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Thursday, October 12, 2017



Main Street was filled Friday and Saturday during the annual Bittersweet Festival in Mount Vernon as visitors from across the county and the state came to enjoy the many events and performances available. Visitors of all ages enjoyed events including inflatables, music, games, contests and a variety of good food. Pictured below, the float from Mount Vernon Paw Spa drew applause from onlookers as it passed through downtown. The parade was filled with local dignitaries, antique tractors, trucks, horses, and many other eye-catching displays as one of the biggest Bittersweet parades ever kept visitors smiling on the sunny afternoon. The festival was kicked off with a Car Show Thursday night. (See more photos on pages A6-8)



## Multiple wrecks stop I-75 traffic in Rockcastle

By: Mike French

A single vehicle crash in Rockcastle County caused the death of Mark Murphy, 46, of Manchester Monday morning, according to a Kentucky State Police report.

The accident occurred just after 9 a.m. at the 66 mile marker just north of the Mount Vernon exit.

Upon arrival, State Trooper Scottie Pennington determined the 2016 Ford pick-up truck was traveling north when the driver dropped off the edge of the shoulder and went over an embankment.

Murphy was transported to Saint Joseph Hospital in

Berea where he was later pronounced dead.

Assisting at the scene were other troopers from Post 11, the Rockcastle County Sheriff's Office and Rockcastle EMS workers.

Pennington is continuing the investigation into the accident.

On Tuesday evening, at least two more accidents on I-75 in Rockcastle County held up traffic for hours.

According to reports, a jackknifed tractor/trailer at the 57 mile marker in the southbound lane blocked traffic for hours Tuesday night while, at the same

(See "Wreck" on A5)

## Schools concerned about recent cuts

By: Mike French

The Rockcastle County School Board held their monthly meeting Tuesday night and discussed several issues concerning the district.

In their first action, the board approved the purchase of two new school buses for \$186,238. One of the buses is a 72-passenger vehicle while the other holds 66 passengers.

The base price for the units were \$179,000 but extra cameras for security, a PA system, heavy duty tires and luggage boxes brought the amount to the purchase price.

The board had already

voted to have the funds in the budget for the purchase knowing that the two buses would be needed this year.

Once again the board members discussed budget cuts from the state and expressed concern about maintaining the level of education now offered in the county if such cuts continue.

"These cuts have been devastating to some other districts and we are just fortunate that we have been able to manipulate funds and move money around to keep our programs," Superintendent David Pensol told board members. "Some have had to cut after school tutoring but I just can't imagine us not having that program. It's a great environment for our students and makes a positive difference in their education."

Some board members mentioned having a formal conversation concerning the cuts in the future and plan-

(See "School" on A5)

## Brodhead nuisance ordinance approved

By: Mike French

Mayor Walter Cash and only two members of the Brodhead City Council, attended Monday's regular meeting Tuesday night for the second and final reading of the city's Nuisance Ordinance.

The ordinance remains the same as in the past ordinance with the exception of one description of vehicles left unattended.

Councilman John Burton said the new ordinance does not punish residents who may have a car parked in their driveway and is not a health hazard to anyone. "Many of us have an extra

car in our driveway. Some run and some don't," he said. "But as long as it isn't posing a health risk to the public by leaking fluids or piled full of trash or housing rat's nests, it will not be against this ordinance."

Councilman Rick Kirby said the change is more "friendly" to the public. "We aren't looking for ways to punish people or fine anyone. We are simply trying to

do our job and protect people."

Kirby also addressed the possibility of adding amendments later to the ordinance, or even creating a new ordinance, that will deal with mobile homes and define what constitutes a nuisance.

Burton said the issue of mobile homes and ordinances requiring upkeep and

Mobile homes to be addressed

maintenance can be a very complicated issue and will involve the city attorney's recommendations as well as discussion among councilmembers and the mayor.

City Clerk Becky Bussell said the ordinance will be published in *The Mount Vernon Signal*, on the City of Brodhead's Facebook

page and a copy of the ordinance may be picked up at City Hall for anyone inter-

(See "Brodhead" on A5)

## Rockcastle Regional celebrates opening of new 28-bed addition

At a time when many rural hospitals are struggling to survive, Rockcastle Regional Hospital and Respiratory Care Center is thriving.

A massive 74,000 square-foot expansion opened this summer, adding 28 ventilator beds, bringing the total bed capacity to 127, which makes it the largest freestanding ventilator-dependent skilled unit in the nation.

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

(See "addition" on A5)

## Traffic stop ends in meth arrest

By: Mike French

Livingston Police Chief Travis Richardson observed a speeding vehicle Monday evening and

found more than he planned, after stopping the driver.

According to the arrest citation, Richardson observed a truck doing 80 mph in a 55 zone on Highway 150 near Brodhead. Upon turning around to chase the truck, Richardson said the truck pulled over and waited.

The officer said he noticed a "strange smell" inside the vehicle which he suspected to be methamphetamine.

(See "Meth" on A5)

## County Attorney asks for help

The Rockcastle County Attorney's Office is requesting assistance from the public.

If you or someone you know has made a payment at the Rockcastle County Attorney's Office, in relation to a fine, cold/bad check, or any other fee or charge relating to an active or possible criminal case, it is important that we speak to you.

Please contact the Rockcastle County Attorney's Office at (606) 256-2728 or by email at jrowe@prosecutors.ky.gov or wleger@prosecutors.ky.gov.

You can also stop by in person at 205 Richmond Street, Mount Vernon.

Thank you in advance for your assistance in this matter.

## Blood drive planned

The Kentucky Blood Center will be holding another blood drive in Mount Vernon and those who participate will get an "I've got your back" t-shirt.

The event will be held Tuesday, October 31st from 2-7 p.m. at the First Baptist Church on Main Street.

The KBC Bloodmobile will be on hand for anyone 17 or older that weighs at least 110 pounds and is in general good health. Donors must show a photo I.D. and meet additional requirements. Sixteen year-olds may donate with a signed permission slip from a parent.

## Of Special Note Inside

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## Aces Over

By: Mike French



I have to give props to those involved in the Bittersweet Festival this past weekend. It seemed to go off without a hitch.

Things were very well organized and structured and as soon as one event ended, the next was ready to begin.

It has been my experience that parades are late. Period. Always. But not this one. To my amazement, at 12 o'clock on the dot, I saw the lead police car take off and it was underway.

I walked up and down Main Street many times and I think I saw one candy wrapper on the ground and it was gone the next time I walked by.

The shoulder-to-shoulder crowd was filled with people of all ages, coming together to enjoy their community and fellowship with neighbors. Smiles were everywhere I looked. The only sad face I saw, was a little girl crying because they had to go home and she wanted to stay.

It was a wonderful time and I know I wasn't able to take a photo of everything that happened throughout the event, but I sure enjoyed every moment that I was able to be there.

Congrats to all who helped make the festival a massive success and worked to create the many smiles among the people who were there.

In other news, our Vice Prez walked away from a football game this weekend because players were kneeling during the national anthem.

Way to go VP! An NFL event of any kind has not crossed my television screen this year. Supporting those who disrespect our flag and our anthem, is disrespectful in itself, in my opinion.

I keep hearing the kneeling has nothing to do with the flag or the anthem. But it sure is funny that they only kneel during the anthem.

They want to make a statement? Kneel when they are announcing your name over the public address system. Oh, too much ego for

that? Kneel when it's time to go in and pick up your check and let those millions go towards whatever you are protesting. No? Kneel when you are about to catch a long pass for a score.

Kneel when it costs you something. That's how you get your message out there. Show you are willing to sacrifice for your cause instead of finding a way to make another book deal with your publicity.

One other personal point that some of my Republican friends may disagree with.

I think disrespecting the flag and the national anthem is cause for being fired or, at the very least, cause for very harsh punishment. Freedom of speech is by no means freedom from consequences of that speech.

I keep hearing people complain that NFL players should not disrespect the flag because of how much money they make. To me, that's ridiculous.

The two things have nothing to do with each

(Continued on A-3)

## Points East

By Ike Adams



After last week's column about saving bean seeds ran in your newspaper, no fewer than a dozen people have requested that I rerun the column from several years ago that explained how I saved tomato seeds.

Trouble is that I can't find that particular column because it is stored somewhere on an old backup hard drive that I didn't bother transferring to the newest computer. Which means it predates 2014. Which means that I am too lazy to look for it because it's easier to simply write a new explanation than it is to find the original.

And, besides that, your newspaper might frown on paying me again to rerun a column they've already paid for once and I need the money. A new column will make everybody happy except for those of you who are tired of hearing about anything related to gardening.

Let me begin by saying that, prior to the mid 1980s, I saved my tomato seeds by

simply raking them out of the fruit, spreading them out on a piece of paper towel and letting them get completely dry. Of course they stick like glue to the towel but come planting time you simply plant towel and all and the viable seeds will still come up. Many, if not most, gardeners still do it that way and it certainly works.

However, if you like for your tomato seed to look like, or even better than, the ones that come out of your mail-order or store bought seed packets, you have to put a little more work into saving them even though it probably does nothing to improve upon the plants you'll get from the paper towel method.

I learned this "new to me" method from the late Molly Helton in 1983ish and I've stuck with it ever since.

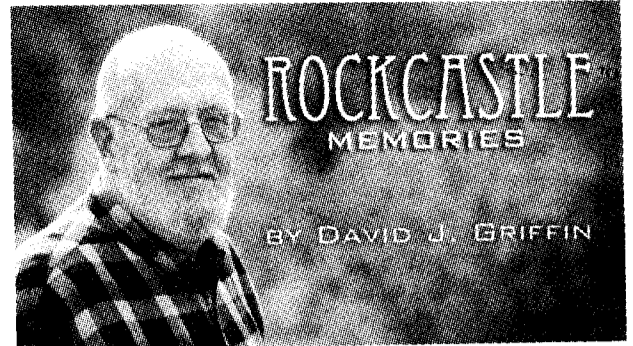
Fill a quart jar about 2/3 full of tap water. Push the seeds out of a slice or several slices of tomato with a fork or teaspoon handle into the jar of water. Stick your fingers and whatever handle you're using down into the water to rinse off any seed that may have stuck to them. Pay no mind to the bits of tomato flesh or peel that fell into the water with the seeds.

After you have as many seeds as you think you'll need—one tomato will usually have a few hundred seeds—fill the jar nearly full, screw a lid onto it and shake it vigorously for a few seconds. Sit the jar in a window sill or someplace warm and let it sit for 4 or 5 days. Your seed will sink to the bottom of the jar but the flesh and peels etc. will rot and rise to the top of the jar.

Pour off all the water and floating residue you can, without pouring out any seeds, and refill the jar with fresh water. Shake it vigorously and let it sit for a few minutes until the seeds have settled to the bottom yet again. If any residue is still down there let the jar sit a few more days until it

(Continued on A-3)

(Continued on A-3)



### Memorable Crowds and Trading Days

The largest crowds that I experienced as a little boy were the vast number of people who appeared at the Brodhead "Little World's Fair," which I attended with my Daddy. I distinctly remember him parking his Ford 150 pick-up and the two of us walking what seemed to me to be a great distance to reach the fairgrounds. I had never seen that many people in one place.

In those days, you could buy nearly anything you wanted at the fair. People set up booths and sold fruit, vegetables, homemade candy, knives, toys, and even guns. Daddy would walk from booth to booth deciding what he wanted to purchase. One year he bought a big watermelon, and we took it to a grassy spot and ate the whole thing.

In 1968, I moved to Mt. Sterling in order to teach and to coach. Since I arrived in town about the first of August, everyone was talking about the coming October Court Day weekend. I was unfamiliar with the event so I sought information from my fellow teachers and coaches. Not all of their stories could have prepared me for the real fall celebration.

Every year since 1794, massive numbers of people have traveled to Mt. Sterling to sell, purchase, or trade goods. It is always held the weekend before the third Monday of October. The name "Court Day" stems from the fact that the event was originally scheduled around the Circuit Judge's arrival in town to try pending cases—a time that would draw substantial crowds to begin with.

People came from miles around to sell crops, trade livestock, entice the public with antiques, guns, knives, and other assorted supplies. They even brought hunting dogs to trade or sell. The dogs eventually proved to be a nuisance when they attained such numbers that those left unsold were

turned loose at the end of the weekend. In 1970, the trading of dogs was relocated to the Preston area of Bath County, where it remains today.

A recent census listed the population of Mt. Sterling as 6,895 people. Over the Court Day weekend, more than 200,000 individuals will descend upon the streets of Mt. Sterling.

When I attended my first Court Day event, I was totally unprepared for the vast number of assorted vehicles in the city. Yards, church parking lots, and even some businesses were used to rent spaces for the automobiles. Traffic backed up all the way out to the interstate as people tried to reach downtown, where most of the action occurs.

At that particular time, I owned a motorcycle and came up with the bright idea to pick up individuals at the Interstate 64 interchange and haul them to town. Lots of people and organizations had plans to make money from the incoming visitors. I saw no reason that I should not join them.

I had no idea how popular this proposal would become. I charged \$5.00 to bring someone from the interstate into downtown Mt. Sterling. While traffic remained snarled and crawling, I made the trip using backroads, and even sidewalks transporting people back and forth—over and over again. I had money in every one of my pockets. I thought this Court Day event was too good to be true.

Like most everyone else though, Court Day has taken its share of my cash. I have purchased knives, coins, tools, food, and even one pistol. Now that I have reached senior citizen status, I no longer walk through jostling throngs to reach the booths in order to search for that one special prize. It is, however, still fun to attend Court Day.

As I look back over my

(Continued on A-3)

## T.J.'s Journal

By: Tonya J. Cook



### Halloweenmas Eve

Dear Journal,

For some time now I've been noticing the Halloween trappings are more and more readily available and coming out earlier and earlier in stores. There is more décor here and there in private yards and places of business, too.

I remember as a kid growing up, Halloween wasn't even a thought until the first or second week of October. About then, these kids would be thinking of what they "would be" for Halloween. It didn't come from a store for the most part. There were a few masks of the plastic variety and the costumes came from stuff found at home.

About a week before Halloween, people would shop for treats to pass out. Quite a few people made their treats; cooking fudge and popping popcorn, or they gave fruit. When I was past the age of trick-or-treat, some, mostly in the larger cities, began putting needles, razors, or poisons in their treats.

Halloween just wasn't the fad or big money-maker that it is today. There is a vast amount of money spent on the holiday in candy sales, costumes and life-like masks, and a long list of indoor and outdoor decorations.

Then, about November first, people move right on to Christmas. There are

(Continued on A-3)

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## "Aces"

(Continued from A-2)

other. Disrespecting the flag and refusing to acknowledge the very freedom, that allows you your own opinion, is the wrong thing to do regardless of how much money you make or how poor you may be.

I don't blame NFL players for making what they make. I agree it's ridiculous and they by no means

should make that kind of money. But it's not their fault that they do. It's ours.

In a free society it is the goal of everyone to make as much money as they can. As long as we idiot fans are willing to pay \$500-\$3,000 for a ticket to watch them throw a ball, and willing to pay \$200 extra just because a jacket has a "Steeler" logo, and pay \$9 for a Coke, then they will make that kind of money.

I have to say, if Perlina

came to me right now and said, "Mike, I'm going to pay you \$450,000 per year starting now," I'm pretty sure I would not refuse it. And to be honest, if you were willing to pay \$3,000 for each newspaper with my name in it, and willing to pay \$600 for a \$50 jacket because it says *The Mount Vernon Signal* on the back, then she would most likely pay me that much.

Do we really expect anyone to go to their boss and say "You know what? I just make too much money. Let's cut my pay by about 97%."

But if we stop paying outrageous, ridiculous prices for such nonsense, and stop continuing to support them when they disrespect our nation, then you can bet salaries would go way down.

It's not their fault they are rich, it's ours because we fall for the hype.

All of us want to make all we can. I've never met a human who would turn down a raise.

The problem here is disrespect and spitting in the face of our country. Not salaries. They make what they make and it's our fault that they do because we can't stand to miss a game even though it proves our ignorance.

Solutions are simple but apparently impossible. Stop supporting them: their salaries will drop.

Punish them harshly enough for disrespecting our country, they will stand and salute.

## "Points East"

(Continued from A-2)

floats. Any seeds that are not viable will also float. Repeat the pour off process, then rinse the seed again by pouring in fresh water, shaking the jar and letting them settle and then pouring off the water.

I use a tablespoon to dip the seeds out of the jar and put them in an aluminum pie tin. I actually use the tins that come with the little fifty cent pies I'm hooked on from the Walmart Bakery Aisle. They're a dollar everywhere else but surely you know what I'm talking about.

Pay no attention to what little water might get into the pan when you scoop the

seeds into it. It will evaporate within a few hours if you sit the pan on top of your refrigerator. At least it does on mine.

Let the seeds dry for about a week or 10 days then use your thumb or finger to loosen them from the tin, store them in a zip-lock baggie, make sure you label it and stash them in your freezer. Come next spring you will have easy-to-individually-handle, very clean, fuzzy little tomato seeds from which you can count on nearly 100% germination.

Do make sure that the fruit from which you are saving seeds is not a hybrid variety. If you save seeds from a hybrid tomato they will come up but the fruit won't look anything like the original. You probably will not be pleased with the result unless you are crazy about very sour tomy-toes.

In other words, do not try this with a store bought tomato. Even if you find one that actually tastes like a tomato, chances are very high that it's offspring will be villains.

## "T.J.'s"

(Continued from A-2)

gifts to be bought, cards to be sent, and decorations to be put in very conceivable place. I've heard that the success or failure of the economy depends on Christmas.

There is a stumbling block known as Thanksgiving thrown in between Halloween and Christmas; more of a hindrance if anything to most. It was a big deal when I was growing up. People actually "gave thanks" and reflected on what they had; their health, a home, a job, their family, food and the necessities of life. Poor old Thanksgiving-even in the towns, the décor is gone and there is Christmas everywhere. Then it is time to celebrate the New Year.

All of this is why I call October first through (or before) January first "Halloweenmas Eve" because it's all you see or hear. Turkeys are excited about the idea and in hopes it really catches on.

## "Memories"

(Cont. from A2)

life, that is not a bad circuit to have come through: from the "Little World Fair" up

through Mt. Sterling Court Day, a couple of Kentucky's best trading days.

(You can reach me at [themtman@att.net](mailto:themtman@att.net) or you

can drop me a line at 2167 Furnace Road - Stanton, KY 40380. I appreciate your suggestions and comments.)

## Yards to Paradise

By Max Phelps

Protecting Your Trees & Shrubby From Critter Damage

As the seasons change, so too do the problems the gardener and landscaper need to watch out for.

In mid or late fall, be alert to deer damaging the trunks of your young trees. They often pick young sapling trees to rub their antlers, shining them up before mating season. Can make trash out of a tree worth hundreds of dollars in one evening or morning!

Putting a protective wrap on your trees might be helpful. Or, using repellents so deer avoid your trees may help. (Later in winter, deer will eat tender limbs of trees...but that's a less fatal aggravation and not usually something that kills the trees.)

Then there are moles and voles and mice. Wrapping a young tree can stop their attacks. Especially when mulch covers part of the trunk, or when snow is on the ground, you often see these little critters eating bark from a young tree. You see the resulting damage, anyhow. (Same damage a weed eater can do...debarking a tree can do serious harm or even kill a tree.)

Rabbits are a nuisance when you have a bunch of them in your area. And they can really do a number on the bark, girdling trees and shrubs, which does serious damage, and may lead to death of young plants.

Not too many have goats, but if you do, keep them away from your landscape! They'll eat it.

Many a shrub in the city has been killed by a dog (even cats at times) giving

it some water. If your own pets, or those of neighbors, use your plants for a bathroom, it will probably kill them in due course. (I have one customer who has a camera recording whose dogs pee and poop in his yard!) Anyhow, using repellents, or posting a sign to the pets owner—sometimes these are effective. More often than not, having a conversation with the offending pet owner can take care of the problem.

Beware of bears, opossums, raccoons and the like doing damage as they steal fruit from your bushes and trees. Some don't mind feeding the squirrels or chipmunks; not many relish a groundhog eating or digging up shrubbery or garden plantings.

Most of us like to be nice to critters so long as they leave us alone. Live and let live. But, where it isn't forbidden by laws, shooting or trapping the offending animals may be the solution of choice—even shooting a deer eating your garden will be overlooked by most authorities in small or rural communities.

There's undoubtedly other animals and situations that endanger a lovely garden or an expensive new landscape. I simply hope to have alerted my readers to anticipate problems and avoid them best they can. An investment in a lovely landscape is something we want to protect from critters. Too many times, the damage is done, and then the homeowner tries to protect what's left. Take a proactive stance this year and help your landscape remain safe.

The author is a landscaper. Website: [www.rockcastles.net](http://www.rockcastles.net)

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### Bookmobile Schedule

**Monday, Oct. 16th:** Maple Grove, Orlando, Climax.  
**Tuesday, Oct. 17th:** Calloway, Red Hill, Livingston, Lamero, Pine Hill. **New and Gently Used Books** available for a small donation at the Rockcastle County Public Library through Sat., Oct. 14th. Library hours: 9:30 a.m. to 6 p.m. Monday thru Friday, 9:30 to 2 p.m. Saturday.

### KRP Meeting Oct. 18th

The Cumberland Valley Chapter of the Kentucky Public Retirees (KPR) will meet Wednesday, October 18th at the Golden Corral Restaurant (next to Wal-Mart) in London. Mealtime will begin at 11:30 a.m. with the meeting to follow. Guest speaker will be Kentucky Attorney General Andy Beshear. Any retiree (and spouse) receiving retirement benefits from KERS, CERS or SPRS is welcome to attend. Membership information will be available at the meeting or on the website ([kentuckypublicretirees.org](http://kentuckypublicretirees.org)). For more information, call 606-260-0490.

