

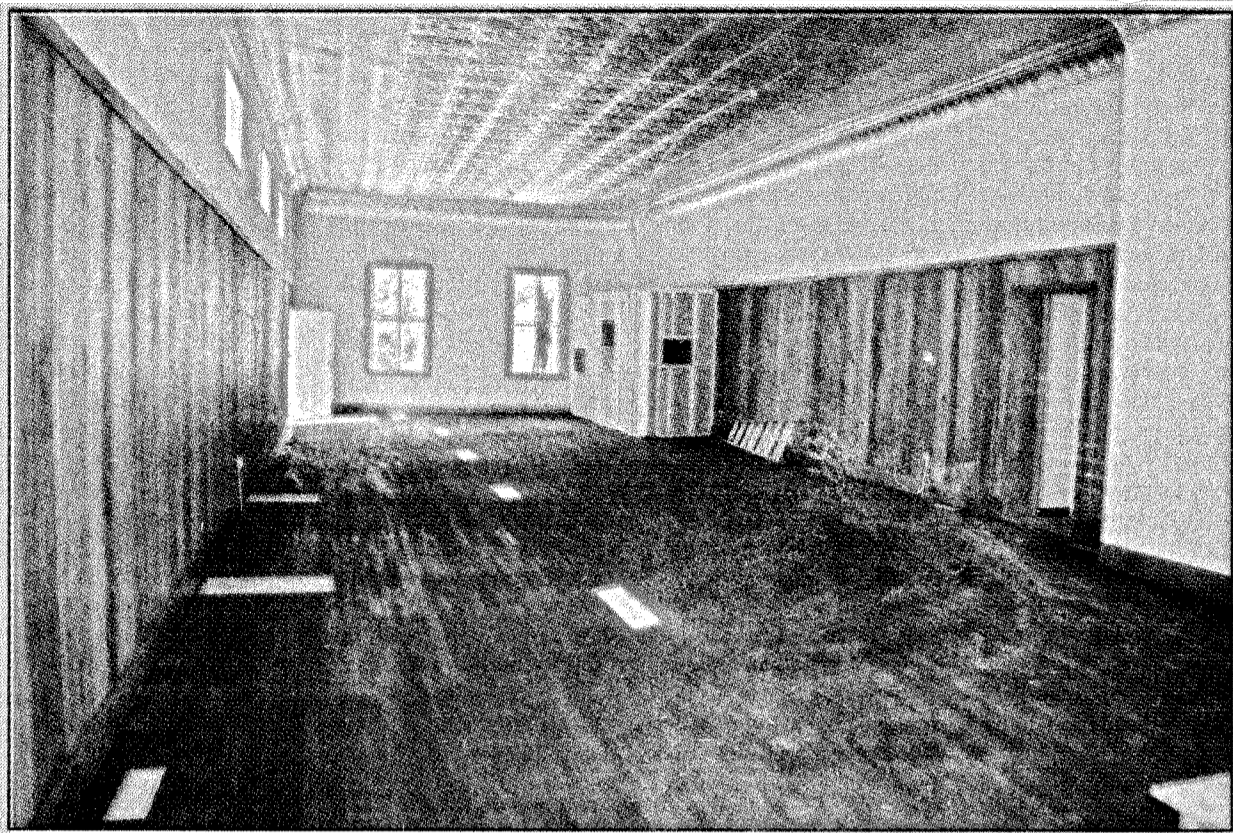
Mount Vernon Signal

Serving Rockcastle County

Mount Vernon, Kentucky 40456 - (606) 256-2244 Volume 132 • Number 10

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Per copy Thursday, June 7, 2018



The 100 year-old wood flooring of the Livingston Depot Building was saved after a recent fire damaged the building. Workers sanded and hand stained the flooring, as well as the wood along the walls. The roof was also redone with tiles similar to the original ones to keep the old-time atmosphere for those who visit. The old-time railroad ticket booth is nearly finished in the back of the space as well and will house the concessions. At left, new windows replaced boarded up old window spaces as part of the renovations. The grand reopening for the building is planned for Friday, June 15th.

Livingston Depot renovation underway

By: Mike French Reporter

Sometimes when a disaster strikes, an entire community comes together to help

one another. Even in difficult times they reach out to each other, volunteer their time, offer their help, join in prayer and get involved. This is exactly

what has happened in Livingston over the past month.

Mayor Jason Medley took the reins to remodel the old Livingston Depot Build-

ing when he took office. "It was an effort to provide a community building that would benefit

(See "Depot" on A5)

Fiscal Court sends letter of support for Microfoodery loan

At a special called meeting of the Rockcastle County Fiscal Court Monday, the court approved a Letter of Support for Kentucky Microfoodery's application for a CED loan of \$800,000.

The application is being submitted by Southeast Kentucky Economic Development Corporation to the U.S. Department of Health and Human Services, Office for Community Services.

If approved, Kentucky Microfoodery will use the funds to expand their manufacturing operations in Mt. Vernon and create 40 jobs for low-income individuals.

In the letter, Rockcastle County Judge/Executive Doug Bishop stated, "It has been one of my goals, as Rockcastle County's highest elected official, to promote the growth of industry and jobs in my county. I have worked closely with the Rockcastle County Industrial Development Authority and the Kentucky Cabinet for Economic Development to get Kentucky Microfoodery LLC to locate in Rockcastle County."

If approved, the loan, once repaid by Microfoodery, will be avail-

(See "Court" on A5)

2018-19 RCIDA budget released

By: Mike French Reporter

The Rockcastle County Industrial Development Authority held their monthly meeting Monday with a short agenda.

The board approved the monthly financial reports and then looked over the upcoming fiscal year budget.

Corey Craig, Chairman of the board, presented the budget to members and explained that there are very few changes this year. "The budget remains about the same as last year. About the only changes includes operational expenses," he said. "Since we now have a full time employee (Jeffery VanHook, Executive Director), some expenses are shown such as travel. But that's about it."

The actual salary (\$60,000 plus fringe benefits) is not reflected in the RCIDA budget according to Craig since the county will be paying that expense directly. In the past, the board has written a check to the

fiscal court who then wrote a check back to the board who then wrote a check to the executive director.

"Our attorney assures us that all that paperwork is not as necessary anymore," said

(See "Court" on A5)

Stolen car crashed in Brodhead

Local police and the Brodhead Fire Department were called to a possible vehicle fire on West Street in Brodhead Tuesday evening.

However, when officials arrived, the car was not on fire but had left the roadway and crashed into a fence, and then a tree, disabling the vehicle.

Police could not locate the driver of the car but it was later determined that the car had been reported stolen from Lancaster.

The Mount Vernon Police Department is investigating the case and searching for the driver of the vehicle.

Anyone with information about the case should contact the Mount Vernon Police Department.

New officer joins local police department

By: Mike French Reporter

Life is filled with troubles and unexpected events. But when accidents, problems, arguments, or unfair things happen, or one is frightened or helpless in some way, one of the very first things they do to get help is...call the cops. One of those cops now, is 23 year-old Dylan Hensley, of Mount Vernon.

Hensley, now known as Officer Hensley, was hired a few weeks ago as the eighth full time police of-

ficer with the Mount Vernon Police Department. Hensley sits and chats

with a room-brightening smile and a community-oriented attitude when he dis-

cusses his desire to be a cop. "You have to have a desire to serve the community

to be a good cop," he said. "We have a good bunch of

(See "Cop" on A5)

Vote recanvass doesn't change race outcome

By: Mike French Reporter

After the extremely close primary election on May 22, Lee Earl Adams, candidate for District One Magistrate in Rockcastle County, requested a recanvass of the votes.

The race between Adams and Shannon D. Bishop was decided by only four votes, 409 to 405 out of 864 votes cast. The remaining 50 votes went to James Potter who was also in the race.

The recanvass was held in the courthouse last Thursday morning but there was no change in the results.

In fact, officials at the County Clerk's office say there has never

been a change in vote results after a recount or recanvass

in the history of Rockcastle County.

However, when votes are this close, a recanvass is of-

ten requested as a formality.



A vote recanvass was performed Thursday at the request of Lee Earl Adams, candidate for Magistrate in District One in the recent primary election. The request came after Adams lost the race by only four votes to incumbent Shannon D. Bishop, 409-405. Shown performing the recanvass are deputy county clerks Sonya McGuire and Tina Gibbs, County Clerk Danetta Ford Allen and election commissioners Rita Mize and Joe Bullen and Rockcastle County Sheriff Mike Peters. The results of the votes were not changed after the recanvass.

Of Special Note Inside

- Viewpoints Pg. A2
- Church News Pg. B4
- Classifieds Pgs. B6&7

Contact us at: mvsignal@windstream.net
Deadline submission is Noon Tuesday

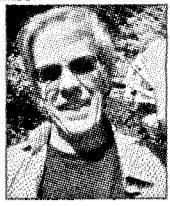
- Courthouse News Pg. B2
- Obituaries Pg. A4
- Sports Pg. A6&7

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Aces Over

By: Mike French



First off, congrats to everyone who won their race during the primary elections.

There was some pretty negative stuff going on. Some of those who bought ads (not necessarily the politician) ran ads that didn't say a single word about what a new candidate would do. They only talked about what other candidates have done wrong in their opinion.

Bothers me a little when a politician spends their time talking about what others do wrong without even the slightest suggestion of what the challenger will do differently.

Anyway, everyone that won the local races seem to be good people to me. I have enjoyed talking with them all in the past. In my opinion, my friend Shannon Franklin has some big shoes to fill.

Mike Peters has never been anything but polite and helpful to me and didn't mind speaking what was really on his mind. One of the few elected people I know who simply spoke the truth without having to stop and think about the "politically correct" way to say it.

Most readers may not be aware that I go to many different meetings and during the past three years I can only recall about three where someone in the meeting didn't say "Mr. French, put your pen down for this part." I never really understood why someone would go to a public meeting in front of the press and then say things they didn't want the public to know about.

But Mike never did that once. If he had it to say, he just said it and didn't care for everyone to know about it like that.

I'll say this, if anyone can fill his shoes, it's probably Shannon. I am confident that he will make a great

sheriff for our community. Plus, I am a big fan of his moral values and Christian beliefs.

Doug Bishop will no longer be the Judge/Executive since Howell Holbrook won that spot. I wasn't certain that would happen. I thought it would be a very tight race, and it was pretty close.

I also dealt with Judge Bishop every week and I suppose I will with Howell as well. I don't know him as well as Doug but from the few conversations we have had, he has always worked very well and transparently with the press which is a good sign.

I do know he has worked tirelessly with local organizations for many years that are committed to the betterment of the county. He is clearly a giver and community-oriented as the community's highest elected official should be.

Nathan Carter took the spot as Rockcastle County Jailor.

He too seems to have a keen sense of community issues. His ads told some things he plans to do that seem like good ideas to me.

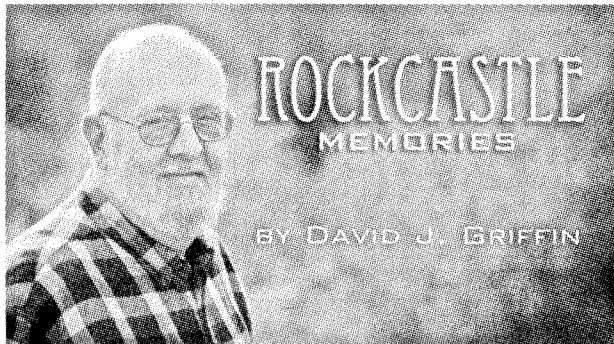
Jailor Carlos McClure was another incumbent that I got along very well with. He did some good things while holding the jailor position. In fact, some of it may be difficult for anyone else to keep up with.

Carlos did a lot for the jail budget and it's my understanding that he saved the county a lot of money during his tenure.

The work release program has been simply amazing. Prisoner labor practically rebuilt Livingston and has been a huge asset in many areas of the community.

Nathan seems like a fine

(Continued on A3)



ROCKCASTLE MEMORIES

BY DAVID J. GRIFFIN

A Day at the Beach—or not

For most of my life, my friends and family members have longed for a day at the beach. Even as a young boy, I was given the opportunity to experience the beach at a young age. My Uncle Charles and Aunt Ruth took me with them to Florida so that my cousin, Janis, would have someone near her age to accompany her in the ocean and on the beach. However, I never really took to the environment.

As a college-aged young man, I went with my friends to the beach. Every time I made this journey, I came away with blistered skin that hurt for days. Some of these folks also loved to swim in the ocean and to ride the waves to the shoreline.

My wife, Kathy, and I took the boys to Florida when they were young. They were almost as thrilled as Kathy was when I agreed to it. Memories of both of them enjoying the ocean and riding the waves on rented rubber rafts are still fresh in my mind. The look on their faces displayed pure joy.

As I noted in an earlier column, Andy and I took my mother, Bee, to Myrtle Beach so that she could see the ocean for the first time in her life. Both my mother and Andy loved almost everything about the beach and the ocean.

Recently, I was reading Southern Living's Rick Bragg as he described his view about spending time at the beach. I could not believe my eyes when I read the following: "I thought of stinging jellyfish and searing sunburn and stabbing stingrays and biting sand fleas and dime store rubber flip flops that always wore blisters on my toes." Wow! I finally discovered someone who shares my attitude about visiting beaches. I would like to shake Bragg's hand, because I have never longed for time at the beach like most of my family and friends.

Just as Bragg depicts, I do not like to put my body into unknown waters that traditionally house jellyfish, sting rays, and other exotic wildlife (like sharks). I have never enjoyed lying in the sun while my skin was being slowly cooked. And I cannot abide the feel of sand on my body. Furthermore, I hate wearing flip flops!

I am sure by now you are wondering what an ideal vacation would be in my opinion. Well, I can answer that easily. My favorite thing

to do is to visit higher elevations, such as the Smoky Mountains, the Blue Ridge, the Rockies, and most especially the glorious mountains of Alaska. My most enjoyable vacation day probably occurred when Kathy and I spent the day in Denali National Park. We got to see the highest peak in North America. That day is filled with memories of eagles, grizzly bears, wolves, herds of caribou, and even a lone fox.

I took rolls and rolls of magnificent photos of that magical place. The memories are etched in my mind. I often dream of the 10,600 mile, six-week long vacation that we took in order to experience the fullness of the great state of Alaska.

You take your sand, sun, and surf, and I will enjoy my mountains, moose, and the majestic views. Remember, my automobile license plate is MTN MAN and I chose that particular one for a reason. See you in the mountains!

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

T.J.'s Journal

By: Tonya J. Cook



Decoration Day

Dear Journal,
Today is the first Sunday of June, and that can mean only one thing: "Decoration Day" at Skaggs Creek Cemetery. That has been the tradition for a hundred years or more, I suppose. The "Decoration Day" was on the 30th of May years ago, our family went to both as they have been burying kinfolks at those cemeteries for a century or more. Generations have done the same as the years pass.

Last weekend several of our family got together "to decorate" the graves at Freedom Cemetery. I usually make my own saddles and vase arrangements. It adds a personal touch, I think. I make all of the arrangements for our immediate family to match.

When I was a kid growing up over at London, our

family came to decorate and bring a meal to share.

(Continued on A3)

Thank You!

To the residents and voters of the 2nd District:

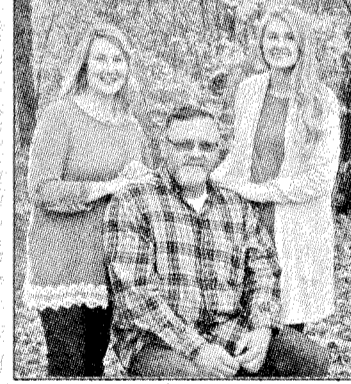
My family and I want to express our appreciation and gratefulness to each and everyone. Thank you for electing me to serve another term as your Magistrate.

We truly appreciate your encouragement and support.

Sincerely, William Denny

Paid for by William Denny

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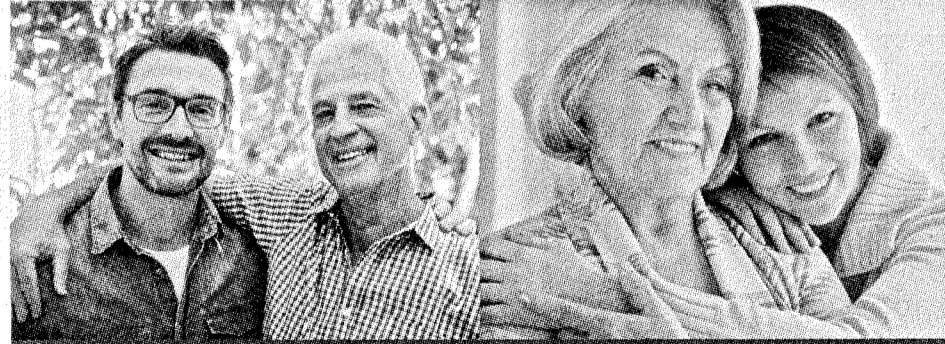
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June is National Alzheimer's & Brain Awareness Month

You're Invited to a free Health Talk:

Healthy Living for Your Brain & Body

Thursday, June 14, 2018

5:30 pm • Rockcastle Regional Chapel

Free meal served. Please RSVP to Anne Harris at (606) 256-7835 or w.harris@rhrcc.org no later than **Friday, June 8.**

Presented by:



Have a healthy & active summer... be a rockin' fit kid!

This free event features:

Healthy lunch • Prizes • Cooking demonstrations
Obstacle course • Zumba • 5-2-1-0-10

Schedule:

Come to one or come to all!

Brodhead Elementary • Thursday, June 14 • 12-4 p.m. • (Register by June 12)
Roundstone Elementary • Tuesday, June 19 • 12-4 p.m. • (Register by June 15)

For more information or to register, call Kayla Rowe at (606) 256-7767.





Parsons' Piano students give recital

Piano students of Mrs. Marsha Parsons gave their 2018 Spring Recital at Northside Baptist Church in Mt. Vernon Saturday evening, May 19th. The students played a variety of selections in front of a delighted audience of family, friends, and other members of the community. Mrs. Parsons awarded each of the students with a trophy following the performances.

The pianists are front from left: Lilah Sizemore-Rankin, Conrad Caldwell and Makenna McNally. Second row from left: Nathan Eaton, Kiki Cope, Madison Cromer and Makaylee McNally. Third row from left: Christian Hargis, Joshua Eaton, Sydney Woods, Gracie Peavie and Ezra Brown. Back row from left: Connor Noble, Joliann Parsons, Miles Stratton, Thomas Eaton and Mrs. Marsha Parsons (instructor).

Rockcastle Community Bulletin Board

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Bookmobile Schedule

Monday, June 11th: Ky. Hwy. 3245, Bryant Ridge, Rockcastle Health and Rehab. **Tuesday, June 12th:** Scaffold Cane, Clear Creek and Wildie. **Wednesday, June 13th:** Wayne Stewart Center, Day Health/Senior Citizens, Cave Valley Apartments.

Retired Teachers meet June 20th

Rockcastle Retired Teachers will meet Wednesday, June 20th at 11:30 at Limestone Grille. This will be a special meeting with the election of officers for the new year. Also, there will be a memorial service for two of our teachers, Laura Ruth Durham and Sharon Caudill Ponder. Family members of those two ladies are welcome to join us. A special invitation is extended to all new retirees. Your first lunch will be on us to honor your retirement.

