

# Tips for a safe and healthy holiday season

Nobody wants to spend the holiday season in the emergency room. But, the nation's emergency physicians will be there when you need them anytime.

"There is typically an uptick of visits to the ER during the holidays related to flu, pneumonia, falls or hypothermia, particularly among children and seniors," said Paul Kivela, MD, MBA, FACEP, President, American College of Emergency Physicians (ACEP). "A little bit of planning and preparation can help you avoid spending the most wonderful time of the year in the ER."

Prepare for cold weather. The chill in the air can add to health risks whether you are inside or outside. If you are enjoying an outdoor activity or playing in the snow it is important to dress appropriately for the weather and monitor the amount of time spent outside. Early signs of frostbite include numbness or burning, or cold skin that turns hard and pale.

Hypothermia or dehydration risks increase the longer you spend exposed to the elements, particularly at altitude. If you are driving, make sure your car is equipped with a full emergency kit that includes a warm blanket, roadside flares and other necessities.

For those who stay inside more frequently in inclement weather, check to make sure smoke detectors and carbon monoxide detectors are working properly. Respiratory issues are among the leading causes of winter ER visits. While a normal cough or cold is likely better addressed by a primary care physician, if an illness comes with complications, such as difficulty breathing, it could be appropriate to go to the emergency room.

Get a flu shot. Experts note that this flu season could be particularly severe and say that a flu vaccine is the best way to reduce your risk of getting sick. Vaccines are important and so are annual check-ups. Pinning an annual check-up to a calendar event such as a holiday or birthday is an easy way to make it part of your health routine.

Beyond winter weather, preventable accidents or health emergencies can happen during holiday preparation and celebration, too.

Indulge in moderation.

Rich holiday meals and snacks are delicious but typically are high in salt, sugar, cholesterol or fat content. Too much of any festive food or drink can complicate existing health conditions, like diabetes. Eating slowly is one way to avoid choking, and it is important to make smart choices such as monitoring or limiting your alcohol intake.

"One important safety tip is pretty simple and could save your life — don't drink and drive," said Dr. Kivela. "Arrange for a designated driver in advance or call a taxi. Far too many accidents happen when people are inebriated and decide to get behind the wheel."

Go slowly, go safely. Accidents and back injuries are common around the holidays from lifting heavy objects and decorations to injuries from hanging lights or slipping on ice. Around 2.8 million people go to the ER annually from falls and, among seniors, falling is the leading cause of injury. Slow down to avoid slipping or falling in snow, ice or wet conditions.

Make a schedule to tackle your holiday shopping, entertaining, commuting or other tasks methodically and avoid the last-minute holiday scramble. "Holiday heart," cardiac issues that arise in otherwise healthy individuals, is a condition that can arise from the added pressures of holiday duties. Planning, entertaining, family stress or any number of factors can contribute to emergency visits relating to depression or anxiety seen around this time of year.

"To reduce your risk, reduce your stress," said Dr. Kivela. "One of the best gifts you can give yourself this holiday season is to commit to taking better care of your physical and mental health all year round."

ACEP is the national medical specialty society representing emergency medicine. ACEP is committed to advancing emergency care through continuing education, research and public education. Headquartered in Dallas, Texas, ACEP has 53 chapters representing each state, as well as Puerto Rico and the District of Columbia. A Government Services Chapter represents emergency physicians employed by military branches and other government agencies.



Front row from left: Janie King, Donna McClure and Julie Pigg.  
Back row from left: Anthony Asher, Sandy Durham, Jeannine Lawrence, Megan Coffey and Mike Blount.



*Warm wishes to all of you for a joyous holiday season.*

*Many thanks for your continued patronage.*



Front row from left: Mary Barron, Jaelyn Bullock and Chere Embs.  
Back row from left: Katlyn Durham, Donna Stayton, Cathy Howard and Keith Pierce.

## John and Sandy Tyler

would like to announce the retirement of John and the closing of

### John's Appliance and Plumbing Repair

We want to thank all of our customers for their support and business over the years. God Bless You and have a

Merry Christmas!



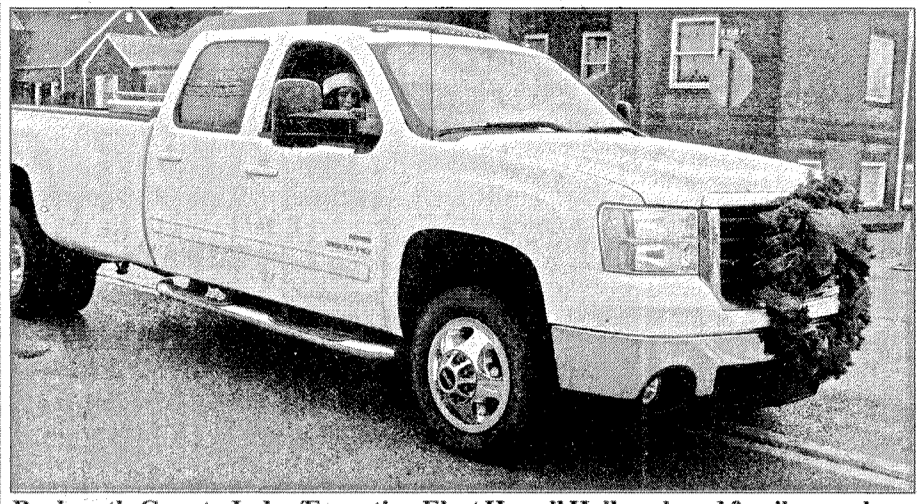
# Community Trust<sup>®</sup> Bank

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Closing at noon December 24th and closed December 25th and January 1st





Rockcastle County Judge/Executive-Elect Howell Holbrook and family members took part in Mount Vernon's Christmas Parade.



Mount Vernon Fire Chief David Bales participated in Mount Vernon's Christmas Parade.



Firefighter Wesley Durham and his wife, Katlyn, rode in the Mount Vernon Christmas Parade.



Steve Griffin, his wife Becky and daughter Makayla as well as Mike Combs and his daughter, Allison rode in one of Mount Vernon Fire Department's fire trucks during the annual Christmas Parade.



Bobby Phelps with Livingston Fire and Rescue, took part in Mount Vernon's Christmas Parade.

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### A Hillbilly Christmas

Twas the night before Christmas  
 And far from my home,  
 A little bit scared as I traveled alone,  
 I stopped to rest and rented a cabin,  
 Late in the night, unsure what might happen.  
 I settled in quick and went right to bed  
 Happy at last to just lay down my head,  
 When all of a sudden somewhere on the mountain,  
 The Hillbillies began singing, dancing, shoutin'.  
 The sound was like thunder, it woke the whole town,  
 The Hillbillies were having a Christmas Ho-Down.  
 Me in my cabin unable to sleep,  
 Standing in nightshirt and only sock feet.  
 No hope for rest I decided to go,  
 So I dressed myself warmly, and walked out of my cabin  
 And into the cold.  
 Walking in the moonlight on a new fallen snow,  
 Passing through the woods to a place I didn't know.  
 I arrived at the cabin not sure of the time,  
 It was a very big cabin much larger than mine.  
 The inside was well lit and gave off a glow,  
 That shone out the windows and on to the snow.  
 Taking a breath, I knocked on the door,  
 The host was a man I had never seen before.  
 After looking me over, saying get on in here!  
 Once inside I knew I had nothing to fear,  
 Even hillbillies won't shoot you this time of the year.  
 The festival inside was wonderful to see,  
 The hillbillies were happy as happy could be.  
 In the corner an old jug band was playing a song,  
 In the center of the room a great dance going on.  
 I was invited to dance, but danced very little,  
 When I saw a great table just loaded with vittles.  
 After filling my plate and a jar of country wine,  
 I sat with the hillbillies and started to dine.  
 After eating and dancing for most of the night,  
 I realized these hillbillies are really all right.  
 Growing tired and sleepy, and ready to go,  
 I thanked my new friends as I walked out the door.  
 As I headed toward my cabin the stars as my light,  
 I was filled with new hope on this wonderful night.  
 Arriving back home and warm in my cabin,  
 I pondered this night, and all that had happened.  
 Lying in bed, I thought of this place,  
 My heart filled with joy and warmth of God's grace.  
 So for all of earth's people, and all of life's faces,  
 And for those far from home, staying in strange places,  
 I prayed to our Lord on this most Holy of Nights,  
 Take care and watch over us and help us do right.  
 Merry Christmas, God Bless...and to all a Good Night!!  
 L.H. Bennett

**No paper next week!**  
 Signal office  
 will be closed  
 December 21st - 30th

# MERRY CHRISTMAS

from your friends at the

## Rockcastle County P.V.A. Office

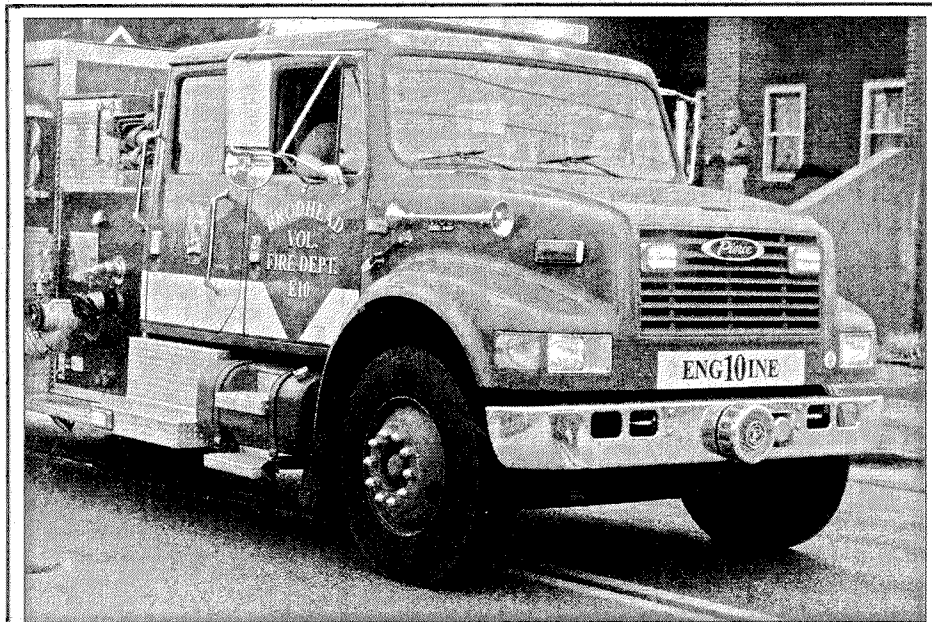


*Janet Vaughn*

*Ruth Thompson and Cyndie Offutt*

**Third Floor Courthouse • Telephone 256-4194**

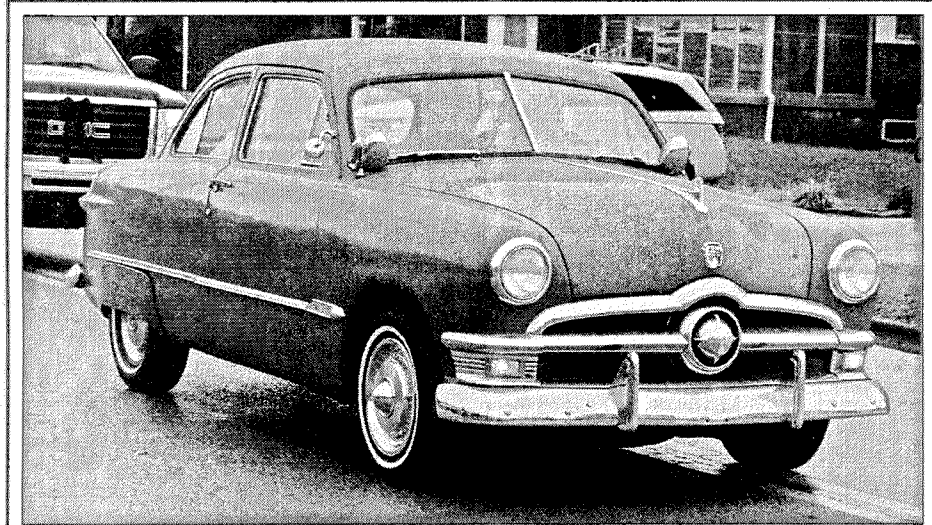
**Closed Dec. 24th - 25th • Dec. 31st & Jan. 1st**



Brian Bullock, Larkin Prewitt, Tyler Sowder and Skyer Holcomb brought Engine 10 from the Brodhead Fire Department to take part in Mount Vernon's Christmas Parade.