### WWI Rockcastle Veteran Tribute

**We Need You!** The Rockcastle Chapter DAR needs the community's help with the upcoming 100th Anniversary of WWI Tribute to Rockcastle's veterans of the "Great War." If you have photos, stories, memorabilia or any other information pertaining to these soldiers, please let us know. All efforts are being made to ensure that all veterans are included, and their stories told. Deadline for submitting information will be **October 31, 2017**. Contact Karen Adams, 859-273-9105 or [adamskaren11@cs.com](mailto:adamskaren11@cs.com).

### RGHS Fall Concert

The RGHS Concert Band presents their Fall Concert, featuring the RGHS Beginning Percussion Ensemble, at the RGHS auditorium on Thursday, October 12th (tonight) at 6:30 p.m. Classical works will be featured as well as contemporary music. Admission is free.

### RRTA Meets October 18th

Rockcastle Retired Teachers' Association will meet on Wednesday, October 18th at 11:30 at Limestone Grille, Ky. State Senator Jared Carpenter and Rep. Jonathon Shell will be the guest speakers. Please plan to attend and invite a former colleague to join us!

### Don't Cut Our Pension Rally

KERS/CERS/SPRS retirees, living in Laurel, Knox, Bell, Clay, Whitley, Leslie, Jackson, Rockcastle and Harlan Counties are urged to attend the *Don't Cut Our Pension Rally* Wednesday, Oct. 18th at the Golden Corral Restaurant in London. Come and join Kentucky public retirees. Join online at [kentuckypublicretirees.org](http://kentuckypublicretirees.org) or attend the Cumberland Valley Chapter meeting on Oct. 18th at 11:30 a.m. at the Golden Corral Restaurant in London. For more details, call 606-877-0079 or 606-260-0490. Guest speaker will be Attorney General Andy Beshear.

### DBCAA Meeting

Daniel Boone Community Action Agency, Inc. will have a board of directors meeting on Tuesday, Oct. 24th at 5:30 p.m. in Clay County at the central office located at 1535 Shamrock Road in Manchester. The public is invited to attend. DBCAA is an equal housing opportunity provider.

### Chamber of Commerce Meetings

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

### VFW Post Item

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

### Rockcastle County Recovery Meetings

\*Celebrate Recovery-Brodhead: Located in the Community Outreach Center (next to Fairgrounds), every Monday, 6 to 8 p.m. 606-308-3368 or 606-308-3099.  
\*Celebrate Recovery-Northside Baptist every Tuesday, 6 to 8 p.m. 606-256-5577.  
\*Celebrate Recovery-Step Studies. Northside Baptist, Wednesday at 7 p.m. 606-256-5577.  
\*Broken Chains Bible Study at Cruisers Motorcycle Sales on Hwy. 25 North, 4 miles north of Mt. Vernon every Thursday at 6:30 p.m. 859-302-2431.  
\*Celebrate Recovery-Livingston at Livingston School cafeteria. Friday, 6 to 8 p.m. 859-314-7828.

### DAR Meetings

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

### Brodhead Lodge Meeting

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

### Alcoholics Anonymous

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

### Kiwanis Club Meetings

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

### Historical Society Hours

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

### American Legion Post 71

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

# Obituaries

## Thomas Herman Adams

Thomas Herman Adams, 76, of Brodhead, died Tuesday, October 3, 2017 at his residence. He was the husband of Emily (Day) Adams, whom he married on March 14, 1964. He was born in Crab Orchard on January 7, 1941, a son of the late Roscoe and Dollie (McClure) Adams. He was a retired truck driver for the Lincoln County Road Department. He loved fishing and riding his Four Wheeler.



Survivors include: his wife of 53 years, Emily Adams of Brodhead; daughters, Connie Lynn and husband Robert Johnson of Lexington and Missy and husband Randy Moore of Somerset; son, Tommy (Tonya) Adams of Crab Orchard; brother, Everett (Evelyn) Adams of Crab Orchard and Homer (Veretta) Adams of West Chester, OH; eight grandchildren, Josh and wife Ashley, Jon and wife Sarah, Todd, Landon, Caleb, Kayla and husband J.C., Sarah and husband Coy and Samantha and husband Daniel; and six great grandchildren, Colt, Cace, Abby, Kendall, Jasper and Ella.

In addition to his parents, he was preceded in death by brothers, Carlos, Charles and Ed Adams and three infant brothers.

Funeral services were held Saturday, October 7, 2017 at McKnight Funeral Home Chapel with Bro. Marshall Malone, Bro. Donald Lear and Bro. Marshall Malone officiating. Burial was in Mt. Zion Church of Christ Cemetery.

Pallbearers were: Steve Spears, Josh Hayes, Jon Moore, J.C. McClure, Coy Robinson and Daniel Gray.

Honorary pallbearers were Pearl Day and Robert Day.

## Francis Brummett

Francis Brummett, 91, of Crab Orchard, died Monday, October 9, 2017 at his residence with family by his side.

Visitation will be held Thursday, October 12 from 6 p.m.-9 p.m. at the Marvin E. Owens Home for Funerals.

Funeral services will be conducted at 1 p.m. Friday, October 13, 2017 at the Marvin E. Owens Home for Funerals with Bro. Terry Orcutt officiating. Burial will follow in the Negro Creek Cemetery.

Casketbearers and honorary casketbearers will be the grandsons.

A complete obituary will follow in next week's Signal. Condolences to the family may be made at [www.marvineowensfuneralhome.com](http://www.marvineowensfuneralhome.com)



## Anna Ruth Hopkins

Anna Ruth Stanley Hopkins, 88, of Lexington and formerly of Mt. Vernon, widow of Berl Hopkins, died Sunday, October 8, 2017 at Lexington Country Place after an extended illness.

Funeral services were conducted Wednesday, October 11, 2017 at the Dowell & Martin Funeral Home Chapel by Dr. William Moore. Burial was in Mareburg Cemetery.

In lieu of flowers, donations may be made to Hospice of the Bluegrass or the Kentucky Baptist Children's Home at 2313 Alexandria Drive, Lexington, KY 40504.

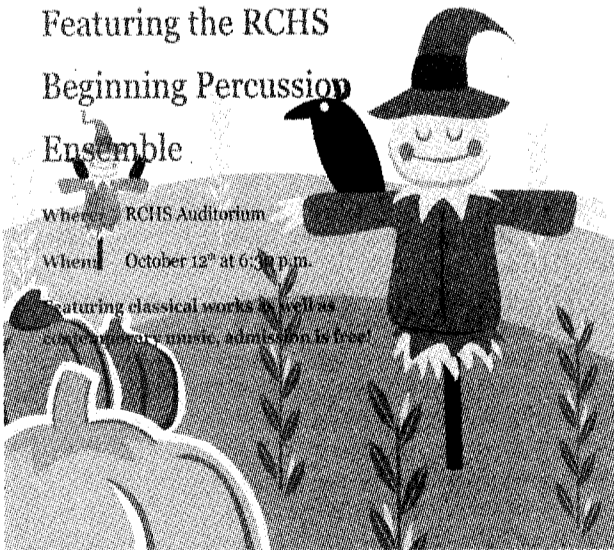
A complete obituary will appear in next week's Signal. Please visit [www.DowellMartin.com](http://www.DowellMartin.com) to view online obituary.

## RCHS Concert Band Presents their Fall Concert

Featuring the RCHS Beginning Percussion Ensemble

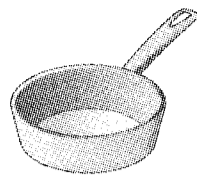
Where: RCHS Auditorium  
When: October 12<sup>th</sup> at 6:30 p.m.

Featuring classical works as well as contemporary music, admission is free!



## Mamaw's Kitchen

By Regina Poynter Hoskins



### BLUEBERRY BLINTZ SOUFFLÉ

**BATTER:**  
1/4 cup butter, softened  
1/3 cup sugar  
6 eggs  
1 and 1/2 cups (12 ounces) sour cream  
1/2 cup orange juice  
1 cup all-purpose flour  
2 teaspoons baking powder  
In a mixing bowl, cream butter and sugar. Add eggs, one at a time, beating well after each addition. Beat in sour cream and orange juice. Combine flour and baking powder; stir into egg mixture. Set aside.

**FILLING:**  
2 cups (16 ounces) small-curd cottage cheese  
1 tablespoon sugar  
1 box (8 ounce) cream cheese, softened  
1 teaspoon vanilla  
2 egg yolks  
Preheat oven to 350°.

Grease 13 x 9 baking dish. Combine filling ingredients in small bowl; beat until blended. Pour half of the batter into. Top with filling and remaining batter. Bake for 40 to 45 minutes or until a knife inserted in middle comes out clean.

**BLUEBERRY SYRUP:**  
1 can (15 ounce) blueberries  
1/2 cup corn syrup  
1 tablespoon cornstarch  
1/2 teaspoon lemon juice  
Dash of salt

Dash of ground cinnamon, if desired  
Drain blueberries, reserving juice; set berries aside. In a saucepan, combine corn syrup, cornstarch, lemon juice, salt, cinnamon (if desired), and blueberry juice until smooth. Bring to a boil over medium heat; boil and stir for 2 minutes or until thickened. Add blueberries; heat through. Serve warm with the soufflé.

**BLUEBERRY CRESCENT COBBLER**  
1 tube crescent dough  
3/4 cup blueberries (fresh or frozen)  
1 box (8 ounce) cream cheese  
2/3 cup sugar  
2 eggs  
1 teaspoon vanilla  
1/4 cup milk  
Preheat oven to 350°. In a mixing bowl beat cream cheese, sugar, and vanilla until creamy. Add eggs, and while beating slowly incorporate the milk until creamy. Set aside. Roll up crescent rolls and curve into crescent shape, per package instructions. Place rolls in an ungreased 9 x 9 baking dish. Pour blueberries over the crescent rolls. Pour cream cheese mixture over rolls and blueberries. Bake for 35 minutes or until rolls have become golden brown.

## Treasurer Allison Ball warns Kentuckians of recent phone scam

The Kentucky State Treasurer's Office has recently learned of a telephone fraud scheme listing the Kentucky State Treasury as its physical address.

Under this scheme, an individual is notified that he or she is eligible for a "free grant" of thousands of dollars. The individual is then instructed to wire money or purchase gift cards for the promise of receiving this "free grant."

The Kentucky State Treasury will never request

payment of money in exchange for a "free grant," nor will ever request individuals to purchase gift cards.

"I am committed to helping Kentuckians protect their hard earned money," Treasurer Ball said. "I encourage people to be very cautious anytime their personal or bank information is solicited."

If you suspect you are victim of a similar or other scam, please contact your local law enforcement authorities.

**Mastercraft Tires**  
GET UP TO A \$60  
Promotion valid from October 1 - November 15, 2017

158 Grand Touring	160
Courser AXT	160
Courser AXT	160
Courser AXT	160
Courser AXT	160
Courser AXT	160

**BISHOP TIRE & TRUCK ACCESSORIES**  
606-256-4029

## Will you be able to afford an unexpected health crisis?

(StatePoint) Young people may not give much thought to the cost of an unexpected crisis, particularly when it comes to serious accidents or illnesses. Should an emergency occur, you don't want to be caught off guard and have to cut back on other essentials or miss out on those special experiences that bring a smile to your face.

Here are three things from Aflac that everyone, but particularly young adults, should consider:

1. Know what your insurance covers. As the cost of health care continues to shift to employees, it's important for young adults to understand what their health coverage does and doesn't cover. Keep in mind that major medical may not cover everything, so read the terms of your policy to get a better understanding and help prevent surprises down the road.

2. Consider your expenses. Today, many Americans rely heavily on technology to manage and enjoy their day-to-day lives. This is especially true of younger generations that use cellphones for everything from entertainment and navigation to maintaining their health and wellness with fitness and recipe apps.

Many people are caught by surprise after a serious accident or illness and end up using their "digital fund" to help pay for bills that would otherwise set them back financially - meaning they may cancel TV subscriptions, smartphone data plans, cable, internet and music-streaming subscriptions. Being prepared for these situations can help you stay connected, no matter what comes your way. That said, it is helpful to know which of these services are most meaningful to you so that you will know where to cut the cord if need be.

3. Be extra protected. Even if you have standard health insurance, you may want to consider adding an additional level of financial protection by opting for voluntary insurance. Such benefits options can help foot the bills associated with an illness or accident. For example, the supplemental insurance offered by Aflac can pay policyholders cash on eligible claims. Coverage for this insurance, available nationwide, is underwritten by American Family Life Assurance Company of Columbus or New York. Having supplemental insurance can make it easier to stay on top of payments for subscription services, memberships and ex-

periences that help you live life to the fullest.

# Weichert

## Open House Weekend

**Friday, October 13th**  
5:00 p.m. - 7:00 pm.

**415 Sally J Rd.**  
Mount Vernon, Ky.  
MLS #1721409  
Host: Jeff Cromer  
606-308-1314

**Sunday, October 15th**  
2:00 p.m. - 4:00 pm.

**104 Solar Dr.**  
Mount Vernon, Ky.  
MLS #1720083  
Host: Jeff Cromer  
606-308-1314

**Weichert Realtors**  
Ford Brothers  
Mount Vernon, KY  
606-256-5229  
[richmond@fordbrothersinc.com](mailto:richmond@fordbrothersinc.com)  
[www.fordbrothersinc.com](http://www.fordbrothersinc.com)

## ROCKCASTLE COUNTY VETERANS PARK CONCEPT UNVEILING AND FUNDRAISER DINNER

**\$35.00**

Future Home of Rockcastle County Veterans Memorial Park

**Saturday, 14 October 2017, 5:30 PM**  
**Rockcastle County Middle School**  
For tickets call Kathy Bobo at 606-308-1208 or pick them up at the Lone Star Farm & Home or the County Judge Executive's Office (Tickets must be bought in advance of the event)

## King's Eye Care

"Our Focus is on Your Eyes"

**Dr. Gary E. King & Dr. Sarah King - Optometrists**

Eye Exams • Contact Lenses • Glasses  
Evening Appointments Available

**859-986-7027**  
**800-347-2318**  
109 Boone St. • Berea, KY 40403  
[www.eyedoctorberea.net](http://www.eyedoctorberea.net)

## “Addition”

(Continued from front)

breathe.

Patients need ventilator care for a variety of reasons. They might be suffering from a chronic illness such as chronic obstructive pulmonary disease or congestive heart failure, or a muscle-weakening disease such as muscular myopathy. The Respiratory Care Center also cares for patients with neurodegenerative diseases such as amyotrophic lateral sclerosis, commonly known as ALS. Babies who have been born prematurely arrive with underdeveloped lungs or have other pediatric disorders that affect their breathing.

Through the years, Rockcastle Regional has earned a reputation of quality, specifically for the work that goes into weaning patients from the ventilator. For many patients, weaning is the goal, even though many require an extraordinarily complex level of care. Still, forty percent of Rockcastle’s patients will wean completely and be discharged, which is an extraordinarily high wean rate for similar facilities across the country.

While the addition to the Respiratory Care Center is at the heart of the new expansion, the facility has also enhanced its ability to serve the community and its patients in many other ways.

The long-term care rehabilitation and therapy department has also moved to the new building, nearly quadrupling its space. Rehabilitation is an essential part Rockcastle Regional’s multi-disciplinary approach to resident care. The larger space accommodates more patients at one time, allowing for more social interaction and the capacity to make therapy sessions not only clinically productive, but fun as well. A full pediatric gym was also designed in the new space, which allows for pediatric patients to receive daily therapy.

Returning home is a goal for many residents. To help prepare them to be discharged, a complete home setting suite was built into the therapy space, giving residents the ability to practice daily activities such as cooking, meal prep, cleaning, and general household tasks.

Rockcastle Regional’s commitment to its residents goes beyond their physical needs. A chapel is located on the second floor to allow for weekly Sunday worship services as well as host the residents’ weekly Bible study class. The chapel is open 24 hours a day, seven days a week and welcomes patients, residents, families, employees, and visitors.

Rockcastle Regional has long partnered with Rockcastle County Schools to provide education to its youngest residents. The hospital’s on-site classroom for resident students is now located in the new building and offers much of the same equipment and technology as a traditional classroom, including a smart board and computers.

Social services can be found on the first floor of the new facility. The central location provides for quicker response time and better coordination with residents and their families.

The facility also houses a new child development center, which features many new amenities for the children, their families, and staff. Child and family comfort was key to the design of the new center with the addition of family feeding and visitation rooms, additional child-sized sinks and bathrooms, video capabilities in each classroom, as well as new equipment for each classroom such as changing tables, cribs, and classroom supplies.

A new kitchen and cafeteria opened to serve patients, employees, and the community. The new space is twice the size of the old, and adds 6,400 square feet for food service. The cafeteria has also added new key features for diners such as

new menu items, daily hot specials, and outside dining, to name a few.

Previously located in a separate facility on a neighboring lot, laundry services has moved to the new space, allowing for more convenient transport of linens throughout the hospital. A new employee parking lot was constructed where the old laundry building was, at the corner of Tevis Street and Maple Drive.

The addition also includes room for further expansion for patient care, including a dialysis clinic and an eight-bed patient care unit.

The growth of the organization doesn’t just stop at patient care. The recent expansion allowed Rockcastle Regional to hire an additional 85 full-time employees, bringing the total number of employees for the organization to 815, representing more than \$32,000,000 in salaries and wages. The financial impact of Rockcastle Regional and its employees is significant for the local economy, generating tax revenues of \$310,000 to the City of Mt. Vernon and \$480,000 to the county.

Rockcastle Regional Hospital and Respiratory Care Center is a not-for-profit community healthcare system that operates an emergency department, outpatient services, a 20-bed acute care hospital, a 127-bed long-term care hospital, and three rural health clinics. Rockcastle Regional Hospital was established in 1956 and is accredited by the Joint Commission. The organization is an eight-time Kentucky Hospital Association Quality Award Winner, a U.S. News & World Report Best Nursing Home for 2013 and 2014, a winner of the Women’s Choice Award for America’s 100 Best Hospitals for Patient Experience 2013-2017, was recognized with the Women’s Choice Award as an America’s Best Emergency Care Hospital in 2015 and 2016, and a recipient of the 2013 Jackson Healthcare Charitable Services Award. For more information, please visit [www.rockcastlehospital.com](http://www.rockcastlehospital.com).

## “School”

(Continued from front)

ning for programs that become unfunded.

“We have checked with banks and we know we can cash in our investments if it comes to that,” said Pensol. “But we are lucky that we have planned for this and are in good financial shape. Other districts are not so lucky.”

Pensol continued to say that if cuts are eventually needed in the local system, after school tutoring will not be one of the cuts. “If cuts are needed, our after school program will not be where we make those adjustments. Our after school tutoring is very well attended and our kids want to be there.”

Pensol told board members that the school system in this county will find other ways to cut if needed. “This board has been on top of this situation and our staff, meaning everyone including janitors, teachers and office staff, has worked hard to keep us in good shape. Fortunately, these cuts aren’t devastating to us but they certainly have our attention.”

The board also heard reports from department heads. Trent Clark, head of the facilities department, told the board that the construction project which is widening I-75 will cause the school board to have to relocate fiber optic lines near Roundstone School.

Clark said he is looking into ways to do the work without interrupting service for the school.

The board also heard the Superintendent’s Personnel Report.

Tyler Holman was hired as a full time assistant football coach at RCMS; Lana West and Hannah Tyler were employed as substitute teachers and Patsy Ramsey

as a substitute cook/baker.

Retirements listed included: Tony Saylor, teacher at RCHS, Sharon Burchett, cook/baker at RES and Mandy Carpenter, instructional assistant at MVES and Ainsley Bussell resigned as softball coach at RCMS.

## “Resign”

(Continued from front)

the short time I have been here, I learned a lot from her. I truly enjoyed working with her and we all wish her the very best.”

Bradshaw said most of Tomes’ time with the commission was as director and she made a lot of positive changes and kept the commission headed in a strong direction.

The tourism board is planning a meeting this week to discuss hiring a new director and how to handle filling the position.

“This all happened suddenly but as soon as we know how we are going to handle the situation, we will inform the public about our plans,” said Bradshaw.

## “Brodhead”

(Continued from front)

ested in reading the entire ordinance.

Once the second reading was passed, department heads gave reports to councilmembers.

John Dyehouse reminded those present of the burn ban that does not allow burning between 6 a.m. and 6 p.m..

Police Chief William Harris told the council that he is currently working on a SOP (Standard Operating Procedure) manual for the city of Brodhead Police Department that will first be presented to the council as a rough draft.

Mayor Cash informed the council and the street department of a dangerous hole on Main Street and instructed workers to begin covering the hole for public safety.

Burton also told the council that citizens have approached him about some dangerous spots on local bridges. Burton said he will address the problems with Rockcastle County Judge/Executive Doug Bishop this week.

Burton also announced to those present that he intends to run for county jailer. “I have thought long and hard about this and I truly believe I can do more for the entire county as jailer,” he said. “The current jail leaves a lot to be desired in my opinion and people who go to jail need to be rehabilitated. There is no reform in our current jail system.”

Burton expressed his plans to continue as councilman and said that even if elected as jailer, he will be able to finish out his term as councilman. “We have a lot coming up here in Brodhead and I will see it all through. But then if I am elected jailer, I have a lot of ideas to help the entire county as well.”

Bussell also informed the council of the progress the city is making with fall decorations. Bussell said the streets are already looking better and thanks to the \$300 budget for fall decorations and donations and help from citizens, the city will be decorated for the Halloween at the Park event.

The next regular meeting will be Monday, November 13th.

## “Wreck”

(Continued from front)

time, a multiple vehicle crash at the 67 mile marker in the northbound lane blocked traffic for over an hour as well.