Coffee Time at Rockcastle Health & Rehab

Join us at Rockcastle Health and Rehab (Brodhead Nursing Home) on Monday, June 11th at 9 a.m. for "Coffee Time." Community members, business leaders, pastors and congregants, family and friends are all welcome to attend and learn more about our facility, volunteer opportunities, etc. Coffee and light refreshments will be served so come and connect.

Chamber of Commerce Meetings

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

VFW Post Item

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

Rockcastle County Recovery Meetings

- *Celebrate Recovery-Brodhead: Located in the Community Outreach Center (next to Fairgrounds), every Monday, 6 to 8 p.m. 859-230-9590 or 606-308-3099.
- *Celebrate Recovery-Northside Baptist Church - Mt. Vernon every Tuesday, 6 to 8 p.m. 606-256-5577. Need a ride? Call and leave message before 4 p.m.
- *Celebrate Recovery-Step Studies. Northside Baptist, Mt. Vernon, Wednesday at 7 p.m. 606-256-5577.
- *Broken Chains Bible Study at Cruisers Motorcycle Sales, 7223 N. Wilderness Rd., Mt. Vernon every Thursday at 6:30 p.m. Leader: Gary Vincen Linville, 859-302-2431.
- *Celebrate Recovery-Step Studies - Women Only. Located in the Community Outreach Center (next to Fairgrounds), every Thursday, 6:30 p.m. For more info, call 606-308-3099.
- *Celebrate Recovery-Livingston at Livingston School cafeteria. Friday, 6 to 8 p.m. Leader: J.R. Cornelius, 859-314-7828.

DAR Meetings

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

Brodhead Lodge Meeting

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

Alcoholics Anonymous

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

Kiwanis Club Meetings

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

Historical Society Hours

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

American Legion Post 71

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

"T. J.s"

(Cont. from A2)

There would be eighty to one hundred people or more gathered to eat, socialize, and decorate the graves. Most who came were all related so it was like a big family reunion. Some specialized in certain things, and all knew not to bring such or such as Aunt or Cousin So Forth always brought that.

The thing I remember most about each cemetery was the huge trees. The Freedom Church Cemetery had a grove of huge trees, and very old, where the lunch was spread on a long table. There was always a variety of very delicious food served at both. Skaggs Creek always had a huge, huge tree by the church, oak, I think. Up at the top of the hill in the cemetery stood a huge pine tree, the largest I've ever seen.

This morning, I have a meat loaf in the oven to take. Last night I made Italian pasta salad and a strawberry shortcake. Shortly, I'll be heating up a sweet potato casserole.

I made a pretty little saddle to put on my Aunt Sula Lucille's grave. She was born and died on March 3, 1920 down in Clairfield, Tennessee. She was the firstborn child of my grandparents, Roscoe and Evelyn Price Norton.

The day after she was born/died, Grandpa rode the train with her from Clairfield back to Mount Vernon, where she was taken to Skaggs Creek at some point. I suppose she had a little service at the church. The Norton clan was numerous in the Wab area, so most all of them probably came to the service. Great-Grandma Melvina Bustle Norton planted a little pink rose bush on her grave that spring. It lived until the mid 1960's. My niece, Sandy, and I planted some pink tulips back in the 1980's but they didn't come up but two or three years. My grandma didn't get to attend her own daughter's funeral. Women back in those days stayed bedfast for days after giving birth. She always put some kind of pink flowers on Sula Lucille's grave in the years to come. I follow the tradition even today. I think one of the saddest things about this is that there is no picture of this little child or even a living soul that remembers her.

The time draws near to go. The food is almost ready and the pink flowers are in the car. It is time to carry on tradition.

"Points East"

(Cont. from A2)

Lynn gave it a proper name like she does most critters that show up at her place. The only name I am remembering right now is "Petey," the pileated woodpecker, but I know, for sure, that several other of Lynn's wild thing neighbors, including hummingbirds, deer and a screech owl have been given regular monikers.

"Aces"

(Cont. from A2)

fellow to me and has some great ideas as well. I suspect he can impress us all as the new jailer. If he accomplishes half of the ideas he has, while maintaining the good things Carlos instigated, he will make us a very good jailer.

I'm a fan of both Carlos and Nathan. We really couldn't go wrong in that race. Either result gives us a strong Jailer, I think.

I was most shocked by Jonathan Shell's loss to Travis Brenda. I didn't expect that at all. But Brenda won pretty handily by about 800 votes. Actually, Rockcastle County decided that race. Shell won in his other counties but lost by so much here that it was more than the other counties combined.

I like Jonathan. We got along very well and I don't know that I have ever spoken with Mr. Brenda.

But, from what I have seen and heard, he has the right ideas and some very good plans for our future.

I think the state pension argument cost Shell a lot of votes. He was sort of between a rock and a hard place. There really wasn't anyway to please everyone in his predicament.

I don't know what Brenda would have done differently but here's hoping he works as well with the press and keeps us informed of his activities. To me, a transparent official is a good official. If they aren't afraid to let you know what they are doing, then they are pretty confident in their value system and that they are doing the right thing.

There are only three opposed races on the ballot in November, the race for coroner and two magisterial offices so the main excitement of this election year is really over and it certainly was that, exciting.

I've already told her that, unless the "relocators" took the coon to Ontario or some other place north of The Great Lakes, she may as well get ready to name her because Lynn may think she's a goner but coons do come back.

In the late 1980's when coons in Garrard County were thought to be scarce but treeing them with coon hounds was a very popular sport, I had one turning over my 30 gallon garbage can nearly every night. The Kentucky Department of Fish and Wildlife spent considerable man hours helping me trap and "tag" it with bright orange spray paint that enabled us to place a number, just slightly larger than what you can do with a "sharpie" or magic marker these days.

We numbered it A-1, or some such number, as I recall, without bothering to determine its gender because "A-1" was not a very cooperative raccoon when it came to divulging private matters. We hauled it over

to Maywoods Lake, more than 10 miles from my home, at the time, where the natural habitat looked to be as close as one could get to Coon Heaven here on earth.

Three nights after the relocation, A-1 was back in my garbage can. One night later he (I figured out his gender) was in a neighbor's stew pot where, I'm told, he tasted "a lot like ground hog but the meat was a bit more stringy."

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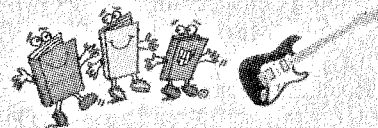
Summer Reading

Registration

Saturday May 26, 2018-

June 9, 2018

Rockcastle Co.
Public Library
(606)256-2388
Mon-Fri 9:30-6:00
Sat-9:30-2:00



Rockcastle County Recycling Center

open for recycling drop-offs

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

The following items may be recycled:

Newspapers w/inserts, magazines, catalogs, office paper, junk mail, shredded paper (needs to be bagged), books, phone books (paper products cannot be plastic lined or coated), cardboard (corrugated and slick), plastics #1 Pet or Pete, plastics #2 HDPE, plastic grocery store bags, bread bags, and shrink wrap (no other sheet plastics can be accepted), metal cans, aerosol cans, aluminum cans, aluminum foil, aluminum pie plates, glass bottles and glass jars (lids must be removed and discarded), old cell phones, car batteries, empty printer and toner cartridges, old computers (we can no longer accept monitors of any kind) and all related accessories, telephones, radios, digital clocks, rechargeable batteries (if the battery says rechargeable on it, then it is recyclable), and large bulky metal items.

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

Recycling Drop-Off Trailers are available for use at:

- Brodhead (at the back baseball field)
- Conway (by Brindle Ridge Volunteer Fire Dept.)
- Livingston (between Liv. Fire Dept. & City Hall)
- Pongo (by Pongo Volunteer Fire Dept.)
- Climax (by Climax Volunteer Fire Dept.)

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

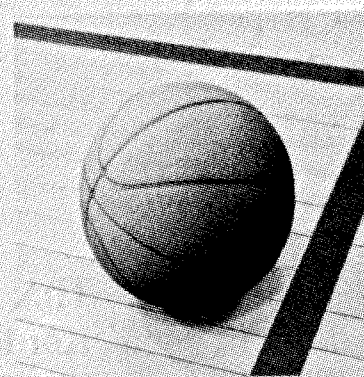
If you have any questions, you may call the Rockcastle Solid Waste Office at 606-256-1902.



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KENTUCKY FARM BUREAU



BIG ON COMMITMENT.

Obituaries

Mary Ann Renner

Mary Ann Renner, 40 of Orlando, died Wednesday, May 30, 2018 at Rockcastle Regional Hospital. She was born in Lexington on June 11, 1977, the daughter of Jerry Payton and Lillie Mae Dunaway Bullock. She had been a factory worker for Rockcastle Manufacturing and Hitachi and was of the Church of Christ Faith. She enjoyed quilting and her best friend, her cat Roxy.

She is survived by: her husband, Josh Renner; children, Steven Douglas Rowe and Courtney Ann Rowe, both of Mt. Vernon; step-children, Emily Gail Renner and Jacob Thomas Renner, both of Mt. Vernon; her mother, Lillie Bullock of Orlando; a brother, Jerry Eugene Bullock of Orlando; and a sister, Lottie M. Isaacs of Somerset. She was preceded in death by her father, Jerry Bullock and two sisters, Laura L. Doan and Joyce Jean Bullock.

Funeral services were conducted Saturday, June 2, 2018 at the Dowell & Martin Funeral Home Chapel by Bro. Marcus Reppert. Burial was in the Bullock Family Cemetery on Cove Branch.

Pallbearers were: Michael Bullock, Michael Doan, Casey Faulkner, Ezra Isaacs, Dallas Rigsby, and Roy Scarborough. Eugene Bullock was an honorary pallbearer.

Please visit www.DowellMartin.com to view online obituary.

Cemetery Notices

Morning View

Donations for upkeep of Morning View Cemetery should be sent to: Bud Cottengim, 67 Misty Lane, Mt. Vernon, Ky. 40456.

Marethburg Cemetery

Please send donations for mowing and upkeep for the Marethburg Cemetery to: Gloria Seals, Marethburg Cemetery, 5394 Brindle Ridge Road, Brodhead, Ky. 40409.

Livesay Cemetery

Please send donations for mowing and upkeep for the Livesay Cemetery to: Gloria Seals, Livesay Cemetery, 5394 Brindle Ridge Road, Brodhead, Ky. 40409.

Roberts Cemetery

We are accepting donations for the upkeep of Roberts Cemetery at Freedom. Please make checks payable to Roberts Cemetery and mail to: Don Cummins, 67 School House Hill Road, Mt. Vernon, Ky. 40456 or Nancy Meadows at 20 Trinity Lane, Mt. Vernon, Ky. 40456. Thank you.

Briarfield Cemetery

Briarfield Cemetery is accepting donations for the upkeep of the cemetery. Donations can be mailed to: Briarfield Cemetery Fund c/o Tim Robinson, 5408 Big Cave Road, Orlando, Ky. 40460.

Make checks payable to Briarfield Cemetery Fund.

Donations can be made in person to committee members: Dean Carpenter, Kenny Reams or Tim Robinson and caretaker Joe Robinson.

All donations are greatly appreciated.

Sand Hill Cemetery

Please send donations for mowing the Sand Hill Cemetery to: Brady Hensley, 2683 Sand Hill Rd., Livingston, Ky. 40445.

All donations are greatly appreciated.

Maple Grove

Donations for the upkeep of Maple Grove Cemetery should be sent to Michael Robinson, 503 Maple Grove Rd., Orlando, Ky. 40460.

All donations appreciated.

Johnetta Cemetery

Any flowers left on the ground at Johnetta Cemetery will be removed before next mowing day. If you want to save yours, please pick up before Friday, June 15th. Thank you.

Providence

Please send donations for mowing and cemetery upkeep to Bill Long, 882 W. Level Green Road, Brodhead, Ky. 40409.

Phelps Cemetery

Donations, for upkeep of Phelps Cemetery can be sent to: Everett Renner, c/o Phelps Cemetery, 712 Steep Hollow Road, Mount

Vernon, Ky. 40456

Oak Hill Cemetery

Donations are being accepted for the upkeep of Oak Hill Cemetery. Anyone wishing to help should mail donations to Oak Hill Cemetery, c/o Bill Lear, 60 Hope Drive, Orlando, Ky. 40460.

To contact Bill, his cell phone number is 606-308-3245.

Thanks to everyone for your support. It does not go unnoticed.

Maret Cemetery

Donations for upkeep of Maret Cemetery can be mailed to: Sandra D. Ramsey, 245 Sunset Ridge, Mt. Vernon, Ky. 40456.

Checks should be made payable to Maret Cemetery.

Saylor Family

Donations for mowing and upkeep of the Saylor Family Cemetery should be mailed to: 5237 Brindle Ridge Road, Brodhead, Ky. 40409.

Scaffold Cane

Donations for upkeep of Scaffold Cane Cemetery may be mailed to Avia Brock, Jr., 755 Muddy Creek Rd., Berea, Ky. 40403.

McKinney Cemetery

Anyone wishing to make a donation for upkeep of McKinney Cemetery, can send it to: McKinney Cemetery, P.O. Box 1691, Mt. Vernon, Ky. 40456

Fairview Cemetery

Mullins Station

Donations are being accepted for the mowing and upkeep of Fairview Cemetery at Mullins Station. Anyone wishing to help can send donations to Fairview Cemetery, c/o Bill Cummins, 1785 Hwy. 1326, Mt. Vernon, Ky. 40456.

All donations are greatly appreciated.

High Dry Cemetery

Donations for the upkeep of High Dry Cemetery may be sent to 1058 Rank Road, Mt. Vernon. Checks should be made payable to High Dry Cemetery Fund.

Piney Grove

All decorations on the ground shall be removed by Saturday, June 9th, 2018 so mowing can continue.

Also, donations for mowing and upkeep of Piney Grove Cemetery should be mailed to 16 Silver St., Brodhead, Ky. 40409

Redhill Community Cemetery

Donations for the care, upkeep and mowing of the Redhill Community Cemetery may be mailed to: Redhill Community Cemetery Board, PO Box 35, Mt. Vernon, KY 40456.

If you have any questions or concerns, call 859-358-6574, 606-453-2469 or 606-453-3005.

Delsie Brown

Delsie (Stevens) Brown, of Crab Orchard, died peacefully Thursday, May 24, at her home. She was the wife of Sherile C. Brown. She was born November 18, 1947 in Lancaster to the late John Hardy and Sarah Bell Thomas Stevens. She retired from Sowders Nursing Home in Brodhead after working as a CMA for 24 Years. She was a member of the Crab Orchard Baptist Church.

Survivors include: husband, Sherile Brown of Crab Orchard; son, Rodney A. Brumett of Rockford, IL; daughter, Christi R. (Anthony) Cahill of Murfreesboro, TN; son, Randall L. (Betty) Brown of Somerset; and seven grandchildren, Brittany, Olivia, Tyler, Sarah, Matthew, Aaron and Katelyn.

In addition to her parents, she was preceded in death by brothers, J.W. Delbert, Bobby and Jim Stevens and a sister, Irene Powell.

Funeral services were held Wednesday, May 30, 2018 at the McKnight Funeral Home Chapel with Bro. T.J. Godby officiating. Burial was in Mt. Zion Church of Christ Cemetery.

Pallbearers were: Johnathan Tyler Davis, Curt Brown, Aaron Brumett and Matthew Brown.



Marsha Pauline Jones

Marsha Pauline Jones, 57, of Brodhead, died Tuesday, May 29, 2018 at the Baptist Heath Hospital in Lexington. She was born July, 30, 1960 in Mt. Vernon, a daughter of Jerry Woodall and Verva (Pittman) Woodall. She was a



member of Sand Springs Baptist Church, and found great enjoyment in reading, playing with her grandchildren, and gardening.

Those left to celebrate her life are: parents, Jerry and Verva Woodall of Brodhead; daughter, Ashley Nicole Jones; brother, Barry Dean Pittman of Richmond; sister, Kimberly Hayes of Brodhead; grandson, Gabe Wynn; nieces, Jessica, Amanda, and Kristen; nephew, Joshua; great nieces and nephews, Aubrey, Izabella, Lucas, and Logan; and a host of friends, neighbors, aunts and uncles.

Funeral services were held Saturday, June 2, 2018 at Marvin E. Owens Home for Funerals Chapel with Bro. Eugene Gentry officiating. Burial was in Piney Grove Cemetery.

Condolences to the family may be made at www.marvineowensfuneralhome.com

Emma Virginia Jones

Emma Virginia Jones, 106, of Somerset, widow of Sam Jones, died Sunday, June 3, 2018 at her home.

Funeral services were conducted Wednesday, June 6, 2018 at Dowell & Martin Funeral Home. Burial was in Elmwood Cemetery.

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

More than half of Kentucky classified as overweight

Kentucky has the seventh highest obesity rate in the nation, with 66 percent of Kentuckians classified as overweight and 34 percent considered obese, according to the Centers for Disease Control and Prevention. Excessive weight doesn't only affect the number on the scale, but it can lead to harmful, chronic illnesses. With summer upon us, it's the perfect time to take control of your weight loss goals. KentuckyOne Health is encouraging those who are overweight to consider a safe and healthy weight loss program this summer.

"Summer is an ideal time to begin a weight loss journey," said Joshua Steiner, MD, medical director, KentuckyOne Health Center for Weight Loss Surgery at Saint Joseph East. "Fruits and vegetables tend to be fresher and more readily available, and since the daylight hours are longer, making time for exercise seems more feasible."

Negative health effects of being overweight and obese include osteoarthritis, gallbladder disease, sleep apnea and other breathing problems, and a higher rate of morbidity. The condition can also lead to clinical depression and anxiety.

"An overweight or obese person is more likely to develop Type 2 Diabetes and is also at increased risk for developing other health issues such as stroke, heart disease and breast, colon, kidney and liver cancers, which make up some of the leading causes of preventable death," said Dr. Steiner. "Significant weight loss can reverse many of the complications associated with being overweight or obese."

The most practical approach for assessing whether a person is overweight or obese is determining body mass index (BMI). A BMI of 25 to 29.9 kg/m² is considered overweight and a BMI of greater than or equal to 30 kg/m² classifies as obese. Before beginning a weight loss program, first ask your primary care physician if you should be concerned about your BMI.

To keep weight off, it's important to approach weight loss goals through a permanent lifestyle change and not simply a fad diet. Traditional nutritional recommendations are falling short when it comes to helping people become healthier. The low calorie, low fat approach to weight loss that has been taught for decades is just not working. People need to understand that in order to feel your best, you must fuel your body with quality whole foods. Simply focusing on eating lean proteins and vegetables, fruits and unprocessed grains will help individuals see a posi-

tive change in body composition and health factors such as diabetes and heart disease. Preparing more fresh foods from home and relaying less on fast food will also improve one's health.

Try visiting a farmer's market this summer and talk with local farmers about what fresh fruits and vegetables are in season. These vendors provide so much more than just fruits and vegetables – you can find local meats, eggs and cheese, and learn about community resources.

Being physically active is another important step a person can take to improving their health. Exercise is

also crucial to weight loss and weight maintenance. The Physical Activity Guidelines for Americans recommends adults get at least two and a half hours of moderate intensity physical activity or an hour and 15 minutes of vigorous intensity activity per week. It's important to remember that physical activity isn't limited to working out at a gym.

Struggling with exercise? Try a low-impact exercise this summer like joining a pool or taking a water aerobics class. Set a goal to walk more, start slowly and work your way up. If you are not used to walking for long stretches, start with just five to 10 minutes in the

morning and in the evening, when it is cool, and gradually increase your steps each day.

