

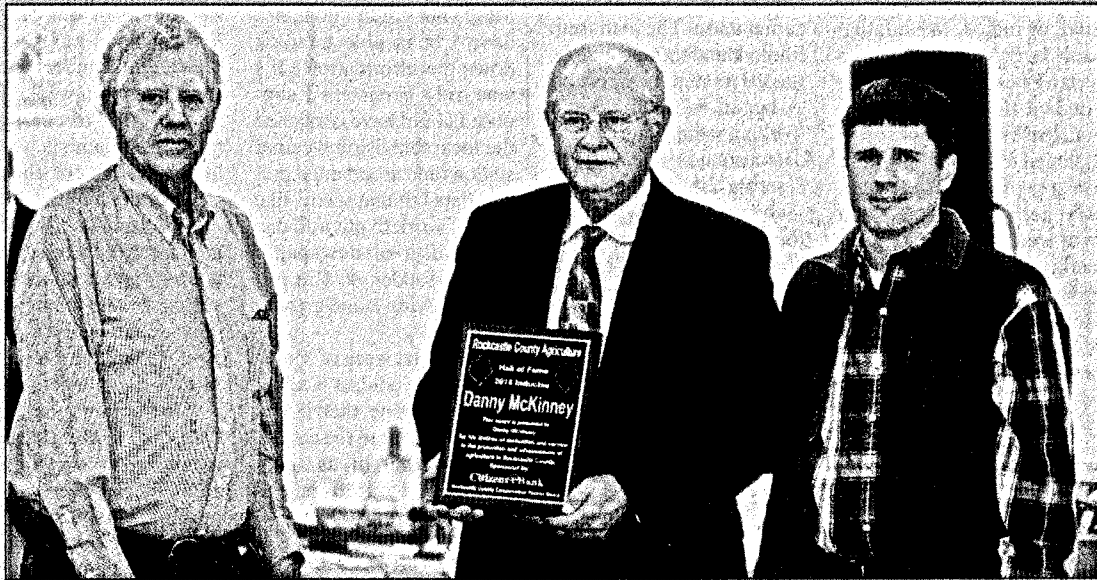
Mount Vernon

Serving Rockcastle County

113CRL0T 0341A**R007
ROCKCASTLE LIBRARY
60 FORD DR
MOUNT VERNON KY 40455-2148

Mount Vernon, Kentucky 40456 - (606) 256-2244 Volume 133 • Number 10 .50 per copy Thursday, March 28, 2019

Farmers & Business Banquet well attended



The 59th annual Farmers-Business Banquet was well-attended last Thursday night at the Rockcastle County Middle School. Several awards were given, in each category, but the main event of the evening had to be guest speaker Jack "Goose" Givens. Givens, who played basketball four years at UK, 1974-78, after graduation (See "Banquet" on A7)



The annual Farmers and Business Banquet was held last Thursday at the Rockcastle Middle School. In the top left photo, Danny McKinney, center, was the Rockcastle County Agriculture Hall of Fame 2018 Inductee. He was presented a plaque by Tommy Harold Mink and Mark Dyehouse. In the bottom left photo, Carl Dean Coleman and Carl Dean Coleman, Jr. were presented the Master Conservationists award by Tommy Harold Mink and Randall Templeman. Above, Jack "Goose" Givens, UK basketball great from 1974-78 was the guest speaker. See more photos from event inside.

Three arrested in Brodhead on possession of meth, heroin

By: Mike French
Editor

Three Brodhead residents were arrested and over 5 grams of methamphetamine were confiscated

Sunday, March 24 after Brodhead Police Officer Josh Foster made a routine traffic stop.

According to the citations Dalton Shepherd, 18, and Malana Wilson, 31, both

of Castle Village Drive in Brodhead, were arrested, with the assistance of Brodhead Police Chief Travis Davis, Constable Kevin Begley and Rockcastle County Deputy Sheriff Kirk Mays.

Foster made the traffic stop after a call about a suspicious vehicle. The officer stopped the car, driven by Wilson, and received permission to search the vehicle

where he found a firearm that had been altered. According to Davis, the gun had the serial numbers filed away and the barrel had been cut.

Once arrested for possession of the altered firearm, Davis says he received permission to search the vehicle of the two suspects where officers located metham-

(See "Meth" on A8)

Local bloodhound now has his own bulletproof vest

By: Mike French
Editor

Every member of the Rockcastle County Sheriff's office deserves the best possible protection while performing their duty. And, according to the law and everyone within the department, Hunter is just another officer.

Hunter is the local law enforcement bloodhound and like all the other deputies, including his handler Tony Bullock, he now has his own bulletproof vest.

"Hunter is one of us," said K-9 Search and Rescue Special Deputy Bullock. "According to the law, it's the same charge to assault Hunter as it is to assault any other officer."

Hunter came to Rockcastle County from the Allie Foundation, a Colorado group headed by man whose granddaughter was abducted over 20 years ago. A bloodhound found the body of the missing girl and since then, the foundation has bred bloodhounds for police departments across the United States.

Rockcastle County Assistant Attorney William Leger discovered the foundation and, according to Sheriff Shannon Franklin, Leger never gave up until one of the trained bloodhounds was in this county. Soon, Hunter was a part of the Rockcastle County Sheriff's Department.

Still, as another legal

(See "Vest" on A8)

Exela celebrates service excellence in Mount Vernon

Exela Technologies celebrated the achievements of employees Thursday in the Rockcastle County Industrial Park.

During the event, employees received recogni-

tion and certificates from the United State Department of Veterans Affairs (VA) office of Business Process Integration.

U.S. Congressman Hal

(See "Exela" on A7)

Circuit cases result in prison sentences

Eddy F. Montgomery, Commonwealth Attorney for Pulaski, Lincoln, and Rockcastle Counties announces that several recent cases from circuit court resulted in prison sentences - including a case of felony drug trafficking.

Stephen Ray Nicely, 50,

of Berea pled guilty and was sentenced to 8 years in prison for 1st Degree Trafficking in a Controlled Substance, Possession of a Controlled Substance, and DUI, 1st.

According to Assistant

(See "Prison" on A8)

Boil water advisory

Kentucky American Water customers in the Sand Hill area of Rockcastle County are under a boil water advisory until further notice.

The advisory was issued as a precaution due to scheduled shutdown of the water in the area while improvements are being made.

All water for consumption should be boiled for three minutes.

Reminder

Don't forget National Vietnam War Veterans Day will be observed tomorrow (Friday, March 29) at 6:30 p.m. at Renfro Valley. VFW Post 5908 will hold a memorial ceremony recognizing everyone who served.

The event is free and open to the public.

Free CPR training

Anyone interested in learning CPR but does not need a CPR Card for a job requirement, is encouraged to attend the free CPR training course at the Rockcastle Regional Wellness Center on the third floor on Monday, April 1 at 4 p.m.

The class is ideal for community groups, parents, grandparents, caregivers and others interested in learning how to save a life.

You must be at least 14 to attend the course. A meal will be provided between the two sessions.

If interested, you must call (606) 256-7767 on or before Friday, March 29 and ask for Kayla Prewitt.



The RCMS Academic Team rounded out an awesome season with a fourth place finish in the state in Quick Recall and an overall ninth place in the state at the Governor's Cup Academic Showcase in Louisville March 16-18. Eighth grader Joe Pickle placed fourth in the state and ninth in science over some extremely difficult competition. Seventh graders Corey Coleman placed 20th and Jeremiah Mikeworth 41st, both in social studies. The starting four in Quick Recall were Pickle, Coleman, Mikeworth and Captain Landon Carlton. Team members are shown above, front row from left: Corey Coleman, Joseph Pickle, Landon Carlton and Jeremiah Mikeworth. Middle row from left: William Miller, Matthew Owens and Dillon Pickle. Back row from left: Jacob Houk, Anna Chaliff, Brock Mason and Austin Sweat. See B8 for results of RCHS's trip to the showcase.

Of Special Note Inside

- Viewpoints Pg. A2
- Church News Pg. B3
- Classifieds Pgs. B6&7

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

- Courthouse News Pg. B2
- Obituaries Pg. A6
- Sports Pgs. B4

Call
606-256-2244 for
Advertising &
Subscriptions



Aces Over

By: Mike French



Old pocket knives. They used to mean so much to old fellows.

It seems that these days people are more focused on their electronic devices or whatever they recently acquired. But, back in the day, pocket knives seemed to be the central focus of every conversation the men in my family had.

Some of my fondest memories as a child are watching my dad, my uncle Johnny, Uncle Hubert and Uncle Walter inspect pocket knives as if they were the most important thing on earth.

At every family gathering, the very first thing that happened was each man reached into his front pocket and pulled out their pride and joy.

My dad used his old pocketknife for everything under the sun. I've watched him pluck many an apples off a tree and peel it and eat it right off the blade a thousand times. A few minutes later he would be using the same knife to trim the coating off electrical wire or whittle on an old cedar twig.

Each uncle would pass their knife around so that every person could inspect every other person's knife. If one of them was exceptional for whatever reason, they would act as though they were sticking it in their own pocket and its owner would laugh with pride.

For some reason, owning a pocketknife meant you were a man in those days. It meant you were willing to work because the number one most used tool on earth was in your pocket.

And then there were the stories they would tell about how sharp their knife was. My uncles were apparently world class knife sharpen-

ers. One bragged about having a knife so sharp it could shave a hair. Not shave hair from your face, but actually shave the outer edge of a single hair. Well, I know what you are thinking, but we did it. I, with my own hands and hours of honing with a stone and a leather strap got a knife so sharp, it shaved a hair.

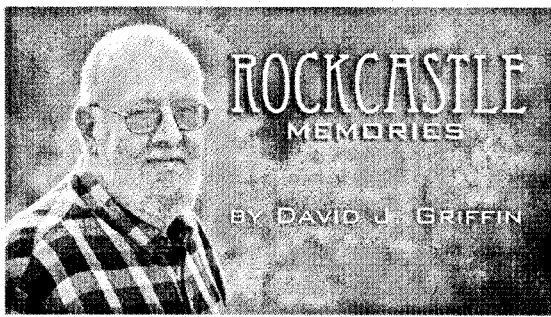
I still have that hair in a ziplock baggie somewhere with a label on it.

The whole family was fans of Case XX and Tree Brand Bokers. But us kids were mostly Kissing Crane users because they were cheaper.

My uncles put so much stock in what the handles were made of and the trim on each knife. They were the center of conversation in the old days around my family.

Whenever my grand mother got me a knife for Christmas or my birthday,

(Continued on A3)



Back To Radios

A couple weeks ago, I wrote a column about my love of radios. My infatuation began when I was a youngster playing in the kitchen floor with my cars and trucks while my mother listened to her radio, placed on top of the refrigerator. My dedication has never wavered, and my wife recently bought my "all-time favorite" radio for my birthday. It is a Sangean AM, FM, Bluetooth receiver, housed in a real walnut chassis.

That column was well received, because many of my regular readers responded. Clinton Helton's email was extremely interesting. He too was mesmerized with radios at a very young age. When he was six-years-old, his family's house burned, and Clinton added, "Mama had just bought a new

standalone RCA radio."

He explained that shortly after the house burned, he came upon The Amateur Radio Handbook, which he started to study. He recalls, "I began to try making a working radio. My efforts to detect sound using a crystal detector all failed. Then I found in my book a diagram for a single tube regenerative receiver. First, I bought the few parts and a soldering iron from an electronics catalog. I found a wooden prune box in my Dad's store, which I turned upside-down for a chassis."

He then added a personal

(Continued on A3)

Points East

By Ike Adams



A better man than me would have written down the daily high and low temperatures for the month of March but I didn't do it, nor have I been able to track down the information. If I was truly persistent I suppose I could have contacted the local television weather stations and ascertained precise data but that seems like a lot of work to put into one little tidbit of newspaper column fodder, so I'm just going to wing it and go with gut feel.

If the first week of March was not the coldest week of the year, to date, then it darn sure felt like it to the cat and me. Neither of us spent much time outdoors and

Fancy Pants didn't even make her daily trips to the mail box with me. March may have come in like a lion but the lion on Charlie Brown Road sure stayed holed up and under the covers for neatly a week. Fortunately, the forecast portends that a lamb is waiting in the wings for the last week of the month.

Unfortunately, however, my eastern blue birds have not returned from the early spring break from which they departed during that first miserable week in March.

Throughout the entire fall and winter months, from November through February, we have had five bluebirds all sharing the same night-time nesting box and, almost daily, perching on whatever utility line, fence line, tree or shrub they may find handy throughout the yard and garden. They seemed to be a rather cheerful and well satisfied lot, as bluebirds tend to be, and I have had no inkling they suffered any sense of discontent.

I had noticed their absence, for several days, during that first week of March, because they are, ordinarily, so conspicuous in the front yard that it's practically impossible to keep from noticing them, however short the amounts of outdoor time I may have found myself outside.

In the meantime, March 24 has come and gone at this writing and I haven't seen hide nor hair, nor even feather of a blue bird, anywhere close to Paint Lick, since right at the end of February. Ordinarily, at least

(Continued on A3)



LETTERS TO THE EDITOR

Need Help...

Dear Editor,

My husband James was a Vietnam Veteran. He passed away last May 3. James received V.A. benefits until his death. I have since applied for Surviving Spouse benefits with a DAV officer in Berea and have recently been terminated because they say I received too much from Social Security. I cannot make my monthly bills on what I receive. I want to appeal this

and would like to know if there is a V.A. attorney who will help me with my claim.

This is very upsetting and embarrassing because we never got behind in our bills before. Please call me at 606-758-0277 if you can help me. I have lost a lot already when I lost our daughter to cancer a year before we lost James. I need to keep my vehicle and my electric going and I have other bills also.

Thank you so much.

Kathleen Bretz

T.J.'s Journal

By: Tonya J. Cook



Rabbit Rehab

Dear Journal,

I've noticed that in the case of just about everybody, they have some kind of problem and worries to come their way sooner or later. Mom always told me that problems are like grapes, they come in bunches. The older we are, the more we have experienced, or have knowledge of others having experienced, problems. I can't really un-

derstand the younger generations, especially the teens. They just think they've seen hard times. They often are even suicidal over some little temporary situation that is usually caused by some other teen that doesn't know what life is even about, much less criticize some other teen about their life.

It seems that we are plagued most often at night with our thoughts, problems, concerns and worries. They either haunt us just before sleep or wake us from sleep. I'm sure this effects most everyone at one time or the other. They may last a day or two or last for what may seem like years...sometimes they really do.

Stanley and I have problems sleeping at night. He often has back pain and leg pain to keep him awake. Then he gets worries of one kind or the other on his mind and so do I. Of course, I'm more of a "night owl" and feel better at 1 AM than 1 PM. It takes me forever to get going in the mornings. I have to sit and mentally plan the day. OK, what do I have to do, when, and

(Continued on A3)

Mount Vernon Signal

Publication Number 366-000

Periodical Postage Paid in Mt. Vernon, Ky. 40456
606-256-2244

Published every Thursday since November, 1887. Offices in the Mt. Vernon Signal Building on Main Street in Mt. Vernon, Ky. 40456. Postmaster, send address changes to P.O. Box 185, Mt. Vernon, Kentucky 40456.

James Anderkin, Jr., Publisher Emeritus
Perlina M. Anderkin, Publisher
Paige Benge, Advertising/Composition Manager
Mike French, Editor

SUBSCRIPTION RATES

In County - \$23.00 Yr. Out-of-County - \$27.00 Yr.
Out-of-State \$35.00 Yr.

e-mail address - mvsignal@windstream.net

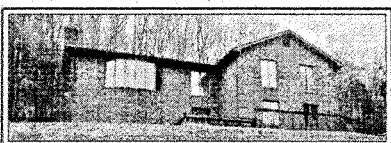
Weichert[®] Open House

Friday, March 29th from 4 to 6 p.m.



1787 Flat Gap Rd.
Berea, Ky.
MIS #1901548

Host: Sherry Bussell
606-386-9701



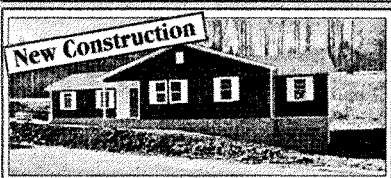
370 Old State Rd.
Mt. Vernon, Ky.
MIS #1904734

Host: Matthew Silcox
606-308-2339



512 Honeycomb Rd.
Mt. Vernon, Ky.
MIS #1903998

Host: Shelly Mullins
606-308-3773



195 Coral Dr.
Mt. Vernon, Ky.
MIS #1903848

Host: Danny Ford
606-271-1835



Weichert

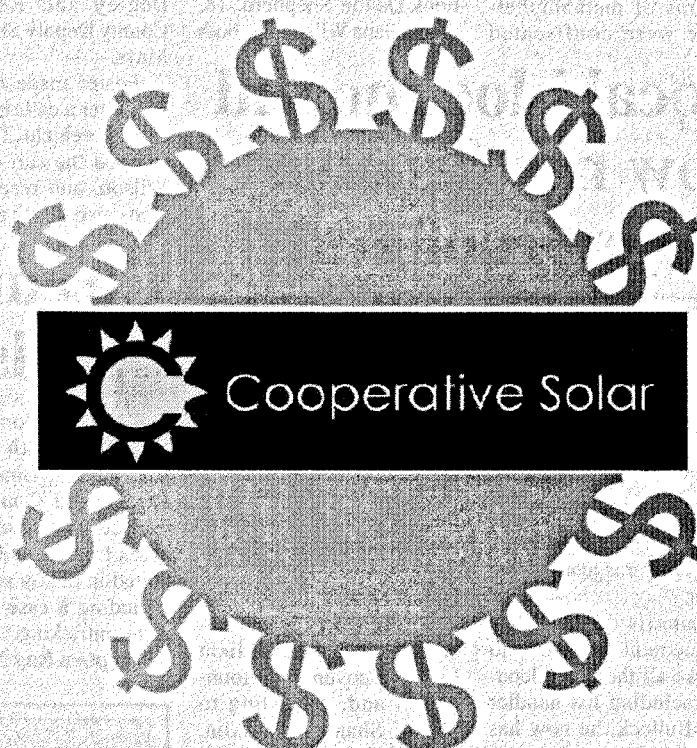
REALTORS[®]

Ford Brothers

Mount Vernon, KY

606-256-5229

richmond@fordbrothersinc.com
www.wrrichmond.com



Cooperative Solar

Turn sunshine into bill credits

Cooperative Solar Farm One offers Jackson Energy members a convenient way to tap into renewable solar energy without installing panels on their home.

And they receive a monthly credit on their electric bill.

Find out more about renewable energy savings by visiting www.cooperativesolar.com.

Jackson Energy

Working for You

1 800-262-7480

Rockcastle Community Bulletin Board

Sponsored By
Cox Funeral Home

Family Owned & Operated Since 1907
80 Maple Drive, Mt. Vernon, Ky. Ph. 256-2345
Toll Free 1-888-825-2345 • 24 Hour Obit Line 256-5454
www.coxfuneralhomeky.com

Bookmobile Schedule

Mon., April 1st: No service. **Tuesday, April 2nd:** Calloway, Red Hill, Livingston, Lamero and Pine Hill.
Wednesday, April 3rd: Maple Grove, Orlando and Climax.

LiHeap Program Extended

The heating assistance program (LiHeap), administered through Daniel Boone Community Action, has been extended through April 30, 2019. Call 256-5315 for more information about qualifying for the program.

Brodhead Alumni Banquet is April 27th

The annual Brodhead Alumni Banquet will be held on Saturday, April 27th at Brodhead School, beginning at 6 p.m. Classes honored this year will be the 4's and 9's - 1934, 44, 54, 59 and 1939, 49, 59, 69. More information will appear in next week's *Signal*.

Hospice Hoedown

There will be a Hospice Hoedown on Friday, April 12th at 7 p.m. at the Silver Eagle in Mt. Vernon. There will be live music, featuring Strait Shot, dancing, homemade BBQ meal, silent auction, a cake walk, cloggers and much more. Tickets will be \$20 at the door or they can be purchased in advance at hospicecareplus.org. All proceeds go to Hospice Care Plus.

Medicare 101 for Family Caregivers

Medicare 101 for Family Caregivers will be held Friday, April 12th from 1 to 4 p.m. at the Appalachian College Association building in Richmond next to Galaxy Bowling Lanes. The event is free for family caregivers in Rockcastle County. Learn what's covered by your loved one's Medicare benefit and what changes can be made to maximize coverage by learning about Original Medicare, Medicare Advantage, MediGap and waiver programs. Registration required by calling 859-986-1500 or online at hospicecareplus.org. Refreshments and door prizes included. Sponsored by Hospice Care Plus for family caregivers whose loved ones are not medically eligible for hospice care.

Extension Office Classes

On Thursday, April 4th at 6 p.m., there will be a class on **cook together-eat together** at the Rockcastle County Extension Office. This class is for adult/child family members. Children can be between the ages of 4-18 and must be accompanied by an adult family member. During the workshop, four-five foods will be prepared and a meal will be eaten together. The cooking event is free and limited to the first 10 adult/child groups. Call 256-2403 to reserve your space.

Brodhead High School Class of 1969 Reunion

Brodhead High School Class of 1969 will hold their 50-Year-Reunion on April 27th, beginning at 4 p.m. at Brodhead Elementary School's library where we will meet and socialize before the meal at 6 p.m. Reservations must be made and meal paid for by April 18th. Make checks for \$20 payable to Brodhead Alumni and mail to Brodhead Alumni c/o Brodhead School, P.O. Box 187, Brodhead, Ky. 40409. If you were ever in this class, please attend.

Hot Rod & T-Ball Sign-Up Location Changed

Sign-ups for Hot Rod and T-Ball will be held the first and second weekends of April at the barn beside KFC from 10 a.m. to 2 p.m. This is for 3, 4 and 5 year-olds (have had two-year-olds and six and seven-year-olds play). Fee is \$40 per child. Parent, grandparent shirts are \$14 each plus \$1 per X at sign-ups. Cash only. League play starts last weekend in April and goes through the second week end in July.

My Brother's Keeper Public Meeting

My Brother's Keepers, Inc. is still chipping away at making their vision of an inpatient substance abuse treatment facility opening doors right here in Mt. Vernon. Plans have changed, but the vision remains. We would like to invite members of the community to meet at the Rockcastle County Middle School on Friday, March 29th at 6 p.m. for an open community meeting. This meeting will be interactive with the community as a question and answer forum. We've had several questions about our progress, projected opening date as well as a host of others that will be addressed that night. Feel free to join us March 29th to hear about the great things happening at My Brother's Keeper, Inc.

TOPS of Brodhead

TOPS (Take off pounds sensibly) meets every Tuesday evening at the Brodhead Community Outreach Center. Weigh-in begins at 6 and the meeting is at 6:30. For more information, call 606-758-4973.

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.

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.

"Aces"

(Cont. from A2)

it always had a dime stuck in the blades. That was supposed to bring me luck I think. She used to say she would never give a knife away without a dime in the blades.

And they had rules about who closed a knife too. Whoever opened a knife, had to close it. If it was handed to you with the blade out, it was an insulting curse to hand it back to its owner with the blade closed.

Knives were such a central focus of their conversation back then.

My dad knew he was about to die of cancer in 2011 and he took me into the house and dug through an old box. There, wrapped in old yellow tissue, he carefully unwrapped an old pocketknife, stared it for awhile, clutched it in his hand, then handed it to me and said "Son, when I am gone, guard this with your life."

It was the knife that was in the pocket of his brother Jennings when he was killed in Korea in 1952. It had been sent back to his mother along with Jennings' belongings. "Old Jen loved that knife," dad said.

I looked at it closely. It's used and dirty and scratched up and I've never heard of that brand. Probably not worth a single dollar bill, but I would not sell it for ten thousand.