Northbound interstate traffic was rerouted off of I-75 at Mount Vernon exit 62 which caused a back-up on US 25 for over an hour.

There were also multiple traffic accidents in surrounding counties through the first part of the week and some officials are blaming wet roads as part of the cause.

Officials warn that drivers should slow down considerably when the highway is wet.

## “Meth”

(Continued from front)

Richardson said he discovered an arrest warrant on the passenger of the vehicle but, while attempting to make the arrest, he noticed the driver, George Taylor, 41, of Lancaster, attempting to hide a glass pipe under his leg.

The officer retrieved the pipe and Taylor informed Richardson that he had “dope in his pocket,” according to the report.

Richardson found a pill bottle with suspected meth inside and a baggie containing suspected marijuana. Also found were digital scales, a spoon and a mari-

juana roach inside a cigarette pack.

Taylor was taken to the Rockcastle County Detention Center where he was charged with speeding, DUI, drug paraphernalia, possession of meth and possession of marijuana.

Taylor’s bond was set at \$7,500 cash.

# Rockcastle County receives grant to preserve local records

State Librarian and Kentucky Department for Libraries and Archives (KDLA) Commissioner Terry Manuel announced that Rockcastle County Clerk Danetta Allen has received a grant, totaling \$12,503, from the KDLA to preserve and manage local government records.

39 grants were awarded throughout the state for a total of \$601,177 from the first round of funding from fiscal year 2018 Local Records Program grant funds. The next round of grants will be awarded in December.

Funds for the program come from fees enacted by the Kentucky General Assembly in 1984 and 2007 to preserve and retain local public records. Any local government agency can apply for this grant.

The Rockcastle County Clerk’s Office will utilize the funds to purchase two additional public terminals and add them to the current imaging system.

KDLA’s Local Records Program helps to preserve, protect and make available records with continuing archival value and to assist local agencies with records management through grant support, training and direct services. KDLA is an agency of the Education and Workforce Development Cabinet.

With four regional administrators covering the state, and working with local officials, KDLA ensures professional archival and records management assistance in county and city offices, school districts, and health departments. Grants have supported work in microfilming, preservation, equipment, automated indexing, digital imaging systems and codification of ordinances.

KDLA provides equitable access to quality library and information resources and services, as well as helps public agencies ensure that legislatively mandated documentation of government

## New medical office in town

The Advanced Family Medical Clinic has opened its doors in Mount Vernon at 50 Lovell Court.

Tammie Hacker, APRN is ready for new patients and until October 31, the office visit will be absolutely free. Hacker has worked in the healthcare system for 31 years and is a graduate of Frontier Nursing University’s Family Nursing Practitioner program.

She is board certified by the American Academy of Nurse Practitioners and says she is looking forward to serving Rockcastle County residents and all surrounding counties.

The office is open Monday-Friday from 8:30 a.m. to 5 p.m.

programs is created, efficiently maintained and made accessible.

For more information

on KDLA resources, programs and services visit [www.kdla.ky.gov](http://www.kdla.ky.gov) or call 502-564-1753.

## ATTENTION

KERS/CERS/SPRS Retirees living in Laurel, Knox, Bell, Clay, Whitley, Leslie, Jackson, Rockcastle, & Harlan Counties



**Don’t Cut our Pension Rally October 18th at Golden Corral Restaurant in London - 11:30 a.m.**

Pension recommendations have been announced that could:

\*\* Eliminate COLAs granted between 1996 and 2011 that are part of your benefit; some retiree checks could be cut 32%.

\*\* Medicare-eligible retirees could be required to pay for part of their Medicare Advantage health benefits in addition to the Medicare Part B premiums already paid.

\*\* Creation of 401(k) plans for current employees does not reduce the unfunded liability that affects the stability of your pension.

Come and join Kentucky Public Retirees • We work to protect OUR pensions

Join online at [kentuckypublicretirees.org](http://kentuckypublicretirees.org) or attend the Cumberland Valley Chapter meeting on Oct. 18th, 11:30 am Golden Corral Restaurant in London

For details call 606-877-0079 or 606-260-0490

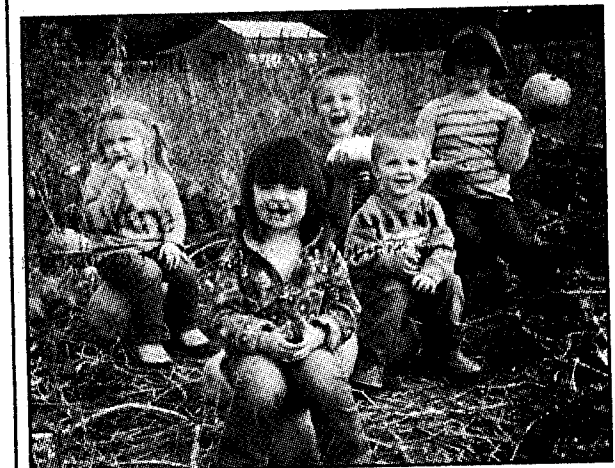
Guest speaker Attorney General Andy Beshear

## Signon Farms

# Pumpkin Festival

October 14th & 15th

Activities for Kids and Family



• Hayrides to pumpkin patch • Traders Tent

MC Larry Cook

Located 4 miles north of Renfro Valley • Jct. 3275  
For more information call 256-2781

# 94.8 PERCENT

Source: Pulse of America Research Study, February, 2017

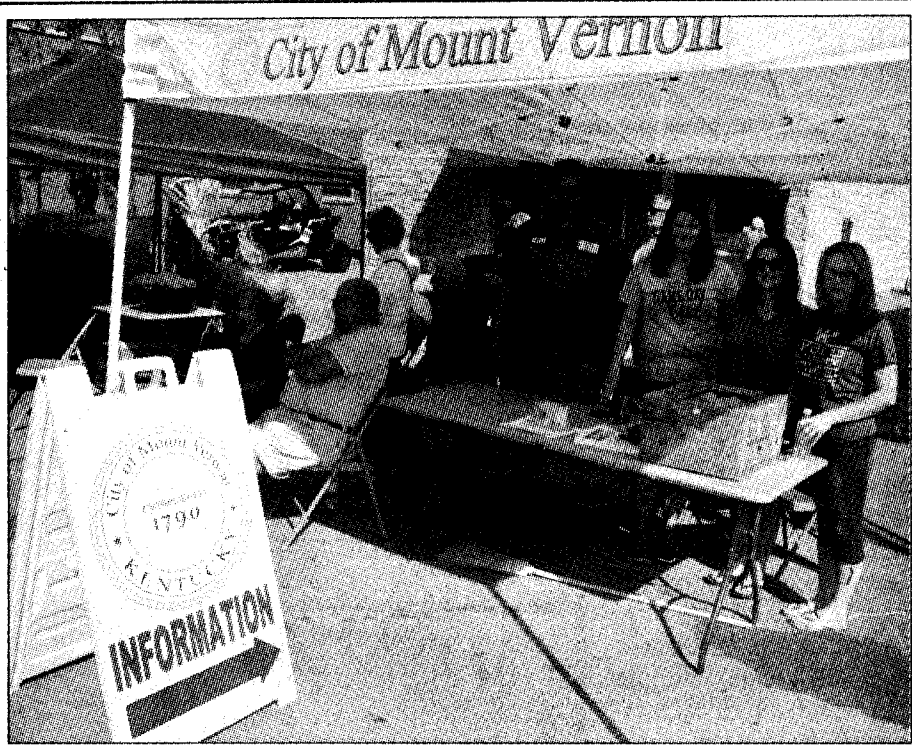
That’s how many Kentucky adults read their local paper within the past week.

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

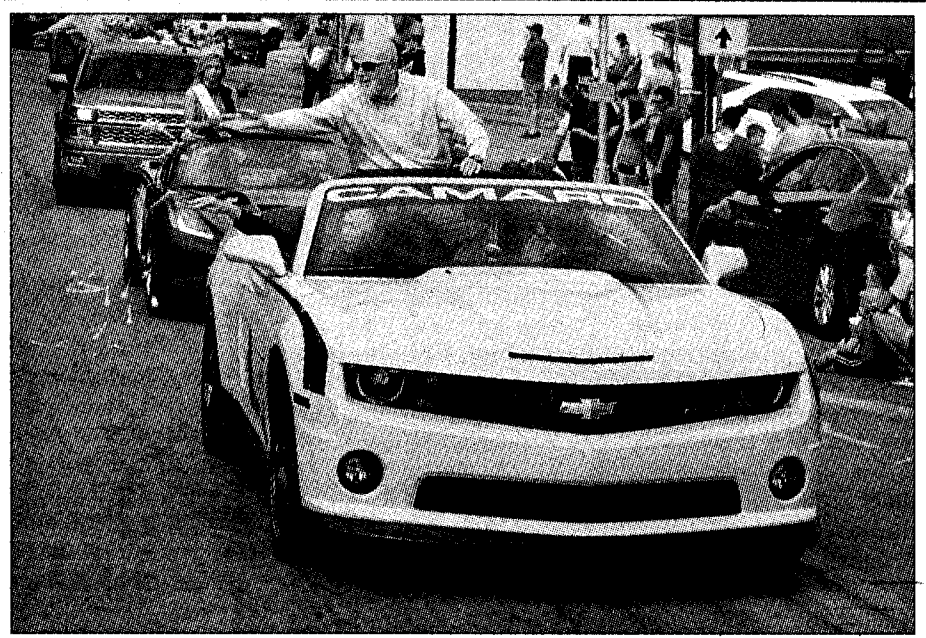


This fact brought to you by the Kentucky Press Association and its 178 member newspapers.

# • Scenes from the 2017 Bittersweet Festival •



Garry Prewitt, Jr., Crystal Rush, Jill Medley and Becky Payne stayed busy working the information booth for the City of Mount Vernon during last weekend's Bittersweet Festival.



Mount Vernon Mayor Mike Bryant and his wife, Carol, took part in Saturday's parade sharing candy with attendees. They were driven in the parade by Ronnie Owens.



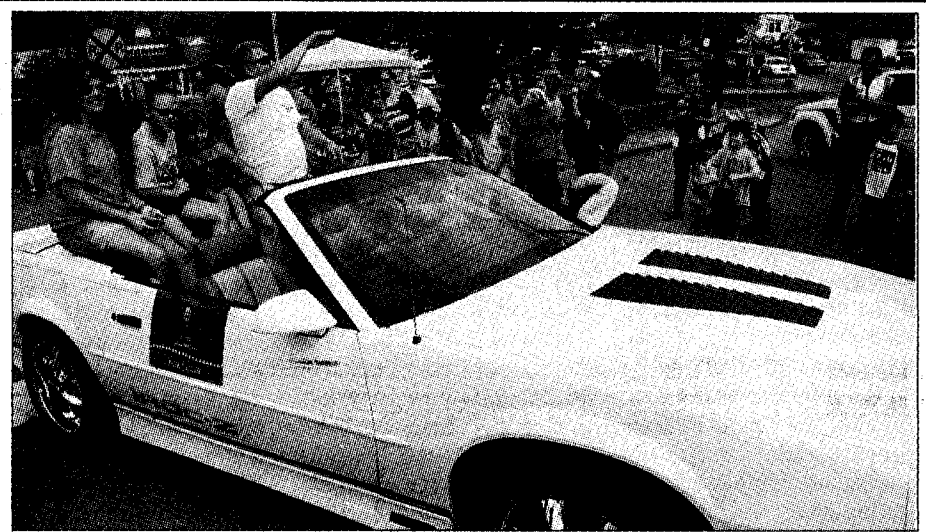
Miss Rockcastle 2017 Sheradyn Cox took part in Saturday's Bittersweet Parade. She was driven in the parade by her dad, Lewis.



Rockcastle Judge-Executive Doug Bishop and his wife, Janet, participated in the Bittersweet Festival Parade last Saturday.



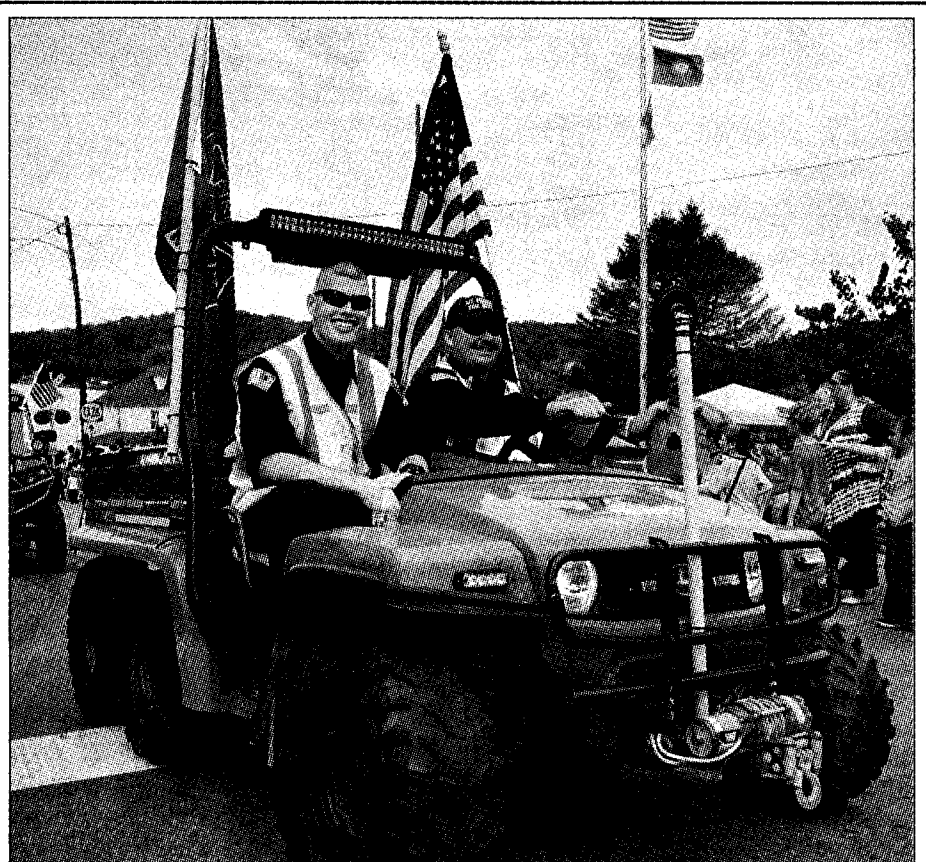
Rockcastle County Attorney Jeremy Rowe rode in Saturday's parade.



Rockcastle Jailer Carlos McClure throws candy to children during the Bittersweet Festival Parade last Saturday. He was joined by his wife Tara and children, Palin and Sarah.



Girl Scout Troop #2677 from Brodhead walked in Saturday's parade.



Firefighters Ricky Healy and Brian Wynn took part in Saturday's Bittersweet Parade.



Mount Vernon Fire Department was a presence in Saturday's parade along with other fire departments in the county.



Rockcastle Ambulance Service took part in the Bittersweet Festival Parade last Saturday.



Librarian Pam Chaliff drove the Bookmobile and shared candy with kids during the Bittersweet Festival Parade last Saturday.



RTEC employees and their family members took part in Saturday's parade sharing candy along the route.



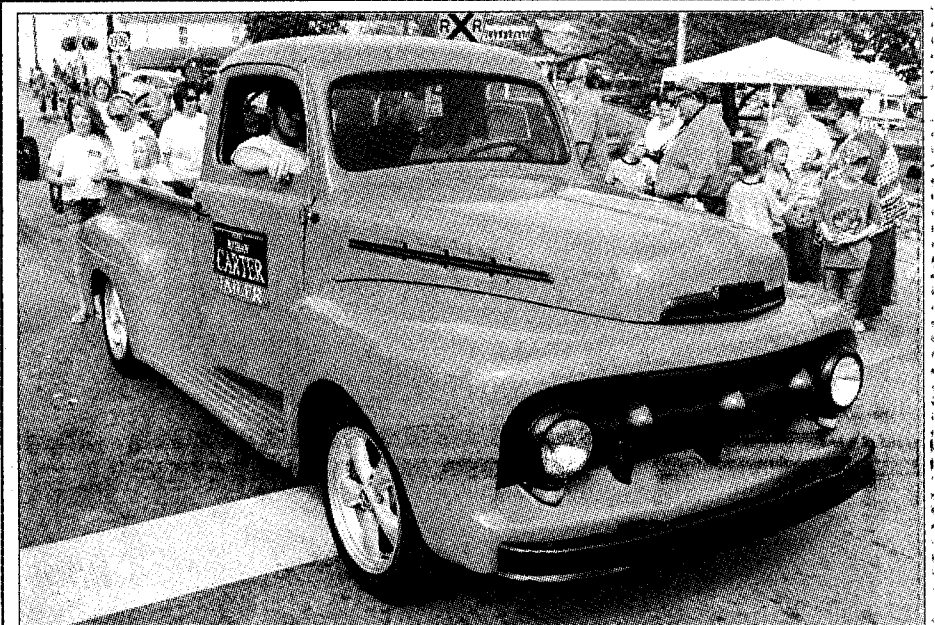
Jordan Smith with Rockcastle County Weather walked in Saturday's parade.



Magistrate Mike McGuire and his family took part in the Bittersweet Parade last Saturday.



Brodhead Mayor Walter Cash drove in Saturday's parade.



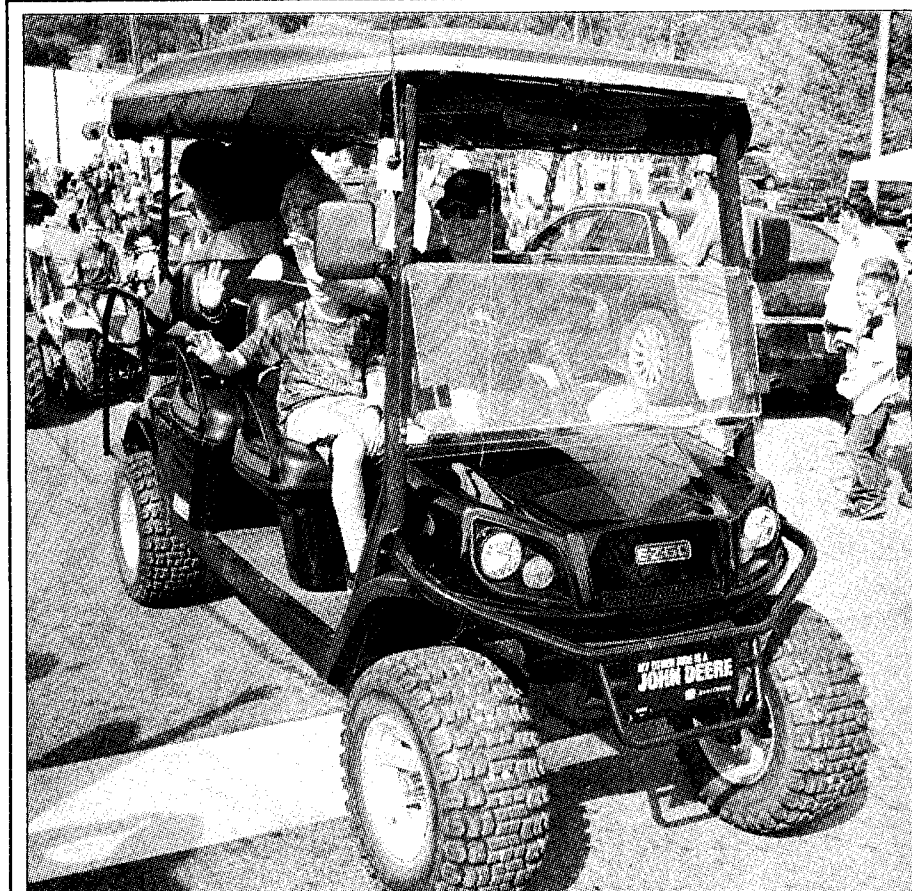
Nathan Carter, candidate for Rockcastle Jailer, and supporters took part in Saturday's parade.



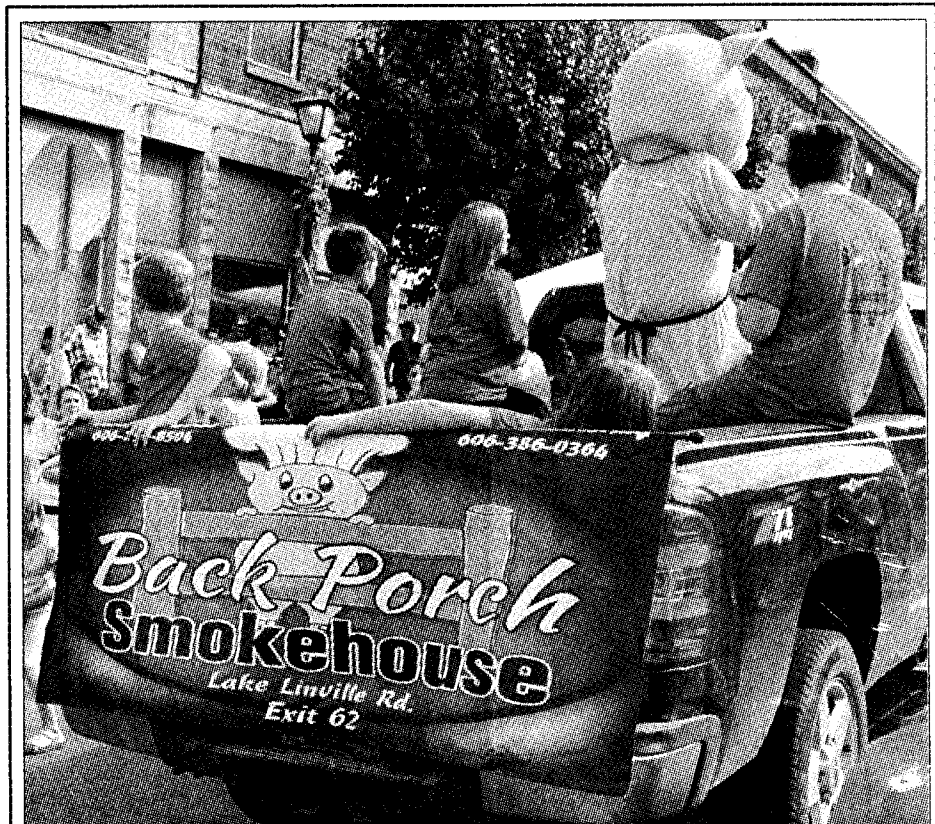
Parade attendees enjoyed the antique tractors brought up from the Appalachian Harvest Festival held in Renfro Valley last weekend.