Getting enough sleep is also crucial to weight loss and maintenance. Research shows that people who sleep less than seven hours per night are likely to have a higher BMI than those who sleep between seven and nine hours. Insufficient sleep impacts hormones that signal to the body when it's hungry or full. Getting too little sleep can also affect the reward centers in the brain, making someone more likely to indulge in high-sugar foods for an

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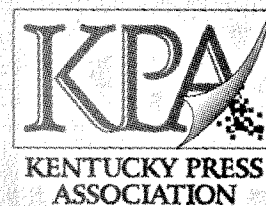
94.8

PERCENT

Source: Pulse of America Research Study, February, 2017

That's how many
Kentucky adults read
their local paper within
the past week.

Newspapers ...
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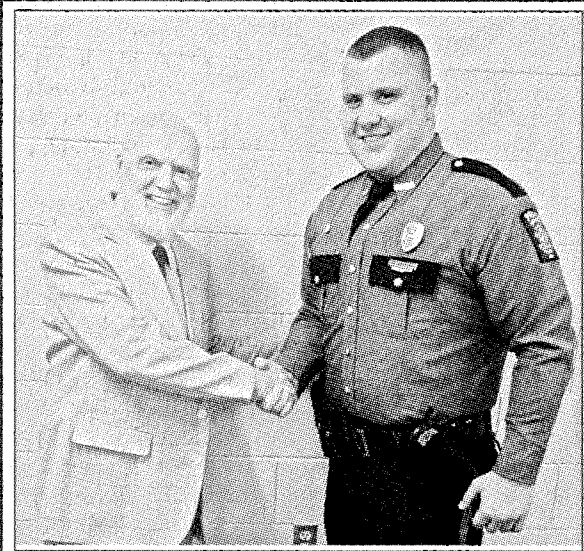


This fact brought to you by the
Kentucky Press Association and
its 178 member newspapers.

“Cop”

(Continued from front)

Officer Hensley there to protect



Mayor Mike Bryant welcomes the newest addition to the Mount Vernon Police Department. Twenty-three-year-old Dylan Hensley joined the force after 23 weeks of training and is the eighth full time officer with the local force.

people in the local department (Mount Vernon Police Department) and everyone simply wants to be there for those in need.”

Hensley wanted to be a police officer ever since he can remember and he never gave up on the idea. “My parents (Ray and Sherry Hensley) drilled into me the importance of education and I never stop learning how to do what I love.”

He started by volunteering with the Brodhead Fire Department to get his first taste of serving the public and he has never let up from his main goal. “Leave the community better than I found it.”

The stout young man spent five years with the BFD and had as a goal to become an arson investigator with the Kentucky State Police. However, when this opportunity came along with the local police department, he couldn’t resist.

“This job came open and it was a chance to help my own community,” he said. “I had majored at EKU in Arson investigation but I can also put that to use some here and it’s a chance to serve my own hometown.”

Hensley spent 23 weeks of training at EKU at the Department of Criminal Justice Training and during every holiday or vacation from that training, he worked at the MYPD getting his feet wet.

He graduated the training just a few weeks ago and joined the local department to complete the force.

As with most police officers these days, stopping drugs on the street is one of Hensley’s main goals. “I know we may not put a stop to illegal drug activity, but I want to at least have an impact in my community,” he said. “Drugs involve so many people in our communities and I hope I can make some difference in that.”

The training Hensley went through was vigorous and repetitive. “They instill the fighting and legal issues into us all and we repeat training until it becomes almost instinct.”

“Like many police officers, who risk their lives everyday to be there for those in need, Hensley leaves his parents and two sisters to travel the streets of Mount Vernon where shots were fired at an officer just two weeks ago.

If you are raising a child who wants to grow up to be a cop, Hensley is a good example of how to become one. Work hard, never give up, become well educated and put serving people around you as a priority.

“It’s a privilege to serve the people of your own hometown and this is a wonderful opportunity to do what I love,” he said.

If Hensley has a message to ordinary citizens it is just this: “I want people to understand that we (police officers) are not just animated objects. We are people too. We have strengths and weaknesses and a compassion to serve the community we love. The officers I know are all just good, decent people.”

Mamaw’s Kitchen

By Regina Poynter Hoskins

CHERRY CHEESE DELIGHT

- 2 cups Graham cracker crumbs
- 1/2 cup butter, melted
- 3 tablespoons powdered sugar
- 2 envelopes Dream Whip®
- 1 cup milk
- 1 teaspoon vanilla
- 1 cup sugar
- 1 box (8 ounce) cream cheese, softened
- 1 can cherry pie filling

CRUST:

Mix together the Graham cracker crumbs, melted butter and powdered sugar. Press into 9 x 13 pan. Set aside.

FILLING:

Beat Dream Whip® with milk and vanilla until thick. Beat sugar and cream cheese until fluffy. Fold in Dream Whip®. Pour over crust. Spoon pie filling evenly over cream cheese mixture. Refrigerate.

SAWDUST SALAD

My sister-in-law introduced his salad to the family back in

1977. It was an instant hit with Will’s family as much as it was mine. The “sawdust,” of course, is shredded cheddar cheese sprinkled on top. My family eats this as a dessert instead of as a salad. Either with your meal, after your meal, or as a snack, it is worth the effort. It makes an excellent potluck dish. In the summertime, the whipped topping and cream cheese may tend to melt some if it’s left out in the sun too long, but you usually don’t have to worry about that. It is among the first dishes to disappear.

- 1 small box orange Jello®
- 1 small box lemon Jello®
- 1 can crushed pineapple, drained
- 1 bag miniature marshmallows
- 1 cup sugar
- 2 tablespoons cornstarch
- 1 egg
- 2 cups juice and water
- 1 small container Cool Whip®, thawed
- 1 package (8-ounce) cream cheese, at room temperature
- 1 to 2 cups cheddar cheese finely shredded

Drain pineapple; reserve juice. Mix Jello® with 2 cups boiling water until dissolved. Add 1/2 bag marshmallows. Stir until they are slightly melted. Add 1 and 1/2 cups cold water, pineapple and rest of marshmallows. Refrigerate until set. In the meantime, combine sugar with cornstarch, add beaten egg. Add enough water to the reserved pineapple juice to make 2 cups. Slowly stir into sugar mixture. Cook over medium heat until thickened. Let cool. Spread cooled pudding over Jello® mixture. Beat cream cheese, fold in Cool Whip. Spread over pudding. Sprinkle with finely grated cheddar cheese.

NOTICE OF PUBLIC HEARING

The Public Service Commission of Kentucky will hold a hearing on June 21, 2018, at 9:00 a.m., Eastern Daylight Time, at the Commission’s offices, located at 211 Sower Boulevard in Frankfort, Kentucky, for the purpose of cross-examination of witnesses in Case No. 2017-00483, which is the Electronic Application of Kentucky Utilities Company for a Certificate of Public Convenience and Necessity and Approval of Amendment to its 2016 Compliance Plan for Recovery by Environmental Surcharge. This hearing will be streamed live and may be viewed on the PSC website, psc.ky.gov. The address to Kentucky Utilities Company is 220 West Main Street, Louisville, Kentucky 40202.

“Depot”

(Continued from front)

everyone. A safe, clean environment for kids and adults alike to fellowship and laugh and grow friendships,” he said.

And, it from across themselves Livingston to or more of the and celebrated at the structure.

The build- model ed tions and funds for the renovations and flavor of struction in

“We kept time environment in place. We kept the old values and clean moral ideas in mind during renovation,” said Medley. And everyone who attended events there, agreed that the building was a staple of the community.

However, on April 8th of this year, a fire in an upstairs apartment caused severe damage to the building and destroyed some of the original materials from bygone days.

But, according to Medley, starting over began on April 9th, hours after the fire stopped smoking.

“Hammers were swinging the very next day. This community came out in full force to build our Depot building back,” the mayor reported.

And now, after only two months, the grand reopening is planned for next Friday, June 15th.

This time, some of the old original materials are gone, but workers have taken every chance to use new materials that match the old construction as close as possible.

In fact, in a quick tour through the building, volunteer workers were on their hands and knees, hand sanding and hand rubbing stain into the old wooden flooring. Workers passed each other carrying drywall and old barnwood in creating a facsimile of an old-time railroad ticket office in the rear of the open space. Workers could be seen crawling and refinishing the new stage area with not a motor or electrical device heard anywhere. It was all being done by hand. “Part of the beauty of this new Depot is that it was created from the sweat and calloused

“We had some people who love our county and our town to give very nice donations. But we were most humbled by those who couldn’t really afford to donate...and did anyway,” — Jason Medley

Built less by hands, and more by heart

hands of people who care and want to make this a better community,” Medley said.

And those who were unable to work, did their part as well. “We had some people who love our county and our town give very nice donations. But we were most humbled by those who couldn’t really afford to donate...and did anyway,” Medley said.

Medley named several people who went above and beyond the call of duty to help but said one donation made a bigger difference than one would expect. “An elderly Livingston resident donated \$50 to help get this community outreach back up and running and I happen to know, they couldn’t afford that,” said Medley. “That kind of thing inspires us to never give up.”

The town plans to use the building for many events including weddings, birthday parties, family reunions or any other event that may enjoy the rustic surroundings. “Every dime raised though fund raisers and gospel singings held there, goes directly back into the Depot Building account to keep it up and running.”

In fact, of the many events planned there, there is also a new 150 inch TV screen where local youth go to take part in video game tournaments. “This is proving to be very successful. Kids come from all over the county to take part in these tournaments. It’s good to see our youth involved in good, clean, moral activities,” Medley said.

The Friday Night Gospel Singing has also been a huge success for the community, according to Medley. “We have people coming from London, Stanford and all over the state for our gospel singing.” A donation is accepted but the event is free to anyone who enjoys gospel music in a Christian environment.

Medley said he, and local resident Mike Smith like so many others, volunteered their time and efforts to get the building up and running again.

“We will not stop,” he said. “This is a community outreach and provides a strong and effective difference in our community and we will never stop doing everything we can to make this a better place for everyone.”

After the reopening, if you find yourself with a Friday night available in this busy, hectic world, take a drive to the Livingston Depot Building and reach out your hand in friendship to those like you - someone who wants to be a part of good, old-fashioned values.

According to Medley, this moral-value environment floods the historic building since it was built less by hands, and more by heart.

“RCIDA”

(Continued from front)

Craig. “We are just doing things in a more simple way,” he said.

The budget summary shows \$11,201.96 in total anticipated revenues, receipts and cash.

Appropriations are shown as \$3,190.26 for operations, \$253 for administration and reserves, \$4,500 in capital outlay and \$10,500 in debt service for a total of \$18,444.

This leaves a \$7,242 shortfall needed from the fiscal court to balance the budget, in addition to the salary of the executive director.

The budget was approved unanimously.

VanHook was absent from the meeting and members took the opportunity to discuss the job the new director is doing in his position.

Every member of the board agreed that VanHook

deserves accolades for his work as the new director. “I’ll just say, he is going to be a huge asset for this community. He has a keen sense of what our role should be as a board and what his role should be as director,” said Craig. “I’ve done this for 19 years now and have never been this excited about our future as a county with Jeff

on board.”

Livingston Mayor Jason Medley agreed. “I am so glad he jumped in an took the reins on the Family Dollar store project. I am very impressed with him.”

Members of the board also heard a quick report from Craig about the progress of the new Microfoodery plant under

construction on Richmond Street. “Things are moving along very well. The steel is on site and the foundation is underway. There has been a lot of rain recently so this may have slightly moved things behind schedule very slightly.”

The next meeting will be July 2nd at 11:30 on the third floor of the courthouse.

Weichert

OPEN HOUSE
Saturday, June 9th
2:00 to 4:00 p.m.

1036 Wolf Creek Rd.
Orlando, Ky.
MLS #1804324
Host: **Shelly Mullins**
606-308-3773

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

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Rockin’ Fit Kids

Have a healthy & active summer... be a rockin’ fit kid!

This free event features:
Healthy lunch • Prizes • Cooking demonstrations
Obstacle course • Zumba • 5-2-1-0-10

Schedule:
Come to one or come to all!

Brodhead Elementary • Thursday, June 14 • 12-4 p.m. • (Register by June 12)
Roundstone Elementary • Tuesday, June 19 • 12-4 p.m. • (Register by June 15)

For more information or to register, call Kayla Rowe at (606) 256-7767.

ROCKCASTLE REGIONAL HEALTH SERVICES
RockPeds

SPORTS

Beat Danville 3-0 in semi-finals

Rockets come up short in finals of 12th Region Tournament

The Rocket baseball team found themselves battling for a 12th Region title last Sunday after they defeated Danville 3-0 in the semi-finals Saturday night.

Junior Javan Hasty came up big for the Rockets earning the win by going six inning allowing only three hits, no runs while striking out 11.

Senior Anthony Houk earned the save by recording the last three outs of the game.

Hasty and Danville's pitcher Elijah Wood battled for five innings before the Rockets put a run on the board in the top of the sixth.

Rylee Denney reached first on a hit by pitch, advanced to second on a balk by Wood and reached third on a passed ball. Sophomore Jacob Loudermilk came up big with a single to left field scoring Denney for the first run of the game.

Danville threatened in the bottom of the six with two outs and runners on first and second when senior catcher Brent Lovell recorded the third out on a foul tip.

The Rockets were able to widen their lead in the top of the sixth after senior Anthony Houk was hit by a pitch, Lovell drew a walk and Zach Hopkins, in to run for Houk, scored from third on a wild pitch. Senior Hunter Rigbsby drew a walk, Denney walked and Jacob Loudermilk was hit by a pitch. With bases loaded, Hasty drew an RBI walk for the Rockets' final run of the game.

Houk came in for the bottom of the seventh to record the final three outs for the win.

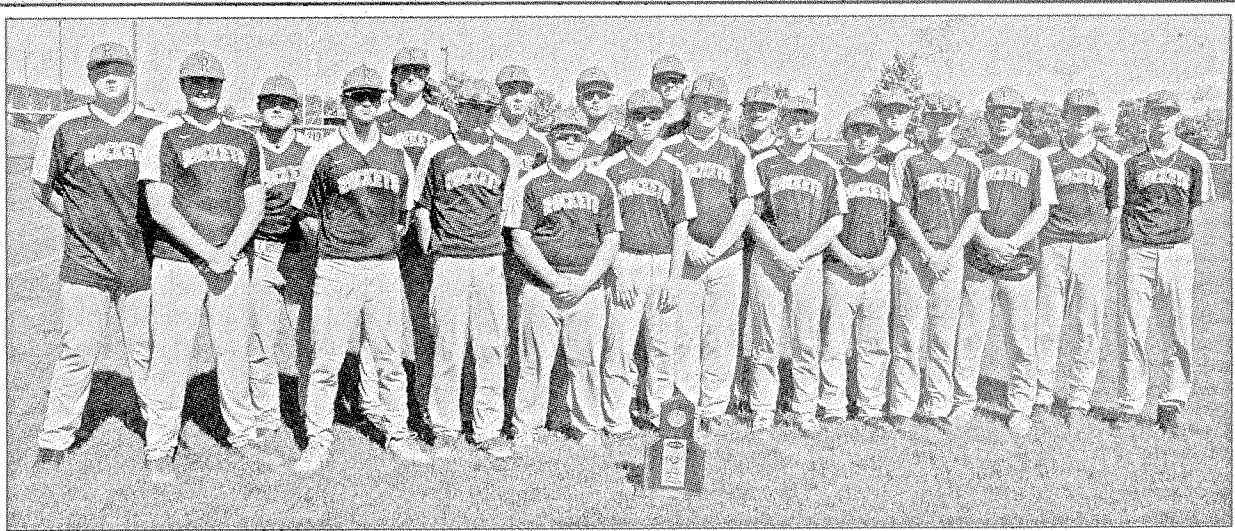
In the championship game Sunday afternoon, the Rockets fell behind early after Boyle County recorded six runs in the bottom of the first, added one in the bottom of the second and four in the bottom of the third and picked up the win, 11-3.

The Rockets' bright spot offensive wise came in the top of the fifth when they plated three runs.

Junior Javan Hasty got things started with a single followed by a single by Riley Smith advancing Hasty to third. Anthony Houk was able to single to left field scoring Hasty. Brent Lovell drew a walk loading the bases and Hunter Rigbsby singled scoring Smith and Denney for the Rockets' three runs of the game.

Rigbsby took the loss for the Rockets.

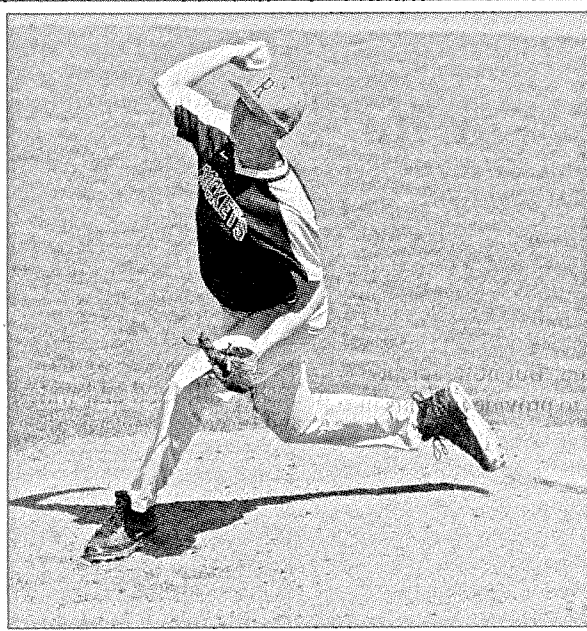
The Rockets finished the season with a 17-9 record and a district and region runner-up trophy.



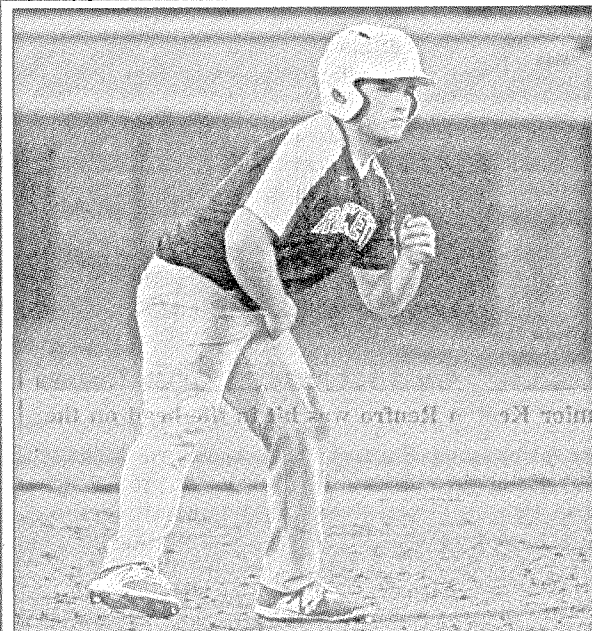
The RCHS Rockets' baseball team finished runners-up in the 12th Regional Baseball Tournament this past weekend at West Jessamine. The Rockets defeated West Jessamine and Danville but lost to Boyle County in the championship game Sunday. The Rockets finished the season with a 17-9 record.



