

47th District Champions

The RCIS Lady Rockets captured the 47th District Tournament with a win over Casey County last Wednesday night. Members of the team are shown above, front row from left: Lindsey Jones, Jordan Harper, Karlee Smith, Haley Thacker and Calliegh Burdette. Back row from left: Natalee Dillingham, Addison McClure, Aliyah Lopez, Darby Smith, Keelee King, Hallie Brown, Kenzi Himes, Shelby Newland and Casey Coleman. The girls are taking part in the 12th Region Tournament this week in Lincoln County. They play in the semi-finals Friday night at 8 p.m. when they take on Wayne County.

Two projects for the price of one at lake

By: Mike French Editor

As any contractor will admit, nearly every large project has its problems and two of the projects planned by the City of Mount Vernon are no exception.

Lake Linville is in need of a dredging and the Lake Linville Camp Ground needs updating and improvements, according to local officials. "The lake and campground are tremendous assets to our community," said RCIDA Chairman Corey Craig at Tuesday's monthly meeting of the board. "The tourist traffic and services it provides to our community is a significant part of our county and is an important part of our future. But the lake needs dredged and the campground needs to be upgraded and expanded."

Mount Vernon City Administrator Josh Bray agreed. "We served well over 1,000 boats off our dock last year and the banks on a sunny day are lined with people fishing and enjoying the lake," he said. "In fact, there were license tags from 49 states down there last year."

Since officials agree that both local assets are in need of upgrading, and most agree both projects would include problems, Bray had an idea to turn the two biggest "problems" into assets.

"The biggest problem with dredging the lake is the work and expense of getting rid of the materials dredged. The biggest expense with upgrading the campsite is the need for fill material and having it hauled in. So, we are trying to work a puzzle and coordinate the two projects and actually use the material dredged from the lake as fill for the campsite."

Bray said rather than

pay to have the dredge materials hauled away, he plans to use it as the fill that would have had to be brought into the campsite.

"The campsite needs raised about three feet," he said, "and the new ma-

See "Projects" on A5

Ten years ago

The Lady Rockets were the talk of the state ten years ago this week after winning the 12th Region Championship against Lincoln County to move on to the State Tournament.

Farmer's/Business Banquet

Don't forget the Farmers/Business Banquet tonight (Thursday, March 5) with special guest Tim Farmer.

The annual event will begin at 6:30 p.m. at RCMS

Dinner with a Doctor

Nearly all older men have a question or two for a doctor. Rockcastle Regional Hospital is hosting Dinner with a Doctor with a free catered meal on Thursday, March 12. For more information, call (606) 256-7767.

RCIDA discusses projects

Farmers' Market on schedule

By: Mike French Editor

As with most meetings of the Rockcastle County Industrial Development Authority (RCIDA) recently, there were many subjects to discuss. This month even guests Judge/Executive Howell Holbrook, Kentucky State Representative Travis Brenda and Mount Vernon City Administrator Josh Bray took part in the discussion.

After the approval of the minutes, the budget and the financial reports, discussion moved to the progress of the new Marathon station locating in Livingston.

Mayor Jason Medley reported that the project is still on schedule and current plans are to be open for business by Memorial

Day.

RCIDA Chairman Corey Craig related his feelings concerning the importance of the new store. "I know some people may complain that it's only five or six jobs,

Grand Jury hands down 14 indictments

14 indictments were handed down by a Rockcastle County Grand Jury on Friday, February 14th.

Terry W. Anglin, 43, of Lambert Road, Mt. Vernon and Scotty A. Vanwinkle, also 43, of McKee were named in a joint indictment for the offense of receiving stolen property.

Their bond was set at \$5,000 cash/property (c/p) each.

Ryan W. Ison, 38, of

but say that to the five or six families who now have income in their home," he said. "Tell that to the people of Livingston who now won't have to travel 20

miles for a gallon of gas. Tell that to the people of Livingston who are watching their hometown grow and develop and provide better services. I think those five or six jobs, and what that convenience represents, is of vital importance."

Medley echoed Craig's remarks. "I am just thankful that we sit on a board and live in a community that recognizes that very fact," said Medley. "That station is a big deal for the quality of life for all of us in Livingston."

Craig moved on to discussion concerning the upcoming Farmer's Market to be located on Richmond Street in Mount Vernon.

RCIDA Executive Director Jeff VanHook said the project is also moving ahead on schedule. He said the purchase of the house on the property is now complete and demolition has begun.

"This will provide a much safer means of in-

See "Indict" on A5

See "RCIDA" on A5

RTEC gets visit from national transit organization

By: Mike French Editor

Not many citizens outside the transportation industry are familiar with the acronym CTAA. But staff and employees of RTEC are very familiar with the organization and welcomed them to Mount Vernon this week.

The Community Transportation Association of America (CTAA)

is building member profiles this week and, according to Shirley Cummins, RTEC Executive Director, the local organization is pleased with the visit.

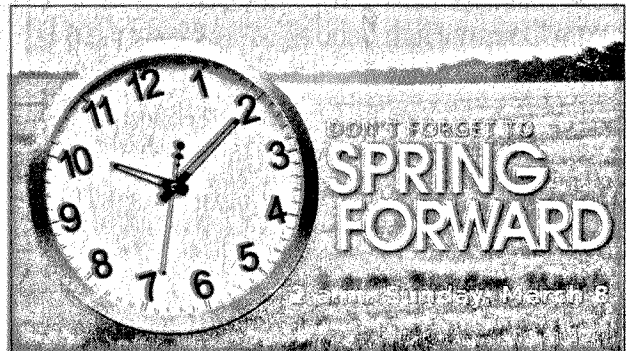
"It is quite the honor to have this national organization touring our facility," she said. "This is the first time we have hosted them and that national

See "CTTA" on A5

Farmers' Market facility in early stages



Goff Excavating of Mount Vernon has started the sitework for the upcoming Farmers' Market facility on Richmond Street. The house on the property, in the background, is also being demolished to make room for an entrance and more parking.



Time will spring forward Sunday, March 8 at 2 a.m. in observance of Daylight Savings Time. Officials suggest setting your clock ahead one hour before going to bed Saturday night.

Of Special Note Inside

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

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

- Courthouse News Pg. B2
- Sports Pg. A6&7
- Classifieds Pgs. B4&5

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ramblings...

by: perlina m. anderkin

Our Lady Rockets did an excellent job Wednesday night in the finals of the district tournament, taking care of business by defeating the Casey County Lady Rebels 47-37 after losing two regular season games to them.

The girls seemed determined and regained their composure quickly after losing the third quarter 13-7.

They were sent to the free throw line five times in the closing minutes of the game and they calmly and coolly sank all of them to seal the 47-37 win.

They also, from all accounts, came up with a great draw in the 12th Region. They defeated Garrard County Tuesday night in the first round and will face Wayne County in the semi-finals Friday night, a team they beat in regular season by four points.

The Coronavirus crisis is wearing me out. I don't mean to make light of it but, come on folks, look at the number of people who have died from this virus - nine as of Tuesday, March 3rd, all in Washington state. Compare this to the number who have died from the flu in this country - 4,800 in 2020 alone, besides 87,000 hospitalized.

We are freaking out over these nine deaths and tanking our stock market and the Dems are busy castigating our President over his handling of the situation when the H1N1 (Swine Flu) pandemic of 2009, on President Obama's watch, killed 12,469 people in the United States from the 60.8 million cases and 274,304 were hospitalized and I never heard one Republican talking mean about BHO's handling of the situation.

I have never taken the flu shot. I was bullied into

getting a pneumonia shot back a couple of years ago by daughter Jamie and a pulmonary doctor in Lexington and I'm glad I was, I guess. But, I have heard several horror stories about the effects of the flu shot that have scared me off and, since I have never had the flu in all of my 78 years, I'm going to take my chances.

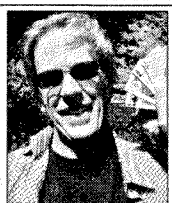
We all need to use commonsense, which I am told doesn't involve wearing a mask. Wash our hands - often, avoid sick people and large crowds and get plenty of rest.

I was amazed at how much money is being spent on the Democrats' efforts to gain their party's nomination to run

(Continued on A3)

Aces Over

By: Mike French



Things are just plain nicer now.

I complain a lot about how much better things used to be. But in most cases, I'm referring to moral values and work ethics and a country based on Christian ideas.

And, of course, I don't care for the digital world. I just don't like a chip or the government making decisions for me.

But as for daily life, it seems like things are nicer.

When I grew up, I didn't know what carpet was. I didn't see carpeting until I was in my teens and that was at some government building. We had linoleum or just plain old oak boards. Now, it's hard to imagine a nice house

without either hardwood floors or some kind of carpet.

A lot of people have no clue what it's like to live without air conditioning. Believe it or not, I did it all of my growing up years.

My college dorm did not have A/C at EKU. Of course, we didn't know any different. It didn't exist.

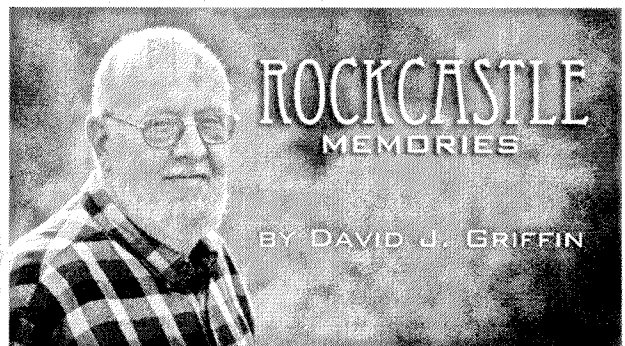
And, yes, it is very nice to be able to go in the other room to take care of nature's call and then back to the bed. No trips through the snow in the night anymore. Indoor plumbing is great.

Being away from the house without a phone was also an inconvenience that we didn't know inconvenienced us. There was no such thing as a cell phone.

Heat that runs off of something other than wood or coal is also very nice. It is really quite the bother to get up during a good night's sleep to add coal to the stove. It was even worse to spend your Saturday off work or out of school, chopping wood. But, we didn't know any better. It had to be done.

I don't know what on

(Continued on A3)



Slingshots

When I was about 10 years old, my grandfather (Pop) taught me how to construct a slingshot. One of my friends had one, and I asked Pop to show me how to make a similar weapon in order to hunt small game and to target practice. Of course, he readily agreed and off to the woods we went to locate just the right willow-forked branch.

I was excited as I watched the slingshot come together in Pop's hands. To me, he was a genius concerning such things. He could make a great number of useful items by using only his own knowledge and a few tools.

After completing my slingshot, Pop was careful to explain to me that this was a dangerous weapon that could kill small game or even put out someone's eye if it was not used correctly.

For the next few weeks, I became a "big game hunter" and stalked trees, Coke cans, and a few birds with my trusty weapon. Pop had told me that I could shoot at any Blue Jays, crows, or

grackles when I located them, because these birds destroyed the eggs of songbirds - thus allowing them to be eliminated when possible. I was excited to learn I could actually hunt some animals with my handy slingshot.

A few years thereafter (when I was approximately 12 or 13 years old), my brother (Al) was pastor of the Woodbine Baptist Church near Manassas, Virginia. One week Al and his wife, Eva, took a vacation and came back to Mt. Vernon to spend some time with family. I was permitted to go back with them to spend about ten days in Manassas. (When it was time for me to come home, Al and Eva drove me to Washington, D.C. so I could catch the George Washington Special to return to Lexington. That trip still stands out in my mind, even though it was more than sixty years ago.)

While still in Manassas, I was with Al while he shopped in a local hardware store. There I was excited to find a

(Continued on A3)

Points East

By Ike Adams



Prior to last Sunday's event at the Pizza Hut in Mount Vernon, I am reasonably sure that the last, and only, baby shower I had attended was in 1975, a few weeks before my daughter, Geneva Marie (Genny) made her entrance into broad daylight. I showed up at that one, in Manchester, because it was the only place I could find a cup of coffee without having to drive 3 miles to a gas station that had a coffee machine. I had already borrowed an industrial grade, 2-gallon, coffee pot specifically for use at the shower and figured I could slip in, unnoticed, to sneak a fresh cup.

Then I got roped into opening a box that had a

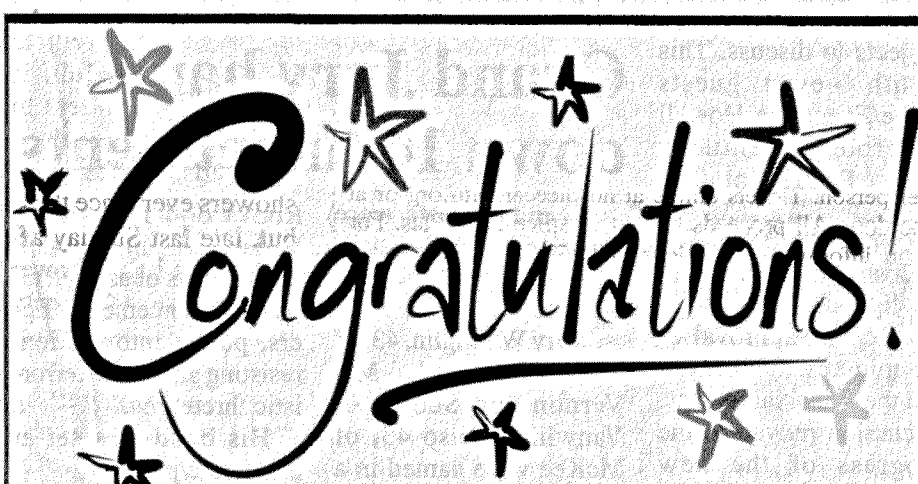
photo of one of those A-frame, spring-loaded, wind-up, baby swinging rockers gizmos on the side, with a notice, under the picture, that said, "SOME ASSEMBLY REQUIRED." There were about 30 women, one of whom was immensely pregnant, in the house and they had about 30 different opinions on how the swing contraption needed to be assembled and not a single one of those opinions involved reading the instructions.

An hour later I managed to slip away sans coffee and my father-in-law said, "I told you not to go in there."

We went out to the service station and got ourselves cups of hot, black water that may or may not have been in touch with coffee. After the shower was over it took him about 30 minutes to assemble the swing while I read the instruction sheet and handed him parts labeled "cotter key A, slot pin B, crank handle M, side brace Z, tube cap AA", etc.

I believe the list of parts went through the alphabet 3 times before we got to "short bolt ZZZ." The 2 gallon coffee pot was empty before we started but we perked a regular pot after we figured out why the shower

(Continued on A3)



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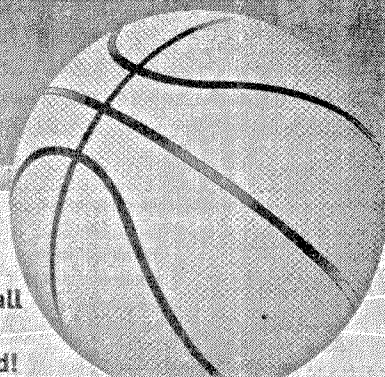
MARCH MADNESS

"RHOCK Out" Event

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Monday, March 16

First Baptist Church
6 p.m. (Doors open at 5:45)



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Bookmobile Schedule

Mon., Mar. 9th: No service. **Tuesday, March 10th:** Maple Grove, Orlando and Climax.

Rockcastle Garden Club

The Rockcastle Garden Club will meet at 6 p.m. Monday, March 9th at the Rockcastle County Extension Office. The program will be about beekeeping by Eddie Wilson. Public is always invited.

Livingston Fire & Rescue Spaghetti Dinner

Livingston Fire and Rescue will have a Spaghetti Dinner this Friday, March 6th, beginning at 5 p.m. The meal will consist of: spaghetti, garlic bread, salad, dessert and drink. Cost is \$8 for 13 and up and \$4 for 12 and under. Music will be by Donovan Howard. Proceeds go to Livingston Fire & Rescue Squad.

Census Quilt now at Rockcastle Library

According to Rockcastle County Librarian Pam Chaliff, the 2020 will be on display at the local library now through March 13th. Library hours are 9:30 to 6 p.m. Monday through Friday and 9:30 to 2 p.m. Saturday.

First RCHS Alumni Banquet scheduled for April 25th

The First Annual RCHS Alumni Banquet will be held April 25th, this year for the classes of 1973 through 1985. For more details, go to rchs.alum.assoc@gmail.com or visit the Facebook group page at Rockcastle co. High School Alumni Association.

KPR Meeting is March 16

The Cumberland Valley Chapter of the Kentucky Public Retirees (KPR) will meet Monday, March 16th at David's Steak House in Corbin. Mealtime will begin at 11:30 a.m. with the meeting to follow. Guest speaker will be Brandon Storm, Republican candidate for 21st District State Senator and Don Rose, Republican candidate for 86th District State Representative in the May 19th primary election. Any retiree (and spouse) receiving retirement benefits from KERS, CERS or SPRS is welcome to attend. Membership information will be available at the meeting or is available on the website (kentuckypublicretirees.org). For more information, call 606-260-0490.

Hospice Hop: 50s Rock-n-Roll

The Hospice Hop, a 50s Rock-n-Roll event will be held Friday, March 27th, beginning at 7 p.m. at the Silver Eagle. It will be a night of live music, dancing and much more. Music will be provided by the Wild River Band. There will be classic cars, a cake walk, silent auction, an Elvis impersonator and a 50s costume contest. All guests will receive a free ice-cream float in a souvenir cup. \$20 per person. Tickets online at hospicecareplus.org or at the door. All proceeds benefit Hospice Care Plus. For more information/questions, call 859-986-1500.

Hot Rod Sign-Ups

Hot Rod T-Ball sign-ups for 3-5 year-olds will be held the first and second weekends in April at Wendy's from 10 a.m. to 2 p.m. Call 606-308-5319 for more information.

Celebrate Sobriety Service

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

Chamber of Commerce Meetings

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

VFW Post Item

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

Rockcastle County Recovery Meetings

Monday-Celebrate Recovery-Brodhead: Community Outreach Center, two sessions - Monday, 11:30 a.m. and 6 p.m. Leaders: Nathan DeLeon 859-230-9590/Kathryn Pope 606-308-3099/Tammy McGuire 606-308-1614.

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

Alcoholics Anonymous: 7 p.m. on Williams St., Mt. Vernon.

Wednesday-Celebrate Recovery Step Studies. Men Only. Northside Baptist, 606-256-5577, Wednesday, 7 p.m. Please call by 4 p.m. if you need a ride on the church van.

Thursday-Celebrate Recovery-Step Studies - Women Only. Community Outreach Center, Brodhead, Thursday, 6 p.m. Leaders: Kathryn Pope, 606-308-3099 and Tammy McGuire 606-308-1614.

AA Meeting, 8 p.m. Open Share at the Brodhead Center.

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

Saturday - Celebrate Recovery: Crosspoint Church of God, 211 Industrial Park Road, Mt. Vernon. 10:30 a.m. Saturday. Leaders: John Burton 859-621-9881, Joanie Mink 606-308-3190.

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

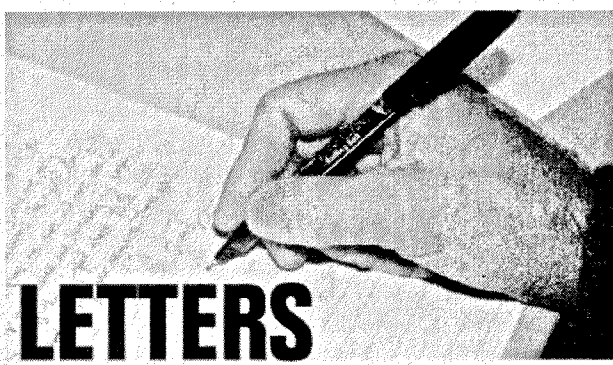
The Brodhead Masonic Lodge #566 meets every third Saturday at 7 p.m. on Main Street in Brodhead above Brodhead Pharmacy.

Kiwanis Club Meetings

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

American Legion Post 71

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



**LETTERS
TO THE EDITOR**

HB 484 should be defeated...

Dear Editor,

A bill recently introduced in the General Assembly would reorganize Kentucky Retirement Systems. Proponents say HB 484 is needed to address a perceived lack of representation for the County Employees Retirement System, one of three systems under the umbrella of KRS. KRS is overseen by a 17-member board.

HB 484 creates a new, duplicative bureaucracy. It establishes a CERS board and another board to represent the Kentucky Employees and State Police systems. This will mean duplicate expenditures to hire another group of auditors, investment consultants and actuaries. Investment and custodial fees to manage separate fund portfolios will increase. Chief executive officers would be hired for each of the two boards. The total price tag is estimated at \$3.6 million to \$6.7 million.

An argument can be made that the current board is top heavy with gubernatorial trustees. A simple fix would be to do nothing more than change the board's representation. No muss, no fuss, and no spending millions of dollars for a system that needs to hold on to every nickel to ensure fiscal stability.

HB 484 should be defeated, and a more practical approach to board representation should be explored by all affected stakeholder groups.

Jim Carroll

President Kentucky Government Retirees

“Points East”

(Cont. from A2)

goers were not up to their swing assembly A game. The shower goers were so buzzed on coffee that they couldn't have held a hand tool steady if they'd known where to use it.

