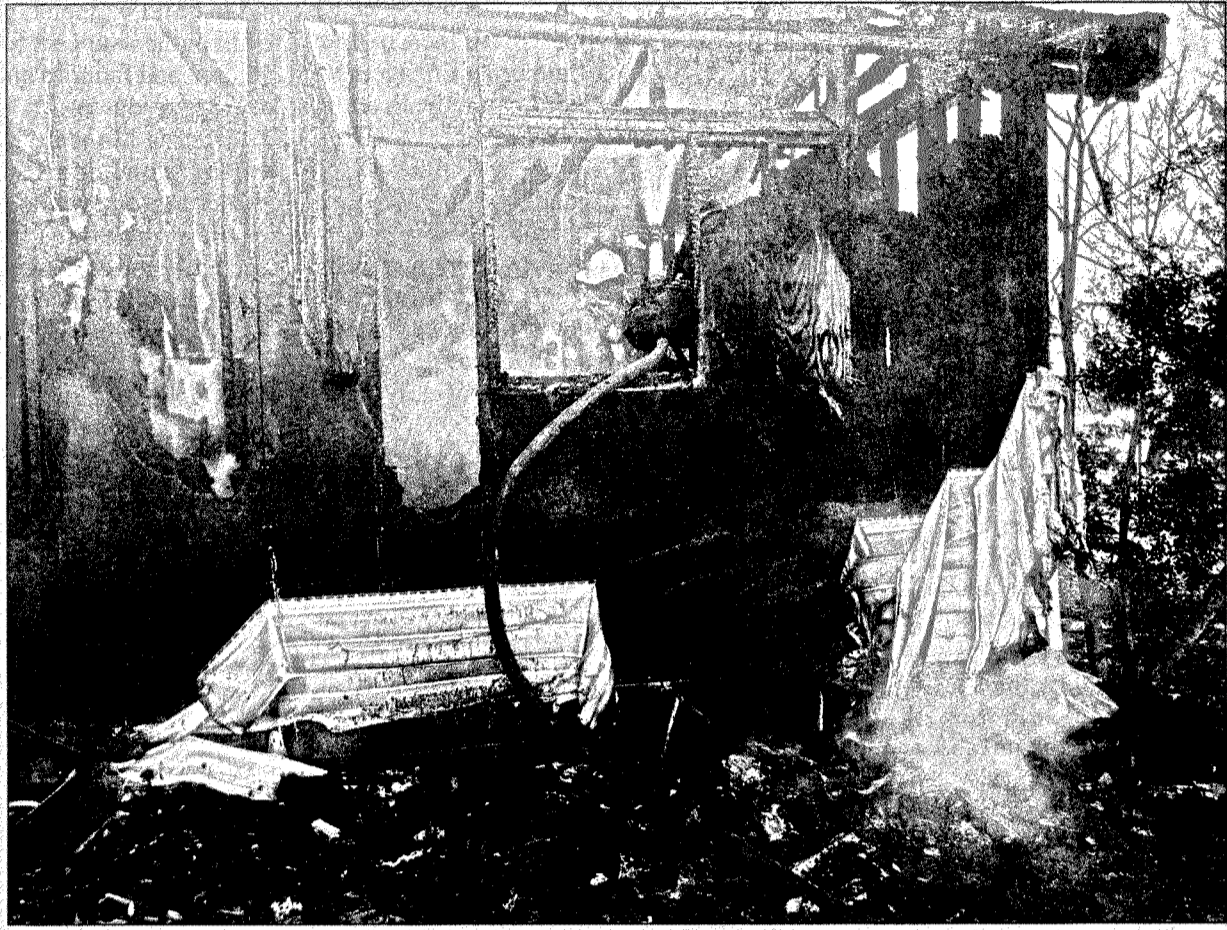


## Blaze destroys home



Western Rockcastle Volunteer Fire Department was assisted by the Brodhead Fire Department after a call to a structure fire on West Level Green Road last week. The home was destroyed but no injuries were reported. Officials do not know the cause of the blaze at this time but a standard investigation is underway. First responders were called to seven vehicle accidents after the heavy rains last week.

## Parks and Rec Board considered Residents to have city water soon in Cove Branch area

By: Mike French  
Editor

The new Mount Vernon City Council "has hit the ground running" according to council member Gertha Mink and "at least 10 members of the community left very happy Thursday night."

The regular monthly meeting was held last Thursday night with several members of the Cove Branch area present and asking for help. "They have no city water available," said Mink. "They addressed the council and Mayor (Tim) Roberts was very willing to find a way to help them. I can't say enough about the mayor's desire to help and that desire gave them a voice."

According to Mount

Vernon Water Superintendent Frank Baker, the city had been considering how to move some water lines in the area for logistic reasons, and the request for city water from the residents on Cove Branch provided an excellent opportunity to combine the two projects. "Some residents were getting muddy water from their well when it rained and others had troubles also," said Baker. "We are going to get them city water as soon as possible."

On a motion from Mink, the council voted unanimously to provide a new 1,600-foot, 3-inch PVC water line and provide city water to customers in the area. "They get city water and the city gets new customers and everyone wins," said Baker.

Residents in the area had asked for water service before but the project was not feasible at that time. Baker says the

(See "City" on A5)

## Expansion likely at Brodhead ball fields

50/50 grant in the works

By: Mike French  
Editor

A public hearing was held last week to give residents a chance to ex-

press their opinion about additions to the Brodhead ball fields. The meeting was conducted by representatives of the

Cumberland Valley Area Development District. There was no opposition present.

The idea was approached last year when Judge/Executive Howell Holbrook met with Little League officials to discuss the possibility. However, the estimate for the needed upgrades at the time was \$25,000. When Holbrook had official estimates of the project, the lowest bid was well over \$100,000. Hence, the project was put on hold but officials began searching for grant funding for the project.

Little League officials

expressed their dissatisfaction that the project was put off saying that ball field expansion had been on the agenda for more than a decade but such expansion was postponed each year.

But now, a 50/50 grant was located through the Cumberland Valley Area Development District. One of the requirements to qualify for the grant was to hold a public hearing for community involvement and provide a chance for feedback. Several local residents and little league representatives as well as Brodhead City Commissioners

were in the room.

According to Holbrook, the grant would provide about \$60,000 for the work and material while the county would be responsible for the remaining \$60,000-plus.

The proposed project would create a new 200-foot baseball field directly behind the existing fields in the Brodhead park. The plans also include a new dugout, additional parking, fencing and lighting along with minor construction needs.

According to Adam Hensley, President of the

(See "Ball" on A5)

## County Treasurer passes away after 30 years of service

By: Mike French  
Editor

Rockcastle County Treasurer Joseph Brent Clontz, 64, passed away last Friday, February 17 after battling an illness. He was a lifelong resident of Mount Vernon. For over 30 years,

Clontz has served as the Rockcastle County Fiscal Court Treasurer. At each regular monthly meeting, Clontz ended the meeting by reading the entire monthly financial reports on each and every account held by

(See "Years" on A5)

## Fiscal court names Goff to take over financial reports

By: Mike French  
Editor

Members of the Rockcastle County Fiscal Court held their regular monthly meeting Tuesday, February 14 with a full agenda and a large crowd present.

The county accepted the RCIDA monthly budget report and also voted to provide \$1,364 to the Development

Board as monthly program support.

The court also heard from Livingston Mayor Larry Davidson (see related story).

In other action, with Rockcastle County Treasurer Joe Clontz on extended medical leave at the time of the meeting, the court voted to

(See "Court" on A5)

## Livingston offers lease agreement to fiscal court

Under consideration

By: Mike French  
Editor

There has been some confusion concerning some property in the City of Livingston, owned by the Rockcastle County Fiscal Court. Several buildings in Livingston are owned by the county but operated, and leased out, by the City of Livingston and this has been the case for many years.

With some questions about the issue arising re-

cently, Judge/Executive Howell Holbrook asked County Attorney Jeremy Rowe to investigate any leases and agreements between the fiscal court and the City of Livingston concerning the buildings in question.

The buildings in question include the four-unit building that includes the Livingston City Hall, a doctor's office, the senior citizen center and the Kentucky American Water office. Also included

is the old Livingston School property including the building where the Sheltoewe Trace operates now. However, the Trace has submitted their intent to leave the City of Livingston.

According to Holbrook, some of the agreements between the county and the city of Livingston were made decades ago with a handshake and no one is cer-

(See "Offer" on A5)

## Local plant in compliance with CBDG requirements

### More extensions to be requested

By: Mike French  
Editor

Editor's note: For well over a year our office has received countless calls from concerned citizens and several elected officials concerning the Microfoodery Plant and the \$1 million CBDG grant provided to the owners by the county.

Some are concerned that the plant has not created the jobs that are required or promised and that owners have not paid back enough of the loan at this point. Concern has been expressed that the County would be responsible to pay back the \$1 million if the plant owners do not meet the

requirements of the loan. Hence, The Mount Vernon Signal began our own investigation into the issue. We hope this information is helpful to all concerned.

"Owners of the Microfoodery Plant are in compliance," said Suzanne Cornette, Economic Development Specialist and Microfoodery CBDG Project Manager.

"Everything required by the grant stipulations, they are doing it. Their obligations thus far have been met."

Complaints and questions have circulated since the cheese factory located in Mount Vernon in 2018. The plant was made possible through a \$1 million CBDG (Community Block Development Grant) administered

by the Cumberland Valley Area Development District (CVADD). The federal grant was loaned to the Rockcastle County Fiscal Court, who then transferred the authority over the grant to the Rockcastle County Industrial Development Authority (RCIDA), who then loaned the money to

(See "Ball" on A5)

## COVID Report

According to the Cumberland Valley District Health Department there have been 12 new cases of COVID reported in Rockcastle County in the past 7 days.

There were an additional 29 probable cases reported.

## School calendar correction

The packet submitted to the Signal last week from the Board of Education included the wrong calendar for 2023-24 school year.

Officials express their apologies for the error.

The calendar printed last week was correct except two differences. Please make the following changes on the calendar. **Thanksgiving break** will begin on Wednesday, November 22.

Students will return to class on Monday, November 27. Also the **Christmas Break** will begin on Monday, December 18. Including the New Year holiday and a professional development day, students will return to class on Wednesday, January 3.

## Of Special Note Inside

- Viewpoints ..... Pg. 2
- Obituaries ..... Pg. 4
- Sports ..... Pgs. 6-8

Contact us at: mvsignal@windstream.net  
Deadline submission is 4:00 p.m. Monday

- Puzzle Page ..... Pg. 2
- Classifieds ..... Pgs. 10&11

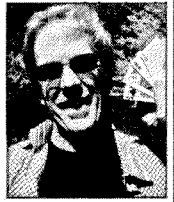
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# Aces Over

By: Mike French



We had a bunch of stuff growing up that just disappeared. Most of it had style and class and all of it had individuality. People used to want to be an individual. It all disappeared for a more modern, more convenient version of complacency and now we pay for the same things that used to be free. In most cases I liked the old version better. Nah, I ALWAYS liked the old version better.

We had Victrolas. They played record albums but did not need electric. I just cranked the handle. The volume was controlled by how wide we opened the front doors. It was built with hand-carved, hand-stained Oak wood. It had style and class.

Homes had paneling on the walls. A room reflected the personality of its owner. Now every home looks the same inside. White drywall. Wheeeee.

We had a console TV that you couldn't tell was a TV until you opened the doors, lifted the top and turned it on. The console was made from oak or chestnut and had architectural designs on the front and speakers covered in the fabric of your choice. Now they are all flat and black and take up an entire wall.

We had ashtrays. Everywhere. One or two in each room at home, front and back of the car, on tables in every office in America, on airplane seats, and courtrooms. We used to be considerate to everyone instead of

only to the cry babies who were scared of a little smoke. Every human being does something that others don't like. But in those days we didn't ban everything we didn't do ourselves. We realized people were individuals.

We had Army men. Everyone was proud of the military and little, plastic soldiers were the top toy for kids across the country. Those 99-cent toys kept us busy all day long. I guarantee those toys didn't introduce children to porn or drugs like a lot of toys do today.

Floral couches. People had couches with designs in them. Good looking couches that were different and distinct. Now they are all brown or white or black. And one solid color. People weren't afraid to be themselves in those days.

Fly swatters were hanging within an arms length where ever you were. Homes were not as coffin-sealed as they are today. Air and oxygen got in. And that meant the occasional fly. But the fly swatter was a simple tool that solved the problem. It also taught many children lifelong lessons. As did the back of a ruler.

We had one rotary phone in the house. To make a call you needed to be at home, in one particular chair and it took a while. Plus, you had to wait until the neighbors got off the phone. Now our neighbors are in our way because our noses

(Continued on A3)

# T.J.'s Journal

By: Tonya J. Cook



*I Wonder*  
Dear Journal,  
I had a friend a few years ago whose name was Tom. He was an elderly man and one day in conversation he said that he wouldn't be lonely when he went to heaven. He commented that considering his age, he knew more people, family, friends, neighbors and others that he had known throughout his long life there than he knew presently here on Earth. Tom passed away about three or four years ago and I'm sure that today he isn't lonely. Recently, Stanley and I have had several of our friends to pass away. I have remembered Tom's comment and began to ponder it over in my mind.

Maybe, I'm like the little girl who asks, "Mom, why is the sky blue?" or "Mom, why is the grass green?" and a thousand other, "I wonder whys...". You'd think that a woman of my age would have life all figured out by now. That isn't the case. I know a lot of things just from experience and common sense but there are just as many or more that I don't know. I was just wondering the other day why people have to get sick? I'm not talking about just a little cold or headache, but life-threatening terminal diseases. Then, they are bedfast for days, weeks, months or maybe years before we finally die. Why do people have to suffer so? Why do we have to worry? We've been told in most any church "that our burdens will be light" especially if we are "good". Why do the evil have showers of

blessings in health, wealth, material goods, no worries, and seem to be at perfect peace? Why does the time pass so quickly? I'm going to my forty-fifth year high school reunion later this year. Where has the time gone? Have I just wasted my life? I haven't done half of what I wanted to do or gone half of the places I wanted to go, or lots of other things I expected to do. They call it a bucket list now. It seems that living got in the way.

We all have to go through so many things in life. When we are out and about we never know what others that we see are going through. Maybe they are very sick, just divorced, having financial hardships, there is a death in the family or several worries all at one time. Through the years, I've never seen a time when I only had one problem at a time. I'm willing to say that is the case with everybody else, too.

The only things that get me through is just to take one day at a time but that is easier said than done. I worry about problems of tomorrow or an injustice that happened twenty or more years ago. I know that God is a just Judge and even knows the intent of our heart and it rains on the just as well as the unjust. I also know that when this life is over, we all will get just exactly what we truly deserve. So, why should I wonder about so many deep subjects? There are some old song lyrics that say that we will understand it better by and by.

# Bookshelf program launch Monday

By: Mike French  
Editor

There are about to be bookshelves found all across the community for children interested in having access to books.

According to Savanna Sweet, Save the Children Community Engagement Coordinator, the Reading Rockcastle free BookShelf launch is scheduled for Monday, February 27.

Through the program, Sweet hopes to increase access to books and increase awareness of the importance of early learning resources and opportunities.

Officials also hope to build capacity of caregivers, partners and teachers to support early learning and development and to build partnerships to strengthen support for children and families and leverage resources.

"Starting Monday, we will be launching four free community bookshelves across the county," said Sweet. "With these bookshelves, we hope to increase the

(Continued on A3)

# Voting equipment ordered by county

By: Mike French  
Editor

Counties have several responsibilities to the public. Providing roadways, keeping citizens safe, enforcing laws and ordinances. Providing police protection and emergency services and many more duties. But one of the top duties of municipalities is providing citizens with a way to vote.

According to Judge/Executive Howell Holbrook, the county contract for pollbooks has expired and the equipment was returned to the state. But, new pollbooks are on the way.

Pollbooks, according to Rockcastle County

(Continued on A3)

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6		3	8	2	5	4
			6	9	3	1
		6				8
		9	2		1	3
		5		2		
	8		2			9
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5	4				8	3

# SUGAR'S PUZZLE PAGE

## RODENT PROBLEM

1	2	3	4	5	6	7	8	9	10	11	12	13	
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49							50	51					
52					53	54					55	56	57
58					59						60		
61					62						63		

## ACROSS

- 1) New Mexico's official flower
- 6) Famous film falcon's home
- 11) British rule in India
- 14) "Hair" do's
- 15) Venusian, e.g.
- 16) Commotion
- 17) Welcome sight after the world's biggest storm
- 19) A minus is the smallest one
- 20) Pivoting points
- 21) Watched and did nothing
- 23) Former Spanish currency
- 26) Moves crabwise
- 27) Breaks in concentration
- 28) Word from a photographer
- 30) Hindrances to teamwork
- 31) Rains cats and dogs
- 32) "America the Beautiful" ender
- 35) "Aladdin" prince
- 36) Aquatic mammal
- 38) Afternoon break, perhaps
- 39) K- (big name in records)
- 40) It might be liquid or frozen
- 41) Cobbler's form
- 42) Everglade birds
- 44) Israeli currency
- 46) Midshipmen's rivals
- 48) In an unstructured way
- 49) Site of monk-y business?
- 50) Big name in snowmobiles
- 52) Hide-hair connector
- 53) Sounds from drum battles
- 58) Eggs for Caesar's salad
- 59) Student at the Sorbonne
- 60) Tucker of "Friday"
- 61) After expenses
- 62) Big name in Scotch whisky
- 63) Development developments

## DOWN

- 1) Thanksgiving starch
- 2) Mystery blip
- 3) Grand (vintage)
- 4) Admit one's mistakes
- 5) Like some observations
- 6) Chagall and Anthony
- 7) Withdrawn apple spray
- 8) Coin in the Trevi Fountain, once
- 9) Afternoon drink
- 10) Restless to the max
- 11) Diamondback, e.g.
- 12) Hacienda material, in song
- 13) Kids in pouches
- 18) "What a shame!"
- 22) Commercial placements
- 23) Accordion feature
- 24) Coin equivalent of a sawbuck
- 25) Babysitter's nightmare
- 26) "Buona" (Italian greeting)
- 28) Classic bubbly beverages
- 29) On the disabled list
- 31) "Check this out!"
- 33) Drawing support
- 34) In a fitting way
- 36) Sacrificed for a cause
- 37) Functions
- 41) Basutoland, today
- 43) "Aw" follower
- 44) Dr Pepper, for one
- 45) One spelling for illicit booze
- 46) Big name in cameras and copiers
- 47) Over's partner
- 48) About 1.06 quarts
- 50) Cook, as tomatoes
- 51) Potent Polynesian drink
- 54) Pub offering
- 55) Provide weapons for
- 56) Dead heat
- 57) Viper's vocalization

## The Good Word

- HARVEST
- LABOR
- SHEPHERD
- WEAK
- HUNGER
- JESUS
- WATER
- SHELTER
- THRONE
- LORD
- COMPASSION
- SHEEP
- PRESERVE
- THIRST
- LIVING
- PEACE
- LAMB
- COMFORT
- ETERNAL
- PRAY

R	A	G	N	O	I	S	S	A	P	M	O	C	W
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S	H	R	R	S	U	P	N	H	R	P	N	T	C
M	E	E	D	P	K	T	C	S	P	C	E	A	R

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## Aces

(Continued from A2) are stuck in a hand held phone 22 hours per day.

We had clothes lines. After we did the laundry, we hung the clothes on a line in the yard. Yes they were a little stiffer than the quick-dried, fabric-softened, high temp clothes today. But there was something fresh and airy about sun and wind-dried clothing.

We had cisterns. We caught rain water, let it flow through a charcoal

filter and stored it in our cistern. Somehow, we now sit and watch rivers of water fall from the sky but we ignore it and pay some company to filter it, clean it, swirl it, treat it, fill it with chemicals and pipe it to us through 10 miles of rust-filled galvanized piping. Great idea.

We had very special cars. Every car had its own unique style and told volumes about its driver. You could recognize the make and model from a mile away. Now, every car on the road could be

any other car and the only statement made with the family car is, "I'm rich" or "I'm poor."

I won't even address modern clothing. These punks with pants around their knees and women showing their body parts and complaining when someone looks, is anything but a "style."

Most everything in life has changed over the years. Things are much easier and quicker now. And a lot less stylish.

I think I am going to make a hand-carved, walnut hand-stained case for my cellphone. At least it wouldn't look like everyone else's.

I know liberals want everyone in the same little box. Quiet and compliant. But, there is nothing wrong with being an individual.

## "Book"

(Continued from A2) access to books for our kids in our community while also increasing the awareness of the importance of reading."

Participating bookshelf locations include the Rockcastle Public Library, Rock Peds, Rockcastle County Health Department and CAP Grateful Bread Food Pantry.

"We encourage parents to follow our Facebook page "Rockcastle County Collaborative" to know when we restock our bookshelves and be the first to hear about any upcoming events," said Sweet.

Anyone needing more information about the free book program should contact Sweet at: savannasweet2@rockcastlekyschools.us.

## "Vote"

(Continued from A2) Clerk Danaetta Ford Allen's office, are the devices that scan the driver's license and allow the voter to sign the screen to prove they are who they claim to be. Fraud prevention is part of the software.

An estimate from ESS Products (Election Systems and Software) totalled \$58,015 after considering the 21 devices required, licensing, training, equipment installation and more.

However, the fiscal court was able to acquire state grant funds to provide \$1,700 per Pollbook for a total of \$35,700, leaving only \$22,315 owed by the fiscal court.

The motion to purchase the new pollbooks for slightly over \$22,000 was presented by Holbrook to the fiscal court last week and passed unanimously. "We had no choice on this one," said Holbrook. "People have to vote and we have to have these devices to vote."