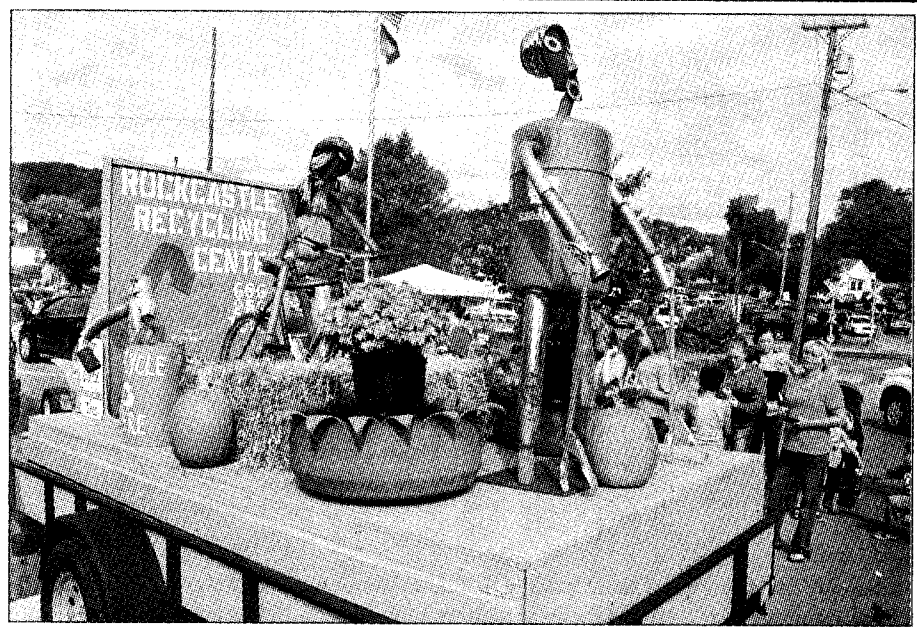
Joe Elam drove his uncle and Mount Vernon City Councilman Cliff Mullins in Saturday's parade.



Roy and Bernice Beasley and their grandson, Harper, enjoyed Saturday's Bittersweet Festival parade.



Back Porch Smokehouse brought Ribsy along for Saturday's parade.



Rockcastle Recycling Center took part in Saturday's parade showing uses for recycled materials.



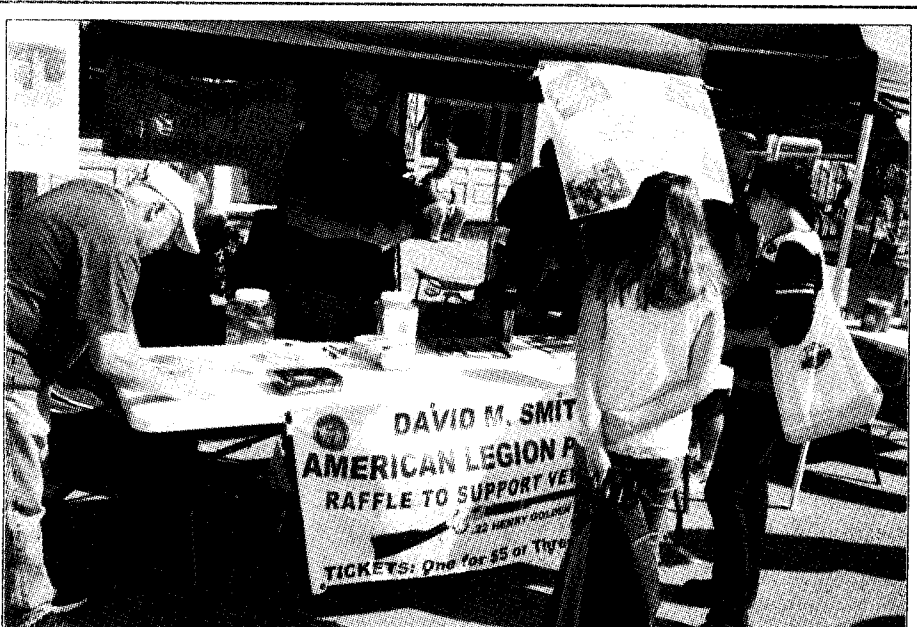
Becky Bradley and Amanda Clark kept busy at the Rockcastle Senior and Adult Healthcare booth during the Bittersweet Festival last weekend.



Mount Vernon Fire Chief David Bales mans the Mt. Vernon Fire & Rescue booth during this past weekend's Bittersweet Festival.



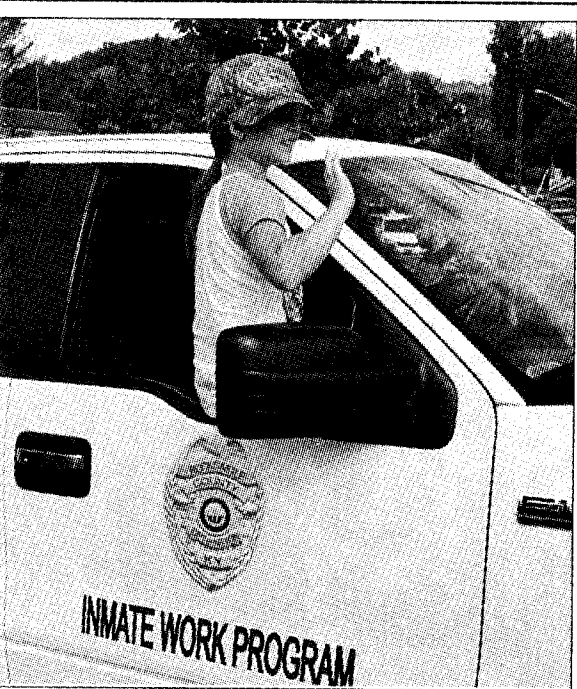
RCHS Dance Blue was one of many booths set up during last weekend's Bittersweet Festival. Sarah Roberts is shown working the booth.



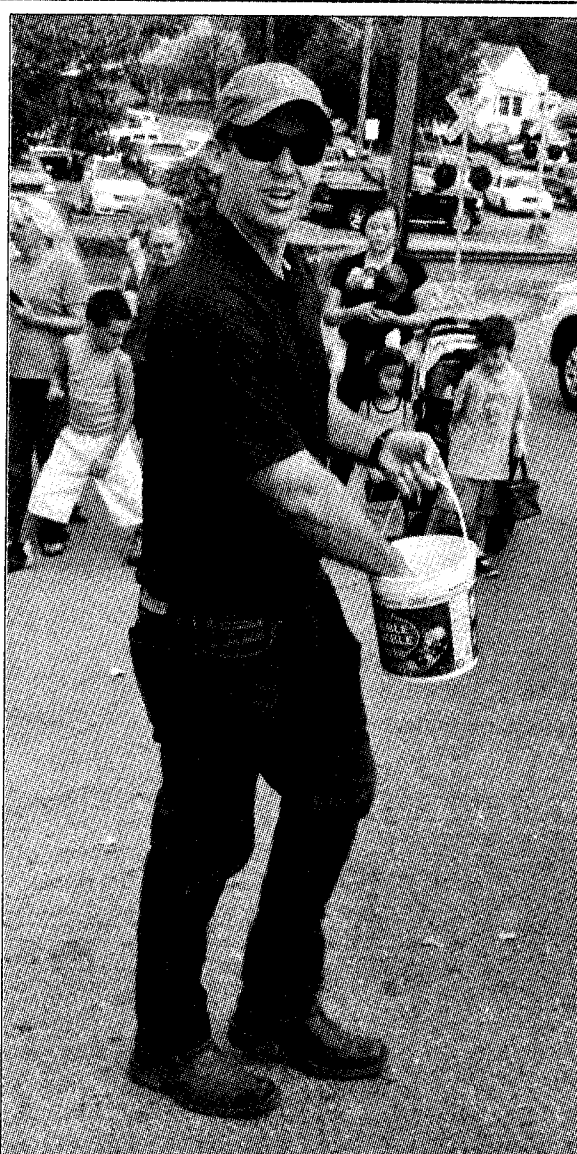
David M. Smith American Legion Post 71 Commander Rick Bobo kept busy selling raffle tickets during last weekend's Bittersweet Festival.



Big Bertha from David's Tire Center showed up for Saturday's Bittersweet Festival Parade.



Bailey Adams enjoyed riding in her mom Josie's truck during the parade Saturday.



State Representative and Majority Floor Leader Jonathan Shell took part in Saturday's parade sharing candy with parade goers.



Jaclyn Bullock was one of many entertainers during this past weekend's Bittersweet Festival held on Main Street in Mt. Vernon.



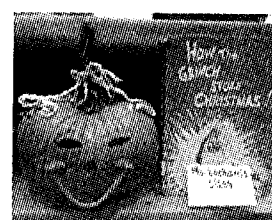
Inflatables were provided by the City of Mount Vernon and enjoyed by young and old alike during last weekend's Bittersweet Festival.

### Local Planning Committee Meeting

The Rockcastle County Schools Local Planning Committee will conduct an Orientation Part-2 Meeting on Monday, October 16, 2017 at the Rockcastle County Teaching and Learning Center at 5:30 p.m.

The Local Planning Committee Meeting is scheduled in accordance with KRS 157.620 and regulated by 702 KAR 1:001.

### Storybook Pumpkins



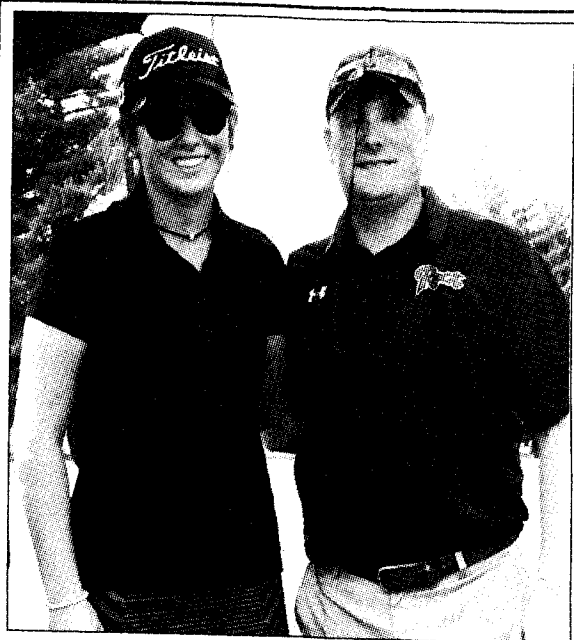
Design your own Storybook Pumpkin and we will display it at the Library through the month of October! Bring your pumpkin October 3rd - Oct 24th

Rockcastle County Public Library  
(606)256-2388  
60 Ford Drive  
Mount Vernon, KY 40456





# SPORTS

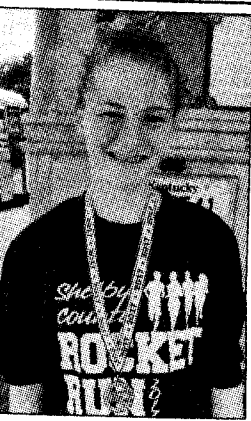


## King makes cut at State Golf Tourney

RCHS sophomore Autumn King shot 80 to make the cut in the first round of the state tournament this past weekend. She is shown here with golf coach, Trent Clark.



RCHS freshman Jasmine Ashcraft won the varsity 5k race at the Bates Creek Invitational on Saturday at Masterson Station Park in Lexington. Jasmine finished with an awesome new all-time personal best of 20:16.



RCHS sophomore Tori Dotson placed third in the 5k race at the Bates Creek Invitational on Saturday at Masterson Station Park in Lexington. Tori's time of 20:36 just missed her season's best by only two seconds.

**Volleyball Senior Night**  
this Thursday  
**Football Senior Night**  
this Friday  
Support the Rockets!!

## Nicely and Cornelius finish fourteenth in state

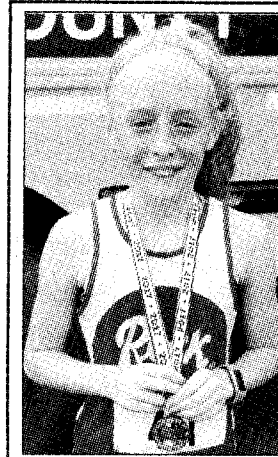
On September 16th and 17th on Green River Lake, the RCHS Bass Fishing Team was represented at the Kentucky B.A.S.S. Nation 2017 Kentucky High School Championship by RCHS student anglers Jordan Nicely and Cameron Cornelius. To achieve a spot at the two-day classic, they had to qualify in a series of tournaments throughout the spring and summer of 2017. The pair fished hard for two days and placed 14th overall for the entire state. The boat captain for Nicely and Cornelius is Mr. Jeff Nicely. The pair is shown here with their day two catch.



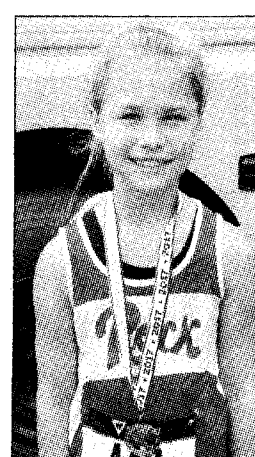
The RCHS girls' cross-country team placed third on Saturday at the Bates Creek Invitational at Masterson Station Park in Lexington. The team is currently ranked 4th in Class 2A Region 5. Team members are from left: Jasmine Ashcraft, Allie Martin, Tori Dotson, Jailey Martin, and Hannah Davis.



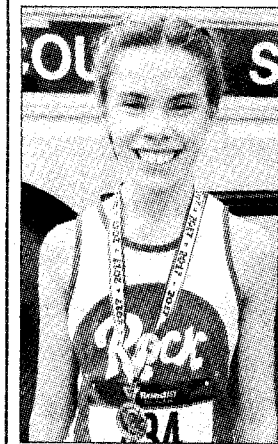
RCMS eighth grader Allie Martin placed 16th at the Bates Creek Invitational on Saturday at Masterson Station Park in Lexington. Allie's time of 24:36 wasn't far off her season's best.



Rockcastle fifth grader Learin Reagan had an awesome 13th place finish out of 142 runners in the fifth grade and under race at the Bates Creek Invitational on Saturday at Masterson Station Park in Lexington. Learin's time of 8:25.38 shattered her all-time personal best for 2000 meters (1.25 miles).



Rockcastle third grader Maliyah Swinney had an awesome 11th place finish out of 142 runners in the fifth grade and under race at the Bates Creek Invitational on Saturday at Masterson Station Park in Lexington. Maliyah's time of 8:21.95 was an all-time personal best for 2000 meters (1.25 miles).



Rockcastle fifth grader Lila Holt had an awesome 19th place finish out of 142 runners in the fifth grade and under race at the Bates Creek Invitational on Saturday at Masterson Station Park in Lexington. Lila's time of 8:38.88 was her season's best for 2000 meters (1.25 miles).



The Roundstone Elementary Purple Foxes K1 team are shown above, front from left: Astrid Isaacs, Sophie Hart, Kylie Sturgill, Aria French, Carrie Jo Fox, Savannah Rice and Addy Fox. Back row from left: coaches Jamieson Roberts and Aliyah Lopez.

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- Prepare for college/training
- Earn job-related certifications
- Increase employability skills
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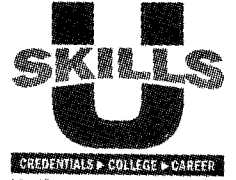
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Monday - Friday  
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 <b>DIANE'S GARDEN</b> Stewed or Diced Tomatoes <b>.59</b> 14.5 oz. can	 <b>MANTIA'S</b> Elbow Mac, Shell Mac, Thin or Regular Spaghetti <b>.99</b> 16 oz. box	 Assorted Varieties <b>MANTIA'S</b> Pasta Sauce <b>.99</b> 24 oz. jar	 <b>MANTIA'S</b> Grated Parmesan or Parmesan & Romano Cheese <b>\$2.49</b> 8 oz. pkg.
 <b>MANTIA'S</b> Garlic or Cheese Texas Toast <b>\$1.49</b> 11.25 - 11.8 oz. pkg.	 <b>SO CHEEZY</b> Shells & Cheddar or Deluxe Mac & Cheese <b>\$1.39</b> 12-14 oz. box	 Assorted Varieties <b>PORTMAN</b> Salad Dressing <b>\$1.49</b> 16 oz. bottle	 <b>CRYSTAL 2-0</b> DRINKING WATER <b>\$2.29</b> 24 pk 16.9 oz bottles

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# Mount Vernon Signal

Second Section

Thursday, October 12, 2017

*Lovell goes over 3,000 rushing yardage mark*

## Rockets beat Russell Co. in Hall of Fame Bowl 46-21

The Rockcastle Rockets football team easily took the measure of the Russell County Lakers in last Friday night's Hall of Fame Bowl, winning 46-21.

This year's inductees into the Hall of Fame were recognized at half-time. They were: Larry Welch, Class of 1976; Curtis Cotton, Class of 1992 and Chris Bishop, Class of 1998. They were presented with plaques by former Assistant RCHS Football Coach Tony Saylor.

The Rockets began their first possession of the game having to punt on 4th and 7 but, three plays later, Josh Thacker intercepted a Lakers' pass on their 30 yard line and returned it 15 yards. A penalty against the Lakers put the ball on the three yard line and, two plays later, Holdan Barnett went over from the one yard line for the first touchdown of the night. Junior Jeremiah Blevins' PAT was good and the Rockets were

up 7-0 at the 7:14 mark of the first quarter.

The Rockets next score came at the 2:44 mark, set up by a 21 yard pass from senior Brent Lovell to senior Blaze Stewart who ended up at the Lakers' 17. Payne got 11 yards to make it 1st and goal on the six and, two plays later, Lovell, on a quarterback keep, went in from the five for the second Rocket TD of the game. Blevins' PAT failed and it was 13-0 with 2:31 left in the quarter.

However, the Lakers came back immediately, taking the Rocket kick-off 80 yards for the score. Their PAT was good and it was 13-7. But the scoring wasn't over for the quarter. The Rockets struck paydirt again on their next possession, with junior Jaden Payne going over for the score from the 12 with 1:07 left to play. The Rockets went for two points but the pass was incomplete but the Rockets were up 19-7 at the end of

the first quarter.

The second quarter was also a good one for the Rockets with their first score of the quarter coming at the 9:30 mark on a 30-yard run by Lovell. With that run, Lovell went over the 3,000 rushing yardage mark for his high school career. Blevins PAT was good and the Rockets were up 26-7.

The Rockets next score was set up by a 71 yard run, from the two by sophomore Josh Thacker to the Lakers' 27 and, following runs by Holdan Barnett and Payne to the Lakers' five yard line, Thacker went over for the score with 2:41 remaining in the second quarter. Blevins PAT was good and it was 33-7.

The Rockets last score of the half came after a pass interception by Jarred Brown put the ball on the Lakers' eight with 9 seconds left on the clock. Thacker got the ball to the three and with 2 and 1/2 seconds remaining in the half, Lovell

went over for the score from the five. Blevins PAT was again good and the Rockets were up 40-7 at the end of the half.

Because of the difference in the score, the clock ran

continuously the second half and Head Coach Scott Parkey took the opportunity to get some of his reserves on the field.

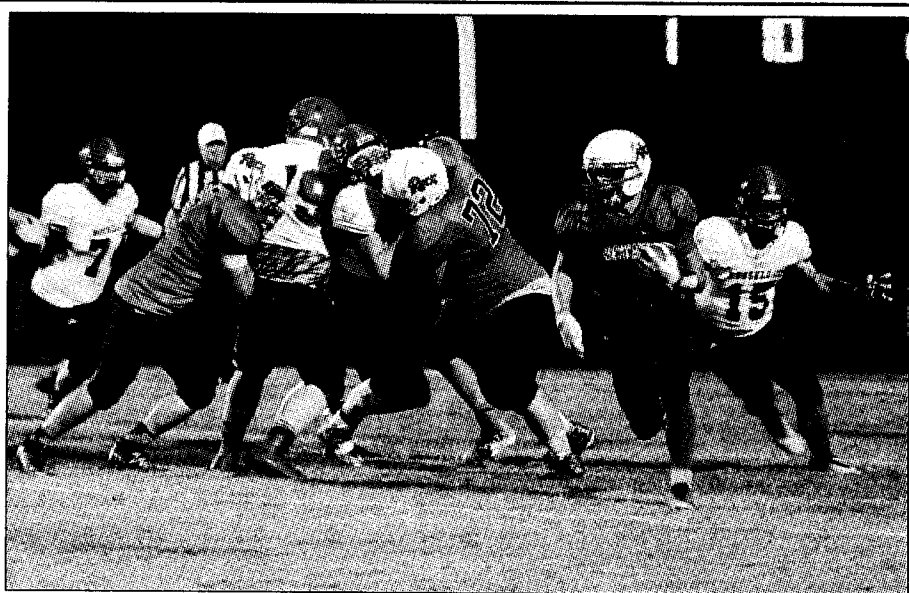
The only score for the Rockets in the second half

came on a third and goal when Payne went in for the score with 3:29 left in the quarter. Blevins' PAT was blocked but the Rock was

(Cont. to B8)



Chris Bishop ('98), Curtis Cotton ('92) and Larry Welch ('76) were inducted into the Rockcastle Football Hall of Fame during ceremonies last Friday night. Former assistant football coach Tony Saylor presented the inductees with plaques for their honor.