I had avoided baby showers ever since then, but, late last Sunday afternoon a baby shower presented an opportunity to visit 4 of our 5 surrogate granddaughters, 3 of whom were getting ready to welcome a baby sister. I don't get a chance to spend nearly as much time with the girls as I'd like to and I figured that John and Jack Edwards' daughters, all of whom call me Grandpa, would guarantee that I'd enjoy myself more than I had in the previous baby shower encounter.

Honorable Grandma, Loretta, was in charge of entertainment and served up several baby oriented games that, I assume, are popular with baby shower attendees. At least the 30 or so guests who attended Becca's and John's seemed to be royally entertained.

I actually tied the new big sisters' biological Grandma, Regina Russell, for first place in

a nursery rhyme trivia contest. For example, Who did the dish run away with? What grows in a row in Mary's garden? Where was Simple Simon headed when he met the pieman? Why did Old Mother Hubbard go to the cupboard, Where did Peter, Peter put his wife? What did Jack jump over? Rub a dub dub, how many men in the tub. How many fiddlers for Old King Cole? How does a weasel go? What did Little Miss Muffet have for dinner? What did the mouse run up? How do you catch a tiger? What color was Mary's lamb? How many mice for the farmer's wife? What did Peter Piper pick? What did the dish run away with?

Regina and I got 13 of 15 correct answers. Besides Loretta, we were the only people over 60 in the crowd and nobody else got more than 11 correct answers.

I don't remember what prize Regina won but I wound up with a new coffee cup stacked with Hershey Kisses. I told the girls that I'd share some with them the next time they come to see me. But they'd better hurry. These things are going as fast as Mr. Parkinson can unwrap them.

ramblings...

by: perlina m. anderkin

against President Trump this fall.

Pete Buttigieg dropped out Sunday after spending \$79,000,000. Multi-billionaire Mike Bloomberg has already spent \$600,000,000 of his own money and got his first votes in Tuesday's Super Tuesday Primaries (14 states). He has since suspended his campaign.

It is going to be interesting (and scary?) to see what happens if our very own Comrade Bernie Sanders is somehow denied the nomination in Milwaukee this summer for "I don't know where I am or why I'm here" Joe Biden.

One of Sanders's top campaign officials was secretly recorded by a Project Veritas person detailing the havoc his followers would wreak in Milwaukee as in, "We'll burn Milwaukee down" among other threats. He was also recorded talking about if Sanders won, the "re-education camps" they would have to send millionaires/billionaires to (and no doubt the "deplorables" who supported Trump, regardless of financial status).

I cannot believe in our country that we have degenerated to the point that an avowed Socialist/Communist has a substantial possibility of becoming our President.

Of course, we will just have to wait and see how this whole depressing scenario plays out.

“Memories”

(Cont. from A2)

commercial, wooden slingshot. Al noticed me looking at the very special weapon and then took the slingshot to the counter and purchased it for his little brother. The clerk suggested that we also purchase a few bags of marbles to use as ammunition, which we did.

As soon as we got back to Al's house, I took my new slingshot into his back yard and began to practice. It wasn't long until I was hunting the wooded area behind his house. I became quite good at hitting my targets with my new weapon.

I kept that slingshot until I left Mt. Vernon to attend UK in 1962. Don't know what happened to it after that, but I always considered that slingshot to be a special gift from my older brother.

(You can reach me at themtnman@att.net or you can drop me a line at 30 Johnson Avenue - Mt. Sterling, KY 40353. I appreciate your comments and suggestions.)

“Aces”

(Cont. from A2)

earth we did before plastic. Everything in my home is made of plastic now. Of course stuff lasted longer but it also weighed ten times more and got rusty.

We also had no idea it was a bother to have to heat up an oven for 20 minutes and then heat up food. Microwaves didn't exist.

Even popcorn meant oil and butter and dirty pans and dirty bowls and fifteen minutes to pop it and 15 more to clean up the mess. That 3-minute ding on the microwave is nice.

Of course televisions are great too. We always had one but the black and white screen was blurry and staticky and the antennae on the roof had to be moved every night so that one of the three channels we got would come in.

Riding mowers are actually life savers. Honestly, they are. Pushing those old rotary blade mowers up hill in a slanted yard was very dangerous for feet and limbs but were also so hard to push that elderly people or sick people risked heart failure pushing them around.

As most know, I smoke like a freight train burning coal. But I still use the old Zippo's. I spend every night filling mine with fluid and flint. But most people just buy lighters for a dollar and then toss it away when it's used up. It's much nicer.

Paper towels, Saran wrap, aluminum foil, television remotes, light bulbs, electric stoves, and so much more makes our daily lives so much nicer.

I would love to see my kids spend just one day of their life the same way I lived mine as a youth.

No bathroom, no phone, no air conditioning, one tv channel, no running water, no internet, no microwave, no Bluetooth, only push mowers, etc.

Times were sure harder. Luckily, I came along after cars were invented and we always either owned or had use of a tractor so I never had to plow with a mule.

Anyway, I guess I should be thankful for a lot of the newfangled stuff.

It's just too bad we had to sacrifice moral values to have all these nice pleasures of life.

In a perfect world, we could move ahead and progress and enrich life without giving up ethics or moral values or Christian-based laws. But alas, it is far from a perfect world.

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Obituaries

Kelly Wayne Saylor

Kelly Wayne Saylor, 45, of Dalton, GA and formerly of Brodhead, died Monday, February 24, 2020 surrounded by his loving family. He was born in Middletown, OH on August 8, 1974, the son of Rant and Faye Irene King Saylor. He had been a truck driver.

He is survived by: his wife, Jessica Saylor and their four children, Garrett Saylor, Mackenzie Saylor and partner Emmanuel Jacobo, Matthew Petty, and Jordan Petty; his father and step-mother, Rant and Joyce Saylor of Brodhead; two grandchildren, Roslyn and Knox; four brothers, Jerry Saylor, Robert Saylor, Julian Saylor, and JR Saylor; and two sisters, Randi Saylor and Lisa Saylor. Several nieces and nephews also survive. He was preceded in death by his mother, Faye Irene Saylor and two brothers, Keith Edward Carpenter and Lonnie Clinton Carpenter.

Funeral services were conducted Saturday, February 29, 2020 at the Dowell & Martin Funeral Home Chapel by Bro. David Sargent. Burial was in Saylor Family Cemetery at Cartersville.

Pallbearers were: Jason Burkhart, Brandon Evans, Emmanuel Jacobo, Matthew Petty, Jerry Saylor, Michael Saylor, and Peyton Saylor.

Please visit www.Dalton-Funeral-Home.com, www.DowellMartin.com, to view online obituary.

Dorothy Jean Cummins

Dorothy Jean Cummins, 89, of Crab Orchard, died Sunday, March 1, 2020 at her home. She was born in Lincoln County on March 29, 1930. She was the wife of the late Clancy Cummins. She was a member of Liberty Baptist Church.

Survivors include: a son, Gary E. Cummins of Crab Orchard; a daughter, Roxanne Caldwell of Crab Orchard; a brother, Ron Weaver of Indiana; a sister, Diane Shannon of Indiana; five grandchildren, Rebecca (Brian) Shearer, Rachel (Adam) Nobel, Ramona (Jeff) Barker, Chris (Shannon) Goff and Cristan (John) Reed; six great grandchildren, Tallyne Shearer, Trinity Shearer, Lexi Martin, Hailee Reed, Chelsea Reed and Chase McClure.

A private funeral service will be held at a later date with burial to follow at Liberty Baptist Church Cemetery.

Rex Hodge

Rex Hodge, 87, of Cranberry Township, PA, died February 21, 2020. He was born in Corbin, on January 15, 1933, the son of Hubert Hodge and Ida Carpenter. He graduated from the University of Kentucky with an Engineering degree in 1956. He later received another Engineering degree and was also a licensed professional Engineer. He founded Fluidraulics, Inc. in 1967 and was the President/CEO for decades.

He will be missed dearly by his three children, Paul Hodge (Susan) of Chagrin Falls, OH, Jenny Hilliard (Randy) of West Sunbury, PA, and Pam Krause (Kurt) of Valencia, PA. His grandchildren will also miss him very much: Christina Fuller (Alex) of Shaker Hts., OH, Natalie Hodge of Chicago, IL, Kevin Hodge of Cleveland, OH, Ryan Krause of Pittsburgh, PA, Ashley Krause of West Palm Beach, FL, Alex Welter of Pittsburgh, PA, Roxanne Welter of Pittsburgh, PA and one great grandchild, Reid Fuller of Shaker Hts., OH.

He was married to Betty Sue Davis for 23 years and they remained close friends. Rex loved genealogy and spent years traveling and researching the family history going back to ancient Europe. He wrote and published a book titled, "From Old World Royalty to the New World Frontier." He also spent winters in Dunedin, FL for 15 years and loved the area and weather there. He was a big Kentucky Wildcats basketball fan and watched them often.

A memorial service will be held at 11 a.m. on Saturday, March 28, 2020 at LifePointe Alliance Church, 997 Route 228, Mars, PA 16046.

A memorial service, where Rex will be laid to rest with his parents, will be held at Elmwood Cemetery on Old U.S. Highway 25, Mt. Vernon, KY, 40456, at 10 a.m. on Saturday, April 25, 2020.

In lieu of flowers, a donation may be made to the American Heart Association of Pittsburgh online (<https://www.heart.org/en/affiliates/pennsylvania/pittsburgh>).

Funeral arrangements were entrusted to Boylan-Glenn-Kildoo Funeral Home & Cremation Svcs., Inc., 130 Wisconsin Ave./P.O. Box 2155, Cranberry Twp., PA 16066.

Expressions of sympathy may be shared with the family at www.boylanfuneralservices.com.



Verla Ann Shelton

Verla Ann Shelton, 72, of Livingston, died Sunday, February 23, 2020 at The Terrace Nursing & Rehabilitation Center in Berea. She was born in New Miami, OH on January 19, 1948, the daughter of Clarence Bryan and Geneva Bond Bennett. She was a homemaker and a member of Livingston Pentecostal Church.

She is survived by: three sons, William Bryan Mahaffey of Livingston, and Chad Mahaffey and Darren Bennett, both of Mt. Vernon; and three daughters, Starlene Worley and Sabrina Mahaffey, both of Berea, and Sherry Peña of Livingston. Also surviving are 15 grandchildren and three great grandchildren. In addition to her parents, she was preceded in death by a sister, Imogene Hurd.

Funeral services were conducted Thursday, February 27, 2020 at Livingston Pentecostal Church by Bro. Jim Miller. Burial was in Red Hill Cemetery.

Pallbearers were: Darren Bennett, Chad Mahaffey, William Bryan Mahaffey, Jacob Quintero, Blake Vanwinkle, Chad Vanwinkle, Christopher Vanwinkle, Jared Vanwinkle, and Darrian Worley.

Arrangements were by Dowell & Martin Funeral Home.

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

Edna "Eddy" Bowman

Edna "Eddy" Baker Bowman, 77, of Crab Orchard, died Friday, February 28, 2020 at her home. She was born in Garrard County on November 10, 1942, a daughter of the late Edith Mae Wethington and Clyde Baker. She was a Christian and member of Oak Grove Church of Christ. She was a retired nurse. She loved each of her family. She enjoyed quilting, working jigsaw puzzles, playing the banjo and she really cared for her dogs.

Survivors include: six children, Tina (Ronnie) Goff, Gary (Anna) Smith, Michael "George" (Tina) Smith, Tim (Stacie) Smith, Tammy (Roger) Brock and Eric Smith; very special step-daughter, Renee Oliver; former husband, Curt Smith; two sisters, Mary "Cotton" Johns and Pat Smith; 15 grandchildren; 13 great grandchildren; and a host of nieces and nephews and several cousins.

In addition to her parents, she was preceded in death by husband, Jim Bowman; a brother, Bobby Baker; and two grandchildren, Michelle and Brandon Smith.

A memorial service was held Tuesday, March 3, 2020 at the McKnight Funeral Home Chapel with Bro. Zandall Hasty officiating.

Card of Thanks

Barry "Pap Bear" McClure

It is with humbled hearts that we attempt to express in mere words our sincere appreciation for the outpouring of love, kindness, prayers and support that was shown to our family during this most difficult time of great sadness. You can rest assured that the smallest act of kindness gave us comfort in our time of despair with the loss of our husband, father, son, brother, grandfather, uncle, nephew. We were certainly comforted and amazed by the crowd that waited in line for hours to pay their respects to us at the visitation services and those who took time out of their day for his funeral and burial. The outpouring of love from our small community has overwhelmed us all.

First and foremost, we would like to thank Dr. Karen Saylor for going above and beyond for him throughout the years during his many health scares. Thank you to Neil Bray and Rita Mullins for being so compassionate to him when he was in so much pain. Your professional expertise did not go unnoticed.

Thank you to Marvin Owens and his staff for the comforting down home care that was bestowed upon us during this difficult time. They

honored our every request and left us feeling so grateful.

Special thanks to Chestnut Ridge Church of Christ and the ever caring "church ladies" for the wonderful and bountiful meal that was served after the services for so many in attendance. Thank you to Brother Ova Baker, Dale McNew and Devon Bussell for the eulogy and thoughtful words at the funeral.

We would wish that we could acknowledge each and every one of you personally face to face but we cannot, so we would hope that you will accept this letter of appreciation from us all. We would, however like to make special mention of our sincere appreciation to the Bussell family and for our close neighbors for the fellowship and support shown all of us, thanks for reminding us of your favorite "Barry" stories that made us all laugh. We are still searching for words to express our gratitude to everyone who brought food, utensils, odds and ends, flowers, gifts, cards, money, etc. Your love and kindness has not, nor will ever go unnoticed or forgotten.

Janet, Mickey, Dusty, Tiffany, Fred, Cheryl, Beverlee, and Amos Junior

Yards to Paradise

By Max Phelps
Get Real (Stone)

A wholesale stone producer I know has as their marketing slogan "Get Real" and has trademarked it.

In this age when everybody wants something and they want it yesterday, hauling in real rocks and waiting for the masonry work to be completed is becoming a thing of history. You can probably think of a "historical building" of a historical stone wall or monument. Let's look at this subject a little as it relates to landscaping and building.

Fake stone (faux rocks) requires less skill and fewer hours of labor to create a rock wall or stone on the facade of a home. Some of it looks pretty convincing anymore, until you get up close and inspect if it's real or not.

Artificial stone may cost as much, and often more, than real stone. The quickness with which it can be installed saves money and time (again, money). Still, if you've seen the fake rocks falling off of concrete walls along Richmond Road or at Hamburg Pavilion in Lexington, KY; or if you have a mobile home underpinned with a wire mesh coated with mortar and stones that in a few years several have fallen off, you realize it's not "rock solid" the way real stone done properly is.

Rock is often used as a veneer over concrete blocks or poured walls. It also works as a veneer on an old walk or patio, making it look brand new. It may not be cheaper than to jackhammer out an old walk and pour with fresh concrete, but you'll have a fancy stone walk when it's done instead of a concrete one.

Real stonework, especially if the stones are more than an inch or so in thickness, requires a footer. This is something the faux rock doesn't require, because it is lighter in weight. Thick stones can also be used as veneer.

This would be where they are used as a structural element, but over the top of plywood or other sheathing.

A real rock house has walls that may be nearly two feet in thickness. These aren't very cozy, for stone allows the chill from outside to come right through the rock; it will be cold in the same way a concrete warehouse or garage is cold. Still, from ancient

times, stone has been used to build homes and castles.

Besides covering a house or covering a wall, what are other ways stone is utilized at a home or business?

Fireplaces come to mind. Again, these can be constructed of solid rock and lined with firebricks—or they can be veneering covering a fireplace made of other materials. A fireplace in a home looks great, although I'm sure it's not for everyone. There are fireplaces for looks or for cooking that are installed outdoors as well.

Driveway entries and mailboxes are another common way stonework is employed to make a place look more impressive. It also can be more secure, lasting forever.

Cobblestones were used in bygone times for street paving, road building. These are rather rough, but certainly much more durable than a gravel driveway, and look great as well.

Outdoor patios and outdoor kitchens, along with terraces or retaining walls, are other places we find rocks commonly used in the landscaping of a house. You can build these walls completely from stone, like the one at intersection of Center and Forest Streets in Berea, Kentucky. Or you can build a concrete wall, and use either real stone or faux stone to "veneer" it.

And dry laid stone walls can also work as retaining walls. This is where flat stack stones are carefully layed so they don't require masonry to hold them up. (Not advisable for holding back an unstable hillside though.)

We can use practical concrete for many things, including nice dyed concrete brick patios and walks, stamped poured concrete, and large blocks to create retaining walls that will look like rock ledge stones from a distance. Yet, real stone will look the more "special" and make the greatest impression on others.

There are many patterns and looks that a mason can create, and the arrangement or rocks in an artistic fashion is always going to be what really separates the imitation stone veneer with stonework by a knowledgeable stone artist.

The author is a landscaper.

Contact Max:


rockcastles@gmail.com and

www.rockcastles.net

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“RCIDA”

(Continued from A5)
gress and egress and a more attractive site with 40 parking spaces. The building will compliment the area,” said VanHook.

Though the building will be known as the Farmer’s Market, the City of Mount Vernon, Rockcastle County Fiscal Court and the RCIDA Board are adamant about the building being a multi-use facility available year-round for many different functions or events.

“There will be two offices and a 12 by 20 conference room along with two bathrooms,” said VanHook. “Then, of course, there will be the 37 by 96 open area with 10 overhead doors.”

Craig talked about several local entities and organizations who may be interested in utilizing the new heated and cooled facility once it is complete.

Craig also explained plans to salvage parts of the home such as the heating and air conditioning system. But he explained that the building itself was on a crumbling foundation and presented several safety issues. “This is why we chose to demolish the house,” he said. “There are some things we can salvage but we needed to get rid of the house and provide a safer environment all around.”

VanHook said Bray had an idea of creating an app or a website to pre-order products from the market once it is open.

“Something like a click list so that residents could order products from the Farmer’s Market in advance. This would also help the producers to know how much to grow,” said Bray.

Conversation then moved to the progress of the Microfoodery plant and the new hemp processing plant in Mount Vernon. Craig reported those projects are also moving ahead. “Things are moving ahead at a fast clip now,” he said.

Discussion then moved to the planned widening of Highway 461. Rep. Brenda informed the board that though Governor Beshear’s new budget had pushed the project out to 2025, he had worked with officials to have the project moved back to 2023 as a goal to begin construction. “We need to keep this conversation going and keep moving on this project,” said the state

representative.

Brenda said he is still working on keeping the project moving sooner.

Holbrook said officials met recently with the local school system to find out what days would be best to close roadways for bridge demolition and they were told “next year there is a spring break. So, that is a good sign.”

Craig agreed. “I can’t over emphasize the importance of this project,” he said. “If we want all the growth that we plan to accomplish near exit 62, widening this highway is an essential part of that growth.”

VanHook told the board about the trip taken by himself and Bray to the Co-Opolooza Economic Development event held in Frankfort last month.

VanHook said events held and discussions and presentations all only served to confirm his opinion that a natural gas line needs to be available in Rockcastle County.

“It is crucial that we have a natural gas line here,” said VanHook. “Companies are looking for the Holy Grail of locations and we have it all, except gas. We have a great quality of life, rail systems, transportation systems, excellent health care, excellent school system and so much more to offer any potential business...except natural gas.”

Craig agreed. “The potential for the exit 62 area has a lot of merit,” he said. “But it would look even better if we offered natural gas.”

Holbrook, Brenda, Craig and VanHook discussed several other projects also in planning stages including flooding problems in Brodhead, the new water basin in Mount Vernon, Brodhead sewer lines and other plans for development.

Craig ended the meeting by emphasizing his pride in the recent growth and development in the area.

“We are living in exciting times here in Rockcastle County,” said Craig. “There are some risks and some liabilities involved with the growth we are experiencing and the development we have planned. But the rewards are tremendous. If we stay focused on the prize, and stay on top of all the moving parts, our community will benefit greatly.”

The next meeting is scheduled for Tuesday, April 7 at 8:30 a.m.

The public is invited to attend.

Smoke reported in MVES



The Mount Vernon Fire Department was called to the Mount Vernon Elementary School Friday night after smoke was reported in the building. Once on the scene, first responders learned the smoke was from a faulty heating and cooling system and no fire had occurred. Fire fighters ventilated the building and no damage was reported from the smoke.

“Projects”

(Continued from A5)

terial would be graded and provide much nicer, convenient campsites. That sediment is perfect top soil and we would have a beautiful, green area there.”

In fact, if all went according to plan, the new, improved campsites would increase from 20 to 50 and greatly increase potential income from the campground as well as local businesses. “We already make between \$150,000 and \$160,000 from sales at the lake. This could increase that number in many different ways,” Bray said.

So, not only would the cost of both projects be greatly reduced, but income potential would be greatly increased if both projects are scheduled properly, Bray added.

Local RCIDA board member Doctor George Griffith asked if the lake material could be compacted properly and approved for use as fill in the campground.

“We are going to have to work that out with the Corps of Engineers,” said Bray. “I feel certain it can be used but those details will indeed have to be addressed.”