Dad left me his rather rare and very expensive knife collection, including pearl-handled Hen and Roosters and valuable antiques along with specialty knives with certificates saying there were only 100 made in the world, etc. But all of them can't compare to that one chipped-handled, scarred old pocket knife of Jennings.

I still carry one in my pocket every day and it's indeed very handy but I'll admit that I wash it before I cut up an apple with it.

I guess they just aren't important like they used to be. But I'll always carry mine and I'll always remember Grandpa's old Henry knife with the stag handles because it meant so much to him and it has whittled many shavings off of old cedar twigs.

"T. J.'s"

(Cont. from A2)

how? I get it all organized in my mind and then try to coax my body to carry out the plan. I try to do the most necessary first.

Today we groomed our rabbits. It made me recall a story from about a year ago concerning Stanley and his invention of "rabbit rehab". One night he got up in the wee hours because he could not sleep. He went to the living room and sat in a high back rocker with the lights very dim. Along the way he passed the rabbit cages and took out a rabbit to pet for company.

We, at the time, had five rabbits. We had three girls and two boys. The boys were Harvey, named for the movie years ago with Jimmy Stewart who kept seeing a big white rabbit, Harvey, who was his best friend, and we had Clark. We bought the rabbits in the gravel lot by the Hardees restaurant in Renfro Valley. I was once told that "Old Joe Clark" once lived there. The girls were Beatrix, named for Beatrix Potter, the author of Peter Rabbit, and Claire. Claire's name reminded me of Aunt Bea Taylor from the Andy Griffith Show, whose best friend was Clara, so the other female bought that day was Claire "the hare". Soon we were given Little Miss Belle Bunnington. She once belonged to Judge Bishop's granddaughters, the Himes girls, so she is Judge Bishop's "grand rabbit". The four rabbits were bought on Easter Sunday 2017. We were on our way to Berea by way of Highway 25 and noticed them. I

had Stanley to stop and there was a man selling rabbits as pets and for eating. I couldn't stand the thought of them being eaten, so I had Stanley to buy the last four he had. They were \$15.00 each but I haggled with him and we got a deal. I told the man that these rabbits were headed to our house for a life of luxury. Then we had to go buy cages, rabbit pellets, etc., and all kinds of rabbit stuff. I've been told that some people actually spend their money on stuff like vacations and new cars. Imagine that. Thankfully, he didn't have any more rabbits.

We got more than we had expected. Beatrix was pregnant and in about two weeks had three little rabbits: Harley, Hayden, and Hadley. They all died about a week later all within a day, only hours apart. We buried them all in a little "casket" made of a food storage container lined with a new hand towel and covered up in another. They were buried in our side yard, our pet cemetery. Sadly, Harvey and Beatrix have both died since then, too.

Anyway, Stanley got one of the rabbits out that night, as I said, and petted on it, slowly stroking its fur. He rocked and petted for about an hour and he finally got sleepy. He told me about the experience the next morning. He thought it was great therapy and more people should try it-people in mental wards, vets with post traumatic stress disorders, inmates in jails, and the list went on.

So, Easter is coming up again pretty soon. If you are perplexed and worried about the cares of life, throw out those nerve pills and antidepressants, get rid of that liquor, stop your counseling, get rid of the cigarettes and comfort food, and just get out and hunt up the "rabbit man" and get yourself a rabbit or two to pet, and kiss your cares good-bye.

"Points East"

(Cont. from A2)

one pair would have been busily involved with all the housekeeping necessary to spruce up a new nest.

In fact, since some of my neighbors have taken to calling me a blue bird slum lord, I have made some carpentry efforts on the old box that still looks much like a hill-billy toilet. Hey, the birds have seemed to love it for the last 20 years and I prefer to call it "outhouse chic."

Then, about three weeks ago, while the blues were still on hiatus, I managed to acquire a brand new, "brought on" alpine style bird house of blue bird proportions that is supposed to look like a miniature version of a typical Swiss cottage, complete with a steep, hammered-tin roof.

My brother, Andy, helped

get it mounted on a nearby fence post. I was thinking that we might have two nesting pairs instead of just the one brood we've grown accustomed to having around for decades. If that didn't work out, I figured a pair of tree swallows might lay claim to the new dwelling or maybe take up residence in the old box if the blues decided to upscale. In any event, the neighborhood was commencing to notice considerable improvement now that some fancier digs had been constructed.

The forsythia has bloomed and, normally, the bluebirds are dancing in it. I can't think of anything that spells spring more profoundly than blue birds and forsythia. It simply does not seem right to see one without the other.

Maybe they will show back up by the time you read this but time sure seems to be wasting. We'll keep you posted.

"Memories"

(Cont. from A2)

note to me, saying, "I was one part short: a coil. Your Pop helped me out. One of Katie's [my grandmother] kin was a radio repairman. Pop took me over to him, he wound me a coil in a toilet paper spool. It worked!"

The repairman's name was Clarence Perciful and his shop was located on Fairground Hill, close to my great-grandmother's house. Grandma Harmon lived just a few houses from Clarence's radio shop.

When I was in high school, I had Mr. Perciful repair the radio in my '58 Chevy several times. I never turned that radio off, and I burnt up several of the internal working parts, which he replaced.

Mr. Perciful was very talented in the field of electronics and especially radios. He installed an intercom at this front door so that he could answer the door from his apartment upstairs. I didn't know anyone else with an intercom back then. He was a man ahead of his time.

My brother Al also recalled Clarence Perciful. "Clarence hooked up some earphones to my little Trutone radio."

Clinton finally explained how his love of radios and how they worked influenced a chunk of his life. "To sum it up, I went on to study radio and other electronics for three years in the service, then left to go to seminary and return to active duty as a chaplain until retirement."

Radio influenced so many lives in the '40s, '50s, and '60s. Much of this was before television captured our complete attention. Almost every teenager I knew had a radio of their very own, or had access to one in their homes. We depended upon AM radio for our music, preaching, news, and serial broadcasts. For some of us, our affection for radios has never ebbed.

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

Park Day is April 6th at Camp Wildcat

On Saturday, April 6th, beginning at 9 a.m., the Camp Wildcat Preservation Group will team up with the Civil War Preservation Trust to clean up and make minor improvements at the Camp Wildcat Civil War Battlefield prior to the influx of summer visitors.

This is the 23rd year that this joint effort has occurred, stated Camp Wildcat President John Strojjan.

Over the years, the Camp Wildcat Civil War Battlefield has been supported by the Camp Wildcat Preservation Foundation, the Laurel County Fiscal Court, the Daniel Boone National Forest and the Laurel County Historical Society.

We are inviting any interested citizens, clubs, community leaders, boy scouts, girl scouts, etc. to come out and join us in some light work and some good clean fun. Food and refreshments will be provided at no cost at one p.m., as well as a free t-shirt. In addition, there will be an historical speaker.

Any necessary tools will be provided. Work activities will include such items as: cleaning rest rooms; picking up litter along roads leading to Camp Wildcat; scattering lime and fertilizer on grass wherever needed; cleaning interpretive signs and cutting brush along trails.

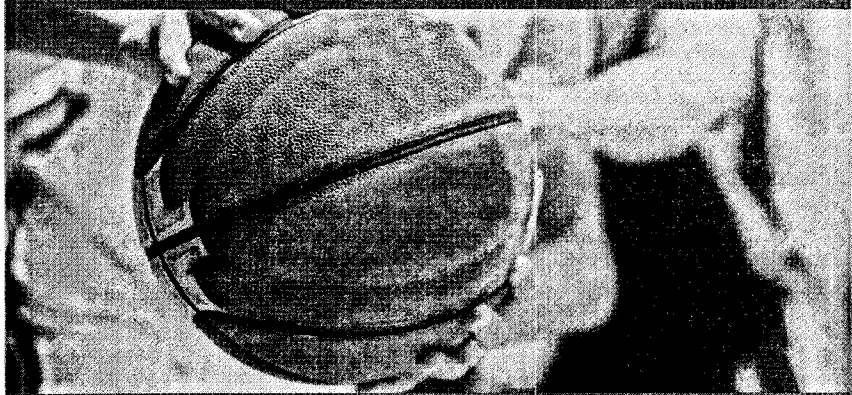
Directions: Follow I-75 to exit 49 and from there follow signs, or take U.S. 25 to Hazel Patch Road and follow signs.

NOTICE

2018 Brodhead Water Works Annual Water Quality Report is available. This report contains important information about your drinking water.

Please go to www.krwa.org/2018ccr/brodhead.pdf to view the 2018 Annual Water Quality Report or to request a paper copy, call 606-758-8635.

AUTO | HOME | LIFE | BUSINESS | A MEMBER SERVICE | KYFB.COM



Great defense is good insurance.

If you want to guard against loss from a storm or accident, it helps to be insured by a company who's on your team. Kentucky Farm Bureau is Kentucky's insurance company, which means there's an agent in every county to provide the winning service you deserve.



Marlene Lawson
Agency Manager
U.S. 25 South
Mt. Vernon
606-256-2050

KENTUCKY FARM BUREAU INSURANCE



BIG ON COMMITMENT

HAPPY DOCTORS' DAY



Dr. Michael Anstead
Pediatric Pulmonology



Dr. Tony Arvin
Family Medicine



Dr. Azhar Aslam
Cardiology



Dr. Taha Ayach
Nephrology



Dr. Joshua C. Bailey
Pain Management



Dr. William Bakhos
General Surgery



Candace Elyse Ball
Nurse Practitioner



Dr. Nicole Begg
Adolescent Medicine
Psychology



Dr. Karim Benrajab
Gastroenterology



Michael Blackburn
Physician Assistant
Orthopaedics



Dr. David Brabon
Reconstructive Surgery



Courtney Browning
Nurse Practitioner



Dr. David Bullock
Family Medicine



Dr. Lee Cain
Optometry



Dr. Said Chaaban
Pulmonology



Dr. Jennifer Chadwell
Dentistry



Vicky Chapman
Nurse Practitioner



Jenny Collier
Counseling



Anne Claire Compton
Physician Assistant



Dr. Chad Cooper
Podiatry



Dr. Brandon Cowan
Family Medicine



Dr. Kinjal Dave
Pulmonology



Dr. Ima Ebong
Neurology



Dr. David Escalante
Endocrinology



Dr. Deborah Flomenhoft
Gastroenterology



Chasity Frakes
Nurse Practitioner



Deana Gabbard
Physician Assistant



Dr. Eduardo Gomez
Radiology



Dr. John Gordon
Gynecology



Nancy Green
Nurse Practitioner
Gynecology



Dr. George W. Griffith
Family Medicine



Dr. Zain Guduru
Neurology



Dr. Michael Hamilton
Emergency Medicine



Dr. Bethanie Hammond
Breast Imaging Radiology



Dr. Rebecca Hammond
Family Medicine



Brent Hasty
Counseling



Dr. Robert F. Hendrickson
Family Medicine



Dr. Luis Hidalgo
Cardiology



Dr. Wallace Huff
Orthopaedics



Dr. Bahaaeldeen Ismail
Gastroenterology

*Thank you for your commitment
& dedication to our community.*

MARCH 30, 2019



Dr. Michael Jones
Cardiology



Dr. Jonathan Kiev
Cardiology



Dr. Christian Knecht
General Surgery



Dr. Nathan Kusterer
Cardiology



Chelsen Larkey
Counseling



Dr. Aleksander Lenert
Rheumatology



Dr. Iraklis Livas
Allergy and Immunology



Dr. Zabeen Mahuwala
Neurology



Dr. Rick McClure
Cardiology



Ginger Mink-Cash
Nurse Practitioner



Alicia Myers
Physician Assistant



Alaina Nevels
Nurse Practitioner



Dr. Javier Neyra-Lozano
Nephrology



Kacey Scoggin Nicely
Nurse Practitioner



Dr. Sarah Oliver
Pediatrics & Adolescents



Nancy Owens
Nurse Practitioner



Dr. Subodh P. Pandey
Pulmonology



Dr. Amy Parsons
Dentistry



Angela Parsons-Woods
Physician Assistant



Tiffany Patrick
Nurse Anesthetist



Brittany Perkins-Saylor
Physician Assistant



Rachel Powell
Nurse Practitioner



Barbara Prather
Nurse Practitioner



Terry Puckett
Nurse Anesthetist



Dr. William Robertson
Neurology



Dr. Kevin Rowe
Family Medicine



Dr. Mandakini Sadhir
Adolescent Medicine



Dr. Amanda Saltzman
Pediatric Urology



Brislyn Saylor
Physician Assistant



Dr. Karen Saylor
Internal Medicine/Pediatrics



Dr. Cameron Schaeffer
Pediatric Urology



Dr. Douglas Schneider
Pediatric Cardiology



Dr. Callie Shaffer
Pediatrics & Adolescents



Dr. William Stewart
Family Medicine



Dr. Stephanie Stockburger
Adolescent Medicine



Dr. Mark Vranicar
Pediatric Cardiology



Dr. Byron Westerfield
Sleep Clinic



Dr. Justin Williams
Hematology/Oncology



Dr. Denis Yalkut
Urology



**ROCKCASTLE
REGIONAL
HOSPITAL RESPIRATORY CARE CENTER**

Obituaries

Vivian B. Pennington

Vivian B. Cummins Kirby Pennington, 90, of Berea, and formerly of Crab Orchard, died Monday, March 25, 2019 at Heritage Springs Nursing Home in West Chester, OH.



She was the widow of Floyd Kirby and Glenn Pennington. She was born in Crab Orchard on February 4, 1929, a daughter of the late Eva F. (Smith) and Esmer S. Cummins. She was a member of the Bethel Church of Christ. She owned and operated Kirby's Dollar Store in Crab Orchard for many years. She was a former employee of Renfro Valley.

Survivors include: one daughter, Phyllis (Merrel) Lee; two sons, Butch (Teresa) Kirby and Darrell (Pam) Kirby; one step daughter, Barbara Greenleaf; two step sons, J. P. and Bobby Pennington; 11 grandchildren; and numerous great and great great grandchildren.

She was preceded in death by: a grandson, Mike Haas; one sister, Lillian Gooch; and four brothers, Vernon, E.J., Clancy and Denver Cummins.

Funeral services will be held at 2 p.m., (today) Thursday, March 28, 2019 at the McKnight Funeral Home Chapel with Bro. Volva Brown officiating. Burial will be in Bethel Church of Christ Cemetery. Visitation will be Thursday, from 12 Noon until time of service at McKnight Funeral Home.

Pallbearers include: Butch, Darrell, Blake, Jeremy and Kevin Kirby and Merrel and Mike Lee.

Loretta Kay Maggard

Loretta Kay Maggard, 61, of Berea, passed from this life on Tuesday, March 19, 2019 at Lake Cumberland Regional Medical Center in Somerset. She was born in Streator, IL on November 13, 1957, the daughter of Carl K. and Bernice Sibert Holt. She was a retired sewing machine operator for Creative Drapery and was of the Pentecostal Faith.



She is survived by: her husband, Henry Lee "Buster" Maggard of Lancaster; two stepdaughters, Teresa Saylor and Sherry (Joe) Spicer; two brothers, Kenneth (Mary) Holt and Henry J. Holt; four step-grandchildren, Monica West, Brandon Koon, Spud Saylor, and Brittany Graham; six step-great grandchildren, Elijah West, Mason Rawlings, Hailey Perry, Katlynn Perry, Kaylynn Perry, and Lynn Myers; and two nieces. She was preceded in death by a stepson, Roger Saylor.

Cremation followed a small visitation on Tuesday, March 26, 2019 at Dowell & Martin Funeral Home.

Please visit www.DowellMartin.com or Dowell & Martin Funeral Home's Facebook page to online obituary.

J.M. "Jaro" Albright

J.M. "Jaro" Albright, 86, of Mt. Vernon, formerly of Crab Orchard, died Wednesday, March 20, 2019 at the Compassionate Care Center in Richmond. He was born April 1, 1932 in Brodhead to the late J.T. and Pearl (Smith) Albright. He was the husband of Birdie (DeBord) Albright, whom he married on July 31, 2016. He had worked as a truck driver for Gulf States Paper for 32 years. He was a member of the Crab Orchard Baptist Church, the Lancaster Masonic Lodge 104 F&AM and also a member 32nd Degree Scottish Rite Freemasonry.



Survivors include: his wife, Birdie Albright of Mt. Vernon; son, Jeff (Lissa) Albright of Crab Orchard; daughter-in-law, Connie Albright of Crab Orchard; sister, Laverne Robertson of Louisville; four grandchildren, Dayna (Todd) Carmicle of Danville, Joseph (Alaina) Albright of Lexington, Dr. Kayla (Danny) McCreedy of Mt. Washington, and McKenzie (Eric) Hanson of Newport; four great grandchildren, Shaylan, Emerie and Tristen Helton and Jay Hanson; one great great grandchild, Jaxton Devine; and several nieces and nephews.

In addition to his parents, he was preceded in death by: his first wife, Erna (Howard) Albright; two sons, Jimmy Douglas and J.M. "Joey" Albright; brother, Keith Albright; and two sisters, Marge Brock and Juanita Karnes.

Funeral services were held Saturday, March 23, 2019 at McKnight Funeral Home Chapel with Bro. Mark Shelton officiating. Burial was in Crab Orchard Cemetery.

Serving as pallbearers were: Todd Carmicle, Tristen Helton, Casey Mason, Michael Haarman, Jerry DeBord, Danny McCreedy, Eric Hanson and Joseph Albright.

In lieu of flowers, memorial contributions can be made to Hospice Care Plus at 350 Isaacs Lane, Richmond, KY 40475.

• Cemetery Notice • Maple Grove Cemetery

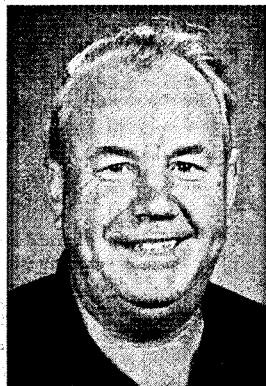
Maple Grove Cemetery is asking for upkeep of the cemetery. Anyone that would like to help can go to Community Trust Bank and make a

donation in the Maple Grove Cemetery account or send to Penny Cameron, 37 Bob White Lane, Brodhead, Ky. 40409 or call 606-758-4489.

We would ask that anyone with a loved one buried at Maple Grove Cemetery to please help us keep it mowed. If everyone would give a little it wouldn't hurt anyone.

Clebert Robinson

Clebert Robinson, 87, of Orlando, died Friday, March 22, 2019 at his home. He was born May 11, 1931 in Rockcastle County, the son of the late Dewey and Sissie Leger Robinson. He was a retired machine operator for 43 years for the CSX Railroad, enjoyed camping, boating, going to church, spending time with family and friends, and was a member of the Calloway Holiness Church.



Survivors are: his wife of 66 years, Oneida Clark Robinson of Orlando; two sons, Mike (Barb) Robinson of Maresburg and Roger (Rhonda) Robinson of Orlando; two grandchildren, Kyle Robinson of Orlando, and Cassandra Barnett and (Trevor) of Mt. Vernon; two great grandchildren, Connor and Waylon Barnett of Mt. Vernon; and two sisters, Cleo Winkler of Covington, and Matty Burns of Lindon, TN. In addition to his parents, he was preceded in death by: four brothers, Cecil, Ed, Bub, and Paul Robinson; and two sisters, Evelyn French, and Ester Mahoney.

Funeral services were conducted Monday, March 25, 2019 at Cox Funeral Home with Bro. Phillip Doan officiating. Burial was in Briarfield Cemetery.

Send condolences to the family online at: www.coxfuneralhomeky.com

Margaret Lee Owens

Margaret Lee Owens, 86, died Saturday, March 16, 2019 in Boise, ID. She was born August 5, 1932 in Kentucky. She was raised in the Somerset area. In 1950 she wed husband Fred and moved to Dayton, OH where they raised their family. In later years residing in Miamisburg, OH, they enjoyed family, friends, neighbors and antique auctions. Margaret's special love was for her little dogs.



She is preceded in death by: her loving husband, Fred; parents, Noel and Della Price; one brother, John Eddie Price; and one sister, Betty Burdine.

She is survived by: one son, Jim (Becky) Owens; one daughter, Debbie Parks and (John); grandsons, James Owens, Joseph (Jody) Owens, and J.K. Farris; great grandchildren, Benjamin and Elle Owens and Aidan Owens; one brother, Oma Lee Clauch and (Janet); and one sister, Patricia Sutton and (Clayton). She will also be lovingly remembered by two sister-in-laws, and many nieces and nephews.

Funeral services were conducted Saturday, March 23, 2019 at the Cox Funeral Home with Bro. Luther Allen officiating. Burial was in Friendship Cemetery.

Pallbearers were: James Owens, Joseph Owens, J.K. Farris, and Shawn Stamper.

Send condolences to the family online at: www.coxfuneralhomeky.com

Ray W. Childress

Ray W. Childress, 77, of Advance, IN, passed away peacefully on Friday, March 22, 2019 at Signature Healthcare at Parkwood in Lebanon. He was born January 8, 1942 in Rockcastle County, one of 12 children of the late Willis and Thelma (Barnes) Childress. He retired on November 4, 2013, after 47 years as a forklift operator, with United Technologies Corporation in Indianapolis.



Survivors include: daughter, Kimberly (Greg) Martin of Jamestown; son, Timothy (Julie) Childress of Lebanon; niece/daughter, Shelby (Amanda) Childers of Newport; two grandchildren, Erika Carter and Gage Carter of Jamestown; great grandson, Breccan Conwell of Jamestown; brother, Dale (Yvonne) Childers of Advance, two sisters, Zona (Conley) Phelps of Lebanon, and Bonnie Turner of Somerset; along with several nieces and nephews.

In addition to his parents and his wife, Vivian (Arthur) Childress, Ray was preceded in death by eight siblings, David, Raymond, Verla, Mary, Johnny, Louise, Melvin "Neva", and Betty.

A celebration of life and graveside gathering will be held at 4 p.m. on Saturday, March 30, 2019 at Wells Cemetery in An.

Boone County Crematory in Lebanon has been entrusted with his arrangements for cremation. In lieu of flowers, memorials may be directed to the charity of the donor's choice.

Online condolences: myersmortuary.com

Jessie Allen Loeber

Jessie Allen Loeber, 79, died Friday, March 15, 2019 at Miami Valley Hospital in Kettering, OH. She was born in Orlando (Poplar Gap) on March 28, 1939 to the late Bentley and Gertrude Davidson Allen.

She attended Livingston High School in Kentucky, but lived most of her life in Kettering, OH with her husband Laurence (Lou) Loeber, who preceded her in death, as did her parents and sister, Mildred Reynolds.

She is survived by: one brother, Ralph (Sue) Allen of Mount Vernon; three sisters, Leola Huffman and Teddie (John) Clemmer of Kettering, OH, and Carleen (Meryl) Renshaw of Evansville, IN; two stepdaughters, Pam Laughlin and Tina Ebbing; and grandchildren, Cierra and Will of Kettering, OH; and several nieces and nephews who loved their favorite Aunt "Dee Dee".

Her funeral will take place at 11 a.m., Saturday, March 30, 2019 at Trissel Cemetery in New Lebanon, OH, with a graveside service.

Rebecca Alice Hansel

Rebecca "Becky" Alice Phillippe Hansel, 72, of Somerset, formerly of Lincoln County, died Saturday, March 23, 2019 at her residence. She was the wife of Troy P. Hansel, whom she married July 25, 1981. She was born in Stanford on November 15, 1946, a daughter of the late Hayden and Winnie Victoria Ratliff Phillippe. She was a member of the Crab Orchard Baptist Church. She was a former bank teller for both First Southern National Bank and Community Trust Bank. She was a former Co-owner of Heritage Crafts Fabric Shop in Mt. Vernon. She was a wonderful wife, mother, grandmother, daughter and an amazing big sister to her siblings. She was a wonderful cook, her family always looked forward to the delicious Christmas candy. She loved frying fish for the Phillippe family reunion. Being an avid seamstress, she began making her own clothing at the early age of 13. She truly enjoyed making Barbie doll clothes. She loved to quilt and enjoyed teaching others how to quilt various patterns. She never met a stranger and enjoyed making new friends. Known by her family as "General" she was very saavy at delegating duties to others. She loved to travel and was in admiration of all of God's perfect creation.