Santa Claus and his Elf enjoyed Mount Vernon's Christmas Parade. The duo were driven by their friend, Jeff King.



Gary McGuire drove his 1950 Ford in Mount Vernon's annual Christmas Parade.



RTEC brought their Trolley for the Mount Vernon Christmas Parade playing beautiful Christmas music throughout the parade route.

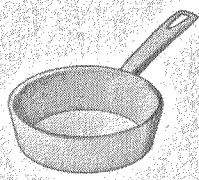


CSEPP Director B.B. Cameron and his wife, Elizabeth, pulled the Rockcastle County Pet Shelter's enclosed trailer in the Mount Vernon Christmas Parade.



Girl Scout Troop 484 braved the rainy weather and participated in the Mount Vernon Christmas Parade.

## Mamaw's Kitchen



By Regina Poynter Hoskins

**VANILLA WAFER CAKE**  
Many of you may remember Mamaw—Martha Owens—who was very active in the community and the Brodhead Baptist Church. She and my aunt Jean Albright used to make a vanilla wafer cake frequently. It is a very rich moist cake and goes just as well with a cold glass of milk as it does a cup of hot tea or coffee.  
1 cup butter, room temperature  
2 cups sugar  
6 eggs  
1 box (12 ounce) vanilla wafers, finely crushed  
1/2 cup milk  
1 pkg. (7 ounce) shredded coconut  
1 cup chopped pecans  
Cream butter, add sugar and beat until smooth. Add eggs, one at a time, beating after each addition.  
Add vanilla wafer crumbs alternately with

milk. Stir in coconut and pecans.  
Pour batter into greased and floured tube pan. Bake in 350° oven for 1 hour and 15 minutes.  
OR Pour into prepared 9 x 13 baking pan. Or if using mini-cake pans fill cups 3/4 full.  
Bake for 20 to 25 minutes if using a 9 x 13 pan bake. For mini-cake pans bake for 15 to 18 minutes. Let cool in pan 15 minutes before removing to wire rack to cool completely.

**FRUIT COCKTAIL CAKE**  
Another cake that made Mamaw famous (at least among us grandchildren) was this cake. So easy to make but tasted so good—especially with that glaze on there.  
2 cups all-purpose flour  
2 teaspoons baking soda  
1 and 1/2 cups white sugar  
1/2 teaspoon salt  
1 can (15 ounce) fruit cocktail  
2 eggs, lightly beaten  
1/2 cup brown sugar  
1 cup chopped nuts  
Preheat oven to 350°. Butter a 9 x 13 cake pan. Mix flour, soda, white sugar and salt. Add fruit cocktail and beaten eggs; pour into prepared pan. Mix brown sugar and nuts; sprinkle over batter. Bake for 35 to 40 minutes.  
**GLAZE:**  
1 stick butter  
1 cup evaporated milk  
1 1/2 cup white sugar  
1 teaspoon vanilla  
Boil for 3 minutes; pour over cake while both cake and glaze are still warm.

M E R R Y

# Christmas!

from

**Rockcastle Circuit Court Clerk  
Eliza Jane York-Hansel**



Front row from left: Priscilla Napier, Stephanie Allen, Sam Alcorn, Sandra Hamm and Brenda Miller.

Back row from left: Marcia Olinger, Renita Blanton, Eliza Jane York-Hansel, Brittney Mullins and Kim Denny.

Closed December 24th & 25th - December 31st & January 1st

Rockcastle County Courthouse • Mt. Vernon • 606-256-2581

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Drug Tip Hotline  
1-866-424-4382  
Toll-free Treatment Help Line  
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Jordan Smith, with Rockcastle County Weather, took part in Mount Vernon's Christmas Parade. Kaylee Smith and Izak Gibbs carried his banner.



Flat Rock Baptist Church's float, A Child Is Born.

No paper next week!  
Signal office will be closed December 21st - 30th



Lauren Sanders celebrated her 11th birthday at her home in West Chester, Ohio on December 5th, 2018. Helping her celebrate were her parents Angela and Bob, grandparents Jean and Charles Sanders and Sally and Ben Chapman, Uncle Dave Sanders, Aunt Christie and Uncle Matt Eulberg and Cousins Mia and Ben Divener. She also had a party on December 8th at Breakout Room Jr in Sharonville, Ohio with 10 of her girlfriends.

**Free tobacco cessation program**

If you would like to quit smoking or using other tobacco products, Rockcastle Regional Hospital can help. Using an innovative smoking-cessation program called Freedom From Smoking, we can help you become tobacco-free.

Join us Tuesday, January 8, 2019 to start the 8-week program sponsored by Rockcastle Regional Hospital. Classes are Tuesdays at 4:30 p.m. (meet in the outpatient registration lobby).

Join the hundreds of other Kentuckians who have quit for life!

Interested in participating? Contact Morgan Bray at 256-7704 or m.bray@rhrcc.org.

**Blair graduates from WKU**

Rachel Layne Blair of Berea, graduated with a Bachelor of Arts degree with double majors in International Affairs and Spanish at Western Kentucky University's mid-year commencement ceremony held on Saturday, December 15. Blair graduated with honors, receiving the distinction of Magna Cum Laude.

While at WKU, Blair was active in Omega Phi Alpha sorority. She also had the opportunity to study abroad at Harlaxton College in Grantham, England and Belgrano University in Buenos Aires, Argentina.

A 2015 graduate of Rockcastle County High School, Blair is the wife of Andres Castillo-Montero of Buenos Aires and the daughter of Bill and Malissa Blair of Berea. After graduation, Blair will reside in Buenos Aires.



During this holiday season and throughout the year, may God quiet you with his peace, comfort you with his presence and bless you with his love.

Merry Christmas from the staff at

**Collins Respiratory Care**

Owners: David Collins & Shelly Clements



Front: Katie Clements.  
Second row from left: Dawn Clements, Shelly Clements and David Collins.  
Back row from left: Doug Clements and Matt Bustle.

Main St. • Brodhead • 606-758-9333



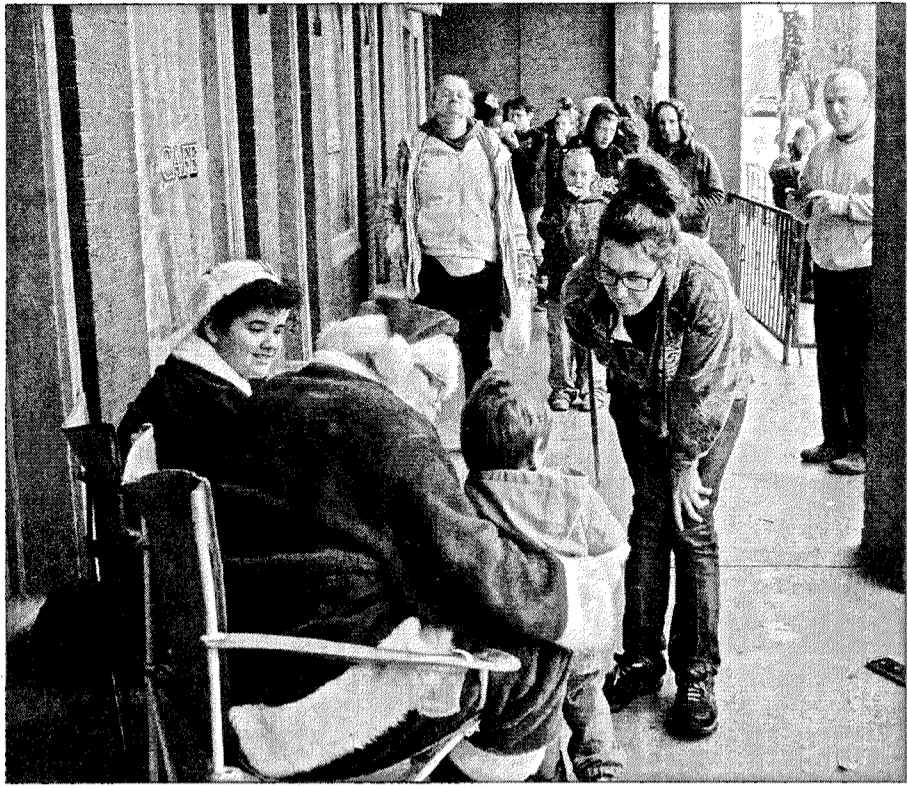
Our very best wishes for a hearty and satisfying holiday season.

For the privilege of serving you, we are sincerely thankful.

**Limestone Grille**

Located at Exit 62

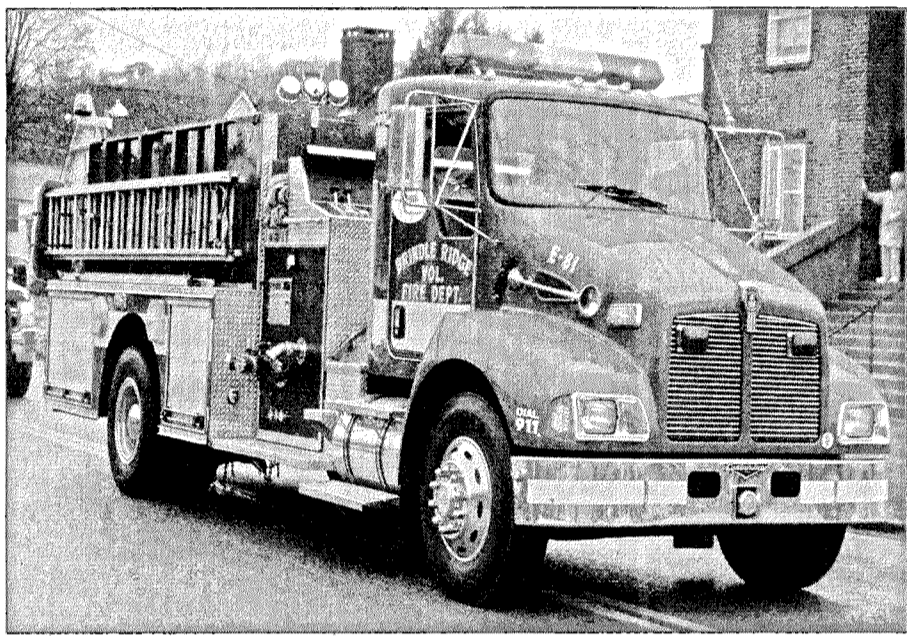
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In spite of the rainy weather, a few children took advantage of letting Santa Claus know what they would like for Christmas after Mount Vernon's parade.



