond was set at \$150,000 c/p.

Randall Lee Coleman, 53, of Scout Drive, Danville was indicted for trafficking in a controlled substance.

His bond was set at \$30,000 c/p.

Indicted for flagrant non-support, the amount they were indicted over and the amount of their bond (subject to forfeiture), were: Jason Goff, 44, of Crab Orchard, \$3,611/\$3,000; Shane M. Snow, 33 of Eubank, \$1,820/\$1,800; Johnathon K. Durbin, 28, of Berea, \$1,741/\$1,500

In a separate indictment, Goff was also indicted for

trafficking in a controlled substance and tampering with physical evidence.

His bond for those charges was set at \$25,000 cash property.

Several were indicted for the offense of possession of a controlled substance.

These include: Nicholas Shane Owens, 28, of Stanford, Kimberly Dawn Brinson, 54, of Robindale Road, Livingston, Timothy A. Mincey, 48, of Somerset and Angela L. Cox, 40, of Three Links Road, Mt. Vernon

Bond for each was set at \$5,000 c/p.

Luevadia R. Hamlet, 45, of Riverview, MI was indicted for operating a motor vehicle while under the influence of alcohol or drugs, trafficking in a controlled substance and promoting contraband.

Her bond was set at \$25,000 cash/property.

Billie J. Livesay, 50, of Eubank was indicted for trafficking in a controlled substance, tampering with physical evidence and as a persistent felony offender.

Her bond was set at \$25,000 c/p.

Paula J. Dumon, 56, of Center St., Mt. Vernon and John E. Higgins, 58, of S. Wilderness Road, Mt/Vernon were named in a joint indictment.

Both were indicted for possession of a controlled substance and Higgins was also indicted for tampering with physical evidence.

Bond for each was set at \$10,000 c/p.

Mary N. McGuire, 69, of Reuben Lane, Mt. Vernon was indicted for possession of a controlled substance and promoting contraband.

Her bond was set at \$10,000 c/p.

Dougie O. Newcomb, 36, of Maple Grove Road, Orlando was indicted for trafficking in a controlled substance.

His bond was set at \$20,000 c/p.

Ronnie D. Cromer, 49, of Sand Springs Road, Mt. Vernon, was indicted for possession of a controlled substance and tampering with physical evidence.

His bond was set at \$5,000 c/p.

Brittany N. Goosey, 25, of Dailey St., Mt. Vernon was indicted for possession of a controlled substance and possession of drug paraphernalia.

Her bond was set at \$5,000 c/p.

Darren Joe Bennett, 40, of Purr Rigby Road, Brodhead was indicted for possession of a controlled substance and possession of drug paraphernalia.

His bond was set at \$10,000 c/p.

Julia R. Kirby, 45, of Quail Road, Brodhead was indicted for possession of a controlled substance and possession of drug paraphernalia.

Her bond was set at \$10,000 cash/property.

Phillip Clay Falin, 44 of Whistling Hollow Road, Orlando was indicted on two counts of possession of a controlled substance, tampering with physical evidence, operating a motor vehicle while under the influence of alcohol/drugs, operating a motor vehicle with no operators license and no brake lights.

His bond was set at \$25,000 c/p.

Hospice Care Plus CEO to retire after 26 years



Gail McGinnis

After nearly three decades of leadership, Gail McGinnis, the CEO of Hospice Care Plus, has announced her retirement. Hospice Care Plus is Rockcastle County's sole provider of home-hospice care, home-palliative care, and bereavement support.

McGinnis, a master's-prepared nurse, came to Hospice Care Plus in 1994 from the University of Kentucky, where she served as a clinical nurse manager. At that time, the young, grassroots hospice organization employed 25 staff and served 50 patients daily through its home-hospice program. Under her leadership, the non-profit grew to serve over 130 patients and families daily in three programs: home-hospice care, inpatient hospice care at the Compassionate Care Center, and home-palliative care.

“It's been my greatest honor to serve in this role,” said McGinnis. “It was immediately clear when I began here that the founders and staff were truly passionate about this organization and its care, and it's been a privilege to build on that legacy for 26 years. The community support from the very beginning has been outstanding, and it has remained so all these years. I feel fortunate to have been part of this wonderful organization and to have worked with so many compassionate staff and volunteers along the way.”

Major milestones during McGinnis's tenure include enhancing care by adding a full medical team comprised of a chief medical director, an associate and assistant medical director, and two nurse practitioners; expanding services into nursing homes and assisted living facilities; and creating new programs such as palliative care, bereavement care for the community, and in-house pharmacy services. In 2003, McGinnis launched the fundraising effort to build the Compassionate Care Center, which celebrated its 10th anniversary in 2018. More recently, she added an in-house durable medical equipment company to improve care and save costs and created several new programs, including pet therapy, a veteran's partnership, and more. McGinnis voluntarily sought and won accreditation by the Joint Commission in 1997, and the accreditation has been maintained continuously since. Other achievements under her leadership include high family satisfaction, patient care, and quality scores along with high staff retention rates.

Hospice Care Plus now employs 100 part-time, full-time, and flex employees; enjoys the support of 120 volunteers; and cares for 800 patients and families yearly, in addition to those who receive bereavement care and community education on hospice care, caregiver issues, advance care planning, and grief and loss.

Both McGinnis and Hospice Care Plus have received several awards. For Hospice, the most recent is the national Hospice Honors Award. McGinnis has earned the Distinguished Leader Award from the Kentucky Association of Hospice and Palliative Care (KAHPC) and several local honors. She is a past president of both KAHPC and the Kentucky Hospice Network, has served on the National Hospice and Palliative Care Organization's (NHPCO) education committee, and has presented at multiple state and national conferences.

The search for a new CEO was launched August 20 and a new hire is expected by November.

Donna Angel, president of Hospice's Board of Directors, said the governing body is working with a staff-level committee on the search, and both are committed to finding a leader with a deep commitment to non-profit care and to the organization's mission of providing care for all, regardless of insurance status or ability to pay.

“We're confident we'll have an excellent pool of candidates who will want to continue the tradition of mission-based care started by the founders and nurtured so successfully by Gail,” said Angel. “Kentucky is a desirable environment for hospice professionals. Hospices in Kentucky work in a collaborative spirit and the state is considered a national leader in terms of care outcomes.”

Hospice Care Plus serves Estill, Jackson, Lee, Madison, Owsley and Rockcastle counties. The non-profit organization provides all care and programs regardless of insurance status or ability to pay. To learn more or to inquire about services, visit www.hospicecareplus.org or call 859-986-1500.

Extension Office Upcoming Events

- Upcoming events at the Rockcastle County Extension office:
- Elder Financial Fraud Seminar Sept. 3 at 6 p.m. Food will be provided.
 - Homemaker Annual Meeting Sept. 12 at 6 p.m.
 - Fall Group Hikes - Anglin Falls Oct. 5 at 9 a.m. Pinnacles Oct. 26 at 9 a.m.
 - Retro Kitty painting class - Oct. 24 at 7 p.m.
- Afterschool sewing projects will begin soon at the elementary school.

If students or parents have questions, feel free to call the extension office at 606-256-2403.

Triple E Roots & Herbs
We will be buying fresh Ginseng, beginning Sunday, September 1st.

Dry Ginseng on Sun., Sept. 15th
Also, we will be buying: Golden Seal Root and Herb; Blood Root; Black Co Hash Root and Wild Yam Root.
Call 606-308-4834 or 606-392-6448 for more information

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859-302-5857

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dependable Dave will treat you nice
Philippians 4:13

SPORTS



Junior quarterback Noah Parkey rolls out for a pass in the Rockets' loss to Somerset Friday night. Parkey completed two passes for 36 yards on the night.



Senior Josh Thacker fights for yardage during the Rockets' loss to Somerset Friday night.

Rockets lose opener

The Rockcastle Rockets found it tough going in their opening game of the 2019 season as they traveled to Somerset and came away with a 40-0 loss to a very good Briarjumper team.

Somerset scored on their first offensive play of the game on a 54 yard touch-down pass and never looked back.

The Briarjumpers took a 27-0 lead into the locker room at the half and tacked on 13 more for the win.

The Rockets managed only 62 yards on the ground along with 36 yards in the air.

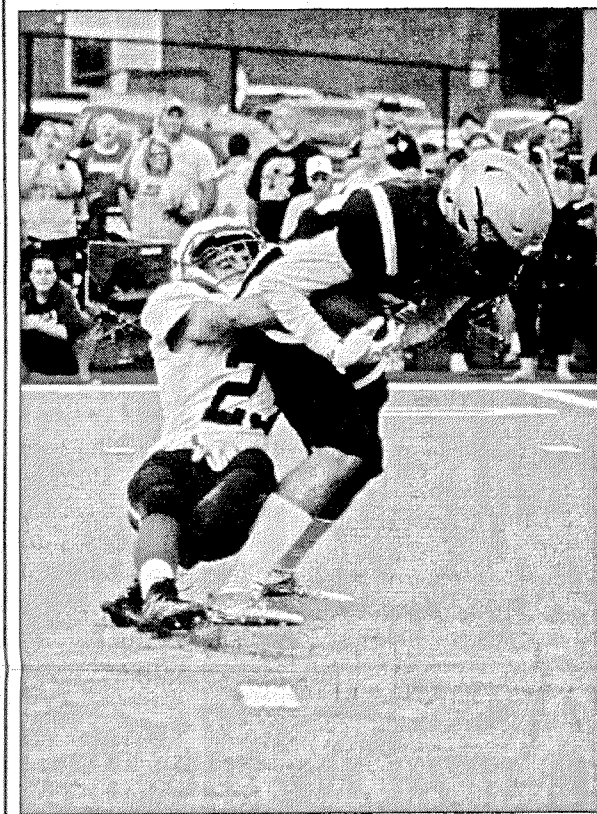
Senior Josh Thacker rushed the ball nine times for 25 yards, junior Noah Parkey had eight carries for 22 yards, senior Zach Taylor had fifteen yards on three carries and Ethan Medley carried the ball twice.

Parkey completed two passes for 36 yards. Drew Mink caught one for 30 yards and Landon Dillingham had a six yard reception.

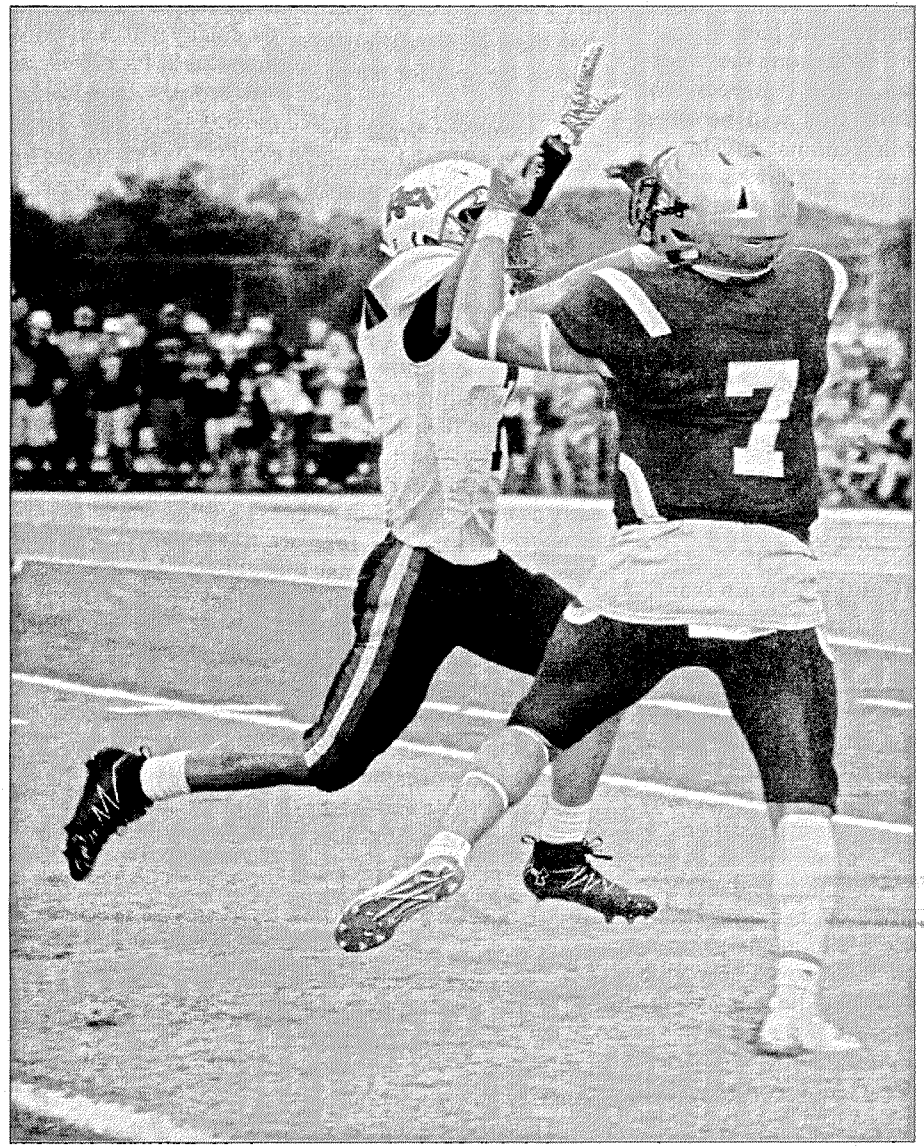
Defensively, Noah Reams led the Rockets with nine tackles. Thacker picked up eight. Trevor Todd,

Landen Broaddus and Matthew Chasteen each had seven. Rylee DeLeon had five. Isaiah Dehart picked up four tackles. Mink, Taylor and Isaiah Didelot each had

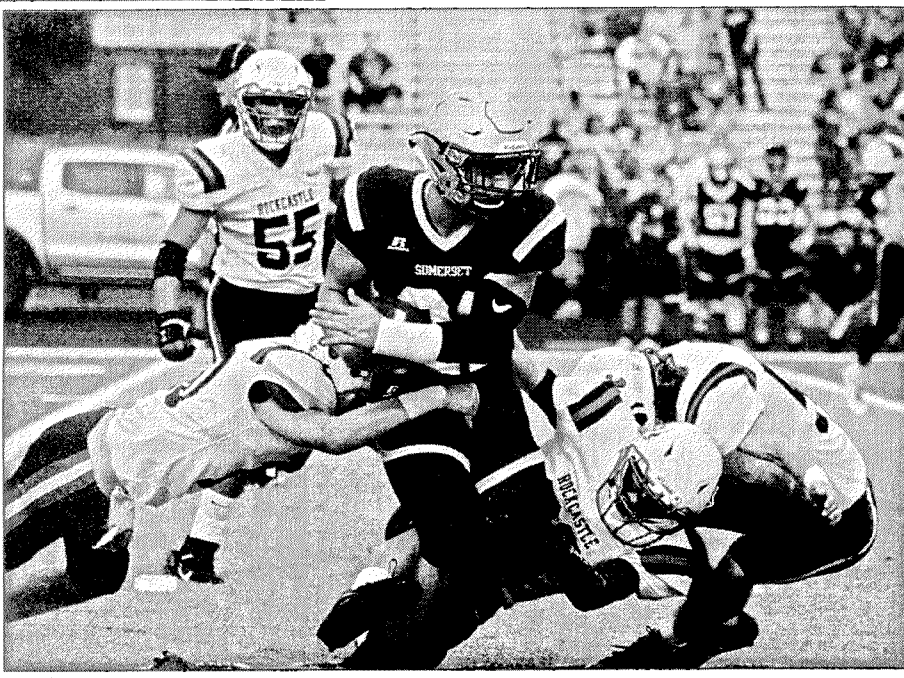
three. The Rockets look to bounce back this Friday night as they host Casey County in the annual Jamboree Bowl.



Senior Noah Reams makes a tackle in open field during the Rockets' 40-0 loss to Somerset. Reams led the team with nine tackles.



Senior Jacob Loudermilk breaks up a pass attempt during the Rockets' loss to Somerset Friday night. The Rockets host Casey County this Friday night.



Drew Mink and Matthew Chasteen bring down a Briarjumper in the Rockets' opening game of the season last Friday night. Also in the photo are Isaiah Didelot and Rylee DeLeon.

RCMS Girls' Linescores

6th Grade Record 8-1

RCMS	32
Caudill	6
Ella McKinney, 12; Taylor King, 8; Macy Spivey, 5; Katelynn Barron, 2; Addison Carter, 2; Joyce Blevins, 2; Addy King, 1.	
RCMS	29
Foley	53
Taylor King, 8; Ella McKinney, 8; Macy Spivey, 5; Addy King, 5; Karelynn Barron, 3.	
RCMS	31
Clark Moores	12
Ella McKinney, 8; Taylor King, 7; Addy King, 4; Addison Carter, 4; Sydney Holcomb, 4; Elizabeth Falin, 2; Katelynn Barron, 2.	
RCMS	42
Garrard	7
Taylor King, 10; Jocelyn Reynolds, 8;	

Ella McKinney, 6; Addy King, 6; Katelynn Barron, 6; Joyce Blevins, 4; Macy Spivey, 2.

7th Grade Record 3-6

RCMS	35
Caudill	42
Abby DeLeon, 13; Markley Richards, 10; Brylee Mullins, 5; Taylor King, 4; Bailey Harris, 2; Kaylee Hargis, 1.	
RCMS	23
Foley	39
Brylee Mullins, 8; Abby DeLeon, 4; Addy King, 3; Markley Richards, 2; Madison Barnett, 2; Taylor King, 2; Ella McKinney, 2.	
RCMS	30
Clark Moores	38
Abby DeLeon, 11; Markley Richards, 6; Brylee Mullins, 4; Addy King, 4; Taylor King, 3; Lilyann Storm, 2.	
RCMS	40
Garrard	30
Abby DeLeon, 12; Markley Richards, 11; Taylor King, 9; Addy King, 4; Bailey Harris, 3; Kaylee Hargis, 1.	

Riley Smith, 6; Allie Todd, 3; Kallee Collins, 2.

RCMS	39
Foley	34
Camryn Cash, 17; Haven King, 9; Allie Todd, 6; Makayla Coffey, 5; Riley Smith, 2.	
RCMS	36
Northern Pulaski	31
Camryn Cash, 15; Haven King, 12; Kallee Collins, 3; Allie Todd, 2; Kelsey Rowe, 2; Makayla Coffey, 1; Brooklyn Smith, 1.	
RCMS	21
South Laurel	49
Camryn Cash, 11; Kallee Collins, 6; Haven King, 2; Riley Smith, 2.	
RCMS	44
Clark Moores	27
Camryn Cash, 11; Haven King, 9; Makayla Coffey, 6; Kelsey Rowe, 5; Averi Dillingham, 4; Riley Smith, 4; Kallee Collins, 2; Brooklyn Smith, 2; Allie Todd, 1.	
RCMS	52
Garrard	45
Camryn Cash, 28; Addy King, 6; Riley Smith, 6; Averi Dillingham, 6; Allie Todd, 2; Kallee Collins, 2; Kelsey Rowe, 1; Molly Irvin, 1.	

8th Grade Record 8-5

RCMS	30
Caudill	45
Camryn Cash, 13; Haven King, 6;	

Subscribe

NOTICE

Rockcastle County Schools annual financial reports are available on the district website, located at the following URL:

www.rockcastle.kyschools.us

Race #9 of County-Wide Stride Series

RUNNING FOR THE ROCK

2nd Annual

5k Run / 2 Mile Walk
SEPTEMBER 14, 2019

8:00 AM
BRODHEAD ELEMENTARY SCHOOL

Proceeds benefit the
RCHS Boys Basketball Team

RUNNING FOR THE ROCK REGISTRATION FORM (Please Print Clearly)

Name: _____ Age: _____ Gender: M F

5K Run _____ 2 Mile Walk _____

If you think you might run, please sign up as a runner, to be fair to competitive walkers.