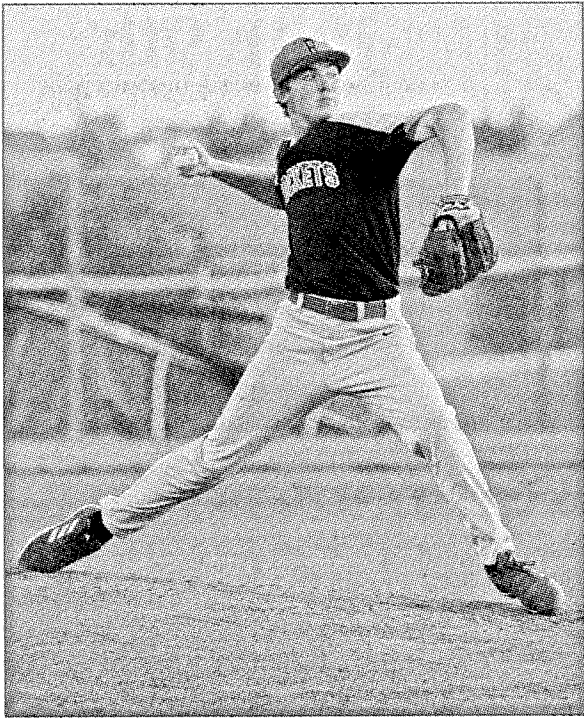
RCHS baseball head coach Brad McNew gives his team a pep talk before the semi-finals of the 12th Region tournament Saturday night. The team beat Danville 3-0 to advance to the finals Sunday.



Freshman Hunter Spivey entered the game in relief during the Rockets' loss to Boyle County Sunday afternoon.



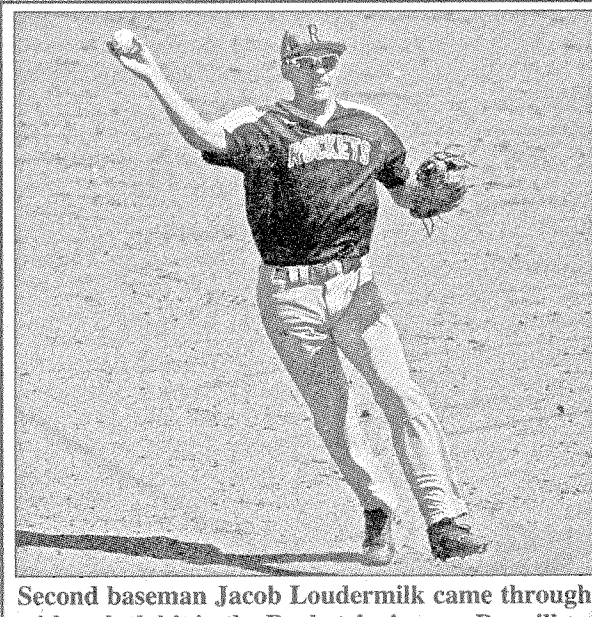
Zach Taylor picked up the first hit of the night for the Rockets' in their win over Danville Saturday.



Junior Javan Hasty earned the 3-0 win over Danville Saturday night in the semi-finals of the 12th Region Tournament held at West Jessamine. Hasty went six innings allowing three hits and no runs while striking out 11. Senior Anthony Houk earned the save recording the final three outs of the game for the Rockets.



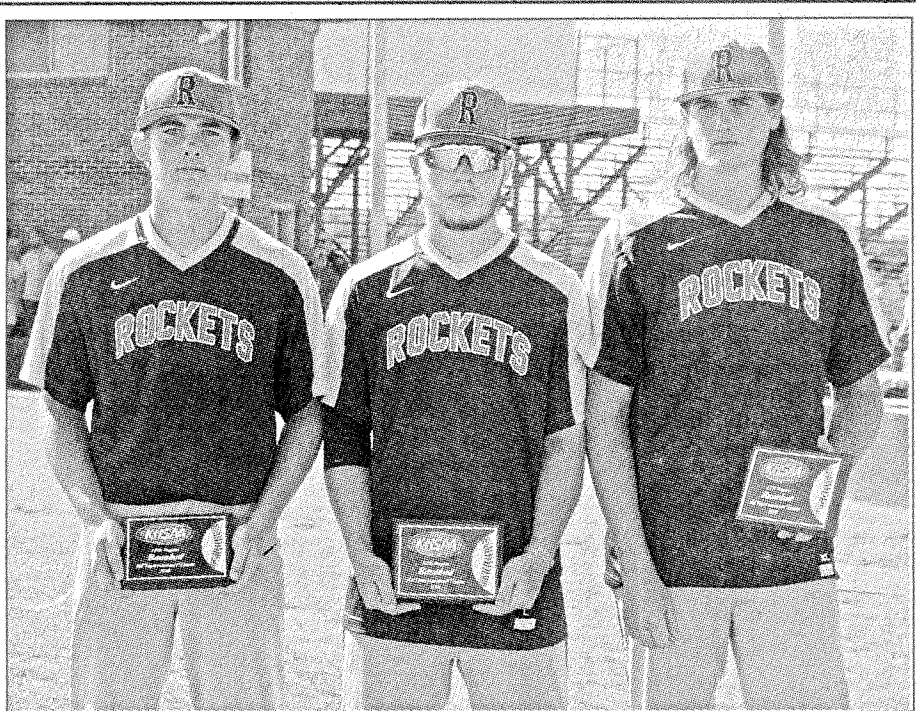
Right fielder Rylee Denney throws the ball in during the Rockets' loss to Boyle County Sunday in the 12th Region Championship game.



Second baseman Jacob Loudermilk came through with a clutch hit in the Rockets' win over Danville.



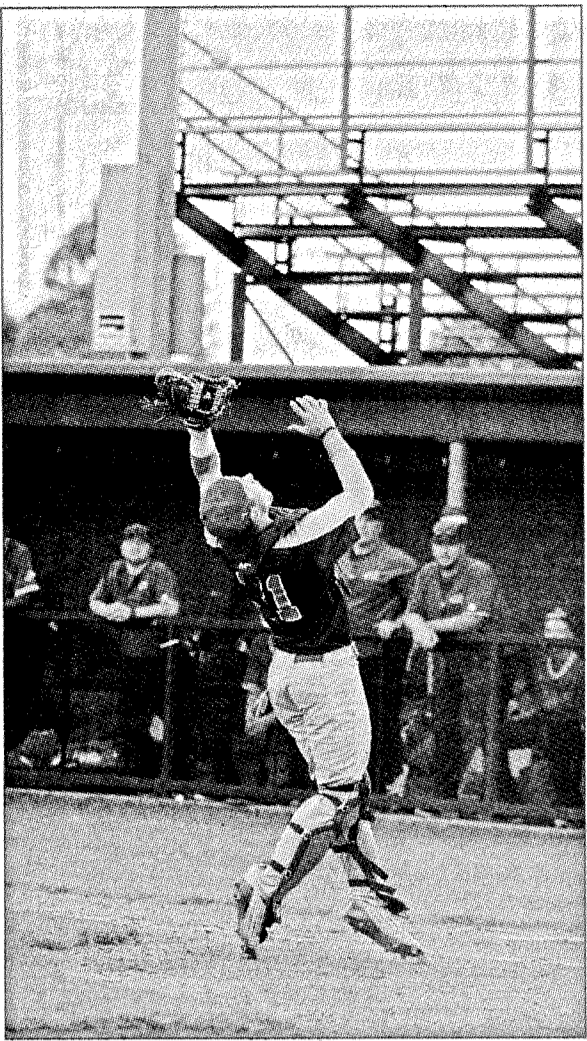
Senior third baseman Anthony Houk prepares to make a tag on a double play during the Rockets' loss to Boyle County Sunday.



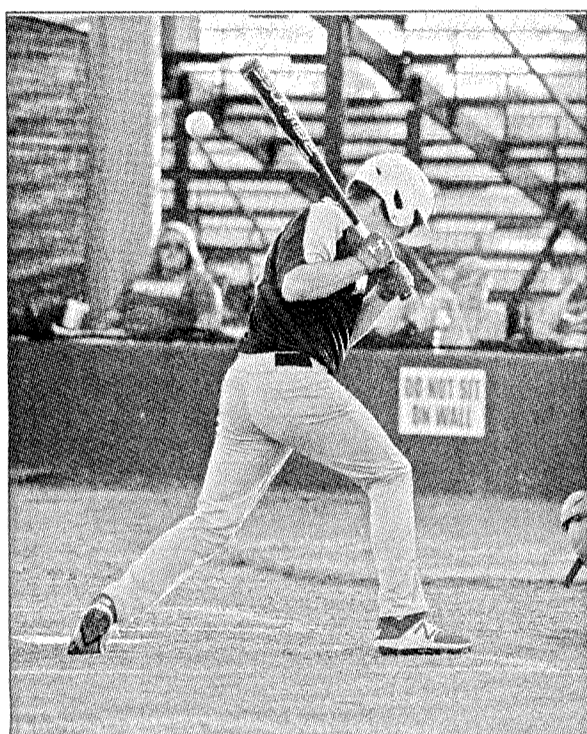
Javan Hasty, Anthony Houk and Hunter Rigbsby were named to the 12th Region All-Tournament Team.



Senior first baseman Hunter Rigbsby applies a tab on a pick-off attempt from pitcher Javan Hasty in the Rockets' 3-0 win over Danville Saturday.

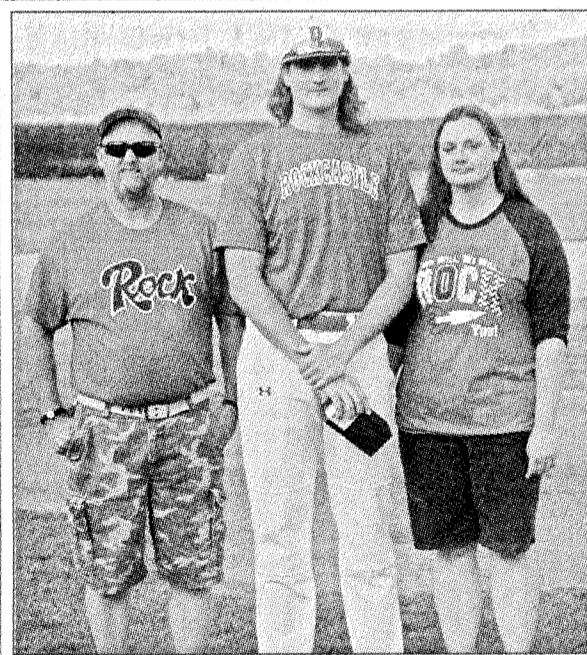


Senior Brent Lovell made some key plays behind the plate including throwing out a potential base stealer in the second inning of the Rockets' 3-0 win over Danville in the semi-finals of the 12th Region Tournament.

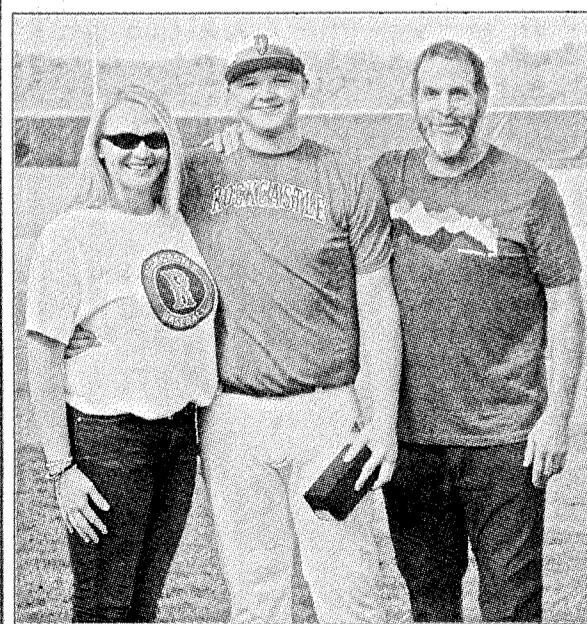


Junior Keaton Renfro was hit in the head on the very first at bat of the game during the Rockets' semi-final win over Danville Saturday night.

Corrections...

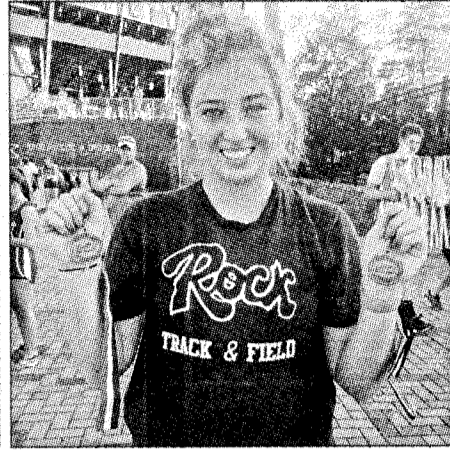


RCHS baseball recently honored their seniors and family members. Shown above is senior Hunter Rigby with his parents, Dennis and Leslie Rigby.



Senior Chris Coffey and his parents, Mike and Kristie Wolken.

STRUGGLING WITH ADDICTION?
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1-866-90-UNITE
Take control of your life TODAY!



Several RCHS track athletes were recently named to the Class 2A Track and Field All-State Team for Kentucky. Tori Dotson (top left) was named 1st Team All-State in the 800-meter run. Valerie Kendrick (top right) was named 1st Team All-State in discus. Allie Martin (bottom left) was named 1st Team All-State in long jump. Autumn King (bottom right) was named 2nd Team All-State in triple jump. In order to make 1st Team All-State, each athlete had to finish in the top two in their event at state. Those making 2nd Team All-State had to place 3rd or 4th at state. Congratulations to each of these outstanding athletes for this awesome honor. Academic All-State award recipients should be announced very soon.

UNITE to hold free basketball camps

Five free, regional Operation UNITE Shoot Hoops Not Drugs basketball skills camps for youth throughout southern and eastern Kentucky will be conducted between June 18 and 28.

Former University of Kentucky point guard and four-time All-SEC Academic Team member Jarrod Polson – who was part of the 2011-12 National Championship squad – will conduct these three-hour camps. All school-age youth are invited to participate in the camps, to be held at the following dates and locations:

• Monday, June 18 – Lin-

Healthy living for your brain and body

For centuries we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age.

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

The program will take place at the Rockcastle Regional Hospital Chapel located at 145 Newcomb Ave, Mt. Vernon, Kentucky on Thursday, June 14th, from 5:30pm-7:00pm. A free dinner will be provided. To register for this program, please call Ann at 606-256-7835. Registration is required.

coln County High School, 60 Education Way, Stanford

• Tuesday, June 19 – Richard Nixon Recreation Center, Leslie County, 150 Wendover Road, Hyden

• Thursday, June 21 – East Carter County High School, 405 Hitchens Road, Grayson

• Tuesday, June 26 – Bell County High School, 9824 South Highway 25E, Pineville

• Thursday, June 28 – Wolfe County Middle School, 303 Johnson Street, Campton

Each camp begins at 4 p.m. and concludes about 7 p.m. Participants are asked to arrive 30 minutes early for registration. (There is no advance registration.)

For safety and comfort while participating, youth are asked not to wear open-toe shoes or sandals.

All participants will receive a free event T-shirt, regulation-sized signature basketball, food and water, and be entered into a drawing for two portable basketball goals given away at the conclusion of each camp (you must be present to win).

Presented by the Kentucky National Guard, Shoot Hoops Not Drugs camps are fun, interactive, and provide a safe, drug-free activity where children have an opportunity to interact with positive role models while learning fundamental basketball skills. Polson relates these fundamentals to situations participants will face later in life – maintaining a healthy lifestyle, listening, teamwork, effort, and living with the consequences for mak-

ing poor decisions.

In addition, parents and guardians will have an opportunity to attend a brief UNITE-sponsored education program on marijuana and current drug trends. Information on the signs, symptoms and dangers posed by prescription drugs will also be provided.

Polson, a native of Wilmore, Kentucky, went from a walk-on to a scholarship athlete before his freshman year at UK even

began. Over his four years at UK, Polson played in 94 games scoring a total of 140 points with a .424 field goal percentage (.313 three-point percentage).

Since 2006, UNITE has conducted 73 regional basketball camps with 9,516 youth participants representing 59 Kentucky counties, 20 other states and two other countries. More than 2,000 parents/caregivers have attended the educational programs.

• Reunions •

Cope Reunion

The Cope Family Reunion will be held Sunday, June 17th at the Berea Park on Jefferson St. from 10 a.m. until dark. Lunch will be served at 1 p.m.

All family and friends are invited to come and bring a covered dish and lawn chair.

Thacker/Brooks Reunion

The Thacker/Brooks Family Reunion will be held Saturday, June 16 from noon to ?? at Roundstone Baptist Church. We are once again asking for your help in spreading the word to all family members as to the date and location of the Thacker/Brooks Family Reunion.

Please bring a covered dish and join us. Also, if you will provide us with a mailing address, e-mail address or phone number of any other relatives, we will gladly provide them a copy of this and future reunions.

Information may be sent to: Jessie Thacker 606-308-3408; Brenda Chappell 606-256-5275 or e-mail jwthacker10@gmail.com.

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• River Rock •

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94.8 PERCENT

Source: Pulse of America Research Study, February, 2017

That's how many Kentucky adults read their local paper within the past week.

That's also a lot of potential customers for your business.



This fact brought to you by the Kentucky Press Association and its 178 member newspapers.

Rockcastle County Schools is participating in the Summer Food Service Program. Meals will be provided to all children without charge and are the same for all children regardless of race, color, national origin, sex, age or disability, and there will be no discrimination in the course of the meal service. Meals will be provided, at a first come, first serve basis, at the sites and times as follows:

Rockcastle County Middle School
 Thursday, June 21, 2018
 5:30-8:00 PM
 975 West Main Street
 Mt. Vernon, KY 40456

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form (AD-3027), found online at http://www.ascr.usda.gov/complaint_filing_cust.html and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992.

Submit your completed form or letter to USDA by:
 (1) Mail: U.S. Department of Agriculture

Office of the Assistant Secretary for Civil Rights
 1400 Independence Avenue, SW
 Washington, D.C. 20250-9410;
 (2) Fax: (202) 690-7442; or


(3) Email: program.intake@usda.gov.

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4 lb. bag

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Fresh DOLE **COLESLAW MIX**  **.99**
14 oz. pkg.


Assorted Varieties **LITTLE DEBBIE**
Family Size **RED WHITE & BLUE SNACK CAKES**  **2/\$4**


Assorted Varieties **LITTLE DEBBIE**
Big Pack **SNACK CAKES**  **2/\$6**

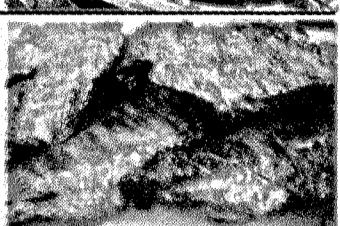
Assorted Varieties
Cheetos 8-8.5 oz bag
Fritos 9 1/4 oz bag
Doritos 9 3/4 oz bag  **2/\$5**

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Fresh Whole Bone-In **Pork Sirloin Roast** **.99** lb. 

Family Pack **Fresh Fryer Boneless Skinless Chicken Breast** **\$1.79** lb. 

Fresh **Boneless Beef Eye of Round Roast** **\$2.79** lb. 

Family Pack **Western Style Pork Ribs or Bone In Pork Sirloin Chops** **\$1.49** lb. 

Family Pack **Boneless Beef Eye of Round Steaks** **\$2.99** lb. 