Though all the details are not worked out yet, and scheduling and budgeting is a difficult task, Bray says he feels confident that the idea could save the city a lot of money while providing increased income after the projects are complete. But, only if the two projects, and their problems can be coordinated.

Recently, the City of Mount Vernon received an estimate of over \$1million to dredge the lake alone, according to Bray, but he says not hauling off and paying to store the material from the lake would greatly reduce that cost.

As for the campground, not having to purchase and haul fill material and topsoil would also greatly reduce that project cost.

“In effect, the cost of both projects could be about the same as either one of them would have been if we had done them separately,” said Bray.

Currently, Bray says, the two projects are in early stages of planning. “There is a lot to work out and grants to obtain before anything happens. But if we approach this the right way, we can save a tremendous amount of taxpayer dollars and get an even better result.”

“Indict”

(Continued from A5)

dicted on three counts: possession of a controlled substance, promoting contraband and tampering with physical evidence.

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

Nathan L. Gadd, 32, of Ottawa Road, Brodhead was named in two separate indictments, one for receiving stolen property and the other for three different offenses: theft by unlawful taking, two counts of criminal mischief and one count of operating a motor vehicle under the influence of alcohol/drugs.

His bond was set at \$7,500 c/p;

Joshua C. Page, 32, of W. Main St., Mt. Vernon was indicted for the offense of possession of a controlled substance.

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

“CTAA”

(Continued from A5)

recognition is helpful to our organization.”

RTEC (Rural Transportation Enterprises Coordinated) provides transportation for many in Rockcastle County, and adjoining counties, and CTAA plans to hold their annual national conference in the state this year.

RTEC is one of 24 transit agencies in Kentucky and only a few years ago received the National Innovators Award in the transit industry.

The national conference is scheduled for the end of May in Louisville and brings transit agencies from across the country together.

The CTAA central focus is their belief that “mobility is a basic human right” and the non-profit organization is “in the business of moving people efficiently and cost effectively.”

Established in 1979, the CTAA has held conferences across the nation but officials spent part of this week in Mount Vernon. “We are members of the CTAA and attend the conference each year and we are proud to have them here at our facility,” said Cummins.

Dessie L. Hyatt, 68, of Lexington was indicted for possession of a controlled substance, trafficking in a controlled substance and promoting contraband into the Rockcastle County Detention Center.

Her bail was set at \$25,000 c/p;

Melissa Sue Wolke, 38, of Emerald Lane, Mt. Vernon was indicted for murder in the death of Donald Abner.

Her bond was set at \$500,000 cash.

Gregory Scott Durham, 39, of Old U.S. 25S, Mt. Vernon was indicted on three counts of rape and three counts of sodomy.

His bail was set at \$200,000 c/p.

John C. Newland, 46, of West Main St., Brodhead was indicted for the offense of assault and as a persistent felony offender.

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

Brittany M. Ramsey, 26, of Kings Court Road, Mt. Vernon was indicted for the offense of possession of a controlled substance.

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

Tammy Jo Hensley, 46, of Honeycomb Road, Mt. Vernon was indicted for bail jumping.

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

Federal student aid programs can help pay college costs

The federal government offers many financial aid programs to help students and families pay for college. Federal Pell Grants provide up to \$6,195 per year for undergraduates with financial need. That amount is expected to increase for the 2020-21 school year.

• Federal Supplemental Educational Opportunity Grant: These grants provide up to \$4,000 per year for undergraduate students who have exceptional financial need.

• Direct Loans: These loans are available to undergraduate, graduate and professional students. The amount students can borrow depends on their year in school.

• Federal PLUS Loans:

Parents of dependent undergraduate students may qualify for PLUS Loans, depending on the parents’ credit ratings. The amount available depends on how much other financial aid the student receives. Graduate and professional students may apply for PLUS Loans if they have exhausted their Direct Loan eligibility.

The Free Application for Federal Student Aid (FAFSA) is used to apply for all of these programs. The PLUS Loan requires a separate application.

For more information about Kentucky scholarships and grants, visit www.kheaa.com; write KHEAA, P.O. Box 798, Frankfort, KY 40602; or call 800-928-8926, ext. 6-7214.

Online security can help protect from cyber thieves

The theft of credit and debit card numbers should make everyone, including students, more careful about protecting their money from cyber thieves. The following measures can help, according to the Kentucky Higher Education Assistance Authority (KHEAA).

Never provide your Social Security, bank account or credit card number in response to a phone call, text or email. If you get a text or email from a bank or company, don’t click on any link in the message. It may lead you to a fake site run by thieves hoping you’ll enter personal information, or it may install spyware or malware on your phone or computer. Instead, sign in through the website you normally use when you do business with that firm.

Never provide bank, credit card or other sensitive data on a website that doesn’t explain how your information will be protected, including encryp-

tion to safely transmit and store data.

When you use your ATM or debit card, make sure no one can see your PIN. Check ATMs for obvious signs of tampering or for a skimming device.

KHEAA is the agency that administers the state’s grant and scholarship programs, including the Kentucky Educational Excellence Scholarship (KEES). The agency also provides financial literacy videos at <http://itsmoney.kheaa.com> and free copies of “It’s Money, Baby,” a guide to financial literacy, to Kentucky schools and residents upon request at publications@kheaa.com.

Many of KHEAA’s student aid programs are funded by Kentucky Lottery receipts.

For more information about Kentucky scholarships and grants, visit www.kheaa.com; write KHEAA, P.O. Box 798, Frankfort, KY 40602; or call 800-928-8926, ext. 6-7214.



The CTAA organization toured the local RTEC facility this week. Left to right is Loreal Lance, CTAA Membership & Business Development Director, Shirley Cummins, RTEC Director and CTAA, Communications and Legislative Specialist Taylor Klocke.

SPORTS

Lady Rockets defeat Casey for 47th District title

Reversing their fortunes from a year ago when they did not make it out of districts, the Lady Rockets won the whole shebang last Wednesday night, defeating the Casey County Lady Rebels, a team that had beaten them twice in regular season play, 47-37.

The Rockets came out strong, going up 14-9 at the first quarter stop. They were ahead 22-17 at the half but, in the third quarter, it was all the way to the 1:50 mark before the Lady Rockets got their first basket which tied the score at 24 all, enroute to a 30-29 lead for the Rebels.

In the fourth quarter, the Lady Rockets drew first blood on two free throws by Kenzi Himes and a basket by Casey Coleman gave the Rockets a 33-30 lead which they would never relinquish, although the Rebels cut it to one at 33-32.

The Lady Rockets last 10 points of the

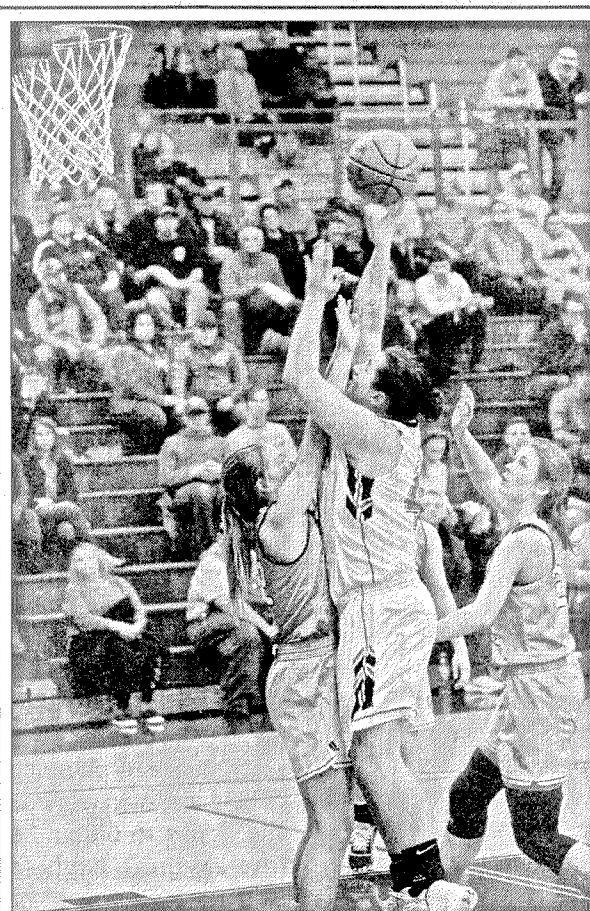
game came on free throws, the first two from Coleman, Lindsey Jones then hit two and senior Shelby Newland hit six in a row to clinch the win.

Coleman led the scoring with 14 points; Hallie Brown and Lindsey Jones had nine points each; Newland got eight; Himes, who was in early foul trouble and had to sit out much of the game, scored four points and Keelee King got a three point basket.

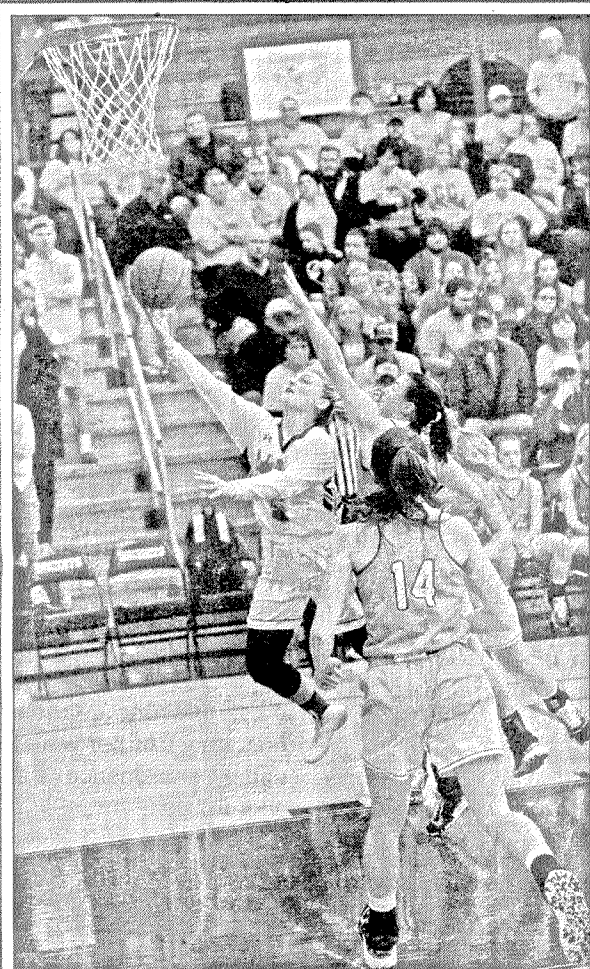
The Lady Rebels hit seven three point baskets to the Lady Rockets' three and were 6/6 from the free throw line to the Rockets' 12/14. The Lady Rockets only had eight turnovers in the game, none in the fourth quarter.

The Lady Rockets shot 57% overall in the game and were 12/14 from the free throw line and outrebounded Casey 23/15.

Himes, Newland and Coleman were named to the 47th District All-Season Team.



Senior Kenzi Himes works hard in the paint during the Lady Rockets' 47-37 win in the finals of the 47th District Tournament.



Senior Shelby Newland breaks free for a lay-up during the Lady Rockets' 47-37 win in the finals of the 47th District Tournament.



47th District All-Season
Sophomore Daniel Mullins and eighth grader Will Bishop were named to the 47th District All-Season team.



47th District All-Season

Junior Casey Coleman, senior Shelby Newland and senior Kenzi Himes were named to the 47th District All-Season team. Coleman was also named second team all-region and Himes was named third team all-region.

Play Friday night in semi-finals

Lady Rockets win first round of regionals; beat Garrard Co.

The Lady Rockets easily handled their first round opponent, the Lady Golden Lions of Garrard Co., in the 12th Region Tournament Tuesday night at Lincoln County.

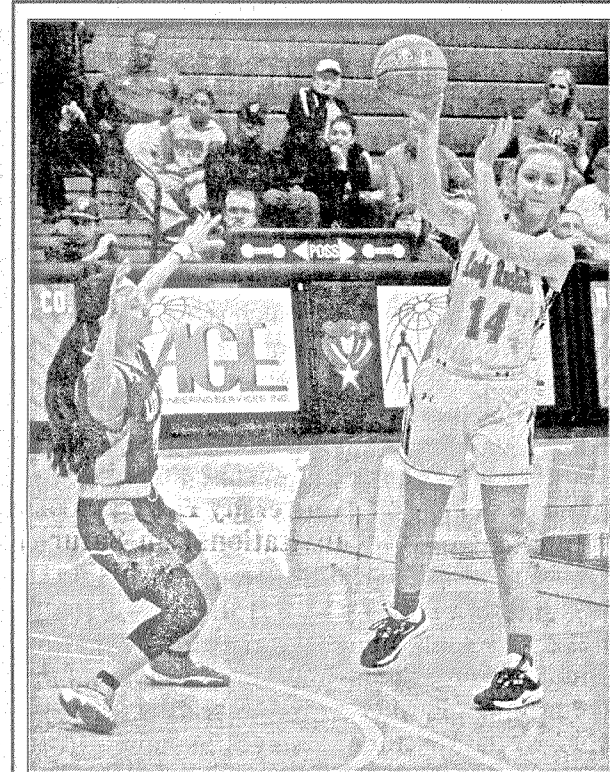
The score was 74-56 and the game was never in doubt as the Rockets put up a 21-6 first quarter score, had upped it to 41-23 at the half and were ahead 60-36 at the third quarter stop.

Coach Chrysti Noble got to clear her bench in the contest with nine players getting into the scoring column, four of

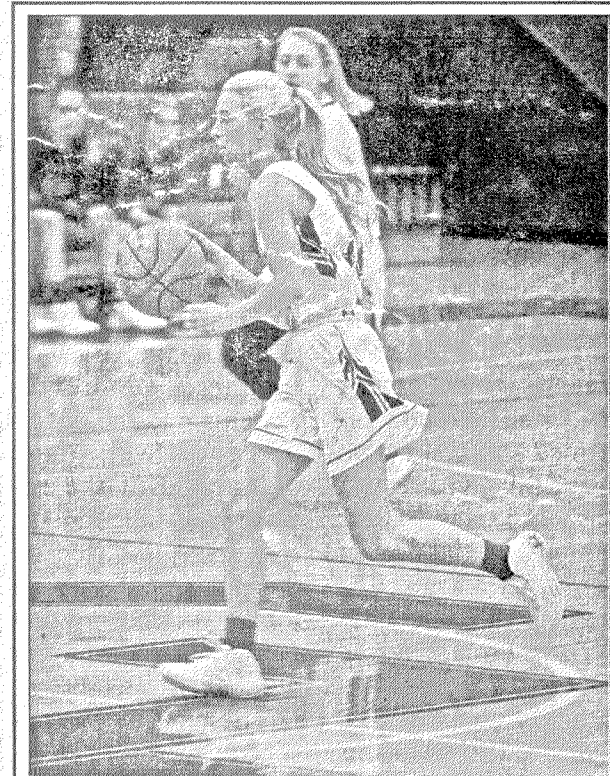
them in double figures.

Freshman Keelee King led the scoring for her team with 22 points, hitting five of nine three point baskets, three of them in the first quarter and junior Lindsey Jones got 13 points, including three three point baskets and had two steals. Senior Shelby Newland had a stellar night, hitting for 12 points, and adding five steals and two assists; senior Kenzi Himes got 11 points, three assists and one steal and tied for re-

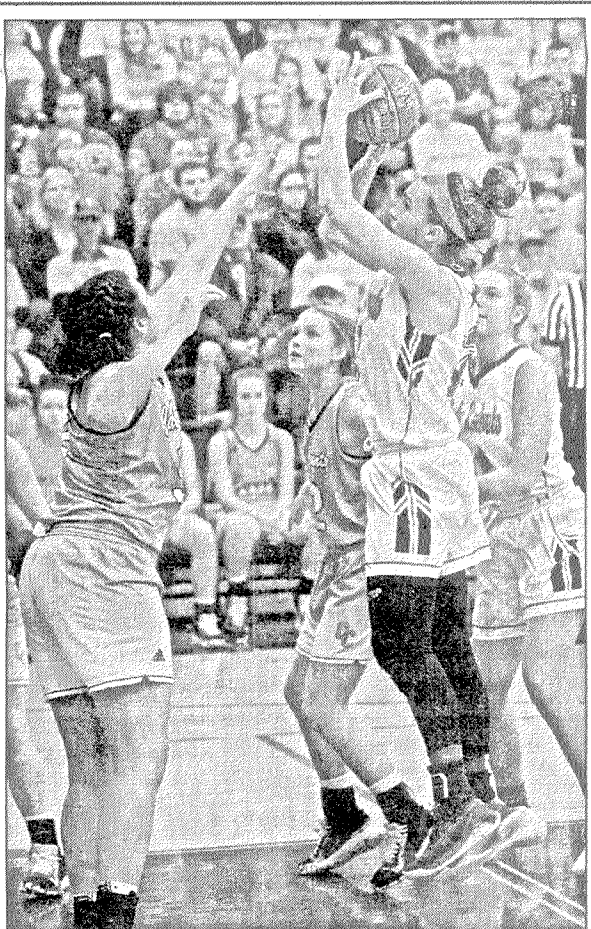
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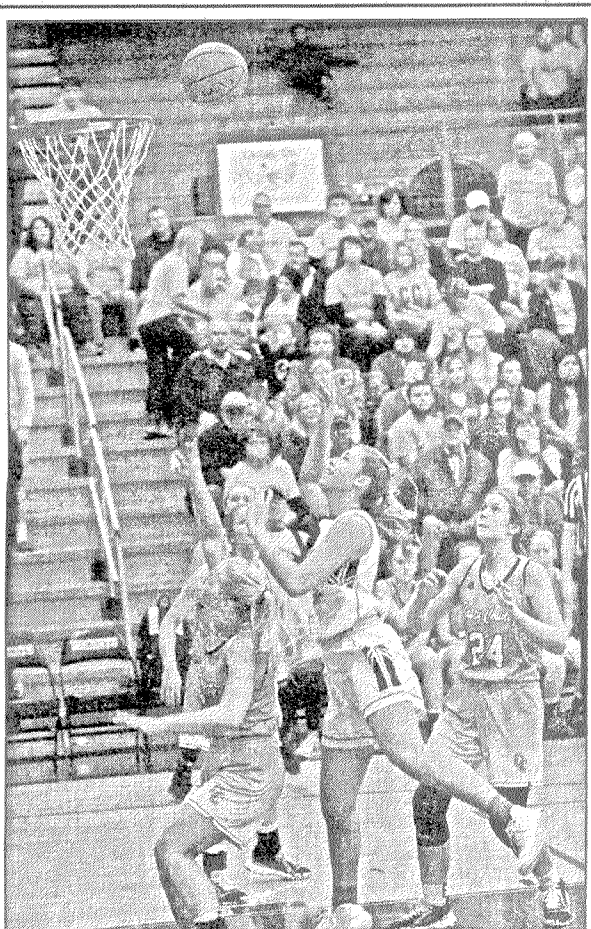
Freshman Keelee King makes a pass during the Lady Rockets' win over Garrard County in the first round of the 12th Region Tournament Tuesday night. King led the Lady Rockets with 22 points hitting five of nine from three point land.



Junior Lindsey Jones runs a fast break during the Lady Rockets' win over Garrard County in the first round of the 12th Region Tournament Tuesday night. Jones went three of four from the three point line. The Lady Rockets now face Wayne County Friday night at 8 p.m. in the semi-finals at Lincoln Co.



Junior Casey Coleman goes up for two of her team high 14 points during the Lady Rockets' 47-37 win in the finals of the 47th District Tournament.



Freshman Hallie Brown scores a basket during the Lady Rockets' win in the finals of the 47th District Tournament. Brown scored nine points in the win.



RCHS graduate and Transylvania University junior Lucas Gentry, was named to the HCAC All-Tournament Team Sunday after the Pioneers captured the Heartland Conference Tournament with a 49-48 win over Rose-Hulman. Gentry had a double-double with 15 points, 14 rebounds, along with a steal and an assist. He is shown in the above left photo with teammate Michael Jefferson. Jefferson was named the tournament's MVP and Gentry is shown at right enjoying cutting down the net. During the regular season, Gentry played in 26 games averaging 11.8 points and 5.2 rebounds per game.

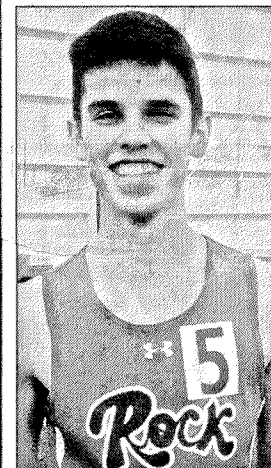
RCHS senior Dylan Bullen had an indoor career best day with two outstanding performances in the distance events at the Marshall University High School Invitational on Saturday. In the 1600-meter run, Dylan placed 27th overall out of 105 runners with an awesome career all-time personal best of 4:49.29. He shattered his previous best by over three seconds. In the 800-meter run, he placed 27th out of 100 runners with another exceptional race and an indoor all-time personal best of 2:08.82, nearly two seconds faster than his previous best indoor time.