Survivors include: husband, Troy P. Hansel; sons, Chris (Teresa) Woodard and Rob (Carol) Woodard; stepson, Scott (Angie) Hansel; stepdaughter, Tina Hansel; four grandchildren, Samantha (Emanuel) Vickers, Jessica Reed, Aaron (Tasha) Hansel and Andrew Hansel; five great grandchildren, Caprielle, Piper, Marshall, Ahri and Zach; one brother, Michael "Bud" (Karen) Phillippe; four sisters, Sueann and (Bobby) Siler, Kathy (Curt) Brock; Bonnie (Paul) Purcell and Rosemary (Bobby) Maples; several nieces, nephews and cousins; and her best friends, Ray and Vivian Randall.

Funeral services were held Wednesday, March 27, 2019 at the McKnight Funeral Home Chapel with Bro. Wayne Stephens officiating. Burial was in Crab Orchard Cemetery.

Pallbearers were: Chris and Rob Woodard, Kristi Brock Crawford, Samantha Woodard Vickers, Kevin Maples, Adam Hopkins and Aaron Hansel.

Honorary Pallbearers were Becky's siblings.

In lieu of Flowers, the family suggest that donations can be made to Hospice of Lake Cumberland 100 Parkway Drive, Somerset, KY 42503.

Mamaw's Kitchen



By Regina Poynter Hoskins

PEACH CAKE with COCONUT PECAN FROSTING

1 can (29 ounce) sliced peaches
2 cups all-purpose flour
2 cups sugar
2 teaspoons baking soda
Preheat oven to 350°. Grease of spray a 9 x 13 baking dish.
Drain the peaches and empty into a large bowl. Use clean hands to smash them all up. Add the flour, sugar and baking soda and mix well. Pour batter into prepared pan. Bake 20 to 30 minutes or until done. Cool before frosting.

FROSTING:

1 and 1/4 cups sugar
2 cups evaporated milk
2 sticks butter
2 cups coconut
2 cups pecans, chopped
Place the sugar, milk, butter and coconut in a medium-sized heavy sauce pan. Bring to a boil and cook until the mixture thickens. Remove from heat, stir in nuts and spread on the cooled cake.

NO BAKE ITALIAN CAKE

1 can (14 ounce) sweetened condensed milk
1/4 cup fresh lemon juice
1 small can crushed pineapple, undrained
40 to 50 vanilla wafers
1 tub (8 ounce) Cool Whip®, thawed
2 cups sweetened, flaked coconut
12 to 16 maraschino cher-

ries, rinsed
Whisk together sweetened condensed milk and lemon juice in a small bowl until thoroughly combined. Mix in pineapple with juice and set aside. Line the bottom of 8 x 8 glass baking dish with vanilla wafers. Pour pineapple mixture over vanilla wafers then add another layer of vanilla wafers on top of pineapple mixture. Spread Cool Whip® evenly on top of vanilla wafers then sprinkle with coconut. Top with cherries then cover and refrigerate at

PINEAPPLE COCONUT POUND CAKE

1 box (about 18 ounce) yellow cake mix
1 box (3.4 ounce) cheese-cake instant pudding
1 can (8 ounce) crushed pineapple, undrained
3 eggs
1/2 cup water
1/4 cup vegetable oil
1 cup shredded coconut
Preheat oven to 350°. Grease Bundt cake (or two loaf) pan(s). Beat cake mix, pudding mix, pineapple (including juice), eggs, water, and oil in a large bowl with electric mixer at medium speed for two minutes. Stir in coconut. Pour into pan(s). Bake 45 to 50 minutes or until toothpick inserted into center comes out clean. Cool in pan 10 minutes. Remove to wire rack; cool completely.

Mt. Vernon Message

School News

After school tutoring is each Tuesday and Thursday. Pick up time is 4:25.

Parent Teacher Conferences are scheduled for Thursday, March 28 from 4:00 until 6:00. There will be NO tutoring on this day.

There will be no school on Friday, April 5 and Monday, April 8 due to Spring Break.

MVES Spring Book

Fair will be March 25-29th. Family Event Night will be during Parent Teacher Conferences on March 28th 4:00-6:00 PM.

FRC News

After school enrichment is each Monday. Pick up is at 4:25.

Class News

Mrs. Angie Hunt's class visited Rockcastle Regional Hospital to learn about healthy habits.

Stevens Farms

Custom gravel and topsoil

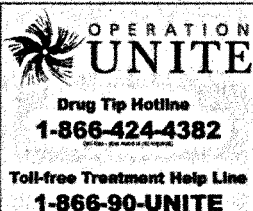
Call us anytime

(254) 289-2913

OR

(606) 308-0249

Delivered and spread to suit your needs



“Banquet”

(Continued from front)

ating from Bryan Station High School and being named Kentucky’s Mr. Basketball in 1974, now serves as Vice President of Business Development for Bowlin Group which is based in Walton. Bowlin Group owns Bowlin Energy, Bowlin Communications and Bowlin Services.

Givens, who told the crowd he turned down a trip on UK’s plane to Jacksonville, FL to speak at the banquet, gave the crowd an insider’s look into the UK basketball program.

Speaking about Coach Cal, the Goose said Calipari had to start over every year and how it took him well up into the season before he had them ready to compete because he had to first teach fundamentals. Givens blamed this on AAU coaching more than high school coaches, whom he said taught him the fundamentals. “He (Calipari) has to teach guys what a screen and roll is, how to dribble and getting a five or four star player’s ego to accept that he may only get the fourth most shots on the team.”

Givens went on to say that his team at Kentucky would have “killed these teams (of today),” saying that Rick Robey and Mike Phillips knew how to set screens and make the opposition hurt “in a nice way.” Givens said that Robey and Phillips always helped their opponents up after making sure they put them on the floor first.

Givens called Calipari a “great coach” as he did Coach Joe B. Hall but he also said that Coach Hall didn’t want his players “enjoying” playing for him that that’s what the assistant coaches were for, along with being able to count on the late Bill Keightley, equipment manager for the team for many years, for a little sympathy and a Snickers bar.

Givens left UK as the second all-time leading scorer with 2,038 points, 100 points exactly behind Dan Issel at 2,138 points. His biggest game came in the 1978 NCAA Championship game against Duke when he scored 41 points and was named the tournament’s Most Outstanding Player.

In total, Givens played over seven years of professional basketball and he is the only player to have won a national championship in both the US and Japan. In Japan he was named the Japanese National Tournament’s Most Outstanding Player.

FB Awards

Several awards were given at last Thursday night’s Farmers-Business Banquet at the Rockcastle Middle School by the County Conservation District, the Chamber of Commerce, and the Kiwanis Club.

OPERATION UNITE
Drug Tip Hotline
1-866-424-4382
Toll-free Treatment Help Line
1-866-90-UNITE

NOTICE OF PUBLIC HEARING
The Public Service Commission of Kentucky issued an order on February 11, 2019, scheduling a hearing to be held on April 16, 2019, at 9:00 a.m., Eastern Daylight Time, in Hearing Room 1 of the Commission’s offices located at 211 Sower Boulevard in Frankfort, Kentucky, for the purpose of cross-examining witnesses in Case No. 2019-00004, which is Electronic Examination of the Application of the Fuel Adjustment Clause of Kentucky Utilities Company from November 1, 2016 through October 31, 2018.
This hearing will be streamed live and may be viewed on the PSC website, psc.ky.gov.
Kentucky Utilities Company
220 West Main Street
Louisville, Kentucky 40202

Master Conservationist Award

The Rockcastle County Conservation District awarded the Master Conservationist award to Carl Dean Coleman and his son, Carl Dean Coleman, Jr.

The senior Coleman, his wife, Elizabeth, and their son and his wife, Kimberly, moved from Pike County in 2010 and purchased an 80 acre farm in the Brushy Creek Watershed of Rockcastle County. They have since added two more parcels of land, adding approximately 61 acres to their enterprise as well as an addition to the family four years ago when little Emma arrived.

The elder Coleman is retired from AEP Power Company and Deanie and his wife both work as respiratory therapists for St. Joseph Hospital.

The family maintains a 37 cow/calf beef herd, 45 acres of pastureland and 41 acres of hayland, as well as a backyard poultry operation from which they market farm fresh eggs.

As part of their conservation efforts, they have participated in the conservation district’s County Ag Improvement Program.

They have also worked with USDA-NRCS Office, under the EQIP Mississippi River Basin Healthy Watershed Initiative.

They currently have a 2018 EQIP contract with a 20 AC forage and bio-mass seeding practice and a 35 AC prescribed grazing remaining to complete.

Farmer Hall of Fame Induction

Danny McKinney, a native of Rockcastle County and a member of a family with roots that go back to the Revolutionary War, was named the 2018 Farmer Hall of Fame inductee.

He is a lifelong farmer who has made a positive impact on farmers and agricultural businesspeople throughout Rockcastle County, the State of Kentucky and the nation.

After graduating from Brodhead High School in 1967, he graduated from ECU in 1971 with a bachelor’s degree in Agribusiness and an Associate Degree in Ag Mechanization.

After college he went to work for Production Credit Asso. as a loan officer and, during his 14 years there, was promoted from loan officer, to branch manager to regional manager.

In 1985, McKinney accepted a position as president of the Bank of Mt. Vernon, serving in that role for two years.

Then, in 1988, he accepted a position with the Burley Tobacco Growers Cooperative Assn. which he filled for 19 years, serving as its CEO for the majority of that time. Besides working to advance the interests of farmers in the federal tobacco program in the state and nationally, he also represented American tobacco farmers abroad, traveling to Argentina, Cuba, China and Africa.

During his tenure he also increased the size of the Burley Co-Ops assets from \$6 million to \$221 million, negotiating and completing the sale of the first U.S. Burley sold to China and working closely with numerous U.S. Congress members to facilitate the governmental tobacco buyout.

In recent years, Danny has been able to devote more time to his farm and the several businesses he still owns and operates in and around Brodhead, including Brodhead Farm Equipment, Brodhead Car Wash, an apartment building and several self-storage facilities. You can usually find him there or out with his farming partner, brother Bill, raising beef cattle and hay.

Danny is married to his high school sweetheart, the former Betty Jo Brown, and they have two children Angela and Eric.

Business of the Year Large Category

Rockcastle Regional Hospital and Respiratory Care Center was named the 2018 Business of the Year - Large Category.

A massive 2017 expansion added 74,000 sq. ft., including 36 more ventilator beds bringing that total to 135 making the hospital the nation’s largest free standing ventilator unit.

Expansions over the last three decades have grown the number of employees from 150 in 1983 to 850 in 2019, making them the county’s largest employer and a major economic driver.

In terms of income taxes, in 2018 Rockcastle Regional, and its employees, contributed nearly \$2.3 million in total and the county and city combined received \$825,000.

Their most recent expansion in 2017 added an additional 85 jobs to the local economy with an income tax impact of \$255,000. Later this year, Rockcastle Regional plans to add an additional 22 beds to the Respiratory Care Center which will result in 50-55 new jobs as well.

Since its opening in 1983, the Respiratory Care Center has provided state-of-the-art care for patients who, because of illness or injury, are dependent on

mechanical ventilators to breathe. As it has expanded, it has also gained national renown for quality care.

Rockcastle Regional Hospital is more than its mechanical ventilator unit, it’s also an award-winning acute and outpatient care facility that has served its community since 1956.

In its first 48 years of existence, the hospital served one million patients but it only took 10 more years to reach the two million mark. The organization looks to serve its next million in the next seven years.

It has won the Kentucky Hospital Association Quality Award nine of the last 12 years and annually wins numerous other awards. It has also been named a Best Place to Work in Kentucky the last four years.

Business of the Year Small Category

The City of Mt. Vernon received the Business of the Year - Small Category award.

Mayor Michael Bryant, when accepting the award, listed achievements made through the efforts of him, the city council, City Administrator Josh Bray and the city staff: the city recently partnered with the Rockcastle County Fiscal Court to bring a new factory into the city limits; they have invested tourism dollars into improving Lake

Linville and added a splashpad for children and they have received grants to address the odor/taste water problem that has plagued our county for decades.

Also, according to the mayor, when the alcohol vote went yes for the city to go wet, the city organized to implement the required permitting submitted by business operators. This will lead to new business opportunities and will be an asset to the hotel operators that were losing bookings and existing restaurants will be able to expand their business and new restaurants will now consider building in our county, Bryant said.

Other major projects are still in the “vision for the future” category, Bryant noted but said that he and his staff are actively working to make a 100 acre recreational park develop into a shovel ready project and the city and chamber of commerce are planning the renovation of a building on Main St. that will become a chamber office.

Individual Community Service Award

Kaye Heseltine of Mt. Vernon, who was not present, received the Individual Community Service Award for her work with local cancer patients.

Business Community Service Award

The GrandTazztics (Grandmas for Awareness) were honored with the Business Community Service Award for their efforts on behalf of cancer awareness in the county. Their group’s efforts ended in 2017 but during their time together, they raised over \$50,000 to advance their cause.

Members of the group there to receive the award were Sue Hamm and Gayla Winstead (who recently won her own battle with cancer). The other two members, Carol Pybas and Bonnie Neeley, were not able to attend.

Chamber Member of the Year

Lynn Tatum, Vitalize Mt. Vernon Director, received the Chamber Member of the Year award.

Ms. Tatum is also chairman of the Rockcastle Co. Development Board and treasurer of the Rockcastle Chamber of Commerce.

Scholarships

Three students were awarded scholarships by the conservation district during the banquet.

They were presented, by Roy Reynolds, chairman of the Rockcastle County Conservation District, to: Sydney Hines, Madison Pride and Hope Holbrook.



The Rockcastle Counservation District award three scholarships to RCHS students during the annual Farmers and Business Banquet held last Thursday. They were presented, by Roy Reynolds, chairman of the Rockcastle County Conservation District and are shown above, from left: Hope Holbrook, Madison Pride and Sydney Hines.

“Exela”

(Continued from front)

Rogers, representatives of Congressman Andy Barr’s office and the Mount Vernon Mayor and members of the city council were present during the ceremonies.

The VA recognized the work preformed by Exela employees in assisting the transportation and accounting of 1.7 million veterans’ files and millions of pages of important veterans’ benefits claims information in a secure and accurate environment.

The name of the project, “File Bank Extraction,” is part of an overall transformation strategy dubbed the “Veterans’ Claims Intake Program” (VCIP) which Exela employees have been contributing to since 2012.

When it began VCIP sought to solve a backlog of 2 billion records of veterans’ information by re-engineering business processes and introducing digitization to allow for faster and more accurate benefits.

Prior to the inception of VCIP, the overall time to rate a claim took as long as 356 days in a manually intensive, paper-based set of steps. Now, with new business processes engineered and deployed, the benefit rating time is less than 88 days.

“Southern and Eastern Kentucky truly have the best workforce in the country and these excellence awards are proof of their productivity and their unmatched work ethic,” said Rogers. “I am incredibly proud of the individuals who are representing our region with the utmost in-

tegrity in their jobs. It’s an honor for our region to host such vital processing on be-

half of our military veterans. The growth at the facility in Mount Vernon is a

direct reflection of the ingenuity and capable hands of our local workers.”

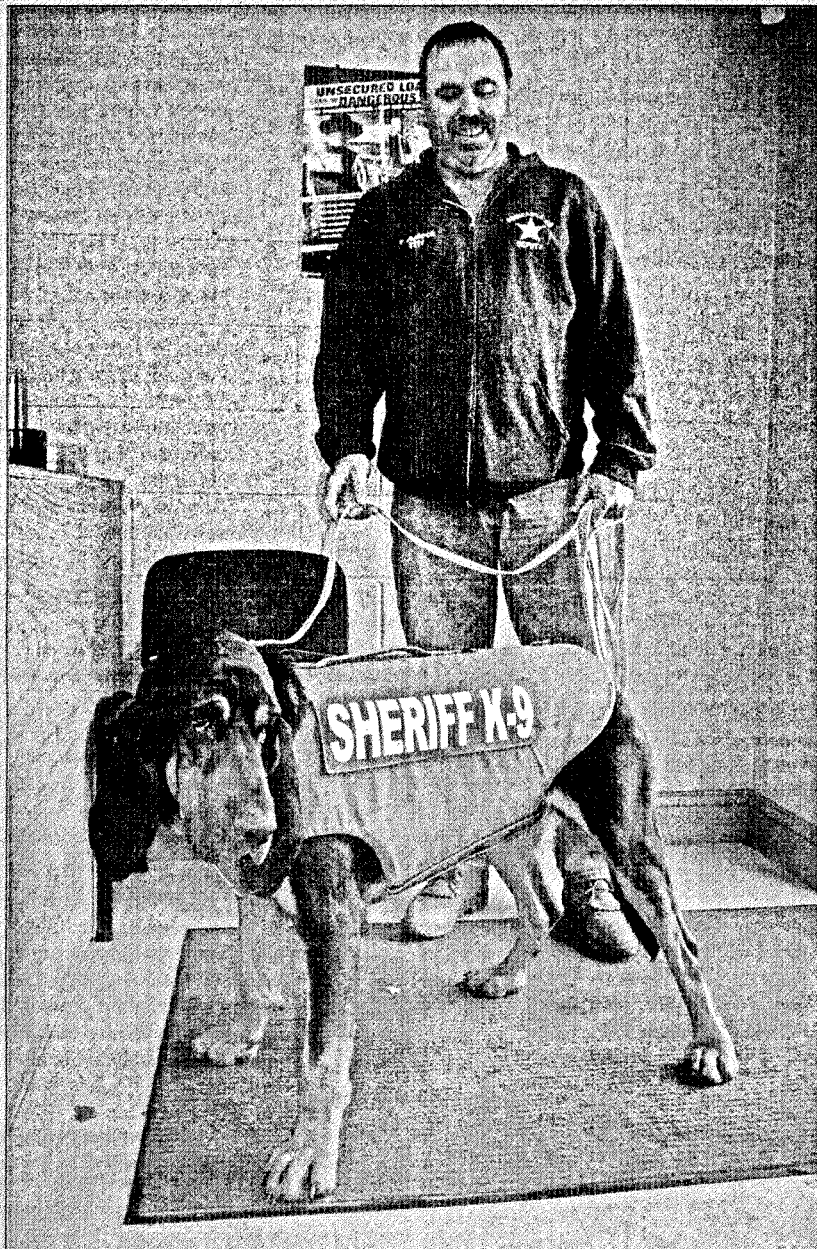


Shown above at left, Exela President Suresh Yannamani receives a Certificate of Achievement from the U.S. Department of Veterans Affairs during the ceremonies held Thursday, March 21st at the Rockcastle County Industrial Park. Shown below, U.S. Congressman Hal Rogers (center) talked with Rockcastle County Judge/Executive Howell Holbrook (left) and Brodhead Mayor Walter Cash. A good crowd attended the awards ceremony honoring those who helped implement the VCIP Program which greatly hrlped speed up VA claim responses.



“Vest”

(Continued from front)



Search and Rescue K-9 Special Deputy Tony Bullock stands with Hunter the official Rockcastle County Sheriff's Department Deputy Bloodhound with his new bullet proof vest. The trained bloodhound is proving to be a valuable asset to the Rockcastle County Sheriff's Department.

member of the force. Hunter needed the same protection as all the other officers.

So, a donation in memory of Doctor William Nugent, provided a grant from the K-9 Vested Interest Organization, and put the bulletproof vest on Hunter. “He doesn’t really like it yet,” said Bullock. “We will have to get him used to it.”

Though the Allie Foundation has provided well over 500 bloodhounds nationwide, Hunter is the first in Kentucky and he is a very capable officer, according to Franklin.

“It’s amazing what he can do. He can sniff a cartridge fired in this parking lot and will find the person who fired that bullet,” said Franklin. “To watch him

work is amazing.”

Hunter is not a drug sniffing dog, according to Bullock. “He is a human sniffing dog. He is used for search and rescue and he will find you.”

Franklin and Bullock stood in the local sheriff’s office telling a story about how Hunter recently chased a suspect for so long that the suspect simply gave up. “The suspect just got tired of running from the dog,” said Franklin. “He will search until he finds you. This guy was just sitting there and said ‘okay, I give up.’”

Besides his normal duties as a police dog, Hunter spends some time visiting local schools and other organizations where Bullock recounts his many adventures within the department.

Bullock is visibly close to his partner and doesn’t miss a chance to rub behind his ears but he takes his and Hunter’s jobs very seriously. “He is a strong addition to our force and we owe a thank you to Mr. Leger, the Allie Foundation, K-9 Vested Interest and the family of William Nugent for bringing Hunter to us,” he said.

Hunter is indeed some trouble but those around him seem to agree that he is worth the effort. “The dog and the vest is over \$2,000 not to mention the upkeep and feed and equipment to take care of him properly,” said Franklin. But if the dog finds one missing child or stops one criminal he has paid for himself and “he has already done that,” Franklin added.

“Prison”

(Continued from front)

Commonwealth Attorney David L. Dalton, in July 2017, the Mt. Vernon PD found Nicely to be in possession of 1/2 gram of methamphetamine. Dalton stated that in February 2018, during a DUI stop on Hwy 461, the Mt. Vernon PD found Nicely to be in possession of over 2 grams of methamphetamine with other items – including a needle and scales – which indicated an intent to traffic in the methamphetamine.

Milda Mills, 44, of Mt. Vernon pled guilty to one count of 3rd Degree Assault and entered an Alford Plea to one count of promoting contraband and was sentenced to three years in prison.

According to Dalton, Mills admitted there was sufficient evidence to convict of her of having methamphetamine inside the Rockcastle County Jail in March 2017. Additionally, Mills admitted her guilt in kicking two Mt. Vernon Police Officers and a deputy jailer in May 2018, while they were attempting to restrain her at the Rockcastle County Jail.

Dennis Doan, 58, of Mt. Vernon pled guilty to possession of a firearm by a convicted felon. According to Dalton, in August 2018, the Rockcastle County Sheriff’s Office responded to a domestic complaint on Lake Cumberland Road. Their investigation revealed that Doan (a prior convicted felon) was in possession of firearms. Dalton stated he would recommend 2 years

in prison for the offense. Doan was remanded into custody with sentencing set for April 26, 2019.

Billy Hines, 31, of Mt. Vernon pled guilty and was sentenced to one year in prison for 3rd Degree Burglary. According to Dalton, in June 2018, an individual took property (a table) from a building on MacKenzie Court without permission from the property owner. The Mt. Vernon police department was able to determine that Hines was the person that took the property. In court, Hines admitted that he took a table without permission – breaching the entrance to the building during the crime.

Martha McKinney, 27, of Mt. Vernon pled guilty and was sentenced to one year in prison for felony possession of a controlled substance. According to Dalton, in June 2018, the Mt. Vernon PD found McKinney to be in possession of methamphetamine during a traffic stop on US 25 South near Renfro Valley.

Wendy Faye Day, 38, of Crab Orchard pled guilty and was sentenced to one year in prison for felony possession of a controlled substance. According to Dalton, in January 2018, the Mt. Vernon PD found Day during the search of a room at the Days Inn to be in possession of 1/2 gram of methamphetamine.

“Meth”

(Continued from front)

phetamine and other drug-related materials.

After arriving at the detention center, deputies found other drugs on Shepherd and found drugs that

Wilson had dropped in the police cruiser during transport.