Nancy and Jesse Ramsey decorated their golf cart and rode in Mount Vernon's Christmas Parade sharing candy with those braving the rain.



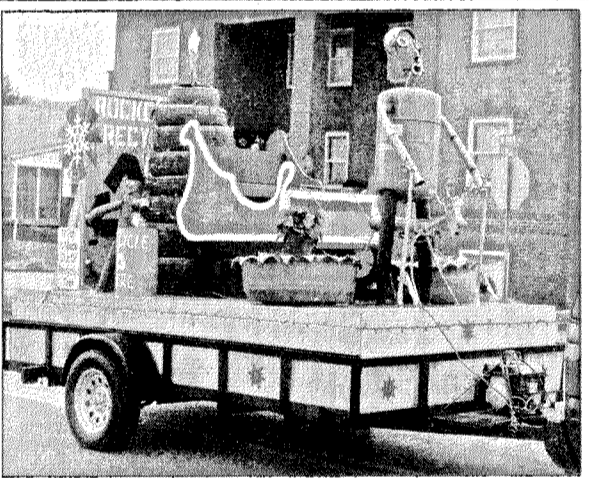
Bringle Ridge Volunteer Fire Department took part in the rainy Mount Vernon and Brodhead Christmas Parades.



Pam Chaliff drove the Rockcastle Public Library Bookmobile while her grandchildren - Jac, Ben and Laura throw candy to those in attendance.



Jack and Dawn Stallsworth rode their side by side in Mount Vernon's Christmas Parade.



Rockcastle County Solid Waste Coordinator James Renner pulled the Rockcastle Recycling Center float decked out with Christmas decorations and recycled material.

*No paper next week!*

Signal office will be closed  
December 20th - 30th

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We thank you for the privilege of serving you and look forward to your continued friendship from

Rockcastle County Attorney  
**Jeremy Rowe & staff**



Front row from left: Kathy Robinson and Meredith Gross.  
Back row from left: Assistant County Attorney William Leger, Julie Adams, Samantha Wynn, County Attorney Jeremy Rowe and Kathy Burgin.

Richmond St. • Mt. Vernon • 606-256-2728



Rockcastle Middle School Youth Service Center would like to thank the local American Legion David M. Smith Post 71. They made a donation of new clothes, winter gloves, hats, coats and toys to the Youth Service Center for Christmas. Pictured from left are: Michael Adams, Don Gabbard, Bill Cash, Tommy Hodges, Rick Bobo (Local Post Commander), Angie Payne - RCMS Youth Service Center Coordinator and Kathy Bobo.

## USDA launches new program to create high-speed internet in Rural America

Agriculture Secretary Sonny Perdue today announced that the United States Department of Agriculture (USDA) is offering up to \$600 million in loans and grants to help build broadband infrastructure in rural America. Telecommunications companies, rural electric cooperatives and utilities, internet service providers and municipalities may apply for funding through USDA's new ReConnect Program to connect rural areas that currently have insufficient broadband service. Answering the Administration's call to action for rural prosperity, Congress appropriated funds in the fiscal year 2018 budget for this broadband pilot program. USDA Rural Development is the primary agency delivering the program, with assistance from other federal partners.

"High-speed internet e-Connectivity is a necessity, not an amenity, vital for quality of life and economic opportunity, so we hope that today rural communities kick off their rural broadband project planning," Secretary Perdue said. "Under the leadership of President Trump, USDA has

worked to understand the true needs of rural communities facing this challenge so we can be strong partners to create high-speed, reliable broadband e-Connectivity."

USDA will make available approximately \$200 million for grants (applications due to USDA by April 29), as well as \$200 million for loan and grant combinations (applications due May 29), and \$200 million for low-interest loans (applications due by June 28).

Projects funded through this initiative must serve communities with fewer than 20,000 people with no broadband service or where service is slower than 10 megabits per second (mbps) download and 1 mbps upload.

Approved projects must create access speeds of at least 25 mbps upload and 3 mbps download. Priority will be awarded for projects that propose to deliver higher-capacity connections to rural homes, businesses and farms. USDA seeks to stretch these funds as far as possible by leveraging existing networks and systems without overbuilding existing services greater than 10/1 mbps.

Evaluation criteria include connecting agricultural production and marketing, e-Commerce, health care and education facilities. Previous research by USDA has demonstrated that high-capacity broadband is critical to all aspects of

rural prosperity, including the ability to grow and attract businesses, retain and develop talent, and maintain rural quality of life.

To help customers with the application process, USDA is holding a series of online webinars and regional in-person workshops. The full list of upcoming public webinars and workshops can be found at the ReConnect Program's resource portal at [reconnect.usda.gov](http://reconnect.usda.gov).

In April 2017, President Donald J. Trump established the Interagency Task Force on Agriculture and Rural Prosperity to identify legislative, regulatory and policy changes that could promote agriculture and prosperity in rural communities. In January 2018, Secretary Perdue presented the Task Force's findings to President Trump. These findings included 31 recommendations to align the federal government with state, local and tribal governments to take advantage of opportunities that exist in rural America. Increasing investments in rural infrastructure is a key recommendation of the task force.

To view the report in its entirety, please view the Report to the President of the United States from the Task Force on Agriculture and Rural Prosperity (PDF, 5.4 MB). In addition, to view the categories of the recommendations, please view the Rural Prosperity infographic (PDF, 190 KB).

USDA Rural Development provides loans and

grants to help expand economic opportunities and create jobs in rural areas. This assistance supports infrastructure improvements; business development; housing; community facilities such as schools, public safety and health care; and high-speed internet access in rural areas. For more information, visit [www.rd.usda.gov](http://www.rd.usda.gov).



Wishing each and everyone a Merry Christmas!

*May your days be filled with Christmas Blessings.*

**HOWELL  
HOLBROOK**  
ROCKCASTLE COUNTY JUDGE EXECUTIVE  
-Elect



OUR WARMEST THOUGHTS AND BEST WISHES  
FOR A MAGICAL CHRISTMAS  
AND A WONDERFUL NEW YEAR!  
**JUDGE KATIE & KEVIN SLONE  
AND TYLER WOOD**

**CHRISTMAS**  
**HOPE IT'S UPLIFTING**



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**MERRY  
CHRISTMAS**

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Happy Holidays and many thanks for your kind patronage this past year.



# MVES first graders write Santa Letters

*Mrs. Kristy's  
1st Grade—MVES  
(Unedited)*  
Dear Santa,  
I am 6 yersold. And I have been a goob gilr tish yer. I want a brie doll hose for cismus.

Dear Santa,  
I have bin nis. I woid lic a t rex for crismus. Mere crismus santa.

Dear Santa,  
How is Roodolf? I want a naw trاملen and a bone for Roko.

Dear Santa,  
I hope that evry bide has a vere gud cresmes. I have ben bad but I wel kric. I am 7 yes ol can you giv me a kamru?

Dear Santa,  
How are the elvse? How is missisclos? Can I have a elecrikscoter? Have a Merry Crismus Santa.

Dear Santa,  
How are your elvz? For Christmas I what Fortnite, xbox, a scootrand Christmas Bare. I love you Santa!

Dear Santa,  
Haw is Mrs clos? Santa can you ples gitme a LOL? Can you git me a LOL Big suprisdoll? I wut a Chistmas tedee bair and a lectrik scootr and a blue bird and gobledig bar. Merry cheistmes Santa!

Dear Santa,  
How are your elvs? I wont a vanite and I wont a LOL big suprisdoll. Merry Crismus Santa. Thank you Santa.

Dear Santa,  
How are your raindeer? I want pokemoncards and some loges to. I want shark toys and dino toys, and a ipad. Merry Crismus santa.

Dear Santa,  
I wes you Have a gud Krismus. I ben a god boy tes yer. I am gud. I wes you will bring me a drt bike ples.

Dear Santa,  
I have bin a litte notye. I will be a good gril this yiry. I wont a new bike and wood to strat my fire.

Dear Santa,  
I binn a litte note but I will triye to be betr. Can I have a go pro?

Dear Santa,  
I hope you have a maryChristmas! I am 7 years old. I have been noteyand nice but I will try to be better. I would like a go pro if you can please.

Dear Santa,  
I am 7 years old. This year I have been a good boy. I have been nice to my friends. Please bring me a new horse to ride. It would make me really happy.

Dear Santa,  
I'm a 7 year old. And I think you bring the best presents and you also have the best randeers and eavn Rudolph he has the chinyistnos. love you.

Dear Santa,  
How are you doing? I have been nice this year. I would love to have a lot uv jelre. I will leave you milk and cookies.

Dear Santa,  
How are you doing? I have been nice. I would love to have a lot uf makup and a catand a dog. I will elave you milk and cookies.

Dear Santa,  
How are you daing? I have been nice this year. I would love to have a xbox and a stuft animul. I will leave you milk and cookies.

Dear Santa,  
How are you doing? I have been nice this year. I would love to have a lot of macup dan jwre. I will leave you milk and cookies.

Dear Santa,  
How are you doing? I have been nice this year. I would love to have a pupe. I will leave you milk and cookies.

Dear Santa,  
I have bin a good grl tis yir. Pez get me a make upset. Mere Chims.

Dear Santa,  
How are rudof and the randirs? I have been gud and a littlbad. I mismy babe goat. I hope you briangme a babe goat.

Dear Santa,  
How are comit and rodof? I have been good to my Isaiah, Emma, Dad, Mom, Nana and Papa. You should know I love you Santa. I hope I gitlots of LOLs.

Dear Santa,  
Howar are the randersdoing? I have been u litte good. You should know that I love my baby sistr. I hope I git a rasling reng and sum raslirs.

Dear Santa,  
How are you, Santa? I have been gude beus I gav presntsto my Papaw. You should know I love evrebode. I hope you never diye.

Dear Santa,  
How are the randir? I have been a litte good. You should know I love mu mom and famly. I hope I get a conpuder

Dear Santa,  
How is rodof dowing? I have been riley good. You should know I bein giving presits. To my sistr. I hope my sistr gits a lep frog tablit.

Dear Santa,  
How are yu dueng, Santa? I have been predey guud. You should know I love my daddy and baby sistr. I hope I get a rnot cuntolcar.

Dear Santa,  
How is rodof doweng? I have been doingood. You should know I ben good tumi bother. I hope evrebode belefs in crisms.

Dear Santa,  
How are u and Ms Cloz doen? I have been nis most ufthe time. You should know I love my faymle. I hope I get a sienc xperment.

Dear Santa,  
How are the elf's? I have been pretty good. You should know I love my babbybrother! I hope you are safet.