J.D. Hamilton and Peyton Saylor work to create a hole for Josh Thacker during the Rockets' win over Russell County Friday night. Thacker had 11 carries for 139 yards to lead the Rockets and scored one touchdown. Defensively, Thacker had two solo tackles and one interception.



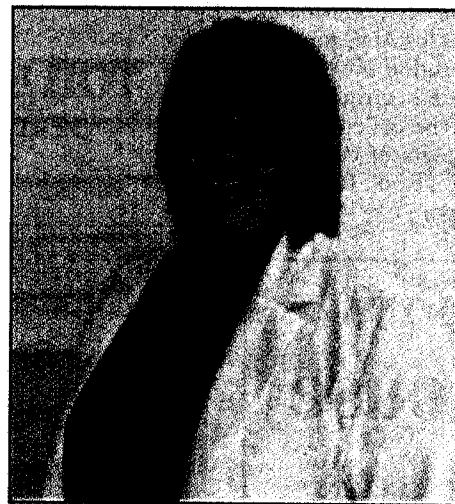
Logan Brown and Drew Mink bring down a Russell County Laker during the Rockets' 46-21 win last Friday night in the Hall of Fame Bowl. Also pictured is #14, Noah Parkey.

50 LOVELL CT.

## ADVANCED FAMILY MEDICAL — CLINIC — MT. VERNON

Tammie has worked within the healthcare system for 31 years, and is a graduate of Frontier Nursing University's Family Nurse Practitioner program.

She is board certified by the American Academy of Nurse Practitioners. Tammie is looking forward to serving the people of Rockcastle and surrounding counties.



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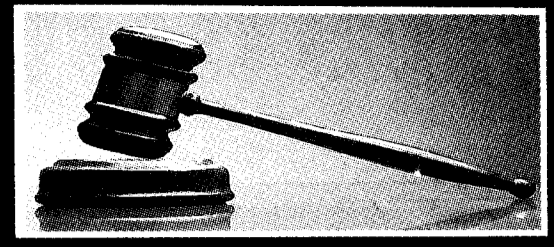
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# News from the Rockcastle Courthouse



## Marriage Licenses

Misty D. Abbott, 26, Somerset, Burger King and Andrew Scott Robbins, Brodhead, USPS. 10/2/17  
Rachel L. Hammons, 25, Mt. Vernon, nursing and William Joseph Miller, 31, Brodhead, industrial. 10/5/17

Micha Renee Lyons, 26, Mt. Vernon, student and Brandon Holt Carpenter, 27, Mt. Vernon, student. 10/5/17

## Circuit Civil Suits

Commonwealth of Kentucky v. Samuel A. Turner, complaint for child support and medical support.  
Elizabeth B. Scheffler v. Trevor Lee Scheffler, verified petition for dissolution of marriage.  
ABSL Properties LLC v. Kenneth Stewart, et al, complaint.

Discover Bank v. Shannon Lakes, \$6,069 plus claimed due.

Commonwealth of Kentucky v. Amanda G. Collins, complaint for child support and medical support.

Commonwealth of Kentucky v. Aaron Grant, Jr., complaint for child support and medical support.

Chrysler Capital v. David Acridge, \$13,984.92 plus claimed due. CI-00246

## Deeds Recorded

Danny and Gaylen Settles, property in Sparks-Davis Addition to Mt. Vernon, to Phillips Properties LLC. Tax \$30

JP Morgan Chase Bank, property in Scaffold Cane Section, to Dennis and Cindy Monroe. Tax \$77

Pauline DeBorde Farley, property on Poplar Grove Rd., to Danny L. DeBorde. No tax

Eileen Abney, David Wayne and Christy Potter, property in Rockcastle

County, to William Douglas and Malinda Pigg. Tax \$64

Loretta D. Battaglia, property on Little Clear Creek Road, to Kacie N. and Sean Zechman. Tax \$180

Dennis Dale Stewart, and others, property in Rockcastle County, to Lisa Debra Higgins. No tax

## District Civil Suits

Heights Finance Corp. v. Regina A. Phelps, \$1,147 plus claimed due.

Synchrony Bank v. Beverly Jones, \$561 plus claimed due.

Capital One Bank v. Joynetta M. Cutts, \$3,783 plus claimed due.

Capital One Bank v. Mark D. Miller, \$2,203 plus claimed due.

Midland Funding LLC v. Danny Smith, \$942 plus claimed due.

Cavalry SPV I KKC v. Paula Russell, \$847 plus claimed due.

Southeastern Emergency Physicians LLC v. Lois N. Dees, \$742 plus claimed due.

Southeastern Emergency Physicians LLC v. Emily Kirby, \$676 plus claimed due. C-00183

## District Court

Sept. 27, 2017

Hon. Kathryn G. Wood

Greg Scott Damrell: fleeing or evading police, 90 days/probated 24 months on condition plus costs.

Donna Ferch: public intoxication and drug paraphernalia - buy/possess/charges merged/5 days in jail plus one cost.

Linda N. Gadd: controlled substance prescription not in original container (three counts), prescription and illegal possession of legend drug (two counts), promoting contraband, public intoxication, 90 days/each count/probated 24 months on condition; possession controlled substance and drug paraphernalia - buy/possess, 360 days (each count)/probated 24 months on condition plus one cost.

Dana Moore: theft by unlawful taking (two counts),

360 days/probated 24 months on condition plus costs/each count.

David Ray Pearson: assault, 30 days plus costs.

Joshua Albert Alarcon: possession of marijuana, \$100 fine; drug paraphernalia, \$100 fine plus costs.

Angela Lee Buchanan: failure to wear seat belts, driving on DUI suspended license, possess open alcohol beverage container in a motor vehicle, operating motor vehicle under influence of alcohol/drugs, bench warrant (bw) issued for failure to appear (fta)/license suspended.

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

Joseph Campos: alcohol intoxication in public place, bw issued for fta.

Susan L. Carroll: operating motor vehicle under influence of alcohol/drugs, bw issued for fta/license suspended.

Bridgette Denny: one headlight, license to be in possession, bw issued for fta/license suspended.

Ronald L. Durham: disorderly conduct, 30 days/concurrent/costs merged.

Kayla R. Gossett: obstructed vision and/or windshield, license to be in possession, failure to notify address change to dept. of transp., bw issued for fta/license suspended.

Joshua J. Greenwell: drug paraphernalia - buy/possess, possession of marijuana, failure to register transfer of motor vehicle, bw issued for fta.

Steven T. Haling: possession of synthetic drugs, bw issued for fta.

Billy Hines: fines/fees due (\$243), bw issued for fta/5 days in jail or payment in full.

Perry Lewis Jackson: fines/fees due (\$231), bw issued for fta/5 days in jail or payment in full.

Elisha Lynn Jasper: fines/fees due (\$198), bw issued for fta/4 days in jail or payment in full.

Darren Wayne Kidd: flagrant non-support, bw issued for fta.

Joshua Clayton Lamb: cruelty to animals, bw issued for fta.

James D. Lane: booster seat violations (two counts),

\$25 fine each count plus one cost.

Richard Lovell: fines/fees due (\$143), bw issued for fta/3 days in jail or payment in full.

Speeding: Earl Jay Maggard, Grace Emily Crawford, Kemo None Duncan, Jason Douglas Hubbard, Cole Wayne Wilson, license suspended for fta; Kendra Jade Petrey, Alexander Cody Downing, action slip.

Leon L. Nicholes: failure to wear seat belts, license suspended for fta.

James Mink: no/expired Kentucky registration receipt - plates, failure to produce insurance card, bw issued for fta.

Jarrod R. New: failure to wear seat belts, failure of non-owner operator to maintain req. insurance, failure to produce insurance card, license to be in possession, bw issued for fta/license suspended.

Roy Perry: failure of owner to maintain required insurance/security, bw issued for fta/license suspended.

Cassidy M. Ramsey: violation of probation/180 day sentence imposed.

Michael D. Richmond: fines/fees due (4143)/converted to three days in jail/concurrent.

Thomas R. Roberts: theft by unlawful taking, public intoxication, possession of marijuana, bw issued for fta.

Brad Anthony Michael Rogers: public intoxication, \$100 fine plus costs.

Shawn A. Rowland: no/expired Kentucky registration receipt, reg. & title require-

ments veh. not oper. on hwy, failure to produce insurance card, failure of owner to maintain required insurance/security, bw issued for fta/license suspended.

Dalton J. Shepherd: rear license not illuminated, no/expired registration plates - receipt, failure to register transfer of motor vehicle, failure to notify address change to dept. of transp., failure to wear seat belts, license suspended for fta.

Hallie M. Simpson: license plate not legible, failure of owner to maintain required insurance, bw issued for fta/license suspended.

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

Alicia G. Stewart: license to be in possession and operating on suspended/revoked operators license, bw issued for fta/license suspended.

Keyvin Taylor: public intoxication, drug paraphernalia - buy/possess, hindering prosecution or apprehension, bw issued for fta/license suspended.

Robert J. Tillery: failure of owner to maintain required insurance/security (two counts), 30 days each count/costs merged.

Kimberly Ann Wade: no/expired registration plates, \$25 fine; no/expired Kentucky registration receipt, \$25 fine plus costs.

William J. Whitted: fines/fees due (\$743), bw issued for fta/15 days in jail or payment in full.

## Circuit Court Clerks celebrate Trust For Life program

Rockcastle County Circuit Court Clerk Eliza Jane York joined fellow circuit clerks in celebrating the 25th anniversary of their Trust For Life program as part of the 2017 Circuit Court Clerks Fall College that took place Sept. 17-20 in Covington. The Kentucky Association of Circuit Court Clerks created the Kentucky Circuit Court Clerks' Trust For Life to educate Kentuckians about the life-saving mission of organ donation. The program was the first of its kind in the United States.

"Thanks to the KACCC's commitment to organ donation, nearly 2 million Kentuckians have registered to donate life," Kentucky Circuit Court Clerks' Trust For Life Executive Director Shelley Heavrin Snyder said. "I'm grateful for the valuable partnership with the circuit court clerks."

The Kentucky Circuit Court Clerks' Trust For Life promotes organ and tissue donation through driver's licensing/state identification cards and the Kentucky Organ Donor Registry. Citizens have the opportunity to sign up as organ donors and donate \$1 to support the trust when obtaining a license or ID at their local Office of Circuit Court Clerk.

"The circuit court clerks are proud to have been involved in creating and sustaining this life-saving mission for 25 years," said Kenton County Circuit Court Clerk John C. Middleton, president of the Kentucky Association of Circuit Court Clerks. "Thousands of Kentuckians are in need of organ transplants. If you haven't yet, please consider being an organ donor. When you get a license or state ID at your local circuit

court clerk's office, say 'Yes!' when asked if you would like to register to be an organ donor."

The Kentucky Organ Donor Registry also offers online registration. To join online, go to <https://donatelifeky.org/>.

While at the college, the circuit clerks also had the opportunity to meet with Chief Justice of Kentucky John D. Minton Jr., the other Supreme Court justices and AOC Director Laurie K. Dudgeon. While the chief justice often meets with the circuit clerks at their colleges, this event provided a special opportunity for them to chat with all seven Supreme Court justices.

Sessions at the college covered jury management, language access, court technology and records retention. The circuit clerks also had a session on handling petitions for involuntary admission to facilities for adults with mental illness, intellectual disabilities and substance use disorders. The Kentucky Division of Driver Licensing presented on issuing commercial driver's licenses through its new electronic program and the Registry of Election Finance gave an update on election laws. The Kentucky Association of Counties gave a presentation on the pension crisis.

The college also included time for circuit clerks to share their experiences and best practices.

The KACCC and the Office of Judicial Branch Education at the AOC provided the education program for the state's circuit court clerks. The college offered 12.75 hours of continuing education credit for the circuit clerks.

## Halls of Doom Haunted House

Basement of School House at Livingston



Starts Fri., Oct. 13th & Sat., Oct. 14th

and continues every Friday and Saturday through Nov. 3rd and 4th. Also open Trick or Treat Night, Tuesday, Oct. 31st

Semi-Lighted Tour 7 to 7:30 p.m. Children Free but must be accompanied by an adult - Adults \$2.50

Full Scare begins at 8:15 p.m.

**WIPE OUT DRUGS SERVICE PROJECT**  
CAN YOU SPARE A SQUARE?

**ROCKCASTLE COUNTY AND CLAY COUNTY**

UNITE BOWL GAME - OCTOBER 13TH - 7:30 PM  
TAILGATING - 6:00 PM

**TOILET PAPER DRIVE**  
DEADLINE OCTOBER 13TH

Donations will be accepted at RCMS. Contact Angie Payne at 606-256-5118 for info. **PACKAGED TOILET PAPER ONLY.**

All toilet paper will be donated to the following drug treatment centers:  
WOMEN'S: Hope City (Barbourville, KY); Hope in the Mountains (Prestonsburg, KY)  
MEN'S: Chad's Hope (Manchester, KY); Isaiah House (Willisburg, KY)

RCMS Cheer Presents

**A ROCKIN' Night Out**  
at Rockcastle County Middle School

19TH OCTOBER | 6-7:30PM  
\$5 MEAL TICKETS | LIVE MUSIC | SILENT AUCTION

Featuring Live Music from *Jaclyn Bullock*

**Commonwealth of Kentucky**  
**28th Judicial Circuit**  
**Rockcastle Circuit Court • Division II**  
**Civil Action No. 16-CI-00340**

**Nationstar Mortgage, LLC** Plaintiff

**V.**

**Vernon Doan Jr. a/k/a**  
**Vernon Doan, et al** Defendants

**NOTICE OF SALE**

Pursuant to a judgment and order of sale entered in this action on September 11, 2017 for satisfying the judgment against the defendants in the amount of FORTY NINE THOUSAND EIGHT HUNDRED NINETY NINE DOLLARS AND 31/100 (\$49,899.31) plus interest, costs and attorney fees. I will offer at public auction the hereinafter described real property in Rockcastle County, Kentucky.

**At the Courthouse on East Main Street**  
**Mt. Vernon, Kentucky**  
**on Friday, October 20, 2017**  
**Beginning at the Hour of 1:00 p.m.**

Said property being more particularly described as follows:

14 Mullins Station Road, Mt. Vernon, KY 40456  
PVA Map #0735W-00-041

Being the same property conveyed to Vernon Doan, Jr. and Lula Doan, no marital status given by deed of record in Deed Book 226, page 162 in the Office of the Rockcastle County Clerk.

**The property shall be sold upon the following terms & conditions:**

- The real property shall be sold together as a whole.
- The real property shall be sold for cash or upon a credit of thirty (30) days with the purchaser(s) required to pay a minimum of ten percent (10%) of the purchase price in cash on the date of sale and to secure the balance with a bond approved by the Master Commissioner.
- The bond shall bear interest at the rate of twelve percent (12%) per annum until paid in full. The bond shall have the force and effect of a judgment and shall be and remain a lien upon the property sold as additional surety for the payment of the purchase price.
- The purchaser shall pay the 2017 local, county and state property taxes.
- Unpaid delinquent State, County and/or City ad valorem real estate taxes owed to those government entities, and not sold pursuant to the provisions of KRS Chapter 134 to any private purchaser during the pendency of this action shall be paid from the sale proceeds.
- Full satisfaction of the plaintiff's judgment shall be paid from the proceeds of the sale.
- The purchaser shall have possession of the real property upon compliance with the terms of the sale.
- In the event the plaintiff is the successful bidder and the sale price does not exceed the amount of the plaintiff's judgment, no deposit or bond shall be required.
- The sale shall be made subject to all easements, set back lines, restrictions or covenants of record or otherwise and shall be sold "as is".

**John D. Ford**  
**Master Commissioner**  
**Rockcastle Circuit Court**

# CHURCH NEWS

## Free Bible Courses

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

## Let the Bible Speak

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

## Rockcastle County Recovery Meetings

**\*Celebrate Recovery-Brodhead:** Located in the Community Outreach Center (next to Fairgrounds), every Monday, 6 to 8 p.m. 606-308-3368 or 606-308-3099.

**\*Celebrate Recovery-Northside Baptist** every Tuesday, 6 to 8 p.m. 606-256-5577.

**\*Celebrate Recovery-Step Studies.** Northside Baptist, Wednesday at 7 p.m. 606-256-5577.

**\*Broken Chains Bible Study** at Cruisers Motorcycle Sales on Hwy. 25 North, 4 miles north of Mt. Vernon every Thursday at 6:30 p.m. 859-302-2431.

**\*Celebrate Recovery-Livingston** at Livingston School cafeteria. Friday, 6 to 8 p.m. 859-314-7828.

## Gospel Sing

Sand Springs Baptist Church will have a Gospel Singing Sat., Oct. 14th at 6 p.m. featuring The Trinity Heirs.

Bro. Eugene Gentry and congregation invite everyone.

## Revival

Revival Services will be held at Quinton Baptist Church beginning Sunday morning, Oct. 15th and going through Wednesday night, Oct. 18th. Sunday evening service will start at 6 o'clock and Monday through Wednesday at 7 p.m.

Pastor and Evangelist, Bro. Jack Stallsworth, and congregation invite all to come to these special revival services.

## Benefit Motorcycle/ ATV Ride and Potluck Cookout

New Hope Baptist Church of Orlando will be having a Benefit Motorcycle/ATV ride and potluck cookout on Sat., Oct. 14th. Street bikes will be taking a separate route than the all-terrain vehicles. Riders will leave the church parking lot at 11 a.m. and will return between 1:30 and 2 p.m. when the potluck cookout will take place.

The cost is \$10 per bike

or ATV with an extra \$45 for each additional passenger.

Donations will be taken at the cookout for non-riders.

All proceeds will go towards building a fellowship hall on the church.

Everyone come out, bring a covered dish and enjoy a day of fun, food and fellowship!

If you have any questions, call Pastor David Carpenter at 308-1277 or 256-8235.

## Tent Revival

Red Hill Baptist Church, Livingston, will be hosting a Bible Believing Tent Revival Monday, Oct. 16th thru Saturday, Oct. 21st at 7 o'clock each evening.

Speakers will be: Randy McPheron, Travis Gilbert, Gary Parker, Ralph Rogers, Lee Abney and Bill Hammond with special singing nightly.

Everyone welcome! (In case of inclement weather, service will be moved inside).

## Car Wash & Fall Party

Northside Baptist Church will have their Car Wash and Fall Party on Saturday, Oct. 14th from 10:30 a.m. to 2 p.m.

Proceeds will go towards providing gifts for children for Christmas.

Get your car washed and enjoy some of the taste treats of the fall -- apple cider, pumpkin bread, candy, etc. We will also have movies for sale.

For more information, call Johnny at 606-308-0306 or email at jfr22180@yahoo.com

## Special Service

There will be a special service at the Berea Gospel Tabernacle on Friday, Oct. 13th, beginning at 7 p.m. with Rick Holt speaking.

## Fall Festival

Flat Rock Baptist Church will hold their Fall Festival Saturday, Oct. 14th from 2 p.m. to ?

There will be inflatables, pumpkin painting, a hay ride, hot dogs, marshmallow roast and games. Lots of fun for everyone!!

## Homecoming and Fall Renewal

First Christian Church in Mt. Vernon will hold their Fall Renewal Oct. 15-18 with Homecoming on Sunday, Oct. 15th. We would like to invite you to come and be a part of it with us.

Sunday morning service

at 11 o'clock, Sunday night at 6 o'clock and Monday through Wednesday nights at 7 o'clock.

Ken Henderson, Founder and Director of Teen Mission, USA will be our speaker. There will also be a number of folks bringing special music.

The theme will be "Egypt: When the gods met God!" Come and get a renewed perspective on familiar Old Testament stories!

The church is located at 160 West Main St., Mt. Vernon and if you have any questions or would like a ride, please call us at 256-2876.

## Philadelphia United Baptist Church

•Sunday School - None until Spring.

•Sunday night Service - 6 p.m.

•Wednesday Bible Study at 7 p.m.

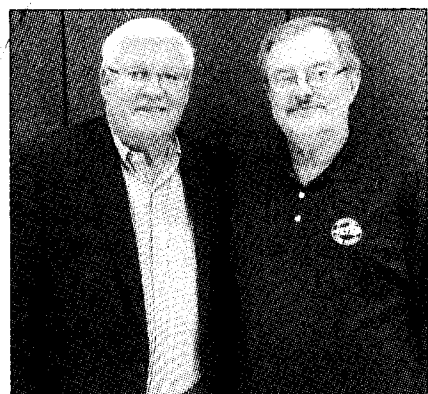
•Church service at the Brodhead nursing home the first Sunday of each month.

•Church Singing every fourth Sunday at 6 p.m. Come out to sing or be with us. Everyone welcome.

**The Praise Singers** will be at the church Oct. 15th at 11 a.m., The Watson Family on Oct. 22nd at 6 p.m. and Voice of Praise on Nov. 26th at 6 p.m.



The Kentucky Farm Bureau Annual Meeting was held September 15th at Roundstone Elementary School, with approximately 225 members present. The main speaker was Kentucky Farm Bureau President, Mark Haney. The following Officers were re-elected: Terry Lawson, Doug Brock, John King, Sam Mullins, Brenda Parsons, Randall Thacker, and Tom Mills. Entertainment was provided by His Heart Quartet. The meal was provided by the Rockcastle Cattlemen's Association. Rockcastle County High School FFA presented a safety program. Pictured above sitting from left are: Brenda Parsons, Tom Mills, Terry Lawson (President), Sam Mullins, Cassie Literal and Tommy H. Mink. Standing from left are: Doug Brock, Randall Thacker (Treasurer), Garry Hurst (Vice President), and Roy Reynolds. Not present: John King. Pictured at right are Kentucky Farm Bureau President Mark Haney with Rockcastle County Farm Bureau Federation President, Terry Lawson.