Shirt: UNISEX Shirt Size: YM ___ YL ___ Adult: XS ___ S ___ M ___ L ___ XL ___ 2X ___

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Emergency Contact: _____

E-mail: _____

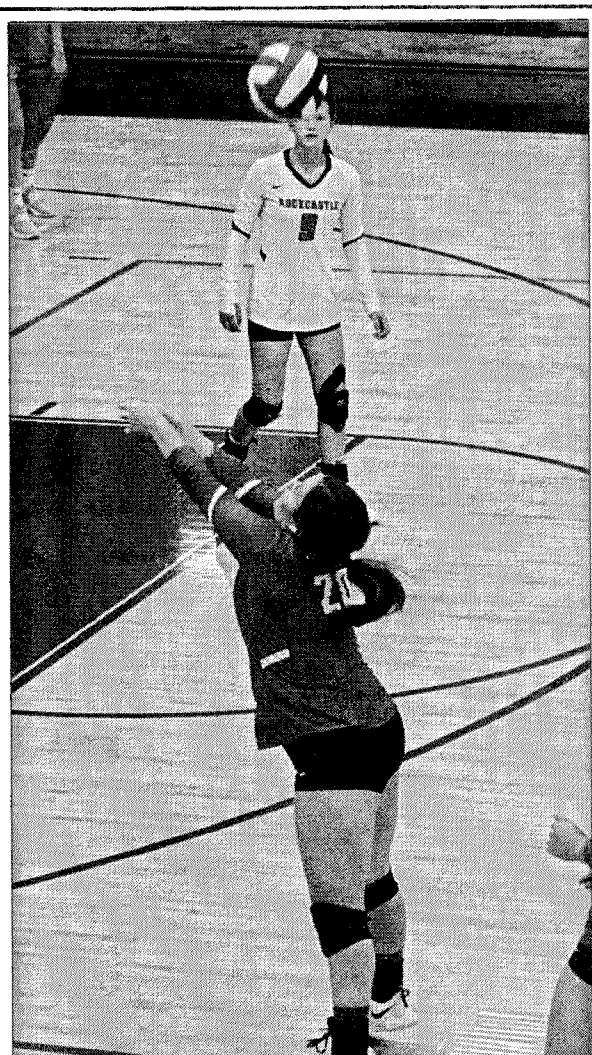
Pre-registration fee \$20 - Make checks payable to RCHS Boys Basketball. Return form and payment to any RCHS boys basketball player/parent or to Rockcastle Regional Hospital by September 6, 2019. Registering by 9/6/19 guarantees a long sleeve race shirt.

WAIVER
PLEASE READ CAREFULLY: Release and indemnity agreement - Running and/or walking a distance race is a potentially hazardous activity. I should not enter and participate unless I am medically and physically able, and properly trained. In consideration of entering the 5K Run/Walk, and intending to be legally bound, I do release and waive for myself and for my heirs, executors, and administrators (and for my child as its legal guardian) and claims for damages and liabilities of any kind arising out of my participation in the event against all persons, entities, and agencies involved with promoting and running the event. I hereby release all publication rights of any photographs or video taken at this event to RCHS Boys Basketball. By signing below, I indicate that I agree to abide by this agreement and acknowledge that I ASSUME ALL RISK ASSOCIATED WITH PARTICIPATING IN THIS EVENT.

Date: _____
Participant Signature (or parent/guardian signature if under 18)

Awards Overall male and female race winners and top 2 finishers from RCHS Boys basketball team.
Top 3 male and female finishers in each of the following age groups:
12-under, 13-15, 16-20, 21-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, and 75+
Top 3 fastest male and female walkers (Please note: to be fair to competitive walkers, if you register as a walker, you must walk the entire race.)

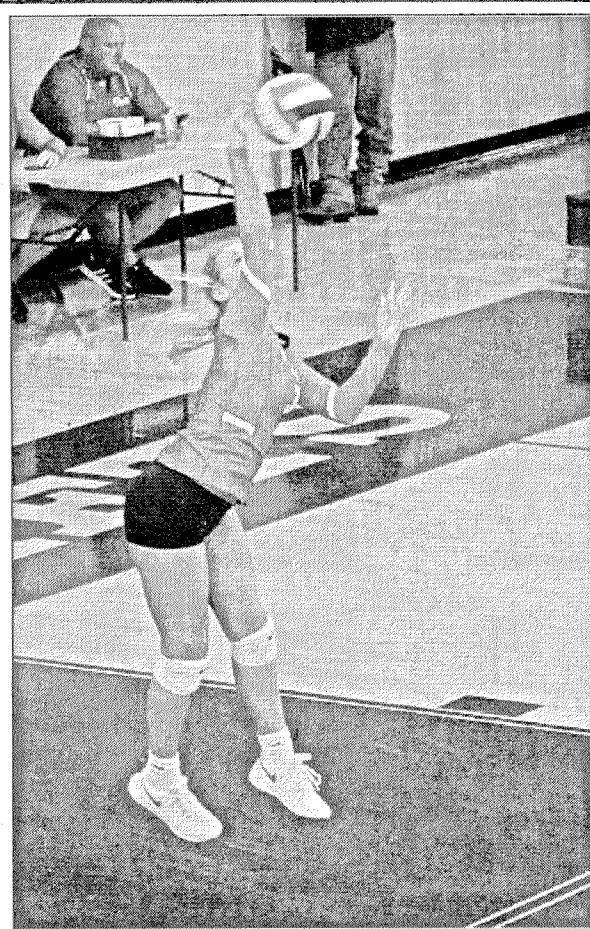
Pre-registration fee \$20.00 - by Friday, September 6, 2019. Registration fee on race morning will be \$25. Long sleeve Sport-Tek shirt guaranteed to all who register by September 6th. Return form to any RCHS boys basketball player/parent, drop-off to Rockcastle Reg. Hospital or pre-register online at <http://www.rockcastlehospital.org/race/september/>. You may also register on race morning 7:00-7:45 am, race shirts available on 9/14 while supplies last. Registration fees are not refundable. Questions? Contact Scott at 606-308-4518 or scottqthompson@yahoo.com



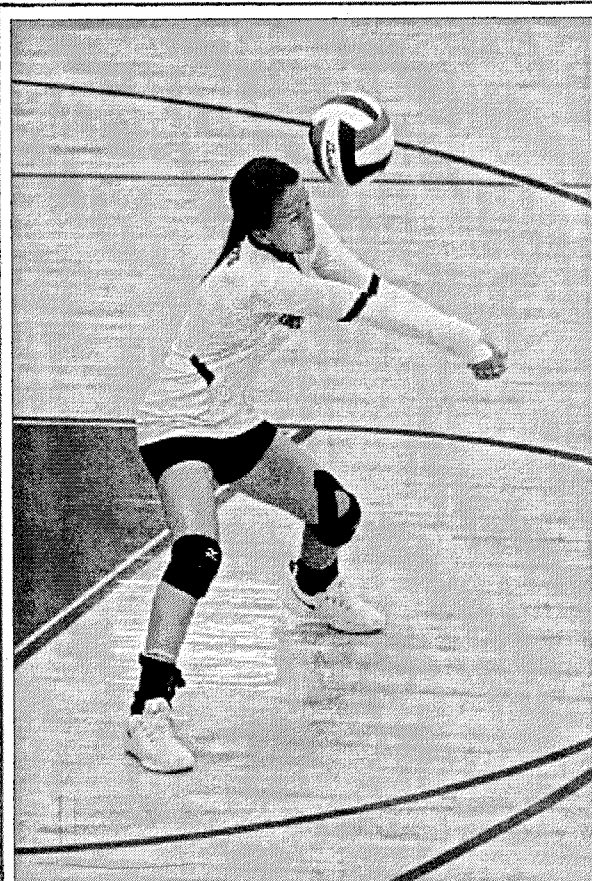
Emily Ponder sets the ball for a teammate in the Rockets' win over Lincoln County Tuesday night. The girls won 25-23, 25-12 and 25-13 and are 4-0 on the young season.



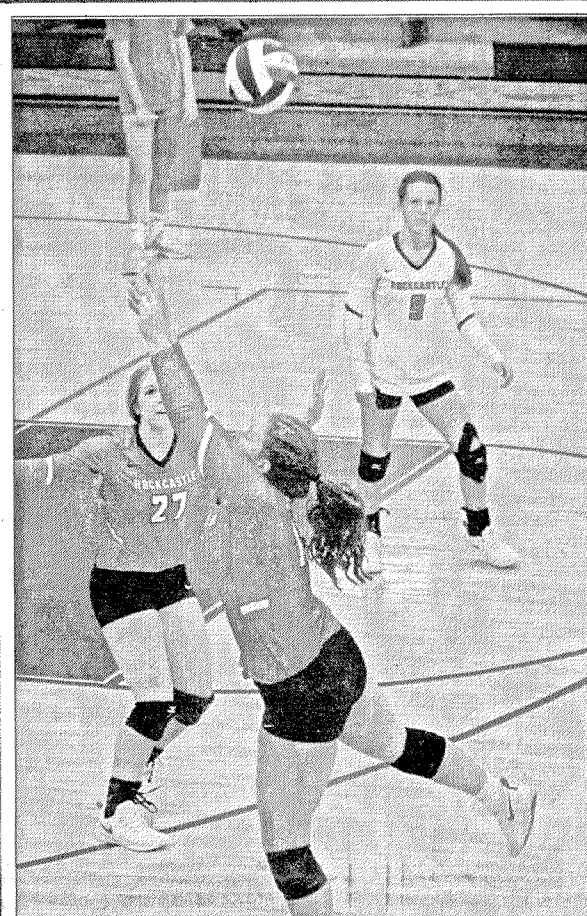
Amy Cornelius hits it over during the Rockets' win over Lincoln County Tuesday night. The Rockets have also picked up victories over Danville, Garrard and Boyle.



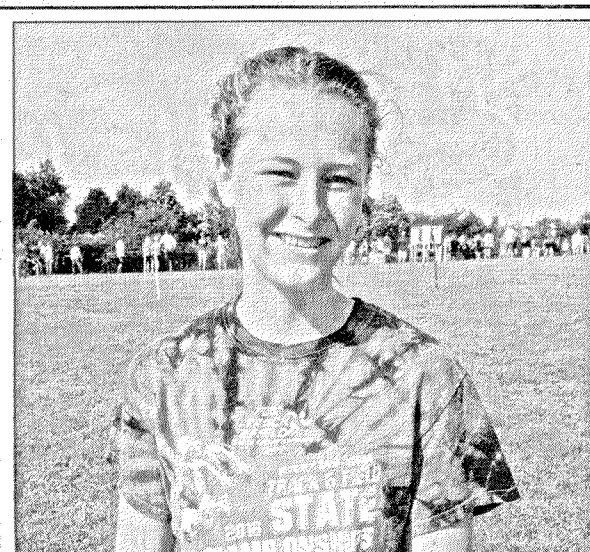
Jordan Eaton puts up a serve in the Rockets' win over Lincoln County Tuesday night.



Sarah Barron gets a dig in the Rockets' win over Lincoln County Tuesday night.

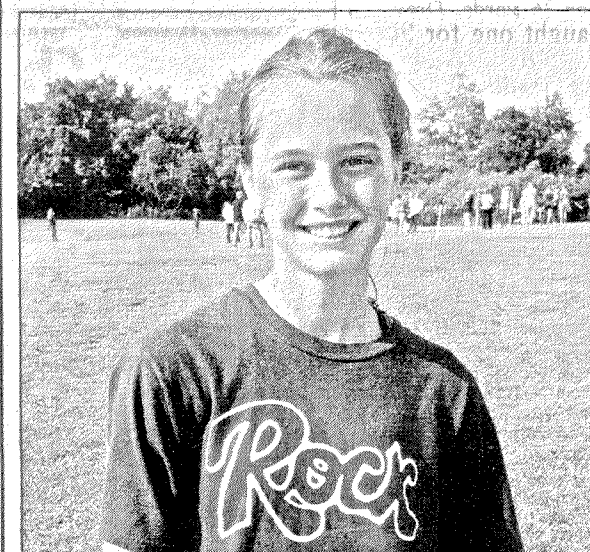


Valerie Franklin gets a dig in the Rockets' win over Lincoln County Tuesday night. The Rockets travel to Casey County Thursday night.

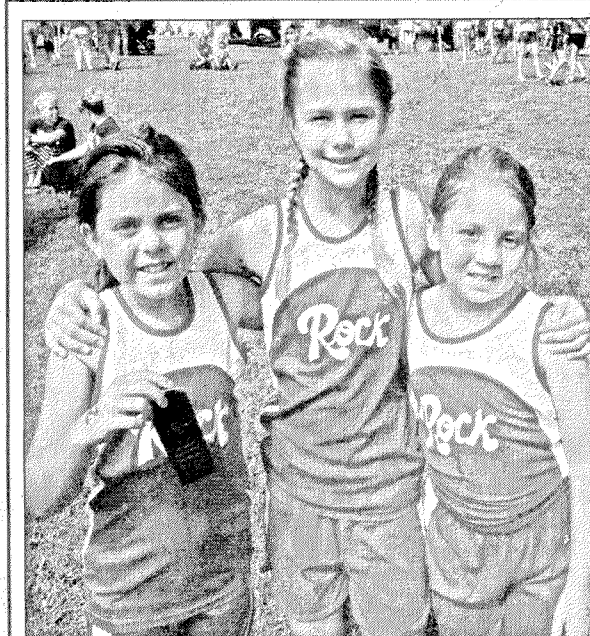


RCMS senior Tori Dotson got her season underway with an awesome 2nd place finish in the varsity 5,000-meter race with a great time of 20:45.42 at the Pulaski County Invitational on Saturday. She has her sights set on another Class 2A individual state title, having won the state championship in 2017. She leads a young group of runners, all freshman and below, and should help the team position themselves for a run at the regional title and a top four state finish. Tori hasn't made her college choice quite yet, but she's received interest from Marshall, Kentucky, Louisville, East Tennessee State, and many other great schools.

The RCMS girls' team had a great first meet of the season with three girls earning medals and placing in the top 10 at the Pulaski County Invitational on Saturday. On the 4,000-meter (2.4-mile) course, seventh grade newcomer Alyssa Hodge (second from left) led the Lady Rockets with an incredible 5th place finish overall and an amazing time of 17:42.51 in her first-ever cross-country race. Seventh grader Learin Reagan (second from right) placed 9th with an awesome race and an exceptional time of 18:49.33. Seventh grader Lila Holt (right) placed 10th with an awesome race and an exceptional time of her own, 19:02.71. Seventh grader Gracie Peavie (left) just missed a medal by one place with an awesome 16th place finish overall and an outstanding time of 20:58.10.



RCMS eighth grader Lexi Dotson had a sensational first race of the season at the Pulaski County Invitational on Saturday. She shattered her all-time personal best in the varsity 5,000-meter race with an awesome 3rd place finish and a great time of 21:14.79. She also has her sights set on the Class 2A individual state title and should push sister Tori pretty hard this season. She will play a vital role in the team's success as they seek to position themselves for a run at the regional title and a top four state finish.



At the Pulaski County Invitational on Saturday, Rockcastle's elementary girls' team got their season underway with several outstanding individual performances. In a race with 111 competitors, fifth grader Maliyah Swinney (middle) led the way for the Lady Rockets on the 1.1-mile course with an amazing second place finish overall and an awesome time of 8:06.79. Third grader Aria French (left) had an awesome race of her own, placing 22nd overall with an incredible time of 9:06.8. Fourth grader Kyley Ashcraft (right), competing with only a few days of practice, placed 75th overall with an impressive time of 12:00.76.

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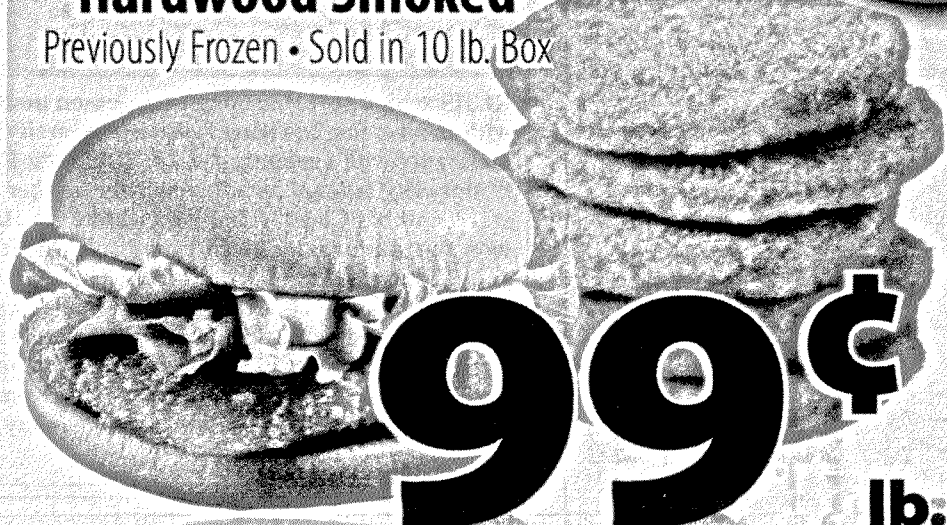
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Assorted Varieties • 10 pk.



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Assorted Varieties • 14.5-15.25 oz.

Mount Vernon Signal

Second Section

Thursday, August 29, 2019

Family pilgrimage to Normandy grave of Mount Vernon native

By Fran Stewart

The Normandy American Cemetery and Memorial is breathtaking to behold.

The brilliant blue June sky made a lovely backdrop for the manicured green grass, the sheltering trees and shrubs erupting from the mostly bare coastline, and the expanse of rows and rows of precisely aligned white crosses and intermittent Stars of David.

The 172-acre cemetery and World War II memorial overlooks the Atlantic Ocean, where 75 years ago, the water ran red with blood.

The natural beauty of this final resting place in France for more than 9,380 American service members is enhanced by a semicircular stone colonnade surrounding a large bronze statue titled "Spirit of American Youth Rising from the Waves."

Another 1,557 names of lost service members are memorialized on the Walls of the Missing. The large reflecting pool, uniformly shaped trees, and orderly system of gravel paths belie the chaos and horror of the 1944 D-Day Invasion and the sacrifice it required.

Our visit to the cemetery included a specific destination: Plot G, Row 16, Grave 13. That cross marked the remains of Pvt. First Class William Milton Cromer, who gave his life for his country on June 8, 1944, part of the 18th Infantry

Regiment that had stormed Omaha Beach. The Mount Vernon native was just 21.

We knew little about PFC Cromer, other than that he was a first cousin of our mother, Norma Payne Stewart. On rare occasion, we would hear reference to "Little Milt," as he was known among family and friends. Decades ago, I spent time in Mount Vernon interviewing elderly relatives for a college writing project. When I asked my great aunt, Eva Payne Bullock, about her memories of World War II, her eyes teared as she spoke of Little Milt. His life had been marked by tragedy early. His mother died when he was 2. His grandparents, Milt and Luvaney Payne, had helped raise him, and Aunt Eva grew to think of him more as a little brother than a nephew.

"He wrote to me all the time before he ... went overseas," Aunt Eva had told me back in 1986, when she was 77. She ultimately lived 99 years, all in Rockcastle County. "Of course, he didn't want to go, just like a lot of them. I always remembered what he said to me in a letter. He said, 'Well, of course, we can't all come back because a war is not won that way.'"

Much of the focus of the largest sea, air, and land operation ever undertaken centers on the D-Day losses on June 6, 1944,

when more than 4,400 Allied troops died (nearly 2,500 of them American) storming Normandy beaches or parachuting into Nazi-occupied France. But Operation Overlord, which ultimately liberated north-west Europe from German occupation, took nearly three months and cost 20,668 American lives. Total Allied casualties for the campaign are estimated at more than 225,000 dead or wounded.

Milt died two days into the operation, leaving behind a wife and 1-year-old son.

Our family trip to Normandy in June had been planned simply as a sightseeing tour honoring the 75 years since D-Day. Our father, Bill Stewart, had served in the Navy during World War II, seeing more bitter action than he ever thought fit to share with us but, thankfully, he had not been part of the ferocious Normandy operation. We originally were drawn, as thousands of other visitors are each year, to bear witness to the acts of courage and sacrifice. We had forgotten, or never really thought, about a personal connection until, just before the trip, my sister found our cousin's name among those interred at the Normandy cemetery. Our uncle Albert Payne, who at 84 represents a generation of family that is shrinking with each passing year, pro-

vided a fragment of a childhood memory. As a boy, he knew his older cousin Milt to be a "dead-eye Dick with a slingshot," deft in his ability to pick squirrels off fence posts.

Our family tour became something of a pilgrimage. As we stood at our cousin's cross, one brother, a retired colonel in the Kentucky Army National Guard, produced a Combat Service Identification Badge of the 149th Maneuver Enhancement Brigade. He placed the small shield atop our cousin's headstone, briefly interrupting the sea of uniform alabaster white with the herald of red, blue and gold. My other brother pulled from his pocket a small quartz rock that he had retrieved on a visit to Rockcastle County. We stood in quiet reflection before offering a prayer of gratitude. We then tucked the small piece of Rockcastle County deep in the grass beneath the grave marker, reconnecting Milt to the Kentucky home he left so long ago.