## February is CTE Month

Rockcastle Area Technology Center would like to thank County Judge Executive, Howell Holbrook Jr. and Representative, Josh Bray for signing our proclamation of CTE Month. Pictured with Mr. Holbrook and Mr. Bray are student representatives from each of our five programs. We value the support provided by our local leadership and appreciate their commitment to our school, programs, and students. Hands-on learning leads to lifelong skills.



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**Rockcastle County Bookmobile Schedule**  
Monday, Feb. 27th: Brodhead and Copper Creek  
Tuesday, Feb. 28th: Green Hill, Fairview and Brindle Ridge.

**Hospice Volunteer Training Registration**  
Thursday, February 23rd is deadline to register for the Hospice Care Plus New Volunteer Training. Training will be held Saturday, February 25th at the public library in Richmond. Register online at [hospicecareplus.org](http://hospicecareplus.org) or call 859-986-1500. Call for questions or more information.

**DBCAA Directors Meeting**  
Daniel Boone Community Action Agency, Inc., will be having a Board of Directors meeting on Tuesday, February 28th at 10:00 a.m. It will be a virtual meeting and a link will be made available on agency website at [danielboonecaa.org](http://danielboonecaa.org). The public is invited to attend. Daniel Boone CAA is an equal housing opportunity provider.

**KPR Meeting February 28th**  
The Cumberland Valley Chapter of the Kentucky Public Retirees (KPR) will meet Tuesday, February 28th at David's Steak House in Corbin. Mealtime will begin at 11:30 a.m. with the meeting to follow. Retirees (and spouses) receiving retirement benefits from KERS, CERS or SPRS are welcome to attend. Membership information will be available at the meeting or on the website ([kentuckypublicretirees.org](http://kentuckypublicretirees.org)). For more information, call 606-260-0490.

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

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

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

**VFW Post 5908**  
Rockcastle Memorial VFW Post 5908 at Lake Linville welcomes all military service members and their families. The post is open by appointment only, currently. If you would like to rent our event hall for special occasions, please call the number below. Monthly meetings are held on the 3rd Saturday of every month at 5 p.m. Those wishing to contact the VFW for help, information or any need, please contact Post Commander Michael Parsons 859-358-6456 and/or District Commander William B.J. Thomason at 606-392-1207.

**Mt. Vernon Lions Club**  
The Mt. Vernon Lions Club meets on the first and third Tuesday of each month at 6 p.m. at Limestone Grille.

**American Legion Post News**  
The David M. Smith American Legion meets at Limestone Grille the second Thursday of every month at 6 p.m. If you wish to eat before the meeting, arrive at 5 p.m. For more info, call Commander Kathy Bobo at 606-308-1208 or Chaplain B.J. Thomason at 859-358-2882.

**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.

**Rockcastle UNITE Coalition**  
The Rockcastle County UNITE Coalition meets the 2nd Wednesday of each month at noon at Marcella's Farm to Fork Restaurant to plan activities. Please join us each month.

**Celebrate Recovery/AA/NA**  
**Monday-Celebrate Recovery-Brodhead:** Community Outreach Center, Monday, 6 p.m. 36 Castle Village Dr., Brodhead, Ky. Contact: Nathan DeLeon 859-230-9590, Kathryn Pope 606-308-3099 or Tammy McGuire 606-308-1614.  
**Tuesday-Celebrate Recovery-Mt. Vernon:** Northside Baptist Church, 777 Faith Mountain Rd., Mt. Vernon, Ky. Tuesday, 6 p.m. Contact: J.R. Cornelius 859-314-7828.  
**Thursday-Celebrate Recovery-Step Studies - Women Only:** Community Outreach Center, 36 Castle Village Dr., Brodhead, Thursday, 6 p.m. Contact: Kathryn Pope, 606-308-3099 or Shell Bader 606-219-5653.  
**Thursday-Alcohol Anonymous:** 8 p.m. Community Outreach Center, 36 Castle Village Dr., Brodhead, Ky. Call 606-308-8900.  
**Friday-Celebrate Recovery-Livingston School Cafe** 9226 Main St., Livingston. 6 p.m. Contact: J.R. Cornelius, 859-314-7828.  
**Sunday - Celebrate Recovery Step Studies-Men Only.** 6 p.m. Northside Baptist Church, 777 Faith Mountain Rd., Mt. Vernon, Ky. Contact: Jason DeBord 606-386-0646 or J.R. Cornelius 859-314-7828.

## Rocket Storage

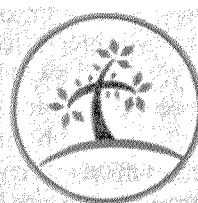
will be selling contents of the following storage units on  
Saturday, March 4th

Crawford St. • 9:00 a.m. • Unit #s 2, 31

Williams St. • 9:15 a.m. Unit # 3

West Main St. • 9:30 a.m. • Unit #s 26, 39

Old Highway 150 • 9:45 a.m. • Unit #s 8, 33, 40, 44, 46



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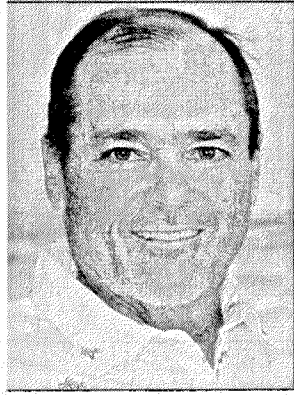
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# Obituaries

## Joseph Brent Clontz

Joseph Brent Clontz, 64, a life-long resident of Mount Vernon, passed peacefully from this life on February 17, 2023. He was born September 13, 1958, to his parents, the late Carl Ray Clontz and Geraldine Noe Clontz.



Those left to celebrate his life are: his wife, Linda Whitehead Clontz "Blondie", who was the love of his life; and two sons and their wives, Brent and Colleen Clontz of Taylorsville and Bryan and Kaitlyn Clontz of Mount Vernon. He was blessed

with a grandson, Boston, and a granddaughter Sadie Jo. He is survived by: a sister, Carla Parsons and Lynn of Mount Vernon; two brothers, John Clontz and Sheila of Florida and Jim Clontz and Tammy of Mount Vernon; his mother-in-law, Frances Whitehead of Brodhead; a sister-in-law, Cindy Burton and Terry of Brodhead; three brothers-in-law, David Whitehead and Sherry of Brodhead, Gordon Whitehead and Stephanie of Georgia and Michael Whitehead and Necie of Brodhead; as well as a host of nieces and nephews. Besides his parents, he is preceded in death by his father-in-law, Dwight Whitehead and a brother-in-law, Tim Whitehead.

Joe was a member of the Brodhead Baptist Church. He attended Centre College and Eastern Kentucky University where he earned degrees in Economics and Accounting. He was a member of the Deke Fraternity at Centre. He served as a board member for both the Elmwood Cemetery and the Hall of Fame and was the Rockcastle County Fiscal Court Treasurer for 30 years. He earned his professional Certification of Public Accounting in 1987 and opened his tax business, Joseph Clontz, CPA in 1990. He devoted his professional career as a CPA to his community and was passionate about his clients and his work.

The name Joseph means "he will add" and our Joseph, Joe Clontz lived up to his name in many ways. "He will add" suited his accounting profession and more importantly, instead of just clients he added many close friends and relationships including his work-wife, Regina Goff. When customers came to the office, he often spent more time visiting and exchanging stories than working.

Joe collected friends and cherished relationships in all areas and interests of his life which included golfing, UK sports, horse-racing, hunting and farming. The "brotherhood" extended far beyond his Clontz Brothers! Trips to the beach with family, Golf at Cedar Rapids and trips to Groundhog, fishing trips and Keeneland after the end of tax season all hold cherished memories. Joe was a wonderful storyteller and always had stories to share.

Above all, farming with his boys and brother on Windswept Farm was his happy place. From the beginning of time, God directed man to take care of the land and Joe was a worthy steward and taught his boys well. He tended the farm with great love and care to provide a beautiful home for his family. He enjoyed riding in his tractor where he didn't have to answer a phone, and working the cows was a social event on the farm where the "brotherhood" gathered to help. No invitations were issued; they just happily showed up.

Joe always knew what his cows were thinking, and they loved him too and followed him like puppies when he was on the farm. He wanted to see his spring calves born and the first one arrived the day he passed. For all of us who knew and loved Joe, we know that baby calf must have been on "Joe time".

Memorial services were conducted Wednesday, February 22, 2023 at Brodhead Baptist Church with Bro. Ralph Ba'er officiating. In lieu of flowers please consider donating to: the Rockcastle Regional Hospital Cancer Care, 145 Newcomb Avenue Mount Vernon KY 40456.

Arrangements by the Cox Funeral Home.

Send condolences to the family online at [www.coxfuneralhomeky.com](http://www.coxfuneralhomeky.com)

## Richard Harold Owens

Richard Harold Owens, 78, of Brodhead, died Saturday, February 18, 2023, at Rockcastle Regional Hospital in Mt. Vernon. He was born March 29, 1944, in Rockcastle County, to the late Delmas and Ethel (Lawrence) Owens. He was a Vietnam Veteran, was a member of Pinehill Holiness Church and the American Legion. He enjoyed gardening, yard work, building things, spending time with his family and friends and going to church.

He was a loving husband of 49 years to Doris Jean Owens and a loving father to his daughter, Tracy Lynn Gutenson and her husband, Mark, of Ottenhiem.

Besides his parents, he was preceded in death by his siblings, Chester Owens, William "Bill" Owens, Marion Thomas Owens, and Elizabeth Brumett.

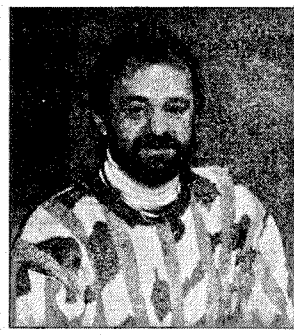
Funeral services will be Thursday, February 23, 2023, at 1 p.m. at Marvin E. Owens Home for Funerals with Bros. Kenny Collins and Scott Gaines officiating. Burial will follow in the Piney Grove Cemetery.

Casket bearers are: Mark Gutenson, Mark Brumett, Richard Brumett, Wendell Lawrence, Shannon Owens, and Johnny Ray Lunsford.

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

## James Michael Brown

James Michael Brown, 65 of Brodhead, died Thursday, February 16, 2023 at Baptist Health Lexington. He was born September 15, 1957 in Stanford, a son of the late James Everett "Doc" Brown and Fern Evelyn Abbott Brown. He was well known for his



operating S&M Grocery & Restaurant for 25 years, Brodhead Tobacco Barn and Brown Mini Storage. He served his country in the US Army and was a member of Liberty Baptist Church. He accepted Christ as his personal savior and was baptized at Liberty

Baptist Church on March 24, 2013. Mike found great joy in NASCAR, fishing and playing cards. He was a member of F&AM Masonic Lodge, Shriners and was a Kentucky Colonel.

On March 1, 1980 he was united in marriage to Sue Anna French and they enjoyed 42 years together. At age 24, Mike became paralyzed from the chest down from an auto accident. He was a successful businessman and was not deterred by his physical limitations, and his strong mind and determination allowed him to accomplish what he needed to.

Those left to celebrate his life are: his wife, Sue Anna French Brown; his daughter, Nichole Lakes of Richmond; grandchildren, Brittany Eads Buckley, Britton and Brayden Eads, Tucker and Kendall Goodson; brother, Lonnie "Buck" (Marlene) Brown of Quail; sister-in-law, Joyce (Joe) Jewell of Nicholasville; brother-in-law, Dr. Otis (Loli) French of Ohio; as well as a host of nieces, nephews, friends and neighbors.

Besides his parents, he was preceded in death by his sister, Patricia Brown Holt.

Visitation will be Friday, February 24th from 5-9 p.m. at Marvin E. Owens Home for Funerals.

Funeral services will be conducted Saturday, February 25, 2023, at noon, at Marvin E. Owens Home for Funerals with Bro. Zandell Hasty officiating. Burial will follow in Maret Cemetery.

## Margie Wilcop

Mrs. Margie Wilcop, 82, of Brodhead, wife of Johnny, passed away Tuesday, February 21, 2023 at Hospice Compassionate Care Center in Richmond.

A complete obituary and arrangements will be posted as soon as they become available.

Arrangements are by the Marvin E. Owens Home for Funerals. [www.marvineowensfuneralhome.com](http://www.marvineowensfuneralhome.com)

### The "will" of God from the "well" of God

Wells are talked about a lot in the Bible and wells provide drinking water for a lot of people. Even today, wells provide drinking water for a lot of people in rural areas where city water doesn't exist. Water supply is essential for our existence, we can't live long without it. Wells in biblical times were of great value and still are today, so when the Bible speaks of a well it is something we can all relate to. Just as water wells are essential for our physical lives, so is the well that Jesus speaks of in John 4:6-14 is essential for our spiritual life.

John 4:6-14 Now Jacob's well was there. Jesus, therefore being wearied with his journey, sat thus on the well: It was about the sixth hour. 7 There cometh a woman of Samaria to draw water; Jesus saith unto her, give me to drink. 8 (For his disciples were gone away unto the city to buy meat.) 9 Then saith the woman of Samaria to him, how is it thou, being a Jew, asketh drink of me, which am a woman of Samaria? For the Jews have no dealing with the Samaritans. 10 Jesus answered and said unto her, if thou knewest the gift of God, and who it is that saith to thee give me to drink' thou wouldest have asked of him and he would have given thee living water. 11 The woman saith unto him Sir, thou hast nothing to draw with and the well is deep; from whence then hast thou that living water? 12 Art thou greater than our father Jacob, which gave us the well and drank thereof himself, and his children, and his cattle? 13 Jesus answered and said unto her, whosoever shall drinketh of this water shall thirst again 14 But whosoever drinketh of the water that I shall give him shall never thirst; But the water I shall give him be in him a well of water springing up into everlasting life.

Jesus, here at the well, confronts her about her sin and he explains that even though He knows her sins, He still seeks after her and those like her. He seeks us all today when we stumble in this world of sin. We must continue daily to seek the well of water springing up into everlasting life. God has provided us a well of salvation.

Isaiah 12:1-3 tells us And in that day you will say "O Lord I will praise you: though you were angry with me, your anger is turned away, and you comfort me. 2 Behold God is my salvation. I will trust and not be afraid; For the Lord JEHOVAH is my strength and my song, he also became my salvation. 3 Therefore with joy shall ye draw out of the well of salvation.

I pray that we all may meet at that well that is springing up into everlasting life before this life is over.

If you thirst for Jesus today, please contact me and we will seek out the well of salvation together.

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Providence  
CHURCH of CHRIST

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Sunday Morning Worship: 10:20- Sunday Evening Worship: 6:00  
Wednesday Evening Bible Study: 7:00

## Mattie Christine Kirby

Mattie Christine Kirby, 96 of Mt. Vernon, died Tuesday, February 14, 2023, at her daughter's home in Mt. Vernon. She was born July 23, 1926, in Mt. Vernon, to the late George and Rebeca (Jones) Denny. She was of the Christian faith and loved watching hummingbirds and spending time with her family and grandkids. Mattie loved her children and grandchildren more than life. She was the lady that always would be there when needed. She married Sherman Earl Kirby and from that union came eight children, Gary, Dallas, Billy, Junie, Charles, George, Clarence, and Barbara.



Those left to celebrate her life are: her children, Barbara Vance, Charles Kirby (Linda), George Kirby (Donna), and Clarence Kirby, all of Mt. Vernon; 23 grandchildren; and 36 great grandchildren; as well as a host of nieces, nephew, friends, and neighbors.

Besides her parents, she was preceded in death by: four children, Gary Kirby, Billy Kirby, Junie Kirby, and Dallas Kirby; one grandson, Charles James Kirby; and all of her siblings.

Services were held Monday, February 20, 2023 at Chestnut Ridge Church of God in Jesus Name with Bro. James Carpenter officiating. Burial was in Kirby Family Cemetery.

Casketbearers were: Johnny Kirby, Carl Wayne Pittman, Matt Combs, Chandler Hunter, Zack McClure, and Cyrus Morehead.

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

# IGNITE

"...He will baptize you with the Holy Spirit and Fire." - Luke 3:16

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6:00 PM

Old Livingston Gym  
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Livingston, KY 40445

### Is One Church As Good As Another

If you are seeking a companion for life, is one as good as another? If you are catching a plane, is one as good as another? If you need a physician, is one as good as another? If you need medicine, is one as good as another? Why are we so careful in physical matters, and so careless in spiritual matters?

NOT UNLESS ONE GOD IS AS GOOD AS ANOTHER. Different religions have different gods- Buddhism, Shintoism, etc. The Bible teaches there is but one God. (Eph.4:6) One God and Father of all, who is above all, and through all, and in you all.

NOT IF WE HAVE TO BELIEVE IN CHRIST. Some churches do and some do not. But faith in Jesus Christ is not an option. (John 8:24) I said therefore unto you, that ye shall die in your sins: for if ye believe not that I am he, ye shall die in your sins.

NOT UNLESS ONE FOUNDER IS AS GOOD AS ANOTHER. The church we read about in the Bible was founded by Jesus Christ. (Matt.16:18) Surely the church founded by Jesus Christ is better than those founded by men. (Matt.15:13) But he answered and said, Every plant, which my heavenly Father hath not planted, shall be rooted up.

NOT UNLESS THE BLOOD OF CHRIST IS UNIMPORTANT. The church we read about in the Bible, was paid for by the blood of Christ. (Acts 20:28) Take heed therefore unto yourselves, and to all the flock, over the which the Holy Ghost hath made you overseers, to feed the church of God, which he hath purchased with his own blood.

NOT UNLESS THE CHURCHES NOT MENTIONED IN THE BIBLE ARE AS GOOD AS THE ONE SPOKEN OF IN THE BIBLE. The church Christ built is spoken of in the Bible. (Rom.16:16) Salute one another with a holy kiss. The churches of Christ salute you.

NOT IF WORSHIP IS IMPORTANT. Because different churches have different kinds of worship. One worship is not as good as another. (John 4:24) God is a Spirit: and they that worship him must worship him in spirit and in truth.

NOT UNLESS ONE WAY IS AS GOOD AS ANOTHER. The broad way is not as good as the narrow way. (Matt. 7:13,14) Verily, verily, I say unto you, He that entereth not by the door into the sheepfold, but climbeth up some other way, the same is a thief and a robber. (John 10:1)

NOT UNLESS ONE NAME IS AS GOOD AS ANOTHER. Different churches have different names. The members of Christ church wear the name Christian. (Acts 11:26) And it came to pass, they assembled themselves with the church, and taught much people. And the disciples were called Christians first in Antioch.

Thank you so much for reading this article I pray you consider these words written in this article and you search the scriptures to see if these things are so, and if they are, I pray you allow them into your heart that they might change the direction you are traveling. We have videos to watch on our YOU TUBE web site Chestnut Ridge Church of Christ. We want to know what you think whether you agree or disagree, your suggestion is important to us. We have free Bible correspondence courses. Give me a call 606-224-1480 or you can email me [ovabaker@windstream.net](mailto:ovabaker@windstream.net).

(Remember God Loves You)

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

## “Offer”

(Continued from front) Rowe was able to locate documents concerning the buildings, but only one signed agreement from 2001 could be found.

According to Rowe, even the terms of that one agreement has not been met. Livingston Mayor Larry Davidson agreed. "It is my understanding that both parties are in violation of the existing lease agreements from years ago," he told the court.

Davidson presented the court members only with a new lease agreement but the *Signal* was able to obtain a copy from the fiscal court. According to the agreement, the City of Livingston would lease the school property for \$1 per year and would have full authority to determine tenants of rental spaces and the amount of rent for such spaces. The agreement, furthermore, gives the City of Livingston the right to establish and charge reasonable fees for rentals and that the City of Livingston shall pay all utilities and provide proper maintenance and cleanliness of the entire facility while the fiscal court shall provide for all "major repairs" and maintain property insurance for the facilities.

Also according to the agreement, the City of Livingston shall be responsible for hook-up fees, required deposits and all monthly charges incurred for the use of all utilities. According to Davidson, the city of Livingston has been paying those bills over the past years.

Other details are included in the agreement but the court took no action concerning the agreement proposal. According to Rowe, magistrates and Holbrook will look over the proposed agreement and make a decision about the next step soon. According to Rowe's documents there may have been some funds collected over the years in rental fees that was retained by the City of Livingston but should have been paid to the fiscal court since there is apparently no record of the city having paid the lease fee. But the issue has not been addressed in a public forum.

Some magistrates have expressed their desire (off the record) to have more control over who leases the property and the lease prices. The subject is expected to be discussed at the March Fiscal Court work session.

On another note, Davidson told the court he had understood the county may be considering selling the nearly 40 acres of land in Livingston that is currently used as walking trails and gathering space.

Previous Livingston Mayors had formed plans for the land including zip lines, rental cabins and other tourist interests, but large projects on the space never came to fruition.

However, Davidson asked the court to table the idea of selling the property until he has more time to discuss the matter with county officials. "I strongly urge you to table this idea until I can give you an idea of the ways that land can benefit our town and the county," he said. Davidson listed some of the current benefits of the

land even before any projects or renovations have taken place. "The hiking trails, the sunsets on that mountain, the wildlife, the gathering areas, the trail head and much more are strong assets," he said. "But the potential is amazing. I ask that you give me time to work some things out and show you how beneficial that space can be before you sell it."

Local citizen and former Judge/executive Buzz Carloftis also stood and asked the court to keep the property. The requests were not addressed by the court.