RCHS senior Aaron Clark had an indoor career best day with several outstanding performances including two school records at the Marshall University High School Invitational on Saturday. He began his day with an exceptional performance in high jump, placing 5th overall with an awesome jump of 5'10", equaling his all-time RCHS indoor record in the event. In long jump, he placed 3rd overall with an incredible jump of 19'6.25"; a new all-time personal best and RCHS all-time indoor record. In the 60-meter dash, he placed 22nd out of 88 competitors with a new personal best time of 7.50 seconds, just missing the all-time RCHS record by only eight tenths of a second. In the 400-meter dash, he placed 28th out of 89 boys with a fast time of 55.20, another indoor all-time personal best.



RCHS freshman Carson King had several outstanding performances, despite only getting to practice one day a week due to his participation in another sport at the Marshall University High School Invitational on Saturday. He began his day with an exceptional performance in long jump, placing 8th overall in his first-ever attempt at the event with a great personal best jump of 18'0.25". In the 60-meter dash, he also had a personal best time of 8.08 seconds in his first-ever 60-meter sprint. In the 400-meter dash, he recorded a fast time of 59.51, not far from his all-time personal best.



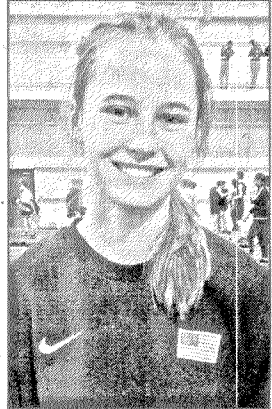
RCHS senior and Lindsey Wilson signee, Logan Bullock, had an indoor career best day with two outstanding performances in the distance events at the Marshall University High School Invitational on Saturday. In the 1600-meter run, Logan placed 26th overall out of 105 runners with an awesome indoor all-time personal best of 4:48.44. In the 800-meter run, he placed 32nd out of 100 runners with another indoor all-time personal best of 2:10.90. He missed his overall personal best in the event by only 12 hundredths of a second.



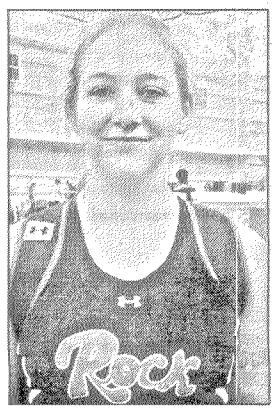
RCHS senior and Marshall University signee, Tori Dotson, shattered the all-time meet record in the 800-meter run, winning the event with a phenomenal time of 2:12.70, while also breaking her own all-time RCHS record at the Marshall University High School Invitational on Saturday. Her amazing time was over two seconds faster than the previous meet record in the event. She missed the all-time Marshall track facility record for high school and college competitions by slightly less than a second. Tori's time ranks her 8th in the U.S. national rankings among all senior 800-meter runners, as well as 20th in the nation overall. Also of note, her time would have placed her a very close 3rd in the 800 at Marshall's recent indoor conference championships.



Eighth grader Lexi Dotson, broke the all-time RCHS' indoor and overall record in the 1600-meter run (including outdoor), placing 5th in the event with an incredible time of 5:17.72, while also shattering her own all-time personal best by over 16 seconds at the Marshall University High School Invitational on Saturday. She broke the previous all-time overall school record mark held by her sister, Tori, by a slim margin of two hundredths of a second. Lexi's time currently ranks her 5th in the U.S. among all 8th graders that have competed in high school or middle school indoor meets. Later in the meet, Lexi followed her brilliant 1600-meter run performance with a 10th place finish in the 800 with an awesome time of 2:27.96.



RCHS junior Valerie Kendrick won shot put with an awesome new season's best throw of 35'10" at the Marshall University High School Invitational on Saturday. Her throw was only 2" away from her all-time RCHS record in the event of 36'.



RCHS sophomore Allie Martin had several outstanding performances at the Marshall University High School Invitational on Saturday. She began her day with an awesome season's best performance in long jump, placing 2nd overall with a great jump of 16'10". In the 60-meter dash, she placed 17th out of 76 competitors with a new personal best time of 8.30 seconds. In the 400-meter dash, she placed 8th out of 60 girls with a fast time of 1:02.07, just missing her indoor personal best. She finished her impressive day with a record shattering performance in the 200-meter dash. She placed 15th out of 81 girls with an incredible new RCHS indoor all-time record and indoor personal best of 26.65 seconds.



RCHS freshman Emma Watson had several outstanding performances at the Marshall University High School Invitational on Saturday. She began her day with a great performance in long jump. Experimenting with jumping off her opposite leg, she placed 11th overall with a jump of 14'2.75". She decided to switch back to her normal routine on her final jump, which was easily her best at 15' plus, but she just barely fouled. In the 60-meter dash, she placed 28th out of 76 competitors with a new all-time personal best of 8.57 seconds, nearly a two tenths of a second improvement. In the 400-meter dash, she placed 10th out of 60 girls while shattering her indoor all-time personal best by nearly two seconds in the event with a fast time of 1:02.39.



"Regions"

(Cont. from A6)

bounding honors with freshman Hallie Brown with eight. Junior Casey Coleman got seven points, five rebounds, one assist and two steals and, besides the eight rebounds, Brown had four points, six assists and four steals. Other Lady Rockets scoring were Jordan Harper and Addy McClure with two points each and Aliyah Lopez with one point.

The Lady Rockets hit nine three point baskets to Garrard's six and were 11/18 from the free throw line to the Golden Lions 8/10.

The Lady Rockets combined had 15 steals, 14 assists, 27 rebounds and shot 55% overall.

The Lady Rockets will now play the Wayne County Lady Cardinals, Friday night at 8 p.m., a team they beat in regular season play by four points.

The first game will be between the Casey County Lady Rebels and the Danville Lady Admirals.

This is the first time in nine years that the Lady Rockets have won their district and gotten past the first round in the region. Their only appearance in regionals in that time were as runners-up twice.



RCCHS Winterguard places in Tennessee Circuit Competition

Recently the RCCHS Winterguard made their premier performance in competition with the 2020 East Tennessee Performing Arts Association. The members competed in two shows in and around the Knoxville area finishing with a 3rd Place win at the Strawberry Plains Winterguard Invitational at Carter High School and advancing to a 2nd place win at the West High School Winterguard Invitational this past Saturday.

This year's show is entitled "Still I Rise" featuring the music of Katy Perry and written and directed by colorguard instructors Allison and Steven Renner.

Pictured above are front row from left: Kylee Carpenter, Kendra Silva, Emily Alexander - Captain, Lizzie Dixon, Brooklynn Carter, Amber Horn, and Allison Renner. Back row from left: Sierra Payne, Devona Smith - Captain, Zach Robinson, Zaydan Barnett, Allison Dunn, Taylor Long, and Emily Sturgill.



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LEGAL NOTICE

The Kentucky Transportation Cabinet

In accordance with KRS 176.051, Kentucky's noxious weed law, the Kentucky Transportation Cabinet will control noxious weeds on state-owned right of way at the request of the adjoining property owner. The noxious weeds named in this law are Johnson grass, giant foxtail, Canada thistle, nodding thistle, common teasel, multiflora rose, amur honeysuckle, poison hemlock, mare's tail, Japanese knotweed, and kudzu.

Property owners actively treating noxious weeds on private property may submit an application to request the eradication of nuisance weeds found on adjacent state-owned right of way. Contact your local district highway office to request an application. Visit transportation.ky.gov/contactus.

Save a lot

Food Stores

Fresh Produce Items

Fresh Vine Ripe
TOMATOES
\$1.29
LB



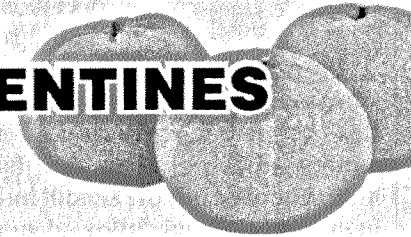
Red or White
SEEDLESS GRAPES
\$1.79
LB



10 lb Bag
IDAHO POTATOES
\$3.49



3 lb Bag
CLEMENTINES
\$4.49



Assorted Varieties
Big Pack Little Debbie *meal Cream*
SNACK CAKES **\$6.00** 2 FOR



2/\$4 Assorted Varieties
LAYS POTATO CHIPS
9.5-10 oz bag

Assorted Varieties
DORITOS
9.3/10.5 oz bag
2/\$5



Fresh Meat Items

Fresh Whole Boneless
PORK LOIN

\$1.59
lb



Fresh Family Pack
BONELESS CHICKEN BREAST

\$1.59
lb



Fresh Boneless
BEEF BOTTOM ROUND ROAST

\$2.99
lb



Fresh Family Pack
BONELESS BEEF BOTTOM ROUND STEAKS

\$3.49
lb



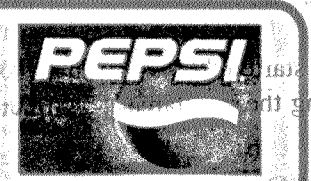
Mix & Match!
Fresh Meat & Frozen Products
Pick 5 for 19.99

RapidXchange
15 lb propane tank with exchange
\$14.99

4/\$10
6 Pack Bottles
3/\$11
12 Packs



4/\$10
6 Pack Bottles



AD PRICES GOOD MONDAY MARCH 2ND THROUGH SUNDAY MARCH 8TH 2020

Special buys!

Assorted Varieties
LAY'S STAX POTATO CHIPS
\$1.19
5 1/2 oz can



Assorted Varieties
PILSBURY GRANDS BISCUITS
\$1.00
5 ct, 10.2 oz can



GINGER EVANS STRAWBERRY CAKE MIX
\$1.19
16.5 oz box



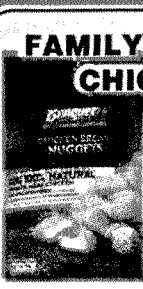
PETER PAN PEANUT BUTTER
\$2.49
16.3 oz jar



Assorted Varieties
LUCKY CHARMS CEREAL
\$2.79
10.5-13.8 oz box



FAMILY SIZE BANQUET CHICKEN NUGGETS
\$5.99
48 oz bag



Assorted Varieties
DIGIORNO PIZZA
\$5.99
28.8 oz pkg



FOLGERS CLASSIC ROAST COFFEE
\$7.49
33.9 oz can



Everyday low prices!

PICKWELL FARMS WHOLE KERNEL CORN OR CUT GREEN BEANS
.59
14.5-15.25 oz can



Assorted Varieties
MARUCHAN SOUPER 6 PACK RAMEN NOODLES
.99
18 oz pkg



MANTIA'S SHELLS OR ELBOW MACARONI
.99
16 oz box



TIPTON GROVE TOMATO JUICE
\$1.49
46 oz bottle



KIGGINS FRUITY OR COCOA DIAMONDS
\$1.89
11 oz box



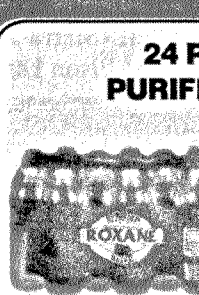
HAWAIIAN PUNCH FRUIT JUICY RED
\$1.99
1 gallon jug



Assorted Varieties
TIPTON GROVE 10 PACK DRINK STICKS
\$1.49
.70-1.4 oz box



24 PACK ROXANE PURIFIED DRINKING WATER
\$2.50
16.9 oz bottles



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Mount Vernon Signal

Second Section

Thursday, March 5, 2020

New facility coming to Brodhead

Home of Opportunity and Dreams

By: Mike French
Editor

The Home of Opportunity and Dreams. It sounds like a good place for a child in need to be. And, if David Townsend has anything to say about it, it will be.

The 52-year-old Somerset man is in the process of opening the doors to the new home on

Highway 70 in Brodhead. In fact, he hopes to be providing both opportunity as well as the fulfillment of dreams to children in Rockcastle County by mid-spring.

"We are a self-funded grassroots organization and we will put kids on the right path and then keep them there," said

(Cont. to B3)

Running a Marathon



The new Marathon station in Livingston is now under roof and owners are still planning to open for business by Memorial Day of this year. Mayor Jason Medley said the new business will make a noticeable difference to the citizens of Livingston and will provide a convenience that the city has been missing for many years. The station is next door to the new Family Dollar store which opened last year.



The Rockcastle FFA spent the week of February 24th through the 28th celebrating National FFA Week by having the proclamation signing with Rockcastle County Judge-Executive Howell Holbrook.

Rockcastle FFA celebrates National FFA Week

The Rockcastle FFA spent the week of February 24th through the 28th celebrating National FFA Week.

They started the week by having the proclamation signing with Rockcastle County Judge-Executive Howell Holbrook.

Senior officers Holly Miller and Savanna Sweet also met with Rockcastle County Clerk Danetta Allen to promote the Ag Tag Program. Everyone is encouraged to

make the \$10 donation when paying your farm license plate tax.

The money from the donation helps the community. The donations collected are separated equally among FFA, 4-H, and the Kentucky Proud Program.

The money donated towards FFA is used for numerous funds. The local chapter uses the funds to pay the dues of students that cannot afford it as well as helping members purchase an FFA jacket.

Remember what impact you can have and make the \$10 donation.



Senior officers Savanna Sweet (left) and Holly Miller (right) met with Rockcastle County Clerk Danetta Allen to promote the Ag Tag Program. Everyone is encouraged to make the \$10 donation when paying your farm license plate tax.

We Make Funeral Planning Easier

We continue to offer a wide range of services to meet the financial needs of every family.



We Offer:

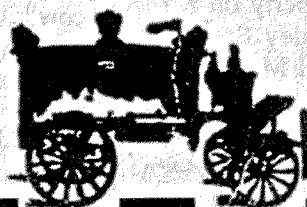
- Traditional Funeral Services
- Visitation/Funeral Services on the Same Day
- Graveside Services
- Military Services
- Direct Burial
- Memorial Services
- Out of Town Services
- Cremation

Lewis Cox - licensed funeral director
& embalmer for over 32 years

Shirley Cox - licensed funeral director

Kevin Fletcher - licensed funeral director

Sherry Cox - licensed cosmetologist



Cox Funeral Home

Mount Vernon, KY
Phone Anytime Day or Night - 606-256-2345
24 Hour Obit Line 606-256-5454

Tour Our Facility On The Web At www.coxfuneralhomeky.com

Essay Winners



Kinsley Smith and Jaycee Ramey were winners of the AARP Grandparent essay contest. Kinsley, shown above, was the MVES winner. She received a certificate and check for \$50.00 sponsored by the Rockcastle County Retired Teacher Association. She is shown with her teacher, Mrs. Marisa Albright and Ms. Nancy Bussell, secretary/treasurer of the RRTA. Jaycee, shown below, was the RES winner. She is shown with her teacher, Mrs. Stephanie Hurst and Ms. Bussell.



News from the Rockcastle Courthouse



Marriage Licenses

Esther P. Clark, 55, Orlando, cashier and Roger Dale Thomas, 46, Orlando, Eastern Ky. Recycling. 2/20/2020

Judith Ann Walker, 74, Fairfield, Ohio, retired and Larry J. Doan, 75, Brodhead, retired. 2/21/2020

Mary Louise Sparks, 65, Brodhead, retired and Bentley G. Collins, 67, Mt. Vernon, truck driver. 2/22/2020

Hannah Faith Fox, 18, Richmond, Chick Fil A, and John Marcus Robinson, 24, Mt. Vernon, firefighter. 2/26/2020

Brenda Virginia Hamm, 30, Paint Lick, unemployed, and Glendle Dick Hembree, 28, Orlando, unemployed. 2/28/2020

Rhonda Gail Messer, 47, Corbin, unemployed and Floyd W. Mink, 55, Somerset, truck driver. 2/29/2020

Circuit Civil Suits

Melodye McCown v. Malla McCown, petition for dissolution of marriage.

Kalia A. Hughes v. James Dillion Hughes, petition for dissolution of marriage.

Members Heritage Credit Union v. Gabriella Miller, \$11,306 plus claimed due.

Sherman Gay, Jr. v. Zella Mae Gay, petition for dissolution of marriage.

21st Mortgage Corp. v. Troy Lane, et al, \$41,334 plus claimed due.

Citizens Bank v. Billy J. Smith, et al, \$60,305 plus claimed due.

Credit Acceptance Corp. v. April L. Rudie, \$10,423 plus claimed due.

Michelle L. Anderson v. Willie N. Feltner, complaint for child support and medical support.

Onemain Financial Group LLC v. Jordan P. Renner, \$1,186 plus claimed due.

Elaine Renee Cromer v. Julian Wayne Cromer, petition for dissolution of marriage.

Peoples Bank and Trust Co. of Madison Co. v. Jason Childress, \$25,763 plus claimed due.

Marie Anders v. David Lainhart, complaint for child support and medical support.

Ashley Eileen Sizemore v. Christopher Shane Sizemore, petition for dissolution of marriage.

Megan Nicole Taylor v. Mickey Lee Taylor, petition for dissolution of marriage.

Heather Dawn Reams v. Jeremy Roland Reams, petition for dissolution of marriage. CI-00044

District Civil Suits

LVNV Funding LLC v. Jerry Hensley, \$955 plus claimed due.

Teresa Alexander v. Fonda Crowe, eviction notice.

Second Round Sub LLC v. Lois A. Dees,

\$1,494 plus claimed due. LVNV Funding vs. Jamie Cyrus, \$913 plus claimed due. C-00048

Credit Corp. Solutions v. Jason Kirby, \$1,319 plus claimed due. LVNV Funding LLC v. Heather Roll, \$2,303 plus claimed due.

Valley View Apartments v. Linda and Jack Swinney, eviction notice.

Rockcastle Regional Hospital and Respiratory Care Center v. Joshua Miller, \$2,419 plus claimed due.

Heights Finance Corp. v. Bryan K. Howard, \$1,453 plus claimed due. C-00053

Deeds Recorded

Jason Mahaffey and David Mahaffey, property in Rockcastle Heights addition to Livingston, to Tiffany Gross. Tax \$10.

Barbara A. Baker, property on U.S. 25S, to Brian Baker. No tax

Barbara A. Baker, property in Rockcastle County, to Brian Baker. No tax

Mayfrey and Edward Maxwell, property on Scaffold Cane Road, to Lawrence and Florence McHone. No tax

Glen E. Cromer, property on S. Wilderness Road, to Jesse M. and Ashley Patterson. Tax \$147

Russell W. and Amanda F. Owens, property on KY328, to Derrick and Megan Pittman. Tax \$180

Christy and Jerry Gross, property in Livingston, to Tiffany Gross. No tax

Glenna Spoonamore, property on KY 2549, to Russell and Amanda Owens. Tax \$140

Florence McHones, property in Rockcastle and Madison Counties, to Lawrence W. McHone. No tax

James Edward and Jane Jones and Elsie Jones, property in Livingston, to Clyde Franks. Tax \$5

David and Lisa Norton, and others, property in Rockcastle County, to Cody and Jennifer Mahoney. Tax \$2

Peggy Hurd, property on Old Somerset Road, to Neil Bray and Joshua Bray. No tax

Paul T. and Linda Burton, property in Rainbow Ridge Subdv., to Joshua and Shanlee Childress. Tax \$10

Kenneth E. Sargent, property in Rockcastle County, to Brenda Damrell. Tax \$6

Allen Hendrickson, property in Mt. Vernon, to Charles R. Andrews II. Tax \$109.50

Regina and Danny Hamm, property on KY 461, to Codey Stewart and Raychel McKinney. Tax \$24

Kenny and Patricia Hobbs, property in Rockcastle County, to Charles Robert Isaacs. Tax \$12.50

Roger Mink, property in Sunnyside Estates, to David Lee and Merna Diana Overbay. Tax \$16

Michael K. and Carla Rowe, property in Rockcastle County, to Jerry L. and Janet R. Burke. No tax

Jerry L. and Janet R. Burke, property in Rockcastle County, to Michael

K. Rowe. Tax \$11 David William Chasteen, property on Buffalo Hollow Road, to Madonna Mchuish, Trustee. No tax

John G. and Connie Hamm and John E. and Sheila Clontz, property in Castle Ridge Subdv., to Walter M. and Linda L. Howard. Tax \$7

Kay Marie Chasteen, property in Scaffold Cane section, to Billy and Karen Barron. Tax \$10 (172)

District Court

2/19 - 2/24

Hon. Jeffrey S. Lawless
Toni Jeannine Baker: operating motor vehicle under influence of alcohol/drugs, rear license not illuminated, bench warrant (bw) issued for failure to appear (fta).

Jeremy James Boggs: speeding, failure to produce insurance card, no/ expired registration plates - receipt, operating vehicle w/expired operators license, license to be in possession, bw issued for fta.

Speeding: Andrew Blake Conn, \$30 fine plus costs; David Ryan Chasteen, Bryan Lloyd Hatton, Jonathan W. Zambrano, Ryan Thomas Baughman, Dale Bonham, Christopher D. Carrender, Jacob R. Cothron, Jennifer R. Gray, Dang Nhat Le, Farrah M. Mitchell, Tawana Mechele Stoudemire, Kevin B. Taylor, Nizar Vishnani, James Walker, Brian D. Watson, Cassidy Wilson, license suspended for fta; Terry Lee Farmer, \$50 fine plus costs; Tristan Y. Krause, \$36 fine plus costs; John Kentoni Mitchell, order entered;

Mason Slusher: Pt. 393, federal safety regs, parts needed for safe operation, \$25 fine plus costs.