Aunt Eva told me, all those years ago, that she often wondered whether she would one day see her Little Milt again. "I worried about whether he was all right, you know, if Christ had saved him. You wonder about those things." She had prayed for a sign and had found com-

(Cont. to B2)



Renfro Valley Entertainment Center was honored to receive the award for 1st "Place for Live Music" on August 22 from Kentucky Living's Best in Kentucky 2019. The awards recognize the best our commonwealth has to offer and are based 100% on public vote. Jennie Martin, General Manager and Sarah Smith, Marketing, received the award presented by Jay Hall, acting commissioner with Kentucky Dept. of Tourism.

Cain joins Rockcastle County Extension Service

Rachel Cain has joined the staff of Rockcastle County Extension Service as a County Program Assistant. Rachel will be assisting Agents Garrard Coffey and Hazel Jackson —with Agriculture, Family Consumer Science, and 4-H.

Rachel is the daughter of Lee and Marcia Cain and graduated from Rockcastle County High School.

In May, Rachel graduated from Morehead State University with a BS in Animal Science, and is now pursuing her master's degree through Murray State University.

Prior to joining the Extension Service, Rachel interned with the Kentucky Cattlemen's Association.



Rachel Cain

Traffic checkpoints

In an effort to remove intoxicated drivers from the roadways, the Rockcastle County Sheriff's office will be conducting traffic safety checkpoints at the following locations in September.

North Wilderness Road and Lake Linville Road.

1-75 south off ramp at exit 62.

1-75 south off ramp at exit 59.

Highway 461 and White Rock Road.

Highway 150 and South Main in Brodhead.

Highway 1505 and Main Street in Brodhead.

Highway 1505 and Sweetwater Road.

North Wilderness Road near Rockcastle line.

Highway 490 and Red Hill Road.

Highway 150 and Williams Street.

West Main in Mount Vernon in front of middle school.

Copper Creek Road and Possum Kingdom Road.

Flat Gap Road between the tunnels.

East Fork Skaggs Creek Road and Remote Drive.

South Wilderness Road and Highway 490.

Livingston School Reunion

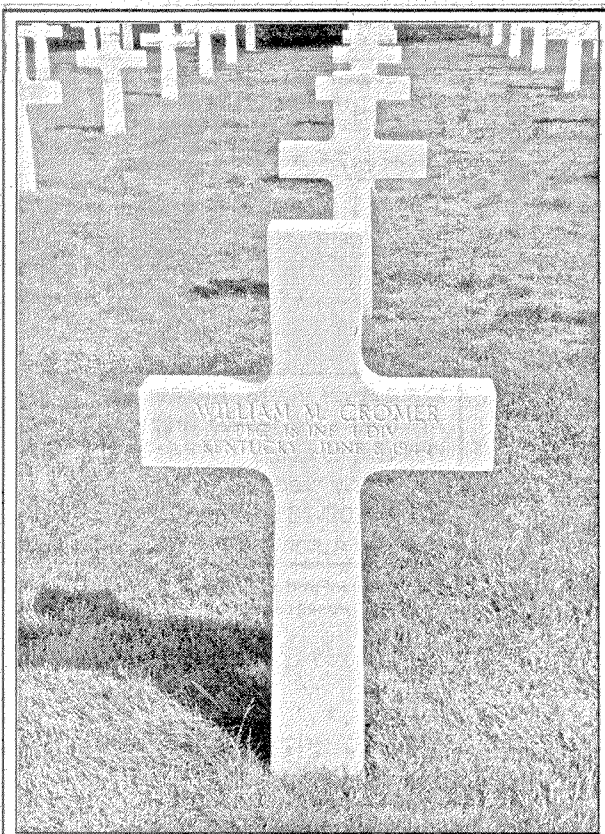
The Livingston School Reunion will be held on Saturday, October 5th in Livingston.

Registration will be open beginning at 4 p.m. in the Trail Town Visitor's Center and the Preston Parrett Gym. The evening program will begin at 6 p.m. in the Gym.

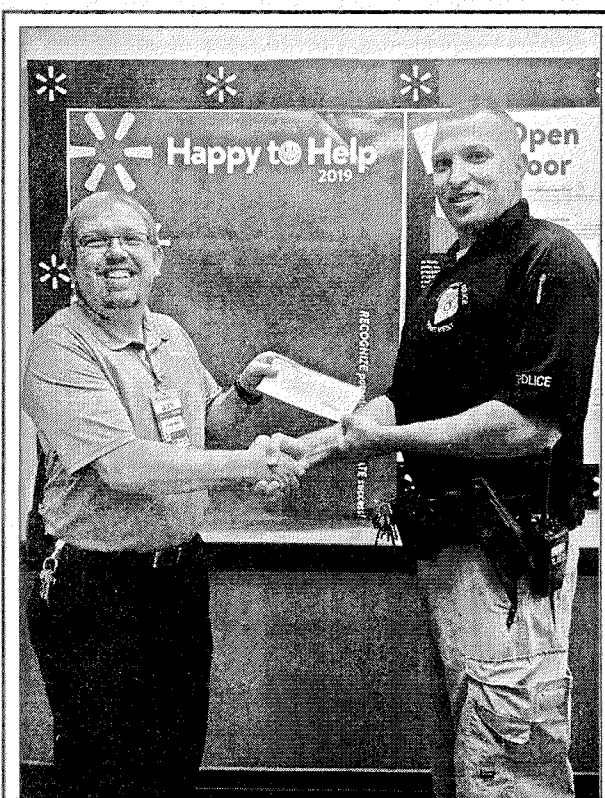
In lieu of a registration fee, individuals may make a voluntary donation to the Livingston School Revitalization Fund.

All former students, teachers, family and friends of the Livingston School are invited to attend.

If you have questions call Rose Mullins Brown at 606 308-1643 or Gary Mink at 606 308-3801.



Private First Class William Milton Cromer died June 8, 1944 after storming Omaha Beach in Normandy, France, as part of D-Day invasion operations. PFC Cromer, 21, was born in Mount Vernon and spent his entire life before service in World War II in Rockcastle County. (Photo courtesy of Charlie Wilson)



An official of Walmart in Stanford recently presented Brodhead Police Chief Travis Davis with a check for \$1,200. The check is from a grant awarded the department by Walmart. The funds will go toward new radar equipment to upgrade the department's traffic and speed enforcement.

Big Family:

The Story of Bluegrass Music

By: Mike French
Editor

If you like Bluegrass music, or if you like to support local talent, Friday night will provide you with a chance to do both while sitting in the comfort of your own home without spending a cent.

Friday, August 30, at 9 p.m. *Big Family: The Story of Bluegrass Music* will be aired on Kentucky Educational Television (KET). It is published by the Public Broadcasting System (PBS) across the nation.

If that in itself isn't enough to make you want to watch the program, you should know the producer and director of the show is Mount Vernon's own Nick Helton.

Helton graduated from RCHS in 1994 and went on to EKV where he completed a degree in broadcasting and now his latest project is about to be seen across the entire country.

"It's a very in-depth program about Bluegrass music and will be fun for anyone who appreciates Bluegrass," he said.

Nick and co-producer Matt Grimm, have completed the two-hour program and have included all the top names in Bluegrass music. Information about the "old time" Bluegrass stars all the way to the more modern styles of Bluegrass will be covered in the program.

The film will include vintage performance footage of Bluegrass music stars as well as modern shows that have become known in the Bluegrass community as among the best of performances.

"The story of Bluegrass music isn't simple" according to the producers, but this film covers the growth and development of the style of music from back porch pickers to huge stage perfor-

mances with modern style playing.

Though the film tells detailed stories about the life and times of some of those who established the Appalachian form of music, producers never backed away from the central focus of the Bluegrass music experience. While the film gives viewers a behind the scenes look into the world of Bluegrass, "At the heart of the film is music," says producers.

Those involved in the film invite everyone to make a bag of popcorn, grab your favorite cold drink and park in front of your television set Friday night at 9 p.m.

Are you a senior or do you have a loved one who is?
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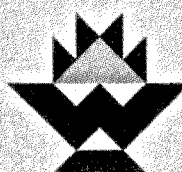
Join us for our FREE

Elder Financial Fraud Seminar

Join us Thursday, September 5th at 6 PM
at the Rockcastle County Extension Office
1050 West Main Street, Mt Vernon, KY 40456

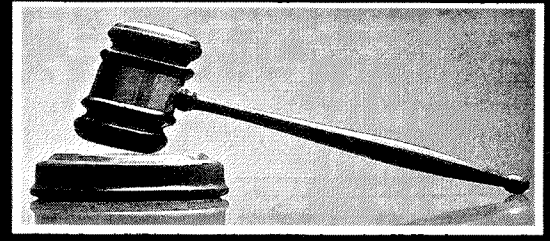
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RSVP Melinda Carter, Peoples Bank
Phone: (859)-986-6869



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News from the Rockcastle Courthouse



Marriage Licenses

Rhonda Sue Vanwinkle, 56, Mt. Vernon, head bank teller and Roger Dale Hasty, 65, Mt. Vernon, self-employed. 8/22/19

Deeds Recorded

Brandon and Brittney M. Campbell, property on Big Sinks Road, to Roy Miller. Tax \$122

U.S. Bank National Asso., property in Benton Bullock Subdv., to Jack and Linda Hill. No tax

Tammy and Brian Bailey, property on Big Sinks Road, to Roy Miller. Tax \$8

Kimberly E. and Trevis Gibson, property on Crawford St., to Marlon F. and Patricia E. Mullins. No tax

Marlon F. and Patricia E. Mullins, property on US 25, to Kimberly E. Gibson. No tax

William R. and Rose

Ramsey, property on Hammond Ford Road, to Keith and Trudi Davis. Tax \$110

Michael Collins, property on Cardinal Hollow Road, to Mitchell and Jenni Marie Weaver. No tax

Raymond D. and Janie Kirby, property on old U.S. 25, to Walter M. and Vanessa Howard. Tax \$215.

District Civil Suits

Midland Funding v. Ashley Martin, \$796 plus claimed due.

Danny Ford v. Robert Hopkins, Jr., eviction notice. C-00305

Circuit Civil Suits

PennyMac Loan Services v. Michael Berry, et al, \$112,846 plus claimed due.

Farm Bureau Bank, FSB v Thomas E. Spencer, Jr., \$10,511 plus claimed due.

Emma Leigh Clines v. Timothy Clines, petition for dissolution of marriage.

Anita Barnett v. Terry Barnett, verified petition for dissolution of marriage.

Discover Bank v. Rhonda G. Brinegar, \$5,253 plus claimed due.

Portfolio Recovery Asso. v. Breanna Patterson, \$8,532 plus claimed due.

Kevin Willenborg v. Daniel R. Kalthoff, complaint.

Community Trust Bank v. GLR Trucking, Inc., et al, \$39,575 plus claimed due.

Bobby Gerald Dollar v. Kim Sherry Dollar, petition for dissolution of marriage. CI-00167

District Court

Hon. Jeffrey S. Lawless

Jadon Lee Wilkins: possession of marijuana, \$100 fine plus costs.

Corey Lee Wilson: operating on suspended/revoked operators license, \$100 fine plus costs; failure of owner to maintain req. insurance/security, \$100 fine.

Melissa C. Woods: unauthorized use of motor vehicle, bench warrant (bw) issued for failure to appear (fta).

Nicholas S. Fields: speeding and failure to wear seat belts, license suspended for fta.

Speeding: Jeremy Cornelius Smith, license suspended for fta;

Cody M. Robinson: public intoxication, bw issued for fta.

Richard Lee Kirby: no/expired Kentucky registration receipt - plates, failure to produce insurance card, failure of owner to maintain req. insurance/security, improper display of registration plates, failure to register transfer of motor vehicle, operating on suspended/revoked operators license, bw issued for fta.

Bobby D. Land: no/expired registration receipt - plates, failure of non-owner operator to maintain req. in-

urance, failure to produce insurance card, license to be in possession, bw issued for fta.

Daniel Hunsucker: speeding, operating on suspended/revoked operators license, reckless driving, bw issued for fta.

Johnny Harper: failure to or improper signal, failure to wear seat belts, failure to produce insurance card,

failure of owner to maintain req. insurance/security, operating on suspended/revoked operators license, bw issued for fta.

Anna M. Ellison: improper use of left lane/over-taking vehicle, license suspended for fta.

Johnathan J. Dennison: improper start from parked position, careless driving, license suspended for fta.

Rick Austin Barron: failure to wear seat belts, failure to produce insurance card, failure of non-owner operator to maintain req. insurance, bw issued for fta.

Robert Couch: failure to give right of way to emergency stopped vehicle, \$250 fine/suspended plus costs.

Tameka Lynn Chadwell: non-support, sentencing order entered.

'Pilgrimage'

(Cont. from B1)

fort in a dream. "I can still see it in my imagination now," she had said, her eyes moist with tears. "After that, I said I know that he's all right. God took care of him and one day, when I'm gone, I'll see him again."

We can hope for such happy reunions in another life. Yet, in this life, we must continue to honor those who served and sacrificed by sharing their stories.

Thank you, PFC William M. "Little Milt" Cromer, your family remembers and mourns.

Stewart, a writer and researcher living in Solon, Ohio, remembers fondly visits with her grandparents, great-grandmother and other relatives in Rockcastle County.



Cousins of Private First Class William Milton Cromer visit his grave in the Normandy American Cemetery and Memorial during a family trip in June. Pictured from left are: Jon Stewart of Nicholasville, Fran Stewart of Solon, OH, Col. Alexander "Xandy" Stewart (retired) of Maysville, Alice Stewart of Greensboro, NC, and Toy Stewart Biederman of Worthington, OH.

STRUGGLING WITH ADDICTION?

Toll-free Treatment Help Line
1-866-90-UNITE

Take control of your life TODAY!

Notice

The Rockcastle County Cooperative Extension Service's most recent audit and adopted budget can be viewed anytime on the Department for Local Government's Public Portal website:

<https://kydlgweb.ky.gov/entities/16Spgehome.cfm>

If you would like to view our most recent financial statement, please visit us at our home office located at 1050 West Main Street, Mt. Vernon, KY 40456, during our normal office hours M-F 8:00-4:30 and closes noon to 1 p.m. for lunch.

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Dr. Gary King
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NOTICE OF HEARING

The Rockcastle County Board of Education will hold a public hearing at
250 Richmond Street, Mt. Vernon, KY 40456 on August 29, 2019 at 6:00 p.m.

The General Fund tax levied in fiscal year 2019 was 42 cents on real property and 42 cents on personal property and produced revenue of \$1,813,124.61.

Recommendation: to set 2020 tax rates at 42.2 cents per hundred and the personal property tax rate at 42.2 cents per hundred, motor vehicle tax rate at 48.3 cents per hundred and utility tax rate at 3% and schedule public hearing for August 29, 2019 at 6:00 p.m.

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- Quickie Market, Manchester
- Jack's IGA, Beattyville
- Price Less Foods, Irvine
- Town & Country, Annville
- Town Market, Oneida
- Rite Kwik Market, Burning Springs
- Fill-Ups Gas & Grocery, Clover Bottom

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CHURCH NEWS

Let the Bible Speak

Tune in to "Let the Bible Speak," with Brett Hickey, on Sunday mornings at 6:30 a.m. on LEX18.

Rockcastle County Recovery Meetings

Monday-Celebrate Recovery-Brodhead: Community Outreach Center, every 6 to 8 p.m. Leader: Nathan DeLeon 859-230-9590/Kathryn Pope 606-308-3099.

Tuesday-Celebrate Recovery-Mt. Vernon. Northside Baptist Church, 606-256-5577, Tuesday, 6-8 p.m. **Please call by 4 p.m. if you need a ride on the church van.

Wednesday-Celebrate Recovery-Step Studies. Northside Baptist, Mt. Vernon at 7 p.m. 606-256-5577. Men and women, small groups.

Thursday-Celebrate Recovery-Step Studies - Women Only. Community Outreach Center, Brodhead, every 6:30 p.m. Leader: Kathryn Pope 606-308-3099.

Friday-Celebrate Recovery-Livingston at Livingston School cafeteria. 6 to 8 p.m. Leader: J.R. Cornelius, 859-314-7828.

Revival Services

Revival services begin at Sunrise Baptist Church September 8th and will continue through Wednesday, Sept. 11th.

Sunday morning service at 11 a.m., following Sunday School at 10 a.m. Week night services will be at 7

o'clock.

Speakers include: Bro. David Gambrel, Sunday morning; Bro. Wesley Russell, Sunday night; Bro. Bill Meece, Monday night; Bro. William Brown, Tuesday night and Bro. Randy McPherson, Wednesday night.

Pastor Johnny Adamson and congregation extend an invitation to all.

Fall Homecoming

Fall is just around the corner and, at First Christian Church, that means Fall Homecoming! FCC would like to announce our 2019 Fall Homecoming, September 8-11.

Our speaker is Chip Deneff from Union City Christian Church, Richmond.

We will begin Sunday morning, September 8th at 11 o'clock and will meet again that evening at 6 o'clock and then meet each evening, Monday through Wednesday, at 7 o'clock.

The church is located at 160 West Main St. in Mt. Vernon.

For information, or a ride, call 606-256-2876.

Tailgate Sunday

First Baptist Church in Mt. Vernon will host a Tailgate Sunday on Sept. 8th. The event will honor the fall student athletes at Rockcastle County High School.

Everyone is welcome to attend the service which begins at 10:45 a.m. and will be followed by some classic tailgate food and games.



'68 LHS Private School Reunion

The LHS Class of '68 Private School Reunion is Saturday, September 21st at 4 p.m. in the LHS cafeteria. All classmates attending any or all four years through graduation in '68 are invited to attend. Please bring a dish to share and prepare for an evening of fun and a walk down memory lane. Voluntary donations will be accepted for the room rental with additional monies going to the LHS Restoration Fund.

Upcoming Reunions

Mullins Reunion

The Mullins Reunion at Mullins Station will be held Saturday, August 31st at the Fairview Cemetery.

Please come and bring a covered dish and renew old times and acquaintances.

Will be looking forward to seeing everyone.

Cash Reunion

The Cash Family Reunion will be held Saturday, August 31st, beginning at noon at Quail Community Park. Bring a covered dish. All invited.

Marler, McClure and Stevens Reunion

The Marler, McClure and Stevens Reunion will be held Saturday, August 31st at Sand Springs Baptist Church's picnic shelter, beginning around noon. Come, bring a covered dish, and enjoy the day with us.

Family and friends are welcome. We'll be looking for you.

McGuire Reunion

Descendants of Manley and Sylvia McGuire will hold a reunion Sat., August 31st, beginning at noon, in Singleton Valley.

Everyone welcome. Bring a covered dish.

Davidson Reunion

The 65th Davidson Reunion will be held at "the old homeplace" in Morris Valley on Sunday, September 1st.

Please bring a covered dish and enjoy a day of fellowship, music, singing, storytelling and family history.

Reppert Reunion

The Reppert Family Reunion will be held Sunday, September 1st, beginning at 1:30 at the Folk Center, 212 W. Jefferson St., Berea.

Please bring a side dish and/or a drink to share, a donation, a family recipe and your entire family. Fried chicken, plates,

napkins, silverware, cups and ice will be provided.

Hamm Reunion

The Hamm Reunion will be held Sunday, September 1st at Quail Community Park on Hwy. 70. Lunch will be served at noon.

Bring food and enjoy the day.

Graves/Hayes/Owens Reunion

The Graves/Hayes/Owens Reunion will be held this year at the Woodstock Community Center on Saturday, September 7th with dinner at noon. Bring a covered dish.

Everyone welcome.

Barnett Reunion

The Barnett Family Reunion will be held at Red Hill Horse Camp on Sunday, September 8th, beginning at noon.

Bring a covered dish and enjoy the day with us.

2019 Hummel Homecoming

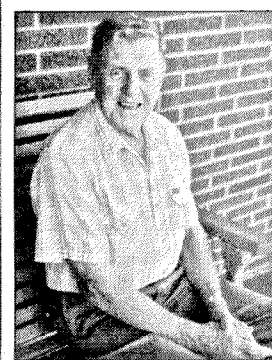
Come join us and see friends and relatives you haven't seen since last year on Saturday, August 31st, beginning at noon. The event will be held across the tracks on Hummel Road in Hummel Holler. Bring a covered dish. For more information, call 606-308-3466 or 606-308-9587.

Pine Hill School Reunion

The Pine Hill School Reunion will be held Saturday, August 31st at Pine Hill Church Fellowship Hall. Bring a covered dish. The event will begin around noon.