## “City”

(Continued from front) project will cost around \$10,000 and should take a few weeks to complete barring unforeseen obstacles. Baker is seeking state approval from engineers immediately and will begin work as soon as the piping and other materials begin to arrive, he said.

The City will provide the line to the meter which will be installed by the city, and the home owner will be responsible for the water service from the meter to the home, according to Baker.

In other action, the council added council members Gertha Mink and Lonetta Daugherty to the Nuisance Board committee after recent amendments to the ordinance were adopted. On a request from councilman Jim Bowman, the latest amendments to the ordinance gives the city the authority to condemn dilapidated buildings within the city or to require owners to repair or close such structures. However, it also required a board be prepared to meet in the event that any property owner cited for an abandoned building desires to protest a citation. The motion to add the two new members passed unanimously.

Mink also began pursuit of a Parks and Recreation Board within the city due to grant potential. According to Mink, there is grant potential available to help with city parks and recreation but in order to qualify for those grants and other potential funding, the city must have a Parks and Recreation Board.

However, after discussion, some members wondered if the city can utilize the Rockcastle County Parks and Recreation Board to help meet that requirement. "I understand that the mayor is discussing the idea with the county of creating a partnership so that both entities could utilize that board for potential funding in both the county and the city parks systems," said Mink. The mayor is expected to report back to the council concerning the need for its own board.

According to Rockcastle County Judge/Executive, Howell Holbrook, Jr., the county parks and recreation board has been inactive for some time. "We will be happy to meet with the city and discuss any parks and recreation partnership," said Holbrook. "A huge majority of the parks systems in other counties are funded through the cities, not the county. We would be glad to work with the city to see about forming a city Parks and Recreation Board."

The council also heard

the All American Club report showing 25 bags of trash picked up in the city including one needle, according to the report.

The report from the Mount Vernon Fire Department shows 35 runs in the month of January. There were 14 vehicle accidents worked and six ems/coroner assists.

The Mount Vernon Police report for January shows 399 calls for service. The report shows 70 traffic violations and 34 total arrests. There were 26 calls to vehicle accidents, and 23 drug charges.

The next regular meeting of the Mount Vernon City Council is scheduled for Thursday, March 16 at 6 p.m. in City Hall. The public is invited to attend.

## “Ball”

(Continued from front) spokesman for the league, the additional field will provide much needed space. "We can't really host tournaments with two fields," said Graves. "There just isn't enough fields for that. This will make a real difference in our abilities."

Hensley said 385 players signed up this year for the league and each year that number continues to rise.

Hensley and others involved continue to express their dissatisfaction with the lack of growth and development at the ballfields over the past years. Hensley said on social media Friday, "Basketball always has a gym to practice and play in. Volleyball has a gym to practice and play in. Football can practice and play no matter the weather. Baseball and softball get the shaft," he said. "We are the only school in the 12th region who doesn't have an indoor facility to practice in. Instead, we get the leftovers of the gym time and if it's not available then we are just SOL."

According to Holbrook, the chances appear to be extremely strong that the 50/50 grant will be approved but it will take some time for the money to become available.

Caitlin Mason, Public Administration Specialist with CVADD said the application will be submitted to the board in May but then the Governor's office must also agree before the grant is awarded. "I would expect nothing this year but perhaps by next year the money could become available," she said.

Hensley and Graves agreed they are glad the process has begun and they will begin making plans for the extra facilities soon.

## “Years”

(Continued from front) the county.

"He just liked it that way," said Judge/Executive Howell Holbrook. "Joe was a numbers guy. We have the software for some of the duties a Treasurer has, but Joe wanted to do it himself. He could remember numbers like no one else and he wanted to do it by hand."

Holbrook said Clontz will be missed by the county. "He wasn't an elected official but he was most definitely a part of the fiscal court," said Holbrook. "He was a huge asset to the county and was extremely knowledgeable about finances and reports. He left big shoes to fill."

Last week, Clontz's assistant Regina Goff was selected unanimously by the court to perform much of the duties that Clontz had been responsible for over the years and Holbrook's assistant Vickie Miller will take on some of the Treasurer's duties as well, according to Holbrook.

The four-year appointed position of County Treasurer expires in July this year. "There will be some changes until the position of County Treasurer is appointed again in July," he said. "But until then and after then, Joe will be missed."

## “Court”

(Continued from front) accept an offer from Regina Goff who will now provide payroll services, filing quarterly reports and w-2s as well as 1099 forms as required. Clontz has since passed away (see related story). Goff will also pay the fiscal court bills and make deposits as needed. Goff will also be available for other services as required. The monthly fee will be \$1,000.

Goff has also offered to continue payroll services for the Rockcastle County Clerk and the Rockcastle County Sheriff's office for \$300 per quarter.

Judge/Executive Howell Holbrook said this would make Goff a part-time employee for the county. Goff had worked with Clontz's office for many years and is familiar with the system, officials said. The court accepted the proposal unanimously.

The court voted unanimously to hold the annual Kentucky Waste Tire Days on June 22, 23 and 24 in 2023. Tires may be disposed of on those days.

Trash Drop Off Day has been set for May 6 at the Rockcastle County Fairgrounds.

Vickie Miller provided the monthly Treasurer's Report. The report was approved unanimously.

Miller and Holbrook asked the court to transfer \$500 from the 911 Fund to the General Fund since the deposit had been placed in the wrong account. The \$500 was a grant for a spay and neuter program and was placed in the wrong account through direct deposit. Miller and Holbrook also asked to transfer \$30,000 from the general fund to the jail fund and \$20,000 from the general fund to the 911 fund. The court accepted the requests unanimously.

The next regular meeting is scheduled for Tuesday, March 14 at 4 p.m. in the third floor conference room of the courthouse. The monthly workshop is scheduled for Monday, March 13 at 4 p.m. The public is invited to attend both meetings.

## “Plant”

(Continued from front) owners of the plant to purchase machinery needed to operate the plant, according to Cornette.

Stipulations of the grant say the owners then had 10 years to pay back the loan and originally had two years to create 50 full time jobs at the plant (One job per \$20,000 of grant money.) Records indicate through a request by the RCIDA Executive Director Jeff VanHook and plant owner Karl

Krase, the amount of jobs required to meet the stipulation of the loan was lowered to 35 about two years ago. There were also extensions granted on the amount of time the business has to create the 35 jobs, according to local officials. The latest extension gives the company until June to create the 35 jobs before defaulting on the requirements of the loan, according to local officials.

According to Cornette, who is one of three certified CBDG administrators and is in charge of reports and forms throughout the terms of the loan, and specifically assigned as manager of the Microfoodery CBDG, there has been no breach nor unmet requirements of the grant and no official action is being considered.

According to Cornette, "Owners are acting in good faith and the loan is being administered properly by the RCIDA and Judge/Executive Howell Holbrook is most certainly on top of this issue," she said. "The Judge is not putting this on the back burner and dealing with it later. He is on top of this every month and he is actively working with owners, RCIDA and our office. According to our records, nothing is out of order and the Judge is extremely well versed on the entire situation."

Owners at the plant have until 2028 to pay back the \$970,000 loan (since \$30,000 was held by CVADD as an administration fee) and until June of 2023 to create the 35 jobs, according to Holbrook. Payments on the loan are deposited in an RCIDA account.

The amount currently paid back to the RCIDA is around \$200,000, according to local officials, which is less than originally expected. However, Cornette and VanHook agree this is a standard practice since COVID. According to the CVADD office, owners had taken advantage of pre-approved loan extensions and has not missed any unapproved payments since the loan originated.

According to several local officials, the plant also had overseas interest in the beer cheese made at the plant when the plant was built. But when COVID hit the world, such overseas shipments from local companies all but disappeared. "People in China suddenly lost interest in buying perishable products made in smalltown U.S.A. once COVID was worldwide," said one local official recently. This is one reason more jobs have not been created at this point, officials say.

According to local officials, another extension will be requested by June to delay the time period for the jobs requirement but apparently HUD must also agree to the extension request.

However, according to CVADD, including the extensions at this time all requirements by the company, the administrators

and all parties involved, are up to date and all requirements up to this point have been met.

Once the jobs requirement is met by Microfoodery, the RCIDA may then loan the money paid back on the note at a low interest rate for economic development purposes such as a start-up business or expansion that would create more jobs locally. Cornette said this is called a "revolving loan" because the same money may be used to help several new or expanding businesses over the years.

VanHook has said more than once over the past three years that owners of the company "are working in good faith and doing everything they need to do." VanHook said "Everyone should stop complaining about a problem that doesn't exist and start working together."

As for what would happen to the grant should the requirements not be met by June and the extension is not granted, Cornette isn't certain. "There is no indication that such a situation would exist. Microfoodery, the RCIDA and the Judge/Executive are doing everything right," she said. "But if it ever happened that a company didn't meet their requirements, I can say that the state has been extremely lenient and willing to work with everyone in any way they can."

Another low interest loan was provided to the owners for the actual building where the plant is located in 2018. However, owners have already repaid that loan in full several years ahead of schedule, according to Holbrook and VanHook. The company did not have an early pay-off penalty.

Those funds are in a fiscal court account since the county did have an early pay-off penalty on the original note. The court voted to keep the funds in the account until the early pay-off penalty is dropped in 2025, saving thousands of dollars. "We will make the payments until the penalty is dropped and then pay off the loan and still have money left over for the county," said Holbrook. "In the mean time, the money is in the bank in the event of an unforeseen emergency. Rather than borrow the money for an emergency and pay interest, we will have it available until mid-2025."

"Sometime In June, we will know more," said Holbrook.

In a nutshell, though the company does have some stipulations remaining that must be met, they are currently in full compliance with all requirements of the CBDG. Cornette did not seem concerned about the June deadline to create the 35 jobs and VanHook has announced his plans to request a change again and to lower the number of jobs required to 29 and extend the time to create those jobs.

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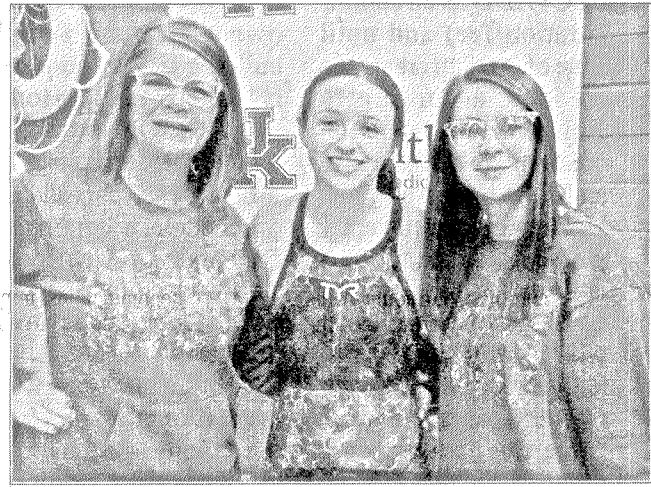
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email mayhavenfarm@gmail.com

# SPORTS



Emma Phillips competed this past weekend in the KHSAA State Swimming Championship Meet. Emma swam 200 IM and 100 freestyle. For the first time in Rockcastle's school history, Emma qualified in prelims in the top 16 in the state to compete in finals. We wish her the best as she continues her swimming career at Union this fall. She is shown at left with Rockcastle swim coaches Charon Burton and Lauren Burton.



Emma qualified in prelims in the top 16 in the state to compete in finals. We wish her the best as she continues her swimming career at Union this fall. She is shown at left with Rockcastle swim coaches Charon Burton and Lauren Burton.

## Rockets end regular season at 15-14

The Rockcastle Rockets finished their regular season last week with a win over Southwestern Pulaski and a loss to Russell County.

Last Tuesday, the Rockets traveled to Pulaski County to take on the Warriors of Southwestern and came away with a 63-57 win.

Broedy Dunaway led the Rockets with 18 points going 10 of 13

from the charity stripe. Walker Craig added 14, Connor Hunt scored 10, Trent Wilson added seven, Jace Rogers scored six, Kaden Kidwell scored five and Maddox Parsons added three.

Hunt led the Rockets on the boards pulling down 11 rebounds. Craig and Wilson each had seven, Kidwell pulled down six, Dunaway had

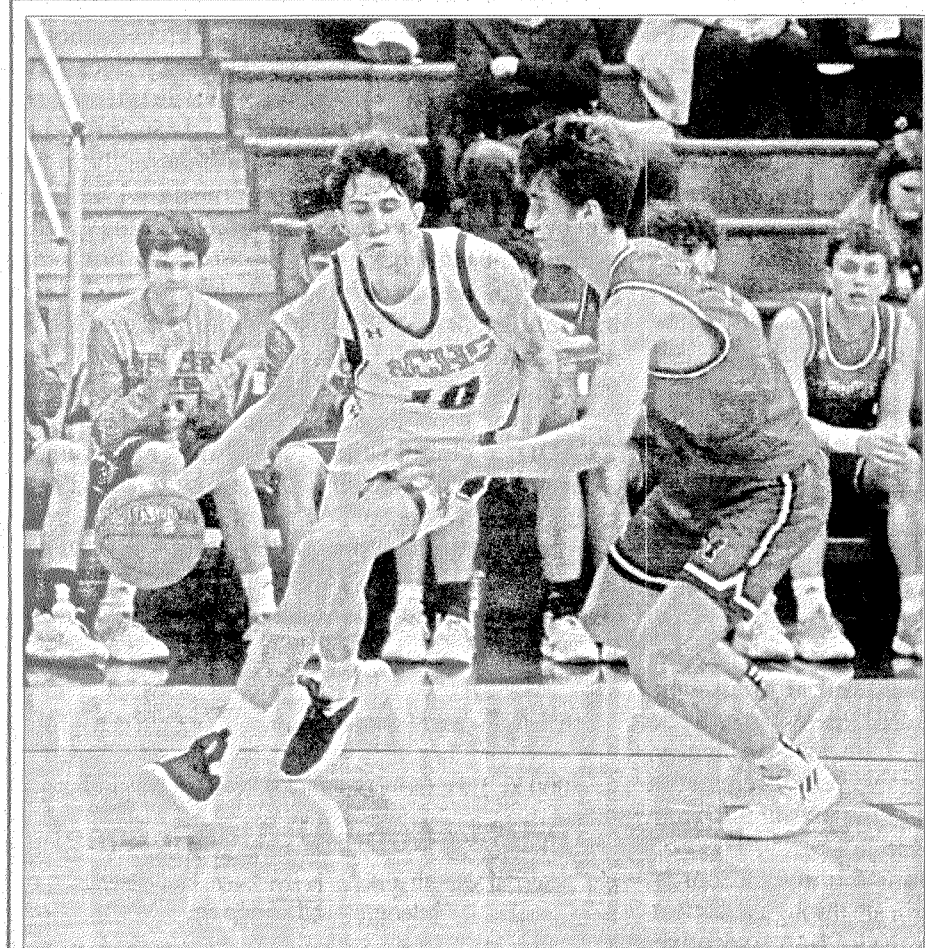
five, Rogers had three and Parsons pulled in one rebound.

The win was the 15th of the season for the Rockets.

Friday night, the Rockets ended their regular season on the road with a 73-64 loss to Russell County.

Walker Craig led his team with 25 points

(Cont. to pg. 7)



Walker Craig led the Rockets with 25 points in their final regular season game Friday night at Russell County. The Rockets are set to face Somerset Tuesday night in the first round of the 47th District Tournament.

## Lady Rocket season ends with loss in district tourney

A good season for the Lady Rockets came to an end Monday night with a first round loss in the 47th District Tournament to Somerset, 58-50.

The first quarter was back and forth with the Lady Rockets ahead by four as the first quarter ended.

The second quarter

was much the same with the Rockets leading 23-21 heading into half-time.

The third quarter was a big one for the Briarjumpers as Somerset put up 17 to only seven for the Rockets.

The final quarter the Lady Rockets were never able to put to-

gether a run for the win and as time expired the Lady Rockets ended their season with a 20-9 record.

Junior Talyne Shearer led her team with 14 points and seven rebounds. Senior Keelee King was the lone other Rocket in double figures with 10. Taylor King added eight, Camryn Cash scored five, Macy Spivey added four, Haven King scored three, Karlee Smith, Savannah Santo and Calleigh Burdette each scored two.

The Lady Rockets had a busy final week of regular season going 2-1.

Tuesday, February 14th, the Lady Rockets hosted Garrard County and picked up an easy win, 68-22.

12 Lady Rockets got in the scoring column with Camryn Cash and Macy Spivey leading with 11 points each. Talyne Shearer had 10, Taylor King scored eight, Calleigh Burdette added seven, Karlee Smith scored six, Haven King added four, Markley Richards scored three, Keelee King, Savannah Santo, Ella McKinney, and Abby Deleon each added two.

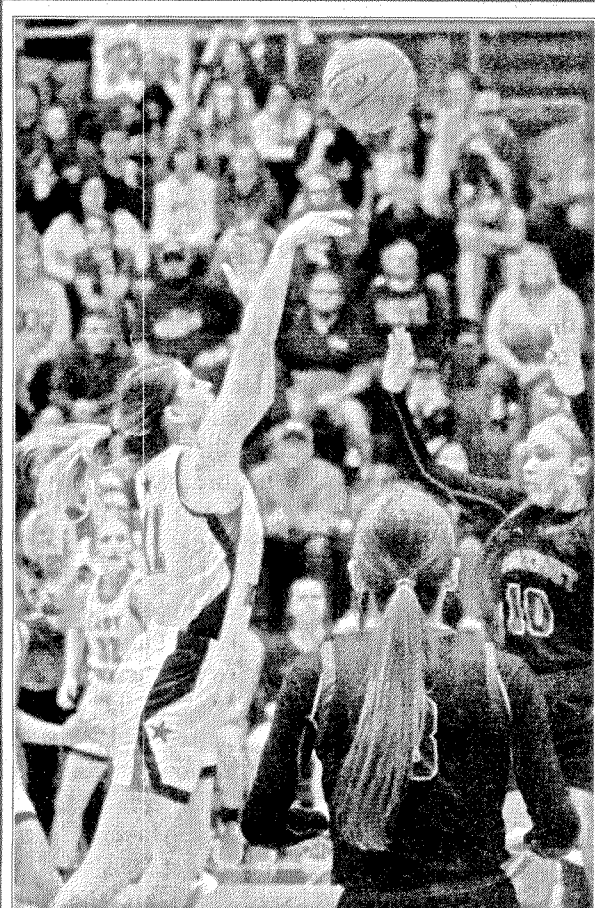
Shearer had eight rebounds and Taylor King had seven to lead their team.

Thursday night, Danville Christian came to town and the Lady Rockets had a tough battle coming out on the losing end, 62-57.

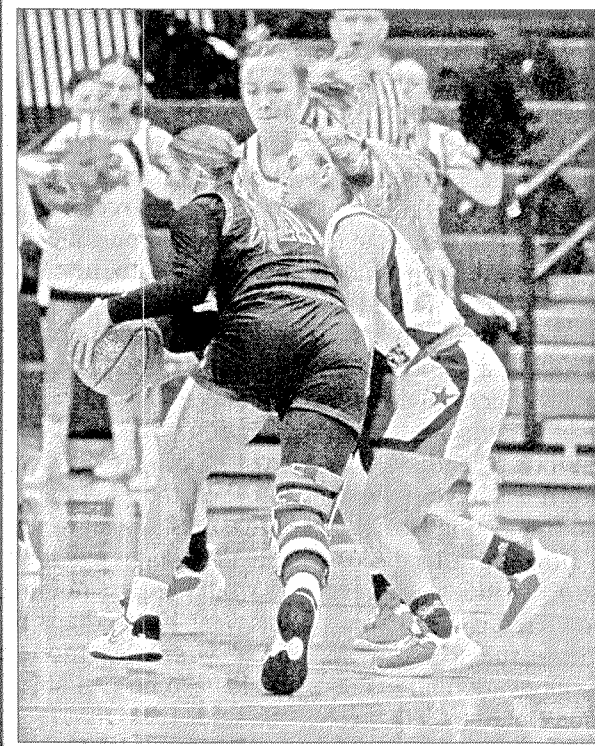
Taylor King led her team with 15 points, Talyne Shearer scored 14, Keelee King had 12, Karlee Smith, Calleigh Burdette and Haven King each had four, Savannah Santo and Camryn Cash each added two.

Friday night, the Lady Rockets picked up their 20th win of the season defeating Russell County, 62-57.