David Z. White: failure to wear seat belts, license suspended for fta.

Mitchel J. Devillez: operating motor vehicle under influence of alcohol/drugs, sentencing order entered.

Elijah Matthew Didelot: possess open alcohol beverage container in motor vehicle, \$25 fine;

Nathan L. Gadd: fines/fees due (\$168), bw issued for fta/four days in jail or payment in full. Criminal trespassing, disorderly conduct, no lights on bicycle, failure to comply w/bicycle safety regulations, bw issued for fta.

Adam Ray Higgins: criminal mischief, \$50 fine/suspended on condition of payment of restitution plus costs.

Brent C. LeBlanc: speeding, \$38 fine plus costs; no operators/moped license, \$100 fine; failure of owner to maintain req. insurance/security, \$50 fine/suspend \$450; possession of marijuana, 90 days in jail/probated 12 months on condition.

Terry Montjoy: public intoxication, bw issued for fta.

Richard Zane Sewell: speeding, \$50 fine plus costs; reckless driving, \$100 fine.

Eddie G. VanWinkle: no/ expired registration plates-receipt, failure of owner to maintain req. insurance/security, failure to register transfer of motor vehicle, failure to notify address change to dept. of transp., bw issued for fta.

Kelly Dean Whitaker: violation of Kentucky EPO/DVO, bw issued for fta.

Tasha R. Alexander: drug paraphernalia-buy/possess, five days in jail/costs waived.

Joey Bullock: drug paraphernalia-buy/possess, controlled substance prescription not in original container, possession controlled substance, sentencing orders entered.

Nicholas Wayne Gadd: operating motor vehicle under influence of alcohol/drugs, sentencing order entered.

Charles Jullian: alcohol intoxication in public place, sentencing order entered.

Johnathan Payne: operating on suspended/revoked operators license (two counts), eight days in jail/concurrent/costs waived.

Charlotte J. Simpson: operating on suspended/revoked operators license, five days in jail/costs waived.

Jason E. Smith: operating motor vehicle under influence of alcohol/drugs, sentencing order entered.

James D. Wynn: receiving stolen property, sentencing order entered.

Phillip M. Adkins: failure of owner to maintain req. insurance/security, \$500 fine; failure to notify address change to dept. of transp., \$50 fine; no operators/moped license, \$100 fine.

Donnie A. Barron: criminal trespassing, \$100 fine/suspended/costs waived; giving officer false identifying information, sentencing order entered.

Amandrea Jean Blume: operating on suspended/revoked operators license, bw issued for fta.

Jacob Matthew Bright: alcohol intoxication, \$50

fine plus costs.

Janie Jasper Bryant: public intoxication, possession of marijuana, drug paraphernalia-buy/possess, possession of controlled substance, tampering w/physical evidence, bw issued for fta.

Trenai Bryant: speeding, no/expired other state registration receipt - plates, license suspended for fta.

Randall Keith Bussell: no/expired Kentucky registration receipt-plates, improper display of registration plates, bw issued for fta.

David Denny: improperly on the left side of road, operating on suspended/revoked operators license, failure of owner to maintain req. insurance/security, failure to register transfer of motor vehicle, bw issued for fta.

Jimmy Durham: hindering prosecution or apprehension, sentencing order entered.

Jocelyn Fletcher: assault, disorderly conduct, public intoxication controlled substance, bw issued for fta.

Nicholas F. Floyd: public intoxication, theft of services, bw issued for fta.

Lillie Mae Foster: no/ expired Kentucky registration receipt, \$25 fine plus costs; no/ expired registration plates, \$25 fine/suspended.

Dustin L. Gentry: fraudulent use of credit card u/\$500, bw issued for fta.

Pranciskus Ivinskis: operating w/inactive/cancelled/revoked motor fuel tax license, bw issued for fta.

Andrea Faye Lamb Baker: public intoxication controlled substance and criminal trespassing, bw

issued for fta.

Sam Martin: public intoxication controlled substance, bw issued for fta.

Milton Terrelle McClellan: Pt 393, Federal Safety Regs, Parts Needed for Safe Operating, failure to add taxable unit to taxable inventory, bw issued for fta.

Jack McCormick, Jr: possession of marijuana, failure to notify address change to dept. of transp., bw issued for fta.

Ray D. McIntosh: assault, sentencing order entered.

Aaron D. Medley: cultivate in marijuana, bw issued for fta.

Jeffery Mullins: operating on suspended/revoked operators license, bw issued for fta,

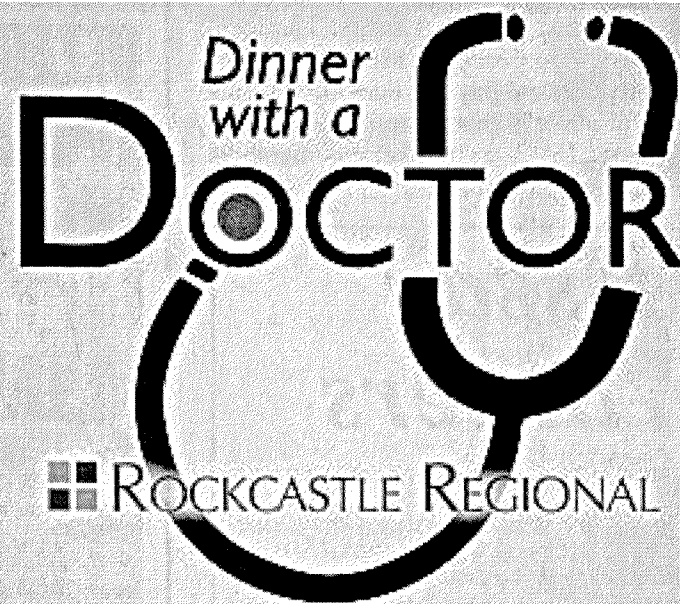
Billy Jack Rayburn: criminal trespassing (two counts), possession controlled substance, drug paraphernalia-buy/possess, bw issued for fta.

Andrew Paul Thornton: no/ expired registration plates, \$25 fine plus costs; no/ expired Kentucky registration receipt, \$25 fine/suspended; improper registration plates, \$25 fine/suspended; license to be in possession, \$50 fine.

Maria Esther DeCruz Trujillo: operating on suspended/revoked operators license, \$100 fine plus costs.

Kayla B. Whitaker: failure to wear seat belts, no/ expired Kentucky registration receipt - plates, failure to produce insurance card, failure of non-owner operator to maintain req. insurance, bw issued for fta.

Steven Young: speeding and operating on suspended/revoked operators license, bw was issued for fta.



"Men's Health Tips"

You're invited to a free catered dinner and presentation with:

Dr. Kevin Rowe
Rockcastle Family Wellness

Join us

Thursday, March 12
Woodstock Community Center • 6:30 p.m.

13215 KY-39, Somerset, KY 42503

Free catered meal by
Ruckel's Restaurant

To sign up, please call Kayla Prewitt
at (606) 256-7767 by Tuesday, March 10.



CHURCH NEWS

Let the Bible Speak

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

Rockcastle County Recovery Meetings

Monday-Celebrate Recovery-Brodhead: Community Outreach Center, two sessions - Monday, 11:30 a.m. and 6 p.m. Leaders: Nathan DeLeon 359-230-9590/Kathryn Pope 606-308-3099/Tammy McGuire 606-308-1614.

Tuesday-Celebrate Recovery-Mt. Vernon

Northside Baptist Church, 506-256-5577 Tuesday, 6 p.m. •••Please call by 4 p.m. if you need a ride in the church van.

Alcoholics Anonymous: 7 p.m. on Williams St., Mt. Vernon.

Wednesday-Celebrate Recovery Step Studies. Men Only.

Northside Baptist, 606-256-5577, Wednesday, 7 p.m. Please call by 4 p.m. if you need a ride on the church van.

Thursday-Celebrate Recovery-Step Studies - Women Only.

Community Outreach Center, Brodhead, Thursday, 6 p.m. Leaders: Kathryn Pope, 606-308-3099 and

Tammy McGuire 606-308-1614.

AA Meeting, 8 p.m. Open Share at the Brodhead Center.

Friday-Celebrate Recovery-Livingston School Cafe.

Leader: J.R. Cornelius, 859-314-7828. Friday, 6 p.m.

Saturday - Celebrate Recovery: Crosspoint Church of God.

211 Industrial Park Road, Mt. Vernon. 10:30 a.m. Saturday. Leaders: John Burton 859-621-9881, Joanie Mink 606-308-3190.

FBC Celebration of Athletes

First Baptist Church in Mt. Vernon will host a Spring Sports Celebration Sunday, March 22nd at 10:45 a.m.

The event will recognize and celebrate student athletes.

Everyone is invited to attend.

Gospel Singing

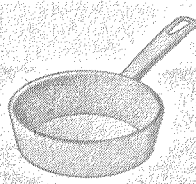
Red Hill Baptist Church, Livingston, will hold a Gospel Singing on Saturday, March 14th, beginning at 6 p.m.

Featured singers will be the Murphys, Gospel Tradition and The Blackburns.

The public is cordially invited to attend.

Mamaw's Kitchen

By Regina Poynter Hoskins



DATE BREAD GLORIA 1989

1 cup chopped dates
1 cup chopped walnuts
1 teaspoon baking soda
1 cup boiling water
1 beaten egg
1 tablespoon melted butter
3/4 cup sugar
1/2 teaspoon salt
1 and 3/4 cups all-purpose flour
1 teaspoon vanilla
1 teaspoon baking powder
Mix dates, nuts, and baking soda. Add boiling water. Let cool about 15 minutes. Preheat oven to 350° (325° for glass). Grease a 4 x 8 loaf pan. Add remaining ingredients. Stir to blend. Turn into prepared pan. Bake for one hour (1 and 1/4 hour for glass pan.) Let cool for 5 minutes before removing from pan.

PINEAPPLE COCONUT BREAD

1/4 cup butter
3/4 cup brown sugar
1 egg
1/3 cup pineapple juice concentrate
2 cups all-purpose flour
1 and 1/2 teaspoons baking soda
1/2 teaspoon salt
1 cup crushed pineapple (with juice)
1/2 cup shredded coconut
Set oven to 350°. Grease a 9 x 5-inch loaf pan (can use mini loaf pans also). In a bowl, cream butter,

sugar, and egg for about 3 to 4 minutes. Add in pineapple juice concentrate; beat well until combined.

Sift together flour, baking soda and salt. Add to the creamed mixture until combined. Stir in the crushed pineapple with juice coconut. Transfer to prepared baking pan. Bake for about 45 minutes, or until toothpick inserted into center of cake comes out clean.

BANANA 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 applesauce and honey together. 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 into center of the loaf comes out clean. Let bread cool in pan for 10 minutes; turn out onto a wire rack.

Agricultural News

By: Warden Alexander, FSA Director

The clock is ticking... March 16 is THE LAST day to make what is likely one of the most important business decisions you will make for your farming operation this year.

If you have not already visited your local Farm Service Agency (FSA) county office to make your election for either the Agriculture Risk Coverage (ARC) or the Price Loss Coverage (PLC) program and to sign your annual enrollment contract, you should call and make your appointment now.

Many of you are gearing up to head to the field for spring planting, but I cannot stress enough the importance of not letting this deadline get lost in the hectic day-to-day obligations of farm life. If you fail to enroll for 2019 ARC or PLC, you will be ineligible to receive a payment for the 2019 crop year.

ARC and PLC provide financial protections to farmers from substantial drops in crop prices or revenues and are vital economic safety nets for most American farms. These programs cover 20 commodities produced in the U.S.

FSA anticipates more than 1.7 million producers will enroll in ARC or PLC - that's a lot of producers to assist in a short period of time. As of Feb. 10th, FSA records in Kentucky show 10,600 farms out of an expected 40,000 farms have completed ARC or PLC enrollment for the 2019 crop year.

Want to maximize your time visiting with FSA? Inquire about deadlines and options for also enrolling in 2020 ARC or PLC and updating PLC payment yields. Our staff will help you make the most out of your visit or set you up with a future appointment to help check FSA programs off your lengthy "to do" list.

If you're still unsure about the choice of ARC or PLC, we offer online deci-

sion tools to help you determine the best program election for your farming operation. To access these tools, visit www.fsa.usda.gov/arc-plc.

Call FSA today for an appointment. To locate your local FSA office, visit farmers.gov/service-center-locator.

We know that time is money... so make the time to avoid losing the money.

Next FSA County Committee Meeting Date: Wednesday, March 4 2020 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.

Office Closure

May 25th - Memorial Day

July 3rd - Independence Day

September 7th - Labor Day

October 12th - Columbus Day

November 11th - Veterans Day

November 26th - Thanksgiving Day

December 25th - Christmas Day

Important program dates and Interest Rates

Farm Operating Loans-Direct = 2.625%

Farm Ownership Loans-Direct = 3.250%

Limited Resource Loans = 5.000%

Farm Ownership Loans-Direct Down Payment = 1.500%

Emergency Loans = 3.625%

Farm Storage Loans = 3 yrs. = 1.625% 5 yrs. = 1.625% 7 yrs. = 1.750%

10 yrs. = 1.875% 12 yrs. = 1.875% 15 yrs. = 2.000%

Commodity Loans = 2.500%

USDA is an equal opportunity provider, employer and lender.

NOTICE

Kentucky-American Water Company provides notice of its requested adjustment of the Kentucky Fwr Authority withdrawal fee. The fees contained in this notice are the fees to be proposed by Kentucky-American Water Company to the Public Service Commission no later than March 1, 2020 to be effective on March 31, 2020. The current fee, which applies to Residential, Commercial, Industrial, Other Public Authority and Sales for Resale customers, is \$0.028 per 100 gallons. The requested fee, which applies to the same customer classes as the current fee, is \$0.0292 per 100 gallons. For all customer classes to which the fee applies, the requested fee is a decrease of \$0.0004, or -1.35%, per 100 gallons. Average usage, in hundreds of gallons, for each customer class to which the fee applies is: Residential: 39; Commercial: 342; Industrial: 9,713; Other Public Authority: 1,205; and Sales for Resale: 18,720. The effect on the average monthly bill for each customer class to which the decreased fee applies is: Residential: -\$0.02; Commercial: -\$0.14; Industrial: -\$3.89; Other Public Authority: -\$0.48; and Sales for Resale: -\$7.49. Customers in Eastern Rockcastle County are not charged the fee, therefore are excluded from the calculation. Any person may examine this tariff filing at Kentucky-American Water Company's offices located at 2300 Richmond Road, Lexington, Kentucky 40502, and on the utility's website at <http://www.amwater.com/kyaw/>. This filing may also be examined at the Public Service Commission's offices located at 211 Sower Boulevard, Frankfort, Kentucky, Monday through Friday, 8:00 a.m. to 4:30 p.m., or through the Commission's website at <http://psc.ky.gov>. Comments regarding this filing may be submitted to the Public Service Commission through its website or by mail to Public Service Commission, P.O. Box 615, Frankfort, Kentucky 40602. The fees contained in this notice are the fees proposed by Kentucky-American Water Company, but the Public Service Commission may order fees to be charged that differ from the proposed fees contained in this notice. A person may submit a timely written request for intervention to the Public Service Commission, P.O. Box 615, Frankfort, Kentucky 40602, establishing the grounds for the request including the status and interest of the party. If the Commission does not receive a written request for intervention within thirty (30) days of the initial publication or mailing of this notice, the Commission may take final action on the filing.

NOTICE

Kentucky-American Water Company provides notice that it is filing with the Kentucky Public Service Commission ("Commission") in Case No. 2020-00027 for approval of an amount for its Qualified Infrastructure Program Rider ("QIP Rider") which was approved by the Commission in Case No. 2018-00358. The filing will be made no earlier than March 2, 2020 to be effective on July 1, 2020. The QIP Rider will apply to Residential, Commercial, Industrial, Other Public Authority, Sales for Resale and Public and Private Fire Service and Hydrant customers. The requested QIP Rider is \$1,603,757. Average usage, in hundreds of gallons, for each customer class to which the QIP Rider applies is: Residential: 39; Commercial: 342; Industrial: 9,713; Other Public Authority: 1,205; Sales for Resale: 18,720; Public and Private Fire Service and Hydrant: 0. Because the QIP Rider is a new rider, it is a 100% increase. Included also is the effect on the average monthly bill for each customer class to which the increased fee applies: Residential: \$0.60 (1.62%); Commercial: \$3.13 (1.62%); Industrial: \$69.76 (1.62%); Other Public Authority: \$11.31 (1.62%); Sales for Resale \$130.56 (1.62%); Public Fire Hydrant: \$0.79 (1.62%); Private Fire Service \$1.29 (1.62%); and Private Fire Hydrant: \$1.24 (1.62%). Any person may examine this tariff filing at Kentucky-American Water Company's offices located at 2300 Richmond Road, Lexington, Kentucky 40502, and on the utility's website at <http://www.amwater.com/kyaw/>. This filing may also be examined at the Public Service Commission's offices located at 211 Sower Boulevard, Frankfort, Kentucky, Monday through Friday, 8:00 a.m. to 4:30 p.m., or through the Commission's website at <http://psc.ky.gov>. Comments regarding this filing may be submitted to the Public Service Commission through its website or by mail to Public Service Commission, P.O. Box 615, Frankfort, Kentucky 40602. The fees contained in this notice are the fees proposed by Kentucky-American Water Company, but the Public Service Commission may order fees to be charged that differ from the proposed fees contained in this notice. A person may submit a timely written request for intervention to the Public Service Commission, P.O. Box 615, Frankfort, Kentucky 40602, establishing the grounds for the request including the status and interest of the party. If the Commission does not receive a written request for intervention within thirty (30) days of the initial publication or mailing of this notice, the Commission may take final action on the filing.

"Facility"

(Cont. from B1)

Townsend as he enthusiastically spoke of his plans. "So many kids age out at 18 and just get left out there," he said. "We are going to have an alumni organization and stay with them."

Townsend spoke of his plans to open the new eight-bed facility with excitement as he demonstrates his desire to help children in need. "We want to give these kids the tools they need to deal with life situations for the rest of their life. We give them structure and life lessons and we will never give up on them."

Townsend says the money to operate and keep the doors open comes through fundraisers such as those held by a mentoring program at Madison Central High School. He says the kids involved work 10-hour days at every University of Kentucky football game and many other UK sporting events.

"This provides structure for the kids as well," he said. "We get there on time, we set up, provide food, clean up and do everything a person would do in a full time job."

Through this one fund raising effort, the mentoring program has already raised over \$90,000 towards the new facility.

The children sent to Townsend come from the Department of Community-Based Services recommendations and the Division of Permanency and Protection.

But every child Townsend deals with is not

taken from the home. "Our efforts focus on the family. Efforts to keep the family together as long as the child is safe. Efforts to focus our service on the specific needs of each individual kid."

Townsend has been involved in this line of work since 2003 and has dealt with a few children from Rockcastle County before. But now he says he plans to focus more in the county and he sees the need for the home locally. "I look forward to working in Rockcastle County and providing more opportunities for kids who have a need," he said.

Townsend plans to have 10-15 full and part-time workers at the facility and says there are many different reasons why a child may be taken from a home. He says the new facility will be able to deal with each need specifically.

"A child may be at risk for abuse or neglect or dependency or any other risk," he said. "We will deal with that specific need and then our alumni program will stay with them after they have moved on."

Townsend is the founder and will be the executive director of the non-profit organization but he will be involved in day-to-day activities with the children as well.

"We will provide them with life experiences and show them how to deal with them," he said.

Though children in the facility must be referred, Townsend says anyone who sees a child in need, or even any child who wants to request help, may contact, the Department of Health and Family Services.

Ashamed of the Gospel

The apostle Paul was not ashamed of the gospel of Jesus Christ. We find in Romans 1:16 This man realized there is power in the word of God. (Saving power) Two thousands years ago early Christians paid a great price for their faith and commitment. They not only loved God and Jesus, they loved the Bible and the Church and were not ashamed of the gospel of Jesus Christ or to proclaim to a world that was lost and undone.

Some are ashamed of the Biblical name "Church of Christ" Romans 16:16 as they will no longer identify themselves by this name. They choose rather to be known as "Community Churches", or some other religious name.

Clearly there are some who are ashamed to tell folks what they really believe about the gospel plan of salvation. No longer do we hear the clear call for believers to repent and be baptized in the name of Jesus Christ for the remission of your sins, as the Bible teaches in Acts 2:38. Those folks still baptize, but many of the converts don't understand, why they were immersed in water.

So many are trending this way and our worship some have become bored at simple New Testament worship, they thirst for something different more modern. They are not happy with the worship taught in the Bible.