RCHS Class of '74 Reunion

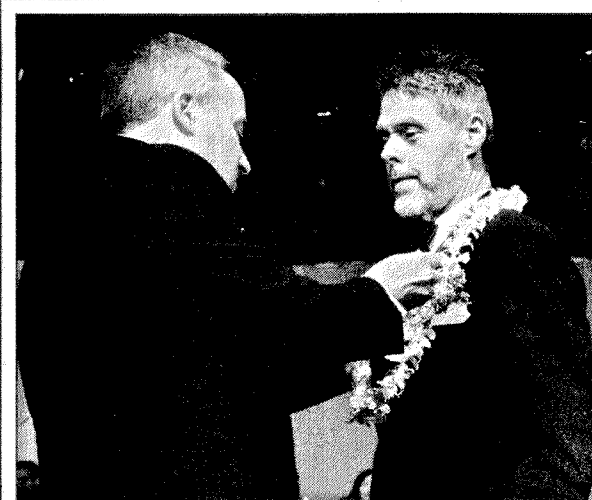
There is still time to make reservations to attend the RCHS Class of 1974's 45th Reunion, scheduled for Saturday, September 14th. Please refer to the letter you received for details.



89th Birthday

Junior Sowder celebrated his 89th birthday on April 24, 2019.

If you drive down Spiro Road in Mount Vernon don't be surprised if you see this hard working man out on the farm working any time of day.



Randall Powell AIFD, CFD of Mount Vernon, with Foley's Florist in Berea, was awarded the floral industry's coveted Accredited in Floral Design ("AIFD") designation and was inducted into the American Institute of Floral Designers (AIFD®). The ceremony took place on Tuesday, July 9 at AIFD's internationally acclaimed 2019 Symposium "Awaken" held July 6 - 11 in Las Vegas, Nev.

Hospice Care Plus Noodle Nirvana announces new community partner

Noodle Nirvana, a fast-casual restaurant featuring homemade, Thai-inspired noodle bowls, has announced its most recent community partner.

Hospice Care Plus, Rockcastle County's sole provider of home hospice, home palliative, and bereavement care, is the fourth non-profit organization to be the beneficiary of Noodle Nirvana's mission to thrive as a small business while supporting its community with high-impact donations to local non-profits over the course of a year.

From August 1 through June 30, 2020, 25% of profits every first Tuesday of the month and in-store tips and gratuity each day will be donated to Hospice Care Plus. In addition, Hospice will be featured on Noodle Nirvana's non-profit wall throughout the designated

time period, and the organization will host an information booth at the Berea restaurant on the first Tuesday each month.

"We are so grateful to Mae, Adam, and the entire Noodle Nirvana family for selecting us, and to their customers for making these partnerships so successful," said Brenna Wallhauser, Hospice's director of public relations. "It's an unparalleled opportunity not only to raise funds for the care we provide, but also to raise awareness about both our hospice and palliative care programs."

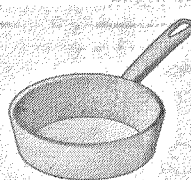
Owner Mae Suramek and her husband Adam both had hospice care with their fathers.

"We learned first-hand how important hospice care is," said Suramek. "So, it's

(Cont. to B8)

Mamaw's Kitchen

By Regina Poynter Hoskins



CROCK POT BEEF STEW

2 pounds chuck meat, cut into cubes
1/4 cup flour
2 tablespoons olive oil
1/2 cup red wine or water
1 cup beef stock
2 potatoes, peeled and cubed into 1-inch pieces
2 stalks celery, sliced
2 carrots, peeled and sliced
1 large onion, chopped into cubes
2 garlic cloves, minced
1 teaspoon salt
1 can (15 ounce) diced tomatoes

Place the cubed meat and flour and in Ziploc bag, seal and shake until the pieces are fully coated with flour. Heat the olive oil in a large sauté pan over medium high heat and sear the pieces of meat for about 4 minutes until all sides are nicely brown. Remove the meat from the pan and place in the crock pot. Add the red wine or water and stock to the sauté pan. Scrap off the bits of meat that have browned in the bottom of the pan. Bring mixture to a boil; let boil for one minute. Add liquid to the crock pot along with the remaining ingredients and combine. Cook on low for 6-8 hours.

CP LAZY DAY STUFFED CABBAGE

1 medium cabbage, coarsely chopped
1/2 cup beef broth

1 pound lean ground beef
1 small onion, chopped
1/2 teaspoon salt
1/2 teaspoon Worcestershire sauce
1/4 cup rice
1 egg white
1 can tomato soup
1 cup water
Put cabbage in bottom of slow cooker. Add beef broth. Mix meat, salt, onion, Worcestershire sauce, rice, and egg white. Form into meatballs. Place on top of cabbage trying not to let them touch each other. Mix soup and water. Pour over meatballs. Cover and cook on Low for approximately 6 hours.

CROCK POT HAM BALLS

2 pounds ground ham
1 cup cracker crumbs
1/4 cup minced onion
2 eggs
2 tablespoons minced fresh parsley
1 cup packed brown sugar
1/2 cup cider vinegar
1 tablespoon prepared mustard
1 cup hot water
Mix together the ground ham, cracker crumbs, minced onion, eggs, and parsley; shape into balls. Place in a slow cooker. Mix together the brown sugar, vinegar, mustard, and water until blended. Pour the sauce over ham balls in the crockpot. Cover and cook 4 to 6 hours on low.

Rockcastle County Recycling Center open for recycling drop-offs

The Rockcastle County Recycling Center is located at 2528 South Wilderness Rd (US 25 South) next to 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 all related 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 (at the back baseball field)
- 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.

Triple E Roots & Herbs We will be buying fresh Ginseng, beginning Sunday, September 1st.

Dry Ginseng on Sun., Sept. 15th

Also, we will be buying: Golden Seal Root and Herb; Blood Root; Black Co Hash Root and Wild Yam Root.

Call 606-308-4834 or 606-392-6448 for more information

There Is A Standard

It is strange how that we can accept the laws of man and obey them, but somehow when it comes to the standard of God, we are blinded because we allow ourselves to believe the laws of God are not binding. Romans 6:16 Know ye not, that to whom ye yield your servants to obey, his servants ye are to whom ye obey, whether of sin unto death, or of obedience unto righteousness. God is the supreme law giver. He has set the standard. He has the right to set the penalty if we don't obey his law.

If you borrow money from a bank, they have standard that you pay the money you borrow back to the bank, by the way of monthly payments, and if you fail to make those payments, they may punish you in many different ways. Everyone or thing has a standard and they demand a certain conduct from others.

A Christian name should be a name that is respected not only in churches but also throughout this world in general, we need as Christians, servants of the almighty God remember this, at all times. That our influence carries a lot of weight and when we do not live the way the Bible teaches, it affects the whole church. Much like this story I heard about this merchant who had a basket of apples to sale, they were two or three that were bad instead of hiding them in the bottom of the basket he put them on top in clear view, the passerbyers look at those two or three apples that were bad and assumed they were all bad, many do the same about the Church, folks we must be careful the image we project, because it does affect us all.

2 Timothy 2:19 Let everyone that nameth the name of Christ, depart from iniquity. If there are things in our life that are not right, we need to fix it today and remember that God's standard is one that cannot be broken or changed or manipulated to fit our mistakes.

Proverbs 22:1 tells us: A good name is rather to be chosen than great riches, and loving favor rather than silver and gold. A Christian name should be a name that is respected everywhere not just in the house of the Lord but also in the community. If you are a faithful Christian you have a good name, a name that gives glory to the Son of God.

When we become a Christian our life changes. Many of the friends we used to have, we may no longer be our friends, because of the life they live, and they may think that we are strange. 1 Peter 4:4 Wherein they think it strange that ye run not with them to the same access of riot, speaking evil of you. Those old friends may have all kind of things to say about us after we no longer run around with them doing those that are evil, they may laugh at us, call us names, and make up stories that are not true. We must remain true to God and pray those old friends will someday see the light, because there is standard, and God outlines it in his holy word. The best we can do is just say NO, until those old friends listen to what we have to say. Ecclesiastes 12:1 Remember thy creator in the days of thy youth. Become a Christian by following the standard, by believing Jesus Christ is the Son of God, repenting of your sins, confessing the name of Christ, and then be baptized for the forgiveness of your sins. Acts 2:38

Thank you so much for reading this article. I pray God is supplying your needs, and your spirit is high. We would love for you to come and worship with us at the Chestnut Ridge Church of Christ.

Chestnut Ridge Church of Christ

Sundays @ 10 a.m. & Wednesdays @ 7 p.m. • Everyone Welcome
Bro. Ova Baker 606-878-8104 • Bro. Dale McNew 859-582-4021

Church is located 2 Miles South of Mt. Vernon on Hwy. 25

Local students sign with local universities to become future agriculture teachers

Students from across the state of Kentucky gathered together at the Kentucky FFA State Convention on June 12 to sign letters of intent to become agriculture teachers with their respective universities. The students are current high school seniors and college students who are changing their majors to agricultural education.

Christian Hope Holbrook of Brodhead and Adam Elisha Blanton of Mt. Vernon were two of the students that signed to teach agriculture. Holbrook plans to attend the University of Kentucky and Blanton plans

to attend Eastern Kentucky University.

When asked why they wanted to peruse a career in agriculture education Holbrook responded "I want to be an Agriculture Educator because of the influence my teachers have made on me. I want to be the light for students who don't believe in themselves. Show them they have potential and can do anything they set their mind to. Because of the experience I've had in FFA I hope to consider my students one day, part of the family." Blanton stated that "I wish to inspire high school students to pursue a career in ag-

riculture." Agricultural education teaches students about agriculture, food and natural resources. Through these subjects, agricultural educators teach students a wide variety of skills, including science, math, communications, leadership, management and technology.

Agricultural Education uses a three-circle model of instruction. These are classroom and laboratory instruction, leadership development, and experiential learning. The successful integration of each of these three components results in a strong program that produces well

rounded individuals who are prepared to be leaders in agriculture, business, and industry.

It is estimated that there will be hundreds of unfilled positions across the United States this

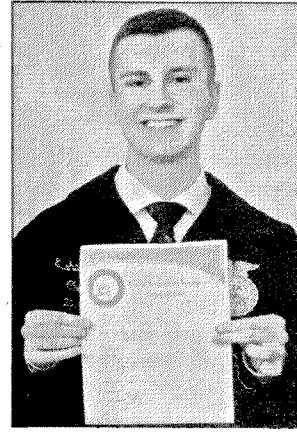
year, simply because not enough students are choosing to be agricultural educators, so it is imperative that we encourage our students to enter the classroom.

This Teach Ag Signing

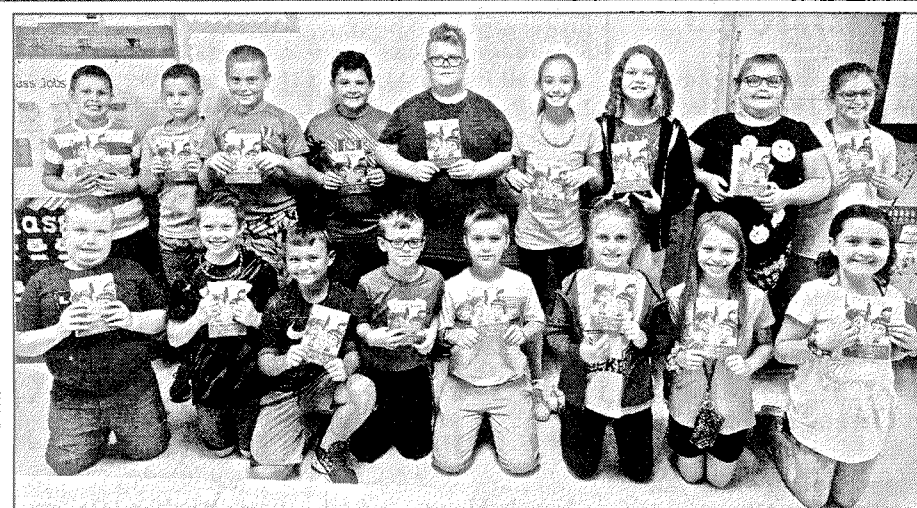
Day event is a component of the National Teach Ag Campaign, an initiative of the National Council for Agricultural Education, led by the National Association of Agricultural Educators. It is funded by the CHS Foundation, DuPont Pioneer, and Growth Energy as a special project of the National FFA Foundation. The National Teach Ag Campaign raises awareness of the need to recruit and retain quality and diverse agriculture teachers, encourages others to consider a career in teaching agriculture, and celebrates the positive contributions that agriculture teachers make in their schools and communities. For more information about the National Teach Ag Campaign, please visit www.naae.org/teachag.



Christian Hope Holbrook



Adam Elisha Blanton



Mrs. Lyndsey Reams's 4th Grade class would like to say thank you to everyone who sponsored a student in their class for this school year. Each student gets to receive a Scholastic book every month thanks to sponsors. Their book this month is "Frindle."

Mount Vernon Message

Class News

Mrs. Lyndsey Reams's 4th grade class would like to say thank you to everyone who sponsored a student in our class for this school year.

Each student gets to receive a Scholastic book every month thanks to our awesome sponsors! Our book this month is, "Frindle."

School News

Silcox's Shaved Ice will be at MVES on Friday.

FRC News

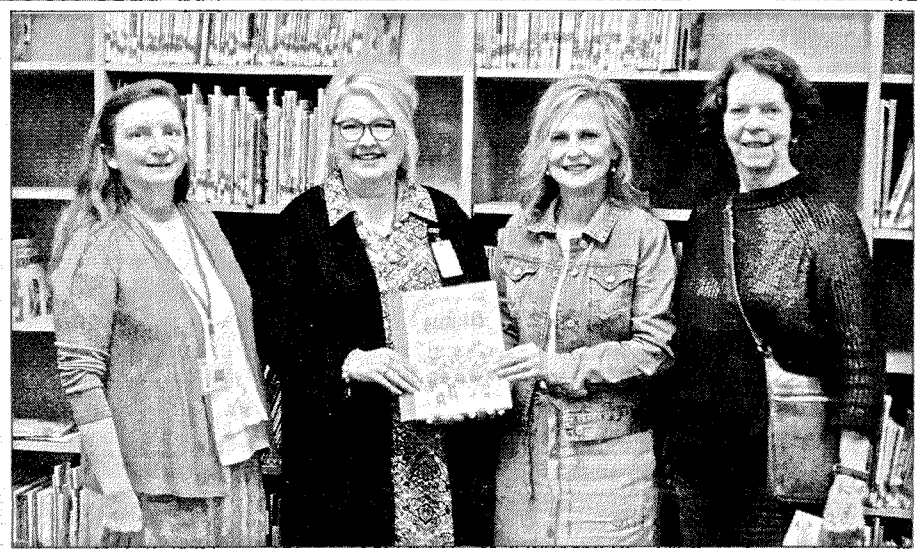
After School Enrich-

ment classes are each Tuesday from 3:10 until 4:25. Please be here on time to pick up your student.

DAVE'S PAINTING

David Alexander
References upon request
859-302-5857

Hard work at an honest price
dependable Dave will treat you nice
Philippians 4:13



The Rockcastle Garden Club is donating a beautiful children's book to the Mt. Vernon Elementary School Library titled *We Are The Gardeners* by Joanna Gaines and children. Club members hope teachers will find the book useful when teaching about growing food and flowers. Club members Mary Woodall and Nancy Mullins are shown presenting the book to librarian Susan Coffey and assistant Jacqueline Bishop (center).

Weichert
REALTORS

OPEN HOUSE
Sunday,
September 1st
2:00 - 4:00 p.m.

195 Coral Drive
Mt. Vernon, Ky.
MLS #1903848
Host: William Clontz
859-248-5991

Mount Vernon, KY
606-256-5229
richmond@fordbrothersinc.com
www.wrrichmond.com

Ford Brothers

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Minds in the Middle

Any student interested in joining the RCMS Choir should see Mrs. Burdette for an information sheet and permission form. No auditions are required.

Choir will begin on Thursday after school until 4:45.

Any student wishing to join the art club will need to pick up a permission form from Ms. Smith. Permission forms must be returned to Ms. Smith before September 5th.

7th and 8th grade students who are interested in joining the yearbook staff may pick up an application this week from Mrs. Laswell or Ms. Rachel Johnson during homeroom.

Silcox Shaved Ice will be here this Thursday, August 29th. The cost is \$3.

Friday will be Hats Off to Abby Day in memory of our former student who passed away after battling cancer. Students can donate \$1 to the Abby Langford Community

Scholarship Fund and wear a hat on Friday.

Thank you to our kind kids of the week: Landon Reppert, Corey Day, Landon Collins, Zeke Fain, Gabe Clouse, Cameron Ferch, Makaylee McNally, Emily Forman, Harley Mink, Kaylee Hargis, and Dalton Hopkins.

September is Suicide Prevention Month. According to the Centers for Disease Control and Prevention (CDC) in 2017 suicide was the second leading cause of death among individuals between the ages of 10 and 24.

There were more than twice as many suicides in the United States as there were homicides. During the next couple of weeks, Mrs. Cromer and Mrs. Payne will be speaking to all students about suicide prevention.

Use this opportunity to remind your child that they have an open door of communication with you always.

ROCKCASTLE COUNTY FISCAL COURT

DATE: August 13, 2019

NOTICE OF PUBLIC HEARING ON PROPOSED ROADWAY

PURSUANT TO KRS 178.070, a Request has been filed by Citizen, William Cromes, for the Fiscal Court to discontinue a portion of Mahaffey Hollow Rd, and;

A Committee of Viewers having filed a report that no inconvenience would result from the discontinuance of a portion of Mahaffey Hollow Rd, and;

The proposed discontinuance being described as follows:

Beginning at 2360 feet on Mahaffey Hollow Rd which is the beginning of the property line of William Cromes continuing to the end of the current county maintenance, which is a distance of 843 ft. to be closed.

A public hearing will be held on the proposed discontinuance for the purpose of receiving public comments and in addition, to address the following specific question:

Does the portion of Mahaffey Hollow Rd proposed to be closed provide a necessary access for a private person; and what inconvenience will the discontinuance of this portion of the road cause?

DATE OF HEARING: September 10, 2019
TIME: 5:30 pm
LOCATION: Courthouse, 3rd Floor Conference Room

A copy of this Notice shall be posted at the Courthouse, in the vicinity of the roadway Affected, and published two (2) times in the *Mt. Vernon Signal*.

This the 13 day of August, 2016.

William Clontz
ROCKCASTLE COUNTY JUDGE/EXECUTIVE

Patricia Martin
FISCAL COURT CLERK

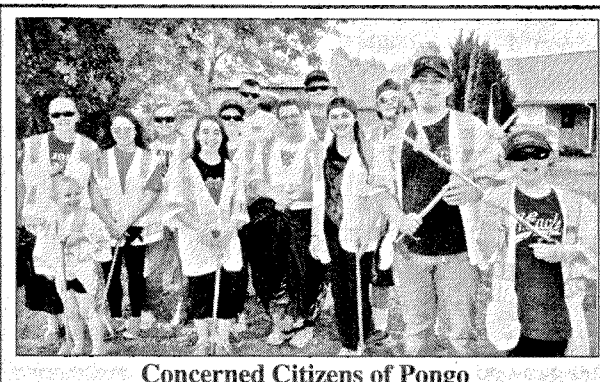
Legal Notice

In accordance with Chapter 65A.080 (2), KRS 424.220, of the Kentucky Revised Statutes, the financial report and supporting data may be inspected by the public at the Rockcastle County Conservation District Office located at 153 Andover Lane, Mt. Vernon, KY 40456, between the hours of 8:30 a.m. - 4:30 p.m., Monday through Friday. The Rockcastle County Conservation District holds its regularly scheduled monthly board meetings at 7:30 pm (Spring/Summer) and 6:30 pm (Fall/Winter) on the 3rd Monday of each month at the USDA Service Center at 153 Andover Lane, Mt. Vernon, KY 40456. All meetings are open to the public.