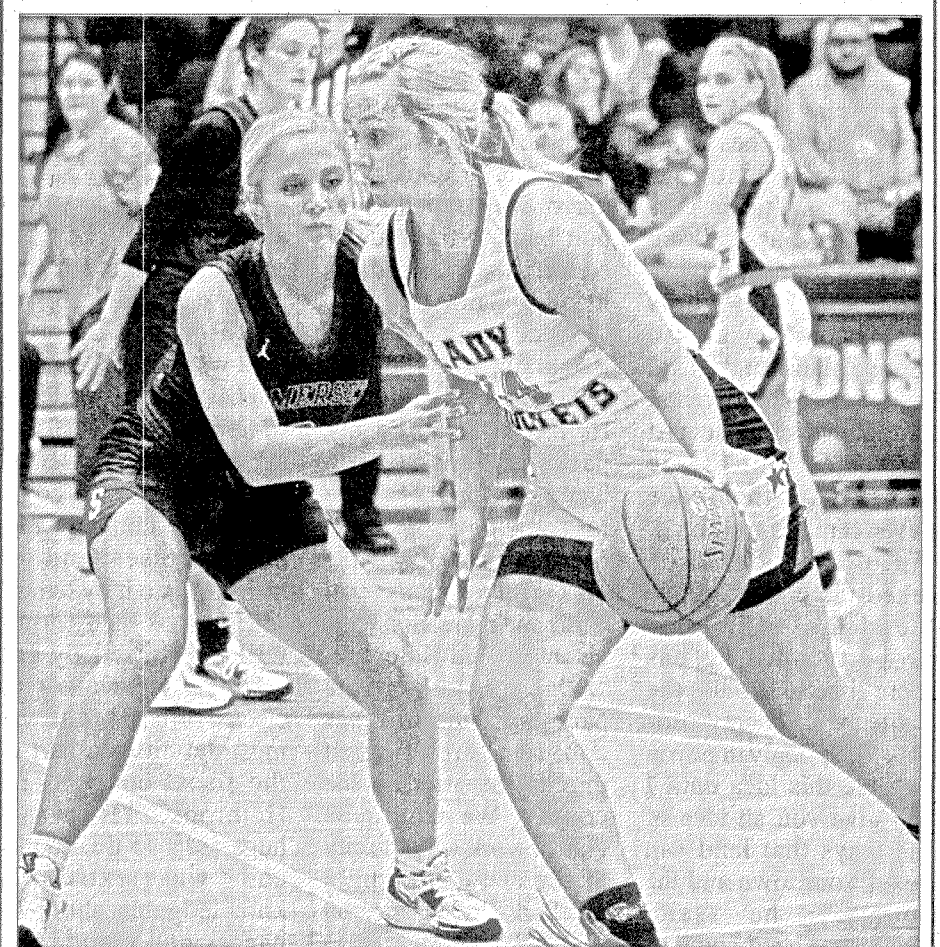
(Cont. to pg. 7)



Talyne Shearer goes for two of her team high 14 points in the Lady Rockets' loss to Somerset Monday night in the first round of the 47th District Tournament.

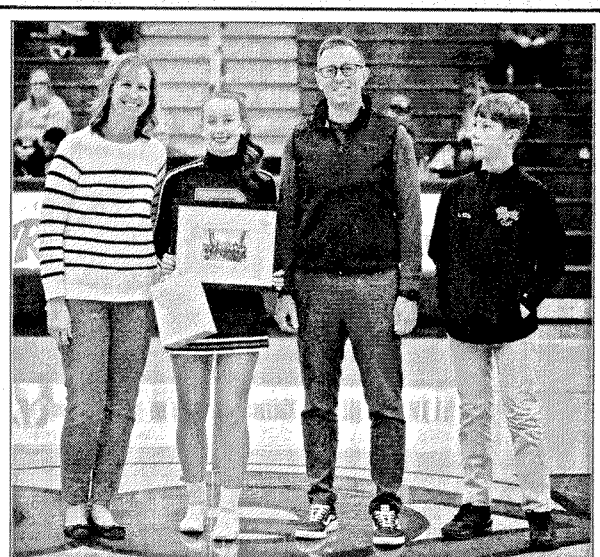


Karlee Smith and Camryn Cash double team a Briar Jumper in the Lady Rockets' season ending loss to Somerset Monday night.

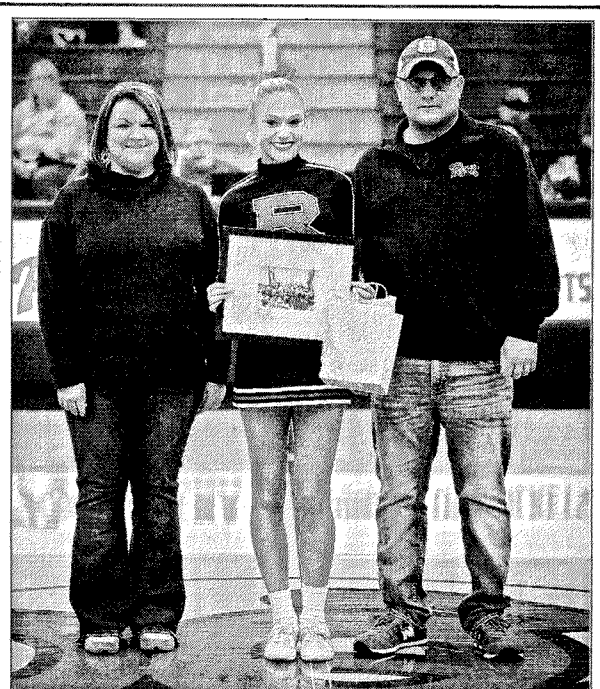


Keelee King drives around a defender in the Lady Rockets' loss to Somerset in the first round of the 47th District Tournament. King had 10 points in the loss.

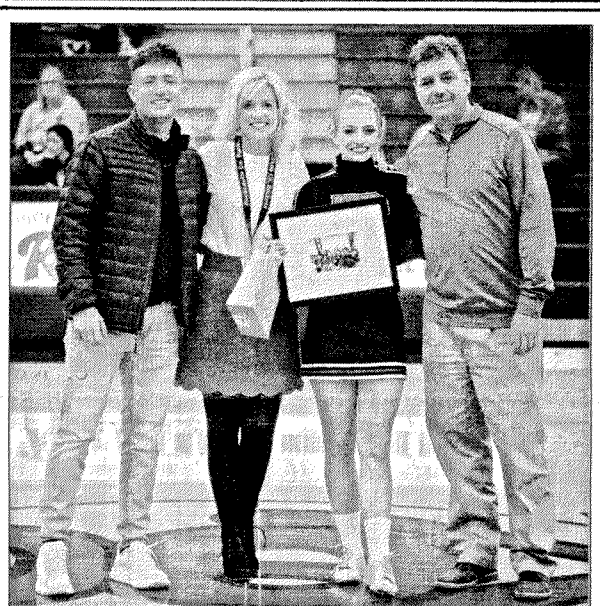
## Cheer Seniors Honored



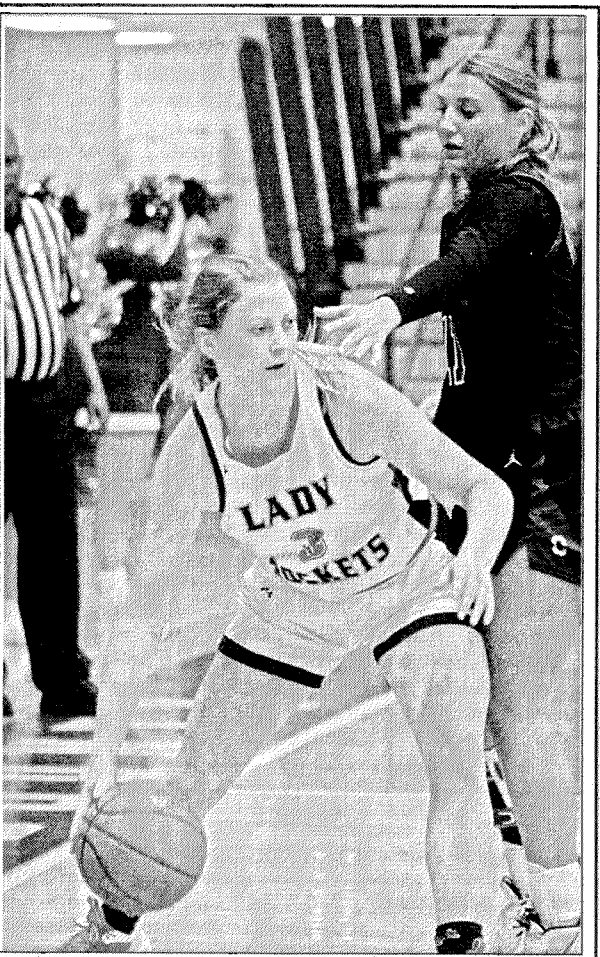
RCCHS Cheer honored their senior cheerleaders and family members last week. Senior Maddie Ellis is shown above with her parents, Jeremy and Jenni Ellis and brother, Luke.



Senior Halli Bales with her parents, Adam Bales and Autumn Bales.



Senior Emma Ballinger is shown with her parents, James and Carrie Ballinger and brother, Cole.



Haven King works hard on the block during the Lady Rockets' loss to Somerset Monday night.

### "Rockets"

(Cont. from pg. 6)

shooting 47% from the field hitting eight of 17 and five of six from the free throw line. Craig also pulled down 10 rebounds for his team.

Jace Rogers and Trent Wilson each scored 11 for the Rockets while Broedy Dunaway added eight, Connor Hunt scored four, Maddox Parsons added three and Jaidan Burton scored two.

Hunt pulled down eight rebounds, Burton and Wilson each had three, Kaden Kidwell and Parsons each pulled in two and Dunaway had one.

The Rockets were set to take on Somerset Tuesday night in the first round of the 47th District Tournament at Pulaski County High. Championship game is Thursday at 7:00 p.m.

### "Lady Rockets"

(Cont. from pg. 6)

County 54-28.

Talynne Shearer led her team with 14, Macy Spivey came off the bench to score 10, Haven King added eight, Keelee King scored seven, Kiley Dunaway added five, Taylor King scored four, Camryn Cash, Savannah Santo and Markley Richards each scored two.

### In triennial inspection

## JROTC earns perfect score, retains Honor Unit With Distinction designation

The Rockcastle County High School JROTC conducted its triennial inspection on Wednesday February 8th.

The program received a perfect score in all inspected areas and retains its Honor Unit With Distinction designation.

Cadets conducting briefs were specifically complimented for their

professionalism and interaction with the representative from Fort Knox.

Senior Enrique Botellos also received compliments for his work on a project to recycle plastic bottles into 3D printer filament. This is a first of its kind project in the five state area of the JROTC program's parent organization.

## Hospice to host in-person volunteer training

Hospice Care Plus is hosting a New Volunteer Training on Saturday, Feb. 25, at the Madison County Public Library in Richmond. Preregistration is required.

The training is for individuals who would like to help provide care and support for those with a serious illness, their caregivers, and the bereaved, either directly or indirectly, in the communities served by Hospice Care Plus: Estill, Jackson, Lee, Madison, Owsley and Rockcastle counties.

Hospice's volunteer coordinator, Mariah Smith, said the in-person, group training has a special quality that makes it a good experience for all.

"We have seen our new volunteers form strong and lasting friendships, especially when they train together, in person, and get to know each other," said Smith.

"Whether it is offering a listening ear, assisting with daily household activities for patients, providing grief support, offering companionship, or sharing your skills to help our staff and programs, the hours our volunteers give can be the most rewarding experience of their lives," said Smith.

Barbara Rupard has volunteered at Hospice's Compassionate Care Center in Richmond since 2019.

"While staying with a friend receiving care at the Compassionate Care Center, I experienced the wonderful care she received. After 31 years of employment at EKV, I knew that when I retired, I wanted to be a volunteer

and stay busy. My time spent with Hospice Care Plus is such a joy because I am surrounded by those who truly care for others."

Hospice volunteers come from all walks of life. Some work during the day, some are retired, and others volunteer while attending school. Hospice works with each volunteer to find an opportunity that will work.

"Even if you only have an hour a month to give, we can find a way for you to help," said Smith.

There are opportunities to work with patients and caregivers or in non-patient care roles, such as helping with mailings, office support, and gardening.

To learn more or to register for the training, visit [hospicecareplus.org](http://hospicecareplus.org) or call 859-986-1500. You can also register on the Hospice Care Plus New Volunteer Training Facebook event page.

Hospice Care Plus was founded as a non-profit organization to support the quality of life of its communities through hospice, palliative and bereavement care programs. The organization serves Estill, Jackson, Lee, Madison, Owsley, and Rockcastle counties and owns and operates the Compassionate Care Center in Richmond. Relying on contributions from individuals and groups, all care is provided regardless of insurance status or ability to pay. To learn more, donate, or explore career and volunteer opportunities, visit [hospicecareplus.org](http://hospicecareplus.org) or call 859-986-1500.



## 100th Birthday Celebrated...

Iva Sargent Burdette turned "100" years old on Feb 17th. Iva was born to parents Charlie and Effie Sargent of Mount Vernon. She is the last of 12 siblings. She was married for 77 years to Owen Burdette, who passed in 2016, and her son Eugene Burdette, who passed 2015. She has two daughters, Kathleen McKee of Richmond, Indiana and Carol and Al Lambert Florida.

## Revival

Crab Orchard Pentecostal will hold a Revival beginning March 2 through 4, 2023. Brother Troy Roberts and Brother Letcher Napier will be the preachers. Everyone is encouraged and welcome to come. Brother and Sister Eugene Webb and congregation would love to see you.

## Countywide Prayer Meeting

"Blessed are those who hunger and thirst for righteousness, for they will be filled" (Matthew 5:6)

Many people in Rockcastle County are hungry and some even desperate for more of God. Some have been crying out for years for God to move powerfully in our community to bring awakening and revival. Many people in churches and communities, individually have been longing for God to stretch out His hand and bless our county. This is not about denominations, ministries and certainly not to promote any individual. We simply want to lift the name of Jesus, worship and pray together in unity. If you are hungry for more, or you are desperate for breakthrough in your family or health please come and meet with Jesus.

Agenda: Worship and Pray  
Where: Livingston Gymnasium, 9174 Main St., Livingston  
When: Saturday, March 4th at 5 p.m.

**SUGAR'S PUZZLE ANSWERS**

*Sugar Mountain Trading Co.*  
Daily Word Capital Song

9	3	8	4	1	5	7	2	6
6	1	7	3	8	2	5	9	4
4	2	5	7	6	9	3	1	8
2	7	4	6	3	1	9	8	5
8	5	9	2	4	7	1	6	3
1	6	3	5	9	8	2	4	7
7	8	6	1	2	3	4	5	9
3	9	2	8	5	4	6	7	1
5	4	1	9	7	6	8	3	2

**RODENT PROBLEM**

Y	U	C	C	A	M	A	L	T	A	R	A	J
A	F	R	O	S	A	L	I	E	N	A	D	O
M	O	U	N	T	A	R	A	R	A	T	Y	O
F	U	L	C	R	A	S	A	T	B	Y		
P	E	S	E	T	A	S		S	I	D	L	E
L	A	P	S	E	S		C	H	E	E	S	E
E	G	O	S		P	O	U	R	S		S	E
A	L	I		M	U	S	K	R	A	T		N
T	E	L		A	S	S	E	T		L	A	S
E	G	R	E	T	S		S	H	E	K	E	L
C	A	D	E	T	S		L	O	O	S	E	L
A	B	B	E		S	K	I	D	O	O		
N	O	R		R	A	T	A	T	A	T	T	A
O	V	A		E	L	E	V	E		C	H	R
N	E	T		D	E	W	A	R		H	O	M

*The Depot*  
**World Famous Gospel Singing**  
Proudly Presents!

**Susan Hensley**

**Free Admission**  
**February 24th at 6pm!**  
**9174 Main Street Livingston KY**

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

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

- Recycling Drop-Off Trailers are available for use at:**
- Brodhead (behind City Hall)
  - Conway (by Brindle Ridge Volunteer Fire Dept.)
  - Livingston (between Liv. Fire Dept. & City Hall)
  - Pongo (by Pongo Volunteer Fire Dept.)
  - Climax (by Climax Volunteer Fire Dept.)

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

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

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

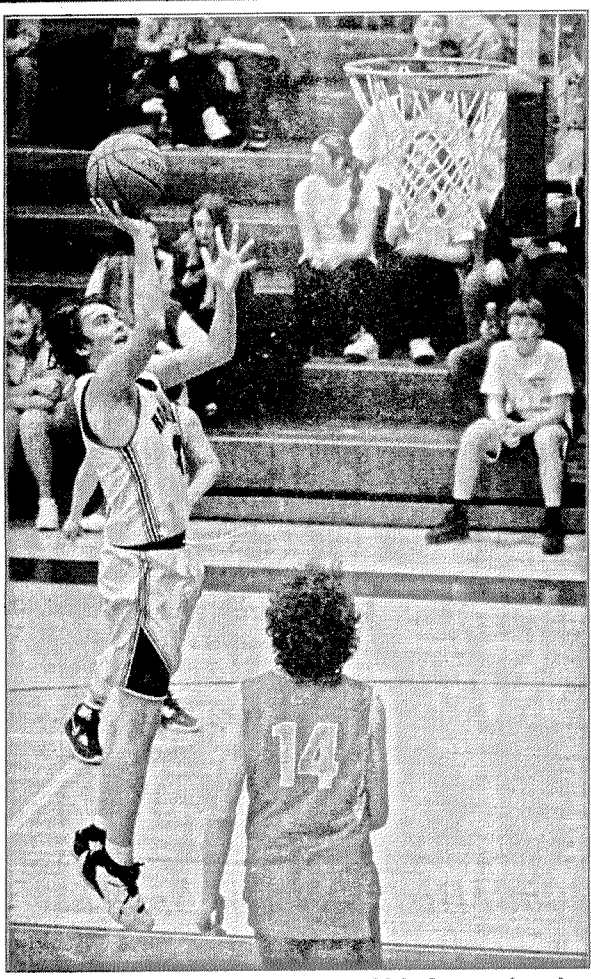
*Jaelyn Bullock Album Release*  
**With Special Guest Lewis Weathers and Friends III**  
**@ The Kentucky Music Hall of Fame**  
**March 4th 1 - 3 p.m.**

*Jaelyn Bullock*

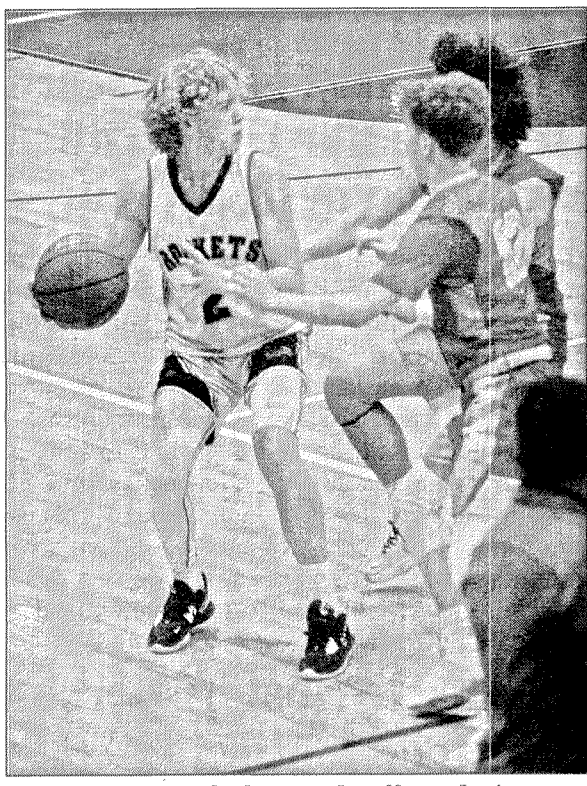
*Bob's Spaghetti Food Truck in Parking lot*

Free Admission - Live Music by Jaelyn Bullock with Avery Bradshaw. Live Music by Lewis Weathers and Friends. Free Refreshments in Lobby - CD Signing - Gift Basket Giveaways

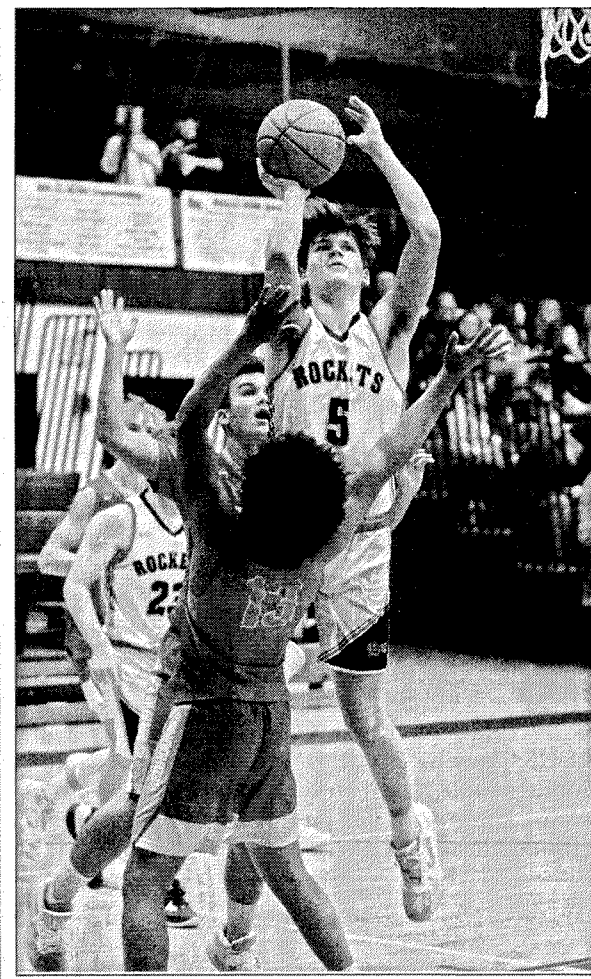
2500 Richmond Street, Mount Vernon, KY 40456  
606.256.1000



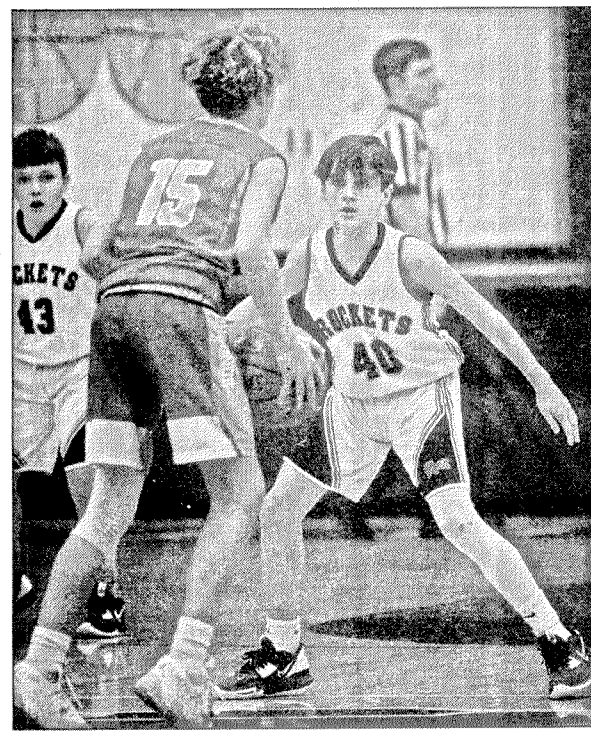
Baylee Taylor goes up for two of his four points in seventh grade action against Corbin. Ethan Phillips led his team with seven, Gavin Isaacs and Conner Ford each had six, Zane Bullock and Brayden Thacker scored four each, and Clay Cash added two.