Some have grown tired of singing those great hymns of faith that have stirred the hearts for years and help lead many people to the cross and also salvation of their souls, because they refer to some scripture, either in the Old Testament or the New Testament. Some have decided to hire acapella groups to come and sing for them, instead of heeding the teaching of God's word we find. We all are to sing and make a melody in our hearts, Ephesians 5:19 Speaking to yourselves in psalms and in hymns and spiritual songs, singing making melody in your hearts as unto the Lord. Some in the church have their acapella choirs in their long robes, singing to the congregation and for the congregation, when they should be singing to the Lord. When they do this, they show their lack of respect for God's word and they are tired of following the ancient order and are ashamed of the words of our Lord and Savior Jesus Christ. Colossians 3:16 Singing with grace in your hearts unto the Lord. This command to sing is to all the members, it is not the sound we make but the command we obey.

Thank You for reading this article, I pray God has blessed you with the things you need this week and you gave him thanks. "Remember for a man to have friends he must show himself to be friendly"

Bro. Dale McNew: 859-582-4021 Bro. Ova Baker: 606-878-8104

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

Rockcastle County Recycling Center open for recycling drop-offs

The Rockcastle County Recycling Center is located at 2528 South Wilerness 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 cated), cardboard (both corrugated and slick), plastics #1 Pet or Pete, plastics #2 HDPE, (no sheet plastics or plastic bags of any kind; no buckets or totes, no matter what number is on it), metal cans, aerosol cans, aluminum cans, aluminum foil, aluminum pie plates, glass bottles and glass jars (lids must be removed and discarded), old cell phones, car batteries, empty print and toner cartridges, old computers (no monitors of any kind) and all related accessories, telephones, radios, digital clocks, (no televisions of any kind), rechargeable batteries (if the battery says rechargeable on it, then it is recyclable), and large bulky metal items.

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

Recycling Drop-Off Trailers are available for use at:

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

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

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



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

Classifieds

CLASSIFIED RATES

- Local Rates - \$4 for 25 words or less - .10 each additional word
- Display Classifieds \$5.00/Inch

Deadline for Classifieds is 10 a.m. TUESDAY

For Rent

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

Chism Drive Thru Storage. 9 1/2 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

Accepting Applications

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

For Rent

Maple Street Storage of Brodhead
606-308-2491

Posted

Posted: No hunting or trespassing on property belonging to John D. Poynter at Locust, Poplar Streets and Hysinger Hollow Rd. Violators will be prosecuted. 3x4

Posted: No hunting or trespassing on farms, belonging to Gary and Peggy Roberts, on KY 3245. Violators will be prosecuted. 47x50p

No Trespassing of any kind, and not responsible for accidents, on land belonging to James E. and Maxine Cass or Collin Cass in Rockcastle County. Violators will be prosecuted. 38x51

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

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

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

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

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

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

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

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

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

Miscellaneous For Sale

Cemetery Plot in Cresthaven Cemetery. Asking \$500. Call Larry at 513-659-4547 or 513-607-0116. 29xntf

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

STRUGGLING WITH ADDICTION?

Toll-free Treatment Help Line
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Notices

Notice is hereby given that Doris Lawrence, 6378 Quail Rd., Brodhead, Ky. 40409 has been appointed Executrix of the estate of Jackie Lawrence on the 24th day of February, 2020. Any person having claims against said estate shall present them, according to law, to the said Doris Lawrence or to Hon. Joseph P. Lambert, P.O. Box 989, Mt. Vernon, Ky. 40456 on or before August 29, 2021 at 11 a.m. 6x3


Notice is hereby given that Dean McClure, 2397 Sand Springs Road, Mt. Vernon, Ky. 40456 has been appointed Executor of the Estate of John Shirley McClure on the 2nd day of March, 2020. Any person having claims against said estate shall present them, according to law, to the said Dean McClure or to Hon. Jeremy B. Rowe, 205 Richmond St., P.O. Box 1250, Mt. Vernon, Ky. 40456 on or before September 2, 2020 at 9:30 a.m. 6x3

Notice is hereby given that Joshua and Kelli Lyons have filed their Periodic Account as Guardians of Laurel A. Lyons, a minor. any person having claims against said estate shall present them, according to law, to the said Joshua and Kelli Lyons on or before March 23, 2020 at 9:30 a.m. 5x2

Help Wanted

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

Now Hiring: ResourceMFG has multiple manufacturing positions available: \$13/hour. 1st and 2nd shifts available. Medical benefits. Paid holidays. Paid vacation. Free online courses through Penn Foster. No experience necessary, we will train! www.resourcemfg.com to apply today. 606-392-4888. 34xntf



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Legislative Update...

By Jared Carpenter
State Senator

Week eight of the 2020 Regular Session is in the books. Now that we have passed the halfway point of this session, the countdown begins as we in the Senate anticipate the 2020-2022 budget bill from the House of Representatives, which we are expecting to receive by early March.



While crafting the biennial budget remains at the forefront of everyone's minds, we are staying the course to uphold our other legislative obligations as members of the General Assembly by passing bills that include specific reforms and amendments to help us move the Commonwealth forward.

I am pleased to announce that this year's school safety measure, Senate Bill 8, has been signed into law by the Governor. Passing both chambers with bipartisan support, Senate Bill 8 requires the trained and certified law enforcement officers already serving in Kentucky schools to be armed. The School Safety and Resiliency Act, which passed in 2019, implemented additional security and safety standards for schools, such as the requirement of a school resource officer and increased mental health services. In loving memory of those involved in the 2018 Marshall County High School shooting, I am encouraged by this momentous stride made by the General Assembly to better protect Kentuckians within our school walls.

The Senate passed three constitutional amendments this week, all of which relate to responsible criminal justice reform. Constitutional amendments passed by the Kentucky General Assembly go through a slightly different process than regular bills by also requiring the approval of Ken-

tucky voters. If a legislatively referred constitutional amendment is passed by both chambers, the proposed amendment will be placed on the ballot at the next general election during which members of the state legislature are up for election. If approved by a simple majority of voters, it becomes part of the constitution.

Passing early in the week was Senate Bill 15, or "Marsy's Law." This measure would enshrine in the Kentucky Constitution certain rights for crime victims, including the right to be notified of all criminal court proceedings involving the accused and reasonable protection from the accused. Kentucky voters approved this law in 2018 with 63 percent support. However, the Supreme Court ruled that the question on the ballot was too vague, therefore, voiding the vote. Senate Bill 15 includes updated language and improvements. Moreover, I hope to see Marsy's Law on the ballot again this November.

Another constitutional amendment advancing this week is Senate Bill 58 which would curtail a governor's ability to issue pardons on the way out of office. In other words, a governor would not be able to issue pardons or commutations during a certain period of time, beginning thirty days prior to the gubernatorial election and ending on the fifth Tuesday after the election—before the next governor is sworn in.

Sections of the Kentucky Constitution granting a governor the power to pardon date back to 1891, when it wasn't unheard of to duel. Since then, our society and the composition of our judicial system has changed dramatically. It's important to keep in mind that the power to pardon allows one man or woman to override the judgement of multiple authorities and of-

ficials within our criminal justice system. To limit the possibility of political corruption, Senate Bill 58 implements overdue, responsible oversight to a governor's power to pardon.

Also passing was Senate Bill 62. This measure would grant the General Assembly the authority to establish standards for giving persons convicted of certain felonies the right to vote. However, the new process to restore voting rights would exclude those convicted of treason, bribery in an election, a violent offense, a sex offense, or an offense against a child. Currently, Kentucky is one of only two states, along with Iowa, with a lifetime voting ban for felons. Although there was an executive order put into place in late 2019, there are around 170,000 Kentuckians that are still without the right to vote due to a prior felony conviction. If approved by the House and Kentucky voters, Senate Bill 62 could give felons a clearer path to regaining their voting rights.

An act relating to blockchain technology is also heading to the House following its passage this week. Senate Bill 55 establishes a blockchain technology working group attached to the Commonwealth Office of Technology to evaluate the feasibility and efficiency of using blockchain technology to enhance the security protection of Kentucky's critical infrastructure. If you aren't already familiar, blockchain technology allows digital information to be distributed but not copied and, in many ways, has become the backbone of a new type of internet. Originally devised for the digital currency, Bitcoin Blockchain, the tech community has now found other potential uses for the technology. I am proud to support this measure and look forward to seeing continued technological advancements here in the Commonwealth.

The Senate also passed a number of other bills this week:

SB 132- Adds individu-

als with state-issued personal identification cards to a master list of potential jurors, giving us a wider representation of our communities within our jury pools. The list of potential jurors was last expanded by the General Assembly in 2002.

SB 156- Ensures that Kentucky's high school career and technical education system is unified, equitably funded, collaborative, responsive to industry, sustainable, and provides equalized access to all Kentucky students.

SB 160- Reorganizes the Office of the Attorney General into the following major organizational units: Criminal Division, Civil Division, Office of the Solicitor General, the Office of Communications, and the Office of Administrative Services. Language within Senate Bill 160 also creates the position of Solicitor General.

HB 24- Appropriates funding to the Department of Veterans' Affairs in fiscal year 2019-2020 for design and preconstruction costs for the Bowling Green Veterans Center.

HB 214- Ensures the availability of a sufficient veterinary workforce through the Veterinary Contract Spaces Program. Given there are not any veterinary schools in Kentucky, this program provides financial assistance and access to key students seeking a veterinary education at participating out-of-state veterinary schools.

The pace in Frankfort is getting quicker, and I anticipate an increase of visitors and advocates from across the Commonwealth. As always, I welcome your input on these issues. I am honored to be your voice in Frankfort.

If you have any questions or comments about these issues or any other public policy issue, please call me toll-free at 1-800-372-7181 or email me at Jared.Carpenter@LRC.ky.gov. You can also review the Legislature's work online by visiting www.legislature.ky.gov.

Frankfort Update

By R. Travis Brenda
State Representative
Lawmakers Continue
2020 Session

Between legislative committee meetings, House Floor debate, and visiting with constituents, the last week of February was a very busy one in our State Capitol Building. However, we still have a great deal of work to do, and the remaining legislative days promise a rapid pace.



As I write this, we have one day left to file new legislation, and almost two-thirds of this session is behind us. While we already have more than 500 bills filed for consideration, this is quite a bit fewer than previous sessions.

Among the bills that passed the House chamber this week is HB 174, legislation that would close a loophole in current open records law to protect victims and their families. Currently, the law allows individuals to obtain and publish graphic and disturbing crime scene photos and videos. If passed by the Senate, HB 174 would prevent the use of the open records law to access images and videos used in court proceedings which show death, rape, and sexual assault. While I believe our government should be open and transparent, I think we can all agree that we can do better to help victims and their families heal and overcome. The bill is named the Bailey Holt/Preston Cope Victims' Privacy Act in honor of the two high school students murdered in a mass shooting at Marshall County High School in January of 2018.

We are one step closer to closing another loophole in existing law, in this case, one that applies to sexual assault victims. Under the provisions of House Bill 256, a perpetrator will not have the right to custody, visitation, or inheritance of a child that is conceived and delivered as a result of sexual assault. This measure protects victims who have been assaulted in the state of Kentucky and those who have been assaulted in other states and move here. Once again, this is a common sense measure, and I was honored to support it.

Legislation that requires local law enforcement agencies to investigate all traffic accidents that result in a fatality. The bill, HB 253, would allow a local law enforcement agency to reach out to the Kentucky State Police for assistance if they do not have the staff or expertise necessary to fulfill the requirements of the bill.

In addition to these three bills, the House approved legislation aimed at reducing the use of e-cigarettes and vaping devices, as well as raising revenue to help pay for state programs and services. HB 32 adds vaping products to the list of tobacco products subject to a state tobacco excise tax and increases the excise tax. Traditional cigarettes would not be subject to a tax increase under the bill. More than ninety percent of my constituents that contacted me were in favor of this bill.

The House Committee on Appropriations and Revenue approved another bill aimed at improving health care, HB 387. House Bill 387 would allow the Cabinet for Economic Development to provide loans to struggling hospitals to upgrade facilities, maintain or increase staff levels, and provide new health care services. This bill fills two needs – ensuring access to health care and preserving and growing jobs. This legislation comes after reports that many rural hospitals in Kentucky are in poor financial health. Approximately 25 percent of Kentucky hospitals are in poor financial shape.

I also wanted to take a moment to provide an update on a project in Brodhead, Ky. Several months ago, I talked with city, county, and state officials about the flooding issue in Brodhead. In early January, I contacted officials again to get an update of the progress, and was told that the project was put on hold due to a lack of funding. After contacting the Kentucky Transportation Cabinet, we were able to locate the \$75,000 needed to fix the flooding problem. City, county and state officials have received the approval from local landowners that was necessary actual to place the new storm drain. Material has been ordered, and the actual work to replace the drain will begin once the materials are completed and delivered.

Thank you for taking the time to read this week's update. I appreciate that our paper is willing to run these columns and, of course, hope you'll let me know if you have any comments or questions. I can be reached during the week from 8:30 a.m. until 4:30 p.m. (EST) through the toll-free message line at 1-800-372-7181. You can also contact me via e-mail Travis.Brenda@lrc.ky.gov. You can keep track of committee meetings and potential legislation through the Kentucky Legislature Home Page at legislature.ky.gov and you can also follow me on Facebook @RepTravisBrenda71 or on Twitter @RBrenda71.

Mt. Vernon Message

School News
Girl Scouts meet every Thursday.

After school tutoring will be each Thursday from 3:15 until 4:30.

Class News
Kindergarten classes have been learning about the letter Q and how Mr. Q always goes with Miss U in words. Last week, the classes dressed up and celebrated the wedding of Q and U.

Rockcastle County School's Director of Instruction Jason Coguer kicked off Dr. Seuss week activities at Mt. Vernon Elementary School by reading "Oh The Places You'll Go" to second and fifth grade classes. Mr. Coguer also discussed with classes the importance of working hard, practicing until you get it right, and doing your best.

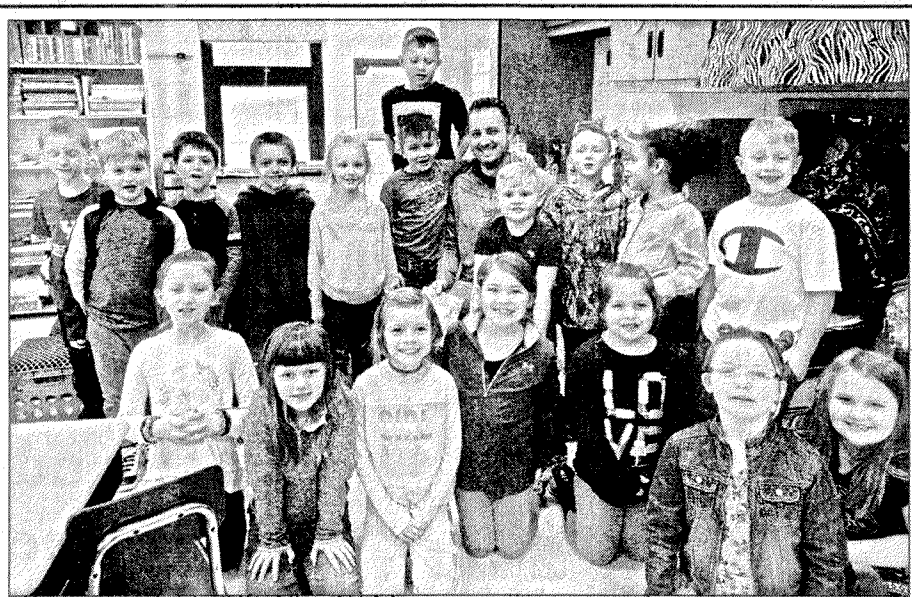
On day one of our Read Across America

theme week, we read "Fox in Socks" and did extension activities with it. Students were also encouraged to wear their crazy socks to go along with the book. We have theme days that correlate

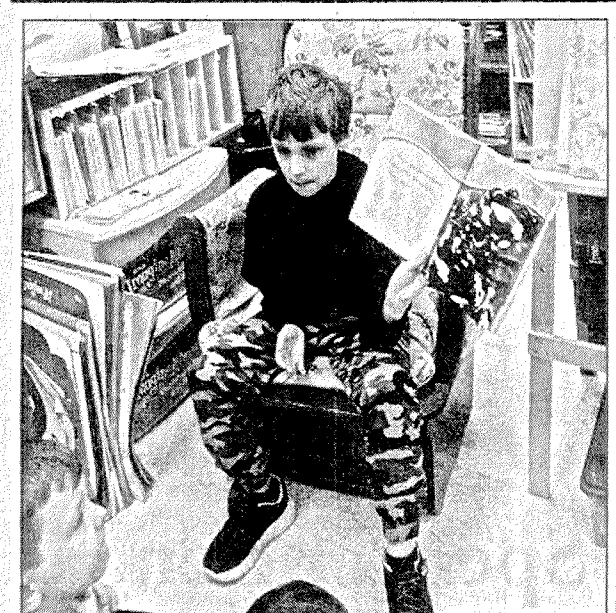
with Dr. Seuss books all week. Pictured below are second graders with their crazy socks.

Sophie Poe from Kathy Prices's class read to Mrs. Angie Hunt's class to celebrate literacy.

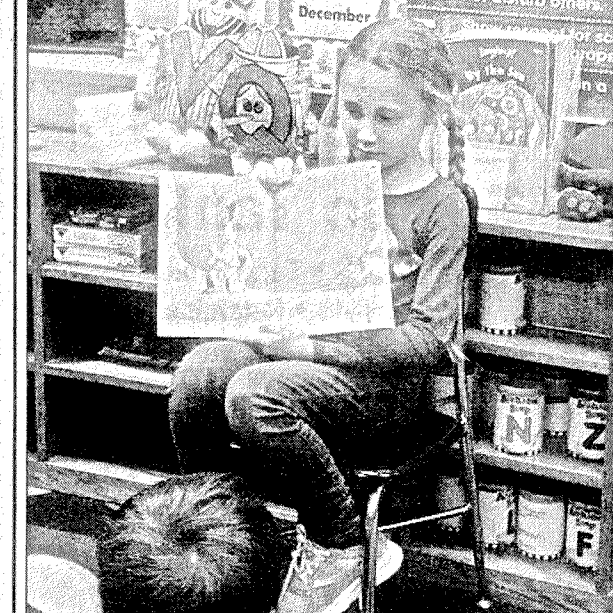
For Read Across America Week, Kooper Sexton-Lear from Mrs. Paula Cowan's 2nd grade class read to Mrs. Angie Hunt's kindergarten class to share the joy of reading.



Josh Bray, Mt. Vernon City Administrator, read to Mrs. Jamie Bryant's first grade class at MVES for "Read Across America" week.



For Read Across America Week, Kooper Sexton-Lear from Mrs. Paula Cowan's 2nd grade class read to Mrs. Angie Hunt's kindergarten class at MVES to share the joy of reading.



Sophie Poe from Kathy Prices's class read to Mrs. Angie Hunt's class to celebrate literacy at MVES.

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

2020 Waste Tire Collection Event

March 5th & 6th from 8am until 5pm and March 7th from 8am until 12 noon at the STATE Highway garage (293 Maintenance Rd, Mt. Vernon, KY 40456)

Get rid of your waste tires for free!!!

Tires accepted include Truck, Light Truck, Passenger, Implement, Lawn Tractor, Bicycle, Motorcycle, Golf Cart, Tractor (bead thickness less than 1 1/4 inch), etc. **Tires not accepted** include foam, calcium or otherwise filled tires, sheet rubber, large off the road tires, off road construction equipment tires with a bead greater than 1 1/4 inch, and solid tires.

Tire retailers, agricultural tire retailers, scrap yards, junk/salvage yards and recycle businesses are not eligible to participate!

If any individual has over 1500 tires in one location, then you need to call at least fourteen days in advance of the collection days to arrange for a special pick up. If anyone is bringing in a very large load, then they may need to unload themselves or wait until our staff can get to them.

Call the Rockcastle County Solid Waste Office at 606-256-1902 for more information. That's 606-256-1902.

Security program nationally recognized



*Rockcastle Regional Healthcare Security Program is the only program
in Kentucky to make Security Magazine's top programs list*

See page 6

About Us

Rockcastle Regional Hospital & Respiratory Care Center is a not-for-profit community healthcare system that operates an emergency department, a 26-bed inpatient acute hospital, outpatient services, a 143-bed long-term care program for patients dependent upon mechanical ventilation and a medical office complex. Rockcastle Regional Hospital was established in 1956 and is accredited by the Joint Commission. Rockcastle Regional Hospital is a ten-time Kentucky Hospital Association Quality Award Winner for 2006, 2008, 2009, 2010, 2011, 2012, 2015, 2016, 2018, and 2019, and a U.S. News & World Report 2013, 2014, & 2020 Best Nursing Home.

Mission

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

Vision

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

Values

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

Accreditation

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

Professional Association Memberships & Other Affiliations

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

Speakers Bureau

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

Leadership

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

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

Executive Management

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

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

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

Jana Bray, Director
Susan Turley, Designer



**ROCKCASTLE
REGIONAL**
HOSPITAL ■ RESPIRATORY CARE CENTER

FEATURES



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- 8 Excuses to ignore heart pain
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- 12 Keeping kids safe around the fire
- 13 Fueling your body for your fitness goals

'Effective and efficient'

New telehealth program puts physician care in schools

When Rockcastle County High School senior Tristan Winstead came down with a sore throat while at school late last year, he perhaps more than others was intrigued by his new option for healthcare.