Dear Santa,  
How are the reindeer doing? I have been quite good. You should know that I love my dad! I hope you stay helthy.

Dear Santa,  
How are comet and Disxin? I have nis ol the tim. You should know I love my nana. I hope you know I wunt for crsmis a JoJo hair dsiner and a lol shel.

Dear Santa,  
How are Santa's randirsdoing? I have been bad to mi sistrs. You should know I love mom and my sists. I hope you teking cere of rodof.

Dear Santa,  
How are your rane dir? I have nicyal the time. You should know I love my famle. I hop you give me lots of pressints.

Dear Santa,  
How are the wanderand you dong Santa? I have been good. You should know I love my mom. I hope uyo are happy?

Dear Santa,  
How is Bletsen? I have been good. You should know that I luv mi famli. I hope I git lost uv prnsents.

Dear Santa,  
How are the randir? I have been a litte good. You should know I love mu mom and famly. I hope I get a conpuder

Dear Santa,  
How are you, Santa? I have been nise mostof the time. You should know I love my sister. I hope for crismes I get a JoJo Sewol Dole.

Dear Santa,  
How are donrr and Dashr? I have been mostleygood. You should know I love my mommy. I hope Roodof ceeps helthe.

Dear Santa,  
How are you dong? I have been good al th tim. You should know I love mi famley. I hope I git a rnot cuntolcar.

Dear Santa,  
How are you douing? I have been a littel good this yiar. You should know I want Pacman retro! I hope you get a present soon.

Dear Santa,  
How are you? I have been a good boy. You should know I love you.

*Mrs. Kaci Brown's  
MVES 1st Grade  
(Edited)*

Dear Santa,  
Thank you for the toys that you get me every year. This year I would like some LOL dolls for Christmas.

Dear Santa,  
How do the reindeer fly? I want some Ken dolls for my Barbiesto play. I also want a big doll house for them.

Dear Santa,  
I want a bag of Legos and a monster truck with a remote control that takes batteries. If I am bad, you can bring me coal.

Dear Santa,  
How are the reindeers doing? Is the North Pole cold? Please bring me a few LOL dolls for Christmas. I really like them.

Dear Santa,  
I would like some Junie B. Jones books for Christmas. I like to read and she is so funny. Tell the reindeers that they are cute!

Letters Continued on page C9

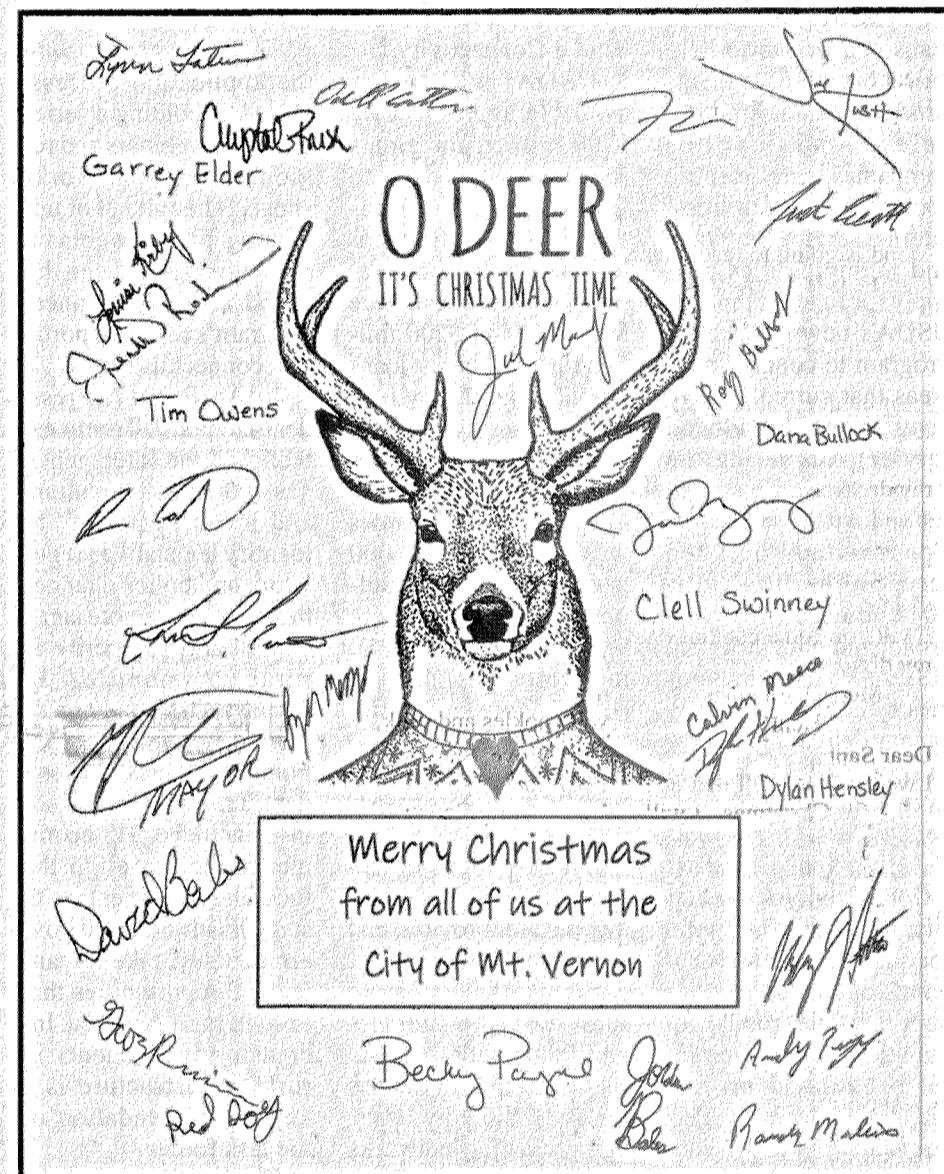
Dear Santa,  
I would like some Junie B. Jones books for Christmas. I like to read and she is so funny. Tell the reindeers that they are cute!

Dear Santa,  
I want roller blades and some hot wheels for Christmas. I help my mom every day with the chores.

Dear Santa,  
For Christmas I want a black skateboard. I already know how to ride it, really good. My chimney is in my backyard for you to come down but be careful for the thorns.

Dear Santa,  
I really want an Xbox for Christmas. I think I have been a good boy most of the time. When I do get in trouble, it's usually my brother's fault.

Dear Santa,  
I want a Xbox for Christmas. I think I have been a good boy most of the time. When I do get in trouble, it's usually my brother's fault.



Merry Christmas

We'd like to send our greetings for a very Merry Christmas and a Happy New Year to all our neighbors and friends!

Lone Star Farm & Home  
Hwy. 150 between Mt Vernon & Brodhead  
606-256-0234

**Wishing you a Merry Christmas...**

and a joyous New Year.  
May the joy of the season make all your wishes come true.  
Like a good neighbor, State Farm is there.®  
CALL ME TODAY.

**State Farm®**

1101447.1 State Farm, Home Office, Bloomington, IL

**Teresa Jackson Ins Agcy Inc**  
Teresa Jackson, Agent  
912 W Main Street  
teresajacksoninsurance.com  
Bus: 606-256-2119

Dear Santa,  
For Christmas I want an LOL Doll and a Love-a-Bella Doll. I will play in my room with them. I am always a good girl!

Merry Christmas,  
Caeli

Dear Santa,  
How has your day been? Mine has been good. I want a LOL doll and a real phone for Christmas. I have been a good girl all year.

Merry Christmas,  
Jayden

Dear Santa,  
Well Santa, I want to ask you how your reindeer fly with it being so cold in the air? For Christmas, I want more Nerf Guns but I forgot the real name of brand. I am always nice and being good. Merry Christmas Santa!

Love,  
Brodie

Dear Santa,  
How do your elves make so many different toys? They must be tired after Christmas. Can they please make me a pink skateboard with red wheels? I will ride it all summer long!

Merry Christmas,  
Hanna

Dear Santa,  
I think I want a helicopter that is green. You can come down my chimney to bring me some presents.

Merry Christmas,  
Dameon

Dear Santa,  
How does the North Pole feel? Is it cold? I really want a pair of roller skates that has 4 wheels that are red, black, and gray. My friend is going to teach me how to ride them. I have been a good boy this year.

Merry Christmas,  
Tristian

Dear Santa,  
How do you deliver all your presents so fast? I bet the reindeers have super powers. I would like a Lego's Incredible video game for Christmas. I would also like a Maui's Hook from Moana. I will you some cookies on my dinner table.

Merry Christmas,  
Henry

Dear Santa,  
I want a baby doll that can swim for Christmas. I will take it with me when I go swimming this summer. I will leave you some cookies next to the fireplace.

Merry Christmas,  
Elizabeth

*Mrs. Bowman's  
MVES 1st Grade Class  
(Edited)*

Dear Santa,  
My name is Chloe, I have been nice this year. For Christmas I would like JoJo makeup. I will leave you some cookies and milk and carrots for your reindeer.

Love, Chloe B.

Dear Santa,  
My name is Josiah, I have been nice this year. For Christmas I would like a Captain America Shield. I will leave you some cookies and milk, and a carrot the reindeer.

Love, Josiah B.

Dear Santa,  
My name I Gabreilla Hope Milburn, I have been nice this year. For Christmas I would like JoJo Cewa dool, and a fitbit. I will leave you some cookies and milk, and carrots for the reindeer.

Love, Gabriella M.

Dear Santa,  
My name is Abby, I have been nice this year! For Christmas I would like a whos that grl. I will leave you some cookies and milk, and carrots for the reindeer.

Love, Abby N.

Dear Santa,  
My name is Maddy, I have been good this year! For Christmas I would like a I fone. I will leave you somme cookies and milk, and carrotoos for the reindeer.

Love, Maddy R.

Dear Santa,  
My name is Maleigha McFerron, I have been nice this yar. For Christmas I would like JoJo wsiy slim making kit and galx slim miking kit, tow frutteeth. I will leave you some cookies and milk.

Love, Maleigha M.

Dear Santa,  
My name is Olivia, I have been nice this year! For Christmas I would like a

JoJobows! I will leave you some cookies and carrots for the reindeer.

Love, Olivia S.

Dear Santa,  
My name is Aubree, I have been a little naughty this year. For Christmas I would like aart set. I will leave you some cookies and milk, and carrots for the reindeer.

Love, Aubree W.

Dear Santa,  
My name is Izabella, I have been nice this year! For Christmas I would like ring. I will leave you some cookies and milk, and carrots for the reindeer.

Love, Izabella M.

Dear Santa,  
My name is Destiny Gadd, and I have been naughty a little. I would want twisty pets and a lol doll for Christmas. I made you a picture on the back of your letter.

Love, Destiny G.

Dear Santa,  
My name is Jacob, I have been a little naughty this year. For Christmas I would like a xbox 1. I will leave you some carrots for the reindeer.

Love, Jacob B.

Dear Santa,  
My name is Ethan, I have been nice this year! For Christmas I would like toisand a toy elf. I will leave cookies and mild and carrts for the reindeer.

Love, Ethan H.

Dear Santa,  
My name is Daniel, I have been nice this year! For Christmas I would like a skate board. I will leave you some cookies adn mill.