Brayden Thacker looks over the offense during seventh grade action against Corbin.



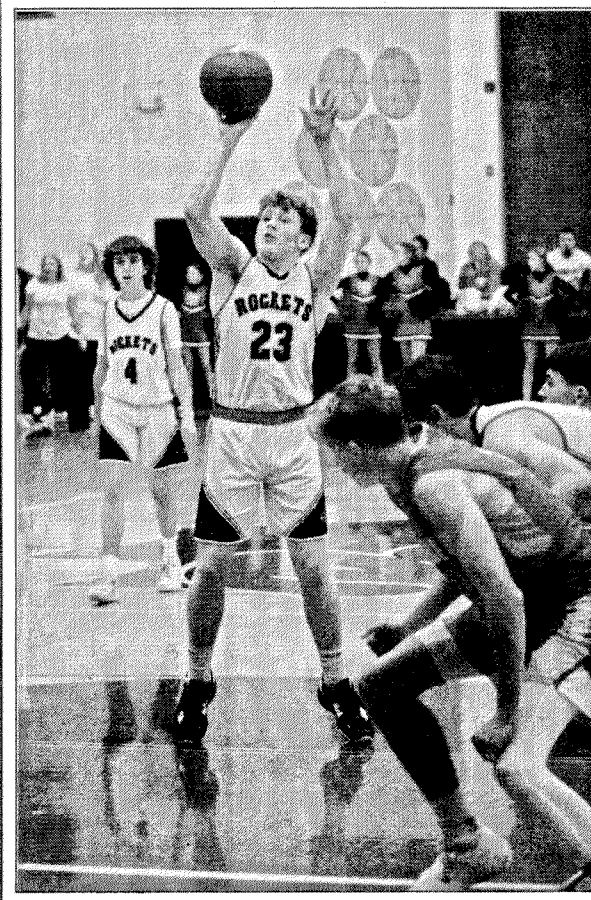
Colton Cash goes up for two of his team high 10 points during eighth grade action against Corbin.



Dalton Bullen plays defense in sixth grade action against Corbin. Bullen had four points, Cayden Reams scored five, Zayden Riddle and Wyatt Craig each had three with Sawyer Cash and Zaydon Scalf each adding two.



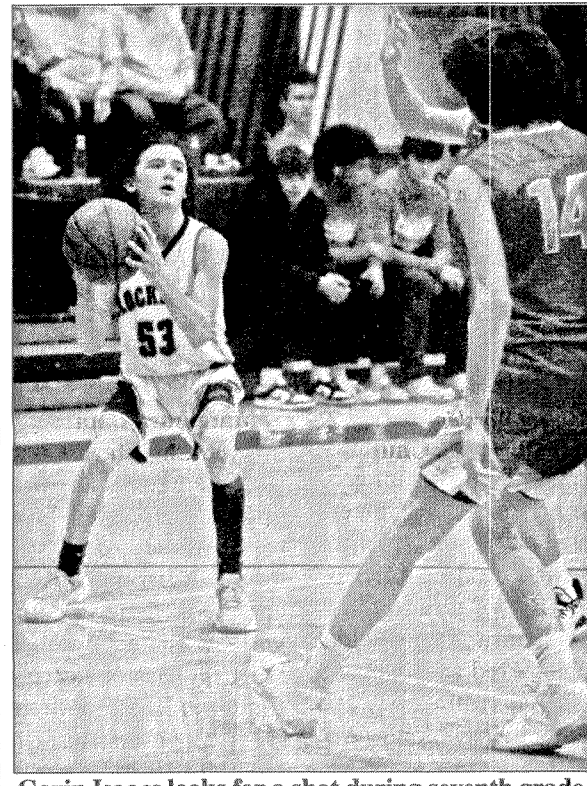
Ethan Phillips drives to the basket during seventh grade action against Corbin. Phillips led his team with seven points.



Hunter Pingleton puts up a free throw during eighth grade action against Corbin.



Wyatt Craig drives around a defender in sixth grade action against Corbin.

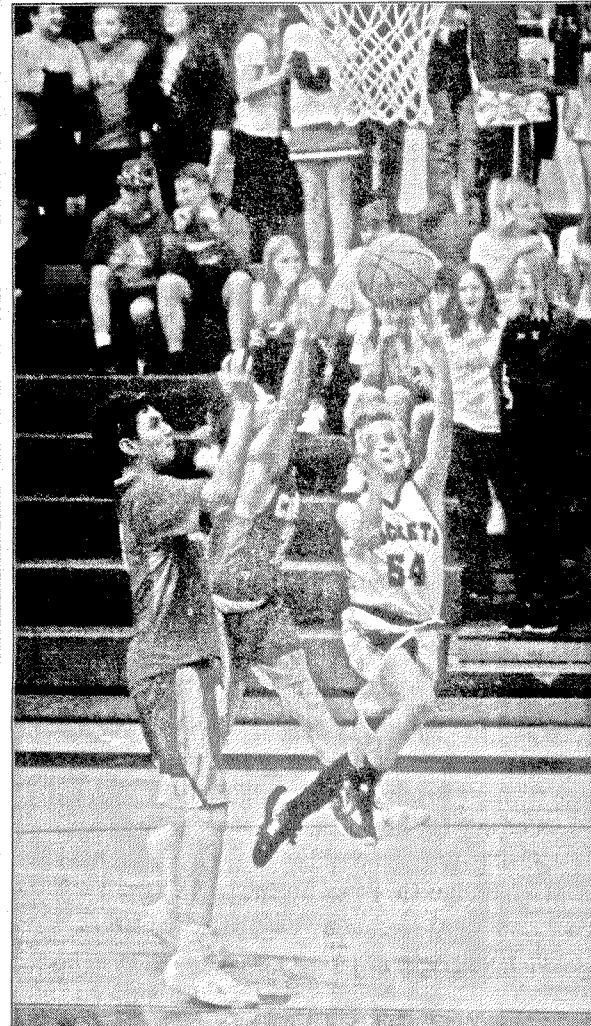


Gavin Isaacs looks for a shot during seventh grade action against Corbin. Isaacs had six points.

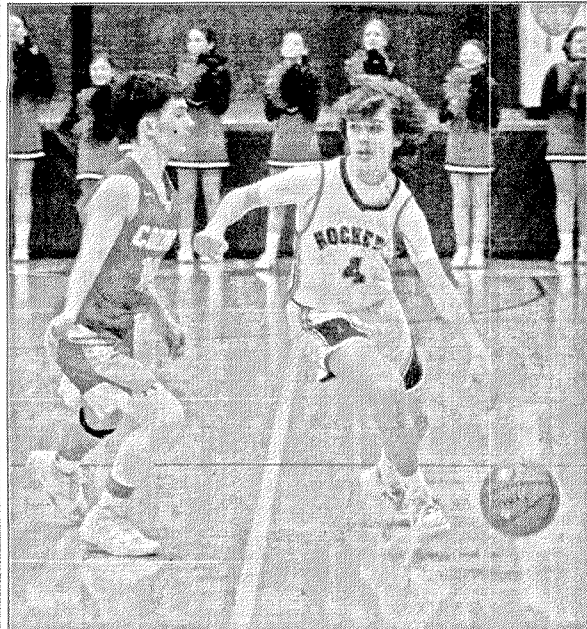
*Middle school photos by Marcos Bengé*

**NOTICE**

Kentucky-American Water Company provides notice of its requested adjustment of the Kentucky River Authority withdrawal fee. The fees contained in this notice are the fees to be proposed by Kentucky-American Water Company to the Public Service Commission no later than March 1, 2023 to be effective on March 31, 2023. The current fee, which applies to Residential, Commercial, Industrial, Other Public Authority and Sales for Resale customers, is \$0.0275 per 100 gallons. The requested fee, which applies to the same customer classes as the current fee, is \$0.0265 per 100 gallons. For all customer classes to which the fee applies, the requested fee is a decrease of \$0.0010, or -3.64%, per 100 gallons. Average usage, in hundreds of gallons, for each customer class to which the fee applies is: Residential: 39; Commercial: 342; Industrial: 9,713; Other Public Authority: 1,205; and Sales for Resale: 18,720. The effect on the average monthly bill for each customer class to which the decreased fee applies is: Residential: -\$0.04; Commercial: -\$0.34; Industrial: -\$9.71; Other Public Authority: -\$1.21; and Sales for Resale: -\$18.72. Customers in Eastern Rockcastle County are not charged the fee, therefore are excluded from the calculation. Any person may examine this tariff filing at Kentucky-American Water Company's offices located at 2300 Richmond Road, Lexington, Kentucky 40502, and on the utility's website at <http://www.amwater.com/kyaw/>. This filing may also be examined at the Public Service Commission's offices located at 211 Sower Boulevard, Frankfort, Kentucky, Monday through Friday, 8:00 a.m. to 4:30 p.m., or through the Commission's website at <http://psc.ky.gov>. Comments regarding this filing may be submitted to the Public Service Commission through its website or by mail to Public Service Commission, P.O. Box 615, Frankfort, Kentucky 40602. The fees contained in this notice are the fees proposed by Kentucky-American Water Company, but the Public Service Commission may order fees to be charged that differ from the proposed fees contained in this notice. A person may submit a timely written request for intervention to the Public Service Commission, P.O. Box 615, Frankfort, Kentucky 40602, establishing the grounds for the request including the status and interest of the party. If the Commission does not receive a written request for intervention within thirty (30) days of the initial publication or mailing of this notice, the Commission may take final action on the filing.



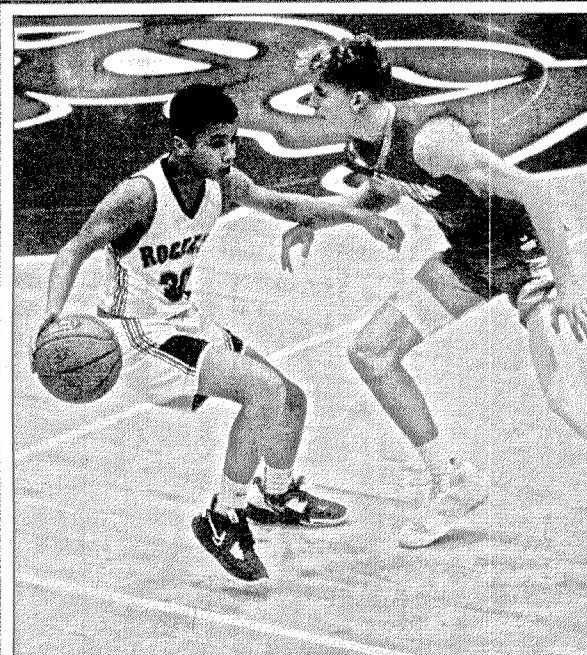
Cayden Reams takes it to the hole in sixth grade action against Corbin. Reams led his team with five points.



Zeke Fain runs a fast break during eighth grade action against Corbin. Fain had eight points in the contest. Colton Cash had 10, Xavier Leger and Caden Lovell each added six, Hunter Pingleton and Blake Mullins each scored four.

**NOTICE**

Kentucky-American Water Company provides notice that it is filing with the Kentucky Public Service Commission ("Commission") in Case No. 2022-00030 a request for an increase in the amount of its Qualified Infrastructure Program Rider ("QIP Rider"). The filing will be made no later than March 1, 2023 with a request for the new amount to be effective on July 1, 2023. The amount as of February 14, 2023 is 4.61% and calculations herein are based on that amount. The proposed increase is an addition of 3.80% for a cumulative proposed amount of 8.41%. The QIP Rider applies to Residential, Commercial, Industrial, Other Public Authority, Sales for Resale, and Public and Private Fire Service and Hydrant customers. The additional revenue to be requested in this QIP Rider filing is \$3,746,023. Average usage, in hundreds of gallons, for each customer class to which the QIP Rider applies is: Residential: 39; Commercial: 342; Industrial: 9,713; Other Public Authority: 1,205; Sales for Resale: 18,720; Public and Private Fire Service and Hydrant: 0. The effect on the current average monthly bill for each customer class to which the increased fee applies is: Residential: \$1.42 (3.80%); Commercial: \$7.23 (3.80%); Industrial: \$163.43 (3.80%); Other Public Authority: \$26.51 (3.80%); Sales for Resale \$305.88 (3.80%); Public Fire Hydrant: \$1.85 (3.80%); Private Fire Service: \$3.02 (3.80%); and Private Fire Hydrant: \$2.91 (3.80%). Any person may examine this filing at Kentucky-American Water Company's offices located at 2300 Richmond Road, Lexington, Kentucky 40502, and on the utility's website at <http://www.amwater.com/kyaw/>. This filing may also be examined at the Public Service Commission's offices located at 211 Sower Boulevard, Frankfort, Kentucky, Monday through Friday, 8:00 a.m. to 4:30 p.m., or through the Commission's website at <http://psc.ky.gov>. Comments regarding this filing may be submitted to the Public Service Commission through its website or by mail to Public Service Commission, P.O. Box 615, Frankfort, Kentucky 40602. The fees contained in this notice are the fees proposed by Kentucky-American Water Company, but the Public Service Commission may order fees to be charged that differ from the proposed fees contained in this notice. A person may submit a timely written request for intervention to the Public Service Commission, P.O. Box 615, Frankfort, Kentucky 40602, establishing the grounds for the request including the status and interest of the party. If the Commission does not receive a written request for intervention within thirty (30) days of the initial publication or mailing of this notice, the Commission may take final action on the filing.



Xavier Leger tries to work around a defender during eighth grade action against Corbin.



# Church Directory

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

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

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

**Blue Springs Church of Christ**  
7 miles south of Mt. Vernon on Hwy. 1249 (Sand Springs Rd)  
**Services:**  
**Sundays 10 a.m. & 6 p.m.**  
**Preaching Brethren**  
**Marcus Reppert**  
**Phillip Permenter**  
**Eric Bullock**  
Contact Info:  
Marcus Reppert 606-308-2794  
223 E. Fork Skaggs Rd.  
Mt. Vernon, Ky.  
marcusreppert24@hotmail.com

**Brodhead Baptist Church**  
Corner of Silver & Maple St.  
Brodhead, Ky. 40409  
606-758-8316

**Sunday Bible Study 10 a.m.**  
**Sunday Worship 11 a.m. & 7 p.m.**  
(Nursery Provided)  
**Sunday Youth Bible Study 5 p.m.**

**Wednesday Adult & Youth Worship/Bible Study 7 p.m.**  
**Children's Programs:**  
RAs & GAs  
**Mission Friends and Creative Ministry**

**Ralph Baker, Pastor**  
**Brodhead Christian**  
237 W. Main St. Brodhead  
606-758-8721

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

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

**Sunday School 10 a.m.**  
**Sunday Worship 11 a.m.**  
**Sunday Evening 6 p.m.**  
**Wednesday evening 7 p.m.**  
**Terry Orcutt, Pastor**

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

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

**Calloway Baptist Church**  
76 Calloway Branch Rd.  
(Off US 25) • Calloway  
**Sunday Worship 11 a.m.**  
**Wednesday Evening 6 p.m.**  
**Jason Medley, Pastor**  
606-308-4543

**Central Baptist Church**  
86 Maintenance Rd.  
Mt. Vernon, KY 40456  
606-256-2988  
centralbaptistky.org  
**Sunday School 10 a.m.**  
**Sunday Morning 11 a.m.**  
**Bus Sunday School 5 p.m.**  
**Sunday Evening 6 p.m.**  
**Wednesday Bible Study 7 p.m.**  
"Central Time" Radio Broadcast

WRVK: M-F 11:15 a.m.  
WOPW: M-F 9:15 a.m.  
Transportation and Nursery provided for all services  
Home of Well of Pure Water Radio - 93.3 FM  
**Mark Eaton, Pastor**

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

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

**Clear Creek Baptist**  
**Sunday School 10 a.m.**  
**Sunday Worship 11 a.m.**  
**Sunday Evening 6 p.m.**

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

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

**Community Worship Church of God**  
758 Hwy. 3245 • Crab Orchard  
**Bro. Jeff Warren, Pastor**  
Worship Service  
**Sunday School 10 a.m.**  
**Sunday Worship 11 a.m. & 5:30 p.m.**  
www.cwchurchofgod.com

**Conway Missionary Baptist**  
116 Meadow Lark Lane  
Berea, KY 40403  
**Sunday School 10 a.m.**  
**Sunday Worship 11 a.m. & 6 p.m.**  
**Wed. Prayer Service and Bible Study 7 p.m.**  
**Youth Meetings: Sunday 5 p.m. Wednesday 7 p.m.**  
**Bobby Turner, Pastor**  
606-758-4007

**Crab Orchard Pentecostal**  
**Sunday School 10 a.m.**  
**Sunday Evening 6 p.m.**  
**Tuesday Evening 7 p.m.**  
606-355-7959

**CrossPoint Church of God**  
211 Industrial Park Rd.  
Mt. Vernon, KY  
**Sunday 2 p.m.**  
**Thursday Evening 7 p.m.**  
**Pastor: Matt Griggs**  
859-582-2553

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

**Cupps Chapel Holiness**  
Copper Creek Rd., Brodhead  
**Sunday 10 a.m.**  
**Sunday Evening 6 p.m.**  
**Thursday Evening 7 p.m.**  
**Pastor: Dewayne Carpenter**

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

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

**Faith Chapel Pentecostal**  
S. Wilderness Road  
Mount Vernon, Ky.  
**Sunday School 10 a.m.**  
**Sunday Evening Service 6 p.m.**  
**Wednesday Service 7 p.m.**  
**Saturday Service 7 p.m.**  
**Jack Carpenter, Pastor**  
**First Baptist Church**  
340 West Main Street  
Mt. Vernon, Ky. 606-256-2922  
**Dennis Wilder, Pastor**  
**Jesse Wright, Assoc. Pastor/Youth**  
website: www.fbcmvky.org  
email: fbcmtvernon@kymtwebc.com

**Every Sunday:**  
**Morning Worship: 9 & 11 am**  
**Sunday School/Growth Groups 10 am**  
WRVK 1460AM at 11 a.m.  
LiveStream at fbcvmky.org  
**Wednesdays: AWANA 6-8pm**  
**Student Worship at 6 pm**

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

**Flat Rock Missionary Baptist**  
504 Maple Grove Rd. Hwy. 1004  
Orlando, Ky.  
**Sunday School 10 a.m.**  
**Fellowship Hour 11 a.m.**  
**Sunday Evening Service 7 p.m.**  
**Wednesday Bible Study 7 p.m.**  
**Fountain of Life United Pentecostal Church**  
80 Sally J Rd., Mt. Vernon  
**Sunday 3:00 p.m.**  
**Wednesday 7:30 p.m.**  
Everyone Welcome  
**Pastor: James Blanton**

**Freedom Baptist Church**  
Freedom School Rd.  
Mt. Vernon  
**Sunday School 10:00 a.m.**  
**Sunday Worship 11 a.m.**  
**Sunday Night Worship 6 p.m.**  
**Wednesday Evening Prayer Meeting 6 p.m.**  
**Pastor: Bro. Barry Hurst**  
859-200-6331

**Hickory Grove Pentecostal Church**  
Hwy. 1505 (6 miles from Brodhead)  
Brodhead, Ky.  
**Randal Adams, Pastor**  
**Youth Pastor: Scott Adams**  
**Sunday School 10 a.m.**  
**Sunday Worship 11 a.m.**  
**Sunday Evening 6 p.m.**

Wed. Evening 7 p.m.  
**Higher Praise Ministries**  
4896 Lake Cumberland Rd.  
Mt. Vernon  
**Chris Davidson, Pastor**  
**Sunday 11 am & 6 pm**  
**Wednesday 7 pm**  
Bus Ministry call 606-392-8777

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

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

**Livingston Baptist Church**  
**Pastor: Josh Hasty**  
606-392-3809  
**Sunday School 10 a.m.**  
**Sunday Worship 11 a.m.**  
**Children's Church 11 a.m.**  
**Sunday Evening 6:30 p.m.**  
**Wednesday Evening 6:30 p.m.**

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

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

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

**Macedonia Baptist Church**  
6567 Scaffold Cane Road  
Mount Vernon, Ky.  
**Sunday Worship 11 a.m.**  
**Sunday Evening 6 p.m.**  
**Bro. Jim Craig, Pastor**  
Hwy. 1004 (Big Cave Road)  
Orlando, Ky. • 606-256-1873  
**Bro. Jerry Owens, Pastor**  
Home Phone 606-256-3075  
**Sunday School 10 a.m.**  
**Sunday Morning Worship 11 a.m.**  
WRVK Broadcast 2 p.m.  
**Sunday Evening 6 p.m.**  
**Wednesday Evening 7 p.m.**

**Mareburg Baptist Church**  
2617 New Brodhead Rd.  
Mt. Vernon, KY 40456  
**Bro. Shelby Reynolds, Pastor**  
Phone: 256-8844  
**Sunday School 10 a.m.**  
(all ages)  
**Sun. Morning Worship 11 a.m.**  
**Wednesday Evening Bible Study 6 p.m.**  
www.mareburgbaptist.org  
mareburgchurch@yahoo.com

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

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

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

**New Hope Baptist**  
Jct. 1797 New Hope Tower Rd.  
Orlando  
**Sunday School 10 a.m.**  
**Sunday Worship 11 a.m.**  
**Sunday Evening 6 p.m.**  
**Wednesday Evening 7 p.m.**  
**Philip "Worm" Johnson Pastor**

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

**Ottawa Baptist Church**  
1074 Ottawa Rd. • Brodhead  
Pastor: Bro. John McPherson  
**Sunday School 10 a.m.**  
**Sunday Worship 11 a.m.**  
**Children's Church 11 a.m.**  
**Sunday Discipleship Training 5 p.m.**  
**Sunday Evening 6 p.m.**  
**Wednesday Services**  
Service 7 p.m.  
758-8453  
ottawabaptist@windstream.net

**Our Lady of Mt. Vernon Catholic Church**  
525 Williams St  
(across from MVES)  
Mount Vernon, Ky.  
606-256-4170  
**Mass Times:**  
**Tuesdays at 5 p.m.**  
**Sabbath Mass: Sat., 5 p.m.**  
**Holy Days 5 p.m.**  
**Father Gary Simpson, Pastor**  
Jack Lawless, Groundskeeper  
Tom Darst, Maintenance

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

**Pine Hill Holiness**  
5394 S. Wilderness Rd.  
Mt. Vernon, Ky. 40456  
**Sunday School 10 a.m.**  
**Sunday Worship 11 a.m.**  
**Thursday Night Worship 7:00 p.m.**  
**Children's Church 7 pm Thurs.**  
**Pastor Ashley Noe**

**Pine Hill Missionary Baptist Church**  
81 Limeplant Hollow Road  
Mt. Vernon, Ky. 40456  
**Bro. Clyde Miller, Pastor**  
859-986-1579  
**Sunday School 10 a.m.**  
**Sunday Worship 11 a.m.**  
**Discipleship Training 5:30 p.m.**  
**Sunday Evening Worship 6:00 p.m.**  
**Wednesday Prayer Meeting & Youth Service at 7:00 p.m.**  
Prayer Partners Ladies Meeting monthly every  
2nd Wednesday at 6:00 p.m.