Farmington Fully Cooked Sausage Links or Bratwurst **\$2.49** 

24 Pack Cube Cans **Pepsi Products** **\$5.99**


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MAXWELL HOUSE Wake Up Roast **Coffee**  **\$6.49**
30.65 oz. can

Wylwood Whole Kernel Corn, Cream Style Corn, Cut or French Style **Green Beans**  **.49**
14.5-15.25 oz. can

Assorted Varieties **DEL PINO Canned PASTA**  **.79**
14.75-15.25 oz. can

COBURN FARMS Original **Coffee Creamer**  **\$5.99**
60 oz. bottle

KEEBLER Pecan Sandies or Chips Deluxe **Cookies**  **\$2.49**
11.3 - 12.6 oz. pkg.

SAVE TODAY Original or Honey **BBQ SAUCE**  **.99**
19 oz. bottle

J HIGGS Buttery Round Classic **SNACK CRACKERS**  **\$1.59**
13.7 oz. box

MINUTE MAID Lemonade or **Strawberry Lemonade**  **\$1.25**
59 oz. pkg.

LITTLE HUGS Fruit Barrels **Berry Blends**  **\$2.99**
20 ct. 160 oz. pkg.

KURTZ Tomato **KETCHUP**  **.89**
24 oz. bottle

WYLYWOOD Crinkle Cut French Fried **POTATOES**  **\$3.99**
5 lb. bag

PARKAY Spread  **\$2.99**
41 oz. tub

CHI-CHI'S **TORTILLA CHIPS** 11 oz. bag or **SALSA** 16 oz. jar  **2/\$4**

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19.2 - 24 oz. pkg.

CRYSTAL 2-0 DRINKING WATER  **\$2.29**
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Mount Vernon Signal

Second Section

Thursday, June 7, 2018

Local teachers honored by Campbellsville Univ.

By Kasey Ricketts, communications assistant, Office of University Communications and Maurizio Petito

At the annual 32nd Excellence in Teaching Ceremony, Campbellsville University recognized 169 teachers from 60 school districts. A total of 3,749 teachers have been recognized for their teaching excellence throughout the years.

Kentucky State Senator Max Wise shared his appreciation for the teachers across the commonwealth during the program held at Campbellsville University.

"The ability to mentor students, the ability to watch students walk across that graduation stage, and just the ability to play a role in students' lives is so meaningful that each of you teachers do every day in so many aspects," Wise said.

Wise spoke about how as an educator you are along for so many experiences of your students' lives.

"Their progression is influenced by you every day as an educator -- to help them grow, to help them learn and to mature," Wise said.

As a parent of four, Wise has become aware of the amount of time teachers spend with their students and the amount of time that goes into planning to provide for their classrooms.

"Your working hours do not start or end by the ring of a bell -- it does not start by a calendar date. I thank each and every one of you from the bottom of my heart for the time and the effort that you put into your job to help your students succeed," Wise said.

Dr. Donna Hedgepath, provost and vice president for academic affairs, and Dr.

Beverly Ennis, dean of the School of Education, presented the certificates to the teachers before a luncheon in Winters Dining Hall.

Hedgepath, who has taught in the public school system, told the teachers, "We celebrate you today. We applaud the best of the best of teachers today."

Ennis said "Teaching is the profession that creates all others" is a motto hanging in Campbellsville University's School of Education building.

She said Campbellsville University is the most diverse private college in Kentucky and is in the top five lowest debt colleges in the southern region of the United States.

Dr. Chuck Hamilton, associate professor of education, introduced Max Wise and read the names of the honorees.

Kelli Evans, a Campbellsville University May 2018 graduate, sang, and Corey Bonds, assistant director of bands and instructor in music, accompanied her on piano.

Dr. Shane Garrison, vice president for enrollment services, gave the benediction before the luncheon.

The Excellence in Teaching Awards program is in partnership with Lexington's CBS-affiliate, WKYT-TV.

Award recipients include:

Rockcastle County -- David Pensol, superintendent; Pamela Anderson, Mt. Vernon Elementary School; Cassandra Smith, Rockcastle County Middle School; and Janet Wells, Rockcastle County High School.

Anderson is a second/third grade resource teacher at Mt. Vernon Elementary

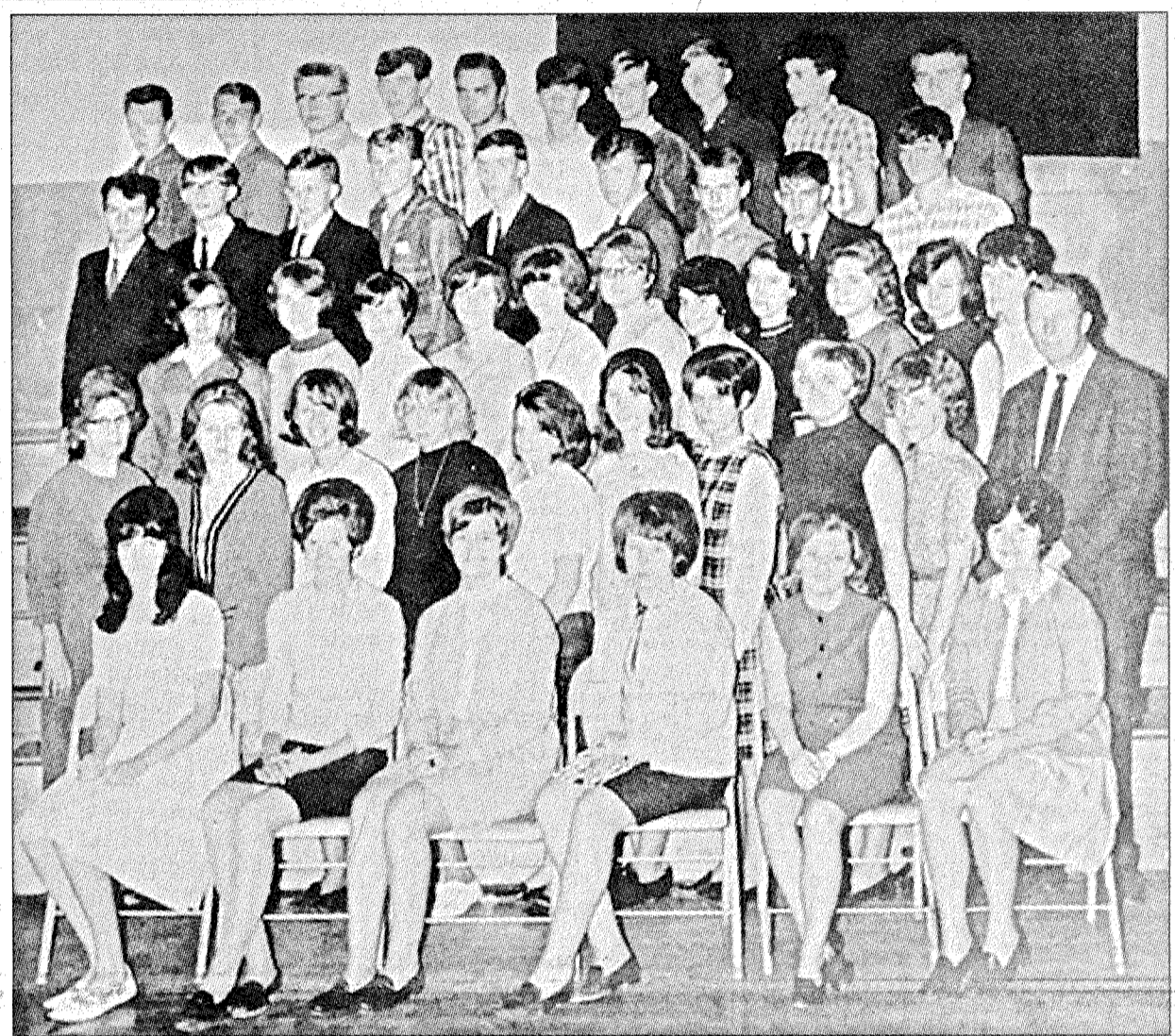
School. Previously, she had the same position at Camp Dick Robinson.

She graduated from Breathitt County High School in 1990. Then, Anderson received an associate's degree from Lees College in 2000. She attended Eastern Kentucky University, where she obtained her bachelor's and master's degree in 2002 and 2007.

Anderson's mother is (Cont. to B3)



Teachers honored for the Rockcastle County School System at the annual 32nd Excellence in Teaching Ceremony at Campbellsville University were second from left: Cassandra Smith and Janet Wells. Presenting the awards were Dr. Donna Hedgepath, far left, provost and vice president for academic affairs, and Dr. Beverly Ennis, dean of the School of Education. (Campbellsville University Photo by Drew Tucker)



The Livingston High School's Class Of 1968 50th Class Reunion will be held Saturday, June 30th at 5 p.m. We will meet in the school cafeteria to begin the celebration. Classmates who attended any time from 1964 - 1968 are invited to the celebration.

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News from the Rockcastle Courthouse



Deeds Recorded

Charles and Deloris Evans, property on Hwy. 1505, to Billy and Becky Potter. Tax \$8
 Phil and Judy Mobley and Johnny Thomas and Debra Ann Mobley, property in Rockcastle County, to Jodi and Michael Scott Waldrip. No tax
 Luther and Bonnie Rose, property in Brodhead, to Cumberland Lake Shell, Inc. Tax \$130
 Mackie W. and Glenna R. Huddleston, property in Rockcastle County, to Harry and Charlotte Miskovich. Tax \$140
 Douglas Abney, prop-

erty in Rainbow Ridge Subdv., to Joy L. Bachman. Tax \$164

Circuit Civil Suits

Carol Ruth Abrams v. Lynn Walter Abrams, petition for dissolution of marriage.
 PBK Bank v. Stoney B. McGuire, et al, \$60,599 plus claimed due.
 Ronnie Lee Hensley v. Leslie Natasha Hensley, petition for dissolution of marriage.
 Shannon Cox, et al v. Jimmy J. Shortridge, Jr., et al, complaint.
 Pennymac Loan Services v. Christopher Garlen, et al,

\$47,149 plus claimed due. CI-00128

District Civil Suits

Jim Lunsford v. Laura Carpenter, eviction notice.
 Ruby Epperson v. Cassandra Davidson, eviction notice.
 Cavalry SPVI v. Paul Whitaker, \$1,532 plus claimed due.
 Cavalry SPVI v. Kimberly R. Adams, \$2,088 plus claimed due. C-00104

District Court

May 30, 2018
Hon. Kathryn G. Slone
 Joetta Sue Bengel: failure to register transfer of motor vehicle, failure to produce insurance card, bench warrant (bw) issued for failure to appear (fta).
 John Franklin Blair: operating motor vehicle under influence of alcohol/drugs, \$200 fine plus costs, \$375 service fee, 30 days operator license suspension plus ADE.
 Peggy Jewell Burton: operating motor vehicle under influence of alcohol/drugs, \$200 fine plus costs, \$375 service fee, 30 days operator license suspension, ADE.
 Oralee Christopher: fines/fees due (\$178), bw issued for fta/4 days in jail or payment in full.
 Celesta R. Cody: theft of identity of another without consent (four counts), giving officer false identifying information (six counts) and failure to notify address change to dept. of transp., bw issued.
 Vernon Doan: operating motor vehicle under influence of alcohol/drugs, \$350 fine plus costs, \$375 service fee, 12 months operator license suspension, seven days in jail/concurrent. Fine, service fee and cots converted to 18 days in jail to serve concurrent.
 Bobby J. Elza: operating motor vehicle under influence of alcohol/drugs, \$500 fine plus costs, \$375 service fee, 24 months operator license suspension, 60 days

supervised home incarceration and ADE.

Tina Gibson: theft by unlawful taking, court notice issued.
 Richard Allen Hensley: operating on suspended/revoked operators license, 5 days in jail/costs merged.
 Jonathan Higgins: alcohol intoxication in a public place, \$100 fine plus costs.
 Scott D. Lake: operating motor vehicle under influence of alcohol/drugs, \$200 fine plus costs, \$375 service fee, 30 days operator license suspension plus ADE.
 James Matthew Miller: theft by unlawful taking, bw issued for fta.

Jeffery L. Mullins: operating on suspended/revoked operators license, failure to register transfer of motor vehicle, no/expired Kentucky registration receipt, bw issued for fta/license suspended.

Speeding: David L. Padgett, Jericho Asher, license suspended for fta; Gary P. Flentge, action slip;

Benjamin Rose: operating motor vehicle under influence of alcohol/drugs, \$200 fine plus costs, \$375 service fee, 30 days operator license suspension plus ADE.

Branden Dee Saylor: no/expired registration plates - receipt, failure to produce insurance card, failure of owner to maintain required insurance/security, operating on suspended/revoked operators license, improper display of registration plates, display of illegal/altered registration plate, improper registration plated, bw issued for fta/license suspended.

Pershing Smallwood: operating on suspended/revoked operators license, failure to wear seat belts, failure to produce insurance card, failure to notify address change to dept. of transp., bw issued for fta/license suspended.

Travis Dale Stewart: operating motor vehicle under influence of alcohol/drugs, no/expired registration plates - receipt, failure of owner to maintain required insurance/security, failure to produce insurance card, improper equipment, drug paraphernalia - buy/possess, bw issued for fta/license suspended.

Heather Todd: flagrant non-support, bw issued for fta.

Daniel Wilkerson: possession of controlled substance, 12 months/probated 24 months on condition plus costs.

Dalton James Miller: inadequate silencer, action slip.

Leon Nicholes, Jr: improper start from parked position, improper equipment, vehicle a nuisance, noisy, etc., license suspended for fta.

Diana Kay Allen: operating motor vehicle under influence of alcohol/drugs, \$500 fine plus costs; \$375 service fee, 24 months operator license suspension, 30 days in jail/concurrent and ADE; trafficking in con-

trolled substance, 12 months/probated 24 months on condition.

Paige Anderson: no operators/moped license, three days in jail/costs merged.

Isaac N. Faulkner: driving DUI suspended license, 5 days in jail/costs merged.

Matthew Spoonamore: drug paraphernalia - buy/possess, 3 days in jail; public intoxication, 3 days in jail/costs merged.

Mamaw's Kitchen

By Regina Poynter Hoskins

PUMPKIN BREAD

3 and 1/4 cups all-purpose flour
 3 cups sugar
 2 teaspoons baking soda
 1 and 1/2 teaspoons salt
 1 teaspoon nutmeg
 1 teaspoon cinnamon
 2 cups solid pack pumpkin puree
 2/3 cup water
 1 cup vegetable oil
 4 eggs
 1/2 cup chopped nuts, optional
 Preheat oven to 350°. Grease and flour 9 x 5 loaf pan. Measure flour, sugar, baking soda, salt, and spices into a large bowl. Stir to blend. Add pumpkin, water, vegetable oil, eggs, and nuts. Beat until combined. Pour batter into prepared pans. Bake about 1 hour.

CRANBERRY ORANGE BREAD

2 cups all-purpose flour
 1 cup sugar
 1 and 1/2 teaspoon baking powder
 1 teaspoon salt
 1 teaspoon soda
 1/4 cup shortening
 1 teaspoon orange zest
 1 egg, well beaten
 3/4 cup fresh orange juice
 1 cup fresh or frozen cranberries, coarsely chopped
 Preheat oven to 350°. Grease and flour 9 x 5 loaf

pan. Sift together flour, sugar, baking powder, salt, and soda. Cut in shortening. Combine zest, orange juice, and egg. Add to dry ingredients. Mix just to moisten. Fold in cranberries. Pour into prepared pan. Bake for 60 minutes or until toothpick inserted in middle comes out clean. Best flavor comes out if made a day before eating.

BANANA HONEY BREAD
 2 cups whole wheat flour
 1 teaspoon baking soda
 1/4 teaspoon salt
 1/2 cup sugar free applesauce
 3/4 cup honey
 2 eggs, beaten
 3 mashed overripe bananas
 Preheat oven to 350°. Lightly grease a 9 x 5 loaf pan. In a large bowl, combine flour, baking soda and salt. In a separate bowl, mix together applesauce and honey. Stir in eggs and mashed bananas until well blended. Stir banana mixture into flour mixture; stir just to moisten. Pour batter into prepared loaf pan. Bake in preheated oven for 60 to 65 minutes, until a toothpick inserted in center of the loaf comes out clean. Let bread cool in pan for 10 minutes; turn out onto a wire rack.

NOTICE OF BID OPPORTUNITY

Rockcastle County Fiscal Court will be accepting sealed bids for crushed limestone, asphalt surface (hot and cold mix), metal and DWP culverts for the fiscal year 2018-2019 until 12 noon on June 12, 2018. Bid specifications may be obtained from the office of the County Judge-Executive prior to bid opening upon request.

Bids will be opened at the Fiscal Court Meeting on June 12, 2018. The Rockcastle County Fiscal Court reserves the right to reject or accept any or all bids.

Bids can be mailed to
 Rockcastle County Fiscal Court,
 P.O. Box 755, Mt. Vernon, KY 40456.

Please mark envelopes "Sealed Bid", and specify materials for which you are placing a bid.

Thank you for your cooperation.

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LIVE ONSITE ABSOLUTE ESTATE Auction
the late Emanuel Miller's

Auction # 1 - House, 2 Mobile Homes & 3 Ac. M/L in Tracts & Personal Property • 17 Sapphire Lane, Mt. Vernon, KY
Auction # 2 - Mobile Home, Storage Building & Lot • 58 Buffalo Hollow Road
Auction # 3 - Mobile Home, Mini Home & 3 Acres M/L in Tracts • Black Horn Lane, Mt. Vernon, KY
Auction # 4 - Lot - Liberty Avenue, Berea, KY
Saturday, June 9, 2018 @ 10:30 A.M.

All Real Estate & Personal Property will be sold onsite at Auction # 1 location - 17 Sapphire Lane, Mt. Vernon, KY
 In order to settle the Estate of Emanuel Miller, the family has authorized our firm to sell the Real Estate and Personal Property at absolute auction!

Directions: From Mt. Vernon, follow Hwy. 25 North approximately 7 miles to 17 Sapphire Lane in the Conway section of Rockcastle County. The property fronts on Hwy. 25. Watch for auction sign!

Auction # 1 - 17 Sapphire Lane, Mt. Vernon, KY
 Tract # 1 - The vinyl-sided home features a kitchen & dining room combination, living room, 2 bedrooms, bath & storage room. Other amenities include storage building, metal roof, heat pump, central air, city water & septic system.
 Tract # 2 - This tract is improved with a 12 x 60 mobile home with 2 bedrooms and bath, 14 x 20 metal storage building, & a 36 x 40 barn with apartment. This property has an income of \$300 per month.
 Tract # 3 - This tract is improved with a 14 x 60 mobile home with 2 bedrooms and 2 baths, & 3 storage buildings.
 Survey Pending

Auction # 2 - 58 Buffalo Hollow Road
 This tract is improved with a 14 x 70 singlewide mobile home with 3 bedrooms & 2 baths, septic system, city water, metal roof, electric heat, central air, covered front porch, storage building w/ carport and situated on a 1/4 acre lot. This property currently has an income of \$300 per month. PREVIEW - Friday, June 8th from 4 - 6 P.M.

Auction # 3 - Black Horn Lane
 Tract # 4 & 11 - Tract 4 and 11 will be selling together and has 116.31 feet of road frontage along Black Horn Lane & contains 0.641 acres. City water & electric is available.
 Note: The two storage buildings will be sold separate from the real estate.
 Tract # 5 - This tract is improved with a 12 x 56 singlewide mobile home with 2 bedrooms & bath and a 13 x 26 mini home with 1 bedroom & bath and has blacktop road frontage along Black Horn Lane & contains 0.48 acres. This property has an income of \$260 per month.
 Tract # 9 - This tract contains 0.887 acres with an additional 2 acres m/l adjoining totaling 2.887 acres. This tract has an easement for ingress and egress off Black Horn Lane.
 Tract # 10 - This tract contains 1.157 acres and has an easement for ingress and egress off Black Horn Lane.