## WWI Rockcastle Veteran Tribute

The Rockcastle Chapter DAR needs the community's help with the upcoming 100th Anniversary of WWI Tribute to Rockcastle's veterans of the "Great War." If you have photos, stories, memorabilia or any other information pertaining to these soldiers, please let us know.

Deadline for submitting information will be October 31, 2017. Contact Karen Adams, 859-273-9105 or adamskaren11@cs.com.

## Notice

Absolutely no burning of leaves or anything in ditches in the city limits of Brodhead.

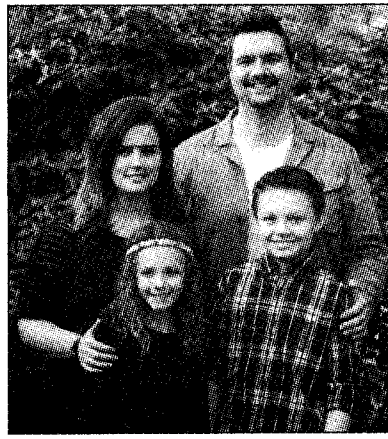
The ordinance for this was passed November 4, 1957

**This ordinance will be enforced!!!**

## Pastor Appreciation

New Heights Church loves and appreciates our Pastor, Bro. Jon Burdette, wife Amy and their children, Evan and Shailynn for all they do for our church, our members and our community.

For Pastor Appreciation Month, we want him and his family to know that we pray for God to continue to give him strength, bless him abundantly, and to empower/protect both his ministry and his family. May the joy of ministry, love for Christ, and the passion to reach the lost to never leave his heart. Thanks Bro. Jon and Mrs. Amy for blessing our church with your service.



*"The Depot" Friday Night Gospel Singing!*

proudly presents!

*The Jones Family*



10/13/17

*7pm free admission*

## Gospel Meeting October 13<sup>th</sup> - 15<sup>th</sup> Providence Church of Christ 109 Providence Cemetery Road Brodhead, KY

Please join us this Friday through Sunday at the Providence Church of Christ for a series of lessons presented by Jim Holton and Justin Berss from Bowling Green, KY.

**Friday, October 13<sup>th</sup>, 7:00 pm - Speaker Justin Berss**

**"God's Will Not My Will" - Jonah 1:2-3**  
Have you ever been given a task that you simply did not want to do? We find this very thing happening in the life of the prophet Jonah. As we study the life of Jonah together on Friday night we will highlight several examples where Jonah elevates his will above God's will. We will seek to make important applications to our lives so that our attitude will be more in line with Jesus' attitude.

**Saturday, October 14<sup>th</sup>, 7:00 pm - Speaker Justin Berss**

**"Unleash the New Man in Christ" - Ephesians 4:23**  
When we make the decision to be baptized into Christ, Paul tells us that we are burying the old man of sin and we arise to walk in newness of life (Rom. 6:3-4; Col. 2:12). As we come together on Saturday night we are going to talk about unleashing the new man in Christ. We will study Ephesians chapter 4 and consider what Paul tells us this new life is all about.

**Sunday, October 15<sup>th</sup>, 10:00 am - Speaker Jim Holton**

**"Unleash the Power of His Word" - Acts 4**  
People in the world today, especially on social media, seem to be very vocal about their convictions no matter what they might be. As Christians, how well do we stand for the word of God BOLDLY? Are we willing to take an unpopular stand in the eyes of the world although it's the right thing to do in the eyes of the Lord? This study will help us focus on being BOLD for the word of God in our everyday lives.

**Sunday, October 15<sup>th</sup>, 10:40 am - Speaker Justin Berss**

**"Seeing the Opportunity Before Us" - Acts 16:28**  
Imagine being beaten and thrown into prison because your faith is in Christ. How would you respond to that? This is precisely where the Apostle Paul finds himself as he travels to Philippi. On Sunday morning we will travel through the book of Acts and notice how Paul made the most of his opportunities to teach people the gospel.

**Sunday, October 15<sup>th</sup>, 6:00 pm - Speaker Jim Holton**

**"Unleashing the Church" - Galatians 2:20**  
How does the word of God manifest itself in our lives daily? What do people see in us as CHRISTIANS? Do they see us as people dedicated to the truth and committed to being bondservants to God's word? Or, do they see people consumed with the world and things of the world and not separating themselves from worldly things? The work of spreading the gospel comes through us surrendering control of our lives to God. This lesson will challenge us all to think about how committed we are to God's word and how He uses us to do His work today!

An encouraging word:

## When Life Hits Hard

By Howard Coop



It was a day I will always remember. It was a beautiful day in late spring in the eleventh year of my life, and the days of the Great Depression, because of the beginning of World War II, were ending. My father was seldom home, but that day, for some reason, he had the day off, and we were enjoying it with him.

Near the middle of the day, my brothers and I were playing in the yard, and he was sitting in the shade of the two maple trees in front of the house when a buggy came around Hegira Ridge. Sam King, a man we knew well, was delivering the mail. Sam stopped and put something in our mailbox and, after waving to us, went on around Chestnut Grove Ridge toward the post office at Frogue.

One of us went to the mailbox and got the mail, a letter to my father. When it was handed to him, his expression changed dramatically. Then, he slowly

opened the letter, and his expression changed even more. It was an unexpected letter of notification. Looking up, he said, "Well, I've lost my job." He paused and, after a moment, said, "Well, as hard as they are to find, I guess I'll just have to look for another one."

Not long before my father got that devastating notice, Fred Astaire recorded a song with lyrics by Dorothy Field and music by Jerome Kern that became famous. It said, "Pick yourself up, take a deep breath, dust yourself off and start again."

There are times when life hits us hard. Things change abruptly for the worse, and the bottom seems to drop out. But for two thousand years, it has been axiomatic, "We do not lose heart," and that, in the worst of days, can keep us from giving up, or, as we sometimes say, from "throwing in the towel." Instead, we keep on going, and, in most cases, things take a turn for the better.



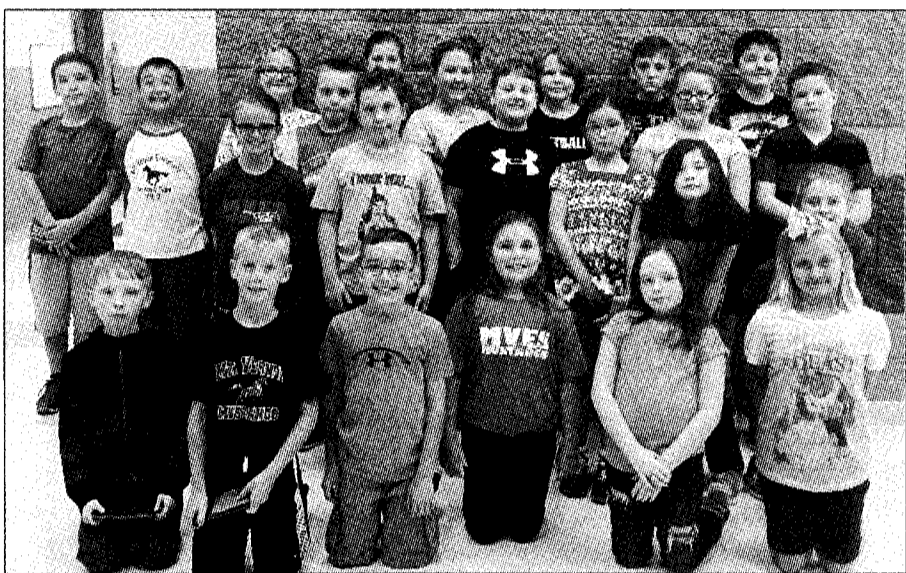
## Tiger Pause...

Brodhead Elementary had a special visit from the Kentucky Derby Museum Outreach Program. Brodhead students were introduced to the many complexities of the Kentucky Derby and the impact the derby has on our great state. 5th grade students heard "Economics and the Derby" where students saw examples of items that have been used as "money" in other cultures to establish money as a representation of value. The difference between needs and wants, the concept of scarcity and the balance of supply and demand are established.

Students observed and participated in hands-on demonstrations of making a buying decision, how the value of an item can diminish, and how money comes into a community and passes through many different hands. The program concludes with a demonstration of the economic impact of the Kentucky Derby on the local and regional economy.

Second and third grade students heard "Mathin' Around the Track" students solved problems taken from the "Five Big Ideas of Math" (Number Properties and Operations, Measurement, Geometry, Probability, and Algebra) as they prepare their horse for the Kentucky Derby in this real-world application of math. 4th grade students saw "Science on the Track" Students explored both physical and chemical weathering, as we build our own racetrack using a combination of different sediments. Students understand basic differences in silt, sand and clay and how rock is weathered to form these particles. They apply knowledge to building and maintaining a racetrack. They can identify various landforms and determine how they affect the location of a racetrack.

Our first and kindergarten students saw "Horse Tales" students participated in stories featuring both fictional and non-fictional horses. Students explored the different elements that make up a story, as well as other early reading strategies. Pictured is kindergarten and 1st grade students participating in the stories. Students in action are Zayden Riddle-Campbell, Charles Kirby, Gabe Wynn, Candice McCracken, and Haylee Bryant. Thanks to the Kentucky Derby Museum Outreach Program and the time they spent with our students.



Mt. Vernon Elementary competed in their first Academic meet for the 2017-18 season at Brodhead Elementary on Monday, September 25. MVES was represented well with over 20 members in attendance. Several members placed individually in the various subject areas. We are very proud of all of our members. In Science, Anna Chaliff won 1st place, Susanne Mullins tied for 2nd place, and Shannen Eckert came in with a 4th place finish. In Social Studies, Jackson Stallworth placed 3rd, Allie Cable placed 4th, and Chloe Bray placed 5th. In Language Arts, Emily Renner won 1st place, while Kendra Barnes came in 2nd, AJ Cromer placed 4th, and Michael McKinney came in 5th place. In Arts & Humanities, Harrison Mullins placed 2nd, Emory Hazelwood came in 4th place, while Isabella Mink and Ella Vance tied for 5th place.



Mrs. Jamie Bryant's first grade class recently studied the life cycle of a butterfly. The study culminated in two butterflies hatching. They were released in the butterfly garden at MVES.

## Cadets compete in Raider Challenge

Submitted by  
Hannah Cloepfil

Eighteen Rockcastle Raider Team Cadets traveled to Clay County High School on September 30, 2017, for their Raider Challenge Competition. The team was highly motivated performing their best on each event. The competition consisted of five events: B-Bails (Mountain Course), One Rope Bridge, Tug-o-War, Obstacle Course, and the Mystery Event. On each event, the team was required to have two females and eight males.

The team got off to a fast start by our running the obstacle course. The course included rotating monkey

bars, vaults, walls, and balance beams. The team comprised of Ethan Saylor, Amber Doan, Billy Boggs, Elijah Vaught, David Peavie, Cody Morris, Lydia Walker, Sebastian Poynter, Charles Kuntz, and Chandler Cole, completed the course in seven minutes and fifty seconds.

The second event would test the team's skills and strength as a unit, the B-Bails. Our team did a phenomenal job completing the task through teamwork and determination. B-Bails was a mountain trek with strenuous obstacles placed throughout the course to test the team's ability to adjust and recognize each other's

weaknesses. The team ran three fourths of a mile with physical challenges spread across the mountain. On the course they had to carry at various times; 16 small tires; ammo cans, sand bags, logs, two five-gallon jerry cans, and a two hundred pound stretcher carry. The Cadets on this Team were: Ethan Saylor, Amber Doan, David Peavie, Billy Boggs, Charles Kuntz, Shawna Mink, Elijah Vaught, Cody Morris, Cager Doan, and Sebastian Poynter who placed second with a time of thirteen minutes and twenty-three seconds.

The one rope bridge was the next event that had a team of cadets cross a 60 foot span on a single rope. Cadets had to tie a Swiss seat (harness made of rope) to cross to the other side without touching the dead zone (place set by the graders that the cadets cannot cross under any circumstance). The team (Ethan Saylor, Amber Doan, David Peavie, Billy Boggs, Charles Kuntz, Lydia Walker, Elijah Vaught, Cody Morris, Chandler Cole, and Sebastian Poynter) completed the crossing with a solid time of two minutes and forty-six seconds.

Clay County put together a Mystery Event which encouraged our team to have to think and work together. The team was required to do 50 timed pull-ups then make their way across three "islands" using three boards of different lengths. Our team completed this task in eleven minutes and nine seconds with a surprising two "fatalities" (two people stepping into the dead zone).

Our team placed second in the B-Bails (Mountain Run) event but most important we were challenged to do our best and grow as a team. This competition was one important step in preparing our Raider Team for the Raider Nationals the Army has set for November in Georgia.

## Mt. Vernon Message

Spirit Card Fundraiser Rally is Thursday, October 5. Please check your child's backpack for details.

Preschool students are going to Sigmon's Farm on Thursday, October 5.

FALL BREAK — No school on Friday, October 6 and Monday October 9. Enjoy your long weekend!

UNITE Toilet Paper Drive begins Tuesday, October 10. Details have been sent home.

Kindergarten students are going to the pumpkin patch Tuesday, October 10.

Hooked on Reading is Wednesday, October 11.

2nd grade will be going to Salt Petre Cave on Friday, October 13.

The end of our first grading period is October 13. Parent/Teacher conferences are scheduled for October 26. Please check your child's backpack for more details.

The first archery practice is scheduled for October 16 from 3:15 until 5:00. You must pick your child up in the front entrance at 5:00.

MVES second grade students from Mrs. Cowan's, Mr. McKinney's, Mrs. Gentry's and Mrs. Burton's classes participated in a lesson with Judge Katie Wood last week at the Rockcastle County Courthouse. Students were engaged in a mock trial and enjoyed learning from Judge Wood. They also visited the County Clerk's Office where they heard about the how it helps our community. MVES would like to thank Judge Wood, Danetta Ford, and Eliza York for taking time to talk to the students.

FRC News

After School Enrichment is each Monday from 3:10 until 4:25. Be here promptly to pick up your child.

## Commonwealth of Kentucky 28th Judicial Circuit Rockcastle Circuit Court • Division II Civil Action No. 17-CI-00090

Lester Miller, Jr. et ux **Plaintiffs**  
V.  
James Reynolds, et al **Defendants**

### NOTICE OF SALE

Pursuant to a judgment and order of sale entered in this partition action on September 22, 2017 I will offer at public auction the hereinafter described real property in the Rockcastle County, Kentucky.

**At the Courthouse on East Main Street  
Mt. Vernon, Kentucky  
on Friday, October 20, 2017  
Beginning at the Hour of 1:00 p.m.**

Said property being more particularly described as follows:

22 Bright Shade Lane, Mt. Vernon, Kentucky 40456  
PVA Map #035-00-045

Parties common source of title originated with Raymond and Lucille Miller (both now deceased), executed by Wilbert Bustle, et ux. and recorded in Deed Book 107, Page 129 in the Office of the Rockcastle County Clerk.

### The property shall be sold upon the following terms & conditions:

1. The real property shall be sold together as a whole.
2. The real property shall be sold for cash or upon a credit of thirty (30) days with the purchaser(s) required to pay a minimum of ten percent (10%) of the purchase price in cash on the date of sale and to secure the balance with a bond approved by the Master Commissioner.
3. The bond shall bear interest at the rate of twelve percent (12%) per annum until paid in full. The bond shall have the force and effect of a judgment and shall be and remain a lien upon the property sold as additional surety for the payment of the purchase price.
4. The purchaser shall pay the 2017 local, county and state property taxes.
5. Unpaid delinquent State, County and/or City ad valorem real estate taxes owed to those government entities, and not sold pursuant to the provisions of KRS Chapter 134 to any private purchaser during the pendency of this action shall be paid from the sale proceeds.
6. The purchaser shall have possession of the real property upon compliance with the terms of the sale.
7. The sale shall be made subject to all easements, set back lines, restrictions or covenants of record or otherwise and shall be sold "as is".

**John D. Ford  
Master Commissioner  
Rockcastle Circuit Court**

## Minds in the Middle

There will be a Y-Club meeting on Friday after school until 3:45 for all students who are attending the Kentucky Youth Assembly

The Unite Club is holding their annual Toilet Paper drive. Our goal is to collect 500 rolls of toilet paper. The drive will end on October 13th.

Congratulations to the students who were chosen to lead this year's Unite Club: Captain Haley Thacker, Secretary Destiny Adams, Treasurer Hallie Brown and Historian Kylie Martin.

Thank you to our kind kids of the week: Reese Couger, Leah Whitworth, Camryn Cash, Haven King, Ella Bussell, Haley Thacker, Ezekiel Graves, Jacob Houk, Corey Coleman, Tanner Osborne, Jake Sanders, Melanie Vanwinkle, James Kirby, Landon Reppert, Destiny Adams, Molly Craig, Kylee Burns, Jackson Vanzant, Averi Dillingham, Kaylee Carpenter, Destiny Bullen, Dawson Farrow, Elijah Winkler, Jadon Ramsey, Carson King, Maddie Ellis, Riley Sharrow and Jaiden Burton, Savannah Thacker,

Abigail Jones, Emily McGuire, Jaden Cameron and Rachel Kun.

The first grading period will end on Friday. Please make plans to attend our open house on October 17th from 3-6:00. The 8th grade class will be selling hot dogs with chili, chips and drinks. Help support their 8th grade trip and feed your family.

Eighth grade students should turn in a \$10 trip deposit by October 20th.

There will be ESS on Thursday as well as Chess Club, choir practice and Art Club. Art Club is for the 7th and 8th grade members only this week.

There will be a volleyball clinic for any RCMS girl interested in playing volleyball on October 21st from 9-11. You must have a current sports physical to attend. The cost is \$5. For more information see Ms. Todd.

Remember that your box tops are due this Friday and the team who has the most will win an extra incentive. Mixed Bags orders are due on Monday, October 16th.

**CITY OF BRODHEAD  
ORDINANCE # 0707-01  
NUISANCE ABATEMENT & ENFORCEMENT PROVISIONS**

WHEREAS, the City of Brodhead, Kentucky is establishing procedures to abate nuisances within the city limits of Brodhead, Kentucky, and enforcement provisions established for nuisances.

WHEREAS, the City seeks to require the abatement of such nuisances and make enforcement provisions,

NOW, THEREFORE BE IT ORDAINED BY THE CITY OF BRODHEAD AS FOLLOWS:

**SECTION I**

**DEFINITIONS:**

For the purpose of this ordinance the following definitions shall apply unless the context clearly indicates or requires a different meaning.

**DWELLING-** Any part of any building or its premises used or formerly used as a place of residence or habitation or for sleeping by any person.

**STRUCTURE-** Any house, garage, building, outbuilding, mobile home, shelter, building partially constructed or building partially demolished due to any reason including natural disaster or fire.

**NUISANCE-** Public nuisance. "Nuisance" shall mean a problem structure as defined herein and any condition or use of public or private property or premises, or of building exteriors which substantially annoy, injure or endanger the comfort, health, repose or safety of the public or which is detrimental to the property of others, or which causes or tends to cause substantial diminution in the value of other property in the neighborhood in which such premises are located, or which creates a stench or odor noxious and offensive to those in the neighborhood or passers-by on the public streets or ways or which attract rodent and vermin infestation or the risk thereof.

**UNFIT FOR HUMAN HABITATION-** Dangerous or detrimental to life or health because of want of repair; defects in the drainage, plumbing, lighting, ventilation, or construction; infection with contagious disease, or the existence on the premises of any unsanitary condition likely to cause sickness among occupants of the dwelling.

**UNFIT FOR FURTHER USE -** In a dangerous condition; having defects or missing parts; or in such a condition generally as to be unfit for further use for its intended or practical purpose.

**SECTION II**

**DUTY OF MAINTENANCE OF PRIVATE PROPERTY**

No person owning, leasing, occupying or having charge of any property or premises shall maintain or keep any nuisance thereon, nor shall any such person keep or maintain such property or premises in a manner causing substantial diminution in the value of the other property in the neighborhood in which such property or premises are located. For the purposes of the Section, it shall not be essential that the nuisance be created or contributed to by the owner, occupant or persons having control or management of the property or premises, but merely that the nuisance be created or contributed to by licensees, invitees guests or other persons for whose conduct the owner or operator is responsible; or by persons for whose conduct the owner or operator is responsible, but by the exercise of reasonable care ought to have become aware.

**DUTY OF MAINTENANCE OF STREETS, SIDEWALKS, DRAINAGE AREAS AND PUBLIC WAYS.**

No person shall place, throw, deposit or allow to accumulate or grow or cause to be erected or placed on any street, alley, sidewalk, gutter, storm sewer, public or private drainage ditch or drainage structure or any other public right-of-way, easement or public property, any rubbish, garbage, construction or demolition debris, landscaping debris, furniture, signs, large rocks or boulders, fences, post, stakes, weeds, inoperative motor vehicle, junk or scrap metal as herein above declared to be a public nuisance, or any other obstruction or encroachment of any nature, except for premises authorized by the City for such purposes. The presence of such liquids or substances in or upon any street, alley, sidewalk, gutter, storm sewer, public or private drainage ditch or any public right of way or easement or property shall constitute a nuisance and is a violation of this subchapter. Every person owning, occupying or having control or management of any building or lot in the City shall also keep the sidewalk adjacent to such building or lot open and free from all ice, snow and other obstructions, barriers and impediments of every description. In addition to any other remedies in the Chapter, any materials in violation of this Section found on City streets, sidewalks, public ways, public or private drainage areas and other public property may be removed immediately by the City with or without notice to the property owner.