**Pleasant Run Missionary**  
**Sunday School 10 a.m.**  
**Sunday Worship 11 a.m.**  
**Sunday Evening 6:30 p.m.**  
**1st Sunday in Month Church at 2 p.m. at Rockcastle Respiratory Care**  
**Bro. Chris Reynolds, Pastor**  
**Poplar Grove Baptist**  
145 Richlands Rd. • Brodhead  
**Sunday School 10 a.m.**  
**Sunday Worship 11 a.m.**  
**Sunday Evening 6 p.m.**  
**Wednesday Evening 7 p.m.**  
**Bro. Mike McFerron, Pastor**  
**Providence church of Christ**  
1 mile off Hwy. 70 on Hwy. 618  
758-8524  
**Robby Cable, Evangelist**

**Red Hill-Union Baptist**  
4308 Highway 1955  
Livingston, KY  
**Sunday School 10 a.m.**  
**Sunday Worship 11 a.m.**  
**Sunday Evening 6 p.m.**  
**Bill Hammond, Pastor**  
606-392-1826  
**Everyone invited to come and worship with us**

**Roundstone Baptist Church**  
**Sunday School 10 a.m.**  
**Sunday Worship 11:00 a.m.**  
**Sunday Night 6:00 p.m.**  
**Wednesday Night 7 p.m.**  
**Sand Hill Baptist Church**  
Sand Hill Rd.  
**Sunday School 10 a.m.**  
**Sunday Worship 11:00 a.m.**  
**Sunday Night 5:00 p.m.**  
**Thursday Night 6 p.m.**  
**Pastor Tommy Miller**

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

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

**Skaggs Creek Baptist**  
**Sunday School 10 a.m.**  
**Sunday Worship 11:00 a.m.**  
**Pastor: Bro. Richard West**  
**Everyone Welcome!**  
**Tabernacle of Love**  
244 Old Somerset Rd.  
Mt. Vernon  
606-25605894  
**Sunday Worship 2:00 p.m.**  
**Wednesday: 6:00 p.m.**  
**Pastor: Clyde Hodge**

**Union Chapel Pentecostal**  
1505 Union Chapel Rd.  
Brodhead, Ky.  
(3 miles out of Brodhead)  
**Sunday School 11:00 a.m.**  
**Sunday Night 6:00 p.m.**  
**Thursday Evening 7:00 p.m.**  
**Pastor: Walter Bowling**  
**Everyone Welcome!**

**United Gospel of Christ**  
4 miles off US 25 on Wildie Rd.  
**Church welcomes everyone**  
**Sunday Worship 11:00 a.m.**  
**Sunday Evening 6:00 p.m.**  
**Wednesday Evening 7:00 p.m.**  
**Valley Baptist Church**  
4482 Copper Creek Rd.  
Berea, Ky. 40403  
**Organized in December, 1908**  
**Sunday School 9:45 a.m.**  
**Sunday Worship 11:00 a.m.**  
**Sunday Evening 6 p.m.**  
**Wednesday Evening 7 p.m.**  
**Jeff Draper, Pastor**  
**Watts Chapel Baptist Church**  
1462 KY Highway 2750  
Crab Orchard, KY  
606-879-8183  
Join us for service!  
**Sunday 11 a.m. & 6 p.m.**  
**Wednesday 7 p.m.**  
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**Dan Gutenson, Pastor**  
**Wildie Christian Church**  
1478 Wildie Rd. • Wildie  
606-256-4494  
**Sunday School 10 a.m.**  
**Sunday Worship 10:55 a.m.**  
**Family Fellowship 6 p.m.**  
**Bible Study 6 p.m.**  
**Bro. Gary Pettyjohn, Pastor**

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## For Rent

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**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

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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

**30 Acre Stand of Timber.** Sawmill nearby. Call 606-594-8990. 33xntf

**For Sale:** 2 bedroom house with 3 bedroom trailer, \$69,000. Serious inquiries only. 606-386-0650. 19tfn

## Miscellaneous For Sale

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

## Posted

**Posted:** No trespassing on property owned by Shannon Hellard on Cove Branch Road in Rockcastle County. All violators will be prosecuted. 2/16/23

**Posted:** No trespassing on land belonging to Farmer Waddle and Clista Spivey, located at 2615 and 2621 South Upper River Road. 15(22)x51

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

**Posted:** Absolutely no trespassing on land belonging to LJE Honeycomb LLC for any reason. Formerly known as Christ Outreach for the Blind. Violators will be prosecuted. (9/23)

**Posted:** No hunting or trespassing on farms, belonging to Gary and Peggy Roberts, on KY 3245. Violators will be prosecuted. (12/22/23pd)

**Posted:** No hunting or trespassing on land belonging to Orville and Bernice Burkhart on Cove Branch, Livingston, Mt. Vernon. Violators will be prosecuted. 35(21)x50p

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

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

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

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

**Posted:** No trespassing on property known as C.B. Owens Farm across from Fairgrounds in Brodhead. Violators will be prosecuted. 25tfn

## Notices

**Notice is hereby given** that Cathy Mae Hodge, 282 Friendship Road, Mt. Vernon, Ky. 40456 has been appointed Executrix of the Estate of Ricky Lee Evans, deceased, on the 1st day of February 2023. Any person having claims against said estate shall present them, according to law, to the said Cathy Mae Hodge, or to Hon. Chadwick Hammonds, 133 Plaza Drive, Suite 2, Berea, Ky. 40403 on or before August 2, 2023 at 11 a.m. 52x3

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 606-256-4695

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## Legislative Update

By Brandon Storm  
State Senator  
Week 3

The 2023 Legislative Session is moving along, with Senate committees approving numerous measures for the full chamber's consideration. Several bills have cleared the chamber and have made their way over the state House.

Before summarizing legislation, I want to acknowledge a special occasion from Week 3, the 7th Annual Military Kids Day event.

I was happy to see constituents from our district participate in this event. We had over 100 military kids take part in the legislative process and witness their state government in action. When you added parents and others supporting the day's events, your legislature hosted nearly 200 people.

Kids served as Senate pages, were honored during a committee meeting and in the House and Senate chambers and were treated to lunch where they heard from special guest speakers, many who were in the military themselves. The event was certainly the most successful yet, and I hope next year will exceed this year's success.

A bill providing funding for the Bowling Green Veterans' Center was signed into law in week 3 while several bills cleared the Senate. They were:

Senate Bill 24 — Expands homeschooled students' access to Kentucky Educational Excellence Scholarship funds. KEES provides money to high school students mainly based on GPA and ACT scores. Homeschooled students are currently only eligible for 20 percent of available KEES money because they don't have a traditional GPA. The bill will allow the KEES base to be calculated by an equivalent GPA determined by the homeschooled student's ACT score.

Senate Bill 25 — A clean-up bill from the previous session's Senate Bill 59. It clarifies the distinction between articulation and dual college credit for school accountability purposes.

Senate Bill 49 — Seeks to alleviate teacher workforce challenges by extending how long a provisional teacher certificate lasts. This bill provides more time for candidates with baccalaureate degrees to complete alternate teacher certification.

For those with baccalaureate degrees who seek alternative teacher certification through Options 6 and 7, this bill revises the provisional certification period from three years to five years.

Senate Bill 150 — Strengthens parental engagement and communication within public schools by ensuring school curriculum transparency regarding the subject of human sexuality and requiring notifications of health services offered and recommended by schools. Additionally the bill provides First Amendment protections to both staff and students.

Kentucky, like all states, is facing multi-industry workforce challenges. The same is true in public education. According to recent reporting by the Louisville Courier-Journal using figures from the Kentucky Department of Education, the state is short approximately 1,700 classroom educators. This is vastly lower than the 11,000 figure oft-cited by Governor Andy Beshear but is nonetheless an issue lawmakers are committed to addressing.

Looking back to September 2021, you may recall Governor Andy Beshear, citing security recommendations from the Secret Service and Kentucky State Police, closing the portion of Capital Avenue in Frankfort between the State Capitol and the Capitol Annex.

The Governor's roadway closure to vehicular traffic came nearly one year after

he spent over \$300,000 on a security fence to be placed around the Governor's Mansion and the complete closure of the State Capitol to visitors from March 2020 to July 2021. Since the route's closure, there has been a tremendous increase in vehicular traffic through the Capitol Annex parking lot, and many are concerned about an increased risk of pedestrian injury.

Senate Bill 11 cleared the Senate in Week 3 and is now with the House for consideration. It would reopen that portion of Capital Avenue, once more providing access to the beautiful campus to residents and out-of-state tourists. The bill allows emergency responders and the Kentucky Transportation Cabinet to temporarily stop the flow of

traffic while fulfilling any duties they may have on State Capitol grounds.

In closing, I had the distinct honor to testify in support of Senate Bill 71 and Senate Bill 72 before the Senate Health Services committee, as well as the Transportation committee this week. I look forward to continuing the legislative process on these two bills as they proceed through the Senate chamber.

You can follow bill statuses at [legislature.ky.gov](http://legislature.ky.gov) and watch live legislative activity at [KET/org/legislature](http://KET/org/legislature).

You can also track the status of other legislation by calling 866-840-2835, legislative meeting information at 800-633-9650, or leaving a message for lawmakers at 800-372-7181.

## Pedestrian hit at local crosswalk

By: Mike French  
Editor

Police reports say a pedestrian was hit by a car last week.

According to Mount Vernon Assistant Police Chief Brian Carter, Billy Hellard, 36, of Mount Vernon was "not paying attention" when he attempted to cross Richmond Street near the Snack Shack last Tuesday morning. Reports say a vehicle struck Hellard who was apparently chatting with a friend on his

phone at the time.

Police say Hellard received slight injuries and officials wish to ask all citizens to pay close attention when crossing the street. "You may think you have the right of way and you may even be right, but in a pedestrian/car accident, the car will always win," said Carter.

Hellard was treated and released from the Rockcastle Regional Hospital.

No charges were filed against the driver.

## Mamaw's Kitchen

By Regina Poynter Hoskins

WHITE CHOCOLATE  
PEANUT BUTTER  
FUDGE

1 can (14 ounce) sweetened condensed milk  
1/2 cup peanut butter  
1 bag (12 ounce) white chocolate melting chips  
1 and 1/2 teaspoons vanilla extract  
Extra 1/2 cup white chocolate chips, optional  
OR 1/2 cup peanut butter chips, optional  
OR 5 peanut butter white chocolate cups, chopped, optional  
Spray an 8 or 9-inch square pan with cooking oil, then line with parchment paper, extending paper over edges of pan. In a medium saucepan heat sweetened condensed milk and peanut butter over medium heat until just bubbly, about 7 to 9 minutes, making sure to stir constantly. The milk and peanut butter will start to thin. When mixture begins to bubble it is ready to remove from heat. Turn off the heat and stir in white chocolate chips and vanilla until smooth. Spread into prepared pan. If desired, sprinkle some of the white chocolate chips, peanut butter chips, or the chopped peanut butter white chocolate cups over fudge. Cover with foil, and cool. Chill for 2 hours, then remove from pan by lifting the parchment paper. Cut into squares and serve!

WHITE CHOCOLATE  
PEANUT BUTTER  
FUDGE

A very old fashioned, creamy smooth and nutty fudge—a unique blend of German 'sweet' chocolate and Semi-Sweet chocolate. 1 package (4 ounce) German Sweet Baking Chocolate  
2 cups semi-sweet chocolate chips  
2 cups marshmallow crème  
1 and 1/2 cups chopped nuts (your choice)  
1 and 1/2 cups shredded coconut  
4 and 1/2 cups sugar  
1/8 teaspoon salt  
2 tablespoons butter  
1 and 2/3 cup evaporated milk  
Line a 9 x 13 pan with foil leaving enough foil around edges to lift candy out of pan to cut. Break German Sweet Chocolate into squares and place in a large mixing bowl with the chocolate chips, marshmallow crème, nuts, and coconut.  
Bring sugar, salt, butter, and milk to a boil, stirring occasionally, forming a syrup. Cook slowly for about 6 minutes. Pour the boiling syrup mixture over the chocolate mixture in the mixing bowl. Stir until chocolate is melted. Pour mixture prepared pan. Cool until firm. Lift candy from pan. Remove foil. Cut into squares.

## Frankfort Update

By: Josh Bray  
State Representative  
A Week in Review: Bills clear committee, head to full House

With the 2023 Regular Session in full swing, we had a full week of committee meetings, House



Floor debate, and a ruling from the Supreme Court of Kentucky in a case involving legislation passed in previous sessions.

One of the biggest stories of the week was a Kentucky Supreme Court decision on two abortion-related laws. When the US Supreme Court overturned Roe v. Wade in June of 2022, it triggered a Kentucky law that essentially bans all abortions in the state except for cases of medical emergency that threaten the mother's health. Almost immediately, organizations sued the state, and a Jefferson County Circuit Judge placed an injunction on the law, allowing abortions to continue. But then the Court of Appeals reversed that order, allowing the law to take effect. This week, the Kentucky Supreme Court allowed the Appeals Court's decision to allow the ban to continue to stand while sending the case back to Circuit Court for consideration. It was a victory for the pro-life movement in the commonwealth, but we still have a lot of work to do to ensure these laws stay in place. The legislature is committed to standing up for women and their unborn children and will continue defending life.

As I mentioned, House committees moved several bills and resolutions this week, all aimed at tackling the challenges Kentuckians face. Among them are the following measures:

**Making Kentucky a Second Amendment Sanctuary State:**

This week, we saw the discussion of my sponsored bill, HB 153, which is a bill aimed at protecting your Second Amendment rights. The bill

would prohibit law enforcement agencies and officers, public agencies, public officials, or employees of a local government from enforcing federal firearm bans. In the last couple of years, we have seen an increase in rhetoric from federal agencies and the current presidential administration about increasing regulations on firearms. HB 153 would prevent federal firearm regulations enacted after January 1, 2022, from being enforced with Kentucky tax dollars. This bill protects law-abiding Kentuckians from becoming criminals overnight because a federal agency uses the regulatory process to make laws without a legislative vote cast.

**Addressing the Benefits Cliff:** HJR 39 directs the Cabinet for Health and Family Services (CHFS) to review and implement programs to address the harm caused by a sudden decrease or elimination of public benefits that often happens when recipients get a job or small pay increase. Commonly called a benefits cliff, this often prevents people from entering the workforce because there pay will not allow them to afford health care, transportation, or childcare. This resolution results from discussions held by the 2022 Interim Benefits Cliff Task Force. It first directs CHFS to review all public assistance programs administered by the cabinet. Next, the resolution seeks to direct the cabinet to study the annual cost of maintaining changes to the Child Care Assistance Program funded by COVID-19 relief funds as well as defining what those programs will look like when the funds are exhausted.

It also calls for the creation of a Benefits Cliff Calculator, which would provide a realistic estimate of what an individual's benefits would look like if they get a job or pay raise. Lastly, it directs cabinet to implement an outreach program to increase awareness and utilization of the federal Earned Income Tax Credit.

**Helping our Rural Hospitals:** The full House voted unanimously on Friday to approve HB 75, which would harness federal resources to help increase Medicaid reimbursement rates for Kentucky hospitals without using state dollars. The Hospital Rate Improvement Program (HRIP) allows the state to draw down federal funds to pay a supplemental Medicaid payment to Kentucky hospitals; hospitals then pay an assessment to fund the state match. Reimbursement to hospitals covers only inpatient services leaving many rural hospitals, which primarily perform outpatient services, without money to cover those costs. HB 75 would address this issue and allow hospitals to cover inpatient and outpatient services to better stabilize their finances. When cost of care is higher and some rural hospitals being forced to shut down, HB 75 is step in the right direction to help our local hospitals.

As always, I can be reached here at home anytime, or through the toll-free message line in Frankfort at 1-800-372-7181.

Feel free to contact me via email at [Josh.Bray@lrc.ky.gov](mailto:Josh.Bray@lrc.ky.gov). If you would like more information, please visit the legislature's website at [www.legislature.ky.gov](http://www.legislature.ky.gov).

Please call change  
of addresses  
to 606-256-2244  
as soon as possible

**April 1st, 2023**  
9am until 6pm

# Spring Fling

**Rockcastle Farmer's Market**

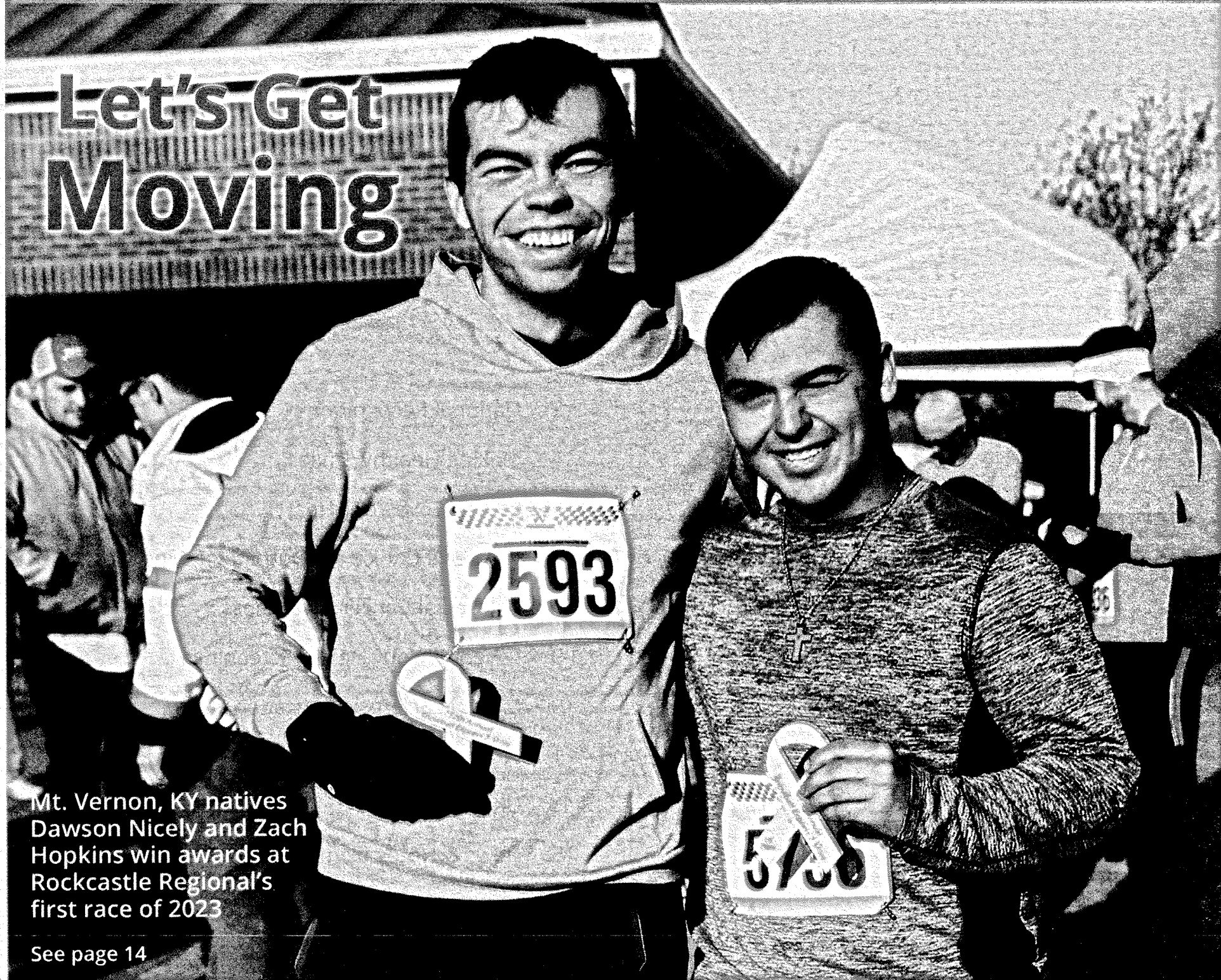
180 Richmond Street  
Mount Vernon, KY

*Gassy Sister Design Co.*

**KING'S EYE CARE**

Dr. Sarah King  
Dr. Kevin Skidmore  
Dr. Ashley Lane  
Dr. Gary King  
—Optometrists—

854 Ridgewood Dr. • Berea, KY 40403  
[www.eyedoctorberea.net](http://www.eyedoctorberea.net)  
859-986-7027



Mt. Vernon, KY natives Dawson Nicely and Zach Hopkins win awards at Rockcastle Regional's first race of 2023

See page 14

#### 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 twelve-time Kentucky Hospital Association Quality Award Winner for 2006, 2008, 2009, 2010, 2011, 2012, 2015, 2016, 2018, 2019, 2021, and 2022, and a U.S. News & World Report 2013, 2014, 2019-20, and 2022-23 Best Nursing Home.