In October of 2019, Rockcastle Pediatrics and Adolescents began partnering with the high school to provide on-site healthcare using telemedicine technology.

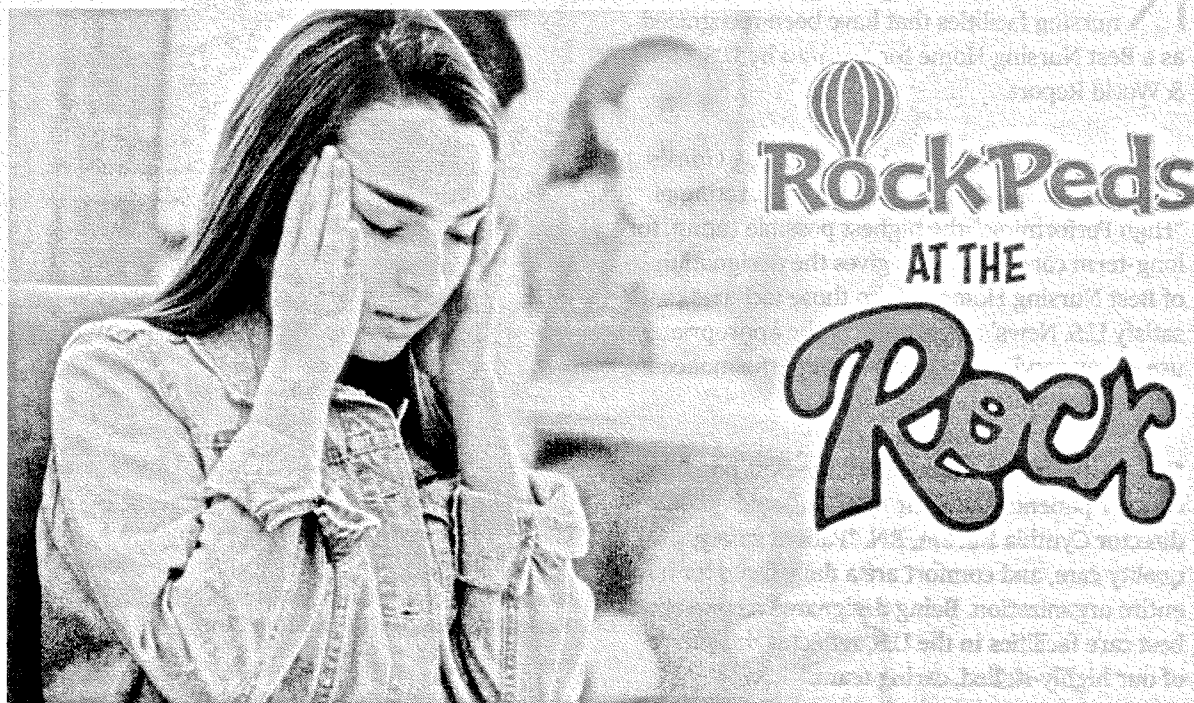
Winstead, who completed Rockcastle ATC's nursing assistant program, is working as a co-op student at Rockcastle Regional, and has his sights firmly set on a health career, knew what that meant – better access to care using leading edge technology.

"He is a very knowledgeable child, was really excited to learn about the service," said his grandmother, Laverne Winstead.

It works like this: when a student develops symptoms of illness and goes to school nurse Teri Renner's office, she does an assessment and evaluates whether further medical care may be necessary. If it is, the school gets permission from the student's parent or guardian to connect electronically with a provider at Rockcastle Pediatrics, who sees and treats the patient appropriately.

"It is effective and time efficient," said RCHS principal J.D. Bussell. "Our students no longer have to sit in our office area, waiting for parents to leave work, missing valuable classroom instruction time, to go see a doctor. They can simply visit our school nurse and receive immediate health services."

Basic tests for, say strep or the flu, can be done, and the provider is able to see the student's vitals in real time while talking with the student via secure video-chat.



If the student is diagnosed with an illness and medications are needed, those medicines can be called in immediately so the healing process can begin. Mr. Bussell sees that head start on healing as particularly important from an educational standpoint.

"As a principal of the school, it is my responsibility to get our students in class to allow our teachers to educate," Mr. Bussell said. "By limiting the amount of transition time spent going for a doctor's visit, we are able to save parents time from jobs and students time out of class."

In Tristan's case, the strep test came back negative, and he was able to continue his day with peace of mind.

"It's a wonderful, wonderful program," Mrs. Winstead added.

School clinic permission forms are online at RockPeds Facebook page, RCHS website, or the Rockcastle Regional website. Forms should be returned to RCHS. Copies are also available at RCHS.

U.S. News & World Report Names Rockcastle Regional Hospital and Respiratory Care Center a 2019-20 Best Nursing Home

By Jana Bray, Community Relations Director

Rockcastle Regional Hospital and Respiratory Care Center is among the 19% of U.S. skilled nursing facilities that have been recognized as a Best Nursing Home for 2019-20 by U.S. News & World Report.

Rockcastle Regional earned Best Nursing Homes status for the third time by achieving a rating of “High Performing,” the highest possible rating, for long-term care. U.S. News gives the designation of Best Nursing Home only to those facilities that satisfy U.S. News’ assessment of the appropriate use of key services and consistent performance in quality measures.

“We are dedicated to providing the best possible care for patients and their families,” said quality director Cynthia Burton, RN. “Patient safety, quality care, and comfort are a daily focus for our entire organization. Being designated as one of the best care facilities in the U.S. reflects the efforts of our highly-skilled, caring team.”

The Respiratory Care Center provides long-term care to individuals who are dependent upon mechanical ventilation to breathe. The facility’s 143 beds are used for patients of all ages and typically, 50 percent of Rockcastle patients are eventually weaned from ventilator support.

Now in its 10th year, the U.S. News Best Nursing Homes ratings and profiles offer comprehensive information about care, safety, health inspections, staffing, and more for nearly all of the nation’s 15,000-plus nursing homes. The Best Nursing Homes ratings reflect U.S. News’ exclusive analysis of publicly available data using a methodology defined by U.S. News that evaluates factors it has determined most greatly impact patient and resident care, safety, and outcomes.



Rockcastle Regional Respiratory Care Center resident Dewayne Combs shares some time with his caregiver team.

The U.S. News Best Nursing Home ratings hone in on measurements like emergency room visits, quality of staff, and proper distribution of medical and physical therapy to help families make an informed decision. These ratings help individuals and their families begin their search for healthcare and should be used in consultation with a medical professional and in-depth on-site visits.

This year, U.S. News introduced a new rating focused on long-term care, which aims to provide prospective residents who need help with daily activities, and their families, with analysis and information regarding the quality of care provided

by various facilities. The rating includes data on staffing, success in preventing emergency room visits, and pneumonia vaccination rates, among

other metrics.

“Our mission is to be the best possible facility for our patients in all aspects of their care and quality of life,” said Stephen A. Estes, Rockcastle Regional president and CEO. “That we are receiving this designation for the third year shows the consistency of our team and the caring work they do each day.”

About U.S. News & World Report: U.S. News & World Report is the global leader in quality rankings that empower people to make better, more informed decisions about important issues affecting their lives. A digital news and information company focused on Education, Health, Money, Travel, Cars, and Civic, USNews.com provides consumer advice, rankings, and analysis to serve people making complex decisions throughout all stages of life. More than 40 million people visit USNews.com each month for research and guidance. Founded in 1933, U.S. News is headquartered in Washington, D.C.

“Patient safety, quality care, and comfort are a daily focus for our entire organization.”

Cynthia Burton, RN
Quality Director

Rockcastle Regional Information Technology Making a Difference in Statewide Healthcare

Rockcastle Regional Hospital and Respiratory Care Center was recognized by The Kentucky Health Information Exchange (KHIE) with the presentation of the KHIE Making a Difference Award at their 2019 eHealth Summit in Lexington.

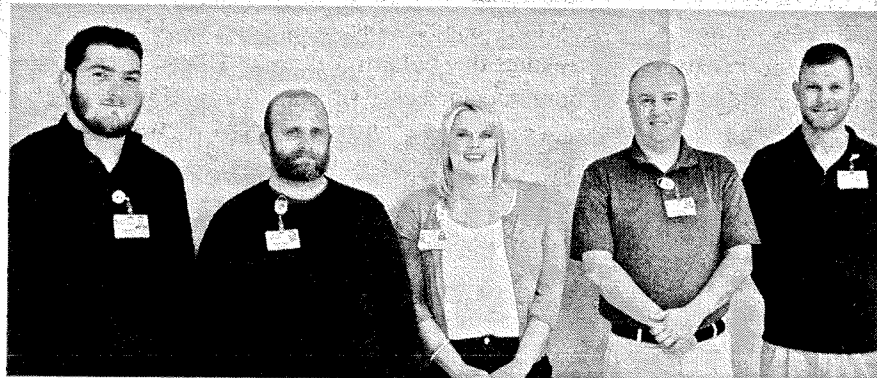
This was in appreciation of the commitment and dedication shown over the years, and particularly over the last several months, while KHIE was transitioning to a new technology platform that was unveiled during the conference.

The new platform offers additional functionality that is available for healthcare providers across the Commonwealth to allow access to data when and where it's needed. It features an event notification system where healthcare providers can be notified of specific healthcare events for specific patients. Over 100 hospitals and approximately 2,500 ambulatory healthcare sites are connected through KHIE and will have access to the new platform. The system is designed to improve the quality, safety, and efficiency of patient care.

"We have a long-standing relationship with KHIE and were ready to assist KHIE with the testing of the new platform," said Rockcastle Regional Information Technology (IT) Director Maleigha Amyx. "It will make a tremendous difference in reducing communication barriers for physicians who are providing shared treatment for patients across the state."

Rockcastle Regional's IT team provided integral support for the testing phase of the new platform, specifically in proving concept for some of the new functionality KHIE will be rolling out.

"KHIE is thankful and appreciative of the continued participation and unwavering support Rockcastle Regional Hospital has demonstrated," said KHIE Deputy Executive Director Andrew Bledsoe during the award presentation. "We look forward to continuing the partnership with Rockcastle Regional Hospital, a real leader in implementing the latest health information technology and interoperability."



Pictured are members of Rockcastle Regional Information Technology (IT) department: Logan Taylor, Patrick Estes, Maleigha Amyx, Director, Brian Houk, and Josh Prewitt.

Rockcastle Regional Receives the 2020 Women's Choice Award® as one of America's Best Hospitals for Outpatient Experience

Rockcastle Regional Hospital and Respiratory Care Center has been named one of America's Best Hospitals for Outpatient Experience by the Women's Choice Award for the second year in a row.

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

"Earning this recognition is a reflection of the commitment our physicians and employees have to excellent patient care," said Stephen A. Estes, Rockcastle Regional president and CEO. "Women are the CEOs of healthcare for their families as they are most often the ones making these important decisions. Our dedication to patient safety, quality care, and healthy outcomes is evident in that women continue to choose us as the healthcare provider for their family."

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

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

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

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

Rockcastle Regional is one of 294 award recipients representing the hospitals that have met the highest standards for outpatient experience in the U.S. by the Women's Choice Award.

Rockcastle Regional Healthcare Security Program Makes Nation's Top List

By Jana Bray, Community Relations Director



Rockcastle Regional's security team, from left, James Bradley, Travis Carpenter, Teddy Stallsworth, Ricky Brasher, Justin Hughes, Luke Manuel, Director, Ben Fletcher, Jason Kurl, Robert Sankey, Daniel Gray, Zachary Rowland, and Jay Coates.

Only program in Kentucky to make the list

Rockcastle Regional Hospital and Respiratory Care Center's Security Department is the only Kentucky healthcare security program to be named to Security Magazine's 2019 top programs in the nation.

The list represents twenty different sectors and the programs are ranked within each sector. Rockcastle Regional's program came in at number 35 for the healthcare sector. The top 500 programs in the U.S. are included in the list.

The data used to determine the rankings measured achievement and performance in areas such as staffing, technology, policies, and operating budget, as well as a variety of other security metrics.

"The security and safety of our patients, residents, visitors, and employees is of the utmost importance," said Luke Manuel, Rockcastle Regional security director. "In a world that is rapidly changing in terms of security threats, we must always remain one step ahead to ensure the safety of those within our organization."

To maintain a high level of accountability for his security department, Manuel and his team consistently measure their performance and response time for all security incidents reported.

"Response time has been a major focus of ours for several years," said Manuel. "If you cannot address a security situation in a timely manner, you cannot expect to minimize that risk and de-escalate situations to prevent safety concerns."

“

The security and safety of our patients, residents, visitors, and employees is of the utmost importance.

”

Luke Manuel
Security Director

Manuel reports that over the last several years, their department has set a goal of achieving an average response time of less than two minutes to every reported security incident. For as long as they have tracked this data, their time has improved year over year. In 2018, the department received 3,781 calls for assistance and responded to those with an average time of 1.93 minutes. In 2019, the department received 4,545 calls and responded with an average time of 1.86 minutes.

Manuel says this data shows that, as an organization, Rockcastle Regional is continually improving its security awareness. An increase in security calls for assistance isn't necessarily an indicator of a rise in security incidents. It tells us that our employees are more vigilant of identifying potential security and safety issues and reporting them to the appropriate personnel.

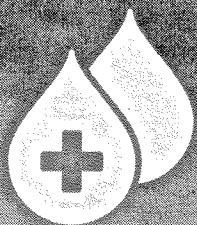
"I tell our employees, 'See something, say something.' This is how we remain proactive in our security efforts and head off potential threats and safety concerns before they can escalate and cause harm to someone."

Healthy you

Class Schedule

FREE diabetes education, diabetes prevention, & weight management support

Diabetes Prevention

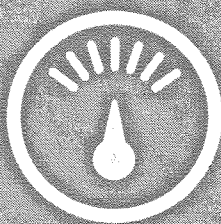


Pre-diabetes is a serious health condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as Type II Diabetes. Numerous studies show that if those with pre-diabetes are able to make the necessary lifestyle changes, it is possible to prevent or delay Type II Diabetes and other serious health problems. Those who benefit from the education, motivation, and accountability of a support group often find more success in the prevention of Type II Diabetes. Weekly support group sessions are free and facilitated by certified pre-diabetes Lifestyle Coach Angie Parsons-Woods, PA-C.

Tuesdays • 6:00 pm

Rockcastle Regional Wellness Center (Third Floor • Outpatient Services Building)

Weight Management



A support system can not only be a source of encouragement during a weight loss journey, it can also provide an increased level of accountability to help you stay on track towards making healthy lifestyle changes and reaching your weight loss goals. Regularly scheduled weekly classes are free and provide both support and guidance from Registered Dietitians and/or a Certified Wellness Coach.

Mondays • 5:00 pm

Rockcastle Regional Education Center (Third Floor • Outpatient Services Building)

Wednesdays • 11:30 am

Rockcastle Regional Education Center (Third Floor • Outpatient Services Building)

Tuesdays • 3:30 pm

Mt. Vernon Elementary Cafeteria (For school system employees only)

Diabetes Support



Live.Learn.Share. A diabetes diagnosis can be overwhelming. Attending a diabetes support group is a way to find support, help, tips, and tools for diabetes management. Free weekly classes provide a positive environment for motivation, support, and accountability. Monthly Diabetes Self-Management Training sessions are facilitated by Master Licensed Diabetes Educator Vicki Chapman, MSN, APRN, FNP-C along with support from the Endocrinology team within Rockcastle Family Wellness.

Thursdays • 6:00 pm

Rockcastle Regional Education Center (Third Floor • Outpatient Services Building)

Questions? Call Morgan Bray at (606) 256-7704

Excuses used to ignore *Heart Pain*

By Jana Bray, Community Relations Director

A person often has warning signs of heart disease—chest pain or shortness of breath—before having a heart attack. Unfortunately, many people find reasons to ignore these important symptoms. “I wouldn’t want to bother my doctor,” or, “The pain always goes away,” many people say.

But Rockcastle Family Wellness physician Dr. Brandon Cowan encourages his patients to, first and foremost, pay attention to their bodies and what signs and symptoms they are experiencing.

“People know that chest pain is a warning sign for heart disease,” said Dr. Cowan. “Yet, heart pain may not feel quite like the pain of a toothache or stubbed toe. It is often difficult for a person to describe. It may be a tightness or pressure in the chest, an uncomfortable shortness of breath or a feeling of doom. So some people ignore it because it is not a typical ‘pain.’”

“Another reason many people talk themselves out of seeing a doctor is because the pain goes away if they take it easy—a little rest and everything appears to be back to normal. Often the heart

pain comes on most easily in the morning, but is gone the rest of the day even though a person may be more active.” Dr. Cowan warns that this gives a person a false sense of security.

Some people feel heart pain in the neck, stomach, shoulders or arms. It may act like indigestion.

A person cannot worry about the heart every time he gets a little pain in the stomach, neck or arms, but Dr. Cowan advises that if the pain occurs with exertion, after meals, or is new and different from usual, it should not be ignored. “Even if it’s not the heart, it may deserve medical evaluation and treatment.”

No one wants to have heart disease or to take the tests that may give the bad news that the pain is angina, or chest pain caused by reduced blood

flow to the heart. However, with early treatment, much can be done to decrease the symptoms and protect against having a dangerous heart attack.

Dr. Cowan says to not ignore these important warning symptoms. “Whether it is pain, pressure, tightness or a shortness of breath, it could be your heart.”



Love your
Heart

Snapshots from the annual Heart Health Expo



Dr. Brandon Cowan was the keynote speaker at the annual Love Your Heart event.



Patti Halcomb, RN, Cardiac Rehab Coordinator, spoke to attendees about heart health issues.



Traci Bullens, RN, provides a stroke screening to an attendee.

Impetigo and young children

By Jana Bray, Community Relations Director

A common skin infection seen in young children is impetigo. It is contagious and may spread from child to child in a family or at school. The infection causes small blisters and pustules that quickly break down into an open sore. Serum oozes from this sore and dries into a yellow, crusty lesion.

The providers at Rockcastle Pediatrics and Adolescents see this condition frequently and say it's nothing parents should be alarmed by and can be easily diagnosed with a simple office visit.

"Impetigo is usually caused by either staph or strep bacteria which can be harbored in the nose," said Dr. Sarah Oliver, pediatrician with Rockcastle Pediatrics and Adolescents. "If a child has recurrent cases of impetigo, it is wise to treat inside the nostrils and under the fingernails, as well as the areas of impetigo, with a small amount of antibacterial ointment, such as Mupirocin, twice a day."

Dr. Oliver says the sores are most commonly found on the face, hands, knees, and buttocks; but they can be found anywhere and there can often be

multiple lesions. Impetigo usually begins in areas where there has been damage to the skin, allowing the bacteria to invade more easily. In more severe cases, the infection may spread to a deeper level of the skin. These cases need early and aggressive treatment and closer follow-up.

"It is not only important to treat impetigo to stop the infection in the skin, but also because strep infections can cause a severe kidney disease called glomerulonephritis if it is left untreated," said Dr. Oliver. "While topical antibiotics alone are sufficient to treat mild cases of impetigo, sometimes they are used in conjunction with oral antibiotics for more severe infections."

A child with impetigo should use separate towels, wash their hands often, and practice good hygiene until the infection has cleared. Also, it is possible



Dr. Sarah Oliver, pediatrician, Rockcastle Pediatrics and Adolescents

to spread impetigo to other parts of the body if the child scratches or picks at lesions. Therefore, it may be helpful to keep area loosely covered with clean and dry bandages or clothing, if possible.

"After a diagnosis of impetigo, a child may return to school or daycare 24 hours after starting either topical or oral antibiotic treatment. As always – good hand hygiene is the most important measure to prevent spread of this infection," said Dr. Oliver.

Rockcastle Pediatrics and Adolescents

Office Hours

Monday, Tuesday, & Thursday
8:00 a.m. – 6:30 p.m.
Wednesday & Friday
8:00 a.m. – 4:30 p.m.

Location

Rockcastle Medical Arts Building
1st Floor
140A Newcomb Ave
Mount Vernon, KY

Phone

606-256-4148, option 1



Callie Shaffer, M.D.



Sarah Oliver, M.D.



Courtney Browning, APRN,
PNP-BC



Megan Taylor Pittman, APRN,
PNP-BC

[YOUR HEALTH]

Understand your risk for

Congenital Heart Defects

Over 1.3 million Americans alive today have some form of congenital heart defect (CHD). In the United States, about 40,000 children are born with a heart defect each year. At least eight of every 1,000 infants born each year have a heart defect.

The causes of congenital heart defects are still being researched, but scientists and physicians are making progress.