Davis said he questioned Shepherd about selling drugs and Shepherd replied that he “wanted to get out of it... but it’s all he knew.”

Both suspects were lodged in the Rockcastle County Detention Center where Shepherd was charged with trafficking in a controlled substance (meth), promoting contraband and possession of drug paraphernalia.

Wilson was charged with trafficking in a controlled substance (meth) and tampering with physical evidence.

Both bonds were set at \$10,000 cash.

Mays and Davis then returned to the home of Wilson to search for more drugs, according to another citation.

Once at the home, the officers received permission to search and found Jamey Flemming, 43, of the same address, sitting at the kitchen table where they found pills, a brown powdery substance believed to be heroin and a hypodermic needle.

Flemming was taken to the detention center where he was charged with possession of Heroin, possession of controlled substances and drug paraphernalia.

Flemming’s bond was set at \$7,500 unsecured.

Davis said he wishes to thank the Rockcastle County Sheriff’s office, the constables and the Kentucky State Police as well as other agencies for their help in recent drug busts in Brodhead. “It’s a collaborative effort and we all work together to get this poison off the streets,” he said.

Agricultural News

By: Warden Alexander, FSA Director

County Committee Election Results

County committee elections are over, the ballots are counted and the results are in December 2018. Due to the federal government shutdown the new elected County Committee (COC) members did not take office until February 2019.

Barry Hurst of Mt. Vernon, KY was elected to represent LAA 2 and Stephanie Hurst of Brodhead will serve as the first alternate.

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

County committee members are a valuable asset because they are comprised of local producers who participate in FSA programs themselves and have a direct connection to farmers and ranchers in the community. All recently elected county committee members and alternates took office on January 01, 2017, and joined the existing committee.

For more information about county committees and the election process, please contact your local FSA Office or visit www.fsa.usda.gov.

Update Your Records

FSA is daily updating our producer record database. If you have any unreported changes of address, zip code, phone number, email address or an incorrect name or business name on file they need to be reported to our office. Changes in your farm operation, like the addition of a farm by lease or purchase, need to be reported to our office as well. Producers participating in FSA and NRCS programs are required to timely report changes in their farming operation to the County Committee in writing and update their CCC-902 Farm Operating Plan. If you have any updates or corrections, please call your local FSA office to update your

Emergency

Loans=3.750%
Farm Storage Loans= 3 yr. = 2.500%, 5 yr. = 2.500%, 7 yr. = 2.625%, 10 yr. = 2.750%, 12 yr. = 2.750%
Commodity Loans= 3.625 %
USDA is an equal opportunity provider, employer and lender. To file a complaint of discrimination, write: USDA, Office of the Assistant Secretary for Civil Rights, Office of Adjudication, 1400 Independence Ave., SW, Washington, DC 20250-9410 or call (866) 632-9992 (Toll-free Customer Service), (800) 877-8339 (Local or Federal relay), (866) 377-8642 (Relay voice users).

Community works together for Hospice Hoedown

A hoedown is coming to Mt. Vernon, and it’s for a great cause.

The first-ever Hospice Hoedown is Friday, April 12 at 7 p.m. at the Silver Eagle.

Touted as old-fashioned fun, organizers say the Hoedown will feature live music by Strait Shot, a homemade BBQ meal, a cake walk, cloggers, dancing, a silent auction, and more.

“We’ve had a great time planning the hoedown,” said Chasity Coleman, director of development at Hospice Care Plus. “And we’re so excited about doing this at the Silver Eagle with its amazing dance floor and music space. It’s a true hidden jewel.”

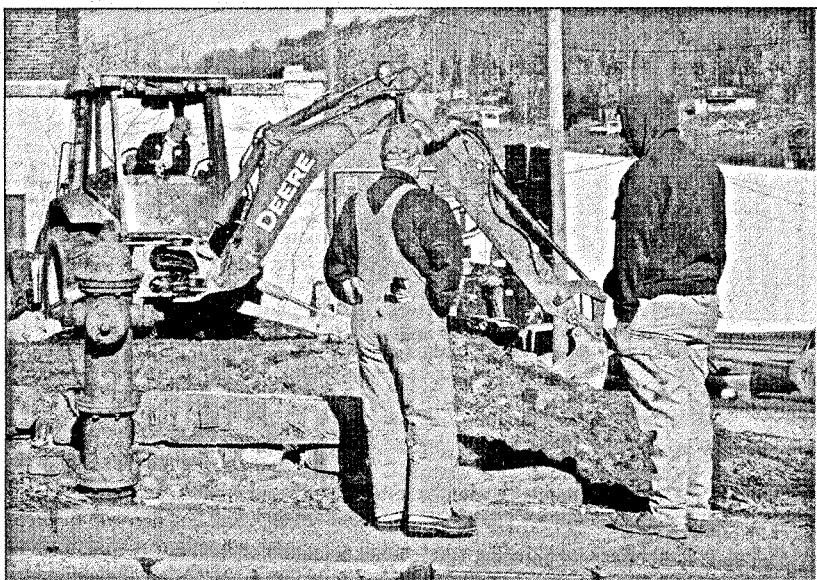
Coleman and Hospice Care Plus staff are working with a local committee to make the Hoedown a great experience. The organizing committee includes residents Melinda Finley, Sherry Spragens, John Lambert, Jennifer Masters Ponder and Stephanie Maxwell working in conjunction with Coleman and additional Hospice staff. Sponsors include Brodhead Farm Equipment, Citizens

Bank, Collins Respiratory Care, Community Trust Bank, Cox Funeral Home, EST Tool & Machine Inc., Goff Excavating Company, Limestone Grill, Livingston Community Lions Club, Marcella’s Farm to Fork, Mt. Vernon IGA, Plastisud Inc., the Randolph Scott Insurance Agency, Tom Mills, and Weichert Realtors & Ford Brothers Auctioneers.

“Our sponsors and organizers have been so creative and supportive,” said Coleman. “They have a passion for hospice care and they all love a good night out, so they’re perfect for this event.”

Tickets are \$20 and can be purchased at the door on April 12 or in advance at hospicecareplus.org or by calling Hospice Care Plus at 859-986-1500 during regular business hours. The Hospice Hoedown also has its own Facebook event page, and tickets can be purchased there as well.

Hospice Care Plus is Rockcastle County’s non-profit provider of hospice, palliative, and bereavement care. To learn more, visit hospicecareplus.org or call 859-986-1500.



Triangle Park getting facelift

The City of Mount Vernon is in the process of renovating Triangle Park and the city-owned lot across from the park. Shown above, contractors are taking down the poured concrete wall on the Saint Claire property. Officials say the renovation will allow better water flow during heavy rains and will prepare the areas for future use as part of the Main Street Project and the Vitalize Mount Vernon Project. City Administrator Josh Bray says there are several ideas “in the works” to utilize the two spaces. Officials say the materials torn down in the old rock walls will be reused to maintain historic value in the area.



On-Site Computer Service

Call and let us come to you for all your computer needs!

Setup, Consultation, Software/Hardware Conflicts
Virus/Spyware Removal

Spencer Bengé • 606-308-5653

Mount Vernon Signal

Second Section

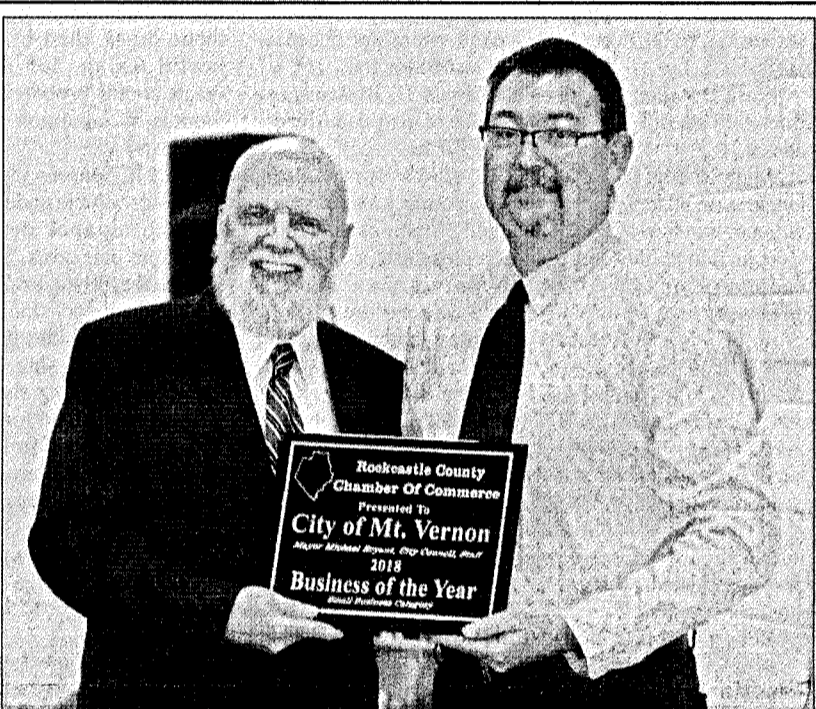
Thursday, March 28, 2019



Rockcastle Chamber of Commerce President Steve McKinney presents the Chamber's 2018 Large Business of the Year Award to Rockcastle Regional Hospital. Tammy Brock, Chief Nursing Officer, accepts the award on behalf of the hospital. The award was presented during the annual Farmers and Business Banquet held last Thursday.



Gayla Winstead and Sue Hamm accept the Kiwanis Club Distinguished Community Service Award. The two are part of the GrandTazztics, Grandmas for Awareness, which worked and raised money for cancer awareness. Not shown were the other two members of the group, Carol Pybas and Bonnie Neeley. Mike Bryant presented the award on behalf of the Kiwanis Club. Kaye Heseltine received the Kiwanis Club Distinguished Community Service Individual Award for her efforts on behalf of local cancer patients.



Mayor Mike Bryant accepts on behalf of the City of Mt. Vernon the Rockcastle Chamber of Commerce's 2018 Small Business of the Year Award presented during the annual Farmers and Business Banquet held last Thursday.



Chamber President Steve McKinney presents Lynn Tatum the Chamber Member of the Year Award.



Have you changed the deed on your property recently?

If so, this may cause your current insurance coverage to become invalid.

For more information on this or any other questions you may have, contact your local Kentucky Growers Insurance Agency--



Citizens Insurance Agency

210 E. Main St. • Mt. Vernon

(606) 256-2611

News from the Rockcastle Courthouse



Marriage Licenses

Jessie Mae Williams, 21, Mt. Vernon, housewife and Cory William Hovey, 22, Mt. Vernon, factory. 3/18/19
 Cheyanna Rae Gregory, 19, London, cosmetologist and James David Stewart, 24, Mt. Vernon, social worker. 3/18/19
 Keashawna Dianna Mae Ginter, 20, Orlando, Taco Bell and Michael David Collett, 21, Orlando, unemployed. 3/22/19

District Civil Suits

Alpha Credit Corp. v. James Stanley, \$4,102 plus claimed due.
 Doug Bishop v. Judy Parriman, \$3,000 plus claimed due.
 World Finance Corp. v. Leanna Thacker, \$626 plus claimed due. C-00203

Deeds Recorded

Billy D. Sowder, property in Rockcastle County, to Edward Sowder, Jr. and Bernice Sowder. No tax
 Helen M. Lesko, property in Rockcastle County, to Robert D. Lesko. No tax
 Paul and Donna Campbell, property on Dailey St., Mt. Vernon, to Sherry Cox. No tax
 Charles Stewart, property in Asher Addition to Mt. Vernon, to Steve Stewart. No tax
 Claretta and Tommy Hodges, property in Rainbow Ridge Subdv., to Doug Abney. Tax \$7.50
 Jeremy and Alfredo Caldwell, property on Hwy. 2549, to Eric and Rebecca Jackson. Tax \$18.50
 Kayla N.C. and Joshua

Bullock, property in Woodland Place Subdv., to Iva Reno. Tax \$87.50
 Ruby and Ronald Roger Burke, property in Rockcastle County, to David Vinson Huff. No tax
 David M. and Amie Newell Peel, property in Rockcastle County, to Rockcastle Self Storage LLC. No tax
 Cameron Properties, property in Rockcastle County, to David and Britany Keeton. Tax \$18

District Court

March 13-20, 2019
Hon. Kathryn G. Slone
 Speeding: Randy Berces, \$12 fine/costs merged; Brandon West, Zebulon Phillips, Dexter Alexander Padgett, \$40 fine plus costs; Katherine Willis, Kevin Ernest Brown, Joshua Ryan Dickson, license suspended for fta;
 Brian Gipson: part 395/ Fed Safety Regs-hours of service for drivers and Viol Part 392, Fed Safety Reg, Driving of Motor Vehicle, bw issued for fta.

Megan E. McCracken: public intoxication, 5 days in jail.
 Scott M. Jodwday: improper use of left lane/overtaking vehicle, license suspended for fta.

Marty Reagan: fleeing or evading police, 90 days/concurrent.

Donald Branagan: criminal trespass and terroristic threatening, bench warrant (bw) issued for failure to appear (fta).

Jordan Brown: possession of marijuana, \$100 fine plus costs and possession of drug paraphernalia, 30 days/probated 12 months on condition.

Wally Brown: disorderly conduct, 365 days/probated 24 months on condition plus costs.

Joyce Carpenter: no operators license in possession, \$75 fine plus costs; booster seat violation, \$25 fine.

Paul Gray: public intoxication, bw issued for fta.

Gregory King: flagrant non-support, bw issued for fta.

Brian Roaden: unauthorized use of a motor vehicle, bw issued for fta.

Wendell Rowland: improper use of left lane, license suspended for fta.

Steven Slate: speeding and reckless driving, bw issued for fta/license suspended.

Shawna Watkins: flagrant non-support, bw issued for fta.

Tina Gibson: fines/fees

due (\$141), bw issued for fta.

Raymond G. Howard: no/expired registration plates - receipt, failure to produce insurance card, failure of non-owner operator to maintain req. insurance, license to be in possession, failure to wear seat belts, license suspended for fta/bench warrant issued.

Betty Jo Laswell: no/expired registration plates - receipt, failure to produce insurance card, operating on suspended/revoked operators license, failure to surrender revoked operators license, failure to wear seat belts, bw issued/ license suspended.

Jessica April Nunnally: possession of controlled substance, controlled substance prescription not in original container, bw issued for fta.

Erica Oakes: public intoxication, \$100 fine plus costs.

Mark Douglas Proctor: fines/fees due (\$188), bw issued.

Allen Robey: improper registration plate, failure to register transfer of motor vehicle, failure of owner to maintain required insurance/security, failure to produce insurance card, no/expired registration plates-receipt, operating veh. bearing dealer plate/ evade tax/reg. fee, bw issued for fta/license suspended.

Jacob Stewart: public intoxication and falsely reporting an incident, bw issued for fta.

Robert Shane Adams: obstructed vision and/or windshield, no/expired registration plates - receipt, failure to wear seat belts,

failure to produce insurance card, failure of owner to maintain req. insurance/ security, bw issued for fta/ license suspended.

Courtney A. Barnes: possession of marijuana, drug paraphernalia-advertisement; drug paraphernalia-buy/possess, failure to notify address change to dept. of transp., bw issued for fta.

William Roger Barron: no/expired registration plates - receipt, failure to produce insurance card, operating vehicle w/expired operators license, bw issued for fta/license suspended.

Joshua B. Brewer: theft by unlawful taking, no/expired Kentucky registration receipt-plates, failure of nonowner operator to maintain required insurance, failure to produce insurance card, operating on suspended/revoked operators license, bw issued for fta.

Gerald D. Brown: possession of marijuana, bw issued for fta.

Ronald J. Brown: disorderly conduct, 90 days/probated 24 months on condition plus costs.

Melvin Jeremy Caldwell: failure of non-owner operator to maintain req. insurance, disregarding stop sign, failure to or improper signal, failure to produce insurance card, bw issued for fta/license suspended.

Michael Deandre Collins: commercial driver lic. operate vehicle while suspended, failure to surrender revoked operators license, no Ky. motor fuel users license, bw issued for fta/license suspended.

Joshua Clayton

Emerson: burglary, receiving stolen property, failure to notify address change to dept. of transp., probation violation, bw issued for fta.

Dustin Ryan Hines: speeding and license to be in possession, license suspended for fta

Heather M. Johnson: operating motor vehicle under influence of alcohol/ drugs, \$200 fine plus costs, \$375 service fee, 30 days license suspension.

James W. Miller: no/expired Kentucky registration receipt, \$25 fine plus costs.

Ronald K. Osailie: failure to wear seat belts, \$25 fine.

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

Johnny Austin Roundtree: trafficking synthetic drugs, theft by unlawful taking, 365 days (each count)/probated 24 months on condition plus one costs.

Lacy R. Sexton: operating motor vehicle under influence alcohol drugs, \$200 fine plus costs, \$375 service fee, 30 days operator license suspension.

Roy Glen Smith: speeding, improper passing, failure to or improper signal, license suspended for fta.

Brandon Michael Wynn: drug paraphernalia-buy/possess, bw issued for fta.

Alexander D. New: unauthorized parking in a handicapped zone, \$25 fine plus costs.

Delbert Wayne Leger: no operators license in possession, \$100 fine plus costs.

Joshua Clayton

Circuit Civil Suits

Janny Hawthorne v. John M. Monroe, et al, complaint and jury demand.

U.S. Bank National Assn. v. Margaret Headley, et al, \$53,492 plus claimed due.

Commonwealth of Kentucky v. Tonya Hammonds, complaint for child support and medical support.

Ditech Financial LLC v. Carlton D. Hunt, et al, \$61,239 plus claimed due. CI-00059

PINGLETON LAWN CARE

Commercial & Residential • Licensed and Insured

Mowing • Trimming • Edging • Landscaping
 Mulching • Shrub/Tree Trimming • Leaf Cleanup

Michael Pingleton 606-669-9568



222 West Fifth Street LONDON, KY

londonlawky.com

SCOVILLE-BONHAM & RILEY

606.862.6000

Hailey Scoville Bonham

Brittany N. Riley

First Consultation Is Free!

Divorce • Child Custody • Child Support
 Car Accidents • Criminal Defense
 Personal Injury • Family Law

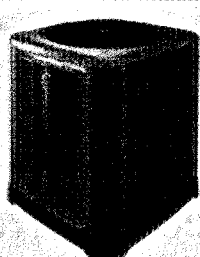
The ONLY registered nurse and attorney in the area.

OVER 15 YEARS EXPERIENCE

Whitley, Pulaski, Rockcastle, Clay, Jackson, Madison & Leslie Counties

HONEST & FAIR REPRESENTATION

Upgrade your old heating and air with a new high efficiency heat pump from Rheem



36 Months deferred interest with approved equipment

Service Call

\$55

Fees & Labor Not Included

Winstead's Heating & Air

HM04434

Pat Winstead

We Accept Visa, Mastercard, Discover

606-256-1038 • 606-308-4825

FREE COMMUNITY

Easter Egg Hunt

April 13, 2019

Mt. Vernon Elementary School

Featuring Two Events:

Eggstra Special Egg Hunt

Registration at 11:45 pm • Egg hunt at 12:00 noon
 (For ages 11 & under who may need special accommodations)

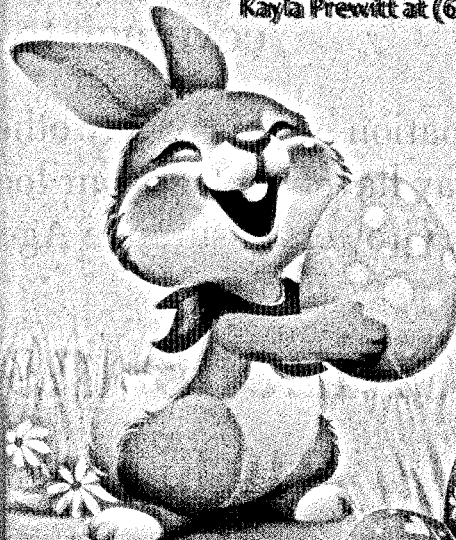
Egg Hunt for Ages 11 & Under

Registration at 1:45 pm • Egg hunt at 2:00 pm

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

Face painting
 Balloon animals
 And more!

(Rain Dates: April 14
 Eggstra special at 2 pm
 & main hunt at 3 pm)



ROCKCASTLE REGIONAL



Starr - Cook

Robin Starr, daughter of Amber Starr of Rensselaer, Indiana and Jordon Cook, son of Lisa Cook, of Mt. Vernon, were united in marriage March 23, 2019 at Jasper County Fairgrounds in Rensselaer.

Robin is an athletic trainer at Franciscan Health Lafayette East and Jordon is a technician at Rigg's Outdoor Power Equipment in Indiana.

After a honeymoon to Wisconsin, Robin and Jordon will return to their fur baby Penny in Rensselaer.

We Must Rise Above

Rising above the situation is not always easy but to survive and grow as Christians we, no matter how tall the circumstance, have to rise above the circumstance to remain faithful Christians.

There is a lesson we can learn from nature and that is the dandelion, and how it seems to rise just a little higher than the grass and no matter how tall the grass or the grass becomes the dandelion is just a little taller, it must survive.

We can read of a man Luke 19:1-10 called Zacchaeus how he rose above the circumstances. Here was a man who was seeking to see Jesus, but he was a man of little stature, and he could not see Jesus because of the large crowd. So, you could say he became like the dandelion and rose above the crowd with the help of a sycamore tree, he climbed up the tree so he could see Jesus when he came by.

We could be in the same situation that this man is in when it comes to serving Jesus. There could be things blocking our view and standing in our way of serving the Lord. It could be family, friends, people at work or a schoolmate. Whoever or whatever it is that is keeping you from obeying God we must rise above those things. 1 Corinthians 15:33 evil communications corrupt good manners. We find in Colossians 3:1-2 If ye then be risen with Christ, seek those things which are above, where Christ sitteth on the right hand of God. Set your affection on things above and not on things on the earth.

It is the Lord's desire to help us rise above our circumstances just like he does the dandelion. We see Psalms 40:1-2 I waited patiently for the Lord, and he inclined unto me, and heard my cry. He brought me up out of a horrible pit, out of a miry clay, and set my feet upon a rock, and established my goings. When you trust in the Lord in those times when it seems like every thing that is going on in your life is more than you can handle if you would just have a little more faith and trust in God, He will show you a way to climb out of the hole you have dug for yourself.

Christians, we must grow, as Peter writes 1 Peter 2:2 We must desire the word of God as babes in Christ. Then as we grow and become stronger and closer to God, we will be able to see more clearer what is good and what is evil.

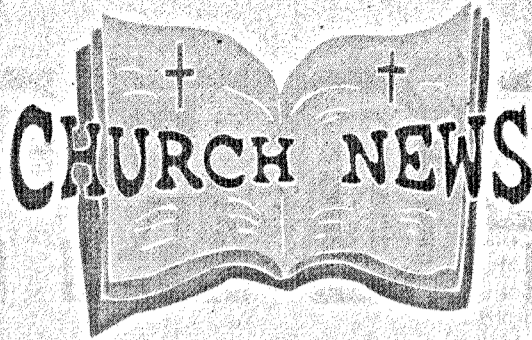
Zacchaeus had to rise above all the misconceptions and ideas that the people had of Jesus. In much the same way we have too, rise above the false doctrines that are taught today in this world in which we live. So many things in the name of religion are taught and practiced today, that cannot be found in God's holy word, it should cause us to think, look how far we have traveled without God.

Nehemiah, seeing the destruction of Jerusalem and the distress the city was in went in Nehemiah 2:17-18 He went to the people and cried out to the people that God was with him and that they should build the city once again and the people heard Nehemiah and said, LET US RISE UP AND BUILD. We too can rise up, today with the help of our Lord, if we will obey his Word.