Another successful Pride Spring Cleanup



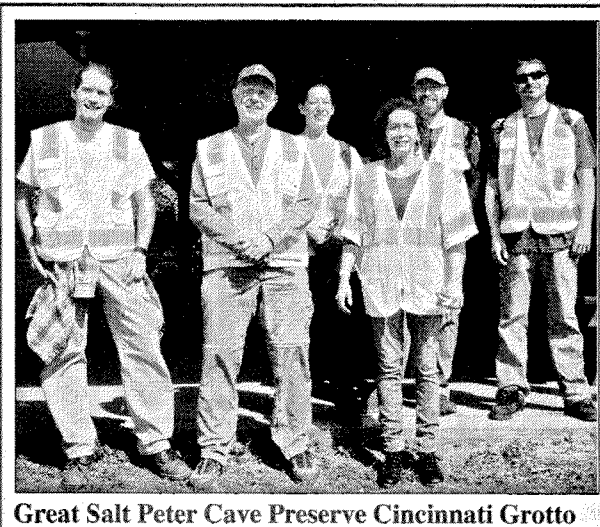
Brindle Ridge Baptist Church



Concerned Citizens of Pongo



Freedom Baptist Church



Great Salt Peter Cave Preserve Cincinnati Grotto

For 2019 fiscal year

“Ag Tag” donations are second highest ever recorded

Kentucky farmers donated \$613,246.37 to the Ag Tag Program in the 2019 fiscal year ended June 30, slightly more than the total for fiscal 2018 and the second-highest total in the history of the program, Agriculture Commissioner Ryan Quarles announced.

“The Ag Tag Program has succeeded in providing much-needed funding for promoting agriculture and educating Kentucky’s youth on the importance of agriculture in our everyday lives,” Commissioner Quarles said. “We are deeply grateful to every Kentucky farmer who made a voluntary donation. Your generosity will help ensure that Kentucky agriculture has a bright future.”

The voluntary donations are divided equally among Kentucky 4-H, Kentucky FFA, and the Kentucky Department of Agriculture (KDA). The KDA uses its share of the Ag Tag funds for various programs such as the Ag Athlete of the Year awards, the Kentucky Leopold Conservation Award, Kentucky Women in Agriculture, and the University of Kentucky Grain and Forage Center of Excellence.

“The Ag Tag program has become foundational to the Kentucky FFA Foundation and the 169 FFA chapters across the state,” said Sheldon McKinney, executive director of the Kentucky

FFA Foundation. “It enables us to award much-needed grants for local programs to enhance student opportunities with current technology and equipment. The program allows us to give travel scholarships to students that earned the opportunity to compete at the National FFA Convention and supports regional FFA banquets across the state. These donations – \$10 at a time – add up to make an impact you can’t measure in dollars.”

“Ag Tag dollars are instrumental in supporting 4-H programs in all 120 counties. Giving allows local 4-H programs to grow youth as leaders, build their communication skills, and develop them into active, engaged members of their community,” said Melissa Miller, executive director of the Kentucky 4-H Foundation. “Thank you to everyone who chose to make the \$10 donation in support of Kentucky’s youth.”

The 2019 total was surpassed only by the \$629,865.43 donated in fiscal 2017.

Kentucky motorists who buy or renew farm vehicle license plates, or “ag tags,” may make a voluntary donation of up to \$10 to the Ag Tag Fund. Half of the 4-H and FFA funds go back to the county where the tag is purchased, where both organizations use the funds to support local programming, awards, and scholarships.

By James Renner
Rockcastle County Solid Waste Coordinator

I would like to take this opportunity to thank all the groups and individuals that participated in the 2019 Rockcastle County Pride Spring Cleanup. Once again, we had a successful Spring Cleanup.

There was a total of 208 volunteers (including inmate labor) that worked a total of 462.75 hours to clean up 982 bags of trash, and 63 tires over a span of 100.28 miles along 45 different stretches of roadside. These numbers do not include any totals from the Cities of Brodhead, and Livingston.

Congratulations on an excellent Spring Cleanup.

The following groups and individuals participated: Brindle Ridge Baptist Church - Mike Sowder, Ron Roberts, Larry Bullock, Marcia Coffey and Joy Sowder; Freedom Baptist Church - Tabitha Bullock, Deborah Bullock, Ray Bullock, L.A. McKinney, Carolyn McKinney, C.S. McKinney, Sheryl J. Bullock, Beverly McKinney, Amy McKinney, Chris Hurst, Stephanie Hurst, Barry Hurst, Canaan Hurst, Elaine Murphy, and Teresa Vanzant; Grace Baptist Church - Dwayne Mc-Kinney, Reva McKinney, Sarah McKinney, Shannon Burton, Melvin Harrison, Patty Reese and Dale Robinson; Concerned Citizen of Norton School Br. Rd. - Cecil McKinney Jr; All-American Club - Wayne Bullock, Cassie Kendrick and Rocky Boswell; Concerned Citizens of Pongo - Regina Munguia, Nathan Munguia, Jonathan Munguia, Erika Munguia, Victoria Munguia, Joey Smith,

Trent Smith, Emma Dykes, Zoey Holland, Stephanie Sizemore, Bella Cromer, Kenneth Cromer, and Edna Renner; Rockcastle Regional Child Development Center - York House - K. Winn, L. Harper, G. Vance, G. Stallworth, J. Dillingham, T. Rader, P. Hensley, B. Arnold, C. Brown, A. Hamm, E. Valentine, K. Shearer, B. Adams, S. Deborde, H. Whicker, E. King, C. Prewitt, J. Houk, H. Blair, T. Hurst, N. Oliver, J. Oliver, A. Robinson, H. Taylor, A. Dooley, A. Chasteen, B. Chasteen, P. Thompson, Za. McFerron, M. McFerron, E. King, K. Doan, L. Bennett, L. Horn, E. King, A. Dooley, B. Taylor, D. Denney, S. Woods, T. Bray, T. Cundiff, S. Owens, A. Smith, S. Whicker, H. Bray, C. Howe, K. Philbeck, C. Prewitt, A. Whicker, M. McFerron and K. Rower; Great Salt Peter Cave Preserve Cincinnati Grotto: Daniel Young, Debi Pavey, W. Gary Bush, Angela Pullano, Adam Mathis, and Jeffery Young; Piney Branch Family - Barbara Burke, Terry Burke, Bethany (French) Taylor, Devin Saylor, Abi Rowe, Adi Rowe, Maliya Swinney and Zeke Swinney.

Once again, a job well done.

Photos were not available for all groups and/or individuals.

Special thanks to the Rockcastle County Work Release Supervisors - Larry McKnight, Ricky Kirby and Perry Mason and their respective crews. And thanks to the Rockcastle County Litter Abatement Program Workers - David Fletcher and Anthony Dattilo.

I apologize in advance for any misspellings or omissions in this article.



Rockcastle Regional Child Development Center



Piney Branch Family



Grace Baptist Church

ROCKCASTLE COUNTY FISCAL COURT

DATE: August 13, 2019

NOTICE OF PUBLIC HEARING ON PROPOSED ROADWAY

PURSUANT TO KRS 178.070, a Request has been filed by Citizens, Mike French and Steve Albright, for the Fiscal Court to discontinue a portion of Chickadee Ln, and;

A Committee of Viewers having filed a report that no inconvenience would result from the discontinuance of a portion of Chickadee Ln, and;

The proposed discontinuance being described as follows:

Beginning at 3970 feet on Chickadee Ln which is the beginning of the property line of Mike French and continuing through property owned by Steve Albright to the end of the current county maintenance, which is a distance of 1070 ft. to be closed.

A public hearing will be held on the proposed discontinuance for the purpose of receiving public comments and in addition, to address the following specific question:

Does the portion of Chickadee Ln proposed to be closed provide a necessary access for a private person; and what inconvenience will the discontinuance of this portion of the road cause?

DATE OF HEARING: September 10th, 2019
TIME: 5:30 pm
LOCATION: Courthouse, 3rd Floor Conference Room

A copy of this Notice shall be posted at the Courthouse, in the vicinity of the roadway Affected, and published two (2) times in the Mt. Vernon Signal.

This the 13 day of August, 2019.

ROCKCASTLE COUNTY JUDGE/EXECUTIVE

Patricia Martin
FISCAL COURT CLERK

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Classifieds

CLASSIFIED RATES

- Local Rates - \$4 for 25 words or less - .10 each additional word
 - Display Classifieds \$5.00/Inch
- Deadline for Classifieds is 10 a.m. TUESDAY**

For Rent

House and Trailer in Brodhead. No pets. 758-4729. 33xntf

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

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

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

Property For Sale

Two Bedroom Home in Calloway. New paint, new gutters, new 24x40 garage. \$68,000 firm. Roy Miller. 606-687-3867. 32x1p

Posted

No Trespassing, including hunting, horseback riding, ATVs or any motor vehicle on property belonging to Kimberly and Joseph Ramsey, 5742 Copper Ceek Road, Crab Orchard. Also, no illegal dumping. Violators will be prosecuted to the full extent of the law. 29x4

Posted: No trespassing on land belonging to James and Dorothy Rash heirs on Rash Branch Road off Chestnut Ridge. No hunting, camping, ATVs, trespassing for any purpose. Not responsible for accidents. Violators will be prosecuted. 30x51

Posted: No trespassing of any kind on property owned by Buddy Mullins on waters of Crooked Creek. Violators will be prosecuted. 13x26

Posted: Absolutely no hunting, fishing or trespassing on property belonging to Mark Cummins. Violators will be prosecuted. 9x52p

Posted: No trespassing of any kind on land belonging to Eugenia Cykowski Heir(s) at 402 Albright St., Brodhead, Ky. 17xntf

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

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

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

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

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.

Wanted

Wanted to Buy. Paying cash for your antiques. Buying scrap gold and silver, gold and silver coins, gold and silver jewelry, costume jewelry, foreign coins, paper money. Vintage wrist and pocket watches and collections, watch parts and cases. Sterling flatware and serving pieces, sterling mint juleps, cast iron toys and banks, tin toys, battery-operated toys, vintage riding toys. Pocket knives, hunting and fishing items, all types of military and Civil War items, swords, advertising signs. Stoneware crocks and jugs, marbles, Indian artifacts, barbershop items, fountain pens, oil paintings, quilts, railroad items, miners' items, coal script and tokens. Large cast iron or brass bells, authentic autographs, cast iron skillets, complete or partial estates. *Clarence Reece, buyer for over 30 years, 606-531-0467.*

Notices

I'm looking for an elderly or shut-in to care for. I live in Mt. Vernon, near the schools. I have good references, experienced, lifetime Christian, my own transportation, am dependable and trustworthy. Call 606-308-5074. Leave message. 31x2

Notice is hereby given that Bryan Pheanis, 2431 E. Fork Skeggs Road, Mt. Vernon, Ky. 40456 has been appointed Administrator of the Estate of Betty M. Pheanis on the 19th day of August, 2019. Any person having claims against said estate shall present them, according to law, to the said Bryan Pheanis or to Hon. Jeremy B. Rowe, 205 Richmond St., P.O. Box 1250, Mt. Vernon, Ky. 40456 on or before February 19, 2020 at 11 a.m. 32x3

Notice is hereby given that Sylvia H. Waddle, 440 Millwater Falls, Shepherdsville, Ky. 40165 has been appointed Executrix of the estate of Money Ed Cummins on the 12th day of August, 2019. Any person having claims against said estate shall present them, according to law, to the said Sylvia H. Waddle or to Hon. John D. Ford, P.O. Box 247, Mt. Vernon, Ky. 40456 on or before February 12, 2019 at 11 a.m. 31x3

Notice is hereby given that Clarice J. Brown, 159 Jopp Road, Brodhead, Ky. 40409 has been appointed Executrix of the Estate of Clinton J. Brown on the 19th day of August, 2019. Any person having claims against said estate shall present them, according to law, to the said Clarice J. Brown or to Hon. Jeremy B. Rowe, 205 Richmond Rd., P.O. Box 1250, Mt. Vernon, Ky. 40456 on or before Feb. 19, 2010 at 11 a.m. 32x3

Notice is hereby given that Jerry Little, 303 Oakwood Drive, Berea, Ky. 40403 has been appointed Executor of the Estate of Myron Kim Durbin on the 19th day of August, 2019. Any person having claims against said estate shall present them, according to law, to the said Jerry Little or to Hon. Kendall L. Duerson, P.O. Box 523, 117-A Clay Dr., Berea, Ky. 40403 on or before Feb. 19, 2020 at 11 a.m. 32x3

Notice: On Saturday, August 31, 2019 at the hour of 9:00 a.m. I, Perry Mink, will sell a 2004 Audi. VIN: WAUJ68EX4A125597, belonging to Tyrone C. Sherman, Jr., at Perry's Autobody and Used Cars, LLC, 110 Old Somerset Road, Mt. Vernon, Kentucky, 40456, phone (606) 256-5198, for past due towing and storage charges. 30x3

Notice: On Saturday, August 31, 2019 at the hour of 9:00 a.m. I, Perry Mink, will sell a 2008 Chevrolet Impala, VIN: 2G1WT58K979207273, belonging to Bridgett Nicole Hubbard, at Perry's Autobody and Used Cars, LLC, 110 Old Somerset Road, Mt. Vernon, Kentucky, 40456, phone (606) 256-5198, for past due towing and storage charges. 30x3

Notice: On Saturday, August 31, 2019 at the hour of 9:00 a.m. I, Perry Mink, will sell a 2010 Chevrolet Silverado, VIN: 3GCRCSEA5AG130946, belonging to Joseph Steele, at Perry's Autobody and Used Cars, LLC, 110 Old Somerset Road, Mt. Vernon, Kentucky, 40456, phone (606) 256-5198, for past due towing and storage charges. 30x3

Notice: On Saturday, August 31, 2019 at the hour of 9:00 a.m. I, Perry Mink, will sell a 2011 Toyota Camry, VIN: 4T1BF3EK6BU153153, belonging to Melissa Carpenter, at Perry's Autobody and Used Cars, LLC, 110 Old Somerset Road, Mt. Vernon, Kentucky, 40456, phone (606) 256-5198, for past due towing and storage charges. 30x3

Notice: On Saturday, August 31, 2019 at the hour of 9:00 a.m. I, Perry Mink, will sell a 2011 Toyota Camry, VIN: 4T1BF3EK6BU153153, belonging to Melissa Carpenter, at Perry's Autobody and Used Cars, LLC, 110 Old Somerset Road, Mt. Vernon, Kentucky, 40456, phone (606) 256-5198, for past due towing and storage charges. 30x3

Sale Lien: Julian T. Johnson II Brianna L. Smalley. 2006 Ford Fusion 3FAHP08186R143353 SC LLC. Emery's Towing LLC, 265 Arvil Lane, Crab Orchard, Ky. 40401 859-200-3157 30x3

Notice is hereby given that Tracy Gabbard, 170 Liberty Dr., Mt. Vernon, Ky. 40456 and Teddy Gabbard, 158 Balltown Rd., Apt. 47, Williamsburg, Ky. 40769 have been appointed Co-Executors of the Estate of William Floyd Gabbard on the 19th day of August, 2019. Any person having claims against said estate shall present them, according to law, to the said Tracy Gabbard or to Hon. John D. Ford, P.O. Box 247, Mt. Vernon, Ky. 40456 on or before February 19, 2020 at 11 a.m. 32x3

Rodney Ellison, mailing address 248 Fuzzy Duck Rd., Brodhead, KY 40409 hereby declares intention to apply for a NQ2 Retail Drink License within 60 days, October 2019. The business to be licensed will be located at 37 West Main St., Brodhead, KY 40409 doing business as Dari-Delite LLC. The owner principal officer is Rodney Ellison, 248 Fuzzy Duck Rd., Brodhead, KY 40409. Any person, association, corporation, or body politic may protest the granting of the license by writing the Department of Alcoholic Beverage Control, 1003 Twilight Trail, Frankfort, Kentucky 40601, within thirty (30) days of the date of legal publication.

Help Wanted

PBK Bank is now taking applications for full time CSR/Teller at the Mt. Vernon branch. Apply in person or contact Kim Daugherty at 606-256-2265. 31x2p

Gift Shop Clerk position available at the BitterSweet Cabin Village in Renfro Valley. Applicant must be 55 years or older. Call Emily Bullock at 606-256-9814 for more information.

Lisa's Little People now accepting applications. Must be 18 years, high school diploma or GED required, available, flexible hours Monday-Friday. Apply in prson 100 Crawford Lane, Mt. Vernon. 45xntf

Employment Opportunity. RTEC is seeking a qualified individual for a second shift dispatcher. High school diploma or GED required. Good computer skills, telephone and communication etiquette a must. The ability to be trained in computer and vehicle procedures. Ability to sit for long periods of time with high levels of concentration. Starting rate of pay is \$12.50 per hour. Excellent benefit package. Applications may be obtained at the RTEC office, 100 Main St., Mt. Vernon, Ky. RTEC operates a drug and alcohol free workplace and is an Equal Opportunity Employer.

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Use Kennel Dip® to treat fleas, ticks, mange, stable flies and mosquitoes where they breed. Dyehouse Farm Supply. 355-2301 (www.kennelvax.com).

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U Call We Haul! Anything that fits on a truck. Local or long distance. Building - demolition - moving - clean-ups - landscaping. No garbage. 308-1629. 35xntf
Gall's Pampered Pooch 57 West Main St., Brodhead. For appt. call 606-758-0064 20xntf

HAYES

Gravel Hauling & Spreading
 859-544-7730 (Cell)
 or 606-256-4695

Miscellaneous For Sale

Martin D-41 Acoustic Guitar. 20 years old. \$2,800. 818-368-6103 leave message. 32x5

Cemetery Plot in Cresthaven Cemetery. Asking \$650 obo. Call Larry at 513-659-4547 or 513-607-0116. 29xntf

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

Miscellaneous For Sale

Firewood For Sale: \$55 a load. Call 606-308-9423.

Yard Sales

Huge Yard Sale: Thursday, Friday and Saturday, Aug. 29, 30 and 31 at Transformed Ministries Church Without Walls. About 4 1/2 miles on U.S. 25 north from Renfro, 1/2 mile past Roundstone Elementary. Everything must go. Something for everyone and every age! American Eagle, Abercrombie, Gap, etc. Lots of name brand clothes for girls/women S-XLs, pants 2-14, men's M-2XLs, pants 32-40. Boy's clothes 3+ to 10/12s. name brand toys inside and outside toys. Home Decor. Shoes and lots more. Also will be having yard sale on Sept. 5-7. Rain or shine.

Yard Sale: August 30, 31. 9 a.m. to ? 40 Perciful Street, below hospital. Household items, DVD player, Coca Cola jugs, antique jars, clothes, purses, shoes, too much to list.

Yard Sale: Fri., Sat., Sun. and Mon. 8:30 a.m. 75 Little Hurricane Branch Road off 1505 Conway area. Watch for signs. Something for everyone. Nice antiques, stoves, toys, furniture, old tools, dolls, pictures, old bells, name brand shoes, clothes, too many items to list.

Yard Sale: Friday and Saturday, Aug. 30 and 31, 8 a.m. to ? Large after moving yard sale. Chairs, end tables, lamps, dishes, tools, weed eater, leaf blower, garden hoe, etc. too much to mention. 125 Hunter St., Mt. Vernon.

Yard Sale: 145 Old Somerset Road, Mt. Vernon. Across from Perry's Auto. 9 a.m. to ? Friday and Saturday. Signs posted. Something for everyone.

Multi-Family Yard Sale: Sat., Aug. 31, 8 a.m. to 2 p.m. at 92 Green Acres. From Mt. Vernon, travel to Mareburg and turn left at light. First subdivision on the right.

Gigantic Yard Sale: Friday and Saturday, Aug. 30 and 31. 9 to 5. 2099 Bowling Ridge Road, Brodhead. Furniture, dishes, bedding, curtains and much, much more.

Yard Sale: Saturday only, August 31st. 8 to ? Four Sons Subdivision (across from middle school). Lots of all season kids and adult clothes/coats! (Winter is coming!) Name brand boys (12 mos. - 8/10) and girls clothing and shoes (12 mos-14/16). Ladies (small-medium) and men's clothing (Lg/XL). Shoes and boots for kids, women and men. Household and kitchen items; Home Interior pictures, shelves and figurines. Books, ABeka Homeschooling Literature. Like new tan canopy (frame included) for outdoor swing. JCP blue floral twin comforter w/ matching curtains, toy, lots of do-dads! Come see for yourself.

Garage Sale: Friday and Saturday, Aug. 30 and 31, 10 a.m. to 5 p.m. Four Goodyear tires 245/40R19; antique dresser and chest; two metal desks; more furniture. Store counter tops. Dolls, glassware, tools, 8 track tape player and tapes, costume jewelry. Lots of other misc. items. 2448 White Rock Road (old 461). 606-864-6927 or 231-8349.

Moving Sale: Saturday, August 31st. 113 Wallin St., Brodhead. Clothes, curtains, bar stools, home decor, Pioneer speakers and purses. House and property for sale also.

3 Family Yard Sale: 99 Albright St., Brodhead. Sat., Aug. 31st, 8 a.m. to 4 p.m. Men's dress shirts, pants, jeans, purses, shoes. Women's dresses, tops, jeans. Pictures and lots and lots of other things. Everything priced cheap.