Causes of heart defects

Unknown cause

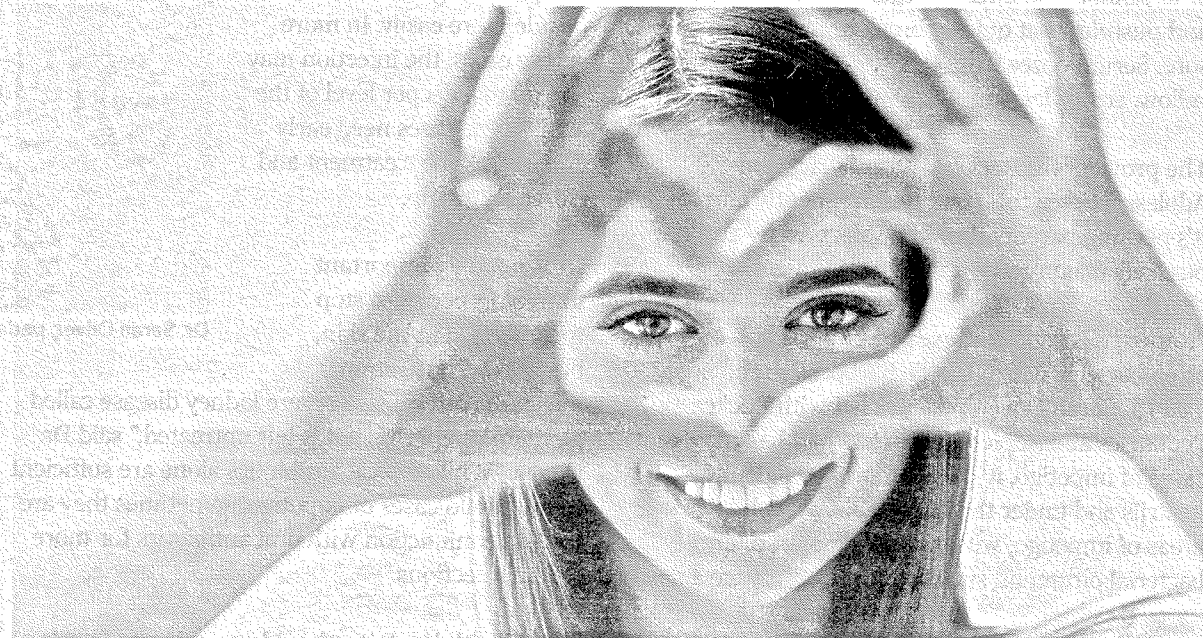
The exact cause of most heart defects isn't known. Although it's presumed to be genetic, only a few genes have been linked to heart defects. That means heart defects are likely due to a combination of multiple genetic and environmental factors.

There's usually a 2 to 15 percent chance of a heart defect recurring in a family. The odds depend on what type of defect is present and whether anyone else in your family has a heart defect.

Genetic syndrome

Some people with congenital heart defects have a specific genetic condition that can include other health problems. They may or may not be aware that they have such a condition.

The chances that people with this genetic condition will pass it along to their child can be as high as 50 percent. These conditions can vary widely in their severity, so children



may have less serious or more serious health problems than their parents.

Single gene

Rarely, congenital heart defects are caused by changes in a single gene. Often, when this is the case, more than one person in the family has a heart defect. The chances that another family member will have a heart defect can be as high as 50 percent.

Environmental exposure

Heart defects can also be caused by something your mother was exposed to during pregnancy, such as an infection or a drug. If you have such an environmentally caused defect, the chances that your children will have a heart defect is no higher than average, which is quite low.

Taking part in research

If you're an adult with a congenital heart defect, you may be able to help improve the medical community's understanding of such defects by taking part in research.

Participating in research could help your family and other families better understand specific heart defects and whether those issues are likely to be passed from parent to child. It's also possible that future research will discover the causes of heart defects.

Ask your genetic counselor about research studies you could take part in.

Source: American Heart Association

[YOUR HEALTH]

March 2-9 is National Sleep Awareness Week

Sleep Differences in Men & Women

A cup of coffee isn't the only thing that can cause your energy levels to jump around. The other reason why you feel wide-awake at some points of the day and drowsy at others? Your circadian rhythm, an internal clock that helps regulate the cycle of when you feel sleepy and when you feel alert. In a broad sense, circadian rhythms are similar from person to person, operating on roughly 24-hour cycles. But it turns out there are some notable differences in the sleep/wake patterns of women and men, which could explain why men tend to be night owls while women are more apt to be early risers.

How It Works

Circadian rhythms are controlled by an area of the brain called the hypothalamus. Other influences include light (which sends a message to your brain that it's time to wake up) and darkness (an indicator to your body that it's time to release melatonin, a hormone that helps you fall asleep). Regular sleep patterns—waking up and going to bed at the same time daily—also keep your circadian rhythm functioning normally, helping to reduce the chance of sleep trouble such as insomnia.

What Gender Has to Do with It

Beyond these factors, there's another important variable that influences your internal clock: gender. It turns out, male and female circadian rhythms don't exactly match up. Men's clocks tend to run truer to a full 24-hour cycle or longer (on average, men have a circadian cycle that's six minutes longer than for women)



meaning they may feel less tired in the evening. In women, the internal clock is more likely to be shorter than a full 24-hour cycle, making it more likely that they will awaken earlier, which may also increase their susceptibility to early-waking sleep disturbances like insomnia.

Handling Sleep Cycle Interruptions

While eight hours per night on average is ideal for both genders, it turns out that men are harder hit by periods of deprivation.⁵ Lack of sleep causes work performance to suffer more for men than for women, and men recover less quickly from lack of sleep than women do. On the other hand, women's shorter cycles mean they are more likely to have a dip in energy at night, which could help explain why there's

an increased risk of work-related injuries in female shift workers. Of course, it is possible to learn how to re-train your inner clock to help you feel more awake or sleepy at different parts of the day depending on your lifestyle needs. But left to its own devices, the body's natural rhythms make it more likely that if you are a man, you will be a night owl, and for women, an early bird.

Steps to Improve Your Sleep

- Stick to a sleep schedule, even on weekends.
- Practice a relaxing bedtime ritual.
- Exercise daily.
- Evaluate your bedroom to ensure ideal temperature, sound and light.
- Sleep on a comfortable mattress and pillows.
- Beware of hidden sleep stealers, like alcohol and caffeine.
- Turn off electronics before bed.

[UK CONNECTIONS]

Keeping Kids Safe Around the Fire

By Sherri Hannan Safe Kids Coordinator for Fayette County

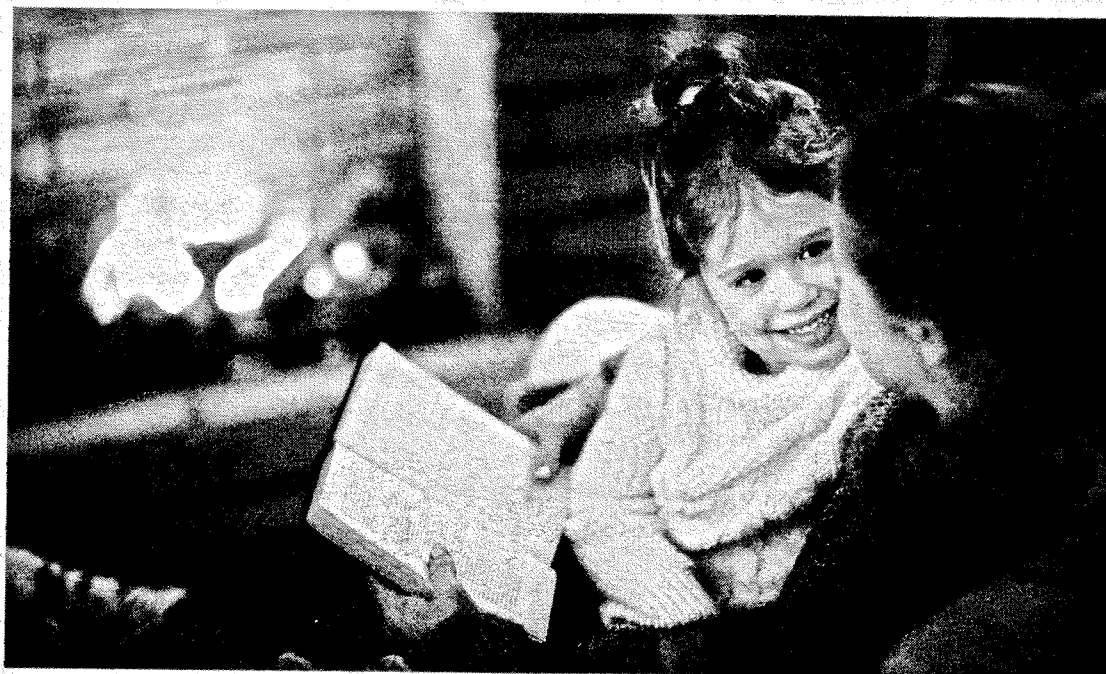
Fire can be friend or foe. We often think about fire as it relates to warmth thereby making it our friend during those long winter months. As the cold temperatures arrive, fire used to heat our homes may be a daily occurrence. When we use fire as heat source, we have to be mindful of how dangerous it can be and take the appropriate actions to keep everyone safe.

Most burn-related injuries occur to children under age six. Every year more than 18,000 children are treated in emergency departments for burns resulting from contact with a fireplace, chimney or fireplace equipment.

Most burns occur to the hands or fingers. Depending on the severity, these burns can result in lifelong problems, possibly resulting in loss of function and poor cosmetic outcomes.

Young children are more at risk for several reasons. They can be unsteady as they learn to walk, often using surfaces within their reach to pull up. Little ones have slower reflexes and many not be able to move their hands away quickly when they touch something hot. They also have thinner skin on their palms, which can lead to more serious burn injuries.

Parents may not think of fireplaces when thinking of hazards in the home. Many aren't aware of how hot the glass door can become thinking it would be similar to an oven door glass; but fireplace glass can be as hot as 500 degrees. It can take up to an hour to cool down after it is turned off.



Here are a few prevention tips for families with young children most at risk for fireplace related burns.

- Watch children around all fireplaces.
- Install a safety screen or safety gate around the fireplace.
- Keep gas start remote controls out of reach so that gas fireplaces aren't turned on accidentally.
- Think about other places with fireplaces such as restaurants, hotels or cabins. Fire can fascinate young children and attract them, especially if it's something they don't see often.
- Test smoke detectors monthly that they are working. Create and practice a fire escape plan. With gas fireplaces, make sure you have a carbon monoxide detector in the home as well.
- If there's an emergency, call 911.

[UK CONNECTIONS]

Tips for Fueling Your Body for Your Fitness Goals

By Travis Thomas, Ph.D., associate professor of Clinical and Sports Nutrition with the UK Sports Medicine Research Institute

January means New Year's Resolutions, and the two most popular resolutions are focused on dieting and exercising. If you've set an exercise-related goal this year, your diet may vary to help you achieve it. Although working one-on-one with a professional with reputable credentials is your best option, here are some general guidelines for fueling your body for your performance goals.

Goal: Lose a few pounds, improve fitness:

Adopt healthy strategies to expend more energy (calories) than you consume. This should be a gradual process that incorporates both increased physical activity and dietary changes that minimizes fatigue and deprivation.

Creating a small calorie deficit of 250 to 500 calories per day is enough to initially produce a weight loss rate one-half to one pound per week.

Avoid sugar-sweetened and alcoholic beverages and replace highly processed foods with minimally processed foods to create a deficit and initiate weight loss. Many diet trends (e.g. fasting, keto, etc.) produce weight loss because of the energy deficit they create, not because there is anything magical about the eating plan.

Daily exercise and/or general physical activity (e.g., scheduled walking breaks) is another great way to increase energy expenditure. Whatever strategies you choose, they must be sustainable and combined with long-term commitment to exercise to maintain weight.

Goal: Participate in an endurance sport (e.g., half-marathon, triathlon):

Training to compete or simply complete an endurance event is a great way to improve your aerobic fitness and overall health. With this type of goal in mind, it is important to map out a slow



and steady training progression to avoid injury. The endurance training diet should match increased calorie expenditure with increased calorie intake, particularly on training days. Carbohydrates are key for training at high intensity and enjoying long training runs.

During early stages of training when intensity and duration is often limited, 4-6 grams of carbohydrate per kilogram of body weight per day is generally recommended. This increases to approximately 6-10 grams per kilogram with more advanced training. Diet quality is also important: choose more whole grains, enriched refined grains, dairy, fruits, vegetables and legumes.

Goal: Build muscle/strength:

The benefits of increasing muscle strength and size are numerous, including reduced risk for

chronic disease and preserving physical function as we age. To build muscle, the most important factor is to stay committed to a well-designed resistance training program.

Focus on training each major muscle group 2-3 days per week, allowing for approximately 48 hours of rest between training days. From a nutrition standpoint, many already consume enough calories to support exercise-induced muscle growth and should instead conduct a self-assessment of their protein intake.

Depending on body size, consuming 15 to 30 grams of protein per meal from a diverse list of protein-dense foods, equally spread between 3-4 meals, will maximally support muscle growth. Lifestyle factors should also be considered – smoking, frequent alcohol consumption and limited sleep can sabotage your training program.

NEWS AND NOTES FROM OUR TEAM



AMY CUPP joins the laboratory staff at Rockcastle Regional. Amy earned her Bachelor of Science degree in Medical Laboratory Technology from Eastern Kentucky University. Residing in Lily, KY, Amy is married and has two daughters, Madysen and McKenna. While not at work, she enjoys crafting, sewing, and spending time with her girls. When reflecting on her new position, she says that she enjoys the small-town feel of the organization.



BROOK SETTLE joins Southern Kentucky Area Health Education Center (AHEC) as a Health Career Educator. Originally from Rockcastle, Brooke now lives in Berea with her husband, Dakota, and their son, Cayson Wyatt. Recently graduated from Eastern Kentucky University with a Bachelor of Science degree in public health and a concentration in community health, Brooke is excited to serve the schools and students in AHEC's 15-county region.



J.T. LEAR-PHILLIPS has joined the outpatient occupational therapy team with a Bachelor's degree in occupational science and a Master's degree in occupational therapy. Speaking about his new position, J.T. says, "I really enjoy working with the children and seeing them meet their goals and improve. I also enjoy the positive work environment of the entire facility. Everyone is friendly and works together as a team."



JENNA UPCHURCH is the newest speech-language pathologist in the outpatient speech department with a Master's degree from Eastern Kentucky University in communication disorders. Jenna lives in Richmond with her husband, Daniel. When talking about her new job, Jenna says, "I love coming in everyday and working with my patients. It is incredibly rewarding to work with individuals to help improve their communication skills. Rockcastle is a great work environment and I am so grateful to be a part of such a wonderful team."



JORDAN WHITAKER, PA-C joins the QuickCare team as a physician's assistant. He earned his physician's assistant studies degree from Lincoln Memorial University. Jordan lives in Mount Vernon and while not working, enjoys golfing and fishing. When asked about his new position, he says, "I love urgent care medicine and greatly enjoy treating folks in the community I've grown up in."



JULIE CHILDRESS-HAZELWOOD has joined the social services team as a social worker. Earning a Bachelor's degree in Health Sciences from Eastern Kentucky University, Julie is looking forward to this next step in her career at Rockcastle. She is excited about getting to know the residents better and making the experience for new residents and their families as easy and comfortable as possible.



KELLI LAKE has joined the Rockcastle Regional team as a human resources assistant. Kelli earned her Bachelor of Science degree in health and human services from Eastern Kentucky University. When asked about her new job, Kelli said, "I feel like I am a part of a team and have a purpose when I come to work. From being an intern in Rockcastle Family Wellness to working in the HR department, I have witnessed how each department at the hospital plays a vital role in the success of the organization. Without each employee performing the essential duties of their job and working together as a team, our hospital wouldn't be as successful as it is today."



LESLEY GRIFFITH is a new social worker in the social services department at Rockcastle Regional with a Bachelor's degree in social work from Eastern Kentucky University. Lesley and her husband, Aaron, live in Brodhead with their three children – Aaroley, Gabriel, and Serenity. When asked about her new job, Lesley said, "This is the first job I have ever had where I enjoy all aspects of my work. I especially like the people I work with and those that I serve."



MATTHEW SMITH is the new physical therapist in Rockcastle Regional's outpatient therapy. Matthew has his Bachelor of Science degree in health sciences and his Master's degree in physical therapy. Matthew is married to his wife, Brandy, and together they live in Mount Vernon with their three children, Kinsley, Beckham, and Oliver. While not at work, Matthew likes to farm, hike, and play golf.

Rockcastle Regional Healthcare Providers

Physicians Based in Rockcastle County

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

Mid-Level Providers Based in Rockcastle County

Courtney Browning, APRN	Pediatrics
Jennifer Cash, APRN	QuickCare
Vicki Chapman, APRN	Endocrinology
Jenny Collier, LCSW	Counseling
Anne Claire Compton, APRN	Family Practice
Chasity Frakes, APRN	Family Practice
Deana Gabbard, MPAS, PA-C	QuickCare
Brent Hasty, CSW	Counseling
Makenzie Kinder, MPAS, PA-C	QuickCare
Chelsen Larkey, LPCC	Counseling
Ginger Mink-Cash, APRN	Family Practice
Alicia Myers, MPAS, PA-C	Family Practice
Alaina Nevels, APRN	Family Practice
Kacey Scoggin Nicely, APRN	QuickCare
Nancy Owens, APRN	QuickCare
Angela Parsons-Woods, MPAS, PA-C	Family Practice
Tiffany Patrick, CRNA	Nurse Anesthetist
Brittany Perkins-Saylor, MPAS, PA-C	Family Practice
Megan Taylor Pittman, APRN	Pediatrics
Rachel Powell, APRN	QuickCare
Barbara Prather, APRN	Family Practice
Terry Puckett, CRNA	Nurse Anesthetist
Brislyn Saylor, MPAS, PA-C	QuickCare
Jordan Whitaker, MPAS, PA-C	QuickCare

Visiting Physicians

Michael Anstead, MD	Pulmonology
Azhar Aslam, MD	Cardiology
Taha Ayach, MD	Nephrology
Joshua C. Bailey, MD	Pain Management
Nicole Begg, PhD	Adolescent Psychology
Karim Benrajab, MD	Gastroenterology
Michael Blackburn, PA-C	Orthopaedics
Chad Cooper, MD	Podiatry
Ima Ebong, MD	Neurology
David Escalante, MD	Endocrinology
Deborah R. Flomenhoft, MD	Pediatric Gastroenterology
John M. Gordon, MD	Gynecology
Nancy Green, APRN	Gynecology
Zain Guduru, MD	Neurology
Bethanie Hammond, MD	Breast Imaging/Radiology
L. Francisco Hidalgo, MD	Cardiology
Justin D. Hilliard, M.D.	Neurosurgery
Wallace Huff, MD	Orthopaedics
Bahaaeldeen Ismail, MD	Gastroenterology
Michael Jones, MD	Cardiology
Khurrom Khan, MD	Pulmonology
Nayef Kazzaz, M.D.	Rheumatology
Jonathan Kiev, MD	Cardiology
Christian Knecht, MD	General Surgery
Nathan Kusterer, MD	Cardiology
Aleksander Lenert, MD	Rheumatology
Iraklis Livas, MD	Allergy/Immunology
Zabeen Mahuwala, MD	Neurology
Rick R. McClure, MD	Cardiology
Javier A. Neyra-Lozano, MD	Nephrology
Subodh Pandey, MD	Pulmonology
William Robertson, MD	Nerve Study
Mandakini Sadhir, MD	Adolescent Medicine
Amanda Saltzman, MD	Pediatric Urology
Cameron S. Schaeffer, MD	Pediatric Urology/Plastic Surgery
Douglas Schneider, MD	Pediatric Cardiology
Parijat Sen, MD	Pulmonology
Mark Vranicar, MD	Pediatric Cardiology
Byron T. Westerfield, MD	Sleep Medicine
Denis Yalkut, MD	Urology

We're Hiring! Come join our team!

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

Customer Service Representative
Dental Assistant
Housekeepers
Janitor
Laboratory Technician (MLT/MT/MLS)
Licensed EMT
Licensed Paramedic
LPN or Certified Medical Assistant
LPN's • RN's • SRNA's

Medical Billing Analyst
Medical Transcriptionist
Pharmacy Technician
Phlebotomist
Radiology Technologist
Receptionists
Respiratory Therapists
Security Officer
Teacher



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

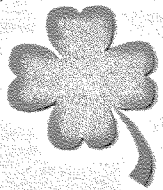
Upcoming Race Events

COUNTY-WIDE Stride

Run/Walk Series



St. Patrick's Day



5-Mile Run
5K Walk

Sunday, March 15

Downtown Livingston • 3:00 p.m.

Proceeds benefit the Super Start Fund



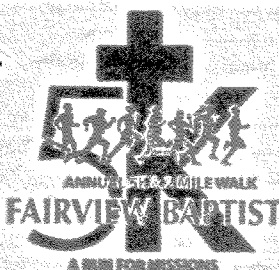
**BRODHEAD
HUSTLE**

5K Run/2-Mile Walk

Saturday, April 18

Downtown Brodhead • 8:00 a.m.

Proceeds benefit Brodhead Fire Department



Saturday, May 2

Fairview Baptist Church • 9:00 a.m.

Proceeds benefit missions work



Saturday, June 6

TBA • 8:00 a.m.

Proceeds benefit Relay For Life



Saturday, July 11

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

Proceeds benefit the Alzheimer's Association



Friday, August 14

Industrial Park • 8:00 p.m.

Proceeds benefit the Super Start Fund

For complete race details visit rockcastleregional.org/county-wide-stride