Thank you for reading this article. I hope your life magnifies the life of Jesus Christ, come and worship with us at the Chestnut Ridge Church of Christ. Everyone is welcome.

• 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



Let the Bible Speak

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

Rockcastle County

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

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

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

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

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

Revival

Revival Services will be held at Sunrise Baptist Church beginning Sunday morning, April 7th at 11 a.m. Sunday evening through Wednesday evening, April 8-10, services will begin at 7 p.m.

There will be Gospel singing and Gospel preaching throughout the meeting.

Pastor Johnny Adamson and congregation extend an invitation to all.

For more information, call 606-425-0708.

Philadelphia Baptist Church

There will be a special singing Sunday, March 31st at 6 p.m. with Dove Creek.

Sunday morning worship is at 11 a.m. Sunday night service at 6 p.m. and Wednesday night Bible study at 7 p.m.

Everyone welcome.

Benefit Singing

There will be a benefit singing, for Alan "Tub" Stewart at Chestnut Ridge Church of God in Jesus Name on Friday night, April 5th at 7 o'clock.

The Johnson Family will be the featured singers and everyone is welcome.



ALL ROCKCASTLE VISUAL ARTISTS ARE INVITED TO SUBMIT WORK FOR EXHIBITION AT AN ART SHOW ON APRIL 26, 2019, IN DOWNTOWN MOUNT VERNON.

CASH PRIZES. RECEPTION WITH FOOD & DRINK. OPEN TO ROCKCASTLE RESIDENTS AGES 10 & UP, AND FOR ORIGINAL WORKS IN ANY VISUAL ART FORM.

TO SUBMIT: SEND YOUR NAME, AGE, ADDRESS, PHONE NUMBER, AND PHOTO(S) OF YOUR ART BY MARCH 30 2019:
(1) BY EMAIL: ROCKCASTLEARTS@GMAIL.COM
or (2) BY DIRECT MESSAGE ON FACEBOOK: @rockcastlearts
or (3) BY REGULAR MAIL: ROCKCASTLE ARTS ASSOC. C/O PO BOX 3055, MOUNT VERNON, KY 40456

This year an entry fee of \$10 per artist must be paid prior to 4/26.

SPRING REVIVAL

MARCH 30 - APRIL 3

HIS HEART QUARTET
6:30 PM SATURDAY CONCERT

PASTOR REGGIE TIPTON

11 AM & 6 PM SUNDAY

7 PM NIGHTLY MONDAY - WEDNESDAY

Bible
BAPTIST CHURCH

ATTENTION: INVITATION TO BID

The following is an invitation to bid on the harvesting of the hay from the property belonging to the Rockcastle County Industrial Development Authority (RCIDA) located on Hwy. 2549 known as Rockcastle County Business Park South for the years 2019-2021. The subject property is approximately 70 acres. The contract will be awarded to the highest per acre bidder (based on 70 acres). The contract for the hay is subject to the following terms and conditions:

The hay must be cut a minimum of 2 times-once in the Spring and once in the Fall each year. Once the hay is cut it must be moved from the field within 2 weeks (weather permitting).

Any area that cannot be mowed for hay, must be bush hogged a minimum of 2 times-once in the spring and once in the Fall. No member or direct family member of the Rockcastle County Industrial Development Authority or the Rockcastle County Fiscal Court is eligible to bid on the contract.

In the event the RCIDA sells a portion of the property to an industrial prospect in the middle of the contract, the person awarded the contract would be refunded monies on a pro-rata basis. Example: the person awarded the contract bids \$1 per acre and has paid the RCIDA \$70 and hasn't cut the hay yet. The RCIDA sells 10 acres, the person awarded the contract would be refunded \$10 or if the hay had been cut once the person would be refunded half of the pro rata amount or in the case of this example \$5.

All expenses incurred by the successful bidder on the property, i.e. fertilize, etc., are done so at the successful bidders own risk. None of these expenses will be reimbursed by the Rockcastle County Industrial Authority under any circumstances. The successful bidder will be required to pay the contract amount in full by May 1st of each year during the 3 year term.

Incomplete bid sheets, unsigned bid sheets or bid sheets that are returned not sealed in an envelope will not be accepted.

All bid sheets should be sealed in an envelope and returned to Attention: HAY BID-Rockcastle County Industrial Development Authority at the Rockcastle County Judge Executive's office on the second floor of the Rockcastle County Courthouse by 11:00 a.m. Monday April 1, 2019. Bid sheets should be returned in person. The bids will be opened at approximately 12:00 p.m. Monday April 1, 2019. The successful bidder will be notified via contact information provided below.

In the event that the successful bidder becomes in default of one of the above mentioned terms and conditions at any time during the term of this contract, the contract will be taken from that person and awarded to the next highest bidder. The bid should be made for one year and then that amount will be required by May 1st each of the 3 years of the term.

I _____, agree to all of the terms and conditions

(Print name)

listed above and I bid and agree to pay \$ _____ per acre for the 70 acres of hay.

Signature _____

Date _____

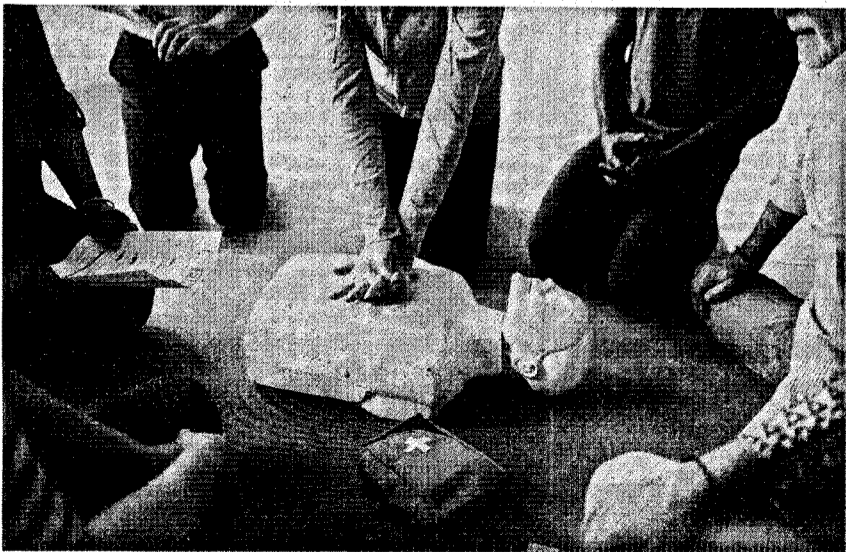
Phone Number _____

Address _____

**This bid sheet must be completed and returned by 11:00 a.m. April 1, 2019. Incomplete bid sheets, unsigned bid sheets or bid sheets that are returned not sealed in an envelope will not be accepted. The RCIDA reserves the right to reject any or all bids and to choose the bid that is most advantageous to the RCIDA.

Family & Friends CPR FREE TRAINING

Family & Friends CPR is intended for anyone ages 14 and older who wants to learn CPR, but does not need a CPR course completion card to meet a job requirement. This course is ideal for community groups, parents, grandparents, caregivers, and others interested in learning how to save a life. There is no cost for this class.



Monday, April 1

Rockcastle Regional Wellness Center
3rd Floor • Outpatient Services Building

Two Sessions Offered:

4 pm • Infant/Child Hands Only CPR
5:30 pm • Adult Hands Only CPR



Registration Information

To ensure proper participant to instructor ratio, you MUST register for the event no later than Friday, March 29. Please register by calling Kayla Prewitt at 606-256-7767 or email k.prewitt@rccid.org. If you leave a message, please indicate which session(s) you wish to attend.

Dinner will be provided during the 30 minute break between the two sessions. Attendees are welcome to attend one or both sessions.

SPORTS

Rocket softball wins four straight; now 5-1 on season

With wins this weekend over Frederick Douglass, Lexington Catholic and Raceland and a victory Tuesday night over North Laurel, the Rocket softball team improved their record to 5 and 1 on the very young season.

The Rockets began action in the George Rogers Clark Round Robin Friday night with a 9-2 victory over Frederick Douglass.

Senior Courtney Wren led the Rockets driving in four runs on two hits. Wren drove in runs on a home run in the first and a single in the second.

The Rockets big inning came in the second with six runs crossing the plate. Madison McIntosh and Selicity Broaddus both had doubles in the inning as well as Wren's single and an error on a ball put in play by Raegen Chasteen.

Junior Jaylon Ponder earned the victory for the Rockets giving up two runs on two hits over four innings, striking out two.

Saturday, the Rockets started out the day with a 5-0 win over Lexington Catholic.

Madison McIntosh shut down the Knights, throwing a complete game shutout. She allowed only one hit while striking out ten and walking one.

The Rockets offense was consistent throughout the game scoring two runs in the first and second and added a fifth run in the third.

McIntosh got the bats going in the first inning singling to left field, Casey Coleman singled and Selicity Broaddus singled to right field scoring McIntosh and Coleman.

Two more runs crossed in the second after Raegen Chasteen singled and advanced to third on a fielder's choice by Madison Yates. Chasteen scored on a single by Ravyn Bullens. McIntosh got her second hit of the night singling to left field. Coleman scored McIntosh on a line drive to left field for the 4-0 lead.

The Rockets final run of the night came in the third after Emma Smith smacked a triple and scored on a Chasteen single.

In their final game of the

(Cont. to B5)

Rocket baseball defeat Cardinals Wayne and Lincoln

After losing their first game of the season last week, Rocket baseball found the winning way picking up victories over South Laurel, Wayne and Lincoln this past week for a 3-1 record on the season.

Friday night, the Rockets traveled to London and picked up a 7-3 victory over South Laurel.

Falling behind 3-0 after three innings, the Rockets' bats came alive scoring four runs in the top of the fourth.

Jacob Loudermilk got the fourth started drawing a walk. Rylee Denney singled to left. With one out, Zach Taylor tripled to left scoring Loudermilk and Dillingham, courtesy running for Denney. The very next batter, Javan Hasty, hit a two run homer to give the Rockets the 4-3 lead.

The Rockets added to their lead in the top of the fifth scoring two runs on an error by South Laurel allowing Denney to reach, walk by Noah Fain, Taylor reached on an error scoring Aidan Cain, courtesy running for Denney. Dillingham, running for Fain, scored on a wild pitch for the second run of the inning.

The Rockets added an insurance run in the top of the sixth. Silas Shaffer drew a walk. Keaton Renfro tripled to right field scoring Dalton Gibbs, running for Shaffer.

Denney earned the win for the Rockets. He gave up three runs on two hits over three innings, striking out six. Noah Fain threw four innings in relief out of the bullpen. Fain recorded the last 12 outs to earn the save for the Rockets.

Saturday, the Rockets traveled to Wayne County and came away with a 12-7 win.

The Rockets found themselves down 2-0 before scoring three runs in the top of the fourth to take a 3-2 lead.

Rylee Denney singled to start the fourth and courtesy runner Aidan Cain stole second. Noah Fain drew a walk. Cain moved to third on a wild pitch and Zach Taylor bunted and reached on an error by Wayne's pitcher, scoring Cain. Javan Hasty came through singling to left field scoring Fain to tie the game. Jacob Hunt singled to left field scoring Taylor for the third run of the inning.

Wayne County took back the lead in the bottom of the

fourth scoring five runs to take a 7-3 lead.

Rockcastle wasted no time answering Wayne's run scoring seven runs in the top of the fifth.

Denney started the inning drawing a walk, Noah Fain singled and Taylor doubled scoring Denney and Fain. Hasty doubled scoring Taylor. Riley Smith singled and advanced to second on a throw to home. Landon Dillingham, courtesy runner for Hasty, scored on this play.

With Smith at second, Hunt drew a walk and Silas Shaffer singled. Smith scored the fifth run of the inning on an error by the center fielder. Keaton Renfro bunted and reached on an error by Wayne's pitcher, scoring Hunt.

Denney singled to center field scoring Dalton Gibbs, running for Shaffer, giving the Rockets a 10-7 lead.

The Rockets added two insurance runs in the top of the seventh.

Renfro singled to start the inning, stole second and advanced to third on Denney's double. Renfro scored on a wild pitch before Ethan Fain singled scoring Dillingham, running for Denney.

Javan Hasty earned the victory on the mound for the Rockets. He lasted three and two-thirds innings, allowing one hit and no runs while striking out five and walking none.

Sophomore Hunter Spivey got his first varsity start for the Rockets.

The Rockets tallied 14 hits on the day. Denney, Hasty and Renfro each collected multiple hits. Hasty and Denney each had three hits.

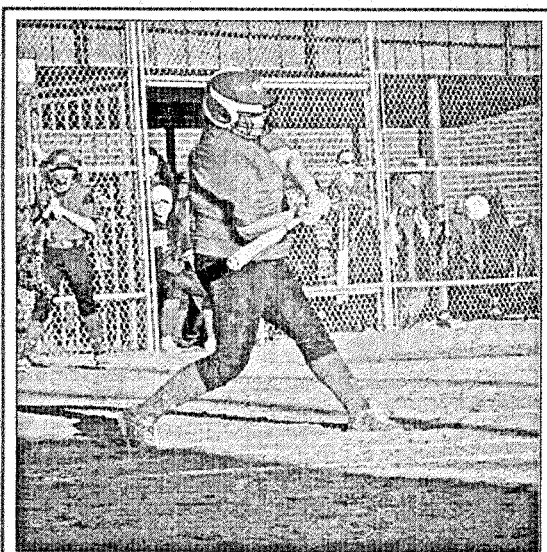
Tuesday night, the Rocket offense broke loose beating Lincoln County 16-8. Jacob Hunt led the Rockets going two for four with a walk, three runs scored and four RBI. Rylee Denney and Silas Shaffer each picked up three hits and three RBI on the night.

The Rockets wasted no time scoring one run in the top of the first off a Denney single and a Javan Hasty RBI.

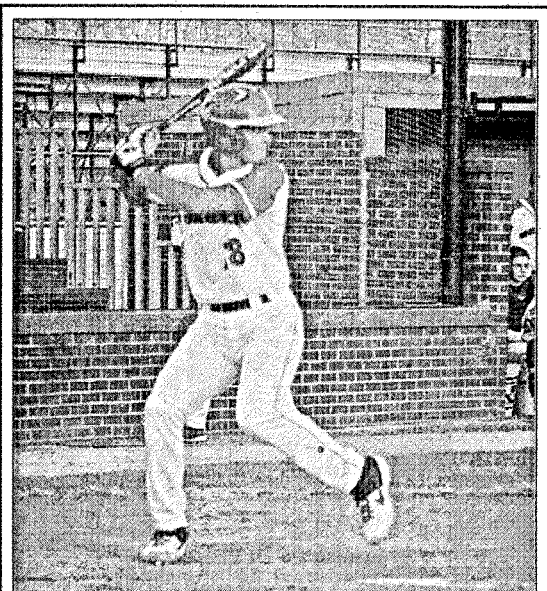
The lead didn't last long as Lincoln County plated five runs in the bottom of the first.

Rockcastle answered in

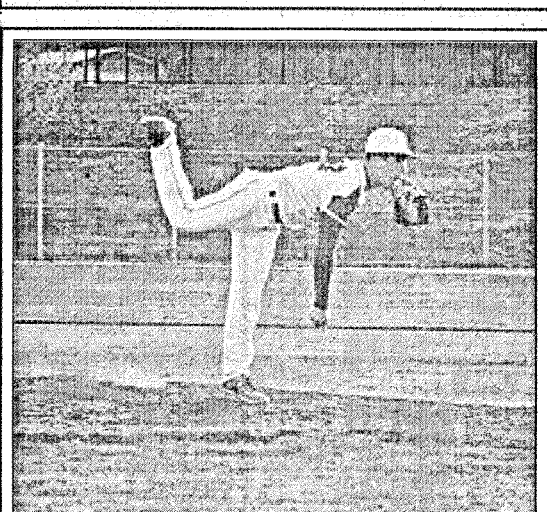
(Cont. to B5)



Senior Courtney Wren picks up a hit on this swing in the Rockets' 5-3 win over North Laurel Tuesday.



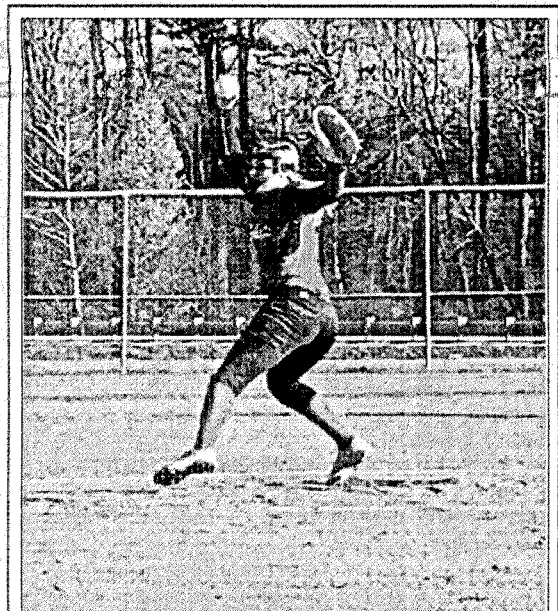
Javan Hasty looks to swing at a pitch in the Rockets 7-3 win against South Laurel on Friday night. Hasty also hit the season's first home run to give the Rockets a 4-3 lead.



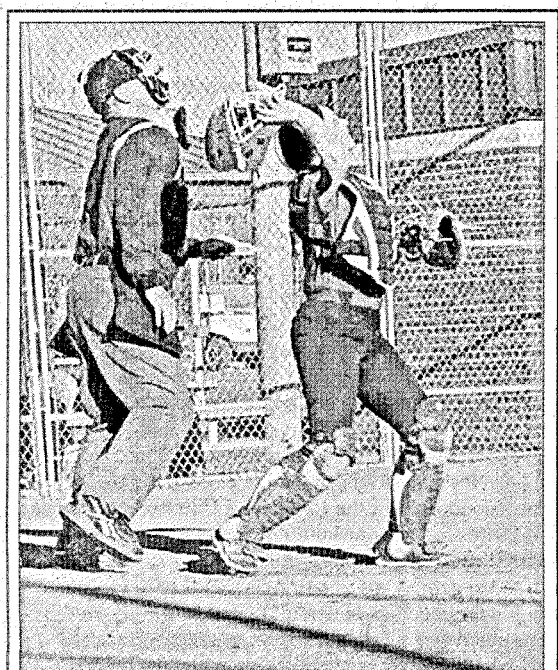
Noah Fain delivers a pitch in his save against South Laurel Friday night. Rylee Denney started the game on the mound and pitched three innings, getting the win.



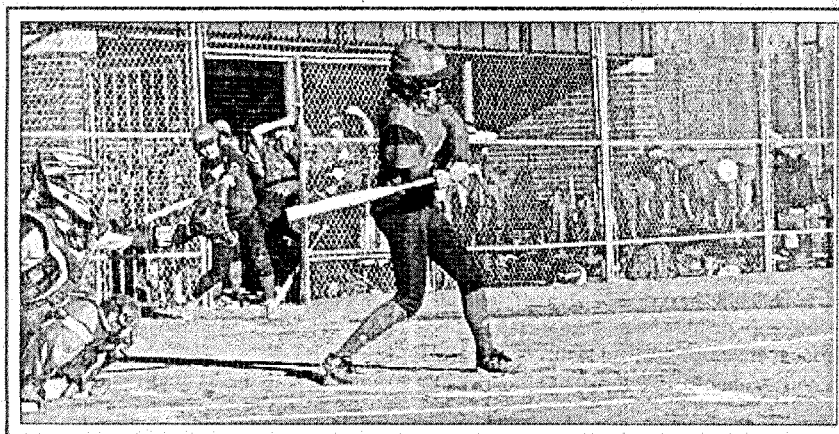
Zach Taylor rounds first after getting a hit against the Cardinals on Friday. Taylor also had a two run double to get things going for the Rockets.



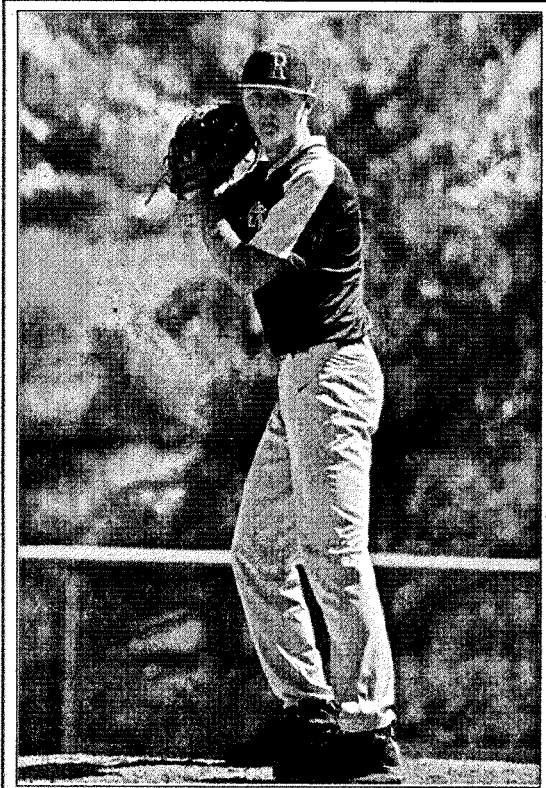
Madison McIntosh got the win Tuesday night over North Laurel going seven innings, allowing seven hits and three runs while striking out 13 and walking none.



Rocket catcher Selicity Broaddus tosses off the mask to catch a foul ball in the Rockets' 5-3 win over North Laurel.



Rocket Raegen Chasteen takes a swing during the Rockets' 5-3 win over North Laurel Tuesday night. Chasteen got a hit and scored a run in the victory. The win brings the softball team's record to 5-1 on the young season.



Sophomore Hunter Spivey started on the mound for the Rockets on Saturday against Wayne County.



The Record Keeping Team also competed at Spring Field Day and will receive their scores in weeks to follow.



Speaking competitors at Spring Farm Field Day.

“Softball”

(Cont. from B4)

Round Robin Saturday, the Rockets came from behind to defeat Raceland 6-4.

The Rockets took the lead late in the win. Going into the top of the fourth the Rockets found themselves down 4-2. McIntosh singled to start the inning and Ponder hit a two run homer to tie the game at four. With one out, Broaddus singled to center field and Wren smacked the Rockets second two run homer of the inning to put the Rockets up 6-4 for the final.

McIntosh came in for relief in the bottom of the inning shutting down Raceland. Ponder took the win for the Rockets going three innings and giving up four runs on four hits and striking out three.

Tuesday night, the Rockets traveled to London and picked up a 5-3 win over North Laurel.

The Rockets broke a 3-3 tie in the top of the seventh plating two runs to take the 5-3 lead.

Madison McIntosh got the inning started on a single, Jaylon Ponder reached on an error by the pitcher. The two advanced a base on a passed ball during Ashlyn Brock's at bat. Selecty Broaddus was hit by a pitch loading the bases and Emma Smith came through with a single scoring McIntosh and Ponder for the win.

The Rockets wasted no time getting on the scoreboard scoring a run in the top of the first after Brock singled scoring McIntosh.

North Laurel answered with a run of their own in the bottom of the first and took a 3-1 lead scoring two runs in the bottom of the third.

Rockcastle answered in the top of the fourth scoring two of their own to tie the score at three.

Smith started the inning with a double, Raegan Chasteen singled and Madison Yates doubled to center scoring Smith and Chasteen.

McIntosh was tough on the mound picking up the win lasting seven innings, scattering seven hits and three runs while striking out 13 and walking none.

The Rockets will host Madison Central Thursday, travel to Corbin Friday and take part in the Tates Creek Spring Fling this weekend.

“Baseball”

(Cont. from B4)

the top of the third scoring eight runs.