Neighborhood Garage/Yard Sale: Friday and Saturday, August 30 and 31, 8 a.m. to 2 p.m. Turn onto 2108 off 150 at Mareburg, go one mile, turn right into Hemlock Circle (Evergreen Estates). A little bit of everything for everyone. A few will be selling on Friday but everyone will be selling on Saturday.

Yard Sale: Saturday, August 31st home of Doug and Debbie Brock on Copper Creek Rd. 5 families. 8 to ? Lots of baby girls clothes - preemie to 9 months, misc. baby items, men, women and children clothes, furniture, Primitive deco, tanning bed.

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Frankfort Update

By R. Travis Brenda
State Representative
Legislative Committees
meet, hear testimony on
Child Welfare, State
Finances, and More

I spent part of last week at the State Capitol Building as Interim Joint Committees met to hear from agencies and members of the public about state programs.

These meetings are valuable as we prepare for the 2020 Regular Session. The committees spend time closely examining issues that may come before the General Assembly. I find them critical to understanding legislation that I may have to vote on during the 2020 legislative session.

On Tuesday, the Interim Joint Committee on Natural Resources and Energy heard from Commissioner Talina R. Matthews of the Kentucky Public Service Commission (PSC). Commissioner Matthews gave an overview of Utility Ratemaking 101, and explained how the goal of the PSC is "to ensure that utility rates are fair, just, and reasonable for the provision of safe and reliable services."

On Wednesday, the Interim Joint Committee on Education heard from the Kentucky School Boards Association (KSBA) on the educational challenges facing students in foster care. Eric Kennedy with KSBA discussed factors such as frequent moving from one foster care home to another, delays in educational records being transferred from one school to another, and lack of educational support from foster care families. Also mentioned in the discussion was information previously presented to the Child Welfare Oversight and Advisory Committee, which was formed in 2018 in order to provide greater

oversight to issues like foster care, adoption, and child abuse. We have a great need facing our state in these areas, as indicated by the nearly 10,000 kids in foster care and rising rates of child abuse and neglect. In addition to those sad realities, the number of Kentucky children residing in Kinship Care, such as with a grandparent or another relative, is more than double the national average.

The number of kids in out-of-home care has been exacerbated by the drug epidemic. And while we do have unique challenges, this is also a national problem. According to federal data, child removals due to parental drug use have risen by a whopping 147 percent since 2000.

But with great need also comes great opportunity to make a lifelong impact on the lives of our vulnerable children. And thankfully, we have seized on that opportunity in the Kentucky General Assembly, including prioritizing streamlining the placement of foster children into permanent homes, reducing social worker caseloads, and making adoption a more attractive option for many parents. Because of those efforts, presenters from the Cabinet for Health and Family services testified on some success that we are starting to see.

On Thursday, the Interim Joint Committee on Economic Development and Workforce Development met at Freedom Hall along with the Interim Joint Committee on Tourism, Small Business, and Information Technology. The meeting began with a presentation by David Beck, President and CEO of Kentucky Venues, highlighting the work of that went into preparing for the 115th Kentucky State Fair that was underway at the State Fair Grounds. After the presentation by Mr. Beck,

committee members hear about the good work of the Kentucky Office of Vocational Rehabilitation. Their work provides opportunities for all individuals, regardless of disability, to find suitable employment and independence.

If you would like to connect with me over any issue you are passionate about, please reach out to me. I can be reached through the toll-free message line in Frankfort at 1-800-372-7181. If you would like more information, or to e-mail me, please visit the legislature's website at www.legislature.ky.gov. You can also share your thoughts with me with on Facebook or on Twitter @RTravisBrenda.

"Nirvana"

(Cont. from B3)

personal for us, and our staff was fully supportive. It felt like the right time to partner with Hospice Care Plus."

In 2016, its first year partnering with a local non-profit, Noodle Nirvana raised \$30,000 for the New Opportunity School for Women. In 2017, the total was \$44,000 for the Madison County Food Bank. The most recent partnership, with Hope's Wings Domestic Violence Program, raised \$41,000.

To learn more, visit Noodle Nirvana and Hospice Care Plus on Facebook, or go to noodlenirvanaky.com.

Hospice Care Plus serves Estill, Jackson, Lee, Madison, Owsley and Rockcastle counties. The non-profit organization offers home hospice care, inpatient hospice care at their Compassionate Care Center, a palliative care program and bereavement support. All programs are provided regardless of insurance status or ability to pay. To learn more or to inquire about services, visit www.hospicecareplus.org or call 859-986-1500.



Hospice Care Plus's Lauren Van Winkle and Mae Suramek, owner of Noodle Nirvana, launch the restaurant's fourth community partnership at Noodle Nirvana on August 6.

Labor Day holiday boating safety

The sun sets earlier each day and the kids are back in school. Summer is all but over. This inevitability prompts many to visit lakes, rivers and streams to get in that last weekend of the summer boating season during the Labor Day holiday weekend.

"Our busiest weekend of the year," said Maj. Shane Carrier, assistant director of law enforcement for the Kentucky Department of Fish and Wildlife Resources. "Traditionally, Labor Day marks the end of the boating season."

The crowded conditions common on this holiday weekend make observance of simple boating safety procedures vital to a safe weekend for everyone.

The law requires each passenger in a vessel to have a personal flotation device, commonly called a lifejacket, readily accessible for use. "I cannot stress enough the importance of wearing a lifejacket," Carrier said. He explained that a lifejacket stored in a compartment or stuffed under a seat is not readily accessible.

"You must be able to get to the lifejacket quickly when you need it," Carrier said.

Sales of paddlecraft such as kayaks, canoes and stand up paddleboards are booming, but wearing a lifejacket while paddling is of paramount importance for safety.

"Paddlecraft use is growing by leaps and bounds across Kentucky," Carrier said. "Many paddlecraft users overlook the safety aspect. Paddlecraft are slow and do not have a motor. This lulls people into a false sense of security. I strongly suggest wearing a lifejacket at all times when operating a paddlecraft."

Carrier said he sees many stand up paddleboard operators with their lifejacket strapped to the front of the paddleboard. "That doesn't work well if you fall over and hit your head," he said.

Paddlecraft now line the front of sporting goods, department and hardware stores

awaiting a buyer.

"People buy paddlecraft with no training or experience and get in over their head, especially in moving water," Carrier said. "Leave a float plan with a loved one and get a dry bag to store a charged cell phone on your boat in case you get in trouble."

Carrier said the law enforcement division spent many hours this year on search and rescue efforts to look for paddlers. "We've had quite a few misjudge their take out or how long it takes to paddle there," he said. "They must know how long it takes to get the float completed. If there is low water and you have to drag a boat over riffles and shoals, it takes time."

Avoiding alcoholic drinks is one of the smartest safety decisions boaters can make. "Drinking in public is against the law in Kentucky and our waterways are public places," Carrier said.

The combination of hours in the sun, heat and movement of the boat can induce a mild stupor called boater's fatigue. "Alcohol intensifies boater's fatigue," Carrier said. "This condition can lead to poor decisions on the water."

Carrier stressed the impor-

tance of checking safety equipment to ensure it is in good working order.

A boat with a battery or motor must have a working fire extinguisher on board at all times. "Store the fire extinguisher away from the engine," Carrier said. "On some boats with inboard-outboard motors, the fire extinguisher is mounted in the engine compartment. If you have a fire, you will burn yourself trying to get to it."

All vessels over 16 feet in length must have a hand, mouth or power-operated signaling device such as a loud whistle or boat horn. They must also have working red and green navigation lights in the bow of the vessel and a steady white light visible from 360 degrees in the stern.

Boat operators must display these lights from sunset to sunrise in areas where other boats navigate, whether the boat is under power or anchored.

Some boaters mistakenly believe you do not need working navigation lights if you only operate the boat during daylight hours. Mechanical failures, dead batteries or getting lost can prevent a boat from getting back to the dock

or ramp before nightfall when you must display these lights. Therefore, lights must be in working condition no matter when you operate the boat.

"You need a light at night so you don't get run over by another boat," Carrier said.

Each vessel must have a Type IV throwable personal flotation device such as a float cushion or ring readily accessible for use.

"Although this isn't boating related, we've had multiple people this year drown from swimming," Carrier said. "People, especially teenagers, try to swim beyond their ability and misjudge the distance. Peer pressure can induce them to try to swim across a large cove and then it is too late."

Obey these simple safeguards and make the Labor Day weekend memorable for the right reasons.

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

We've **MOVED** From
Renfro Valley To
Brodhead
Fairground

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Oct. 3rd, 4th, 5th 2019 Show

This year we are featuring "Allis Chalmers Tractors."

All Garden Tractors, Antique Tractors and Equipment is welcome. The show is open to all vendors and the

Admission is FREE!

Camp sites are first come basis, Motels are nearby in Mt. Vernon. Location of the show is approximately 8 miles northwest on Highway 150 out of Mt. Vernon.

See You At The Brodhead Fairgrounds

Information: Jerry Gooch 606-669-0323 or Dennis Elliott 606-787-2833 or 606-706-3888

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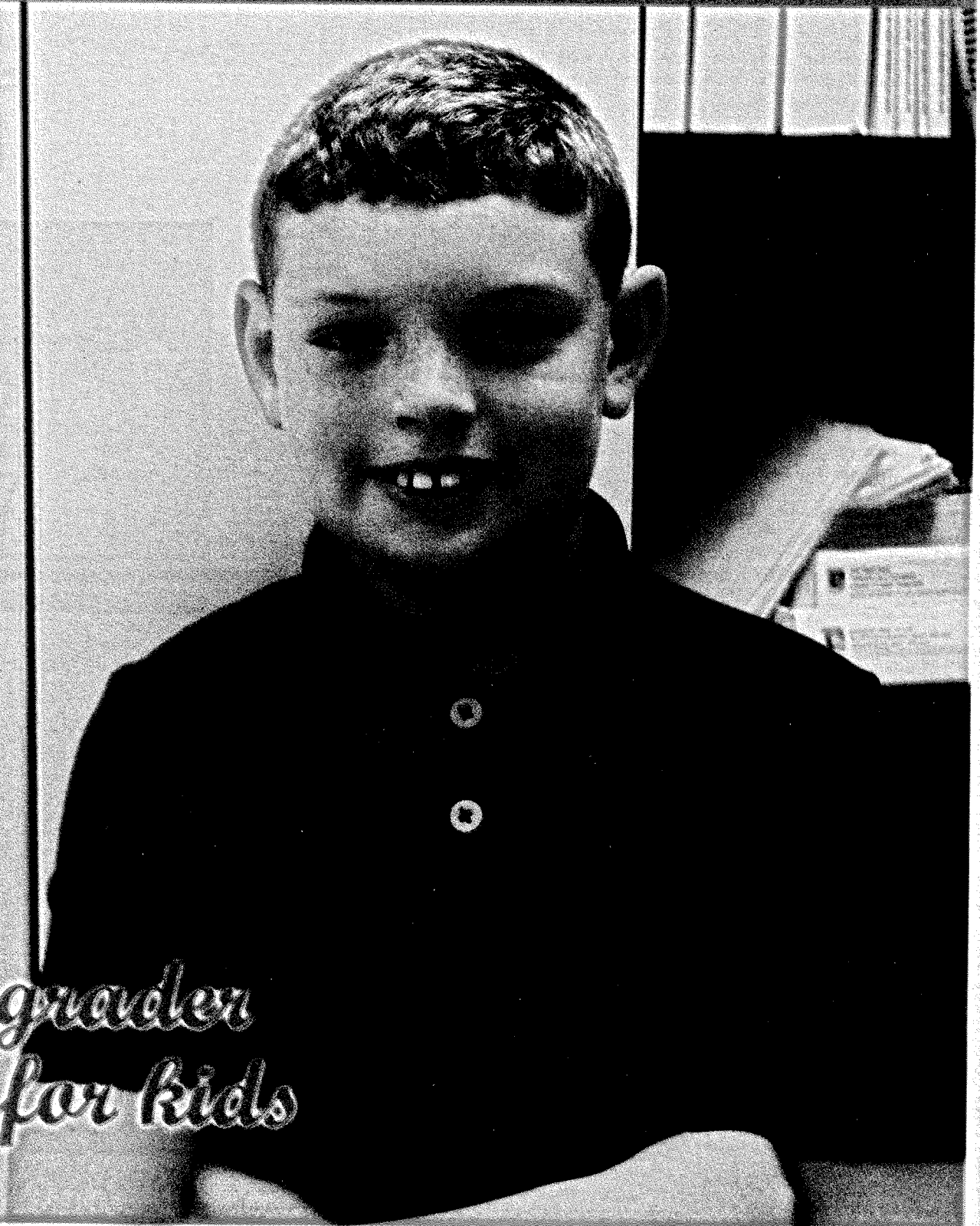
www.blueridgerepo.com

RJ's Toybox



*Local fifth-grader
has a heart for kids*

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 a ten-time Kentucky Hospital Association Quality Award Winner for 2006, 2008, 2009, 2010, 2011, 2012, 2015, 2016, 2018, and 2019, and a U.S. News & World Report 2013 & 2014 Best Nursing Home.

Mission

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

Vision

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

Values

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

Accreditation

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

Professional Association Memberships & 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
Tammy Brock, RN, Chief Nursing Officer
C. Nicholas Bastin, CFO

145 Newcomb Avenue • P.O. Box 1310 • Mt. Vernon, KY 40456
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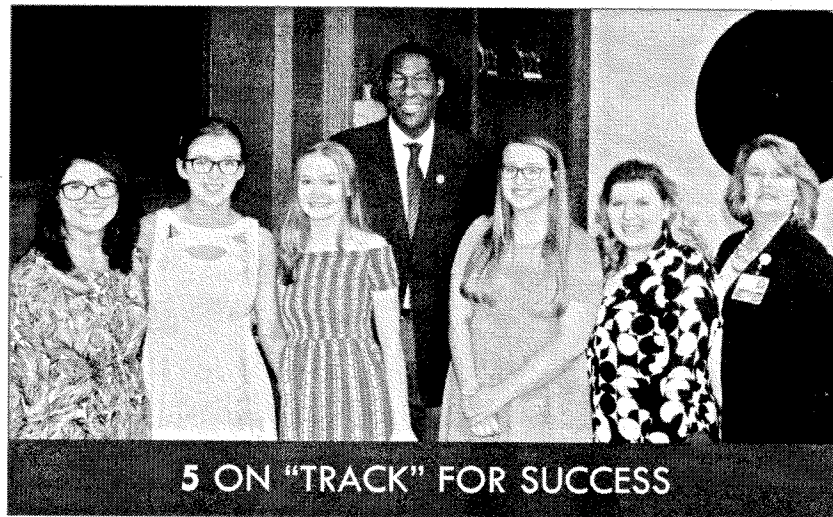
Health Signal is produced by the Community Relations Department
of Rockcastle Regional Hospital and Respiratory Care Center.

Jana Bray, Director
Susan Turley, Designer



**ROCKCASTLE
REGIONAL**
HOSPITAL ■ RESPIRATORY CARE CENTER

FEATURES



5 ON "TRACK" FOR SUCCESS



6 Quality Award Win



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- 4 'Excellence' in Patient Care award
- 7 Introducing Dr. Kelsey Ladd
- 10 Fighting opioid abuse
- 11 Breastfeeding reduces ear infections
- 13 Support group opportunities

RJ's Toybox

Local fifth-grader has a heart for kids

Anyone who happened to see R.J. Rednour sitting patiently in the Rockcastle Regional Hospital emergency department waiting room earlier this year wouldn't have known it, but RJ's wheels were turning faster than a matchbox car going down a playground slide.

R.J., a quiet kid with a ready smile, was thinking about how to help kids he'd never met, and he was hatching a plan.

There with his family because his dad was being treated, R.J. appreciated it when staff asked him if he wanted to have something to do. But he took note when the selection of word-find books and crayons were somewhat limited.

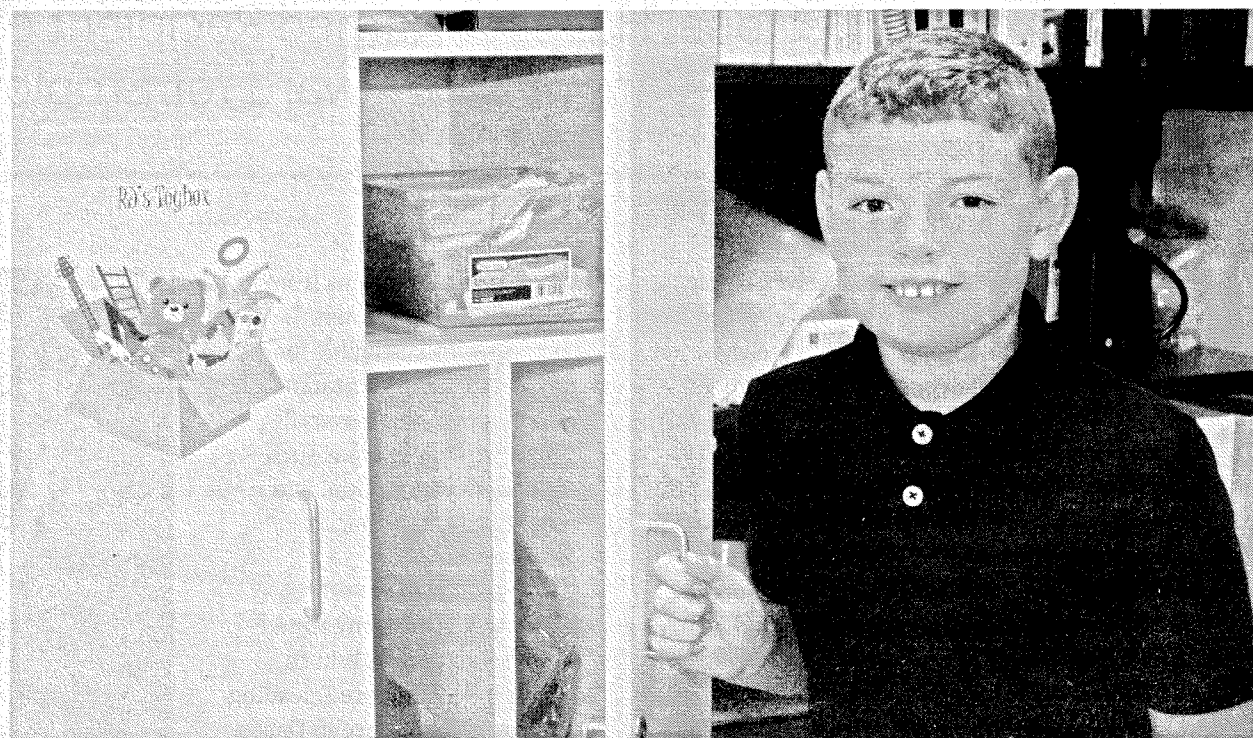
"That sparked an idea to get toys for kids who are in the emergency room," he said.

Soon afterward, he asked his parents if he could help stock the ER with toys. They gave him their blessing, with limitations, of course.

"He could have bankrupted us," his dad, Jay Coates, joked. Jay is a security guard at Rockcastle Regional.

He began his mission. "Every store we went to, I at least found one toy for the hospital," R. J. said.

Over time, he bought Matchbox cars, stuffed animals, slinkies, and coloring books, keeping in



R.J. shows off "R.J.'s Toybox" at Rockcastle Regional's emergency department.

mind toys that would be fitting for both boys and girls. He also found a good deal on stuffed rabbits (\$1 each) at Rural King.

R.J., a Mt. Vernon Elementary fifth grader, remembers well the night he brought out a tote-full of toys and let kids choose.

Some of the kids there were sick; some were there with family.

He gave a little girl a stuffed dog, and he handed a boy a slinky. "When the boy walked out," R.J. remembers, "I saw him tossing it up in the air."

R.J. smiled because the kids were smiling. They looked happy when they got the toy, and "that made me feel good, very good."

"I was super-proud of him," Jay said. "To have the heart to think of others like that, wanting to make it better for other people."

When nurses heard what R.J. had done, they cleaned out a closet in the breakroom to create new space for toys and made a sign that reads: RJ's Toybox.

"He's always had a heart of gold, always smiling and thinking of others," Jay said. "I'm proud that he had this idea and saw it through from one end to the other."

If you would like to make a donation to R.J.'s Toybox, please contact Rockcastle Regional Community Relations Director Jana Bray at (606) 256-7880 or at j.bray@rhrc.org.



Excellence Awarded

Rockcastle Regional Hospital Named Recipient of Huron | Studer Group Excellence in Patient Care Award for Employee Engagement

Rockcastle Regional received the 2019 Excellence in Patient Care Award from Huron's Studer Group in recognition for achieving high employee engagement scores in 2018.