#### Mission

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

#### Vision

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

#### Values

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

#### Accreditation

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

#### Professional Association Memberships & Other Affiliations

American Association of Respiratory Care  
American Health Care Association  
American Hospital Association  
Kentucky Association of Health Care Facilities  
Kentucky Hospital Association  
Kentucky Medical Association  
National Patient Safety Foundation  
UK HealthCare Network Affiliate—Markey Cancer Center  
UK HealthCare Network Affiliate—Comprehensive Stroke Program  
UK HealthCare Partnership—Gill Heart Institute  
UK HealthCare Partnership—Kentucky Neuroscience Institute

#### Speakers Bureau

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

#### Leadership

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

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

#### Executive Management

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

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

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

Jana Bray, Director  
Susan Turley, Designer

## FEATURES



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# National Recognition

## Rockcastle Regional Named Among Best by U.S. News & World Report

By Jana Bray, Community Relations Director

**R**ockcastle Regional Hospital and Respiratory Care Center has been recognized as a Best Nursing Home for Long-Term Care for 2022-2023 by U.S. News & World Report.

Only 16 percent of the U.S. skilled-nursing facilities earned the “Best Nursing Home” designation this year. Rockcastle Regional earned its place on the list by achieving the highest possible rating, “High Performing,” for its long-term care services.

“We are a team of dedicated professionals who are committed to the highest level of care for every patient, every time,” said Tammy Brock, Rockcastle Regional chief nursing officer. “Consistent, quality care is the focus of our team, and this designation is a reflection of that commitment.”

For 2022-2023, U.S. News rated more than 15,000 nursing homes using data on care, safety, infection rates, staffing, health inspections, weekend staffing, and infection rates that led to hospitalizations.

The Best Nursing Homes methodology factors data

“Our mission is to be the best ventilator-dependent long-term care facility for our patients in all aspects of their care and quality of life,”

Stephen A. Estes, Rockcastle Regional president and CEO



Long-term care nurse Cerri Harbison visits with a resident of the Respiratory Care Center at Rockcastle Regional Hospital

such as resident care, safety, and outcomes. To calculate the ratings, U.S. News evaluated each nursing home’s performance using a

variety of data from the Centers for Medicare & Medicaid Services (CMS). The long-term care ratings include a variety of data points, including consistency of registered nurse staffing, use of antipsychotic drugs,

and success in preventing emergency room and hospital visits.

“Our mission is to be the best ventilator-dependent long-term care facility for our patients in all aspects of their care and quality of life,” said Stephen A. Estes, Rockcastle Regional president and CEO. “Our designation as a ‘Best Nursing Home’ for long-term care is a testament to the full scope of care we provide our patients, and we are honored to be named among the best.”

*February is National Children's Dental Health Month*

# Making healthy smiles

*By Jana Bray, Community Relations Director*

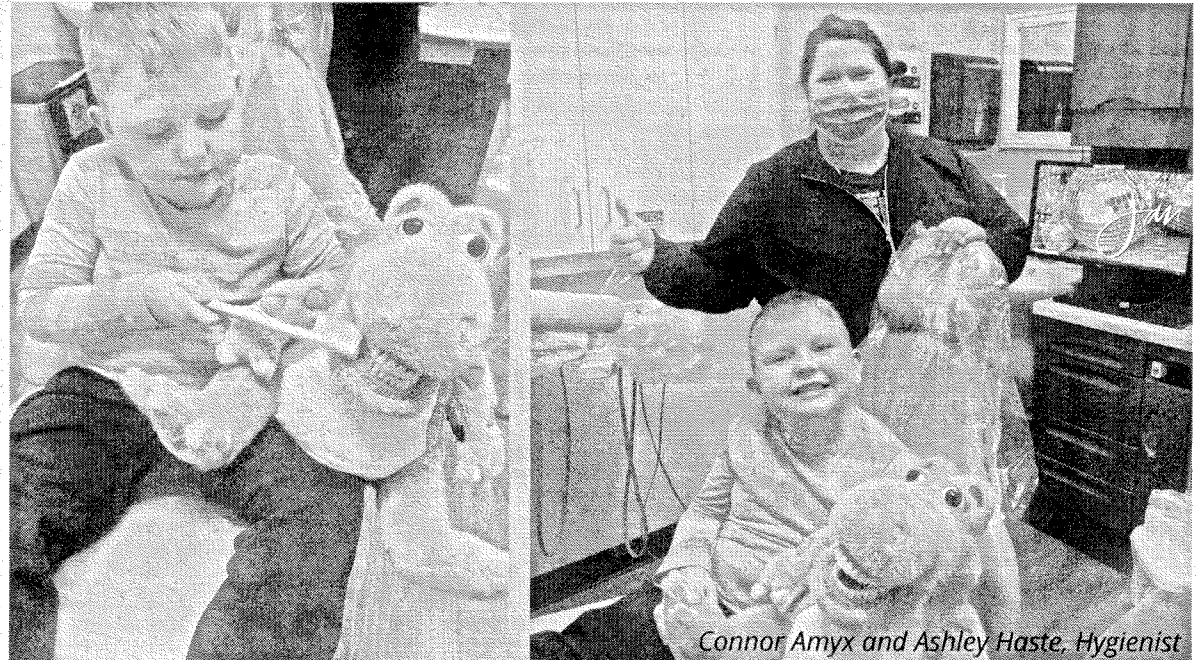
**N**ational Children's Dental Health Month is observed in February each year to raise awareness about the importance of oral health in children and to promote good oral hygiene practices.

Good oral health is essential for children's overall well-being. It not only helps them maintain a healthy smile, but also prevents tooth decay, gum disease, and other oral health problems that can affect their ability to eat, speak, and learn.

Rockcastle Family Dentist Dr. Lura Cash says that one of the most frequently asked questions about children's dental health is about when is the best time to start taking children to the dentist.

"The American Dental Association recommends children should visit a dentist by the time they are age one," said Dr. Cash. "However, good dental health begins at birth with cleaning your baby's gums and first teeth with a soft cloth or a soft-bristled toothbrush."

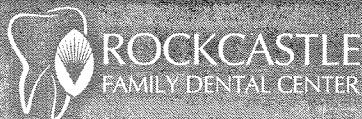
"Getting your child accustomed to cleaning their gums and first teeth early on will help to make dentist visits a more comfortable and pleasant experience for your child once they get a little older."



*Connor Amyx and Ashley Haste, Hygienist*

**For the healthiest of smiles in kids, the American Dental Association provides these recommendations to parents:**

1. Start dental care early. Parents should clean their baby's gums with a soft cloth or a soft-bristled toothbrush before the first tooth comes in. Once the first tooth appears, parents should start brushing the tooth with a small, pea-sized amount of fluoride toothpaste.
2. Schedule regular dental check-ups. Children should visit the dentist every six months for regular cleanings and check-ups, or as recommended by their dentist.
3. Teach good oral hygiene habits. Parents should teach children how to brush and floss their teeth properly, and encourage them to do so twice a day.
4. Limit sugary food and drinks. Children should avoid sugary foods and drinks, which can cause tooth decay. Water is the best beverage for children's overall health.
5. Provide fluoride treatments. Fluoride treatments can strengthen children's teeth and help prevent tooth decay.
6. Use dental sealants. Dental sealants are a protective coating that can be applied to children's teeth to prevent tooth decay.
7. Emphasize the importance of oral health and encourage children to take care of their teeth and gums.



**Location:**  
75 Newcomb Ave  
Mt Vernon, KY 40456

**Contact Us:**  
(606) 256-7695  
rockdental@rhcc.org

**Hours:**  
Monday: 10am - 7pm  
Tuesday-Thursday: 8am - 5pm



# Ladies, You're Invited

Annual Women's Heart Health event is scheduled for February 23

**R**ockcastle Regional invites all women to attend its 14th Annual Love Your Heart health event scheduled for Thursday, February 23 at Bible Baptist Church in Mount Vernon. It is a free educational and fun-filled event to bring greater awareness about the issues of women and heart disease.

Our event will feature guest speaker Dr. Karen Saylor with Rockcastle Family Wellness. There will also be educational and health exhibits, along with a free meal, door prizes, and giveaways.

To RSVP for the event, please call Chelsea Dillingham at 606-256-7767 or email at [c.dillingham@rhrcc.org](mailto:c.dillingham@rhrcc.org).

## Heart Disease Statistics in the United States

- ♥ Heart disease is the **leading cause of death** for men, women, and people of most racial and ethnic groups in the United States.
- ♥ One person dies **every 34 seconds** in the United States from cardiovascular disease.
- ♥ About 697,000 people in the United States died from heart disease in 2020—that's **1 in every 5 deaths**.

Source: [www.cdc.gov/heartdisease/facts.htm](http://www.cdc.gov/heartdisease/facts.htm)

Love your Heart

Galentine's Day


Women's Heart Health Expo


Ladies, bring your Galentine's and join us for our annual Women's Heart Health Expo featuring free dinner and gift, health education, and door prizes!

**Thursday, February 23**  
Bible Baptist Church Gym • 5:30 p.m.

Special Guest Speaker:  
Dr. Karen Saylor

RSVP to Chelsea Dillingham at (606) 256-7767

 **ROCKCASTLE REGIONAL**  
HOSPITAL & RESPIRATORY CARE CENTER

 **ROCKCASTLE FAMILY WELLNESS**

# Rockcastle Regional Receives Fifth Women's Choice Award for Outpatient Experience

By Jana Bray, Community Relations Director

**R**ockcastle Regional has been named one of America's Best Hospitals for Outpatient Experience by the Women's Choice Award for the fifth year. The hospital is one of only 282 award recipients in the nation to be named to this list.

Hospitals aiming to provide the most appropriate and value-based care, along with advances in technology, such as minimally invasive techniques, have shifted many patient cases to outpatient settings. As a result, high-performing hospitals like Rockcastle Regional, have made it a focus to provide increased patient-centered customer service to improve the outpatient experience.

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

"We are exceptionally proud to be recognized year-after-year for our commitment to our patients and their families," said Stephen A. Estes, Rockcastle Regional president and CEO. "By providing the highest level of care in the outpatient setting, we

offer a more convenient, less stressful, and more affordable option for our patients."

The methodology used to select Rockcastle Regional as one of the Best Hospitals for Outpatient Experience is exclusive in that it evaluates patient satisfaction measures with a hospital visit based on the criteria in the Outpatient and Ambulatory Surgery Survey (OAS-CAHPS). The evaluation process is the only national list that focuses on the opinion of females. It is the only award recognizing excellence in outpatient satisfaction based on robust criteria that considers the patient experience and clinical excellence.

To receive the award, hospitals must first be accredited by the Joint Commission (JC), The Healthcare Facilities Outpatient Program (HFAP) or Det Norske Veritas Healthcare (DNV). Accredited facilities are continuously improving the safety and quality of patient care and this certification signifies the facility's

commitment in meeting regulations and best practices for the medical industry.

The categories in the OAS-CAHPS survey are assigned weights based on the feedback received from the Women's Choice Award Survey. Only

hospitals that achieve rankings higher or equal to the national average in communication and care by hospital staff, pre- and post-surgical coordination, facility ratings, and patients' recommendation are eligible for the outpatient experience award.

To learn more about the Best Hospitals for Outpatient Services by the Women's Choice Award, please visit [www.womenschoiceaward.com/best-outpatient-experience](http://www.womenschoiceaward.com/best-outpatient-experience).

"We are exceptionally proud to be recognized year-after-year for our commitment to our patients and their families,"

Stephen A. Estes, Rockcastle Regional president and CEO



*March is Colorectal Cancer Awareness Month*

# Early Detection is Key

*By Jana Bray, Community Relations Director*

**C**olorectal cancer, which includes cancer of the colon and rectum, is the third most commonly diagnosed cancer in both men and women in the United States. It is also the second leading cause of cancer deaths in the country. Fortunately, when caught early, colorectal cancer is highly treatable and curable.

One of the most effective ways to detect colorectal cancer early is through screenings, and one of the most convenient and non-invasive screening options available is the Fecal Occult Blood Test (FOBT).

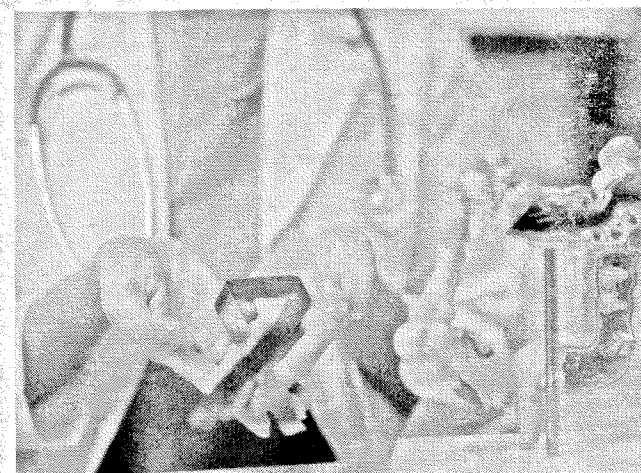
A FOBT test is a simple, at-home test that detects blood in the stool, which can be an early sign of colorectal cancer or other conditions such as polyps or inflammatory bowel disease. Unlike other screening options, such as a colonoscopy, a FOBT test does not require any preparation or sedation, and results are typically available within a few days.

The American Cancer Society recommends adults aged 45 and older should consider getting screened for colorectal cancer using a

FOBT test, or other screening options, every year. Some people may be at a higher risk for colorectal cancer and may need to start screening earlier or be screened more often. This includes individuals with a family history of colorectal cancer or polyps, or those who have certain inherited genetic conditions that increase their risk.

Rockcastle Regional medical oncologist Dr. Justin Williams says that while a FOBT test is a valuable screening tool, it is not a diagnostic test. "If the FOBT test results are positive, it's important to follow up with a colonoscopy or other diagnostic procedure to confirm the presence of cancer or other conditions. However, even a negative FOBT test results do not guarantee that there is no cancer or precancerous polyps present, as such, it is recommended to repeat this test annually."

Dr. Williams notes that colorectal cancer often has no symptoms in its early stages, which is why screening is so important. "By detecting and treating colorectal cancer early, the chances of survival are significantly higher."



## FREE Screening Kits

Rockcastle Regional is offering FREE at-home colorectal cancer screening kits, Fecal Occult Blood Test (FOBT), during the month of March. These no-cost FOBT kits can be picked up at the pharmacies listed below. Results will be mailed to participants. For more information, call (606) 256-7767.

- Brodhead Pharmacy
- Mt. Vernon Drug
- Walgreen's (Mt. Vernon)
- Rockcastle Professional Pharmacy

***Colorectal Cancer is the 3rd most commonly diagnosed cancer in both men and women in the US***

# Schedule Your

## General Health Screenings are a Key Part of Preventing Disease

**G**eneral health screenings are important for detecting diseases at an early stage, when they are often most treatable. These screenings can include blood tests, physical exams, and imaging tests.

One of the most common and important screening methods is the blood test. A variety of blood tests can check for many different diseases such as diabetes, high cholesterol, and certain types of cancer.

Physical exams are also important for general health screenings. During these exams, a healthcare provider will check vital signs such as blood pressure and heart rate, as well as perform a thorough examination of the body. This can include checking for lumps or masses, as well as any signs of infection or inflammation.

Imaging tests, such as x-rays, CT scans, and MRIs, can also be used for general health screenings. These tests can help detect diseases such as cancer, heart disease, and lung disease. They can also be used to check for other health

issues such as bone fractures and joint problems.

Rockcastle Family Wellness physician Dr. David Bullock says it is important to note that general health screenings are not only for the elderly. "Adults of all ages should be screened regularly to detect and prevent diseases."

The frequency of screening depends on the individual's health and risk factors, but most guidelines recommend certain screenings at certain ages. The frequency of each of your health screenings is a conversation you should have with your healthcare provider.

"General health screenings are a crucial part of maintaining good health," said Dr. Bullock. "They allow healthcare providers to detect and treat diseases early on, which can greatly improve the chances of a successful outcome."

Dr. Bullock says it is important for patients to discuss what screenings are recommended with their healthcare provider and schedule them regularly.

### Rockcastle Regional's Primary Care Providers

#### ROCKCASTLE FAMILY WELLNESS

SECOND FLOOR • (606) 256-5176

##### Physicians

Dr. Karen Saylor  
Dr. David Bullock  
Dr. Kevin Rowe  
Dr. Angela DeBord Isaacs  
Dr. Mary Saylor Joenborg

##### Allied Health Professionals

Jessica Carpenter, APRN  
Jennifer Cash, APRN  
Alicia Myers, MPAS, PA-C  
Angela Parsons-Woods, MPAS, PA-C  
Brittany Perkins-Saylor, MPAS, PA-C

THIRD FLOOR • (606) 256-2921

##### Allied Health Professional

Ginger Mink-Cash, APRN

#### BRODHEAD FAMILY CARE

(606) 758-4748

##### Physicians

Dr. Angela DeBord Isaacs  
Dr. Mary Saylor Joenborg

##### Allied Health Professional

Barbara Prather, APRN

# Screenings > > > >

## **BREAST CANCER (DIGITAL MAMMOGRAPHY)**

WHO: Women  
AGE: 40 and older  
WHEN: Annually

## **COLON CANCER**

WHO: Men and Women  
AGE: 50 and older  
WHEN: Every 10 years  
after the first test

## **SKIN CANCER**

WHO: Men and Women  
AGE: 30 and older  
WHEN: Annually

## **THYROID HORMONE**

WHO: Men and Women  
AGE: 65 and older  
WHEN: Annually

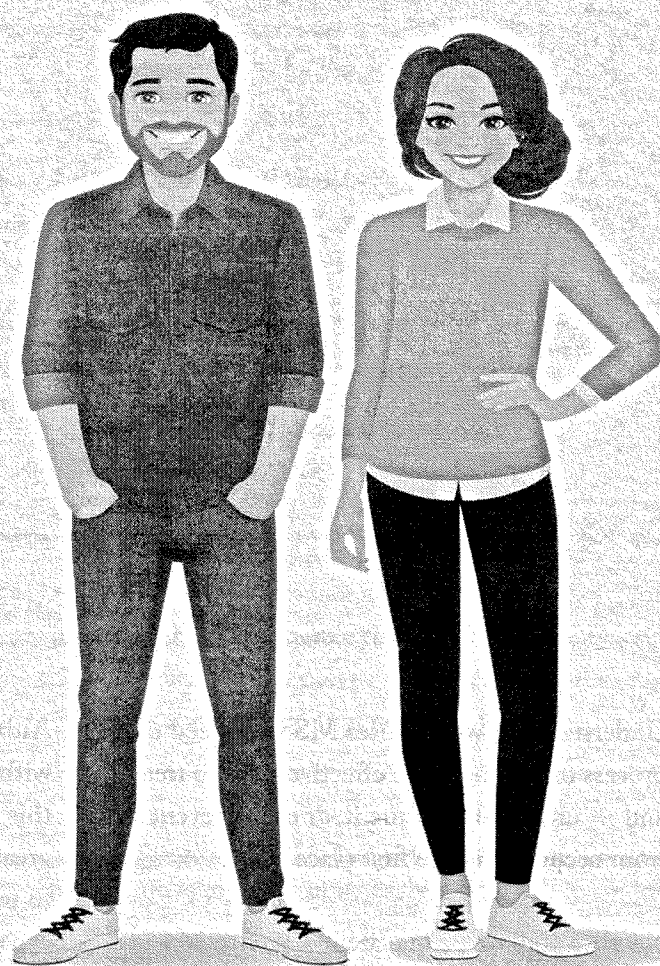
## **LUNG CANCER**

WHO: Men and Women  
AGE: 55 to 74  
WHEN: Annually

## **BONE DENSITY**

WHO: Men and Women  
AGE: 50 and older  
WHEN: Every 2 years

Talk to your primary care provider  
about scheduling these  
important wellness screenings



## **VASCULAR & STROKE**

WHO: Men and Women  
AGE: 50 and older  
WHEN: Annually

## **BLOOD PRESSURE & CHOLESTEROL**

WHO: Women  
AGE: 20 and older  
WHEN: Every 2 years

## **GLUCOSE (DIABETES)**

WHO: Men and Women  
AGE: 45 and older  
WHEN: Every 3 years

## **BMI (BODY MASS INDEX)**

WHO: Men and Women  
AGE: 20 and older  
WHEN: Annually

## **PROSTATE CANCER**

WHO: Men  
AGE: 50 and older  
WHEN: Annually



**ROCKCASTLE  
REGIONAL**  
HOSPITAL ■ RESPIRATORY CARE CENTER

[ YOUR HEALTH ]

*March is National MS Education & Awareness Month*

# What is Multiple Sclerosis?

**M**ultiple sclerosis (MS) is a disease that impacts the brain, spinal cord and optic nerves, which make up the central nervous system (CNS) and controls everything we do. The exact cause of MS is unknown, but we do know that something triggers the immune system to attack the CNS.