Love, Daniel J.

Dear Santa,  
My name is Nikolas Couch, I have been nice this year! for Christmas would like a skoter. I will leave you some cookies and milk, carrots for the reindeer.

Love, Niko C.

Dear Santa,  
My name is Kylie, I have been nice this year! For Christmas I would like a make upset. I will leave you cookies and milk.

Love, Kylie P.

Dear Santa,  
My name is Gavin, I have been nice this year! For Christmas I would like a fengrleg. I leave you some cookies for the reindeer.

Love, Gavin L.

Dear Santa,  
My name is Lauren, I have been nice this year. For Christmas I wou like a Fhone. I will leave you some cookies and mild carrots for the reindeer.

Love, Lauren O.

Dear Santa,  
My name is Kaylea, I have been nice this year. For Christmas I would like JoJo Doll and JoJoMake up. Cookies and milk.

Love, Kaylea A.

Dear Santa,  
My name is Lacey, I have been nice this year! For Christmas I would like a fit bit! I will leave you some cookies and milk, and carrots for the reindeer.

Love, Lacey M.

Dear Santa,  
My name is Noah, I have been nice. For Christmas I would like a toy gator to ride on. I will leave you milk and cookies.

Love, Noah R.

Dear Santa,  
My name is Hailey, I have been nice this year! For Christmas I would like a cat. I will leave you some cookies and milk, and carrots for the reindeer.

Love, Hailey K.

Dear Santa,  
My name is Peyton, I have been nice this year. For Christmas I would like Hitman 2 game. I will leave you some cookies and milk.

Love, Peyton P.

*Kathy Price's  
MVES 1st Grade Class  
(Edited)*

Dear Santa,  
My name is Bryson and I am 6 years old. Is it very cold at the North Pole? I have been good this year. I want a truck, an iPad, and a train for Christmas.

Love, Bryson

Dear Santa,  
My name is Landon and I am 7 years old. How do the reindeer fly? I have been

good this year. I want an iPhone 7, a gas RC car, and a dog for Christmas.

Love, Landon

Dear Santa,  
My name is Marcas and I am 7 years old. I have been good and bad this year. How do the reindeer fly? I want a spy drone, a hot wheel, and a puppy for Christmas this year.

Love, Marcas

Dear Santa,  
My name is Parker and I am 7 years old. How old is Mrs. Clause? I have been good this year. I would like an Xbox, a Tablet, and a TV for my room.

Love, Parker

Dear Santa,  
My name is Carabella and I am 6 years old. I want to tell you that I have been good this year. How many presents do you have? I would like dolls, a Jo Jo bow, and hot cocoa for Christmas this year.

Love, Carabella

Dear Santa,  
My name is Kooper and I am 7 years old. I have been good this year. How do the reindeer fly? I want a 4 wheeler, a dirt bike, and an elf for Christmas this year.

Love, Kooper

Dear Santa,  
My name is Haylee and I am 6 years old. I have been good this year. Where is Rudolph? I would like a Doc McStuffins and Boxy Girls for Christmas this year.

Love, Haylee

Dear Santa,  
My name is Charlie Paige and I am 6 years old. I have been awesome this year! Are you and Mrs. Clause real? I would like a new bed, some squishies, and for my sister to clean her room! I will leave some carrots and reindeer food in the grass.

Love, Charlie

Dear Santa,  
My name is Oliver and I am 6 years old. I have tried to be good this year. Is it cold at the North Pole? I would like an X Box, a scooter, and a mud racer dirt bike.

Love, Oliver

Dear Santa,  
My name is Angileigha and I love you Santa. I have been awesome this year. I would like a cotton candy maker, a robot cat, and a doll that talks.

Love, Angileigha

Dear Santa,  
My name is Ryli and I am 7 years old. I have been so good this year!! Do the reindeer really fly? I would like a big white board and colored paper for Christmas this year.

Love, Ryli

Dear Santa,  
My name is Ayden and I am 7 years old. How do the reindeer fly? I have been good this year. I would like a toy truck, a toy farm, and an elf for Christmas this year.

Love, Ayden

Dear Santa,  
My name is Aubrey and I am 7 years old. I have been good this year. How many reindeer do you have? I want a Jo Jo Bow, a dog, and a cat for Christmas this year.

Love, Aubrey

Dear Santa,  
My name is Dawsynn and I am 6 years old. How did you make Christmas? I have been good this year. I want a dog, an iPhone 7, and a gas powered RC car.

Love, Dawsynn

Dear Santa,  
My name is Katie and I am 6 years old. How do your reindeer fly? I have been good this year. I would like a doll and a dog for Christmas.

Love, Katie

Dear Santa,  
My name is Easton and I am 7 years old. How do the reindeer fly? I have been good this year. I would like some hot wheels, a hat, and a truck for

Christmas.

Love, Easton

Dear Santa,  
My name is Madison and I am 7 years old. How many elves do you have? How many reindeer?

I have been good this year. I want Barbie Dolls and a make-up stand for Christmas.

Love, Madison

Dear Santa,  
My name is MaKenna and I am 6 years old. How many elves do you have? I have been good this year? I want a power wheel for Christmas this year.

Love, MaKenna

Dear Santa,  
My name is Matthew and I am 7 years old. I want to see you fly in the dark. I have been good all year. I want a little

tiny stocking for my dog, a diesel truck, and I want another dog - a German shepherd.

Love, Matthew

Dear Santa,  
My name is Charles and I am 6 years old. How do your reindeer fly? I have tried to be good this year. I would like a toy motorcycle I can ride on, a dirt bike you can charge up, and a green tractor you can pedal.

Love, Charles

Dear Santa,  
My name is Layla and I am 7 years old. Are cats sometimes bald with no hair? I have been good this year. I would like an LOL doll for Christmas this year?

Love, Layla

**Merry Christmas**  
and Happy New Year!

**McKinney**  
**Income Tax Service**

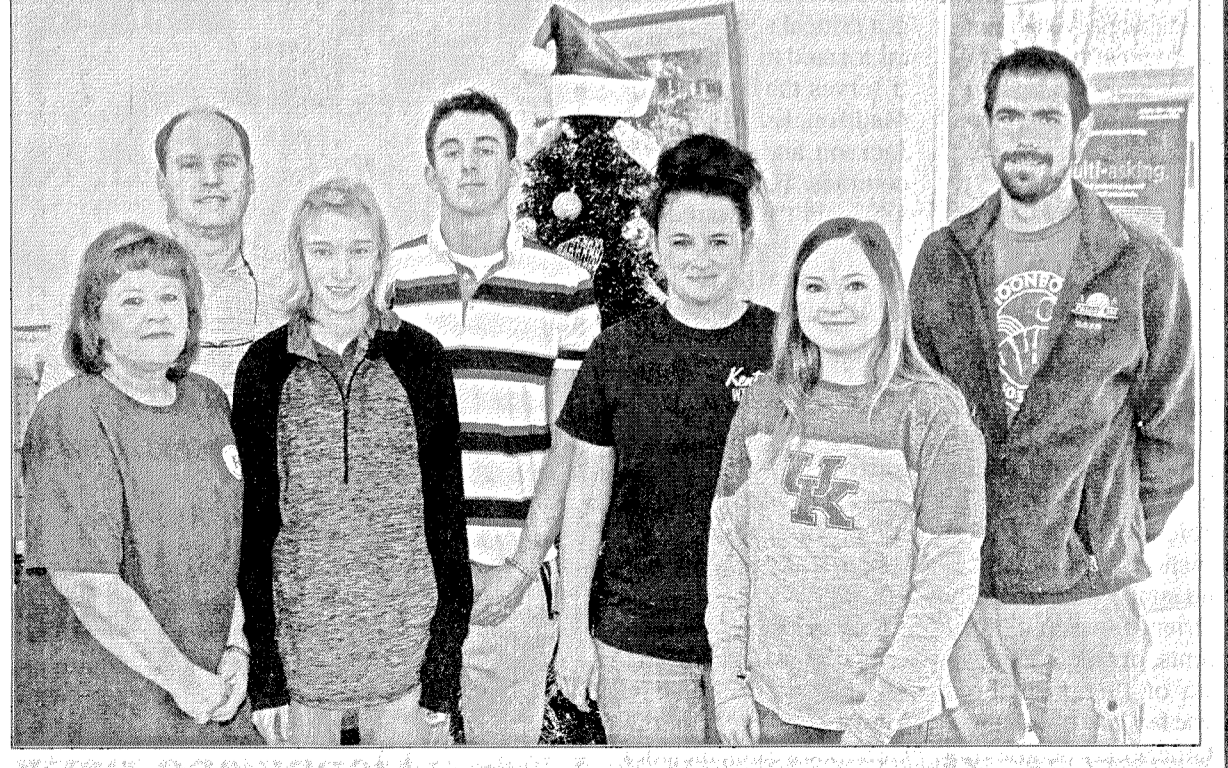


and many thanks to our good friends, everywhere!

Happy Holidays from everyone at

**Mt. Vernon Drug**

Richmond St. • Mt. Vernon • 606-256-3447



From left: Charlotte Hansel, Kendall Kilourne - pharmacist/owner, Terri Renner, Hayden Kilbourne, Amanda Hurt, Kali Hasty and Andrew Nelson.  
Not pictured: Melissa Slone, Lisa McClure, Jessica Thacker and Amanda Mastin.





On Thursday, December 6th, Brodhead Fire Department held their annual shop with a firefighter and cop event. The fire department has partnered with the Brodhead Police Department for the last two years to make this possible. Shown above with the children are Brodhead Police Chief Travis Davis, firefighters Bryanna Mullins, Tyler Sowder and Christian Dooley.

## Holidays not always cheerful for those battling holiday depression

The holiday season is underway and as families gather to celebrate, it's important to remember it's not always the most wonderful time of the year for everyone. While depression can occur at any time, the holiday season particularly may bring on loneliness and a lack of fulfillment for some. During the month of December, Saint Joseph Berea, part of KentuckyOne Health, encourages people to learn more about holiday depression and how it might impact loved ones.

Those suffering from depression may experience feelings of sadness and emptiness that won't go away, extreme irritability, restlessness, thoughts of suicide and death, insomnia or sleeping too much, difficulty concentrating, loss of interest in favorite activities, weight gain or weight loss.

"Depression may occur at any time of the year, but during the holiday season, it's often amplified," said Elizabeth Clark, MS, director of Senior Renewal Center, Saint Joseph Berea. "Many factors can increase a person's level of stress and anxiety during the holidays, including financial pressures, recent loss of a loved one or other major life changes, social isolation, excessive commitments and unrealistic expectations."

To help find relief from holiday-induced stress, it's important to set realistic goals and expectations during the holidays, share responsibilities with loved ones, reach out to friends and family, avoid excessive drinking and overeating, and talk to a therapist to help you identify your feelings and find solutions to overcome them.

Social isolation is often a major factor in depression around the holiday season. Some people may not have a large group of friends and family with whom to celebrate. As a result, they feel disconnected during the cheerful holiday months. To avoid increased social isolation, it's important to find support from family or friends, seek out social events, or talk to a physician or therapist about these feelings of isolation.