Noah Fain reached on a hit by pitch and Hasty singled. Zach Taylor reached on an error loading the bases and Hunt doubled clearing the bases and picking up three of his RBI.

Jacob Loudermilk drew a walk and Hunter Spivey singled, scoring Hunt. Shaffer singled to load the bases once again.

Keaton Renfro drew a walk and picked up an RBI. Denney then doubled scoring Spivey and Dillingham, running for Shaffer.

The final run of the inning came after Hasty singled, scoring Renfro for the 9-5 Rocket lead.

The Rockets added two more runs in the top of the fourth off doubles by Taylor and Hunt, a Loudermilk walk, and a single by Shaffer.

Lincoln managed three runs in the bottom of the fourth to cut the Rocket lead to 11-8.

The Rockets quickly answered adding five runs in the top of the fifth.

Denney got things started with a homerun. Hasty doubled, Taylor singled, Hunt drew a walk to load the bases. Loudermilk hit a sac fly scoring Hasty. Spivey reached on an error scoring Taylor. Shaffer doubled scoring Hunt and Spivey for the 16-8 lead and the final.

Rily Smith earned the victory for the Rockets giving up three runs on four hits over three and a third innings, striking out two and walking one. Noah Fain, Dalton Gibbs and Hasty all put in work in relief out of the bullpen, steering their team towards the win.

The Rockets travel to Garrard County Thursday and host Knox Central Friday. They face both Dixie Heights and Danville Saturday at Danville.

FFA attends Spring Field Day at EKU

Submitted by: Savanna Sweet Chapter Reporter

On March 21st the Rockcastle FFA Chapter traveled to EKU for the Kentucky River Region Spring Field Day and was very successful.

The Varsity Parliamentary Procedure Team competed and placed 1st, and will advance to the state level. Those team members included Holly Miller, Hope Holbrook, Cole Ballinger, Jarrett Burke, Daya McGuire, Kagan Miller, Hannah Denny, and alternate Dalton Durham.

Destiny Adams competed in the Creed Contest and placed 1st, and she will advance to the state level.

Heather Miller competed in the Talent Contest and placed 2nd.

The following students competed in various speaking competitions. Hope Holbrook competed in Extemporaneous and placed 3rd. Kaylan Bullock competed in Prepared Public and placed 3rd.

The following students competed in Impromptu Speeches. Holly Miller placed 1st in Fruit and Vegetable. Emily Reynolds placed 1st in Beef. Erica Pigg placed 3rd in Crop, Savanna Sweet placed 1st in Floral. Kagan Miller placed 2nd in Goat and Sheep. Heather Miller competed in Greenhouse. Daya McGuire placed 2nd in Poultry. Bailee Stamper placed 2nd in Small Animal. Dalton Durham placed 1st in Swine. Jarrett Burke placed 1st in Turf and Lawn. All those that competed and placed 1st or 2nd will advance and compete at the state level.

The Record Keeping Team also competed and will receive their scores in weeks to follow. Those team members were Destiny Adams, Ashley Brenda, Reina Lykins, Granville Graves, Jaylon Cash, and John Asher.



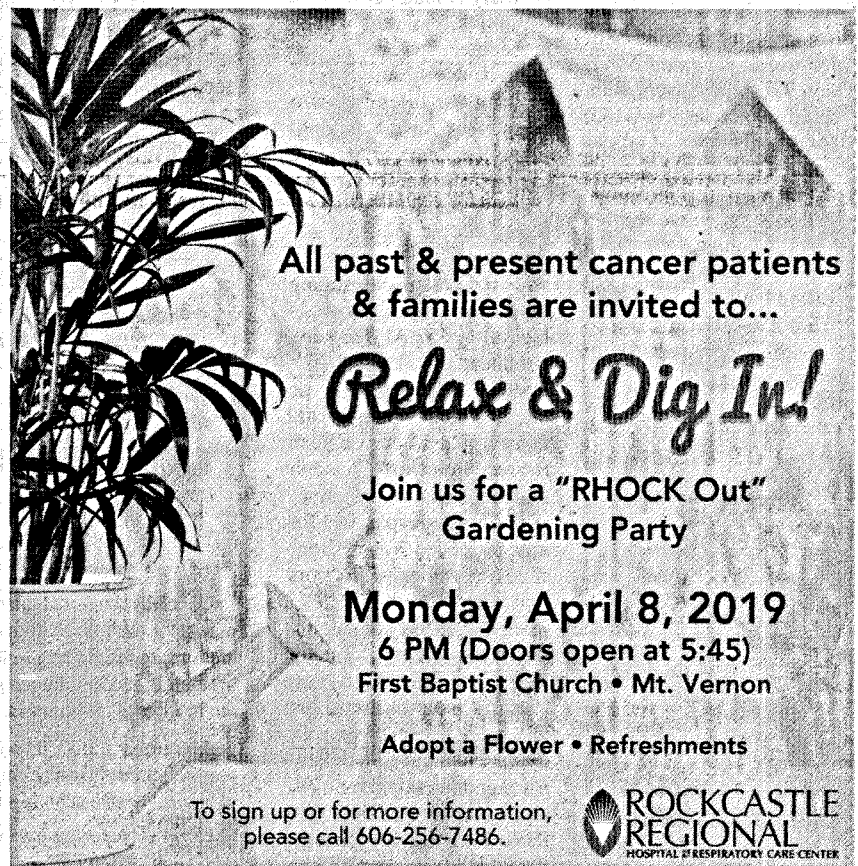
Destiny Adams competed in the Creed Contest and placed 1st, and she will advance to the state level.



Heather Miller competed in the Talent Contest and placed 2nd.



The Varsity Parliamentary Procedure Team competed and placed 1st at the Kentucky River Region Spring Field Day, and will advance to the state level.



All past & present cancer patients & families are invited to...


Relax & Dig In!

Join us for a “RHOCK Out” Gardening Party

Monday, April 8, 2019
6 PM (Doors open at 5:45)
First Baptist Church • Mt. Vernon

Adopt a Flower • Refreshments

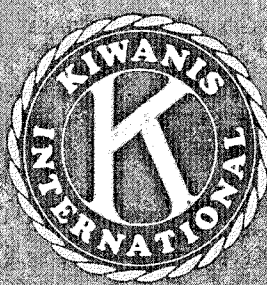
To sign up or for more information, please call 606-256-7486.



24th ANNUAL Charity Auction

Sponsored by Kiwanis Club of Rockcastle County

- Show Tickets
- Housewares
- Gift Certificates
- Cym Memberships
- Healthcare Products
- Handbags & Totes
- Salon Products
- Home Decor
- Photo Sessions
- Jewelry



NOW ACCEPTING



Find Rockcastle County Kiwanis Club on Facebook to stay up-to-date with details and items.

2019 LIVE AUCTION

This year's auction will be a one day, live auction at Rockcastle County Middle School. Concessions available for purchase.



SATURDAY, APRIL 6, 2019
ROCKCASTLE COUNTY MIDDLE SCHOOL
11:00 AM

FOOD ★ FUN ★ LIVE AUCTION

WWW.ROCKCASTLEKIWANIS.ORG

ALL PROCEEDS WILL BE USED TO FUND VARIOUS PROJECTS FOR CHILDREN THROUGHOUT ROCKCASTLE COUNTY.

Official Notice

On or about March 29, 2019, Jackson Energy Cooperative Corporation, with its principal offices at 115 Jackson Energy Lane, McKee, Kentucky 40447, expects to file with the Kentucky Public Service Commission in Case No. 2019-00066 an application to adjust its retail residential rate design. This change will not create an increase in Jackson Energy Cooperative's revenue. The application will request that the proposed rates become effective July 1, 2019.

Any corporation, association, or person may within seven (7) days after the initial publication or mailing of notice of the proposed rate changes, submit a written request to intervene to the Public Service Commission, 211 Sowder Boulevard, PO Box 615, Frankfort, Kentucky 40602 that established the grounds for the request including the status and interest of the party and states that intervention may be granted beyond the seven (7) days period for good cause shown.

Written comments regarding the proposed rates may be submitted to the Public Service Commission by mail through the Public Service Commission's website at <https://psc.ky.gov/>

Any person may examine the rate application and any other documents the utility has filed with the Public Service Commission at the offices at Jackson Energy listed below, on the utility's website at www.jacksonenergy.com and on the utility's social media page as www.facebook.com/JacksonEnergy

Jackson Energy Corporation
115 Jackson Energy Lane
McKee, Kentucky 40447
606-364-1000

Proposed Rate Revisions:

Rate Class	Present Rate	Proposed Rate
Rate 10 Residential Service	Customer Charge per Month \$16.44	\$24.00
	Energy Charge per kWh (All kWh)	\$0.09591 / \$0.08882

The amount of change requested in both dollar amount and percentage change for customer classification to which the proposed change will apply is presented below:

Rate Class	Increase in Dollars	Percentage Increase
Rate 10 Residential Service	\$0.00	0%

The amount of the average usage and the effect upon the average bill to which the proposed rates will apply is set forth below:

Rate Class	Average Usage	Increase in Dollars	Percentage Increase
Rate 10 Residential Service	1,066 kWh	\$0.00	0%

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 in Brodhead. Living room, two bedrooms, kitchen, dining room, bath and electric heat. No pets! \$450 month, \$400 deposit. 758-8491. 10x5

Mink Apartments, Inc. Owners: Gary and Gertha Mink. Must have: references, proof of income, background check required. \$450 per month. 606-308-1209. 10x5

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

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

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

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

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

For Rent
Maple Street Storage of Brodhead
606-308-2491

Property For Sale

Fully furnished home and 7 acres +/-. Located at 1344 Chestnut Ridge Road. Nine garages, 10 outbuildings, one acre pond. Will sell all or parcel out. Also, lots of cars, tractors, farm equipment, etc. for sale. Shown by appointment. Call 606-308-4739. 9x2

Posted

Posted: No trespassing on property belonging to John Polly at Hummel. Not responsible for accidents. 10x8

Posted: No trespassing on property belonging to the estate of the late Lillie Dobbs. All trespassers will be prosecuted. 9x2p

Posted: Absolutely no trespassing, hunting, fishing or horseback riding on prop-

erty or buildings belonging to Dwight, Carmen and/or Dustin Poynter, located at 3480 East Level Green Road and Hwy. 461. Not responsible for accidents. Violators will be prosecuted. 4x12p

Posted: No trespassing on property located at KY Hwy. 3245, Brodhead and belonging to Gary and Peggy Roberts. Violators will be prosecuted. 52x22

Posted: No hunting or trespassing of any kind on Cameron property, formerly the Everett Farm at 1764 Poplar Gap Road, Orlando. Violators will be prosecuted. 52x15

Posted: No hunting or trespassing of any kind on the Cameron Property, formerly Eaton property, on Lonzo Road, Mt. Vernon. Violators will be prosecuted. 52x15

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

Posted: No hunting, trespassing, or thieving, w/o permission, on land belonging to Kenneth Parsons and located at 1915 Poplar Grove Road. Violators will be prosecuted. 52x15

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

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. 52x9

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

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

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

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

Miscellaneous For Sale

Two Burial Plots in Elmwood Cemetery. 308-5248. 7x4

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

Firewood For Sale: \$55 a load. Call 606-308-9423. 35xntf

Help Wanted

Full Time. Construction experience, concrete experience a plus. Reliable transportation. 859-321-4684. 10x4

Rockcastle County 911 is now accepting applications for a full time dispatcher. Starting pay is \$10 an hour plus benefits. You may pick up an application, Monday-Friday, 8 a.m. to 4 p.m. at the courthouse from the county judge's secretary. Must be at least 18 years of age to apply, have a high school diploma or GED, be willing to complete criminal justice training academy, submit to drug screening and undergo a criminal history/background check. Rockcastle 911 is an EOE. 9x2

RTEC is seeking a qualified driver in Rockcastle County. Must have a valid KY driver's license and high school diploma or GED. **Does not require CDL.** \$12 per hour. RTEC operates a drug and alcohol free workplace and is an equal opportunity employer. Apply at RTEC on Main St., Mt. Vernon. 10x2

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

Notices

I, Bobby Dick (and/or Dalton Dick), am not responsible for any debts belonging to the late Jennifer Gail Dick as of February 1, 2019. 10x12p

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

Notice is hereby given that Shannon York, 11 Carolina Lane, Mt. Vernon, Ky. 40456 and Jaleigha York, 1119 Breezy Lane, Berea, Ky. 40403 have been appointed Co-Administrators of the Estate of Judy L. Kidwell on the 6th day of March, 2019. Any person having claims against said estate shall present them, according to law, to the said Shannon York and Jaleigha York or to Rowe Law Offices, PLLC 205 Richmond Street, Mt. Vernon, Ky. 40456 on or before September 6, 2019 at 11 a.m. 8x3

Notice is hereby given that Frederick W. Dobbs, 344 VanBaren Rd., Caribou, Maine 04736 has been appointed Executor of the Estate of Lillie Dobbs on the 13th day of March, 2019. Any person having claims against said estate shall present them, according to law, to the said Frederick W. Dobbs or to Chadwick B. Hammonds, 133 Plaza Drive, Suite 2, Berea, Ky. 40403 on or before September 11, 2019.

Notice is hereby given that Virginia Lee Darst, 1725 Hwy. 1326, Mt. Vernon, Ky. 40456 has been

appointed Administratrix of the Estate of Mary Alice Hunt, deceased on the 13th day of March, 2019. Any person having claims against said estate shall present them, according to law, to the said Virginia Lee Darst or to Hon. Jerry Cox, P.O. Box 1350, Mt. Vernon, Ky. 40456 on or before September 13, 2019. 9x3

Notice is hereby given that Edward K. Daugherty, 250 Clay Lane, Richmond, Ky. 40475 has been appointed Executor of the estate of Lillian Maxine Daugherty, 5237 Brindle Ridge Rd., Brodhead, Kentucky 40409 on the 11th day of March, 2019. Any person having claims against said estate shall present them, according to law, to the said Edward E. Daugherty or to John Ford, P.O. Box 247, Mount Vernon, Kentucky 40456 on or before September 9, 2019. 9x3

Notice is hereby given that Tommy Renner, 6570 Chestnut Ridge Road, Mt. Vernon, Ky. 40456 has been appointed Administrator of the Estate of Billie Lisa Renner, 6570 Chestnut Ridge Road, Mt. Vernon, Ky. 40456 on the 11th day of March, 2019. Any person having claims against said estate shall present them,

according to law, to the said Tommy Renner on or before September 11, 2019. 9x3

Notice is hereby given that Linda Clark a/k/a Linda Clark-Carr, 107 Westerfield St., Richmond, Ky. 40475 has been appointed Executrix of the estate of Clara Mae Jones, 371 West Main St., Brodhead, Ky. 40409 on the 11th day of March, 2019. Any person having claims against said estate shall present them, according to law, to the said Linda Clark or to Rodney C. Davis, P.O. Box 1060, Richmond, Ky. 40475 on or before September 11, 2019. 9x3

Notice is hereby given that Brenda Kay Hayes, 673 School House Hill Road, Mt. Vernon, Ky. 40456 and Ivan Jeff Hayes, 2316 Quail Road, Mt. Vernon, Ky. 40456 have been appointed Co-Executors of the Estate of Eyvind Eugene Hayes on the 13th day of March, 2019. Any person having claims against said estate shall present them, according to law, to the said Brenda Kay Hayes and Ivan Jeff Hayes, or to Rowe Law Office, P.O. Box 1250, Mt. Vernon, Ky. or or before September 16, 2019. 9x3

Rockcastle County Recycling Center

open for recycling drop-offs

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

The following items may be recycled:

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

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

Recycling Drop-Off Trailers are available for use at:

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

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

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



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

The Mission of Christian Appalachian Project (CAP) is "building hope, transforming lives, and sharing Christ's love through service in Appalachia."

CAP is currently seeking qualified candidates for the following job opening:

Mission Groups Cook Cumberland Valley Groups

Part Time
Mt. Vernon, Ky.
Sunday - Friday 2:00 p.m. - 7:00 p.m.

Role includes but is not limited to: designing nutritional menus for our volunteers and staff, preparing healthy meals and snacks, maintaining a clean kitchen and dining room and overseeing the daily operations of the kitchen while having fun in a caring environment.

Requirements: High School Diploma or GED. 1 or more years of successful experience in a job-related field, or the equivalent combination of education and experience.

CAP offers competitive pay and benefits.

If interested and qualified
Please respond by February 1, 2019 to:
Christian Appalachian Project
Human Resources
PO Box 1768 • Paintsville, KY 41240
or e-mail to: lgibson@chrisapp.org

No phone calls accepted • An Equal Opportunity Employer

For All Your Hometown News ...

Subscribe to the

Mount Vernon Signal

In-County - \$23.00 • Out-of-County - \$27.00 • Out-of-State - \$35.00
Prices Per Year • 10% Discount to Senior Citizens

Name _____
Address _____
City _____
State _____ Zip _____

Please specify.....
New _____ Renewal _____

Mail to: Mt. Vernon Signal • PO Box 185 • Mt. Vernon, KY 40456

Rock Castles Landscaping

Consultations, Landscape Design & Construction, Waterfalls, Stonework, Edibles

Max Phelps, Owner

606-416-3911

Professional Services

Need a new metal roof, laminate flooring, deck or painting done. For free estimate, call Steven at 606-308-5462. 3x8p

Jonathan Collins Remodeling and Repair Service. Home improvements of any kind from doors and windows, painting, new floors, to roofs and decks - will do it all. Any home, any problem, "we're the one to call." 606-308-3533 or 758-1986. 49x4

Owens Monument: Located behind Owens Funeral Home in Brodhead. Open Mon-Fri. 8 to 5 and Sat. 9 a.m. to noon. 606-758-9600. 14xntf

Grave Markers & Monuments: In stock at all times. McNew Monument Sales, US 25, 4 miles north of Mt. Vernon. Phone 256-2232. **U Call We Haul!** Anything that fits on a truck. Local or

HAYES
Gravel Hauling & Driveway Spreading
859-544-7730 or 606-256-4695

long distance. Building - demolition - moving - clean-ups - landscaping. No garbage. 606-256-9222 or 308-1629. 35xntf

Gail's Pampered Pooch
57 West Main St., Brodhead. For appt. call 606-758-0064

Lawn Service
Mow, trim, blow driveways
Dependable/reasonable
606-386-0347

Yard Sales

Moving Sale: Friday and Sat., March 29-30, 9 a.m. Riding mower 42" Troy Bilt, bathroom counter top 6'1" w/2 faucets, coat rack 38"W w/seat and storage, drain tubing, kitchen table, chairs, TV stand, IWalk 2.0, mirror 40"x5", new Fila and steel hanging baskets, patio furniture, two mailboxes, two rug shampooers (used once), two metal garage shelves 35 1/2x70"L, rocking chair, speaker, mics, mic stands, cords. Two propane gas indoor heaters, two electric baseboard heaters, large Christmas tree and much more.

Virginia McKinney Income Tax Service
606-256-4804
40 years experience
IRS Authorized E-file Provider

Connie Hunt INCOME TAX SERVICE
e-file SERVICE e-file
606-344-7530

Heating & Air
Amana Goodman
LASTS AND LASTS AND LASTS. Thank goodness for Goodman.
COMPLETE HOME COMFORT
Locally owned and Located at:
523 West St. • Brodhead, Ky.
Rodney Smith
758-0155 • 256-1683 • 859-661-5986
We service all Brands and Models • 20+ years experience
Free Estimates - Affordable Service - Call for Rates
Expert Installation & Troubleshooting • Friendly Hometown Service
Heat Pumps and Gas Furnaces
Fully Licensed and Insured HVAC and Electrical • MO-4808 and CE63779

Mechanic On Duty
All Types of Repairs
We do muffler & exhaust replacement and custom pipe bending
David's Tire Center
24 Hr. Towing & Recovery LLC
1431 S. Wilderness Rd. (US 25)
Mt. Vernon
David & Josh Thompson, Owners Save On All Major Brand Office/24 Hr. Wrecker Tires For Cars & Trucks 606-256-4606 Farm Tractors • Lawn & More

Town & Country 24 HR. WRECKER SERVICE
All Types of Mechanic Work
Call 256-9634 days or 256-4650 nights

PERRY'S Autobody & Auto Rental Service
24/7 Wrecker Service Available
PERRY & AMY MINK PROPERTIES, LLC
Storage and Rental Units • 12x20 units fully lined floor to ceiling & fenced for your security
Fairground Hill off Hwy. 150 • 110 Old Somerset Rd. Mt. Vernon
606-256-5198 or 606-308-1008

Subscribe to the Signal

BISHOP TIRE & AUTO CARE
495 RICHMOND STREET • MT. VERNON, KY
STATE OF THE ART COMPUTER DIAGNOSTICS
NEWEST ALIGNMENT EQUIPMENT
LARGEST SELECTION OF TIRES IN STOCK!
WRECKER SERVICE
Wash, Grease, Polish
SALES@BISHOPTIRES.COM
606-256-4029

Upgrade your old heating and air with a new high efficiency heat pump from Rheem
Financing Available 36 Months Deferred Interest*
*On qualified equipment

Winstead's Heating & Air
Visa, Mastercard, Discover Pat Winstead HM04434
606-256-1038 • 606-308-4825

BEE Garbage
256-2334
Weekly residential curbside pickup
\$19⁰⁰ per month with Curb Cart

CLIFFORD
Collins BACKHOE, LLC.
Septic Tanks
• Cisterns • Farm Products
• Storm Shelters • Retaining Walls
606-256-2535

Morgan Plumbing Service & Repair
New Construction • Commercial & Residential Service
Fully Insured • All Work Guaranteed
256-4766 • 606-232-0666

Rocket Carpet Cleaning
"A Clean Carpet is a Healthy Carpet!"
Rocket Carpet Cleaners
606-386-0187 or 859-868-9900
Veteran Owned Business

SOMERSET TREE SERVICE
5572 HWY 39 • SOMERSET, KY 42503
somersettreeservice@outlook.com
Tree Trimming • Tree Removal • Stump Removal
60 Foot Reach • 24 Hour Emergency Service
FULLY INSURED
Joe Martin | 606.875.7595 Tim Hamilton | 606.271.0756

CLASSIFIED ADS NOTICE
NO classifieds can be placed over the phone without paying at time of placing advertisement

For your convenience, we accept VISA, Mastercard, Discover, American Express.
To place your classified, have your credit card ready and call
(606) 256-2244

On-Site Computer Service
Tired of sending your computer away to get it fixed?
Call and let us come to you for all your computer needs!

Setup, Consultation, Software/Hardware Conflicts Virus/Spyware Removal
Reasonable Rates
Call **Spencer Bengel**
606-308-5653

RCHS Academic Team sets school record

The RCHS Academic Team wrapped up their season with a record-breaking performance at the Governor's Cup State Finals on March 16th-18th in Louisville.

The Quick Recall team made it into the second round before losing out to Daviess County. This placement tied the 1989 Quick Recall team for the highest Quick Recall placement in school history.

Overall the school sent the Quick Recall team and seven individuals to

the State Finals. This number of RCHS students competing for the State Governor's Cup almost doubled the previous record of four individuals set in 2016 and matched by last year's team.

The seven students who placed in the 2019 State Finals include two seniors, three juniors, and two freshmen, which is impressive as there are no grade divisions at the State Finals, and a majority of the competitors that make it to that level are

seniors.

These placements are out of a field of 960 of the top competitors in each subject from almost every private and public school in the state.

In Language Arts, Kristen Taylor placed 28th and Tessa Pickle Placed 18th.

In Arts and Humanities, Aden Amburgey placed 32nd and Tarrylton Dunn placed 24th.

In Science, Elizabeth Mikeworth placed 21st.