"We congratulate Rockcastle Regional on this achievement," said Debbie Ritchie, managing director in Huron's Studer Group. "This recognition highlights their dedication to improving employee satisfaction and achieving excellence in healthcare."

Excellence in Patient Care Awards are presented annually to a select group of

partner organizations from Huron's Studer Group business. To be eligible for an award, an organization must demonstrate overall improvement in areas such as patient satisfaction, and employee and physician engagement.

The awards were presented at the 17th annual What's Right in Health Care® leading practices conference in Dallas, Texas. The conference attracts administrative and clinical healthcare professionals from the U.S., Canada and Australia.

"Engaged employees who are dedicated to the highest standards of job performance are the foundation of great organizations," said Stephen A. Estes, Rockcastle Regional president and CEO. "For healthcare organizations in particular, studies have shown a correlation in engaged employees and the delivery of higher quality care, resulting in better health outcomes for patients. That's why we are committed to creating the best workplace for our employees, because ultimately, that's what's best for our patients."



Kelly Owens and Kim Adams, center, accepts the Excellence in Patient Care award on behalf of Rockcastle Regional on August 14 in Dallas, Texas.

“

Engaged employees who are dedicated to the highest standards of job performance are the foundation of great organizations

”

Stephen A. Estes
President and CEO

ABOUT HURON: Huron is a global consultancy that helps our clients drive growth, enhance performance and sustain leadership in the markets they serve. We partner with them to develop strategies and implement solutions that enable the transformative change our clients need to own their future. Huron's Studer Group business partners with healthcare organizations to implement effective strategies for advanced leadership, talent acquisition and cultural development. Learn more at www.huronconsultinggroup.com.

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Rockcastle Regional and Rockcastle Area Technology Center partner for student success

By Jana Bray, Community Relations Director

On Tuesday, June 18, Kentucky State Secretary of Education and Workforce Development Derrick Ramsey recognized Rockcastle Regional and Rockcastle Area Technology Center (ATC) for the formation of the state's first Tech Ready Apprentices for Careers in Kentucky (TRACK) Youth Apprenticeship in Certified Nursing Assistant (CNA) Program during a special ceremony held in the hospital's board room.

During the event, Secretary Ramsey recognized the efforts of the many people involved in making the program successful, primarily Rockcastle Regional Chief Nursing Office Tammy Brock, RN, MSN, Rockcastle Regional SRNA Facilitator Julie Mullins, RN, and Rockcastle ATC Health Science Instructor Rhonda Childress as well as the program's first students Janelle Brown, Brittany Doan, Bailey Johnson, and Lindsay Mink.

TRACK is a partnership between secondary education and a business/industry partner where select students receive training at a secondary education facility and on-the-job training with the business partner. Upon successful completion of rigorous requirements, students earn a nationally recognized certificate as a journeyperson in that field.

The program starts when Rockcastle County High School (RCHS) students have the ability to take the level 1 Health Science elective course as a 9th or 10th grader. From there, select students can advance to the level 2 classes as 11th graders. Nearing the end of their junior year, those students who perform at a high level and express an interest in the nursing field will go through a selection process with Rockcastle Regional to determine the final TRACK Certified Nursing Assistant candidates. Those selected will begin to work for Rockcastle Regional during the summer after their junior year.

During their senior year of school, these students will continue to work for Rockcastle Regional, receive instruction at Rockcastle ATC, and work to obtain their CNA certification. Additionally, these students



Kentucky Secretary of Education and Workforce Development Derrick Ramsey recognized participants of the state's first Tech Ready Apprentices for Careers in Kentucky (TRACK) Youth Apprenticeship in Certified Nursing Assistant (CNA). Pictured with Secretary Ramsey are Rhonda Childress, advisor, Brittany Doan, Janelle Brown, Bailey Johnson, Lindsay Mink, Tammy Brock, Rockcastle Regional Chief Nursing Officer.

will obtain on-the-job training in a multitude of competencies while at the hospital.

The culmination of this program is a Journeyperson Certification and a continued position at the hospital after graduation from RCHS. The success of this venture is made possible by the outstanding relationships between Rockcastle Regional, Rockcastle County Schools, and Rockcastle Area Technology Center.

"In today's healthcare environment, nursing shortages are being seen nationwide," said Brock. "The TRACK program is an excellent opportunity for our organization to identify talented, intelligent, and highly-driven young people who are interested in the nursing field and help them get on a fast track to jump start their career. It allows students to connect with a potential future employer, as well as gain hands-on experience early on so they can be confident they are choosing the best career path for them."

Brock recognized for her teamwork with the TRACK program



On August 7, Chief Nursing Officer Tammy Brock, RN, MSN was recognized by the Kentucky Board of Education with the 2019 Kelly Business and Education Partnership Award. The Kelly Award is given to a Kentucky business or businessperson who has partnered with a public school or district to provide outstanding leadership that promotes school improvement and student success.

"This program was truly a team effort to promote student success in the classroom and after graduation," said Brock. "We developed it with the goal of retaining our young, talented students interested in a nursing career to come back home and serve our community. This is all about Rockcastle and how we keep this community thriving."

Rockcastle Regional is a Ten-time KHA Quality Award Winner

By Jana Bray, Community Relations Director

Rockcastle Regional Hospital and Respiratory Care Center has received the prestigious Kentucky Hospital Association Quality Award for the tenth time in the last 16 years.

Rockcastle Regional earned the award because of its efforts regarding suicide prevention through assessment, detection, education on, and management of suicide ideation.

According to the CDC, suicide is the 10th leading cause of death in the United States. In Kentucky, about 155,000 adults aged 18 or older (4.7% of all adults) had serious thoughts of suicide in the past year.

“Our facility, like the rest of the state and nation, was seeing an increase in patients presenting with behavioral health issues,” said quality and patient safety director Cynthia Burton, RN. “We face the same barriers as other healthcare organizations in Kentucky, which is timely access to the mental health system as well as how to manage the behavioral health of our patients.”

Rockcastle Regional Chief Nursing Officer Tammy Brock said that, as a community hospital, their staff is at the front line of identifying suicide ideation in patients. “Our staff is trained in taking the steps necessary to assist these patients to receive the care and support that best fits their situation.” In 2018, the organization began a focused initiative to

improve staff’s ability to appropriately address the behavioral health needs of the community.

“Developed through a comprehensive, team approach, we evaluated key points throughout the organization that had a direct impact on caring for the behavioral health of patients and implemented strategies to address those areas,” said Brock.

The initiative centered on improving patient access to care; assessment of patients experiencing suicidal thoughts or behaviors; staff, patient, and community education; and overall organizational functions related to the care of behavioral health patients.

Burton says that this project addresses current concerns and trends nationally as well as true significance in the local community. “We have been closely monitoring the impact the project has had in terms of patient care and outcomes and our statistics closely match the national suicidal ideation rates.”

“Placing a spotlight on mental and behavioral health has allowed us to recognize that suicide and suicidal ideation is a real issue not just nationally, but also in our hometown,” said Burton. “We have seen positive suicide screens from pre-teens to those in their eighties. Just by asking a few questions, that before, we thought were too personal, our staff have embraced suicide screening as an essential tool to treat and support all of our patients.”

“The KHA Quality Award is not easily obtained,” said Stephen A. Estes, president and CEO. “That we’ve won it so often over the years speaks to the consistent focus of our physicians and staff on delivering the best possible care. We are proud of the work we have done over the last year to improve access to



Receiving the KHA Quality Award on behalf of Rockcastle Regional are Neil Bray and Amy Griffith, presented by KHA President Mike Rust and KHA Board Chair Jane Wheatley.

behavioral health resources in our community.”

One of the most important steps the organization took to improve this access was to recruit a full-time psychiatrist to the team. Dr. Kelsey Ladd joined the multi-disciplinary behavioral health care team at Rockcastle Regional, which includes Licensed Professional Counseling Associate (LPCA), Licensed Clinical Social Worker (LCSW), and a Clinical Social Worker (CSW).

Dr. Ladd says that we are at a turning point in our society that is beginning to value mental health as greatly as it does physical health. “I am privileged to contribute to this field at such an exciting time and with an organization that has placed such importance on this community’s access to behavioral health services.”

The award is presented to honor hospital leadership and innovation in quality, safety and commitment in patient care. It is also meant as a way to inspire other healthcare organizations to use the winning hospitals’ programs as examples of how to improve their own quality and patient safety efforts.

Before this year, Rockcastle Regional won the KHA Quality Award in 2006, 2008, 2009, 2010, 2011, 2012, 2015, 2016, and 2018.

“

We are proud of the work we have done over the last year to improve access to behavioral health resources in our community.

”

Stephen A. Estes
President and CEO

Welcome

Introducing Dr. Kelsey Ladd



Kelsey Ladd, MD

Rockcastle Regional is pleased to welcome Psychiatrist Dr. Kelsey Ladd who is joining our physician team at Rockcastle Family Wellness.

Dr. Ladd earned her medical degree from the University of Kentucky College of Medicine in 2014 and completed her residency in psychiatry from the University of Kentucky.

"Psychiatry encompasses the aspects of medicine that I enjoyed most," said Dr. Ladd. "It's incredibly rewarding to develop relationships with patients over time and to then see them get better. My goal is to provide my patients the opportunity to talk about some of their most sensitive issues in a sympathetic and unrushed setting."

She says that her philosophy on patient care is the same she applies to her personal life: Do unto others as you would have done unto you. "I approach every patient as I hope someone would my family member or loved one. How would

I want someone to care for my mother, grandfather, husband, or child? My goal is to provide the best care in a compassionate, patient, and empathetic manner."

Dr. Ladd says she feels incredibly fortunate to have the opportunity to serve the people in Rockcastle and the surrounding communities. "I look forward to providing a crucial service that, until now, has not been available. I am very excited to get to know the members of this warm, friendly, and proud community."

To schedule an appointment with Dr. Kelsey Ladd, please call (606) 256-7466.

Dental services now available

Rockcastle Family Dental Center, led by Dr. Amy Parsons, is a full service family dentistry ready to assist you at all stages of your general dental needs. We accept all forms of insurance, including Medicaid. To schedule an appointment, call **(606) 256-7695**.

Meet our staff



DR. AMY PARSONS grew up in Mount Vernon and graduated from the University of Kentucky College of Dentistry in 2013. After graduation, she spent five years practicing in the Northern Kentucky/Cincinnati area, but always longed to return to

her hometown to provide dental care to the people she knows and loves best. Dr. Parsons' favorite part of practicing dentistry is when a fearful dental patient leaves the office with a brand-new outlook on how dental treatment can be!



HEATHER HANCOCK is an Expanded Duties Dental Assistant at Rockcastle Family Dental Center. Heather holds certificates in expanded duties dental assistant, radiology, and coronal polishing. Heather and her husband, Josh, live in Brodhead

with their three children, Rayleigh, Trevor, and Alivia. She enjoys spending time with her kids, being outdoors, and traveling. Heather looks forward to meeting new people and helping to create a good dental experience for people within the community.



SCARLETT EATON is the receptionist at Rockcastle Family Dental Center. Scarlett has an EDDA and is currently in college. She hopes to be accepted into the dental hygiene program. She lives in Mt. Vernon with Lucy Lou, her 10-month-old German short-

haired pointer. In her free time, Scarlett likes playing frisbee and swimming at the creek with Lucy Lou, online shopping, and watching her sister play softball. Scarlett is excited about helping the community and providing great service at the new Dental Center.



ASHLEY HASTE joins the team at Rockcastle Family Dental Center. Ashley is a dental hygienist with an Associate Degree in Applied Science – Dental Hygiene from Big Sandy Community and Technical College. Ashley and her husband,

Kevin, live in Eubank with their son, Judd. She enjoys reading, spending time with her family, traveling, and teaching a Sunday School class. When asked about her new job, Ashley said, "I look forward to meeting new people and becoming a part of the community."



BRIE MILLER has joined Rockcastle Family Dental Center as the office manager. Brie moves to the Dental Center from her previous job within the hospital's business office. With over nine years of dental office management experience, Brie is

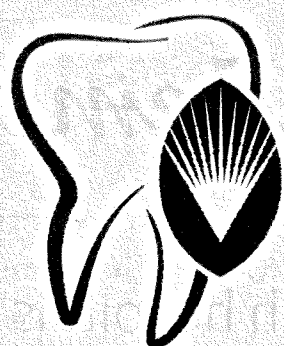
excited to be joining the Rockcastle Regional dental team and looks forward to what it will bring to the community. "I love the people I work with as well as working for an organization that prides itself on excellent patient care," said Brie. Currently living in Brodhead, when not at work, she enjoys reading, spending time with friends and family, going camping, and watching her children play sports.

Location:
75 Newcomb Ave
Mt. Vernon, KY

Phone:
(606) 256-7695

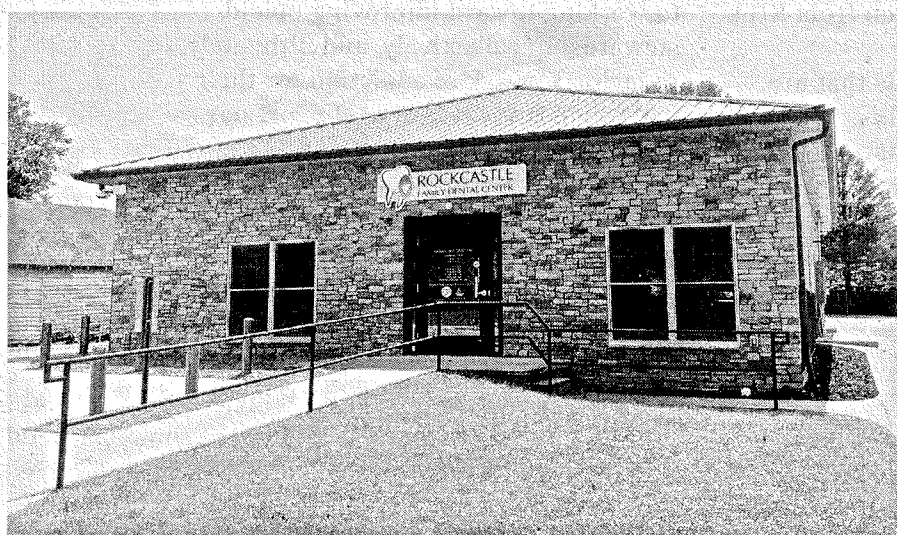
Clinic Hours:
Monday 10 am – 7 pm
Tuesday 8 am – 5 pm
Wednesday 8 am – 5 pm
Thursday 8 am – 5 pm

We accept all forms of insurance, including Medicaid.

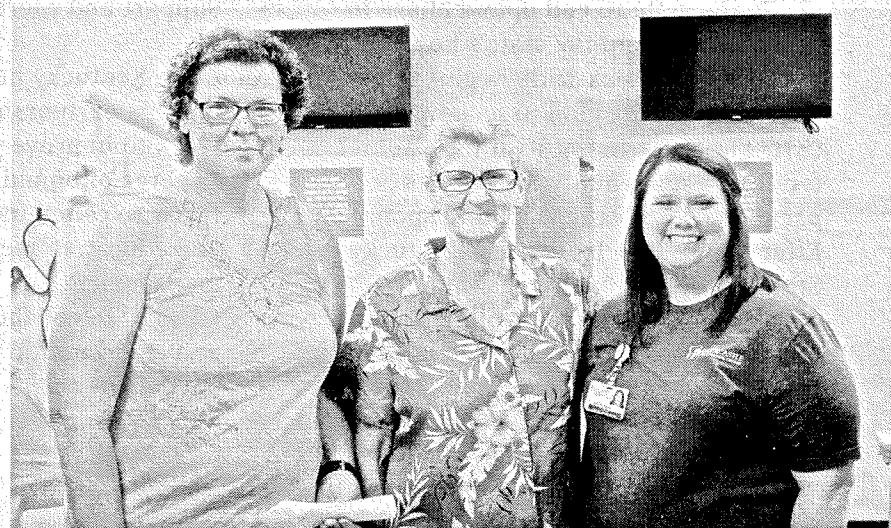


ROCKCASTLE FAMILY DENTAL CENTER

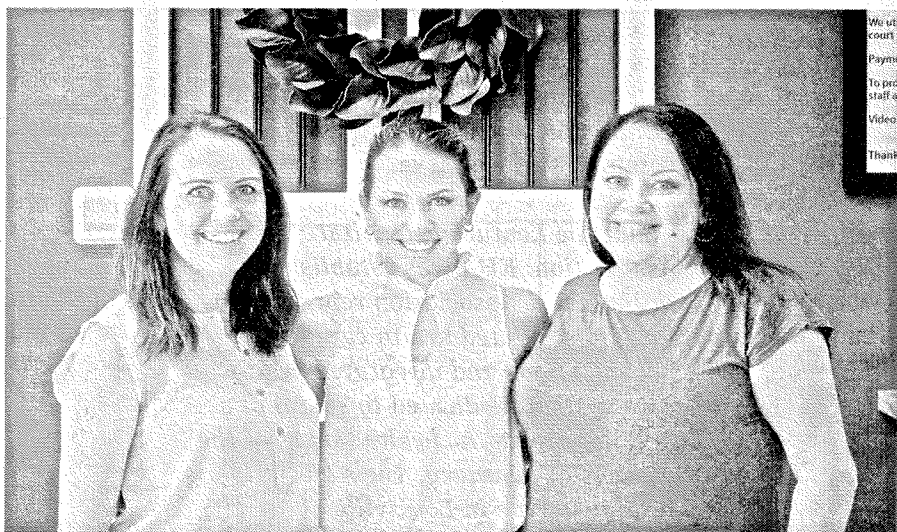
Open House Snapshots



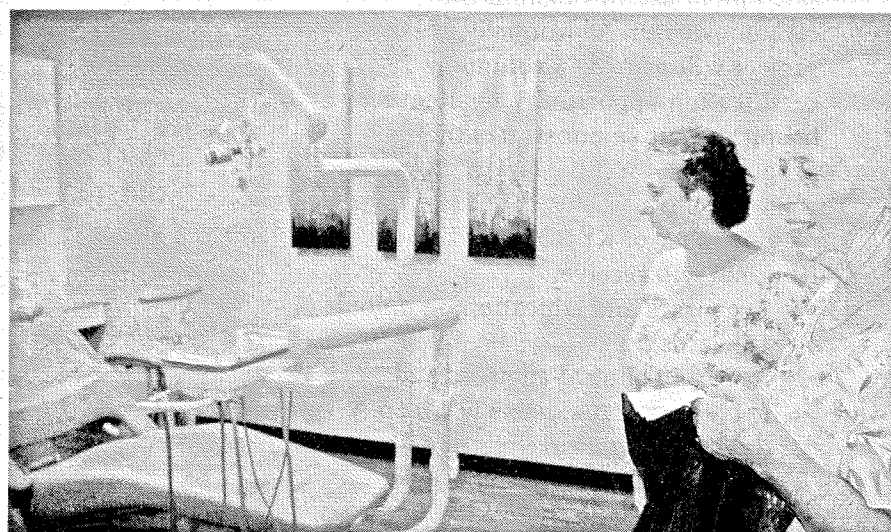
Members of the community toured the new Rockcastle Family Dental Center at its Open House on Friday, July 19.



Ashley Haste, right, dental hygienist, giving a tour to Sheryl Bullock and Carolyn McKinney.



Dr. Amy Parsons, center, pictured with her sisters, Lindsey Gullett and Angie Parsons-Woods.



Lisa Hopkins and Lorene Lawrence tour the procedure room at the dental center.

Fighting Opioid Epidemic

Rockcastle Regional to collaborate with hospitals statewide to end opioid abuse

Rockcastle Regional is joining forces with hospitals across the state to end opioid abuse in Kentucky. To help the state's hospitals in this battle, Rockcastle Regional and the Kentucky Hospital Association (KHA) are partnering with the Cabinet for Health and Family Services as part of the Kentucky Opioid Response Effort (KORE) to launch the Kentucky Statewide Opioid Stewardship (KY SOS) program. This initiative will provide a mechanism for hospitals to demonstrate their actions and commitments to their patients and communities to combat the state's opioid epidemic.

KY SOS will focus on reducing opioid overprescribing and improving safe opioid use throughout the commonwealth. Additionally, this project will provide a voluntary certification opportunity for Kentucky hospitals that demonstrates their progress.