Auction # 4 - Liberty Avenue
 Lot - This lot measures 40 x 56.5 x 33.5 x 49 and has 40 feet of blacktop road frontage along Liberty Avenue. City water is available.
For a list of personal property, terms and conditions, please visit our website at www.fordbrothersinc.com.
Multi-Parcel Auction: The property will be offered in tracts utilizing the multi-parcel method and selling in the manner that reflects the best returns for the sellers. This concept gives each and every prospective buyer the ability to purchase his or her individual tract or combination.
Auctioneer's Note: If you're looking for a home, rental property, investment opportunity or personal property we will have it for you. Be sure to mark your calendar to attend this absolute onsite estate auction on Saturday, June 9th @ 10:30 A.M.
 Announcements day of sale take precedence over printed material.
 For additional information, contact the auctioneer at 800-435-5454

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 Free meals served 2:00 - 4:00 PM

NUTRITIOUS LUNCH RECREATION CRAFTS

All children ages 18 and under are welcome!
 This is a free event and all meals are free. No income guidelines, registration or enrollment required.
 Programs made available by Rockcastle County Schools, God's Food Pantry Bank and RAKB Community Mission Team.
 These institutions are equal opportunity providers.

Local student chosen for summer internship

Students from The Carol Martin Gatton Academy of Mathematics and Science in Kentucky are beginning summer learning at WKU, around the Commonwealth, and around the globe. From research internships to study abroad to robust community service projects, students are gearing up for busy weeks ahead.

Breedlove, Director of The Gatton Academy. "For Gatton students, summer brings a shift but not necessarily a change in pace as they continue their efforts to impact their communities and as they prepare to impact our state and our world."

Gatton Research Internship Grant program provides support funding for rising seniors to conduct summer research.

Evan Hendrickson ('19) of Mount Vernon is one of 20 students chosen and will be looking at the bioaccumulation of toxic methylmercury in Bald Eagle organs with Dr. Cathleen Webb of the WKU Department of Chemistry.

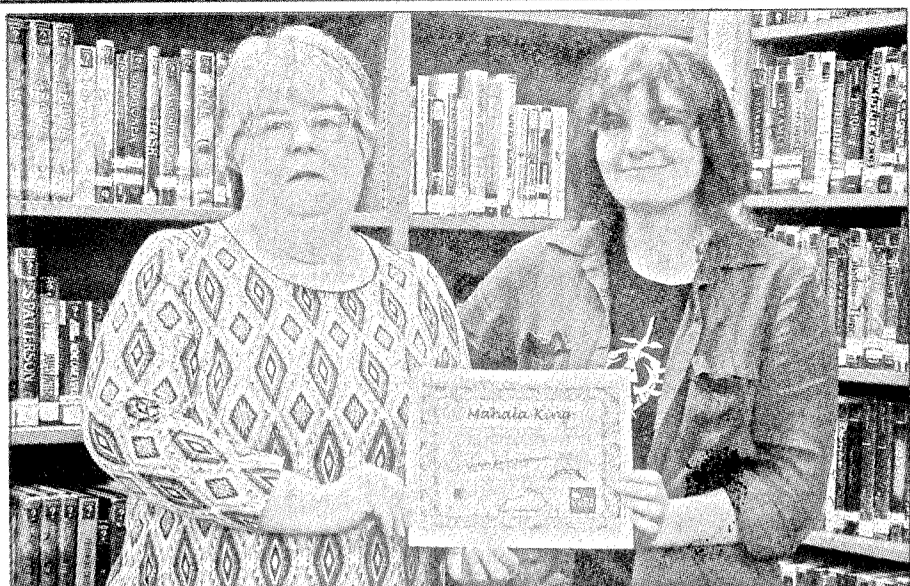
Gatton Research Internship Grant Recipients
In its ninth year, the

In addition to notable research internships through the National Science Foundation (NSF) and the National Aeronautics and Space Administration (NASA), The Gatton Academy also continues with its ninth summer of the Gatton Research Internship Grant and its second year with the WKU Sisterhood Research Internship Grant. Through these latter two programs, 21 rising Gatton Academy seniors will conduct summer research. This summer also features travel and study abroad opportunities for 55 Gatton Academy students. Summer travel destinations include China, England, Estonia, Jordan, Moldova, France, Italy, the Seychelles, Spain, and South Korea.

"Our students' passion to explore and drive for meaningful activity never ceases to amaze me. While our building is closed, they are off researching, studying abroad, working, and volunteering," said Dr. Lynette



Signature Hometown and Rockcastle Health and Rehab is honoring outstanding Stakeholders who live and breathe the SHC Mission and Vision, reflect our Sacred Six values, demonstrate servant leadership and excel at job performance. This elite group of leaders represent the best of best! Rockcastle Health and Rehab would like to honor Keysha Hasty-Admissions/Marketing Director and, Michelle Mercer-Social Services Director for this year's 2018 Hometown Champions. Thank you for your dedication, and services to Rockcastle Health and Rehab.



Mahala King, 2018 graduate of Rockcastle County High School, recently had her letter to an author selected as the state winner in the Letters about Literature contest sponsored by the Center for the Book in the Library of Congress and the Dollar General Literacy Foundation. Students wrote to an author of their choice to share how a particular book impacted their lives. Mahala's letter to Rick Riordan was chosen as the top letter written by a student in grades 9-12 in Kentucky. Her letter was considered for the national award as well. Mahala's letter was part of her Library Practicum class at RCHS with Librarian Janet Wells. This is the second time RCHS has had the state winner.

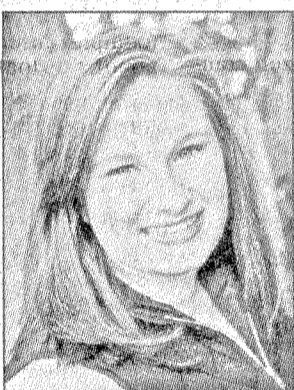


Megan Taylor, 2018 Rockcastle County High School graduate, was the recipient of the Outstanding Technology Student Award presented by the Central Kentucky Association of School Librarians (CKASL) at their recent meeting at Frederick Douglass High School in Lexington. Presenting Megan her certificate is Leslee Stewart, CKASL President. Megan was nominated by her librarian, Janet Wells, for her outstanding technology skills and willingness to assist students and faculty.

Erith receives scholarship from Jackson Energy

Joy Frith, a 2018 graduate from Rockcastle County High School, has been awarded one of eight Jackson Energy scholarships for 2018.

Frith will receive \$2,000 to further her education at the



school of her choice. Scholarships are selected by cooperative director district. Jackson Energy has awarded more than \$250,000 in scholarships to outstanding area students since 1992. "Our cooperative was founded with the mission of improving the quality of life in the area we serve," says Jackson Energy President & CEO Carol Wright. "In addition to providing electricity to Southeastern Kentucky, the scholarship program is another way we fulfill that mission."

More than 50 students applied for the scholar-

ships, which are selected by cooperative director district.

Jackson Energy is a Touchstone Energy Cooperative serving more than 51,000 members in Southeastern Kentucky. For more information on cooperative programs and services, visit www.jacksonenergy.com.

"Teachers"

(Continued from B1)

Lezzie Turner from Jackson. She is married to James Anderson; they have three children, Heather, Alexis and Nicholas.

Smith teaches arts and humanities at Rockcastle County Middle School, where she has taught since 2006. She graduated in 2002 from Rockcastle County High School. In 2006, she received a Bachelor of Arts in Music from Eastern Kentucky University. In 2010, she obtained her Master of Arts in Education, and in 2011, a Master in Gifted Education from Eastern Kentucky University as well.

Smith's mother is Loretta Smith from Mt. Vernon.

Wells is a librarian for 9-12th grades at Rockcastle County High School, where she has taught since 1995. She has taught history and English since 1985 at Rockcastle County High School and was an adjunct instructor in library sciences at Eastern Kentucky University.

Wells graduated from Madison Central High School in 1981. She attended Eastern Kentucky University, where she obtained her bachelor of arts degree in 1985, her master of arts de-

gree in 1990, and her Rank I in 1993.

Wells is married to John Wells Jr., and they have one child, Jenna Wells. Her parents are Lillie Johnson of Richmond, Ky. and the late Harry Johnson.

Campbellsville University is a widely-acclaimed Kentucky-based Christian university with more than 10,000 students offering over 90 programs of study including 20 master's de-

grees, six postgraduate areas and seven pre-professional programs. The university has off-campus centers in Kentucky cities Louisville, Harrodsburg, Somerset and Hodgenville with instructional sites in Elizabethtown, Owensboro, Summersville and Liberty, all in Kentucky, and one in Costa Mesa and the Silicon Valley in California, and a full complement of online programs.

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Is Proud to Welcome

Dr. Kevin Skidmore



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Buy One Pair of Glasses and Receive a Second Pair Half Off

Call for appointment

859-986-7027

109 Boone St. • Berea, KY 40403
www.eyedoctorberea.net

HONEY BEE SWARM REMOVAL
Eight out of ten Honey Bee swarms will not survive without our help!
"Become a Honey Bee Guardian"
When you see a swarm of honey bees call D & A Swarm Chasers
Doug Brock at 606-386-1890
Audy D. Faulkner at 606-758-8636
Doug & Audy
or Email us at: cdougbrock@hotmail.com!
So Who You Gona Call? D & A Swarm Chasers
Doug at 386-1890 & Audy at 758-8636
This is a FREE community service by D & A Swarm Chasers
Bees will be relocated to a safe place!!!!

7th Annual US 25
100s of yard sales located along 325 miles of US 25 from Clinton, Tennessee to Richwood, Kentucky

YARD SALE

JUNE 7, 8 & 9th 2018

Save the Date!

JCT 25

For More Information Contact For Boone, Grant and Scott Counties, Judy Wigginton 859-824-6641

For All the area south of the Ky River, Randy Coffey 859-779-3005

us25yardsale.com
www.facebook.com/U.S.25YARDSALE

Just Horsin' Around

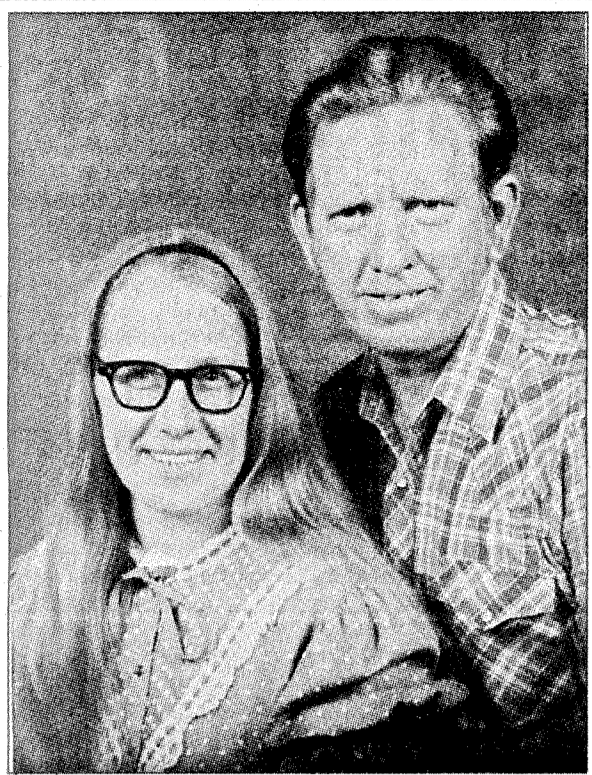
JHAC Presents Their 12th Annual Fun Show!
Proceeds Benefit Charity
June 9th, 2018 ~ 5:30 pm ~ Brodhead Fairgrounds

Classes 2-26: Entry Fee \$10 - Payout: \$50 Trophy, Ribbon, \$25R \$15R \$10R \$5R R
Championship Classes 27 & 28: Entry Fee \$20 - Payout: \$70 Trophy, Ribbon, \$35R \$20R \$10R \$5R R

1. Lead Line	16. Open Poles
2. Youth Pleasure (Riders 12 & Under)	17. Mule Pleasure
3. Western Pleasure (Walk, Jog, Lope)	18. Spotted Pleasure
4. Rockcastle County Only Pleasure	19. Open Flat Shod
5. Simon Says	20. Flag Race
6. Trail Pleasure Racking	21. Country Pleasure Racking
7. Relay Race	22. Musical Feed Sacks
8. Country Pleasure Walking	23. Generation Gap
9. Shovel Race (Mat replaced shovel)	(Older Riders Enter Mounted; 10yr age gap)
10. Keg Shod Racking (Must Wear a Keg Shoe)	24. Trail Pleasure Walking
11. Baby Bottle Contest (Back rider must be 12 years old or younger)	25. The Race
12. Boot Race (Timed Event)	26. Speed Racking
13. Junior Pleasure (Riders 13 to 17)	27. Pleasure Walking Championship
14. Egg & Spoon	28. Pleasure Racking Championship
15. Open Barrels	

"INTERMISSION"
Foot Races: 6 & Under, 7-12, 13-17, 18 & Over

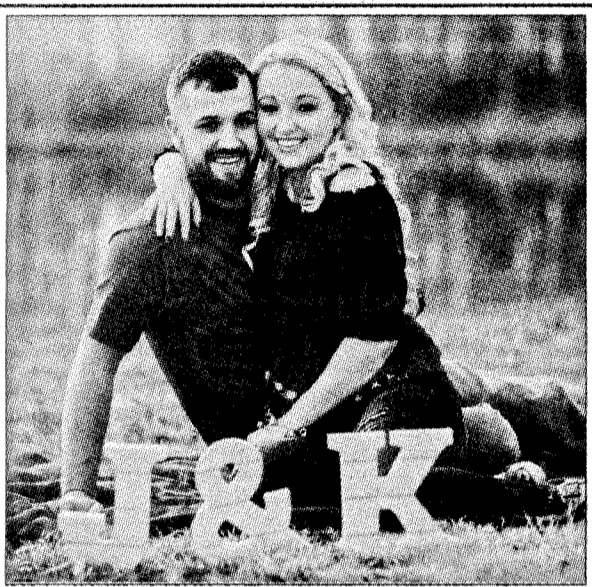
HORSES MUST HAVE CURRENT NEGATIVE COGGINS AND HEALTH PAPERS
ADMISSION \$5 PER PERSON, CHILDREN FREE
Kayla Leger (606-308-3762) Ashley Reynolds (606-308-5352)
The Brodhead Show grounds, JHAC, or anyone else affiliated with the horse show will NOT be responsible for injury, theft, or any other accident of any kind. When you enter the show grounds you do so at your own risk.
www.facebook.com/jhachorseshow



50th Wedding Anniversary

Eugene and Sue Halcomb

Congratulations Mom and Dad! It's so cool to have parents who truly love each other no matter what. Happy golden anniversary! June 8, 1968-June 8, 2018
Wishing you many more years together!!!
With all my love, your daughter Tena Daugherty

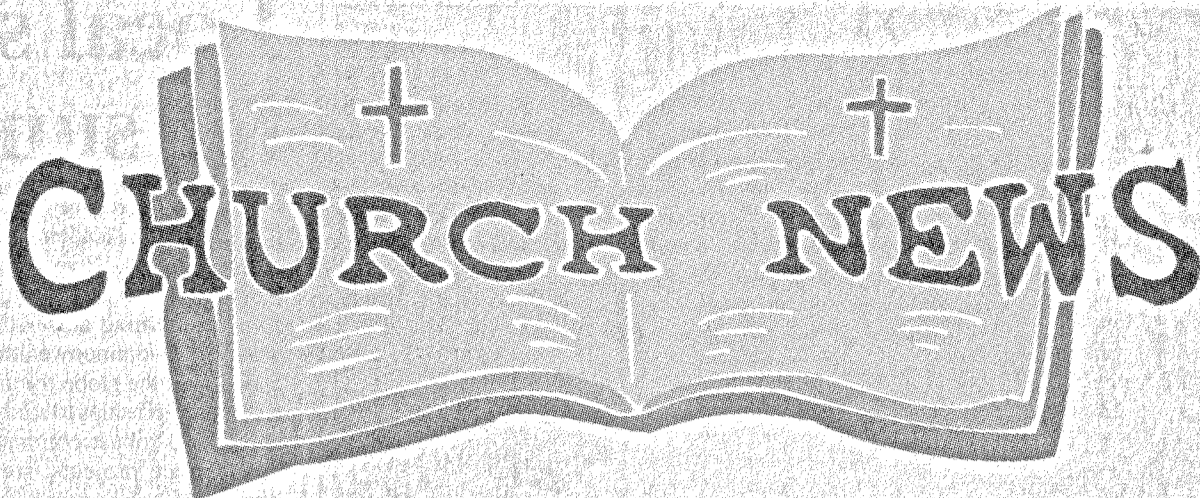


Bullock - Pelston

Jeff and Sherry Bullock, of Mt. Vernon, are pleased to announce the upcoming marriage of their daughter, Kelsey Lynn Bullock, to Jacob Hunter Pelston, son of Joel and Vicky Pelston of Somerset.

Kelsey is a 2014 graduate of Rockcastle County High School and a 2018 graduate of BCTC Dental Hygiene Program. Jacob is a 2014 graduate of Somerset High School and is employed by Diamond Electric.

The ceremony will take place at 5:30 p.m. on June 16th at the home of Jeff and Sherry Bullock. All friends and family are invited to attend.



Free Bible Courses

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

Let the Bible Speak

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

VBS 2018

Maretburg Baptist Church, Hwy. 150, Mt. Vernon, will hold their Vacation Bible School June 8-13 from 6 to 8:30 nightly. VBS Family Night will be Friday at 6 p.m.

This year's theme is "Game On." Gear up for life's big game. Theme scripture is II Peter 1:3. His Divine Power has given us everything required for life and Godliness through the knowledge of Him who called us by His own glory. *Motto: Get Ready. Gear Up. Game On.* Bring your children and, Game On!!

Special Service

There will be a Special Service at Berea Gospel Tabernacle, U.S. 25, Berea, on Friday, June 8th at 7 p.m. with special speaker George Mullins. Everyone invited.

Praise Singers at Cupps Chapel

The Praise Singers from Irvine will be singing at Cupps Chapel Holiness Church on Copper Creek Road, Thursday night, June 7th, starting at 7 p.m. Dwayne Carpenter will be preaching.

Pastor Dwayne Carpenter and congregation invite you to attend.

VBS at Lighthouse Assembly

Growing with our faith in God
Vacation Bible School will be held at Lighthouse Assembly of God, right past old Jean's Restaurant on Hwy. 1004, Saturday, June 9th from 10 a.m. to 2:30 p.m. Everyone welcome.

VBS at Conway Missionary Baptist

Game On!
You are invited to Vacation Bible School 2018 at Conway Missionary Baptist

Church June 10-14 from 6:30 to 9 p.m. nightly.

There will be classes for children through adults. Children 3 and under must be accompanied by an adult.

Van service is available by calling 606-256-5709.

Pastor Bro. Bobby Turner invites everyone.

VBS at Fairview Baptist

Jesus is The Light
Vacation Bible School will be held at Fairview Baptist Church, 520 Fairview Loop Road, Mt. Vernon, June 10-14, from

5:30 to 8:30 each night.