The resulting damage to myelin, the protective layer insulating wire-like nerve fibers, disrupts signals to and from the brain. This interruption of communication signals causes unpredictable symptoms such as numbness, tingling, mood changes, memory problems, pain, fatigue, blindness and/or paralysis. Everyone's experience with MS is different and these losses may be temporary or long lasting.

The cause of MS is not known. Scientists believe MS is triggered by a combination of factors. To identify the cause, research is ongoing in areas of:

- immunology (the study of the body's immune system)
- epidemiology (the study of disease patterns in large groups of people)
- genetics (understanding the genes that may not be functioning correctly in people who develop MS)
- infectious agents (such as viruses)



Understanding what causes MS will speed the process of finding more effective ways to treat it and — ultimately — cure it, or even prevent it from occurring in the first place.

Nearly 1 million people are living with MS in the United States, according to a 2019 study funded by the National MS Society. This is more than twice the previously reported number from a national study in 1975 and subsequent updates.

Although more people are being diagnosed with MS today than in the past, the reasons for this are not clear. Likely contributors include greater awareness of the disease, better access to medical care and improved diagnostic capabilities. There is no definitive evidence that the rate of MS is generally on the increase.

For more information about MS, visit the National Multiple Sclerosis Society at [www.nationalmssociety.org](http://www.nationalmssociety.org).

## [ YOUR HEALTH ]

*March is National Kidney Month*

# What are kidney stones?

**A** kidney stone is a hard object that is made from chemicals in the urine. After formation, the stone may stay in the kidney or travel down the urinary tract into the ureter. Stones that don't move may cause a back-up of urine, which causes pain.

Over half a million people go to emergency rooms for kidney stone problems every year.

## Symptoms & Signs

- severe pain on either side of your lower back
- more vague pain or stomach ache that doesn't go away
- blood in the urine
- nausea or vomiting
- fever and chills
- urine that smells bad or looks cloudy

## Causes & Stone Types

- **Calcium oxalate**—Common, created when calcium combines with oxalate in the urine.
- **Uric acid**—Common, caused by high purine intake leading to monosodium urate production.
- **Struvite**—Less common, caused by infections in the upper urinary tract.
- **Cystine**—Rare and tend to run in families with a history of cystinuria.

## Risk Factors

The lifetime risk of kidney stones is about 19% in men and 9% in women.

- **Family or personal history of kidney stones:** If you or a family member has had kidney stones, you are more likely to develop a stone.
- **Dehydration:** Excessive sweating or not drinking enough water can increase your risk for kidney stones.
- **Diets high in protein, salt, or sugar:** Diets high in one or more of these items increases your risk for certain types of stones.
- **Obesity:** Obesity has been linked to an increased risk of kidney stones.
- **Digestive diseases or surgeries:** Surgeries which change your digestive system can affect absorption of calcium and water, increasing the concentration of stone-forming substances in your urine.
- **Other medical conditions:** Conditions such as high blood pressure, diabetes, and cystinuria may increase the risk for kidney stones.
- **Blood testing:** Your doctor will test your blood for calcium, phosphorus and uric acid.
- **Stone analysis:** The stone will be analyzed after it comes out of your body in order to determine cause and a plan for prevention.

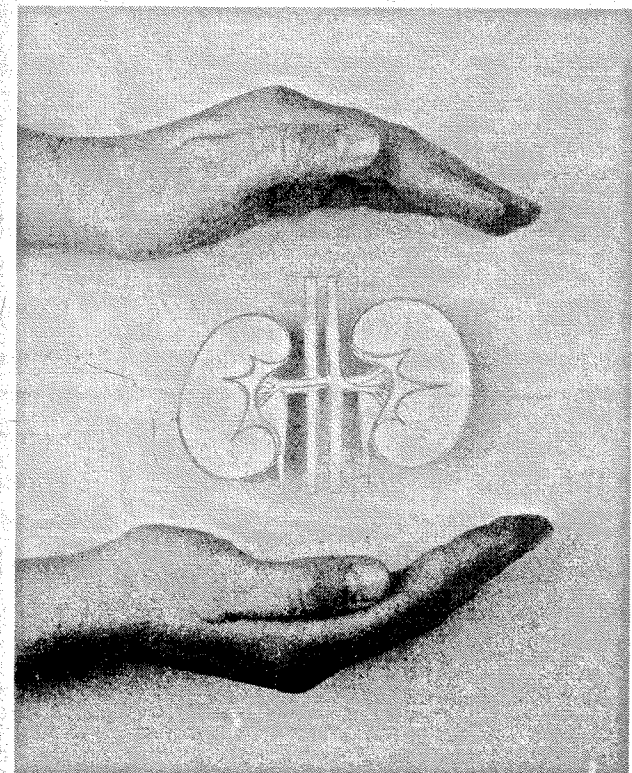
## Lifestyle Habits to Help Prevent Kidney Stones

- **Drink plenty of water.** You should drink 2-3 quarts of liquid (or 8-12 cups) per day.
- **Be aware of sweat.** Sweating leads to less urine production, allowing for minerals to settle. Keep well-hydrated.
- **Cut back sodium in your diet.**

## Diagnosis

Diagnosis of a kidney stone starts with a medical history, physical examination, and imaging tests.

- **Imaging tests:** Your doctors will want to know the exact shape and size of the stone. This can be done with a high resolution CT scan. Other imaging options may include a KUB x-ray, or an intravenous pyelogram.
- **Urine testing:** The doctor may also ask that you collect your urine for 24 hours to test for levels of stone-forming minerals and stone-preventing substances.



## [ UK CONNECTIONS ]

# Diabetic Retinopathy

*Tips to help avoid vision problems caused by diabetes*

*By Joseph Brown, D.O., assistant professor of ophthalmology at the University of Kentucky*

**D**iabetes is a disease so prevalent in the United States that it is considered to be an epidemic. In the state of Kentucky, according to the American Diabetes Association, approximately 13.6% of the adult population has diagnosed diabetes, with another 33.8% who have diagnosed pre-diabetes. Diabetes can result in devastating consequences financially and physically for the families and those who have it.

With a diabetes diagnosis, you must be aware of the risk factors you face. One of these risk factors is that you can develop a serious eye condition called diabetic retinopathy. Diabetic retinopathy causes vision loss and blindness in those who have diabetes by causing issues with the blood vessels connected to the retina.

If you have diabetes, it is important to get an eye exam once a year, as you may not notice any symptoms in early stages. Catching this condition early on will be the best course of action in preventing vision loss.

### What are the symptoms?

- Changes in vision such as trouble reading or blurred vision

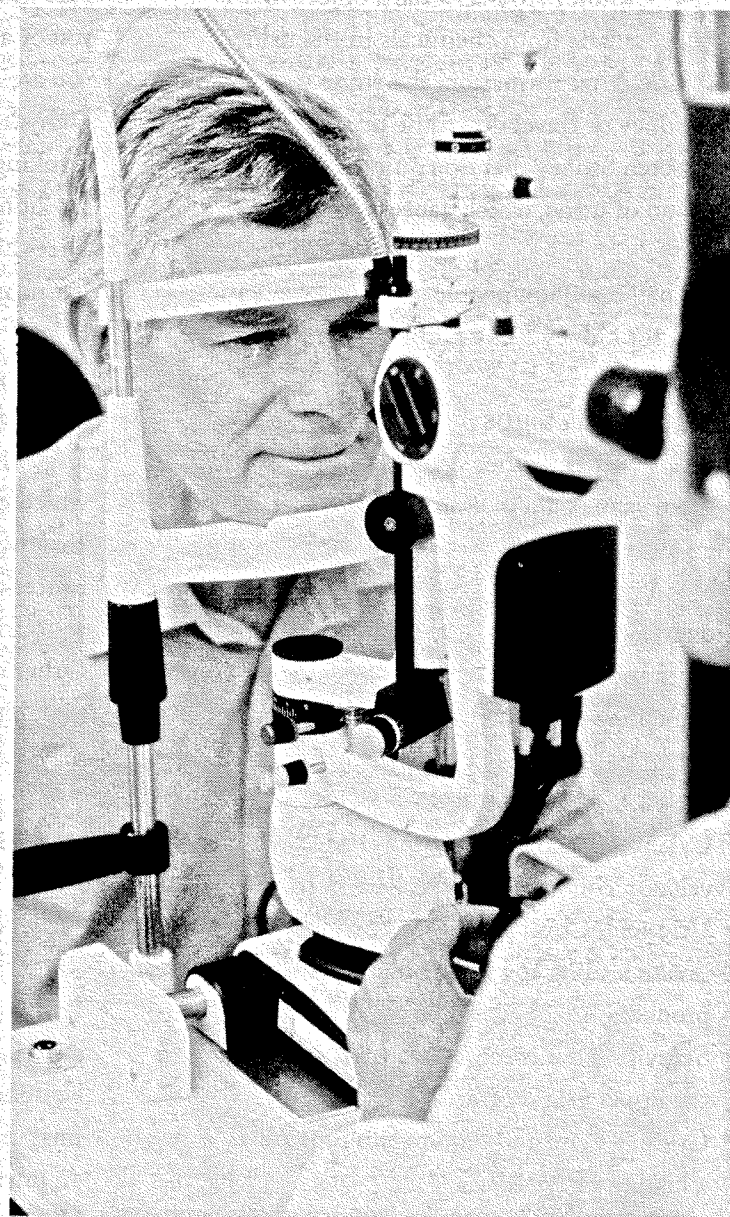
- Fluctuating vision
- Spots or dark streaks floating in your vision
- Dark or empty areas in your vision
- Eye pain or redness
- Difficulty seeing in the dark

### What can I do to prevent diabetic retinopathy?

The best course of action for preventing diabetic retinopathy is managing your diabetes with a healthy diet, regular exercise and following your doctor's instructions with medications. You should also ensure you get a regular eye screening and monitor your blood sugar, cholesterol and blood pressure at all times.

### What kind of treatment is available?

If caught early, your doctor will likely recommend more regular eye exams. However, in the later stages, there are a variety of treatments available to stop your vision from worsening, such as injections, laser treatment or eye surgery. Overall, it is important to see your doctor with any concerns you may have to find the right course of action for you.



*UK HealthCare is the hospitals and clinics of the University of Kentucky. But it is so much more. It is more than 10,000 dedicated health care professionals committed to providing advanced subspecialty care for the most critically injured and ill patients from the Commonwealth and beyond. It also is the home of the state's only National Cancer Institute (NCI)-designated cancer center, a Level IV Neonatal Intensive Care Unit that cares for the tiniest and sickest newborns, the region's only Level 1 trauma center and Kentucky's top hospital ranked by U.S. News & World Report.*

*As an academic research institution, we are continuously pursuing the next generation of cures, treatments, protocols and policies. Our discoveries have the potential to change what's medically possible within our lifetimes. Our educators and thought leaders are transforming the health care landscape as our six health professions colleges teach the next generation of doctors, nurses, pharmacists and other health care professionals, spreading the highest standards of care. UK HealthCare is the power of advanced medicine committed to creating a healthier Kentucky, now and for generations to come.*



## [ UK CONNECTIONS ]

**Going smoke-free in 2023?***Medication doubles your odds of success*

By Audrey Darville, Ph.D., a tobacco treatment specialist at UK HealthCare

**M**ost people who smoke attempt to quit at least once a year, so it's no surprise that quitting smoking is one of the most popular New Year's resolutions year after year.

If you plan to quit in 2023, there are support tools available that can set you up for success, including medications that can help minimize uncomfortable withdrawal symptoms and cravings when trying to quit.

Studies show that using cessation medicines can double your chances of successfully quitting.

There are three different types of medications approved by the FDA to help you quit smoking — the first is nicotine replacement therapy (NRT), which includes gum, lozenges, patches, inhaler and nasal spray. The other two, bupropion, and varenicline, do not contain nicotine and also help people stop smoking and reduce cravings.

If you have tried using NRT to quit before but it didn't seem to help, you may want to talk to your health care provider about other forms of NRT, varenicline or bupropion.

Varenicline works differently than other quit-smoking medicines by attaching to the same parts of your brain that are stimulated by nicotine, reducing the urge to smoke. It also makes smoking less pleasurable by blocking some of nicotine's effects. Bupropion helps people quit smoking by decreasing craving and other nicotine withdrawal



symptoms. We now know that combining NRT patches and gum or lozenges is more effective than using one form alone.

Most people need NRT or take varenicline or bupropion for 12 weeks. Your health care provider might prescribe it for longer, if needed.

Talk to a health care provider to get a prescription for varenicline, bupropion or an NRT inhaler. Your doctor will review your medical history to help determine the right prescription for you, and discuss how to use it safely.

Cessation medications are affordable for most Kentuckians. Medicaid and many health insurance plans cover FDA-approved quit-smoking

medicines, including varenicline and bupropion.

In addition to medications, counseling is another accessible treatment strategy that increases your likelihood of success. In Kentucky, the free quitline 1-800-QUIT-NOW provides personalized coaching to help you quit tobacco for good.

If you've tried quitting before, don't be discouraged and don't give up! It can take around 10 attempts to quit for good. Quitting is the most important thing you can do to improve your health and quality of life.

*Audrey Darville, Ph.D., a tobacco treatment specialist at UK HealthCare and part of UK Markey Cancer Center's Markey CARES Tobacco Treatment Program.*

*20,000 and counting...*

# Countywide Stride run/walk series promotes community health

*By Dwain Harris, Community Relations Consultant*

**O**n a crisp Saturday morning in late January, Rockcastle Regional kicked off its 12th annual Countywide Stride run/walk series with the Snowball Express 2-miler in Brodhead.

Nearly 100 participants ran or walked from Brodhead Elementary School, north on old 150 until they reached one mile, then turned back to finish.

Something similar has happened every month since 2012, when Stephen A. Estes, Rockcastle Regional president and CEO, challenged his community relations team to develop a consistent series of events that would encourage physical fitness.

Since then, participants have crossed finish lines throughout the county an estimated 20,000 times.

“It’s something we can do as an organization that sets the tone for the community,” Estes said. “It’s been said many times but is true – prevention is the best personal strategy for wellness – and physical fitness helps prevent disease. We are honored to provide care for those who are sick, but we are just as passionate about promoting community wellness and prevention.”

A key to wellness is consistent exercise, and the monthly Countywide Stride events give

participants something to train for and look forward to every few weeks. What’s more, the hospital provides incentives for completing run/walks throughout the year – a long-sleeved dri-fit T-shirt for doing seven races, the shirt and a \$25 gift card for completing 10, and the shirt, gift card, and personalized commemorative plaque for finishing all 12.

Most of the run/walk distances range from 2 to 3 miles (many are 5Ks, which is 3.1 miles); the Renfro Rock N Run, held each fall, offers the longest distance – 13.1 miles, or a half marathon distance. (The Rock N Run also offers a 5K distance.)

Only one of the 12 races is virtual – February’s 4K For Heart Health. The rest are at venues throughout the county, from Renfro Valley to downtown Mt. Vernon, to Livingston and Brodhead. Another feature that appeals to many participants is that net proceeds from each race benefit a different charity each month.

“I love that I can do what I love for good causes,” said runner Samantha Gail Hurst. “The cool shirts, awards, and camaraderie are just bonuses!”

For more information or to register, go to [rockregional.org/countysidestride](http://rockregional.org/countysidestride) or scan the QR code at right. You may also contact Chelsea Dillingham at [c.dillingham@rhrcc.org](mailto:c.dillingham@rhrcc.org).



*Runners lead the Snowball Express 2-Miler*

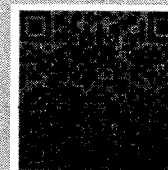


*Dawson Nicely and Zach Hopkins of Mt. Vernon, KY*



*Jeffery and Cynthia Hildebrandt of Waynesburg, KY*

Check out the 2023 Countywide Stride race series incentives and schedule



*Photos by Ruby Cline-Eaton*

# News and Note From Our Team

## Adam Alcorn, RN



**A**dam Alcorn, RN, has been named unit coordinator for the South Unit of the Respiratory Care Center. He graduated with an associate degree in nursing from Somerset

Community College. When asked what he most enjoys about his new role, Adam says, "I enjoy helping people, whether it be a patient on long-term care that is having the worst day of their life, or a potential employee that just graduated from nursing school having the best day of their life. This role gives me the opportunity to help people every day I come to work." Adam lives in Mount Vernon, and when not at work, he enjoys fishing, playing guitar, and working on old cars. •

## Rebecca Bullock



**R**ebecca Bullock has been named the dietary manager at Rockcastle Regional. When reflecting on her new leadership role, Rebecca says, "I love that we are here for a

bigger purpose than just a paycheck. Each day, I might be someone that could make a patient's day better. That is something that I don't take for granted, because you don't have that opportunity in every job." Rebecca and her husband, Brian, live in Brodhead with their son, Brody. When not at work, Rebecca says she and her family love spending time together camping, traveling, or even family game nights. •

## Torie Estes, BS, RT(R), RVT



**T**orie Estes, BS, RT(R), RVT, has joined the team at Rockcastle Regional as the associate director of radiology. Torie earned her bachelor of science degree in imaging sciences from

Morehead State University. When asked about her new role, she says, "I am happy to be back 'home,' here at Rockcastle, and working alongside some incredible and caring individuals. I look forward to growing the care we offer in our radiology department." Torie lives in Somerset, and when not working, she enjoys hiking and camping. •



## Ben Fletcher

**B**en Fletcher has been named director of security at Rockcastle Regional. With the security department since 2014, he has previously served as

security manager for the last five years. Ben says that he is looking forward to this new role, "I appreciate the ability to make a lasting impact through my work. I'm thankful to work in a field that allows the work that I love, to reach beyond my day-to-day effort." Ben lives in Mount Vernon with his wife, Morgan, and their two daughters, ages 4 and 18 months. When not at work, Ben enjoys traveling and adventure with his family, as well as spending time with his church family in Somerset. •

## Lindsay Gabbard, RDN



**L**indsay Gabbard, RDN, has been named director of clinical dietetics at Rockcastle Regional. Lindsay earned her bachelor of science degree in dietetics from the University of

Kentucky. When reflecting on her new role, she says, "I enjoy working with patients to ensure their nutritional needs are met and helping them achieve their personal health-related goals. By working in the Respiratory Care Center, we are able to collaborate as a multidisciplinary team to help our patients reach their goals and achieve the best health outcomes." Lindsay lives in Mount Vernon with her husband, Brent, and their two children, Luree and Creed. When not at work,

she enjoys camping, gardening, and spending time with friends and family. •

## Krissie Reffner, RN, BSN



**K**rissie Reffner, RN, BSN, has been named the new unit coordinator for the East Unit of the Respiratory Care Center. Krissie received her bachelor of science in nursing degree from Eastern

Kentucky University. When asked about her new role as coordinator, she says, "I enjoy the opportunity here. I am learning so many new things daily that I am falling back in love with nursing." Krissie says that working in long-term care offers a new perspective on nursing because it provides the ability to establish a stronger relationship with your patients because you are with them every day. Krissie lives in London with her three children, Mary (19), John (18), and Robert (8). When Krissie is not at work, she enjoys landscaping, woodworking, and cooking. •

## Brianna Saylor, PharmD



**B**rianna Saylor, PharmD, has joined the inpatient pharmacy team at Rockcastle Regional. Brianna earned her doctorate of pharmacy degree from East Tennessee State University.

She lives in Brodhead with her husband, Boone. When not working, Brianna enjoys reading, baking, and growing plants. She is looking forward to her new job, "I feel fortunate to have a job that is close to home and to have the opportunity to serve the community that raised me." •



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

**WHAT'S IN IT FOR YOU?**

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

**Complete 10** races for a dri-fit shirt & a \$25 gift card

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

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

**2023 COUNTY-WIDE STRIDE RACE CALENDAR**

Snowball Express 2-miler • Saturday, January 28

4K for Heart Health • Virtual event, Feb. 14 - 28

St. Patrick's Day 5K/2M walk • Saturday, March 11

Fairview Baptist Run for Missions • TBA

Emergency Mile • Thursday, May 18

Charity Chase • June TBA

Rockcastle Alzheimer's 5K run/walk • Saturday, July 15

Rockcastle Relay • Saturday, August 19

Go Glow Fun Run • Friday, September 15

Kiwanis Run for Kids (5K run/2M walk) • Saturday, October 7

Renfro Rock 'N Run (HM/5K run/walk) • Saturday, October 28

Jingle Bell 6K • Saturday, December 2

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

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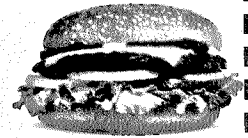
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**CINNAMON ROLL** with any purchase at regular price

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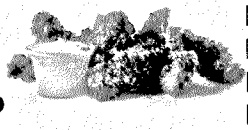
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