As a member of KY SOS, Rockcastle Regional will receive:

- Resources and education on opioid stewardship
- Access to clinical advisors and subject matter experts who can assist with improvement questions and provide recommendations
- Access to the Kentucky Quality

Counts data system to track progress on applicable measures

- Support and coordination from KHA

All of the Kentucky hospitals that are joining this partnership will:

- Work to improve patient safety in the area of opioid stewardship
- Increase community outreach and education regarding pain management and safe opioid use
- Commit to collaboration, alignment and coordination
- Participate in site visits with the KY SOS Advisory Team

“

We look forward to working with KHA and our colleagues throughout the commonwealth on this new initiative, which will bring outstanding resources to Rockcastle County and the surrounding communities we serve.

”

Stephen A. Estes
President and CEO

KHA President Mike Rust stated, “Kentucky hospitals are committed to working toward improving opioid stewardship collectively, and ultimately reducing the risk of addiction for their patients. KHA is proud to support our hospitals as they continue to provide high quality health care and further demonstrate their dedication to the communities they serve.”

“The National Institute on Drug Abuse ranks Kentucky among the top 10 states with the highest opioid-related overdose deaths, and Kentucky's hospitals are on the front line in the fight to help the state recover,” noted Rockcastle Regional President and CEO Stephen A. Estes. “We look forward to working with KHA and our colleagues throughout the commonwealth on this new initiative, which will bring outstanding resources to Rockcastle County and the surrounding communities we serve.”

About the Kentucky Hospital Association: KHA was established in 1929. The Association represents hospitals, related health care organizations and integrated health care systems dedicated to sustaining and improving the health status of the citizens of Kentucky. The Association is headquartered in Louisville.

[YOUR HEALTH]

August is National Breastfeeding Month

Breastfeeding helps prevent ear infections

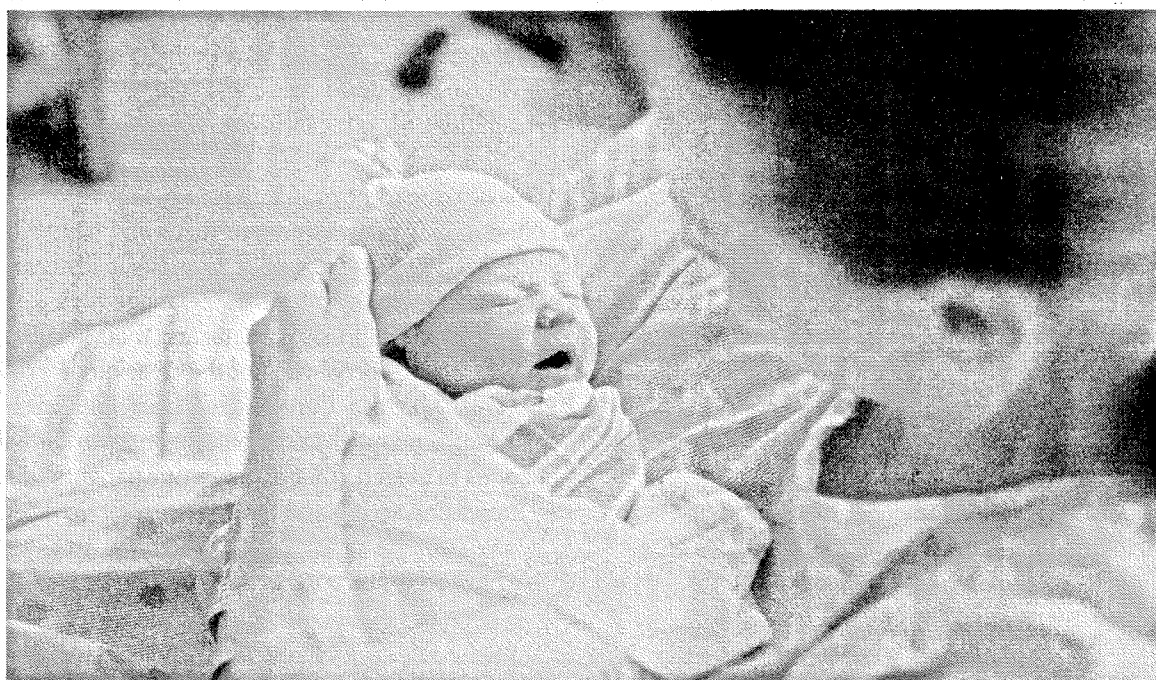
Some simple things can be very important. Breastfeeding is one of the simple things a woman can do to help her child in many ways. For example, it is one way of preventing ear infections in her child.

The exact mechanisms of how breastfeeding helps prevent ear infections are not known, but may relate to antibodies in the milk. Breastfeeding also averts one of the common causes of ear infections—putting a child to bed with a bottle. Falling asleep with milk pooling over the Eustachian tubes is a common cause of infections.

How long does a woman need to breastfeed?

Four to six months is very good and studies show that as little as two weeks can make a difference. The American Academy of Pediatrics recommends exclusive breastfeeding for about 6 months, and then continuing breastfeeding while introducing complementary foods until your child is 12 months or older. This can cut the risk of infections in half, and breastfeeding longer may reduce the number of ear infection cases by 65-70% according to studies.

Other ways to help prevent ear infections is to not smoke around infants and children. Exposure to cigarette smoke is a huge factor for many children. Many children who have frequent ear infections or need tubes placed in their ears live in homes where someone smokes. If you have children, you should never allow anyone to smoke in the house.



Additional Benefits of Breastfeeding

Breastfeeding is good for both you and your baby. Breast milk is the best source of nutrition for most babies. As your baby grows, your breast milk will change to meet his or her nutritional needs. Breastfeeding can also help protect you and your baby against some short- and long-term illnesses and diseases.

Benefits to Baby

Babies who are breastfed have a lower risk of:

- Asthma
- Diabetes (type 2)
- Eczema (a skin disease)
- Gastrointestinal infections (diarrhea/vomiting)

- Infection (ear, respiratory)
- Inflammatory bowel disease
- Necrotizing enterocolitis (NEC) for preterm infants
- Obesity
- Sudden Infant Death Syndrome (SIDS)

Benefits to Mother

Mothers who breastfeed their babies have a lower risk of:

- Breast and ovarian cancers
- Diabetes (type 2)
- High blood pressure

[UK CONNECTIONS]

Pulmonary Fibrosis Foundation Designates UK HealthCare as New Care Center Network Site

By Kristi Willett • Courtesy of UK HealthCare

Pulmonary Fibrosis Foundation (PFF) has announced the expansion of its nationwide Care Center Network with the selection of eight additional sites, including UK HealthCare's Pulmonary, Critical Care and Sleep Medicine Clinic.

More than 200,000 Americans are living with pulmonary fibrosis, a devastating disease which causes progressive scarring in the lungs. Fifty-thousand new cases of PF are diagnosed each year. Idiopathic pulmonary fibrosis, the most common form of the disease, has no known cause and no known cure.

Being a PFF Site provides an opportunity for providers and patients to benefit from and contribute to the knowledge and experiences of other institutions thereby improving the care

delivered to all patients with diseases causing scarring of the lungs. The PFF selection of UK HealthCare identifies the institution as one providing specialized care consistent with national expectations for outstanding care.

"This designation by the Pulmonary Fibrosis Foundation acknowledges our focus on integrating specialized care, cutting-edge research, and support services into the overall disease management plan for Pulmonary Fibrosis patients and their families," said Dr. Peter Morris, chief of the Division of Pulmonary, Critical Care & Sleep Medicine. "By becoming a member in the national network it will allow us to even further advance our patients' care by increasing access and treatment to services."

"We have rigorous criteria for Care Center sites and

the selection of these eight newly designated centers is a testament to the comprehensive care provided to patients," said Pauline Bianchi, vice president of research and development for the PFF. "Our centers provide crucial resources for care along with disease education materials and opportunities to participate in research."

The PFF's Care Center Network, a collection of medical centers with expertise in accurately diagnosing and treating individuals with pulmonary fibrosis (PF), now has 68 sites in 33 states. The eight new sites will increase access to high-quality care and services that are critical to the local PF community.

For a complete list of PFF Care Center Network sites, visit www.pulmonaryfibrosis.org.

Study Examines Disparities in Prostate Cancer Survival in Appalachian Kentucky

By Allison Perry • Courtesy of UK HealthCare

A new study by Markey researchers shows a higher mortality rate for prostate cancer among men from Appalachian Kentucky compared to men from non-Appalachian Kentucky.

A new study by University of Kentucky Markey Cancer Center researchers shows a higher mortality rate for prostate cancer among men from Appalachian Kentucky compared to men from non-Appalachian Kentucky.

Published in *Rural Remote Health*, researchers used data from the Kentucky Cancer Registry to characterize the survival disparities of prostate cancer between Appalachian and non-Appalachian Kentucky. The study showed a significant difference

in survival that was not related to geographic location, but to the aggressiveness of the disease.

Prostate cancer patients from Appalachia had a higher Gleason score (a grade that measures the aggressiveness of cancer), higher prostate specific antigen (PSA), more aggressive histologic grade, more distant disease and a high comorbidity score. Additionally, the Appalachian patients had lower levels of education and higher poverty.

When detected early, prostate cancer is usually treatable and curable. Screening for prostate cancer begins with a PSA test, which measures the level of PSA in the blood. A higher PSA can be an indicator of cancer, although many other factors can cause

PSA to be elevated. A doctor may recommend a biopsy to confirm the presence of cancer in patients with a high PSA.

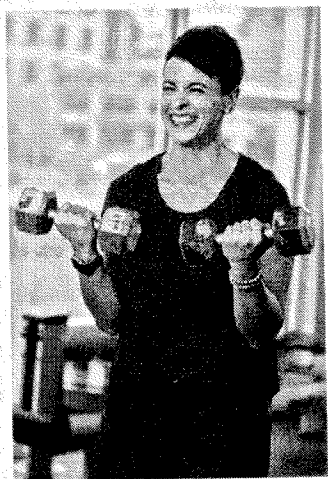
Dr. Peng Wang, medical oncologist at the UK Markey Cancer Center, says the results show a need for increased awareness of prostate cancer screening and increased access to health care and education in the Appalachian region of the state.

"Not only should there be efforts to educate Appalachian Kentuckians at the individual patient and family levels, but interventions are also needed to train and empower healthcare systems, clinicians, and support teams to deliver quality care for prostate cancer," Wang said.

Support Group Opportunities Available to Our Community



TAKE OFF POUNDS SENSIBLY Real People. Real Weight Loss.®



TOPS focuses on making small, steady lifestyle changes that provide lasting weight loss and better health. That's what we mean by Real People. Real Weight Loss®.

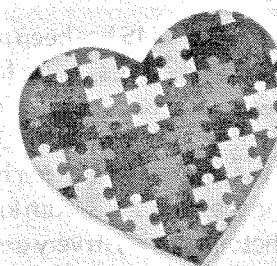
Three regularly scheduled weekly sessions are available to anyone looking for a little extra support and motivation to help you make a lasting and healthy lifestyle change. Each group meets in the Education Center on the third floor of Rockcastle Regional's Outpatient Services Center.

TUESDAYS at 12:00 PM

TUESDAYS at 6:00 PM

WEDNESDAYS at 4:00 PM

For questions, please contact Morgan Bray at 606-256-7704.



AUTISM Support Group

Rockcastle Regional's Autism Support Group is designed to provide support and resources for individuals and families impacted by Autism. Meetings are held every fourth Thursday each month from 6:00 - 7:00 pm at Rockcastle Regional Hospital.

For more information, contact Kayla Prewitt at (606) 256-7767



Class Introduction Features:

Free Biometric Screenings

Blood Pressure and Glucose Screenings

Rockcastle Regional Hospital Wellness Center
Third Floor Outpatient Services

See if you qualify to join our weekly classes to help prevent Type II Diabetes

For more information, call Morgan Bray at (606) 256-7704.

Live. Learn. Share.

Diabetes Support Group

Facilitated by Vicki Tanner Chapman,
MSN, APRN, FNP-C



Last Thursday of every month at 6 p.m. in the Education Center on the third floor of the Outpatient Services Building.

For questions, please call Sarah at 606-256-7690.

Vicki Tanner Chapman,
MSN, APRN, FNP-C



NEWS AND NOTES FROM OUR TEAM



KIM ADAMS has been named the West Unit Coordinator. A nurse for 19 years, she has worked in several areas including Med/Surg, ER, and surgical services. Kim grew up on Copper Creek and still lives there today with her husband of 21 years, Billy, and their two dogs. Kim loves to garden and do photography. "I'm very excited about coming home to work and my new position. I've been very impressed with the options this facility offers patients and the growth that I see in our local community. I have multiple family members who work here at Rockcastle, and their experiences have been a big influence on my decision to join the Rockcastle team."



ALLYSON CALHOUN now serves as Rockcastle Regional's Quality Office Manager. Allyson has a bachelor of science degree in health services administration from ECU. Originally from Berea, she and her husband, Justin, recently moved to Mount Vernon. Allyson enjoys spending time with her family, camping, traveling, reading, and taking care of her two dogs. "I have enjoyed getting to assist with employee engagement activities such as the Traveling Trophy and Rockstar nominations. I love being able to recognize people for their accomplishments and helping to create an uplifting work environment!"



JENNIFER CASH joins Rockcastle Regional as a nurse practitioner at QuickCare. She earned her master's degree in nursing as a rural health family nurse practitioner and is certified by the American Association of Nurse Practitioners. Jennifer lives in Rockcastle County with her husband, Jordan. "I grew up in Rockcastle. So being able to return to my hometown and provide care to those who I have known my entire life is the highest honor."



TERESA DeSPAIN joins Rockcastle Regional as the Administrative Assistant for Community Relations and Development departments. Teresa earned her bachelor of science degree in secondary education from Ohio Bible College. She lives in Mount Vernon with her husband, Russell, and son, John. During her free time, she enjoys working with the youth and music ministries at her church. When asked about her new job, she says, "I love my new job! I really enjoy being able to help people by serving in any way I can."



REBEKAH FERGUSON has joined the Rockcastle Regional team as a registered dietician. She earned a bachelor of science degree in nutrition and food science. Rebekah and her husband, Joe, have been married for 21 years and live in Berea with their two teenage boys. Rebekah enjoys gardening, walking her dog, and spending time with family. "I enjoy the challenge that every day is unique. I enjoy spending time with patients and their families, either when providing diet education or every day interactions. Everyone has been so helpful and positive. I really enjoy being part of a great health care team."



MEGAN TAYLOR PITTMAN has joined the team at RockPeds as a nurse practitioner. Certified through the American Academy of Pediatrics, Megan earned her bachelor of science degree in nursing from ECU and her master's degree in family nurse practitioner studies from Frontier Nursing University. A native of Brodhead, Megan now lives in Eubank with her husband and they are expecting their first child in October. When asked about her new position, Megan said, "I look most forward to serving the community that I love!"



MACKENZIE WALTERMIRE joins Rockcastle Regional as a physician assistant at QuickCare. Mackenzie earned his master's degree in physician assistant studies from the University of Kentucky. Originally from Winchester, KY, she now lives in Somerset with her husband. While not at work, Mackenzie enjoys traveling, being outdoors, and playing with her dog, Cooper. "I'm looking forward to joining the QuickCare staff. I had the opportunity to do one of my rotations at the clinic and during that time, I had the chance to see what a kind, welcoming, and quality team of providers they are. I feel very fortunate for the chance to serve the Rockcastle community alongside them!"

Rockcastle Regional Healthcare Providers

Physicians Based in Rockcastle County

Jon A. Arvin, MD	Family Practice
William Bakhos, MD	General Surgery
David L. Brabon, MD	Plastic Surgery
David S. Bullock, MD	Family Practice
Brandon Cowan, MD	Family Practice
Eduardo R. Gomez, MD	Radiology
George W. Griffith, MD	Family Practice
Michael Hamilton, MD	Emergency Medicine
Rebecca Hammond, MD	Family Practice
Robert F. Hendrickson, MD	Family Practice
Kelsey Ladd, MD	Psychiatry
Sarah Oliver, MD	Pediatrics
Amy Parsons, DMD	Dentistry
Kevin Rowe, MD	Family Practice
Karen B. Saylor, MD	Internal Medicine/Pediatrics
Callie Shaffer, MD	Pediatrics
William Stewart, MD	Family Practice
Justin Williams, MD	Hematology/Oncology

Mid-Level Providers Based in Rockcastle County

Courtney Browning, APRN	Pediatrics
Jennifer Cash, APRN	QuickCare
Vicki Chapman, APRN	Endocrinology
Jenny Collier, LCSW	Counseling
Anne Claire Compton, APRN	Family Practice
Chasity Frakes, APRN	Family Practice
Deana Gabbard, MPAS, PA-C	QuickCare
Brent Hasty, CSW	Counseling
Chelsen Larkey, LPCC	Counseling
Ginger Mink-Cash, APRN	Family Practice
Alicia Myers, MPAS, PA-C	Family Practice
Alaina Nevels, APRN	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
Rachel Powell, APRN	QuickCare
Barbara Prather, APRN	Family Practice
Terry Puckett, CRNA	Nurse Anesthetist
Brislyn Saylor, MPAS, PA-C	QuickCare
Makenzie Waltermire, 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
Chad Cooper, MD	Podiatry
Ima Ebong, MD	Neurology
David Escalante, MD	Endocrinology
Deborah R. Flomenhoft, MD	Pediatric Gastroenterology
John M. Gordon, MD	Gynecology
Nancy Green, APRN	Gynecology
Zain Guduru, MD	Neurology
Bethanie Hammond, MD	Breast Imaging/Radiology
L. Francisco Hidalgo, MD	Cardiology
Justin D. Hilliard, M.D.	Neurosurgery
Wallace Huff, MD	Orthopaedics
Bahaaeldeen Ismail, MD	Gastroenterology
Michael Jones, MD	Cardiology
Khurrom Kahn, MD	Pulmonology
Nayef Kazzaz, M.D.	Rheumatology
Jonathan Kiev, MD	Cardiology
Christian Knecht, MD	General Surgery
Nathan Kusterer, MD	Cardiology
Aleksander Lenert, MD	Rheumatology
Iraklis Livas, MD	Allergy/Immunology
Zabeen Mahuwala, MD	Neurology
Rick R. McClure, MD	Cardiology
Javier A. Neyra-Lozano, MD	Nephrology
Subodh Pandey, MD	Pulmonology
William Robertson, MD	Nerve Study
Mandakini Sadhir, 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
Mark Vranicar, MD	Pediatric Cardiology
Byron T. Westerfield, MD	Sleep Medicine
Denis Yalkut, MD	Urology

We're Hiring

Rockcastle Regional offers excellent full-time benefits including: health/dental/vision insurance, 401(k) with employer match, and on-site child care center.

Admissions Clerk
Associate - Food & Nutrition Services
Dental Assistant
Housekeepers
Janitor
Laboratory Technician
Licensed EMT
Licensed Paramedic
LPN's
LPN or Certified Medical Assistant

Medical Billing Analyst
Respiratory Care Equipment Technician
Respiratory Therapists
RN's
Phlebotomist
Physical Therapist
Security Officer
SRNA's
Teachers
Transcriptionist



For a complete list of available positions, or to apply, visit:
www.rockcastleregional.org/careers

Upcoming Race Events

COUNTY-WIDE Strides

Run/Walk Series



Saturday, August 31

Downtown Livingston • 8:00 a.m.

Proceeds benefit the Livingston Homecoming Committee

RUNNING FOR THE



5K Run/2 Mile Walk

Saturday, September 14

Brodhead Elementary • 8:00 a.m.

Proceeds benefit the RCHS Boys Basketball Team



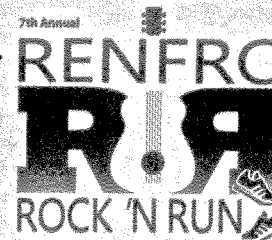
Bittersweet

5K Run & 2-Mile Walk

Saturday, October 5

Downtown Mt. Vernon • 7:30 a.m.

*Proceeds benefit RCHS athletes and the City of Mt. Vernon
Police and Fire Departments*



Saturday, October 19

Renfro Valley Entertainment Center • 8:00 a.m.

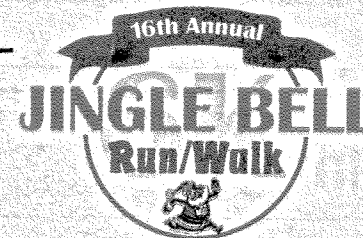
Proceeds benefit the Christian Appalachian Project & Girls on the Run



Saturday, November 9

Renfro Valley Entertainment Center • 8:00 a.m.

Proceeds benefit Kiwanis' programs for children



Saturday, December 7

Renfro Valley Entertainment Center • 8:00 a.m.

Proceeds benefit the Miracle Fund

For complete race details visit rockcastleregional.org/race