Join us each night for fun, friends, games, crafts, food and Bible study

A nutritious supper will be served to the children each night. There are classes for all ages, babies to adults.

For more info, call 256-3722 or email: pastor@fvmbc.com.

Flat Rock Baptist Church Notice

All members of Flat Rock Baptist Church are needed at church Sunday, June 10th to vote on a new pastor.

A Memorial - Part 1

This do in remembrance of me—this memorial is one of the greatest things we can do in remembering and honoring our Lord. That is to partake of this great supper that was given to us by Jesus Christ himself and wherever God's people come together for this supper it causes us to remember just how much Jesus Christ loved us and was willing to give for his fellow man. This is the reason our minds need to be centered upon the crucifixion of Jesus Christ, it will help to continue to appreciate the crucifixion of our Lord and Savior after Jesus Christ.

1. The communion looks inward- self examination. 1 Cor.11:28—But let a man examine himself and so let him eat of that bread and drink of that cup. This examination is to be done by myself not anyone else. I am to look inside my soul and to where I stand and if my position is not right before God I need to change, neither is anyone else to examine me.

2. Paul says our mind is to be focused on the Lord and nothing else. 1 Cor.11:29—For he that eateth and drinketh unworthily, eateth and drinketh damnation to himself not discerning the Lord's body. Some think the Apostle Paul is saying here we have to be worthy or perfect, but I really believe it is the frame of mind, is what he is writing about here, and not perfection. Our minds must be centered upon that crucified Savior Jesus Christ, not someone else or anything else, but the one who died for us on Calvary's cross. Remember, this is a cup of blessing that we are drinking and I really believe those who follow the teachings of Jesus are blessed when they do this, the way the Lord teaches and they do it with the right frame of mind.

3. The communion looks forward. 1 Cor.11:26—For as often as you eat this bread and drink this cup, ye do shew the Lord's death till he comes. When people ask why we take the communion every first day of the week, it shows we believe the Lord is coming back just like he promised. It also shows we believe it is right to obey the command we find in Acts 20:7—And upon the first day of the week when the disciples came together to break bread, Paul preached unto them ready to depart on the morrow. Since there is a first day in every week, (the early Christians realized this) they jointly participated in the Communion, what has changed, we still have a first day in every week, 52 of them in a year, should we not be taking the Lord's Supper today, on ever first day of the week, like the early church did? To take this supper any other time than the first day of the week is going against the teaching of Jesus Christ. The one who died for us, as long as it is possible to do what God says, we should do it and not to look for other methods, but be grateful he has left us a pattern that we can follow and know that we are safe. Next week, we will look at the tokens involved in taking the Communion or the Lord's Supper and what those tokens represent. Thank you for reading this article and God Bless all.

Written by a brother of the...

• Chestnut Ridge Church of Christ •

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

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

Climax Christian Church

Sanctification

The subject of sanctification is one of great importance to all Christians. It is also a subject that we do not often hear about and a subject that we should talk more about.

What is sanctification? Some will say that it is a separation. While this is partly true there is more to it than that. A person or object that has been sanctified has been set aside for the service of God, that is the separation.

Sanctification is the process through which God makes a person holy. While all people are sinners and far from holy we need to realize that we are called to be holy. Note 1 Peter 1:15-16—But as He who called you is holy, you also be holy in all your conduct, because it is written, be holy, for I am holy.

The only way a person can be holy is through the process of sanctification. Sanctification like justification is an act of God. We cannot sanctify ourselves. Sanctification occurs through the act of the total forgiveness of God. Our sins are removed and in the eyes of God He sees us then as being holy. By the blood of Christ, we are truly washed as white as snow. We are able to put on the pure white garments of salvation by faith.

A question to ask is this: at what point is a person sanctified? The answer is when God's plan of salvation is obeyed. By faith a person is baptized into Christ and receives the remission of their sins and the gift of the Holy Spirit. We become a temple of God. In order for the Holy Spirit to reside in us we must be holy.

There must be a desire on the part of every Christian to be Christlike. As noted our call is to be holy as He is holy. This is a subject that every believer should spend time on. We should meditate and pray about this aspect of our faith and be obedient to the commandments of God for they teach us how to live a godly life. In 2 Peter 1 we are told that we have been given all things that pertain to life and godliness and are partakers of the divine nature of God.

If you do not attend a church regularly we invite you to come and worship with us at the Climax Christian Church. Our worship service is at 11 a.m. each Lord's Day. We are located on Climax Road approximately 10 miles from Mt. Vernon.



Brodhead Baptist Church

360 Silver Street - Brodhead, KY

www.brodheadbaptistchurch.org

VBS Celebration

June 16

7-9PM

FREE FOOD!

INFLATABLES!

Register for VBS

Everyone welcome!!!

VACATION BIBLE SCHOOL!

Nightly classes - June 17 thru 21

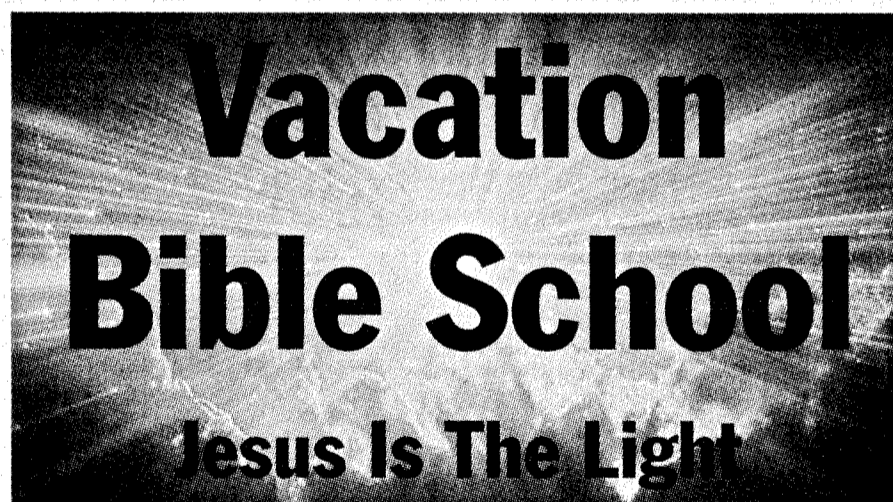
6:00 - 9:00pm

Ages 4 thru High School

Dinner served nightly!

Van Pick-up Available

Call 758-8316 for more info



Fairview

Baptist Church

June 10th - 14th

5:30 p.m. - 8:30 p.m.

Join us each night for fun, friends, games, crafts, food & bible study!

We have classes for all ages: from babies to adult!

A nutritious supper will be served to the children each night

Call 606-256-3722 for more information or
e-mail: pastor@fvmbc.com

Church is located at 520 Fairview Loop Rd., Mt. Vernon

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**
bhopp@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**

Associate Pastor/Youth:

Bro. **Jeremy Ellis**
Secretary: **Jo Roberts**
Music Director: **Dan Dull**

Blue Springs

Church of Christ

7 miles south of Mt. Vernon on
Hwy. 1249 (Sand Springs Rd)
Services:

Sundays 10 a.m. & 6 p.m.
Preaching Brethren

Gary Reppert, Doug Hawkins

Marcus Reppert
Contact Info:
Marcus Reppert
199 E. Fork Skaggs Rd.
Mt. Vernon, Ky.
606-308-2794

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:

RA's & GAs
Mission Friends and
Creative Ministry

Ralph Baker, Pastor

Brodhead Christian

Church
237 W. Main St. Brodhead
606-758-8721

Sunday School 10 a.m.

Sunday Worship 11 a.m. & 6 p.m.
Wednesday Bible Study 7 p.m.

Tracy Valentine, Preacher

606-758-8662
Cell 606-305-8980

Brodhead Church of God

Hwy. 3245 • Brodhead
758-8216
Sunday School 10 a.m.
Sunday Worship 11 a.m.
Sunday Evening 6 p.m.
Wednesday evening 7 p.m.
Terry Orcutt, Pastor

Brush Creek

Holiness Church
Sunday School 10 a.m.
Sunday Worship 11 a.m.
Sunday Evening 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.

Tim Owens, Pastor

Calloway Baptist Church

76 Calloway Branch Rd.
(Off US 25) • Calloway
Sunday Worship 11 a.m.
Wednesday Evening 6 p.m.

George Renner, Pastor
606-224-4641

Central Baptist Church

86 Maintenance Rd.
Mt. Vernon, KY 40456
606-256-2988

centralbaptistky.org
Sunday School 10 a.m.
Sunday Morning 11 a.m.
Bus Sunday School 5 p.m.
Sunday Evening 6 p.m.
Wednesday Bible Study 7 p.m.
"Central Time" Radio
Broadcast

WRVK: M-F 11:15 a.m.
WOPW: M-F 9:15 a.m.

Transportation and Nursery
provided for all services
Home of Well of Pure Water
Radio - 93.3 FM

Mark Eaton, Pastor

Church of Christ at

Chestnut Ridge
2 miles south of Mt. Vernon
Turn left off US Hwy 25
Sundays 10:00 a.m.
Wednesdays 7:30 p.m.

Bro. Ova Baker
Bro. Dale McNew
Bro. Philip Scott

Church of Christ on

Fairground Hill
Sunday Worship 10 a.m.
Different speaker each
Sunday

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.
Sabbath School 10 a.m.

Community Worship

Church of God
758 Hwy. 3245 • Crab Orchard
Worship Service
Sunday School 10 a.m.
Sunday Worship 11 a.m. & 6 p.m.

Conway Missionary

Baptist
116 Meadow Lark Lane
Berea, KY 40403
Sunday School 10 a.m.
Sunday Morning Worship
11 a.m.

Sunday Evening Worship

6 p.m.
Wed. Prayer Service and
Bible Study 7 p.m.
Youth Meetings:
Sunday 5 p.m.
Wednesday 7 p.m.

Bobby Turner, Pastor
606-758-4007

Crab Orchard Pentecostal

Sunday School 10 a.m.
Sunday Evening 6 p.m.
Tuesday Evening 7 p.m.

Pastor: **Donald King**
606-355-7595

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. Steven Vanhook, Pastor

Sunday School 10 a.m.
Sunday Worship 11 a.m.
Sunday Evening Worship
6:00 p.m.

Wednesday Night 7 p.m.
Cupps Chapel Holiness

Copper Creek Rd.,
Brodhead
Sunday 10 a.m.
Sunday Evening 6 p.m.
Thursday Evening 7 p.m.

Pastor: **Dewayne Carpenter**

Dixie Park Cornerstone

700 N. Powell St. Berea, Ky.
Sunday School 10 a.m.
Sunday Worship 11 a.m.
Sunday Evening Service
6 p.m.

Wednesday Service 7 p.m.
Joe Vanwinkle, Pastor

Fairground Hill

Community Holiness
Church
Sunday Evening Service
6 p.m.

Thursday Service 7 p.m.
Robert Miller, Pastor

Fairview Baptist Church

520 Fairview Loop Road
Mount Vernon, Ky.
Sunday Services
Sunday School 9:45 a.m.
Sunday Worship 11 a.m.
Children's Choir 6 p.m.

Sunday Evening Service 7 p.m.
Sunday Adult Choir 8 p.m.
Wednesday Services

Creative Ministry 6 p.m.
Bible Study 7 p.m.
Youth Ministry QUEST 7 p.m.
RA's 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

Jesse Wright,
Assoc. Pastor/Youth
website: www.fbcmtvky.org
email: fbcmtvernon@newwave.net

Sunday Services: 8:20 a.m.,
10:45 a.m. and 6 p.m.
Wednesdays: AWANA and
Adult Bible Study 6:30 p.m.
Live Broadcast WRVK 1460AM
Sundays at 11 a.m.

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

First Christian

Church
West Main St. Mt. Vernon
606-256-2876

Bro. Bruce Ross, Pastor
Bro. Josh Haines,
Youth/Family Minister
Sunday School: 10 a.m.
Sunday Worship
11 a.m. & 6 p.m.

Wednesday Bible Study 7 p.m.

Flat Rock Missionary

Baptist
504 Maple Grove Rd. Hwy. 1004
Orlando, Ky.
Sunday School 10 a.m.
Fellowship Hour 11 a.m.
Sunday Evening Service 7 p.m.
Wednesday Bible Study 7 p.m.

Freedom Baptist Church

Freedom School Rd.
Mt. Vernon
Sunday School 10:00 a.m.
Sunday Worship 11 a.m.
Sunday Night Worship 7 p.m.
Wednesday Evening Prayer
Meeting 7 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.

Lighthouse Assembly of

God
Hwy. 1004 • Orlando, Ky.
Tim Hampton, Pastor
606-256-4884 • 606308-2342

Sunday School 10 a.m.
Sunday Morning Worship
11 a.m.
Sunday Evening 6 p.m.
Tues. Night Intercessory Prayer
7 p.m.

Wednesday Night Bible Study
7 p.m.

Little Country Church

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

Livingston Baptist

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

Livingston Christian

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

Livingston Pentecostal

Holiness Church
Sunday School 10 a.m.
Sunday Worship 11 a.m.
Sunday Evening Service 6 p.m.
Wednesday Service 7 p.m.

Jim Miller, Pastor
606-256-1709

Living Word

Community Church
"About our Father's Business"
246 Sycamore St. • Brodhead
Sunday School 11 a.m.
Sunday Worship Noon
Wednesday Service 7 p.m.

Joe Bussell, Jr., Pastor
606-308-4312

Macedonia Baptist

Church
6567 Scaffold Cane Road
Mount Vernon, Ky.
Sunday School 10 a.m.
Sunday Worship 11 a.m.
Sunday Evening 6 p.m.
Wednesday Evening 7 p.m.

Maple Grove Baptist
Church
Hwy. 3004 (Big Cave Road)
Orlando, Ky. • 606-256-1873

Bro. Jerry Owens, Pastor
Home Phone 606-256-3075
Sunday School 10 a.m.
Sunday Morning Worship
11 a.m.

WRVK Broadcast 2 p.m.
Sunday Evening 6 p.m.
Wednesday Evening 7 p.m.

Mareburg Baptist

Church
2617 New Brodhead Rd.
Mt. Vernon, KY 40456
Wayne Harding, Pastor
Phone: 256-8844

Sunday School 10 a.m.
Sun. Morning Worship 11 a.m.
Sun. Discipleship Training/
Sunday Youth Missions
6 p.m.

Sunday Worship 7 p.m.
Wednesday Evening 7 p.m.
www.mareburgbaptist.org
mareburgchurch@yahoo.com

McNew Chapel

Baptist
Sunday School 10 a.m.
Sunday Worship 11 a.m.
Sunday Evening Service 6 p.m.
Wednesday Service 7 p.m.

Jerry Ballinger, Pastor

Mt. Vernon

Church of God
1025 W Main St.
Mount Vernon, Ky.
Sunday School 10 a.m.
Sunday Worship 11 a.m.
Sunday Evening Service 6 p.m.
Wednesday Service 7 p.m.

Bobby Owens, Pastor
859-986-1317

Mt. Vernon Church of

the Nazarene
40 Fair Street • Mt. Vernon
Sunday School 10 a.m.
Sunday Worship 11 a.m.
Sunday Evening 6 p.m.

Bro. Homer Edmond, Pastor

Mt. Zion Baptist Church

606-308-3293
Sunday School 10 a.m.
Sunday Worship 11 a.m.
Sunday Evening 5 p.m.

New Heights Church
316 Mini Mall Dr.
(off Richmond Rd., US 25 N)
Berea, Ky.
www.newheightsky.net
Sundays 9:30 & 11:00 a.m.
Worship & Children's Church
Wednesdays 6:30 p.m.
Midweek Gathering for all
ages, prayer worship, and
Children in Action

Jon Burdette, Lead Pastor
Steve McDaniel,
Worship Leader

New Hope Baptist Church

Jct. 1797 New Hope Tower Rd.
Orlando
Sunday School 10 a.m.
Sunday Worship 11 a.m.
Sunday Evening 6 p.m.
Wednesday Evening 7 p.m.

David Carpenter, Pastor

Northside Baptist Church

777 Faith Mountain Rd.
(Off 461 bypass) Mt. Vernon
606-256-5577

Kenny Allen, Pastor

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

Church
Sunday School 10 a.m.
Sunday Worship 11:00 a.m.
Sunday Night 6:00 p.m.
Wednesday Night 7 p.m.

Pastor: Bro. James Hardin

Skaggs Creek

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

Pastor: Bro. James Hardin

Union Chapel

Pentecostal
1505 Union Chapel Rd.
Brodhead, Ky.
Sunday School 10 a.m.
Sunday Worship 11:00 a.m.
Sunday Evening 6:00 p.m.
Thursday Evening 7:00 p.m.

United Gospel of Christ
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

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

Youth Service at 7:00 p.m.

Prayer Partners Ladies Meeting
monthly every 2nd Tues. at 6:30 p.m.

Pleasant Run Missionary

Church
Sunday School 10 a.m.
Sunday Worship 11 a.m.
Sunday Evening 5 p.m.
1st Sunday in Month Church at
2 p.m. at Rockcastle
Respiratory Care

Bro. Gary Bowling, Pastor

Poplar Grove Baptist

Church
145 Richlands Rd. • Brodhead
Sunday School 10 a.m.
Sunday Worship 11 a.m.
Sunday Evening 6 p.m.
Wednesday Evening 7 p.m.

Tony Shelton, Pastor

Providence

Church of Christ
1 mile off Hwy. 70 on Hwy. 618
758-8524

Robby Cable, Evangelist

Sunday Bible Study 10 a.m.
Sunday Morning Worship
10:30 a.m.

Sunday Evening 6 p.m.
Wednesday Bible Study 7 p.m.
www.WhatSaiTheScriptures.com

Red Hill-Union Baptist

Church
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
ex

Classifieds

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Notices

Notice: Property left at 161 Lower Calloway Loop, Mt. Vernon needs to be removed by Friday, June 8th or it will be disposed of. 21x1

Earn \$25 a month! Let us put our medical office sign (3 ft. x 5 ft.) in your yard. Call 786-457-4741. 14xntf

Notice is hereby given that Holly J. McGuire, P.O. Box 1757, 1644 Sand Springs Road, Mt. Vernon, Ky. 40456 has been appointed Executrix of the Estate of Truman E. Faulkner on the 7th day of May, 2018. Any person having claims against said estate shall present them, according to law, to the said Holly J. McGuire or to Hon. Jeremy B. Rowe, P.O. Box 1250, 205 Richmond St., Mt. Vernon, Ky. 40456 on or before Nov. 7, 2016 at 9:30 a.m. 19x3

Notice is hereby given that Douglas Dell Ponder, 5680 Hardyville Road, Hardyville, Ky. 42746 has been appointed Executor of the Estate of Sharon C. Ponder on the 23rd day of May, 2018. Any person

having claims against said estate shall present them, according to law, to the said Douglas Dell Ponder or to Hon. John D. Ford, P.S.C., 45 E. Main St., P.O. Box 247, Mt. Vernon, Ky. 40456 on or before Nov. 26, 2018 at 9:30 a.m. 20x3

Notice is hereby given that Sherrie L. Creech, 24 Derby Lane, Mt. Vernon, Ky. 40456 has been appointed Administratrix of the Estate of Danny Lee Bullock on the 30th day of May, 2018. Any person having claims against said estate shall present them, according to law, to the said Sherrie L. Creech or to Hon. John D. Ford, Coffey & Ford, P.S.C., P.O. Box 247, Mt. Vernon, Ky. 40456 on or before December 3, 2018 at 11 a.m.