**SECTION III**

**COMMON LAW AND STATUTORY NUISANCES** In addition to what is declared in the ordinance to be a public nuisance, those offenses which are known to the common law and statutes of Kentucky as public nuisances may be treated as such and be proceeded against it is provided in this chapter or in accordance with any other provision of law.

**SECTION IV**

**CERTAIN CONDITIONS DECLARED A NUISANCE**

It shall be unlawful for the owner, occupant, or person having control or management of any land within the city to permit a public nuisance to develop thereon. The following conditions are declared to be public nuisances:

- (A) Dwellings unfit for human habitation. The erection, use or maintenance of a dwelling which is unfit for human habitation.
- (B) Dangerous dwellings and buildings adjoining streets. Any building, house, or structure so out of repair and dilapidated that it will if the condition is allowed to continue, endanger the life, limb, or property of, or cause hurt, damage, or injury to persons or property using or being upon the streets or public way of the city adjoining the premises, by reason of the collapse of the building, house, or structure or by the falling of parts thereof or of objects therefrom.
- (C) Dangerous trees or stacks adjoining street. Any tree, stack, or other object standing in such a condition that it will, if the condition is allowed to continue, endanger the life, limb or property of, or cause hurt, damage, or injury to persons or property upon the public streets or public ways adjacent thereto, by the falling thereof or of parts thereof.
- (D) Dilapidated buildings. Any building, house, or structure which is so out of repair and dilapidated that it constitutes a fire hazard liable to catch on fire or communicate fire, or which due to lack of adequate maintenance or neglect, endangers the public health, welfare, or safety, or materially interferes with the peaceful enjoyment by owners or occupants of adjacent property or attracts and propagates vermin, rodents, or insects or the risk thereof.
- (E) Accumulation of rubbish. An accumulation on any premises of filth, refuse, trash, garbage, or other waste material which endangers the public health, welfare, or safety, or materially interferes with the peaceful enjoyment by owners or occupants of adjacent property because of the

danger if its catching or communicating fire, its attracting and propagating vermin, rodents, or insects, or its blowing of rubbish into any street, sidewalk, or property of another.

- (F) Noxious odors or smoke. Emission into the surrounding atmosphere of odor, dust, smokes, or other matter which renders ordinary use of physical occupation of other property in the vicinity uncomfortable or impossible.
- (G) Noise. Emission of noise which is noxious enough to destroy the enjoyment of dwellings or other uses of property in the vicinity by interfering with the ordinary comforts of human existence.
- (H) Storage of explosive material. The storage of combustible or explosive material which creates a safety hazard to other property or persons in the vicinity.
- (I) Weeds. The existence of thistles, burdock, jimson weeds, ragweed, milkweeds, poison ivy, poison oak, iron weeds, and all other noxious weeds and rank vegetation in excess of a height of twelve (12) inches.
- (J) Open wells. The maintenance of any open, uncovered, or insecurely

Covered cistern, cellar, well, pit, excavation, or vault situated upon private premises in any open or unfenced lot or place.

(K) Trees and shrubbery obstructing the streets and sidewalk. The growing and maintenance of trees with less than (14) feet clearance over street or less than eight (8) feet over sidewalks or the growing and maintenance of shrubbery in excess in height within the radius of twenty (20) feet from the point where the curb line of any street intersects with the curb line of another street.

(L) Keeping of animals. The keeping of cattle or poultry within fifty (50) feet of a dwelling other than the dwelling of the owner of the animals, or failure to keep the animal's pen, yard, lot, or other enclosure in a sanitary condition and free from preventable offensive odors. The keeping of domesticated animal, including but not limited to dogs and cats which threaten the public safety, health and welfare of the citizenry or which cause an unsanitary condition or noxious odor.

(M) Junk: scrap metal; motor vehicles. The storage of motor vehicles in an inoperative condition, motor vehicles unfit for further use, automobile parts, or scrap metal that threaten public safety, health and welfare of the citizenry, or scrap metal within the city limits except on the premises authorized by the city for such purposes

**SECTION V**

**ABATEMENT PROCEDURE**

- (A) It shall be the duty of the Chief of Police or other authorized city official as designated by the legislative body to serve or cause to be served a notice upon the owner or occupant of any premises on which there is kept or maintained any nuisance in violation of the provisions of this ordinance and to demand the abatement of the nuisance within ten (10) days or other time specified by the City unless the nuisance constitutes an immediate danger to the health and well-being of the community. If such danger is present, the nuisance shall be abated within twenty-four (24) hours of the notice. Notice shall be served upon persons by certified mail, BUT if the whereabouts of the person is unknown and cannot be ascertained by the Chief of Police or designated officer after exercising due diligence then the Chief of Police or designated officer shall make an affidavit to that effect and the serving of notice may be made by publication in a newspaper of general circulation for two consecutive publications. A copy of the notice shall be posted in a conspicuous place on the premises affected by the notice and it shall be recorded in the office of the County Clerk.
- (B) If the person so served does not abate the nuisance within ten (10) days or within the time specified by the City, the City may proceed to abate the nuisance or the City may employ independent contractors to abate the nuisance. The person or persons employed to abate the nuisance shall have full right of access to the property with such personnel, machinery and equipment as are necessary to abate the nuisance. The City shall keep a record of the costs incurred to abate the nuisance and said costs shall be charged to and paid by the owner and/or occupant.
- (C) Charges for nuisance abatement shall be a lien on the premises. Nuisance abatement charges shall include, labor, equipment usage, fuel and oil, attorneys' fees, unpaid fines, filing fees, publications costs, court costs, and all other fees and charges whenever incurred by the city for the abatement of the nuisance, enforcement of the lien and foreclosure on the property. Whenever a bill for charges remains unpaid for seven (7) days after it has been rendered, the City clerk may file with the County Clerk a statement of lien claim. This statement shall contain a legal description of the premises, the expenses and costs incurred, the date the nuisance was abated and a notice that the city claims a lien for this amount. Notice of the lien claim shall be mailed to the owners of the premises if his/her address is known. However, failure to record the lien claim or to mail the notice or the failure of the owner to receive the notice shall not affect the right to foreclose the lien for charges as provided in division (D) below.
- (D) Property subject to a lien for unpaid nuisance abatement charges shall be sold for nonpayment and the proceeds of the sale shall be applied to pay nuisance abatement charges and attorney's fees after deducting costs. This foreclosure shall be in equity in the name of the city.
- (E) The City Attorney is authorized and directed to institute such proceedings, in the name of the city, in any court having jurisdiction over the matter, against any property for which the bill has remained unpaid seven (7) days after it has been rendered.

**NUISANCE CREATED BY OTHERS**

For the purpose of this ordinance, it shall not be essential that the nuisance be created or contributed to by the owner, occupants, or person having control or management of the premises, but merely that nuisance be created or contributed by licensees, invitees, guest, or other persons for whose conduct the owner or operator is responsible, but by the exercise of reasonable care ought to have become aware of.

**PENALTY**

Whoever violates any provisions of this chapter shall be fined not less than ten dollars (\$10.00) nor more than one hundred dollars (\$100.00) for each offense. Each day's continued violation shall constitute a separate offense.

**SECTION VI**

Any and all other Nuisance ordinances preceding this ordinance by the City of Brodhead Shall be null and void.

This ordinance shall become effective immediately upon the second reading and publication

Date of First Reading: September 11, 2017  
Date of Second Reading: October 9, 2017

Enacted this 9th day of October, 2017

/s/ Walter Lee Cash, Mayor  
Attest: /s/ Rebecca Bussell

# 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 For Rent in Brodhead.** Living room, two bedrooms, kitchen, dining room, bath. Electric heat. No pets. \$400 deposit/\$400 rent. 758-8491. 40x2p

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

**Trailers For Rent.** Deposit required. No pets. 859-358-3560. 29xntf

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

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

**Accepting applications at Mt. Vernon Housing Authority** on Mondays 4 to 8 p.m. and Wednesdays and Fridays, 4 to 6 p.m. Rent based on income. 256-4185. 14xntf

## For Rent

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

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

## Property For Sale

**House or trailer on land contract w/down payment in Brodhead.** 758-4729. 32xntf

## Mobile Homes For Sale/Lease

**For Sale:** New 2017 28x60 3BR/2BA Clayton double wide. Northern insulation and thermopane windows. Delivery and set-up included. Only \$353.92 a month w.a.c. Call Blue Ridge Homes in Whitley City, Ky. 606-376-2170. 36xntf

**For Sale:** New 2017 2BR/2BA 14x60 Clayton. Zone 3 insulation with house-type windows. Delivery and set up with central air. Only \$234.35 a month w.a.c.. Call Blue Ridge Homes in Whitley City, Ky. 606-376-2170 or visit us at blueridgerepo.com. 36xntf

**For Sale:** New 28x52 3BR/2BA Clayton doublewide. \$325 month w.a.c. Delivery and set up included. Call Blue Ridge Homes in Whitley City, Ky. 606-376-2170 or visit us at blueridgerepo.com. 36xntf

**For Sale:** 2017 14x70 3BR/2BA Clayton. Extra insulation, thermopane windows, central air, delivery and set up included. \$252.07 a month w.a.c. Blue Ridge Homes, 606-376-2170 Visit us at blueridgerepo.com 36xntf

Subscribe to the Signal  
Call 256-2244

## Posted

**Posted:** No hunting or trespassing on property belonging to Jack Baker and located at 9769 North Wilderness Road. Violators will be prosecuted. 38x4

**Posted:** No hunting, fishing, four-wheelers or dirt bikes on property, located on Hwy. 490, and owned by Farmer Waddle. Not responsible for accidents. Violators will be prosecuted. 26x15p

**Posted:** No hunting, trespassing, 4-wheeling on property belonging to Willard Wynn, located on Sweetwater/Copper Creek Road in Rockcastle County. Violators will be prosecuted. 40x3p

**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. 5x51

**Posted:** No hunting, trespassing, 4-wheeling on property belonging to James and Juanita Chasteen, located on Little Hurricane Branch Road in Rockcastle County. Violators will be prosecuted. 44xntf

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

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

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

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

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

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

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

## Miscellaneous For Sale

**Hover Round Power Wheel Chair.** \$1500. 606-308-9613. 40x1p

**Three Burial Lots** in Cresthaven Cemetery. Two side by side, one single. \$600 each obo. Call Larry 513-659-4547 or 513-607-0116. 37xntf

**Honda Scooter Elite 80.** Little over 1000 miles. 758-0242. 27xntf

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

**Firewood For Sale:** \$50 a load, seasoned white oak plus locust. Contact 606-308-9423. 31xntf

## Help Wanted

**Rockcastle County 911** is accepting applications. Must be at least 18 years of age to apply, have a high school diploma or GED and be willing to submit to criminal history/background check. Applications can be picked up Monday-Friday, 8 a.m. to 4 p.m.

at the courthouse at the County Judge's office. Rockcastle County is an EOE. 40x2

**Class A Drivers:** Local, Winchester, home daily! Sign on bonus! Excellent weekly pay, comprehensive benefits including savings and retirement plan. Unlimited driver referral bonuses and more! Two years CDL-A exp. Call Penske Logistics: 855-971-6286. 40x2

## Full-Time Case Manager

is needed at Cumberland River Behavioral Health in Mt. Vernon to work with adults with severe mental illness. Must have Bachelor's Degree in Human Services field and at least 1 year experience with adult mental illness. Clear driving record, criminal record and drug screen required.

Apply online at [www.erigoes.com](http://www.erigoes.com)

We are an EOE.

## B&H TOOL WORKS, INC. OF ROCKCASTLE COUNTY

### Help Wanted

B&H Tool Works of Rockcastle has an opening in the **Accounting and Human Resources Department.**

Experienced individuals can mail

a resume to:

**PO Box 1228**

**Mt. Vernon, KY 40456**

or pickup an application at **83 Henderson Dr. • Mt. Vernon**

**EST Tool & Machine, Inc.** is currently looking to hire highly qualified CNC Machinists/Toolmakers to work in



a high quality, job-shop environment. This position will involve

setting up new parts on a daily basis and running small volumes of non-repeating parts. **Ideal candidates** will be able to effectively program conversationally as well as use CAD and CAM software to efficiently produce parts with minimal supervision. Benefits are very comprehensive including health insurance and paid vacation along with a competitive pay scale based on your relative experience.

Apply in person at **55 Dug Hill Rd., Brodhead, Ky.**

or mail resume to

**PO Box 357, Brodhead, KY 40409**

or online at [esttool.com](http://esttool.com)

## Notices

**The City of Brodhead** will be accepting quotes on a "Certified Metal Shelter" size 30x22. Quotes will be accepted until October 20, 2017 at 12 noon. The city reserves the right to accept or reject any and/or all bids. Bids may be delivered to Brodhead City Hall, 7 West Main St., Brodhead or mailed to Brodhead City Hall, P.O. Box 556, Brodhead, Ky. 40409.

**Attention: LIHEAP Wood Voucher Customers:** Would you like to get an honest amount of wood for your voucher? If so, request Recie Link to deliver your wood. I sell and take vouchers. Serving Rockcastle, Jackson and Laurel Counties. 606-965-7638. 39x2p

**Notice is hereby given that Timothy Owens and Kathie C. Owens, 1457 Bee Lick Road, Brodhead, Ky. 40409** have been appointed co-executors of the Estate of Margaret Marie Owens on the 20th day of September, 2017. Any person having claims against said estate shall present them, according to law, to the said Timothy Owens and Kathie C. Owens or to Hon. Jeremy B. Rowe, Rowe Law Office PLLC, 205 Richmond St., P.O. Box 1250, Mt. Vernon, Ky. 40456 on or before March 21, 2018 at 9:30 a.m.

**Notice is hereby given that Ricky Smith, 297 McHargue Branch Road, Mt. Vernon, Ky. 40456** has been appointed Administrator of the Estate of Austin Ryan Stewart on the 25th day of September, 2017. Any person having claims against said estate shall present them, according to law, to the said Ricky Smith or to Hon. Jeremy B. Rowe, 205 Richmond St., P.O. Box 1250, Mt. Vernon, Ky. 40456 on or before March 26, 2018 at 9:30 p.m. 39x3

**Notice is hereby given that Teresa F. Shafer, 3047 Chestnut Grove Road, Brodhead, Ky. 40409** has been appointed Administratrix of the estate of William Joe Shafer on the 27th day of September, 2017. Any person having claims against said estate shall present them, according to law, to the said Teresa F. Shafer or to Hon. Jeremy B. Rowe, 205 Richmond St., P.O. Box 1250, Mt. Vernon, Ky. 40456 on or before March 28, 2018 at 9:30 p.m.

**Notice is hereby given that Billy D. Mason, 803 Olc Sigmon Loop, Mt. Vernon Ky. 40456** has been appointed Executor of the Estate of Harvey R. Rasnick on the 27th day of September, 2017. Any person having claims against said estate shall present them, according to law, to the said Billy D. Mason or to Hon. John D. Ford Coffey & Ford P.S.C., 45 E Main St., P.O. Box 247, Mt. Vernon, Ky. 40456 on or before March 28, 2018 at 9:30 a.m. 39x3

## Wanted

**Handyman to be available** when needed. In Mt. Vernon. Must be dependable person. Call 606-308-1009, ask for Miss Ellie.

**Wanted:** House/mobile home with 1-10 secluded acres. Have down payment and good credit references. Prefer owner financing. 606-758-9544. 40x1

## Yard Sales

**Huge Estate Sale:** Oct. 12, 13, 14, Thurs., Fri. and Sat. 8 a.m. til dusk. 111 Highland Drive, Berea. On 25, turn left at Berea Rehab, take first right into subdivision. Everything must go.

**Yard Sale:** 4 families, Thursday, Friday and Saturday. 275 West Main St. from 9 to ? Lots of winter clothes, comforter sets, self-propelled sweeper - like new, too many items to mention. 606-224-0501.

**Carpport Sale:** Rain or shine. Fri. & Sat., 8 a.m. to 4 p.m. 200 Fair St. Lots of clothes, comforters, kitchen area rug, men's shirts, men's levis. Lots of everything.

**Yard Sale:** Saturday, 9 a.m. to 3 p.m. at the home of Charles and Paula DeBorde, 315 Union Chapel Road. Lots of bedding of all sizes from Kohl's. Sheets, rugs, curtains, pillows, Fiesta Ware, all colors; sets of Pfaltzgraff dishes, silverware. Curtain rods and several small appliances. Bath towels, shower curtains. Grills, smokers, Ozark Trail coolers...Lots of nice things. Come out and shop.

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**Handyman:** Painting (interior and exterior), remodeling, roofing, porches, floors laid. Any job, big or small. References available. Call 606-661-9310 or 606-386-1664. 29xntf

**Deno's LLC, Open MIC/Karaoke** Thurs-Sat, 6 p.m. to midnight (or when last customer leaves). Rental space for birthdays, banquets, etc. Rent our inflatables. 220 E. Main St. 606-510-4404. 33xntf

**J and R Pressure Washing.** Pressure washing of all type homes, outbuildings, decks, sidewalks and concrete patios. Owner and operator Jonathon Collins. Free estimates. 606-308-3533 or 758-1986. 49x4p

**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

**Notice:** Will haul off or buy scrap metal, junk cars or trucks. Metal hauled for free. 231-6788. 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 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. 20xntf

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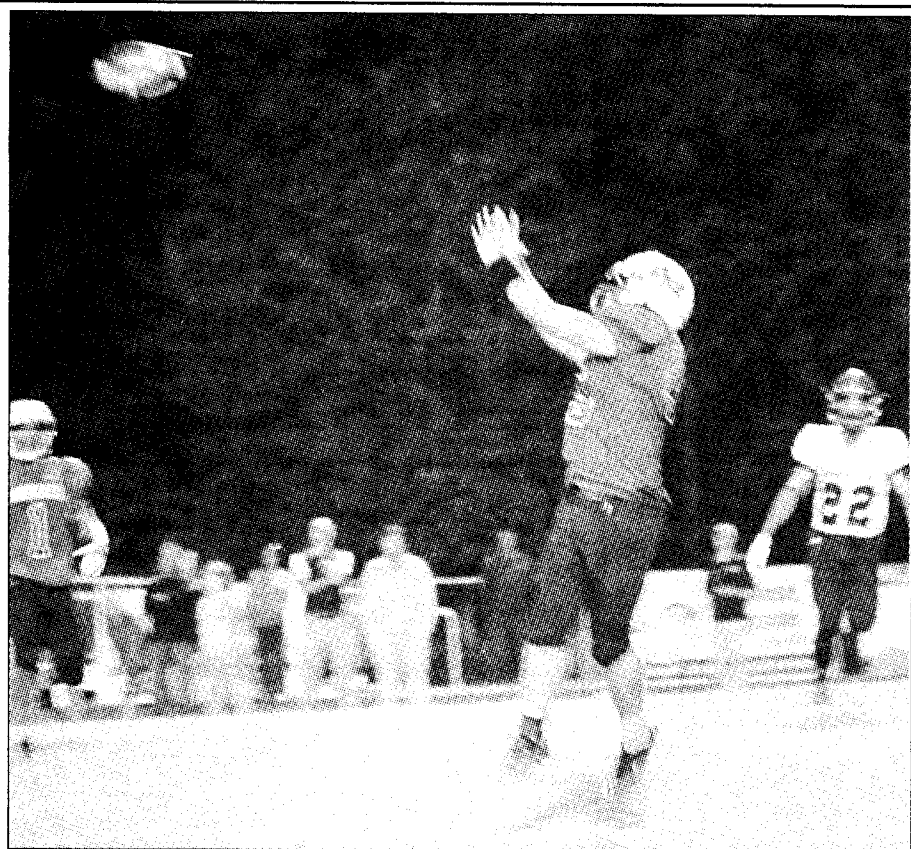
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Blaze Stewart caught this pass from Brent Lovell for a 21 yard gain in the Rockets' win over Russell County Friday night.

## Rockets

(Cont. from B1)

up 46-7. The Lakers also struck paydirt in the quarter on a 52 yard pass for their second score of the night with 11 seconds left in the third quarter. The Lakers then got a two point conversion to make it 46-15.

The last score of the game came in the fourth quarter when the Lakers' quarterback completed a 71 yard pass for the score. A try for a two point conversion failed and it was 46-21, the final for the game.

Offensively, the Rockets were led by Thacker with 139 yards on 11 carries, including one touchdown;

Payne got 101 yards on 14 carries and scored two touchdowns; Lovell got 71 yards on four carries and scored three touchdowns. Holdan Barnett picked up 20 yards on seven carries, including one touchdown and Justin Brown and Logan Brown each picked up two yards rushing.

Lovell was one for four in pass attempts with one interception and 21 net yards. Stewart received that pass.

Jarred Brown, freshman Noah Parkey and Josh Thacker were each credited with one interception.