Others may be grieving the loss of a loved one during the holidays. Strategies to help lessen the risk of depression for those experiencing loss include acknowledging

your feelings, finding a new holiday tradition away from home, volunteering time to help others, and spending time outdoors.

Depression this time of year may also be caused by another factor - the loss of sunshine. Seasonal affective disorder, or (SAD), is a disorder that is caused by the reduced number of daylight hours during the winter months.

To treat SAD, your provider may recommend talk or light therapy, antidepressants or lifestyle changes.

"For those who suffer from depression this time of year, it's important to talk to a provider to determine its cause, whether it's the stress or loneliness of the holidays, or another external factor like the lack of sunshine," said Clark. "Depending on the type and severity of the depression, it can be treated with medications, psychotherapy, brain stimulation techniques, lifestyle changes, or some combination of these. Reaching out for help is the key to feeling better."

Signs of depression should not be taken lightly. Contact Our Lady of Peace for an assessment by calling the Assessment and Referral Center at 859.313.3515. If you find yourself having suicidal thoughts, immediately dial 911, go to a hospital emergency room, or call the National Suicide Prevention Lifeline at 1-800-273-TALK.

*About Saint Joseph Berea*

Saint Joseph Berea, part of KentuckyOne Health, is a critical access hospital located in Berea, KY. It serves the residents of Madison, Estill, Garrard, Jackson and Rockcastle counties. Established in 1898, on the grounds of Berea College, Saint Joseph Berea recognizes the importance of family, friends and familiar surroundings in the healing process and provides a breadth of services so that getting first-rate care doesn't have to mean being far from home.

*About KentuckyOne Health*

KentuckyOne Health, one of the largest and most comprehensive health systems in the Commonwealth, includes hospitals, physician groups, clinics, primary care centers, specialty institutes and home health agencies in Kentucky and

southern Indiana. KentuckyOne Health is dedicated to bringing wellness, healing and hope to all, including the underserved.

## 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 (corrugated and slick), plastics #1 Pet or Pete, plastics #2 HDPE, plastic grocery store bags, bread bags, and shrink wrap (no other sheet plastics can be accepted), 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 (we can no longer accept 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.

## From all of our families to yours



Brad, Rita and Juetta  
Danny and Betty Jo

# Brodhead Farm Equipment

Danny and Betty Jo McKinney, owners

"Downtown Brodhead" • 758-9532

# Pride Fall Cleanup very successful

By James Renner, Rockcastle County Solid Waste Coordinator

I would like to take this opportunity to thank all of the groups and individuals that participated in the 2018 Rockcastle County Roadside Pride Fall Cleanup. Once again, we had a very successful fall Cleanup!

There were 82 volunteers that worked a total of 142 hours to clean up 159 bags of trash and 1 tire over a span of 25.3 miles along 14 different stretches of roadside. These numbers do

not include the totals from the Cities of Brodhead, Livingston, Mt. Vernon, and the Rockcastle County Work Release Crews.

Congratulations on an outstanding Fall Cleanup!

The following groups and individuals participated:

**All-American Club/NAMI:** Wayne Bullock, Cassie Kendrick, Michial Shackelford, Bonita Fleming and Larry Bullock; **Brindle Ridge Baptist Church:** Ron Roberts, Mike Sowder, Kim

Ramsey, Marcia Coffey, Melanie Childress, Larry Bullock, Bill Howard, Alfred McNew, Rodney Nabors, Judy Sowder, and Jay Sowder; **Friends of Pongo:** Amanda Osborne, Jamie Osborne, Billy Gail Osborne, Phillip Brock, Aiden Brock, and Bella Cromer; **Concerned Citizens of Boone Cromer Rd:** Kenneth Cromer, Bella Cromer, Stephanie Sizemore, Zoey Holland, and Edna Renner; **Concerned Citizens of Pongo:** Erika Munguia, Jonathan Munguia, Victoria Munguia, Regina Munguia, Nathan Munguia, Edna Renner, Stephanie Sizemore, Bella Cromer, Zoey Holland, Emma Dykes, and Joey Smith; **Freedom Baptist Church:** Sheryl Bullock, Doug Singleton, Carolyn McKinney, C.S. McKinney, Ray Bullock, Tabitha Bullock, Stephanie Hurst, Barry Hurst, Debbie Bullock, Elaine Murphy, Chris Hurst, Cameron Hurst, and Teresa Vanzant; **Friends of Norton School Br. Rd:** Cecil McKinney Jr; **University of Notre Dame:** John Aube, Elsa Barron, Jamie Campbell, Steven Campillo, Christina Hayford, Thomas Kacius, Jon Klein, Kelly Liang, Andrea Pradolriarte, Erin Roche, and Jenna Wertsching. Once again, a job well done!

Photos were not available for all groups.

Special thanks to the Rockcastle County Work Release Supervisors: Freddie Cromer, Ricky Kirby, and Coy Cromer and their respective crews.

I apologize in advance for any misspellings or omissions.



For unto us a child is born, unto us a son is given:  
and the government shall be upon his shoulder:  
and his name shall be called  
Wonderful, Counselor, The mighty God,  
The everlasting Father, The Prince of Peace.

Isaiah 9:6

We're proud to join you and your family in sharing the miracle of Christmas.

MARVIN E.

Owens

HOME FOR FUNERALS

Brodhead, KY • 606-758-9600 • 1-877-600-9601



Freedom Baptist Church



Brindle Ridge Baptist Church



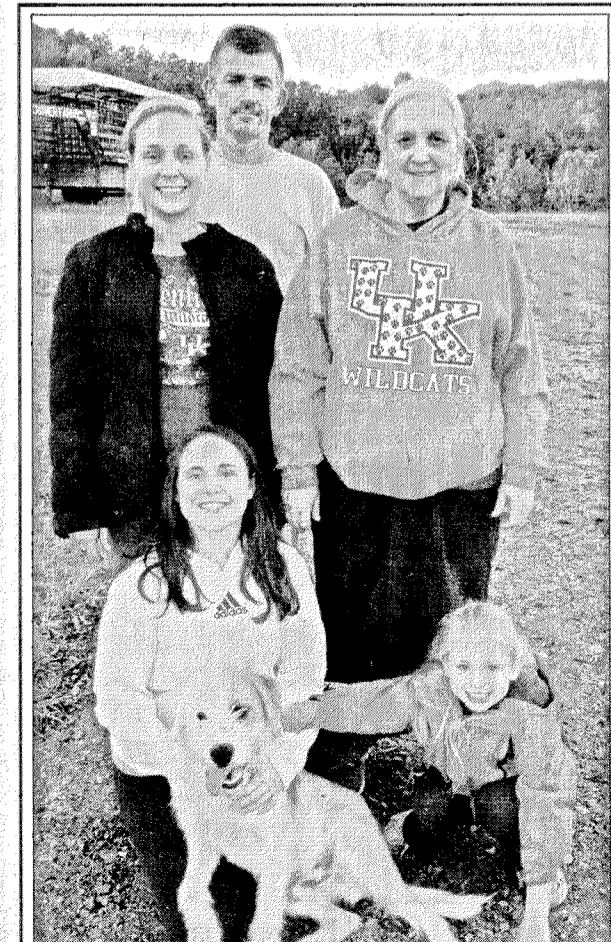
Concerned Citizens of Pongo



Friends of Pongo



All-American Club/Nami Cumberland River



Concerned Citizens of Boone Cromer Road

Merry Christmas

from

Kentucky Farm Bureau Insurance

Mt. Vernon • 256-2050



Front row from left: Ashley Harding, Marlene Lawton and Susan McNew.  
Second row from left: Shelly Mullins, Caitlin Callahan, Christa Taylor, Tammy McVey and David Burton.  
Back: John Lawson

Office Closed December 24th & 25th and January 1st

  
**God Jul**  
 Kala Christougenna Feliz Navidad  
**Vrolijk Keerstfest**  
 Joyeux Noel Fohes Fest  
 Kala Christougenna Vrolijk Keerstfest  
 Vrolijk Keerstfest Joyeux Noel  
**Merry Christmas**  
 Kala Christougenna Joyeux Noel  
 Feliz Navidad **God Jul**  
 Merry Christmas Vrolijk Keerstfest  
**Merry Christmas**  
**Fohes Fest**  
 Kala Christougenna

No matter how you say it, we hope it's grand!  
 Thank you for your business this year.

- **Law Offices** -

Jerry J. Cox

James L. Cox

Cody Kirby

Heidi Weatherly

115 Richmond St. • Mt. Vernon • 606-256-5111



From left: Cheyenne Parman, Heidi Weatherly, Jerry Cox, Cody Kirby, James Cox, Shari Proctor and Amanda Brown.

# Mount Vernon Signal

Fourth Section

Thursday, December 20, 2018

## Scenes from 2018 Brodhead Christmas Parade



Larry Albright gave Santa Claus a ride in the EJ Taylor Memorial Christmas Parade in Brodhead.



Brodhead Mayor Walter Lee Cash during the annual EJ Taylor Memorial Christmas Parade.



Marvin Owens drove his '57 Cadillac in the annual EJ Taylor Memorial Christmas Parade in Brodhead.



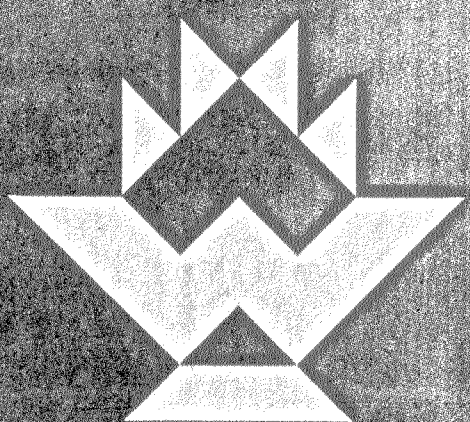
Sgt. Devon Mason and his daughter, Pyper, enjoying the annual EJ Taylor Memorial Christmas Parade in Brodhead.

WE WISH YOU A

Merry  
Christmas

AND A

Happy New  
Year



PEOPLES BANK  
UNIQUELY KENTUCKY

MEMBER  
FDIC



Brodhead Police Chief Travis Davis led the EJ Taylor Memorial Christmas Parade.



Members of the RCHS JROTC Color Guard carried the colors in the EJ Taylor Memorial Christmas Parade in Brodhead. From left: Andrew Durham, Eli Price, Alex Robinson and Jacob Luzak.

# A VERY MERRY CHRISTMAS and Happy New Year!

All the best  
to you  
and yours this  
holiday season.

We appreciate your business.