In Written Composition, Bailey Cromer


placed 13th and, in Social Studies, team captain, Katie Vance, placed 6th, which is the second-highest placement of any student in RCHS history.

The team and their coaches, Herbie Brock, Morgan Taylor, and Courtney Brock would like to thank the community for their support throughout the year and to take this opportunity to ask you to encourage any gifted young person in Rockcastle County to give Academic Team a try. Membership on the


team is free and all three elementary schools, our middle school, and our high school have teams

that are constantly seeking students to help the teams go even further next year.

Kentucky Division of Waste Management



Energy and Environment Cabinet
Celebrating 21 Years of
Commonwealth Cleanup Week



March 23-30, 2019, marks the 21st anniversary of Commonwealth Cleanup Week. Commonwealth Cleanup Week is an annual week-long event implemented by the Energy and Environment Cabinet (EEC) and also kicks off the Great American Cleanup, spanning from March-December. Its purpose is to provide Kentucky communities with an opportunity to "spring clean," recycle and promote personal responsibility across the Commonwealth.

Who is Involved - The EEC, county solid waste coordinators, cities, Kentucky Transportation Cabinet, Bluegrass GreenSource and Keep America Beautiful are sponsoring this year's event, along with the Governor's Office, legislators, county and city officials, volunteer organizations and other state government entities. Eastern Kentucky PRIDE will be conducting cleanups in April as part of the Great American Cleanup.

What - Statewide cleanup and recycling event mandated by the 1998 Kentucky General Assembly to promote responsible solid waste practices

Where - Throughout the Commonwealth

When - Commonwealth Cleanup Week - March 23-30, 2019
Great American Cleanup - March 20 through December 31, 2019

Prizes - Civic, religious and nonprofit organizations can enter to win six separate \$100 prizes in a random drawing. To be eligible, organizations must register through their local solid waste coordinator and complete a cleanup project near the week of March 23-30, 2019. Group participation forms are available on the cabinet website at <https://waste.ky.gov/RLA/Events/CCW.aspx>.

We Need Law Enforcement Support!
The cabinet asks all law enforcement officials to step up efforts to cite for criminal littering and illegal dumping during the cleanups. We also request that county attorneys and district judges follow through with prosecution of littering and dumping citations during that time. Some useful laws for issuing citations are: KRS 433.757 (Littering Public Waters) and KRS 433.753 (Criminal Littering on Public Highway.) For more information about Commonwealth Cleanup Week, please contact James Renner, your Rockcastle County Solid Waste Coordinator at 606-256-1902. You may also contact Becky Block at the Division of Waste Management, (502) 782-6322, or by e-mail at Rebecca.block@ky.gov.



Members of the Governor's Cup State Finalist RCHS Academic Team: Front row from left: Elizabeth Mikeworth, Aden Amburgey, Katie Vance, Tessa Pickle. Middle row from left: Bailey Cromer, Kristen Taylor, Audrey Childress, Tarrylton Dunn, Leann Tankersley. Back row from left: Alyssa Lunsford, Hayden Robinson, Dalton Childress, Jonathan Cain, Drew Bullock, John Asher. Not pictured: Nora Pulliam.

Motel Rooms Available
at Weekly Rates
* Deposit Required *

BUDGET INN EXPRESS
1798 S. Wilderness Road • Mt. Vernon
606-655-1013

**Jack's
Pro Hardware**
160 Williams St. • Mt. Vernon • 256-4363

Much More Than A Hardware
Bibles • Gifts • Paint • Plumbing • Electrical

King's Eye Care
Is Proud to Welcome
Dr. Kevin Skidmore

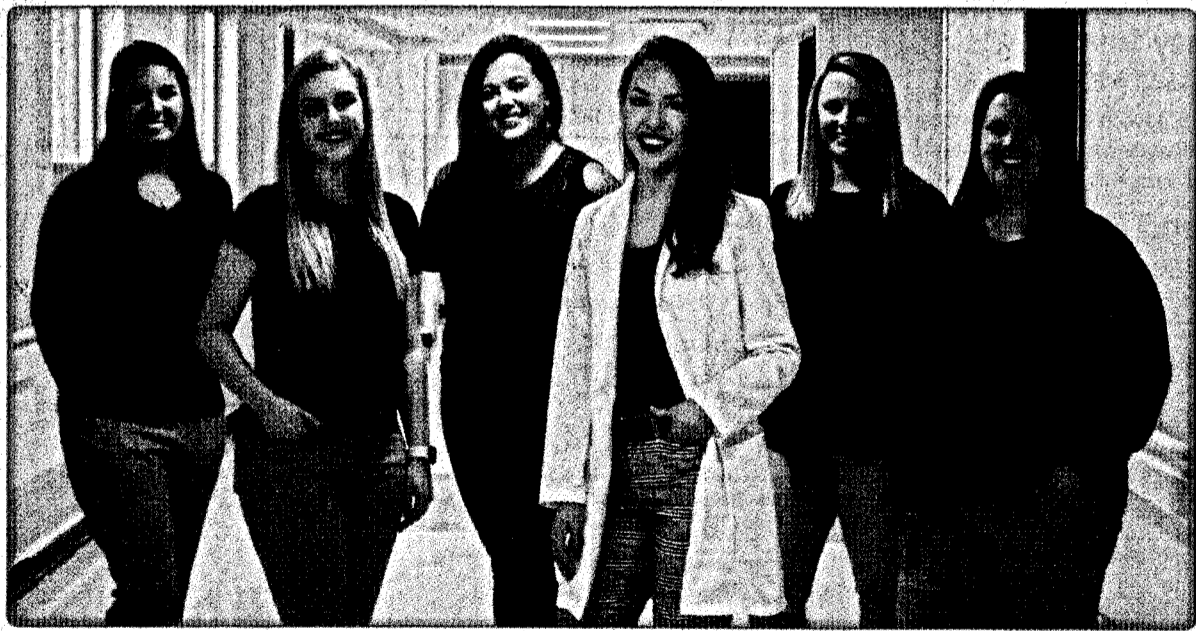
To Our Practice
Buy One Pair of Glasses and
Receive a Second Pair Half Off

Call for appointment
859-986-7027

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

Rockcastle Family Dental Center

Now Accepting Patients




The new Rockcastle Family Dental Center is located on the campus of Rockcastle Regional Hospital. Pictured above are our friendly staff ready to serve you: (from left) Makessa Lee, Scarlett Eaton, Brienne Miller, Dr. Amy Parsons, Heather Hancock and Ashley Haste.

To schedule an appointment, call 606-256-7695



**ROCKCASTLE
FAMILY DENTAL CENTER**



**ROCKCASTLE
REGIONAL**
HOSPITAL & RESPIRATORY CARE CENTER

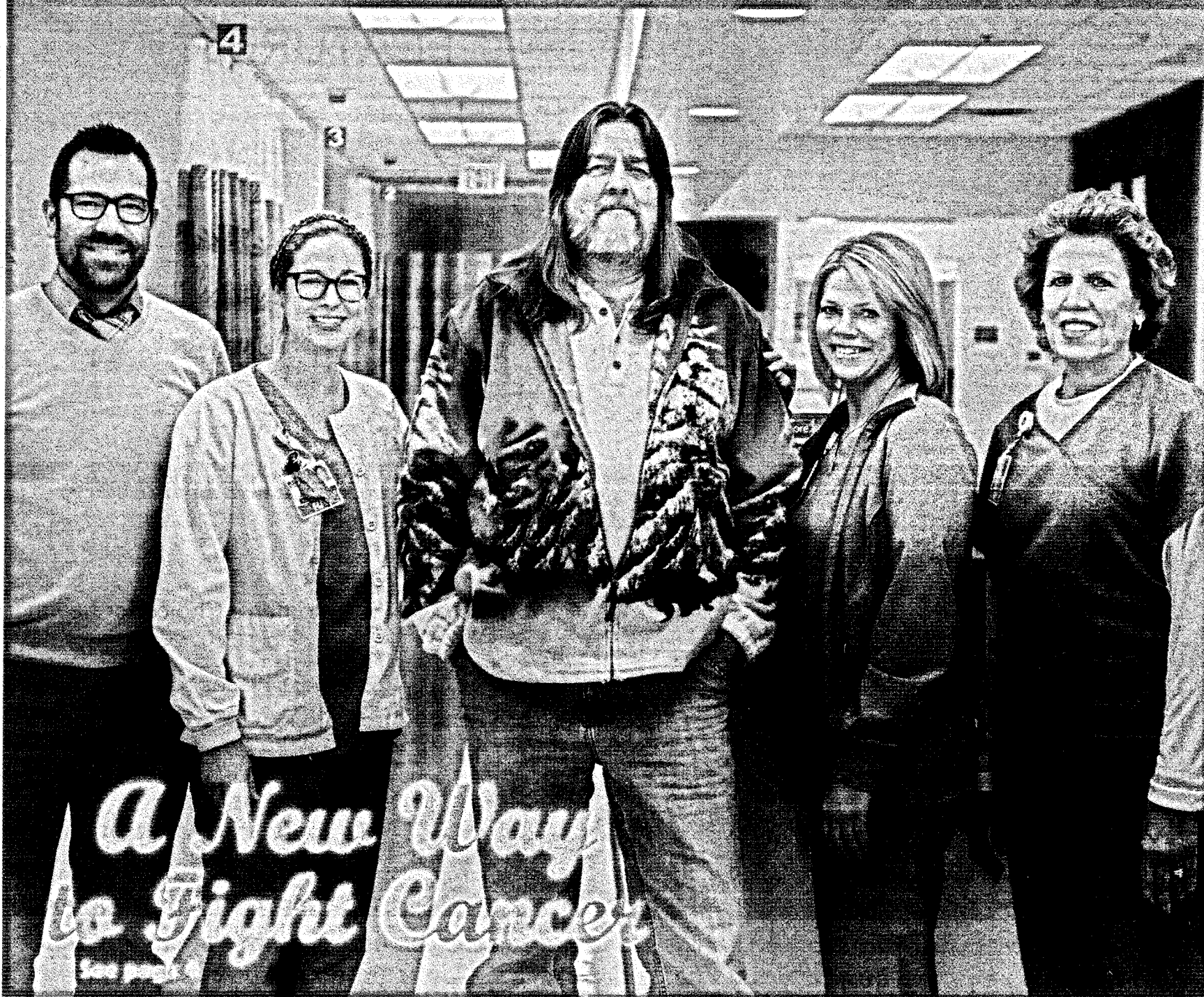
Hours
Monday 10 am - 7 pm
Tuesday - Thursday 8 am - 5 pm

75 Newcomb Ave
Mt. Vernon, KY 40456
(606) 256-7695

HEALTH *signal.*

Spring 2019 • Volume 5

**ROCKCASTLE
REGIONAL**
HOSPITAL & RESPIRATORY CARE CENTER
Breathing Life into healthcare



*A New Way
to Fight Cancer*

See page 4



ROCKCASTLE REGIONAL HOSPITAL ■ RESPIRATORY CARE CENTER

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

Mission

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

Vision

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

Values

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

Accreditation

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

Professional Association Memberships & Other Affiliations

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

Speakers Bureau

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

Leadership

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

- Joseph E. Lambert, Chairman
- Bige 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

FEATURES



3 CELEBRATING A MILESTONE



4 New way to fight cancer



8-9 Get healthy and fit

5 Women's Choice for healthcare

6 'Best Places to Work' award

10 Children's dental health

11 Sports injury prevention

14 Support group opportunities

Celebrating 10 years

The York House celebrates a decade of care and learning

By Jana Bray, Community Relations Director

The Rockcastle Hospital Child Development Center, also known as our York House, opened a decade ago and we are still celebrating our children's love of learning.

Now, with more than 60 families sharing their children with us, our enrollment has grown along with our space in our new state-of-the-art facility, which we moved into in 2017.

Tiffany Anglin, RN, says that having onsite childcare makes her job balancing a career and motherhood much easier. "My children have been coming to the York House since they were infants and when I came back to work from maternity leave, having the peace of mind that they were in the same building and I was only a few steps away, made that transition so much easier for me."

Child Development Center director Twila Burdette says families rely on the York House

for the many conveniences it offers. From the onsite flu shot clinics, to flexible scheduling for drop-in care, to after school and summer programs, the Center has been a constant source of support to employees raising their families.

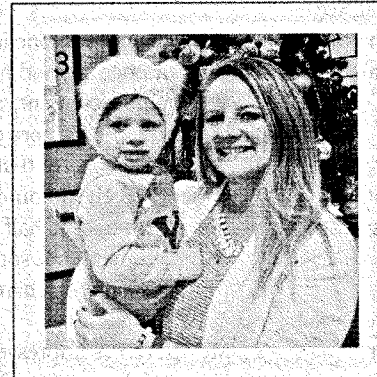
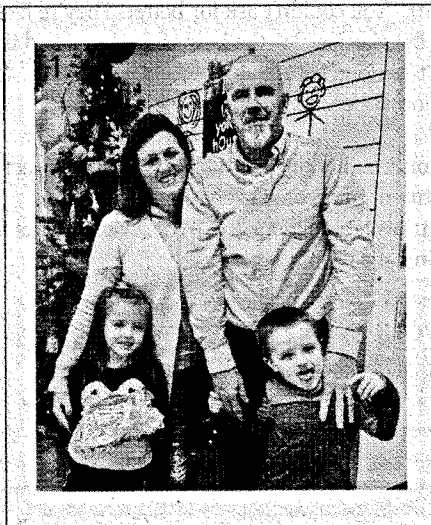
"Since we opened in 2007, our focus has remained the same," said Burdette. "We have designed both our space and our curriculum to creatively encourage and develop a child's full potential through skilled, knowledgeable, and caring professionals in a healthy and safe environment. Being able to provide a benefit to employees and their families for the last decade is a truly rewarding experience."

In December, this milestone was celebrated with a reception where both past and present York House kids and their families attended. Covering the hallway walls were pictures from years past where visitors could see not only the growth of our precious kids, but also the growth of our center.

"The location may have changed, but our safe and creative learning environment remains," said Burdette. "We called it 'wondertime' when we opened 10 years ago, the smiling eyes of our York House kids tattle that it's still wonderful indeed!"

“
Being able to provide a benefit to employees and their families for the last decade is a truly rewarding experience.
”
Twila Burdette
Center Director

Snapshots from the celebration



1. Celebrating the York House Child Development Center's 10 Year Anniversary is Tiffany Anglin, RN, and her husband Anthony, along with their children, Emma and Parker. 2. Both former and current York House kids enjoyed seeing themselves grow over the years in the pictures displayed at the celebration. Pictured is Sydney Woods who has been a York House kid since she was two years old. 3. Chelsea Payne says having onsite childcare for her daughter, Jaycee, is beyond convenient for the unplanned things like when Jaycee gets sick and needs to see the doctor right across the street. "The staff are just great! They really do everything they can to make things easier for working parents." 4. Twila Burdette serves cake and refreshments at the celebration.

A new way to fight cancer

By Dwain Harris

When cancer patients think of treatment options, the two things that typically come to mind are chemotherapy and radiation. But a newer option – immunotherapy – is showing tremendous promise, and Rockcastle Regional's Hematology and Oncology Clinic is offering it along with chemotherapy.

"It's really kind of changed things in how we look at many kinds of cancer where we typically didn't have the best treatment options," said Rockcastle Regional oncologist Justin Williams, D.O.

Whereas chemotherapy directly attacks cancer cells, immunotherapy unleashes the body's own defenses, allowing the immune system to fight cancer cells. Immunotherapy works by releasing "brakes" that keep T cells (a type of white blood cell and part of the immune system) from killing cancer cells, according to the National Cancer Institute. These drugs do not target the tumor directly. Instead, they interfere with the ability of cancer cells to avoid immune system attack.

"We're seeing patients get this prolonged response," Dr. Williams said. "The conversation I have now with someone who has metastatic lung cancer is much different than it was five years ago. In the past, we could more accurately predict a timeframe that a treatment would be effective – not so much anymore."

That means that some patients' response to immunotherapy is so good that they are living years where they would have lived months using other treatment methods, and some may live many years.

Immunotherapy has worked well for Freddy McWhorter. The Jackson County resident discovered he had lung cancer in February of 2016. After receiving chemotherapy at another facility, in 2017 he began immunotherapy at Rockcastle Regional using a specific drug call Keytruda. His body has responded well to the treatment, and though the cancer is still there, it has remained contained and shows no signs of growth. His prognosis, and his outlook, is good.



Freddy McWhorter pictured with some members of his care team, from left, Dr. Justin Williams, Johnna VonLinger, RN, Stephanie Hines, RN, and Gayle DeBorde, RN.

"My main question when I first saw Dr. Williams was, 'How do I stay alive?'" McWhorter, 55, has a 4-year-old daughter and said he couldn't imagine himself not seeing her grow up.

McWhorter gets a treatment, which takes about three hours, every three weeks. "It's been a life-saver," he said, adding that the side effects haven't been nearly as bad as those from chemotherapy.

Though not everyone is a candidate for immunotherapy, and not everyone's body responds well to the treatment, the use of immunotherapy is becoming much more common. Five years ago, Dr. Williams estimates that less than 10 percent of cancer patients received immunotherapy. Now the percentage has grown to over half. Most often it's given as the only treatment, but sometimes it's administered in combination with chemotherapy.

McWhorter is impressed with Rockcastle Regional's Hematology and Oncology Clinic for reasons that go beyond the success of his treatment.

"This is the best (healthcare facility) I've ever seen," McWhorter said. "The staff will do anything for you. Dr. Williams is great. He always takes the time to

answer any questions I have."

Rockcastle Regional's Hematology and Oncology Clinic, an affiliate of the University of Kentucky's Markey Cancer Center, is one of 32 cancer care facilities in Kentucky to be accredited by the Commission on Cancer.

"They're excellent," McWhorter said of the cancer care team. "You couldn't ask for better. They're like friends, but they're also the best of the best. And if a test can't be done here, they send you to Markey. That connection is a great asset."

As for immunotherapy, Dr. Williams said to expect the treatment to become even more common. Clinical trials are ongoing and new developments are happening at a rapid pace.

Did you know?

The 2018 Nobel Prize in Physiology or Medicine was awarded jointly to two cancer immunotherapy researchers, James P. Allison, PhD, of The University of Texas MD Anderson Cancer Center, and Dr. Tasuku Honjo of Kyoto University in Japan. Allison and Honjo were honored for their work on uncovering ways to activate the immune system to attack cancer.

Women's Choice for healthcare

By Jana Bray, Community Relations Director

Recognized by women 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.

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.

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 best health outcomes are achieved when the highest level of care is provided with a focus on quality, safety, and patient experience," said Stephen A. Estes, president and CEO of Rockcastle Regional. "Earning this award for yet another service area of our organization is a testament to our dedication to quality care through our values built

on patient safety, satisfaction, and healthy outcomes."

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 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, The Healthcare Facilities Outpatient Program, or Det Norske Veritas Healthcare. Rockcastle Regional is accredited by the Joint Commission. 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 624 award recipients in the nation representing the hospitals that have met the highest standards for outpatient experience in the U.S. by the Women's Choice Award.

“
The best health outcomes are achieved when the highest level of care is provided with a focus on quality, safety, and patient experience,
”

Stephen A. Estes
President/CEO

The Women's Choice Award® mission is to give women a collective voice so that they can help each other identify brands, products, and services that deserve her loyalty and referrals. We are a trusted referral source for women who are searching for the most recommended hospitals, businesses, brands, and services.

Rockcastle Regional named a “Best Places to Work in Kentucky” for the 4th Year

By Jana Bray, Community Relations Director

Rockcastle Regional Hospital and Respiratory Care Center has been named a “Best Places to Work in Kentucky” for 2019 by the Kentucky Chamber of Commerce and the Kentucky Society for Human Resource Management (KYSHRM). This is Rockcastle Regional’s fourth year-in-a-row to be named to the list.

“Being recognized as a Best Place to Work in Kentucky is truly an honor for us,” said Carmen Poynter, human resources director at

“
Being recognized as
a Best Place to Work
in Kentucky is truly
an honor for us,
”

Carmen Poynter
Human Resources Director

Rockcastle Regional. “This award is a reflection of the work our employees do every day.”

Poynter says that the organization’s goal is to create a work environment where employees are able to live out the organization’s mission of delivering the highest quality of care to those they serve. “Our employees strive to make a meaningful difference in the lives of each patient on a daily basis, which is what really drives our engagement as employees.”

Winners from across the state have been selected in three categories: small companies of 15-149 employees, medium companies of 150-499 employees, and large companies consisting of 500 or more employees.

Rockcastle Regional was named a winner in the large company category based on its 709 full and part-time employees. The selection process, managed by Best Companies Group, is based on an assessment of the company’s employee policies and procedures and the results of an internal employee survey.

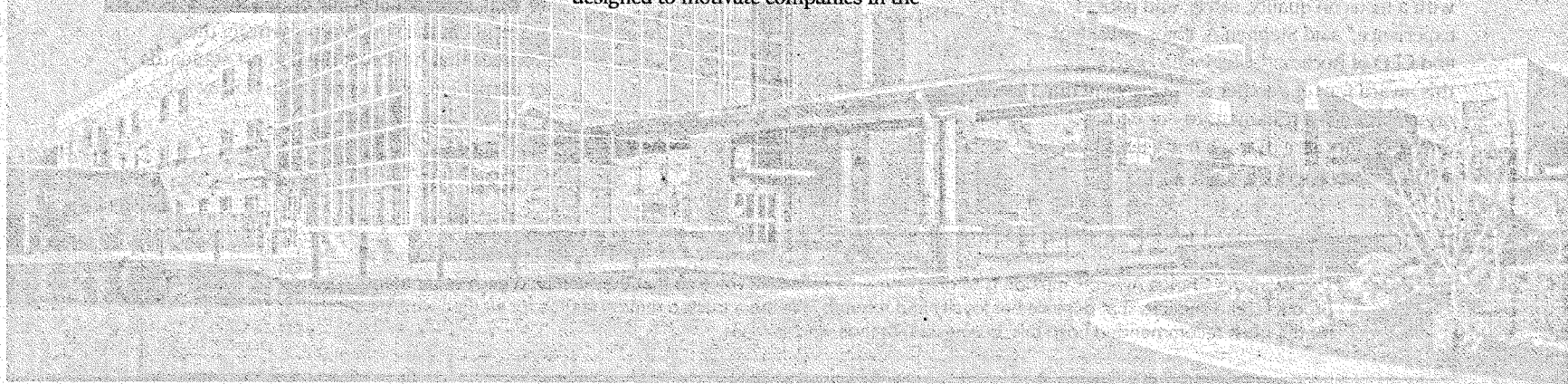
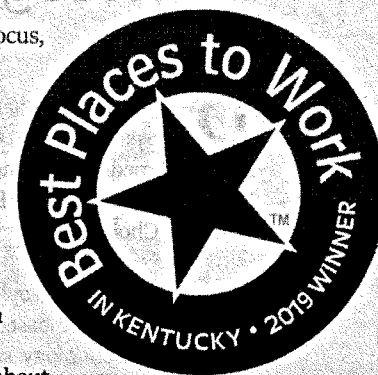
The competition is a multi-year initiative designed to motivate companies in the

Commonwealth to focus, measure, and move their workplace environments toward excellence.

“At Rockcastle, we believe that great patient outcomes begin with engaged employees who are passionate about what they do and enjoy their work,” said Rockcastle Regional president and CEO, Stephen A. Estes. “That’s why we are committed to creating a workplace that allows our employees to thrive and feel supported in their careers.”

Rockcastle Regional will be recognized at an awards dinner on April 23 where the final winner rankings will be announced.

For more information about career opportunities at Rockcastle Regional, or to apply for a job, please visit www.rockcastleregional.org/careers.