Notice is hereby given that Carl King, 840 Ky. hwy. 39N, Crab Orchard, Ky. 40419 has been appointed Executor of the Estate of Mona Floyd on the 30th day of May, 2018. Any person having claims against said estate shall present them, according to law, to the said Carl King on or before December 3, 2018 at 11 a.m. 21x3

Help Wanted

Rockcastle County 911 is accepting applications. Must be at least 18 years of age to apply, have a high school diploma or GED and be willing to submit to drug screening and criminal history/background check. Applications may be picked up Monday-Friday, 8 a.m. to 4 p.m. at the courthouse from the county judge's secretary. Rockcastle County is an EOE. 21x3

Cafeteria Assistant - Full Time. Must have previous food service experience, including cooking and preparing food. Must understand proper food service, health department rules and regulations provided by food handler's class. Minimum: high school diploma or GED. Starting pay \$10.10 per hour. Excellent benefit package. Hours are 7 a.m. to 3:30 p.m. Monday-Friday. Applications may be obtained at RTEC, 100 Main Street, Mt. Vernon, Ky. or online at ridertec.org. RTEC operates a drug and alcohol free workplace and is an Equal Opportunity Employer. 20x2

For Rent

Mink Apartments, Inc. Owens: Gary and Gertha Mink. Must have: references, proof of income, background check required. 606-308-1209. 21x4p

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

Chism Drive Thru Storage. 9 1/2 x14 indoor units. \$50. 24 hr. access and security cameras. 859-559-9903. 3xntf

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

Mt. Vernon Housing Authority open Monday, Wednesday and Friday from 9 a.m. to 3 p.m. Applications accepted Monday, 9 a.m. to 1 p.m. Rent based on income. 256-4185. 14xntf

Posted

Posted: Absolutely no trespassing, for any purpose, on private property owned by Mary L. Coffey Pedigo, located on Hwy. 1505, Brodhead. Not responsible for any accidents. All violators will be prosecuted. 18x4p

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

Posted: No trespassing of any kind on property belonging to John Polly at Hummel. Not responsible for accidents.

Posted: No hunting, trespassing, or thieving, w/o permission, on land belonging to Kenneth Parsons and located at 1915 Poplar Grove Road. Violators will be prosecuted. 16x51

Posted: No trespassing, hunting, fishing on property located at Sand Hill belonging to Flonnie Burke and William and Anita Coffey. Violators will be prosecuted. 14x25

Posted: No trespassing on land belonging to James and Dorothy Rash heirs on Rash Branch Road off Chestnut Ridge. No hunting, camping, ATVs, trespassing for any purpose. Not responsible for accidents. Violators will be prosecuted. 9x52

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

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

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

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

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. 25fn

Miscellaneous For Sale

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

For Rent

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

Accepting Applications For 2 and 3 bedroom units at Valley View Apartments. Rent based on income. Call 256-5912. TDD for hearing impaired only. 1-800-247-2510.

Property For Sale

Lots For Sale: At Maretburg in the McCall Knob Subdivision. 606-758-8486. 18x8p

Mobile Homes For Sale/Lease

Memorial Day Sale: New 3 bedroom/2 bath mobile home, only \$23,900. Call 1-606-376-2170 Blue Ridge Homes. 18xntf

New Energy Star 28x52 3 bedroom doublewide. 2x6 wide walls, heat pump, appliances, set up and delivered for under \$325 per month w.a.c. Call 1-606-376-2170 Blue Ridge Homes. 18xntf

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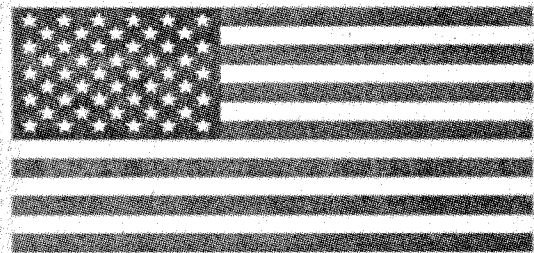
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Owens Monument: Located behind Owens Funeral Home in Brodhead. Open Mon-Fri. 8 to 5 and Sat. 9 a.m. to noon. 606-758-9600.

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

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For appt. call 606-758-0064
20xntf

Yard Sales

Cave Valley Yard Sale: Starts at 9 a.m. June 8th & 9th. Dishes, clothes, coats, fishing rod and reels, tools, grinder, Duraflame heater, wheelchair, lots of other things. Everyone welcome.

3 Family Yard Sale: Thursday, Friday and Saturday, June 7-9, across from Farm Bureau. Something for everyone. Two bathroom vanities.

4 Family Yard Sale: June 7, 8 and 9. 4746 N. Wilderness Road, Mt. Vernon. 9 a.m. to ?

Huge Yard Sale: June 7th, 8th and 9th at 45 High Street, Mt. Vernon. 8 a.m. to ? each day. Everything will be priced to sell. Nice, big Bounce House 1 - holds up to 500 pounds. Lots of antique and vintage furniture, glassware and other items. Nylon shoulder holster for big pistols, Fobus gun holsters, fishing lures and other fish-

ing equipment. Three guitars, a lot of cheap books, some tools, kitchen items/utensils, lots and lots of animal/wildlife/country scene pictures/paints/prints. Three Ray Harm prints, ceramic dolls and older action figures. Young girl's sweatshirts, size 4x/5x/6x NWT \$1 each. Young girl's sweatpants size medium NWT \$1 each. Young boy's summer and winter clothing, junior girls long sleeve shirts, sz. med. and junior girl's name brand hoodies, size large. Young boy's Levi Strauss jeans, size 27/32. Young girl's Aeropostal jeans, size 00, women's sleep pants, size large NWT. Women's Old Navy jeans size 6 and 10, women's Levi Strauss 525 jeans, size 6. Women's Eddie Bauer jeans, size 10. Men's Levi Strauss Jeans, size 38/36. Men's Levi Strauss 550 jeans, size 38/36. Men's Levi Strauss 550 jeans, size 38/36. Men's Levi Strauss 560 jeans, size 44/32 and much, much more.

Yard Sale: Saturday, June 9th, 9 a.m. to ? 960 West Main. Men's, women's clothes, sizes 12 through 18. Boy's 5-12, child's John Deere Gator. Picnic table and umbrella. Toys, books, jewelry, purses and many other items.

Multi-Family Yard Sale: Saturday, June 9th at Bishop's Tire in Mt. Vernon. 8:30 a.m. Women's, boy's and men's clothing, baby and children's items, toys, purses, household items and much more. Rain cancels.

Huge Yard Sale: Sat., June 2nd only, 8 a.m. to 4 p.m. 136 Lair Street. Primitives, antiques, toys, clothes and much, much more.

Yard Sale: Saturday, June 9th, 8 a.m. to ? At Coffey and Ford Law office. Seven families. Clothing: infant girl 12 months to girls size 6. Girl's junior's, women's small-XL. Boy's medium/large, men's M-XL. Shoes, household items, antique drop leaf table, kid's lunch boxes, fishing reels/equipment, toys. Fall/Christmas decor, purses, dvds and much more. Rain cancels.

Estate/Yard Sale: 100 Perciful Street, Mt. Vernon. Friday and Saturday, 7 a.m. to ? Given by Steve and Hope Renfro. Large variety of items! Some items priced, but most things make a reasonable offer and take.

Yard/Garage Sale: Saturday only. White Rock Road (Old 461), Noe Subdivision, Rookwood Drive. CDs, DVDs, VHS tapes, books. Crochet thread, weather radio, women's skirts size 8/

10. Small TV, purses, chandelier, duffle suitcase on wheels, XL twin sheets/comforter, practice putting green, table top ping pong. Adding machine, set of hot rollers, women's shoes - sizes 6 1/2 to 9, quilt pieces, queen size comforter/pillow shams. Regular size couch cover, full size bed ruffle, arm chair, women's dress shirts size M, other women's clothes, various sizes. Plumbing supplies, sleeping bags, desk lamp, costumes, goat/kid milk mix, pet supplies, dog toys, binders, men's clothes various sizes. 9 a.m. to 4 p.m. Rain or shine.

Huge Multi-Family Yard Sale: Thursday, Friday and Saturday, June 7, 8 and 9. 9 a.m. to 3 p.m. 1734 Ky. 3245 in Brodhead. Everything must go - Priced to sell. Items include: furniture, tools, pick-up truck box,

Wilton cake pans, sewing machine, lots of new material, crafts, tons of Christmas items (lots from QVC), yarn, brass candlestick holders and spittoons, women's clothing, shoes and purses.

Garage Sale

Thursday, June 7th from 4 to 7 p.m. and Friday, June 8th from 8 a.m. to 2 p.m. Given by Morgan Smith and Traci Rowe at 219 Clontz Road, Mt. Vernon. From 461 bypass, turn onto Old Brodhead Road, go a short piece to baseball field and turn left onto Clontz Road. Signs will be posted. Lots of household items, toys, boy's 3T and 4T, men's medium to XL and women's medium to plus sizes and lots more. Rain or shine!

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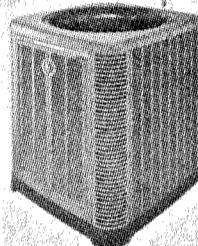
DANIEL BOONE COMMUNITY ACTION AGENCY, INC.
Board of Directors - Low Income Representative
Daniel Boone Community Action Agency, Inc. (DBCAA) is soliciting nominations from Rockcastle County Low Income population for representation on the Low Income Sector of the DBCAA Board of Directors.
Nominations will be accepted until close of business on June 28, 2018. Contact Mike Buckles at (606) 598-5127 for a nomination sheet. All nominations will be placed on a ballot sheet at an ELECTION that is to be held in Rockcastle County at the DBCAA office located at 105 East Main Street, Mt. Vernon, Kentucky on Thursday, July 12, 2018, 8:00 a.m. to 5:00 p.m. The winning nominee in this election will serve on the DBCAA Board until the term expires.
All nominations must be mailed to Roger Schott, Chairman of the Board at the following address:
Roger Schott, Chairman
Daniel Boone Community Action Agency, Inc.
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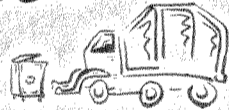
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Agricultural News

By: Warden Alexander, FSA Director

Farm Service Agency County Committee Nomination Period in Rockcastle County Now Open

The U.S. Department of Agriculture (USDA) Farm Service Agency (FSA) Executive Director Warden Alexander in Rockcastle County today announced that the nomination period for local FSA county committees will begin June 15, 2018. Nomination forms must be postmarked or received in the Rockcastle County FSA office by close of business on August 1, 2018.

"County committees are unique to FSA and allow producers to have a voice on federal farm program implementation at the local level," said CED, Alexander. "It is also important that committees are comprised of members who fairly represent the diverse demographics of production agriculture for their community. I encourage all producers, including women, minority and beginning farmers and ranchers, to participate in the nomination and election process."

To be eligible to serve on the FSA county committee, a person must participate or cooperate in an agency-administered program, be eligible to vote in a county committee election and reside in the local administrative area where they are nominated.

This year, nominations and elections will be held in local administrative area (LAA) #2, which includes THE SOUTHEASTERN SECTION OF ROCKCASTLE COUNTY BOUND BY PULASKI AND LAUREL CO. RIGHT SIDE OF HWY 70, SOUTH OF HWY 150 AND SOUTH OF HWY

25. Producers may nominate themselves or others as candidates. Organizations representing minority and women farmers and ranchers may also nominate candidates. To become a nominee, eligible individuals must sign an FSA-669A nomination form. The form and more information about FSA county committee elections are available online at www.fsa.usda.gov/elections.

Elected county committee members serve a three-year term and are responsible for making decisions on FSA disaster, conservation, commodity and price support programs, as well as other important federal farm program issues. County committees consist of three members for Rockcastle County.

FSA will mail election ballots to eligible voters beginning November 5, 2018. Ballots are due back in the Rockcastle County FSA office by mail or in person no later than December 3, 2018. All newly elected county committee members and alternates will take office January 1, 2019.

"Nominating potential county committee members, voting for candidates and serving on the committees are truly services to your community and the agriculture industry said CED, Alexander. "County committee members make important decisions on how federal farm programs are administered locally to best serve local needs and interests."

For more information about county committees, please contact the Rockcastle County FSA office at (606) 256-2525 or visit www.fsa.usda.gov/elections.

Office Closure Schedule

The Mt. Vernon Service Center (FSA, NRCS and Rockcastle Co. Conservation District) offices will be closed the following dates for observance of a Federal Holiday: JULY 4, 2018- INDEPENDENCE DAY and SEPTEMBER 3, 2018-LABOR DAY

Next FSA County Committee Meeting Date: June 6, 2018 8:00 A.M. at the Mt. Vernon USDA Service Center.

Persons with disabilities who require accommodations to attend or participate in the COC meeting should contact Warden Alexander at (606) 256-2525 or Federal Relay Service at 1-800-877-8339 three days prior to the meeting date.

Important program dates and Interest Rates

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Farm Storage Loans= 3 yr. = 2.625%, 5 yr. = 2.875%, 7 yr. =3.000%, 10 yr. =3.000%, 12 yr.=3.000%

Commodity Loans= 3.250 %

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Ten-dollar potatoes and other South Korean grocery stories

By Ben Taylor

"What's it cost to live in Korea? Do they pay you a lot?" Those are two of the most difficult questions to answer about living in Korea, because so many prices and sums don't translate cleanly into a U. S. equivalent.

My salary is about what you would expect a teacher to make in the United States, though it goes a lot farther here. I'm paid in the local currency, at a local bank, and I can send money to my U. S. bank account as easily as a person could send money from a U. S. bank.

One of the more surprising things, though, is that eating out is often cheaper than cooking a meal at home - but, it depends on what you're after. If you want coffee, scrambled eggs and toast, then you can make it at home for much cheaper than you could have breakfast out. Thirty fresh, locally-produced eggs cost about \$4. (Not 24: Koreans don't measure things in dozens.) Though eggs, milk, and bread are either cheaper than in the U. S. or about the same price, coffee is much costlier. I use a French press and grind my own beans. At the local supermarket, a 200-gram bag of beans costs about \$7 and lasts a few days.

My wife and I drive that price down, though, by buying from Costco! They carry higher quality coffee and we can get a 1.36 kg (3 lb.) bag for roughly \$21. That doesn't sound like much of an accomplishment until you know about coffee shop pricing here in Korea.

Korean coffee shops don't serve drip coffee, which is their starkest contrast to coffee shops at home. So, if you want something close to plain

coffee, you have to order an Americano (espresso diluted in hot water, and quite good). Though the price and quality will vary, you can expect to pay around \$3.50 for about eight ounces of Americano.

For a number of reasons, though, a home-cooked meal is going to cost a lot more time and money than going to a restaurant.

Fresh groceries can be costlier than groceries in the U. S., and many smaller apartments, mine included, also have kitchens that are small enough to discourage a person from doing much cooking! My adventures in making spaghetti are a great case-in-point.

One Saturday, my wife and I decided to buy all the ingredients for a meatless spaghetti and cook it at home. Peppers, onions, mushrooms, garlic, and some spices for the sauce; steamed broccoli and carrots on the side; a jar of sauce and some noodles: that shouldn't cost too much.

The sauce and noodles alone cost close to \$10 for enough to feed two people, which was reasonable-enough I suppose, but the cost of fresh vegetables made up for it.

We went to the local traditional market (half flea market and half farmer's market) to buy the rest of our ingredients - and paid a king's ransom compared

to U. S. prices, though they were representative of what you'd pay here.

Small bell peppers were about \$1.75 each and small, yellow onions were about \$1 each, but the mushrooms were the real surprise. Enough mushrooms for a pot of spaghetti sauce was about \$8. The garlic, broccoli, and carrots were the same price as at home.

Leaving the market, though, we found white potatoes, which are a kind of luxury food here since they're not a dietary staple like they are at home. When we lived in Korea a few years ago, we didn't even see white potatoes. We were floored, as much by the price as their existence. The going price for a bag of white potatoes was 10,000 Korean won, which is a hair less than \$10. A dollar a potato!

We decided to forgo the potatoes, having already shelled out about \$30 or so on what was supposed to be a cheap meal at home! In our tiny kitchen, it took me an hour and a half to prepare a dish that would've taken, at most, 30 minutes in the U. S.

I learned my lesson, I suppose - especially considering there's an Italian place a few blocks from here that makes a mean spaghetti for \$10 a plate!

Drop me a line at ben@rockcastle.co or at <http://bit.ly/Ben-SK>. Read previous columns at: <http://bit.ly/Rockcastle>.

HONEY BEE SWARM REMOVAL

Eight out of ten Honey Bee swarms will not survive without our help!
 "Become a Honey Bee Guardian"
 When you see a swarm of honey bees call D & A Swarm Chasers
 Doug Brock at 606-386-1890
 Audy D. Faulkner at 606-758-8636
 Doug & Audy
 or Email us at: cdougbrock@hotmail.com
 So Who You Gona Call? D & A Swarm Chasers
 Doug at 386-1890 & Audy at 758-8636
 This is a FREE community service by D & A Swarm Chasers
 Bees will be relocated to a safe place!!!!

2018 Rockcastle County Relay For Life



Cancer Survivors Dinner

Cancer Survivors: in honor of your battle against cancer, the 2018 Relay For Life of Rockcastle County would like to extend to you a special invitation to participate in our Survivors' Celebration Dinner. You are a personal testimony of the progress we're making in our fight to eradicate cancer!

Please join us Friday, June 22, 2018 at 5:30 p.m. at

Rockcastle Middle School for a dinner in your honor.

Each Survivor is entitled to bring a guest to the Survivor Dinner. There is no cost for you or your guest to attend this Survivor Celebration! All Survivors will receive a free gift!

After the dinner, we invite you to come to Rockcastle Middle School track for Relay for Life Survivor Ceremony at 7:00 p.m.

Please register by Tuesday, June 19. Call Morgan Bray at 256-7704 or Melissa Brock at 256-7703.

Let's go to the Beach!

Rockcastle County
Relay For Life

FRIDAY, JUNE 22, 2018
 Rockcastle Middle School
 Survivor Dinner @ 5:30 p.m. | Opening Ceremony @ 7:00 p.m.

FEATURING:
 Great food • Games • Auction (live & silent)
 Activities for all ages • And much more!

For more information, call
 Melissa Brock at 606.256.7703

Relay For Life is a life-changing event that brings the community together each year to: CELEBRATE the lives of those who have battled cancer. REMEMBER loved ones lost to the disease. FIGHT BACK against a disease that takes too much.

Citizens Bank Community Trust Bank ROCKCASTLE REGIONAL HOSPITAL & RESPIRATORY CARE CENTER

LUMINARIA ORDER FORM

Remember loved ones lost to cancer and honor those battling the disease

Luminaria Order Form

In Memory	In Honor	Name of Person Being Honored	White Bag \$5	Purple Caregiver Bag \$5	Torch of Hope \$50
<input type="checkbox"/>	<input type="checkbox"/>	Of	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	Of	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	Of	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	Of	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	Of	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Your Name _____
 Address _____
 City/State/Zip _____
 Phone _____
 Relay Team Name _____

Total amount enclosed: \$ _____
 Check
 Cash

Make checks payable to: American Cancer Society

Mail form and donation to:
 Rockcastle Regional, Attn: Worth Anne Harris,
 P.O. Box 1310, Mt. Vernon, KY 40456