## A Cut Above

Mt. Vernon • 606-256-5317



Dicie Allen, Sherry Barron, Lindsey King and Terri Woodall

# Merry Christmas

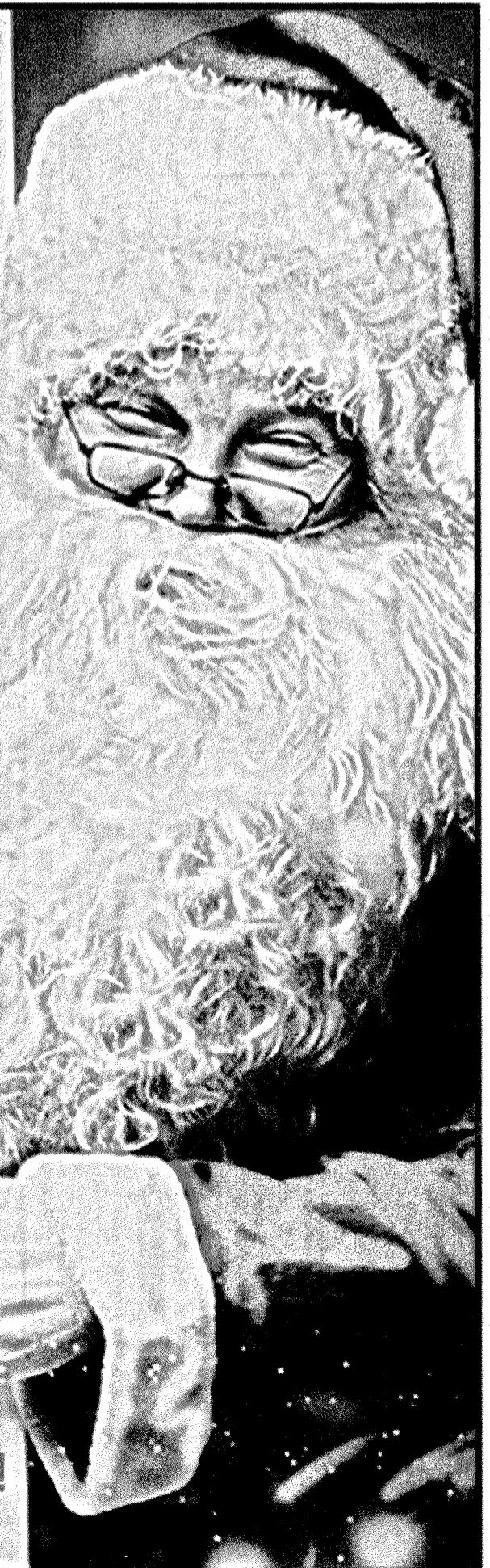
FROM THE MEMBERS OF  
ROCKCASTLE COUNTY  
CHAMBER OF COMMERCE

Ace Hardware  
Berea Chamber of Commerce  
Bishop Tire  
Christian Appalachian Project  
Citizens Bank  
Citizens Insurance  
City of Brodhead  
City of Mt. Vernon  
Community Trust Bank  
Cox Funeral Home  
Cumberland Workforce  
Daniel Boone Action Agency  
Days Inn  
Design & Service  
Eliza York, Court Clerk  
EST Tool  
Exit 62 Mobile RV Service  
Ford Brothers  
Godfather's Pizza  
Goff Excavating  
Hospice Care Plus  
Jackson Energy  
KFC of Mt. Vernon  
King Bottling

KY American Water  
KY Farm Bureau  
KY Utilities  
Limestone Grille  
Lumber King  
Mahaffey Auto Quick Lube  
Mink Apartments  
Mt Vernon Marathon  
Mt. Vernon Drug, Inc.  
Mt. Vernon Eye Center  
Mt. Vernon IGA  
Mt. Vernon Signal  
Mt. Vernon/Rockcastle Tourism  
Owens Funeral Home  
PBK Bank  
Peoples Bank  
Plastisud Inc.  
R.B. Cleaners  
Rockcastle Development Board  
Rockcastle County Fiscal Court  
Rockcastle County Schools  
RCIDA

Rockcastle Health & Rehab  
Renfro Valley Baymont  
Renfro Valley Entertainment  
Renfro Valley KOA  
Rockcastle Regional Hospital  
Rodeway Inn  
Rose Brown  
RTEC  
Seek & Learn Child Dev.  
Snack Shack  
Tamara Clontz, CPA  
Tim Short Auto  
US Post Office  
Valley View Apartments  
White House Clinic

**BECOME A MEMBER!**  
Call (606) 308-4646





Bobby Phelps drove Livingston Fire and Rescue's E-303 truck in the EJ Taylor Memorial Christmas Parade in Brodhead.



Jordan Smith, with Rockcastle County Weather, indicates he didn't order the rainy weather for the Christmas Parades in Mount Vernon and Brodhead. He is shown here in the EJ Taylor Memorial Christmas Parade with Kaylee Smith and Izak Gibbs.



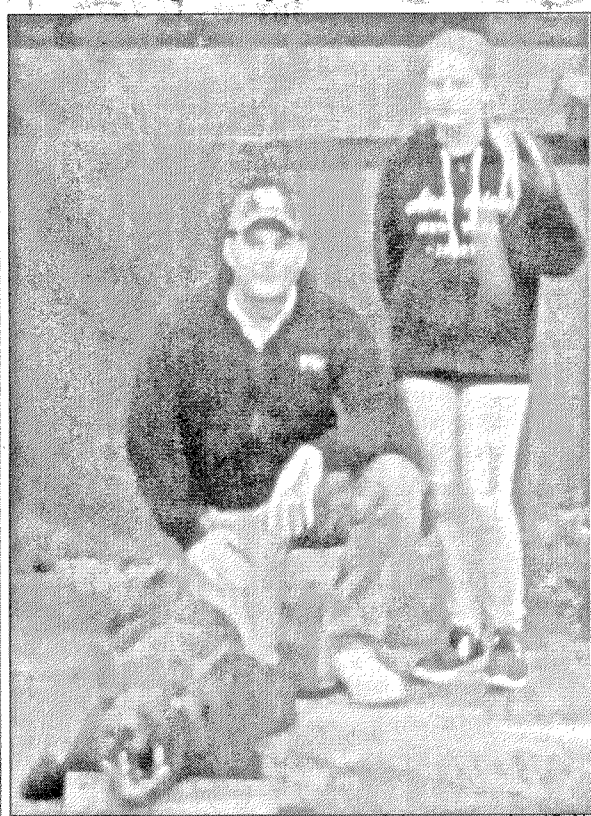
Steve Griffin, his wife Becky and daughter Makayla as well as Mike Combs and his daughter, Allison rode in one of Mount Vernon Fire Department's fire trucks during the annual EJ Taylor Memorial Christmas Parade in Brodhead.



Sgt. Larkin Prewitt, Skylar Holcomb and Sydney Holcomb rode in Brodhead Fire Department's Engine 10 during the annual EJ Taylor Memorial Christmas Parade.



While on a hunting trip in Perry, FL with her dad, Haley York harvested two wild hogs, while her dad, Charles York, got a trophy boar.



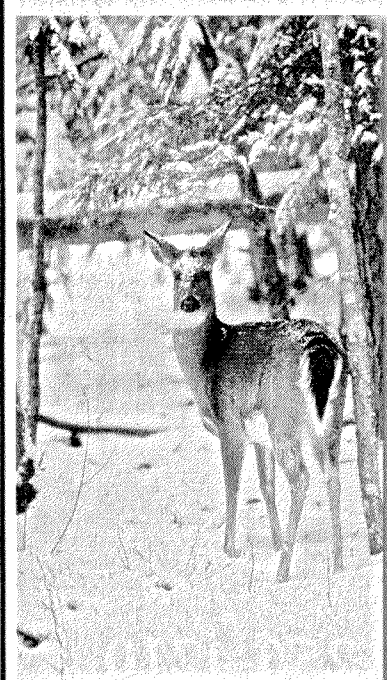
We'd like to join you and your family in giving thanks to our Lord for His love and guidance, just as we thank you for your trust and support this past year.

## Coffey & Ford, PSC

### Attorneys At Law

Willis Coffey and John D. Ford

*With Our Gratitude*



To all our friends we hold so "deer," a very Merry Christmas and a Happy New Year.

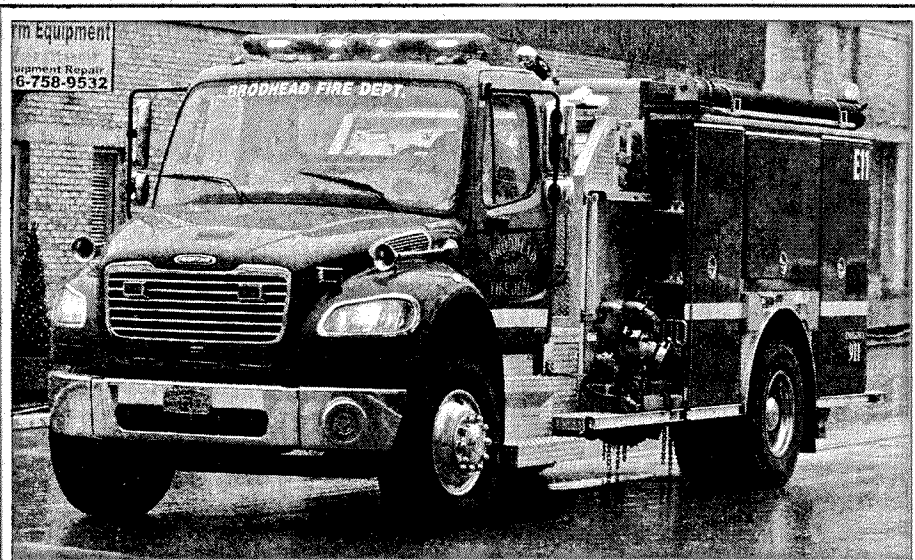
Thank you for your kind patronage.

**Joseph B. Clontz, CPA**  
Main St. • Mt. Vernon • 606-256-3623



Front row from left: Willis Coffey and John Ford.  
Back row from left: Tracy Mink, Jenni Ellis and Nicole Nicely.

**Main St. • Mt. Vernon • 606-256-4405**



Captain Curtis Burton and Kristi Grider rode in Brodhead's Engine 11 during the annual EJ Taylor Memorial Christmas Parade in Brodhead.



Rockcastle County Judge/Executive-Elect Howell Holbrook waves to the camera during the annual EJ Taylor Memorial Christmas Parade.



Brindle Ridge Volunteer Fire Department took part in Mount Vernon and Brodhead's Christmas Parades Saturday, December 1st.



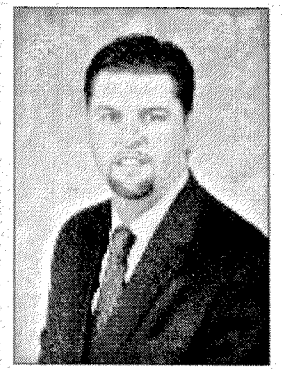
Rockcastle County Solid Waste Coordinator James Renner and the Rockcastle Recycling Center float in the annual EJ Taylor Memorial Christmas Parade in Brodhead.

Peace & Joy  
TO ALL THE WORLD

Merry Christmas &  
Happy New Year

May God bless you and your family this holiday season.

Senator  
Jared Carpenter



HAPPY HOLIDAYS

Celebrating Over  
50 Years in Business!

Thank you to all our  
loyal customers!



David and Millie Eaton, David, Jr. and Beth Eaton, Steve, Eric, Johnny, Rodney

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Closed December 25th and January 1st

Holiday JOY

May you and your family enjoy the many blessings that give true meaning to the holiday season.

We feel privileged and blessed to have you as our customers.

Thank you for your patronage.