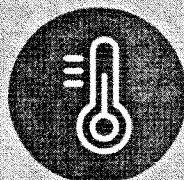




QuickCare

ROCKCASTLE REGIONAL

At Rockcastle Regional QuickCare, we understand that illnesses and injuries can happen anytime. That's why we're open 8 to 7:30 weekdays and 8 to 3:30 weekends. With no appointments needed, you can just walk in and our warm, welcoming medical team will get you on the road to recovery.



ILLNESS

Colds, flu, strep throat, and bronchitis. No matter the illness, we've got you covered.



INJURY

Great care when you need it for cuts, breaks, sprains, strains, bites, stings, and more. Onsite x-ray is available.



WELLNESS

We'll help keep your kids up to date with school, camp, and sports physicals. Immunizations available for ages 11 and up.



WORK-RELATED

The services you need as an employee – from pre-employment or CDL physicals to workers' comp.

LOCATION

Conveniently located on Highway 461
1770 Lake Cumberland Rd
Mt. Vernon, KY

PHONE

(606) 256-7488

HOURS

Monday – Friday: 8 a.m. – 7:30 p.m.
Saturday: 8 a.m. – 3:30 p.m.
Sunday: 8 a.m. – 3:30 p.m.

Holiday Hours: 8 a.m. – 1:30 p.m.

(Good Friday, Easter, Thanksgiving, Christmas Eve, Christmas Day, and New Year's Day. All other holidays operate on normal hours.)

The Wellness Center

Don't lose momentum on your New Year's resolution to get healthy and fit! Rockcastle Regional hosts co-ed group exercise programs in its 2,600 square-foot Wellness Center located on the third floor of the Outpatient Services Center. A variety of classes are offered for all fitness levels.

Meet the Instructors



ANGIE ADAMS teaches REFIT. She became a certified REFIT instructor in October of 2018 and began teaching in the wellness center in January of 2019.



ELLA BRADLEY Teaches Spin. She became a certified instructor through Expert Rating in June 2017 and has been teaching in the wellness center since 2017.



ELIZABETH MIDDEN teaches gymnastics. Elizabeth is certified by U.S. Gymnastics. She has taught gymnastics since 2013.



DANETTA ALLEN teaches REFIT. She became a certified REFIT instructor in October of 2018 and began teaching in the wellness center in January of 2019.



MORGAN BRAY teaches Barré. She has a Bachelor of Science degree in Kinesiology and Public Health. Morgan has been teaching in the Wellness Center since 2011.



CHELSEA PAYNE teaches SilverSneakers and is a certified personal trainer and has worked in the Wellness Center since 2013.



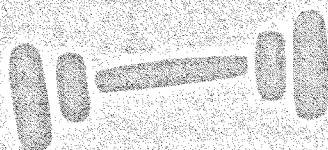
REBEKAH ARVIN teaches Trifecta. She is certified in kick-boxing and step. Rebekah began teaching in the Wellness Center in January 2014.



CHRISTOPHER FRITH teaches Karate. He is a fifth degree black belt in Shotokan Karate and a black belt in Aki-Ju-Kan-Do. Christopher has taught Karate since 1990.



AMANDA BRADLEY teaches gymnastics. She is certified through U.S. Gymnastics. Amanda has taught gymnastics since 2013.



Interested in holding classes at the Wellness Center?

Instructors at the Wellness Center are independent contractors and are not employed by Rockcastle Regional Hospital and Respiratory Care Center in their capacity as a fitness instructor. Rockcastle Regional allows only certified, licensed, and insured instructors to utilize the Wellness Center for the purpose of conducting class. If you are a licensed/certified instructor and would like to inquire about teaching in the Wellness Center, please email k.prewitt@hrcc.org for more information.

at Rockcastle Regional

Always consult your physician before starting a new exercise program. Choose a class that is appropriate for your fitness level. For instructor contact information and current class schedule, visit rockcastleregional.org/wellness_center.

Class Descriptions

BARRE

Barre includes a variety of activities to increase stamina, flexibility, and strength by combining ballet, Pilates and Yoga movements. Alignment, core engagement, and total body strengthening will be achieved each session. It is recommended to bring a yoga mat and no-skid socks. (Classes held Monday and Wednesday)

GYMNASTICS

Gymnastics classes are designed to provide children with a fun learning atmosphere and develop a strong foundation to build upon. Each class has specific goals and are designed for each child's skill level, both physically and mentally. From forward rolls to back tucks, we will provide instruction to progress. (Classes held Monday)

KARATE

Shotokan Karate is a Japanese style of martial arts. The main focus of the art is physical training for strength, flexibility, and power. This is achieved by using proper form and technique. Classes are taught in a very traditional manner, requiring students to learn respect and self-discipline in addition to the physical aspect. New students are always welcome to try a month for FREE! (Classes held Tuesday and Thursday)

REFIT

Refit is a class built on a foundation of higher values, turning a fitness class into a revolutionary movement that transforms lives beyond the workout. At REFIT, our mission is to create a fitness experience where everyone belongs. We incorporate movement and music to give you a total body workout! (Classes held Tuesday and Thursday)

SILVERSNEAKERS® CLASSIC

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support. To find out if SilverSneakers® is a benefit of your insurance plan, call (606) 256-7767. (Classes held Monday, Wednesday, and Friday)

SPIN

Spin is the best low-impact cardio fitness available. This class is non-stop pedaling on a stationary bike. There's no impact on knees, but after class you will feel like you ran a half-marathon. (Classes held Tuesday and Thursday)

TRIFECTA

Trifecta is body blasting workout where the routine is always different! It uses several types of equipment such as weights and stability balls, plus planks, ab workouts, and more! This class will tone and tighten your body and make you stronger. (Classes held Monday and Wednesday)



[YOUR HEALTH]

February is National Children's Dental Health Month

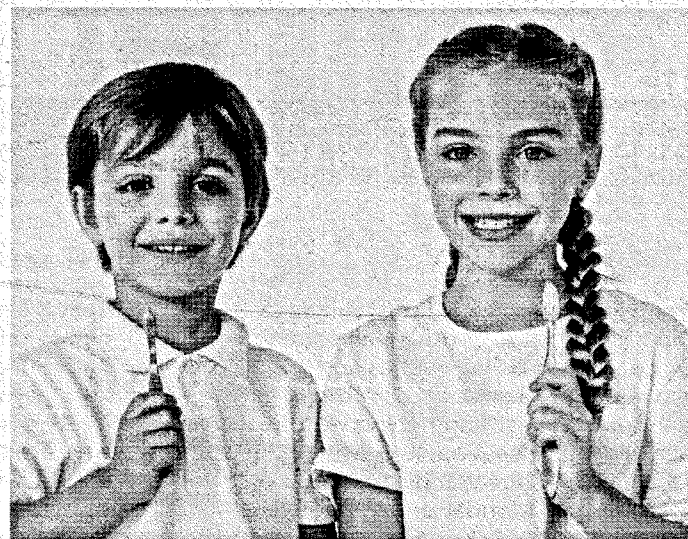
Cavities (also known as caries or tooth decay) are one of the most common chronic diseases of childhood in the United States. Untreated cavities can cause pain and infections that may lead to problems with eating, speaking, playing, and learning. Children who have poor oral health often miss more school and receive lower grades than children who don't.

- About 1 of 5 (20%) children aged 5 to 11 years have at least one untreated decayed tooth.
- 1 of 7 (13%) adolescents aged 12 to 19 years have at least one untreated decayed tooth.
- Children aged 5 to 19 years from low-income families are twice as likely (25%)

to have cavities, compared with children from higher-income households (11%).

The good news is that cavities are preventable. Fluoride varnish can prevent about one-third (33%) of cavities in the primary (baby) teeth. Children living in communities with fluoridated tap water have fewer cavities than children whose water is not fluoridated. Similarly, children who brush daily with fluoride toothpaste will have fewer cavities.

Dental sealants can also prevent cavities for many years. Applying dental sealants to the chewing surfaces of the back teeth prevent 80% of cavities.



What Parents and Caregivers Can Do

FOR BABIES

Wipe gums twice a day with a soft, clean cloth in the morning after the first feeding and right before bed to wipe away bacteria and sugars that can cause cavities.

When teeth come in, start brushing twice a day with a soft, small bristled toothbrush and plain water.

Visit the dentist by your baby's first birthday to spot signs of problems early. Talk to your dentist or doctor about putting fluoride varnish on your child's teeth as soon as the first tooth appears.

For children younger than 2, don't use a fluoride toothpaste unless directed by a doctor or dentist.

FOR CHILDREN

Brush their teeth twice a day with fluoride toothpaste.

Drink tap water that contains fluoride.

Ask your child's dentist to apply dental sealants when appropriate.

If your child is younger than 6, watch them brush.

Make sure they use a pea-sized amount of toothpaste and always spit it out rather than swallow. Help your child brush until they have good brushing skills.

“

Establishing good oral hygiene habits from an early age is the best way to ensure a lifetime of oral health.

”



Amy Parsons, D.M.D.
Rockcastle Family
Dental Center

[YOUR HEALTH]

March is National Athletic Training Month

The Risk of Overuse Injuries

OVERUSE INJURIES CAN BE CAUSED BY

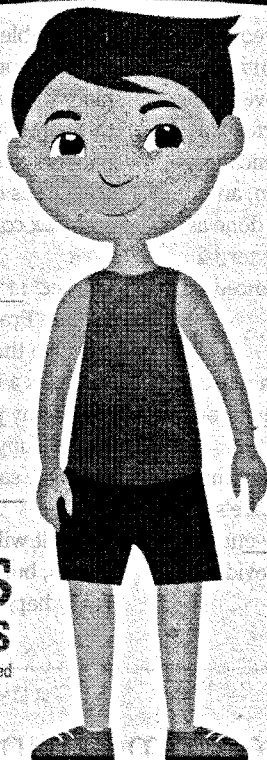
training errors, improper technique, excessive sports training, inadequate rest, muscle weakness and imbalances and early specialization.

LONG-TERM CONSEQUENCES INCLUDE

loss of playing time, reduced function and psychological exhaustion.

SYMPTOMS OF OVERUSE INJURIES

tend to be gradual, resulting in athletes going undiagnosed and untreated for longer periods of time.



COMMON OVERUSE INJURIES ARE

general stress, inflammation and tendinitis.

INJURIES TO THE GROWTH PLATE CAN RESULT

from repeated microtrauma, which is microtearing of the muscle fibers and connective tissues.

STRESS FRACTURES

occur when shock that can't be absorbed from fatigued muscles is transferred to the bone.

OVERUSE INJURIES ARE MORE FREQUENT IN



Rowing • baseball • volleyball • cross-country
• track and field • other low-contact sports

APPROXIMATELY **50%** of all sports-related injuries for pediatric athletes—children ages 6 to 12 and adolescents ages 13 to 18—are due to overuse.

Acute overuse injuries occur when there is too much activity, too quickly, while chronic overuse injuries result from repetitive activities over the course of several weeks or months.

WOMEN'S SPORTS, INCLUDING



Field hockey • soccer • cross-country • volleyball

HAVE THE MOST OVERUSE INJURIES

PREVENTING OVERUSE INJURIES

- Avoid specialization and repetitive sport activity at a young age. Athletes who participate in a variety of sports tend to have few injuries and play longer.
- Limit training in one sport to no more than five days a week with at least one day off from any organized physical activity.
- Take time off from one sport for two to three months each year to allow physical injuries to heal, the body to

recoup and for the athlete to focus on strength training and conditioning. This is also a psychological break that can help the athlete avoid burnout and overtraining syndrome.

- Pediatric athletes should only play one overhead throwing sport at a time and should avoid playing the same sport year round. Participation in multiple sports throughout the year provides a wider range

of skills as well as rest from repetitive, single-sport activities.

- Although there aren't injury thresholds for specific sports or age ranges, data suggest limiting vigorous physical activity to 16 to 20 hours a week for pediatric athletes.
- Conduct a pre-participation physical exam on an annual basis to detect life-threatening conditions as well as factors that may predispose the athlete to overuse injuries.

Source: National Athletic Trainers' Association; Journal of Athletic Training; American Academy of Pediatrics. Information provided by the National Athletic Trainers' Association.



rockcastleregional.org

ROCKCASTLE REGIONAL Physical Therapy

Treatment of orthopaedic injuries
Manual therapy for the spine and extremities
Sports injuries and injury prevention
Pediatrics
Stroke/Cardiac/Pulmonary rehab
Vestibular rehab
Oncology rehab
Pain management
Brace and orthotic fitting
Integrative dry needling
NDT pediatric services

606.256.2609 | t.gabbard@rhrcc.org

Rockcastle Regional Hospital
and Respiratory Care Center

145 Newcomb Ave, Mt. Vernon, KY 40456

[UK CONNECTIONS]

New Minimally Invasive Procedure Performed for the First Time in Kentucky

By Olivia Ramirez • Courtesy of UK HealthCare

Since she was in her early 20s, Jackie Denault has had issues with her gastrointestinal (GI) system. But in 2017, the problem became so severe she was having trouble eating because she would feel incredibly nauseous after a meal. After making attempts to control the issue herself, Denault decided it was time to seek medical attention, so she went to UK Family and Community Medicine at Turfland to see her primary care provider. She was told, due to her history of GI issues, it would best for her to undergo a colonoscopy.

Denault's colonoscopy revealed she had two polyps in her colon. One of the polyps was found to be a Tubulovillous adenoma, or TVA, a type of polyp that grows in the colon and other places in the gastrointestinal tract and sometimes in other parts of the body. These adenomas may become cancerous.

Endoscopic removal of adenomas can be problematic because if future polyps appear at

the same site, removal a second time becomes challenging due to scar tissue formation. Therefore, the typical treatment for this type of recurrent adenoma for patients with benign and relatively small lesions is a colon resection, considered a highly invasive procedure. However, in 2017, the U.S. Food and Drug Administration approved new technology which allows physicians to perform a new procedure called an endoscopic full thickness resection (EGTR). Unlike a bowel resection, an endoscopic full thickness resection can be done as an outpatient procedure doesn't require external incisions and can be performed in an advanced endoscopy suite.

Before December 2018, patients wanting a more minimally invasive option for the procedure would have had to drive several hours and outside of Kentucky to receive this new treatment. But, the advanced endoscopy group in UK HealthCare's Digestive Health Program recently underwent the necessary training and are now able to provide this state-of-the-art care.

"Recurrent colon adenomas are challenging for endoscopists and surgeons alike," said Dr. Moamen Gabr, assistant professor in the Division of Digestive Health & Gastrointestinal Surgery. "Being able to perform this minimally invasive option to our Kentucky patients allows UK to be the place that offers comprehensive management for this condition. It also answers to the needs of our patients and community physicians who put great trust in us caring for their patients with the most complex conditions."

On Dec. 14, 2018, Drs. Gabr, Samuel Mardini and Wesam Frandah worked together to plan and perform the procedure. For Denault, knowing her care was a team effort was comforting. "Knowing that many people are involved in wanting it to go successfully helps you know things are going to be OK," she said.

Denault will return for a follow-up appointment in March, but so far, she is feeling a lot of relief. "I'm really happy and very grateful."

Markey Receives ACS Grant to Help Patients Overcome Transportation Barriers

By Allison Perry • Courtesy of UK HealthCare

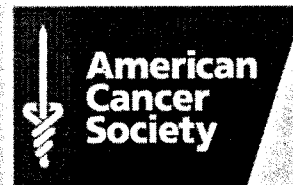
The University of Kentucky Markey Cancer Center has been awarded a new transportation grant from the American Cancer Society. These funds will be used to address the transportation needs of cancer patients traveling to the UK Markey Cancer Center for treatment.

An estimated 25,990 Kentucky residents will learn they have cancer this year and getting to their scheduled treatment may be one of their greatest roadblocks. To help patients get the critical care they need, American Cancer Society community transportation grants are awarded at a local level to health systems, treatment centers and community organizations. These grants are available in select

communities through an application process and focus on addressing unmet transportation needs of cancer patients, particularly vulnerable populations experiencing an unequal burden of cancer.

"Disparities predominantly arise from inequities in work, wealth, income, education, housing and overall standard of living, as well as social barriers to high-quality cancer prevention, early detection and treatment services," said Kelsey Lewis, Mission Delivery Program Manager, American Cancer Society. "The Society collaborates with community health partners to reach individuals in

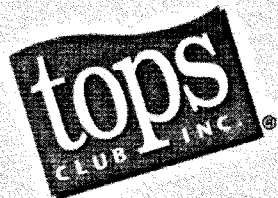
areas with higher burdens of cancer and limited or no access to transportation because even the best treatment can't work if a patient can't get there."



"Some patients don't have access to transportation at all or are too fatigued or sick to drive themselves," said Joan Scales, program director for Markey's Psych-Oncology Services. "Access to care is a big problem in our country, with low-income people of color and those living in rural communities

suffering the most from disparities. Transportation programs are vital for these patients to get the treatments they need and deserve."

Support Group Opportunities Available to Our Community



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



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

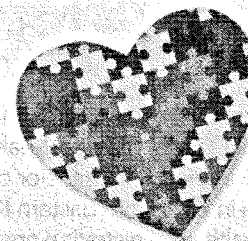
Three regularly scheduled weekly sessions are available to anyone looking for a little extra support and motivation to help you make a lasting and healthy lifestyle change. Each group meets in the Education Center on the third floor of Rockcastle Regional's Outpatient Services Center.

TUESDAYS at 12:00 PM

TUESDAYS at 6:00 PM

WEDNESDAYS at 4:00 PM

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



THE KAYLA AUTISM Support Group

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

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



Class Introduction Features:

Free Biometric Screenings

Blood Pressure and Glucose Screenings

Rockcastle Regional Hospital Wellness Center
Third Floor Outpatient Services

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

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



Alzheimer's Support Group

Join us for an opportunity for caregivers, families and friends to learn more about Alzheimer's disease, share your feelings and concerns, and support each other in coping with the effects of the disease.

Meetings are scheduled every third Monday of the month at 1 p.m. in the hospital chapel.

For more information, call Anne Harris at (606) 256-7835.



NEWS AND NOTES FROM OUR TEAM • TRANSITIONS

MAKAYLA BARNETT

Makayla Barnett has been named the clinical assistant for the rural health clinics. Makayla earned her bachelor of science degree in 2016 from Eastern Kentucky University in health administration and is excited to join the clinic team. She lives in Somerset with her husband, Brian, and during her free time, she enjoys outdoor activities such as gardening, horseback riding, and fishing. When asked about her new position, she says, "I enjoy the people I work with and being part of an organization that is dedicated to serving patients."



MYRTLE CROUCH

Myrrtle Crouch, ADN-RN, is the new nursing coordinator for the South A & B units in the Respiratory Care Center. Myrtle lives in Mt. Vernon with her two children, Ashley and Caleb, and during her free time she enjoys spending time with family, reading, and traveling. About her new position, Myrtle says, "I enjoy taking care of the patients, watching them progress, and meet their goals. That is very fulfilling to me. I also enjoy working with my co-workers and being a part of an outstanding team of kind-hearted, caring, and loving caregivers."



BRIE MILLER

Brie Miller has joined Rockcastle Family Dental Center as the office manager. Brie moves to the Dental Center from her previous job within the hospital's business office. With over nine years of dental office management experience, Brie is very excited to be joining the Rockcastle Regional dental team and looks forward to what it will bring to the community. "I love the people I work with as well as working for an organization that prides itself on excellent patient care," she says. Currently living in Brodhead, when not at work, she enjoys reading, spending time with friends and family, going camping, and watching her children play sports.



DEBRA ROBERTS

Debra Roberts, RN, BSN, has joined the long-term care team as a referral/intake coordinator. Debra says that since she became a registered nurse in 1992, she has always enjoyed taking care of others and helping those in need and she is excited about this next phase of her career. "I work alongside some of the most caring and professional people and the care they give is second to none. I am proud to say I work at The Rock." Debra lives in Mt. Vernon with her husband, Tim Roberts. Together, they have four daughters and four granddaughters. During her free time, she likes to fish, garden, spend time with her family, and run her small business, Deb's Boutique.



SHERRY SAYLOR

Sherry Saylor, RN, BSN, has been named Rockcastle Regional's nursing case manager. Sherry earned her bachelor of science degree in nursing from Berea College and has been working in the nursing department at Rockcastle Regional since 1993. Residing in Paint Lick, KY with her husband, Steve, she spends her free time with her friends and family (son, Justin; daughter-in-law, Jade; and two granddaughters, Jenna Lee and Julie Ann), reading, and crafting. Sherry is excited about the next stage in her career. "The best part about my job is that I get to help people. As a case manager, my goal is to assist patients in getting what they need in order to maintain their health and independence."



Rockcastle Regional Healthcare Providers

Physicians Based in Rockcastle County

Jon A. Arvin, MD.....	Family Practice
Joshua C. Bailey, MD.....	Pain Management
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
Bethanie Hammond, MD.....	Breast Imaging/Radiology
Rebecca Hammond, MD.....	Family Practice
Robert F. Hendrickson, MD.....	Family Practice
Sarah Oliver, MD.....	Pediatrics
Amy Parsons, DMD.....	Dentistry
Kevin Rowe, MD.....	Family Practice
Karen B. Saylor, MD.....	Internal Medicine/Pediatrics
Callie Shaffer, MD.....	Pediatrics
William Stewart, MD.....	Family Practice
Justin Williams, MD.....	Hematology/Oncology

Mid-Level Providers Based in Rockcastle County

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

Visiting Physicians

Michael Anstead, MD.....	Pulmonology
Azhar Aslam, MD.....	Cardiology
Taha Ayach, MD.....	Nephrology
Nicole Begg, PhD.....	Adolescent Psychology
Karim Benrajab, MD.....	Gastroenterology
Michael Blackburn, PA-C.....	Orthopaedics
L. Lee Cain, OD.....	Optometry
Said Chaaban, MD.....	Pulmonology
Jennifer Chadwell, DMD.....	Dentistry
Chad Cooper, MD.....	Podiatry
Kinjal Dave, MD.....	Pulmonology
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
Luis Hidalgo, MD.....	Cardiology
Wallace Huff, MD.....	Orthopaedics
Bahaaeldeen Ismail, MD.....	Gastroenterology
Michael Jones, MD.....	Cardiology
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
Stephanie Stockburger, M.D.....	Adolescent Medicine
Mark Vranicar, MD.....	Pediatric Cardiology
Byron T. Westerfield, MD.....	Sleep Medicine
Denis Yalkut, MD.....	Urology

We're Hiring

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

Administrative Assistant
File Clerk
Housekeepers
LPN's
Radiology Technologists
Respiratory Care Equipment Technician
Respiratory Therapists

RN's
Pediatric APRN
Pharmacy Technician
QuickCare PA or APRN
Teacher
Security Officer
SRNA's

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

Equal Opportunity Employer



Let's get moving!



COUNTY-WIDE
Stride
Run/Walk Series

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

WHAT'S IN IT FOR YOU?

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

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

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

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

2019 COUNTY-WIDE STRIDE RACE CALENDAR

Snowball Express 2-miler • Sunday, January 27

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

St. Patrick's Day 5 Miler (5K walk) • Sunday, March 17

Fairview Baptist Run for Missions • Saturday, April 20

Brodhead Hustle 5K • Saturday, May 25

Fit Family Run • Thursday, June 20

Rockcastle Alzheimer's 5K run/walk • Saturday, July 13

Livingston Leap 5K • Saturday, August 31

Running for the Rock 5K run/2M walk • Saturday, September 14

Bittersweet (5K run; 2M walk) • Saturday, October 5

Renfro Rock 'N Run (HM/5K/5 Mile) • Saturday, October 19

Kiwanis Run for Kids 5K • Saturday, November 9

Jingle Bell 6K • Saturday, December 7

**For more information visit us online at www.rockcastleregional.org/race
or follow us on Facebook at facebook.com/countywidestrider**