From left: Bobby and Felecia, Sherri, Jamie, Beverly, Sue and Gracie

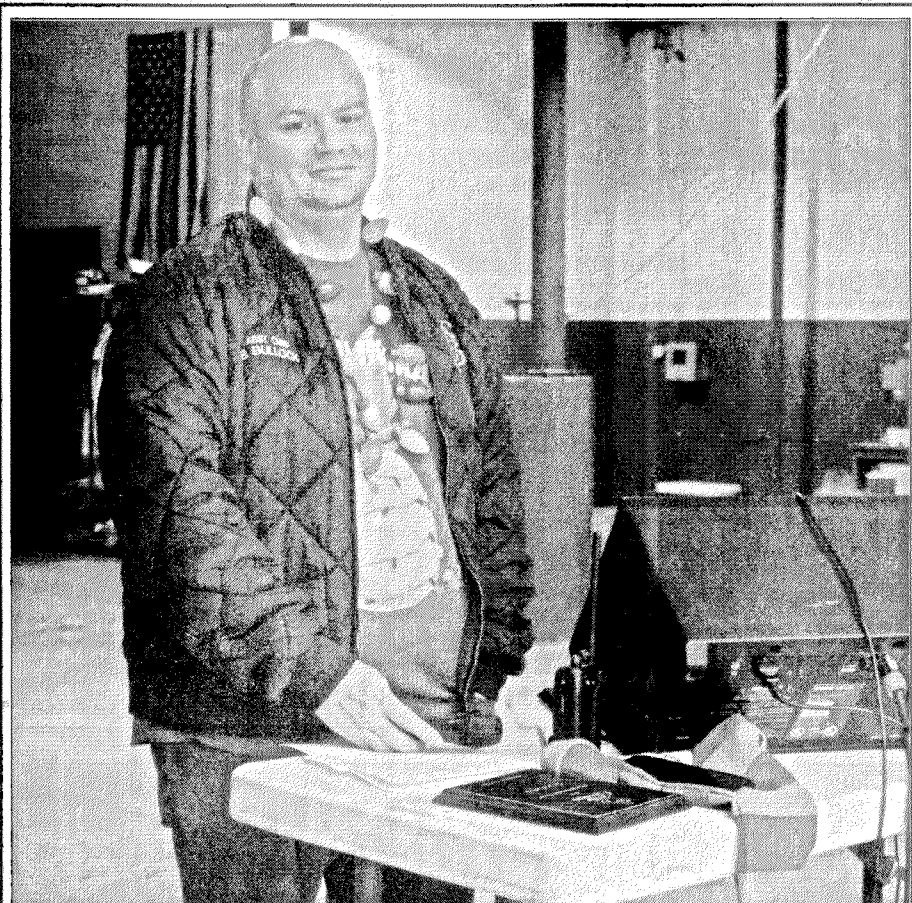
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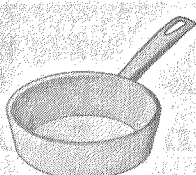


Brodhead Assistant Fire Chief Brian Bullock announced the Christmas Parade as it came through town.



Danny Woodall decorated his bike and rode in the annual EJ Taylor Memorial Christmas Parade in Brodhead.

## Mamaw's Kitchen



By Regina Poynter Hoskins

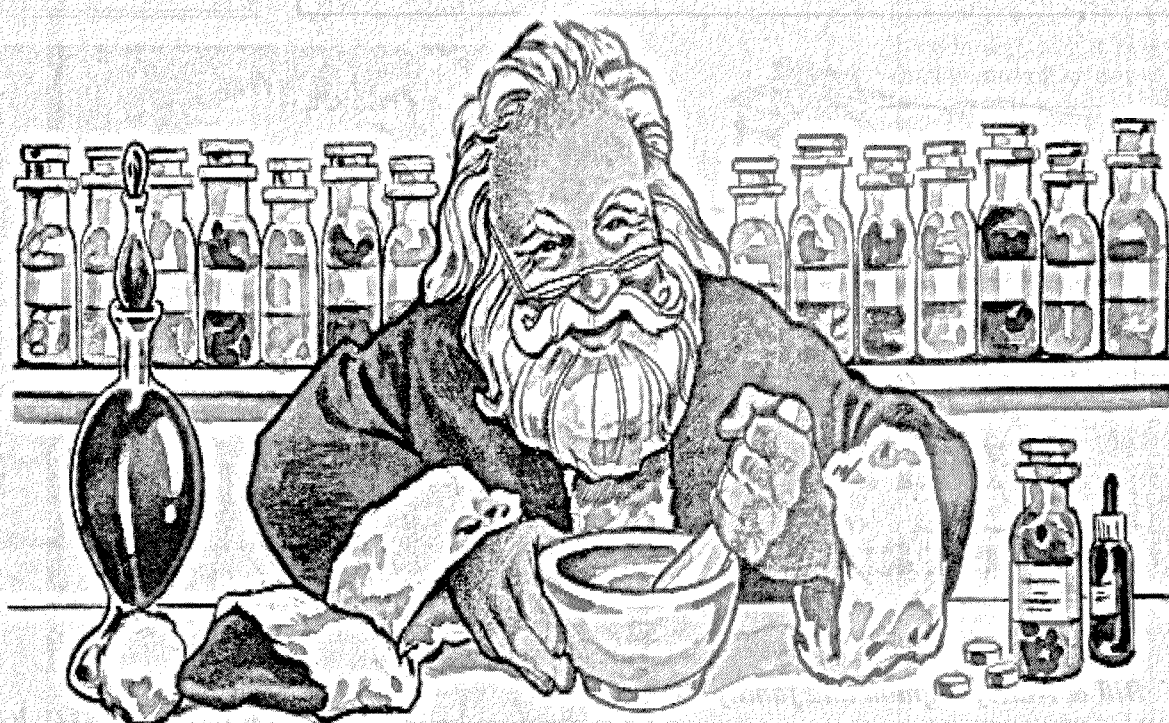
**ANN'S SNICKERDOODLES**  
 1/2 cup butter  
 1/2 cup shortening  
 1 and 1/2 cups sugar  
 2 eggs  
 2 and 3/4 cups all-purpose flour  
 2 teaspoon cream of tartar  
 1 teaspoon baking soda  
 1/4 teaspoon salt  
 2 teaspoons cinnamon  
 2 tablespoons sugar  
 Heat oven to 400°.  
 Mix butter, shortening, sugar, and eggs thoroughly. Blend in flour, cream of tartar, soda, and salt. Shape dough by rounded spoonfuls into balls. Mix 2 teaspoons sugar and cinnamon. Roll balls in mixture. Place 2 inches apart on ungreased cookie sheet. Bake 8 to 10 minutes or until set.

**SOFT GINGERSNAPS**  
 1/4 cup packed light brown sugar  
 1/2 cup packed dark brown sugar  
 1/4 cup white sugar  
 3/4 cup butter, melted, cooled slightly  
 1 egg  
 1/4 cup molasses  
 2 and 1/4 cups all-purpose flour  
 1 and 1/2 teaspoons ground ginger  
 1 tablespoon chopped candied ginger, optional  
 1 teaspoon baking soda  
 1 teaspoon ground cinnamon

In large bowl, beat brown sugar, white sugar, and butter until blended. Beat in egg and molasses. Combine flour, ground ginger, candied ginger if desired, baking soda, and cinnamon; gradually add to brown sugar mixture; mix well. Stir in candied ginger. Cover and refrigerate for at least 2 hours. Dough will stiffen. Preheat oven to 350°. Line baking sheets with parchment paper or you can grease the baking sheets. Shape dough into 1-inch balls. Roll in sugar. Place 2 inches apart on prepared baking sheets. Bake for 9 to 11 minutes or until set. Cool for one minute before removing from pans to wire racks.

**SEA SALT CARAMEL DELIGHTS**  
 1 cup caramel topping  
 2 sleeves buttery round cracker  
 1 bag (16 ounce) chocolate-flavored candy coating, melted  
 1 tablespoon sea salt  
 Sandwich approximately 1/2 teaspoon caramel between two crackers. Using two forks, dip into candy coating to completely coat, sprinkle with sea salt. Set on wax paper to dry. Repeat with remaining ingredients. Let set for 1 hour. Store in airtight container for up to one week.

No paper next week!  
 Signal office will be closed December 21st - 30th



# Have a Happy and Healthy Holiday!

We're dispensing our best wishes and they include a large measure of thanks to our loyal customers.

We truly appreciate your trust in us.



From left: Teresa Shafer, Morgan Coffey, Alma Hoggard, Steve Sears, Brinkley Abney, Tim Young, Sandy Durham and Brooklyn Smithern.  
 Not pictured: Tracy King and Arie Lawson.

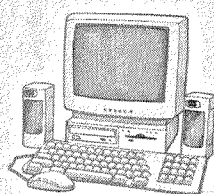
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Members of the Flat Rock Baptist Church shared candy from their float, *A Child Is Born*, during the annual EJ Taylor Memorial Christmas Parade in Brodhead. Their float took first place.



CSEPP Director B.B. Cameron and his wife, Elizabeth, were all smiles despite the rain during the annual EJ Taylor Memorial Christmas Parade in Brodhead.



Children enjoyed meeting Santa Claus and receiving gifts at the firehouse after Brodhead's EJ Taylor Memorial Christmas Parade.




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**Happy Holidays  
to You and  
Your Family**

**Sigmon Farm**  
*Bill & Nancy Sigmon and family*

*From our Families to yours -  
Merry Christmas*

# EST

**Tool & Machine, Inc.**

*Jesus is the reason for this season*

# Merry Christmas

from

## *Rockcastle County Judge-Executive Doug Bishop*

and the

## *Rockcastle County Fiscal Court*

May this great season find each of you in health and good will  
for your neighbors and families.



Front row from left: magistrate Bill McKinney, Judge-Executive Doug Bishop and Vicky Miller.  
Back row from left: magistrate Shannon Bishop, magistrate Mike McGuire, magistrate Gary Burdette,  
magistrate William Denny, County Attorney Jeremy Rowe, County Treasurer Joe Clontz and Court Clerk Patricia Martin



Steve and Sherri McKinney were awarded the Best Decorated House in the City of Brodhead. You can enjoy the McKinney's house located on Proffitt St.



Steve and Sherri McKinney accept the plaque for the Best Decorated House in the City of Brodhead. You can enjoy the McKinney's house located on Proffitt St.



Pam's Flowers and Gifts won Best Decorated Store Front in the City of Brodhead. The store is located on Main St. next to Citizens Bank.

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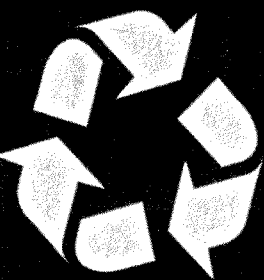
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May Jesus, our Savior bless your home  
And give you immense joy  
and blessings always.

# Merry Christmas!

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At this festive time of year,  
we'd like to display our gratitude to  
our neighbors and friends

# Citizens Insurance Agency

**210 E. Main St. • Mt. Vernon**  
**(606) 256-2611**



**Donnie Singleton, Bryan Clontz, Tara Boone, Ashley Reynolds and Janice Adams**

Closed December 24th & 25th and December 31st & January 1st