Defensively, Payne led in tackles with eight, five solo; Lovell and Jarred Brown each had seven tackles, four solo for Lovell

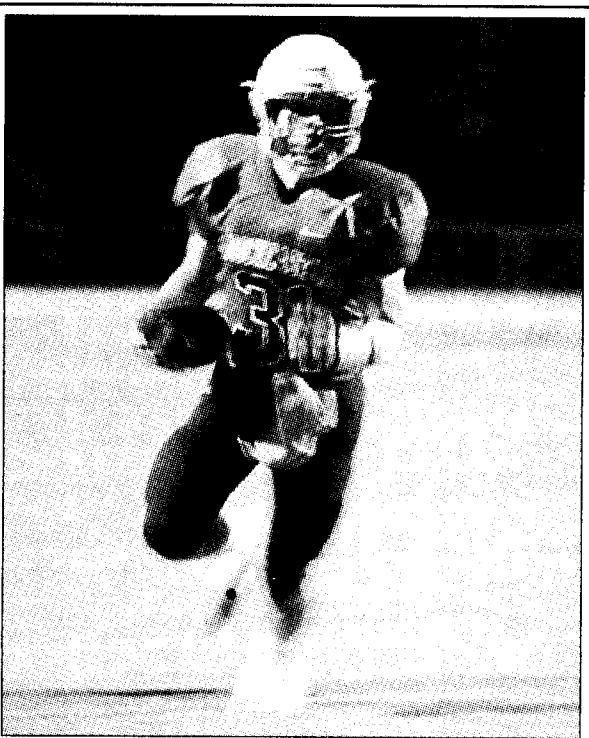
and two for Brown; Noah Prickett and Blaze Stewart were credited with six tackles each; Holdan Barnett, Andrew Mink and James Hamilton got five each; Logan Barnett had four; Jacob Hansel 3 and Josh Thacker two solo.

After the game, Parkey said, "We are continuing to improve on the little things each week. Fundamentals are vital for success in football. Our coaching staff and players have a deep belief in that and see the importance within their preparation. What we are seeing on the field on Friday nights are a direct result of the work and preparation the team puts forth through the week."

The coach went on to say, "Peyton Saylor had an outstanding game at left tackle. We were able to run to his side the majority of the night. It happened to be the weak side of our sets which often leaves Peyton one-on-one. He won his matchup every play of the game. Our defense played extremely well. Russell County's offense is very difficult to slow down, much less stop. Our guys executed the game plan to near perfection."

As to this week's game, Parkey said "Clay County will bring the biggest front line we have played all year. They are big and also aggressive up front. Our guys will be working on beating them off the ball. We have a quickness advantage up front. The key is to win the line of scrimmage on both sides of the ball."

The Clay County game will also be the UNITE Bowl and Senior Night. Game time is 7:30 p.m.



Quarterback Brent Lovell rushes for one of his four attempts for 71 yards on the night in the Rockets' win Friday night. He also completed one pass for 21 yards. Defensively, Lovell had seven tackles, four solo and three assists.

### Kentucky Afield Outdoors:

## Answering leftover questions from fall hunting call-in show

Viewers of "Kentucky Afield" television picked up their phones and took to social media recently to submit more than 200 questions for the annual fall hunting call-in show.

Kentucky Department of Fish and Wildlife Resources wildlife biologists Gabe Jenkins and John Morgan, along with Sgt. Rufus Cravens of the department's Law Enforcement Division, joined "Kentucky Afield" host Chad Miles for the hour-long show that aired live on Sept. 16 on Kentucky Educational Television. The panel could not get to all of the questions before the credits started rolling.

Below, Kentucky Fish and Wildlife personnel answered a handful of the questions that did not make it on air. Viewers who missed the live show can watch a full replay on YouTube. Enter "KYAfield" in the search box on the YouTube homepage.

Q: Will Kentucky Fish and Wildlife consider adjusting deer seasons due to the EHD (Epizootic Hemorrhagic Disease) outbreak? - Eddie from Morgan County

A: GABE JENKINS, Deer and Elk Program Coordinator, Kentucky Fish and Wildlife: We will not be implementing an emergency regulation to shorten or close deer season in 2017 in any county due to the EHD outbreak. We encourage folks to report all dead deer they find using our online reporting system.

After the outbreak has ceased, we will evaluate the number reported along with the harvest data from the 2017 season and make our recommendations for the 2018 season at the December meeting of the Fish and Wildlife Commission. Deer are prolific breeders, and the population will rebound within a couple years.

Lastly, if your area has experienced a severe die-off, I would encourage hunters to participate in some self-restraint and pass once you have taken enough deer to fill your freezer for the year.

Q: How far west have elk traveled in Kentucky? - Wayne from Marion County

A: JENKINS: We receive reports of elk outside the elk zone almost every year. In the early years of elk restoration, we saw elk leave the elk zone more frequently. We've had reports of elk as far west as Lake Cumberland and one elk went to North Carolina. We have had elk harvested outside the elk zone in Bath, Carter, Laurel, Madison, Wayne and Wolfe counties.

Q: What resources are available through Kentucky Fish and Wildlife to assist with wildlife habitat improvement? - Gary from Grayson

A: BEN ROBINSON, Wildlife Division Assistant Director, Kentucky Fish and Wildlife: Kentucky Fish and Wildlife is committed to assisting landowners with wildlife habitat improvement on their property. We employ more than 30 wildlife biologists who specialize in assisting private landowners with habitat management projects. From tips about improving food sources for deer and turkey to navigating cost share programs through the federal Farm Bill, we have someone available to assist you.

For more information, visit our web site at fw.ky.gov or call 1-800-858-1549 and ask for the phone number of your local private lands or farm bill biologist.

Q: Does prescribed burning on private and public lands benefit wild turkeys? Where can I find more information? - Tony from Montgomery County

A: ROBINSON: Kentucky Fish and Wildlife considers prescribed fire an essential management tool for private landowners and publicly managed Wildlife Management Areas. Prescribed fires are carefully planned and managed by highly trained burn crews for containment to select areas.

We regularly use prescribed burning on grasslands and timbered areas to benefit a host of game and non-game species, including wild turkey.

Prescribed fire has many benefits. Fire removes old vegetation and stimulates new growth, providing a lush food source for wildlife. Fire promotes oak regeneration in our forests resulting in more acorns, a staple food source for many species. By removing dead vegetation, fire also creates bare ground, a necessity for bobwhite quail and other ground dwelling birds.

For more information on prescribed fire in Kentucky, visit the Kentucky Prescribed Fire Council's website [www.kyfire.org](http://www.kyfire.org).

Q: Why was bear season closed in McCreary County on public land? - David from McCreary County

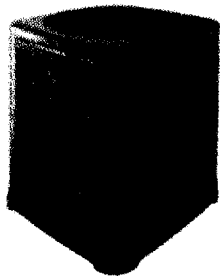
A: JOHN HAST, Bear Program Coordinator, Kentucky Fish and Wildlife: Bear numbers are still low in McCreary County. Kentucky Fish and Wildlife's philosophy on bear management is to allow as much hunter opportunity as the bear population will allow. What we may sacrifice in hunter opportunity in McCreary County for a few years will pay off when bears have a chance to grow within the county and expand more fully into surrounding counties, such as Pulaski and Rockcastle.

Great bear habitat lies just to the north of McCreary County within the Daniel Boone National Forest and it has the potential to provide a great place for bears and bear hunters in the future.

A population of bears is very slow in its growth and patience is necessary to see any big leaps in the season quota. You can rest assured that Kentucky Fish and Wildlife is actively monitoring bears in McCreary County in order to improve our population models. When the bear population is ready, hunters will once again be able to hunt public land.

Author Kevin Kelly is a staff writer for Kentucky Afield magazine, the official publication of the Kentucky Department of Fish and Wildlife Resources. Get the latest from Kevin and the entire Kentucky Afield staff by following them on Twitter: @kyafield.

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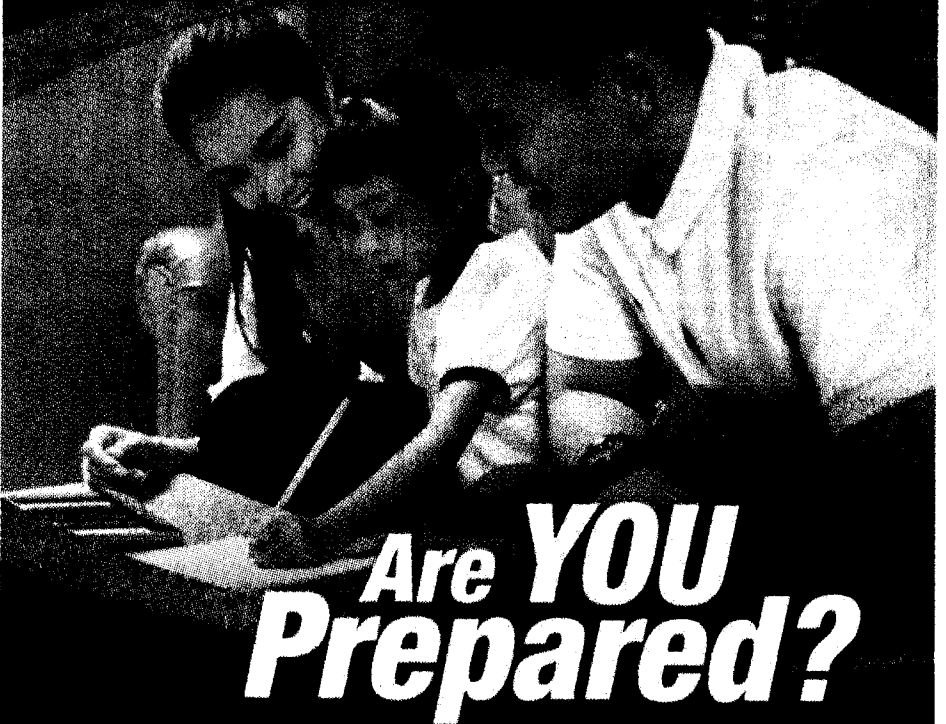
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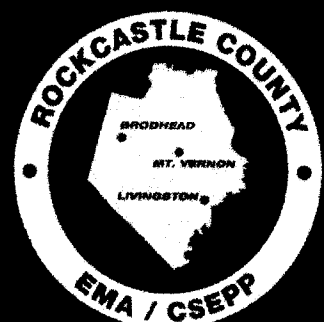
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We understand you have important things to do. But if you could take just a few minutes out of your day to make sure your family is ready for emergencies, wouldn't it be worth your time?

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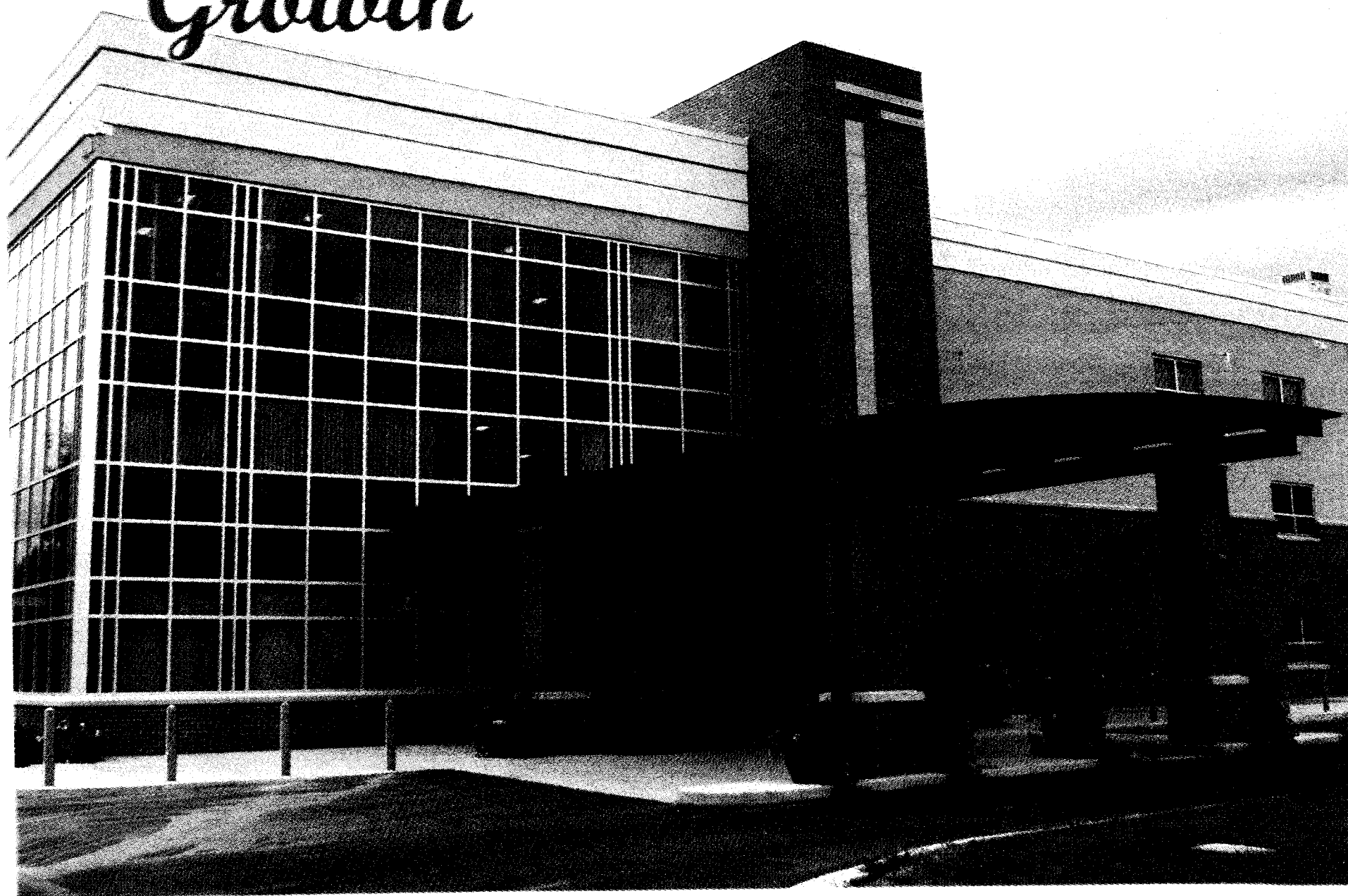


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## *Celebrating Growth*

The Respiratory Care Center  
becomes the largest freestanding  
ventilator facility in the nation

(See pages 8-9)





**About Us**

Rockcastle Regional Hospital & Respiratory Care Center is a not-for-profit community healthcare system that operates an emergency department, a 20-bed inpatient acute hospital, outpatient services, a 127-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 eight-time Kentucky Hospital Association Quality Award Winner for 2006, 2008, 2009, 2010, 2011, 2012, 2015, and 2016 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 and Other Affiliations**

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

**Speakers Bureau**

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

**Leadership**

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

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

**Executive Management**

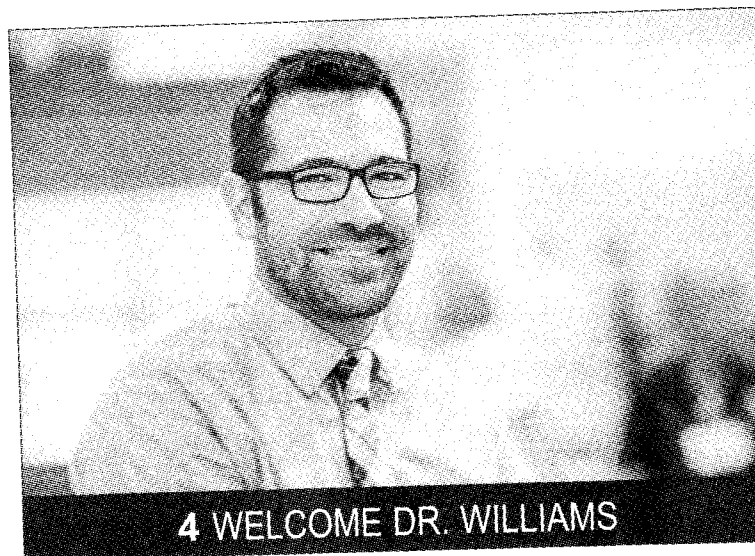
- Stephen A. Estes, President/CEO
- Cynthia D. Burton, RN, Chief Nursing Officer
- C. Nicholas Bastin, CFO

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

Jana Bray, Director  
Susan Turley, Designer

**FEATURES**



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# Patient safety hero

*Rockcastle Regional nurse recognized for her efforts*



Amy Griffith, RN, center, receives the Patient Safety Hero Award from KHA representative Donna Meador.

The Kentucky Hospital Association recently recognized Amy Griffith, RN, from Rockcastle Regional Hospital as the newest Patient Safety Hero Awardee. Griffith was nominated by Tammy Brock, the hospital's quality/patient safety director, for her efforts in leading patient safety improvements throughout the hospital.

Amy has taken the lead role in reducing readmissions in the organization

and discharge phone calls are a huge part of that. She was instrumental in instituting a new discharge call system, training and implementing the system, analyzing the data from the system, and more.

**"Amy goes above and beyond for our patients,"**

—Tammy Brock, RN,  
Quality Directory

Griffith discovered that at discharge, some patients did not always fully understand the medication sheet that was sent home with them, so she worked to create a better and more clear discharge information

sheet.

She has taken over the role as a "care manager" and makes sure the discharged patients have everything they need to be successful at home. In one instance, a wife could not get her husband to his follow-up doctor's appointment, so Griffith worked with the doctor's office and to arrange a home visit by the nurse practitioner.

Brock applauded Amy for her commitment to her patients, "Amy goes above and beyond for our patients and we greatly appreciate her!"

# Welcome Dr. Justin Williams

By Jana Bray, Community Relations Director

## Rockcastle Regional's first full-time medical oncologist



Dr. Justin Williams, Medical Oncologist

**R**ockcastle Regional is excited to announce the addition of Dr. Justin Williams as the new full-time medical oncologist to its Cancer Care and Infusion Center.

Dr. Williams comes to Rockcastle Regional from UK HealthCare's Markey Cancer Center where he completed his fellowship in hematology and oncology. He earned his undergraduate degree from Clemson University and his doctorate of osteopathic medicine from Virginia College of Osteopathic Medicine. He then completed his residency in internal medicine from the University of Kentucky Chandler Medical Center.

He is board certified in internal medicine and board eligible in hematology and oncology by the American Board of Internal Medicine.

Dr. Williams joining the cancer care team marks the first time Rockcastle Regional has had a full-time medical

oncologist on staff. Melissa Brock, oncology service line manager, says that Dr. Williams' full-time presence is instrumental in the delivery of high quality care, improved patient outcomes, and increased patient satisfaction.

"Access and continuity of care is improved by having an oncologist who is more available to the community and the hospital," said Dr. Williams. "This allows for closer patient follow-up, more efficient care plan changes when needed, and more appointment availabilities. We have a team who is knowledgeable and familiar with each patient, allowing us to work together to provide care more efficiently and effectively."

Brock says since joining the team, patients have been extremely pleased and impressed with his care. "Dr. Williams brings a very personable approach to cancer care and is invested whole-heartily in each of his patients. We are overjoyed to have him as part of our team."

Dr. Williams currently sees patients with cancer and blood disorders. To schedule an appointment, please call 606-256-7798.

# Continuing excellence in women's care

By Anna Brown, Southern KY AHEC Intern & Jana Bray, Community Relations Director

## Rockcastle Regional advances capacity for breast cancer diagnostics

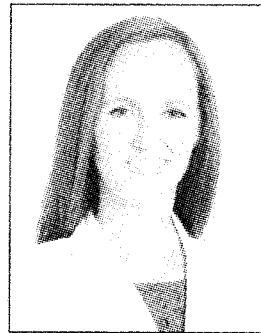
**R**ockcastle Regional Hospital and Respiratory Care Center is getting closer to being named the first Breast Imaging Center of Excellence (BICOE) in South Central and Eastern Kentucky. Efforts to achieve the designation began in 2016 with the addition of diagnostic radiologist Dr. Bethanie Hammond, who is fellowship trained in breast imaging and has led the charge to achieve this high distinction.

Since Dr. Hammond joined the diagnostic radiology team at Rockcastle Regional, the organization has increased its ability to offer new services by adding two new state-of-the-art breast technologies: a stereotactic guided biopsy machine and an ultrasound machine to allow for ultrasound guided biopsies.

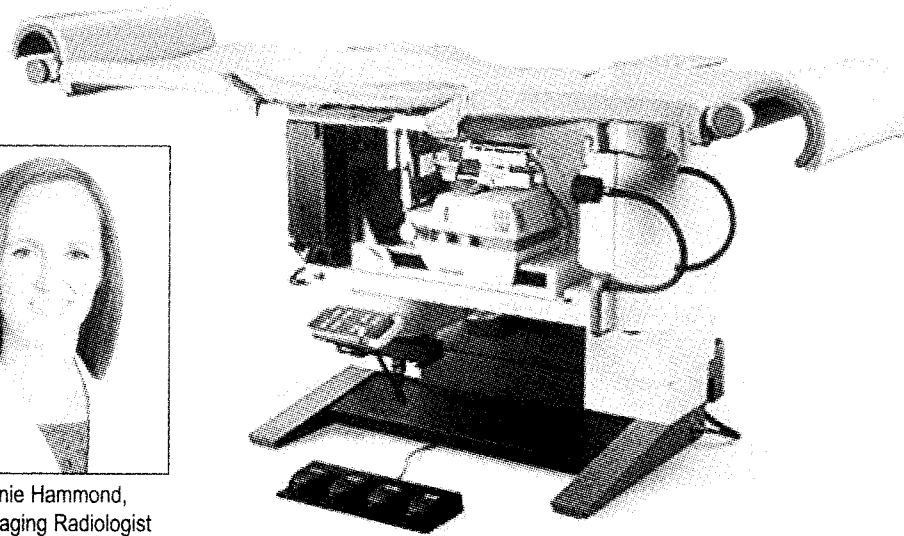
Stereotactic breast biopsy is used when an abnormality is best visualized on a mammogram. To determine if the abnormality is cancerous or not, a biopsy of the tissue is performed. Before, patients at Rockcastle Regional would have to travel to other facilities for this procedure. Stereotactic biopsy for tissue sampling is a less invasive alternative to surgery that relies on a hollow needle guided by x-ray imaging.

"The new stereotactic table for stereotactic guided biopsies allows patients to have a certain type of breast biopsy when needed without having to travel a great distance," Dr. Hammond said. "The stereotactic table is an asset in providing the best care possible to our patients".

While the addition of new technology has brought Rockcastle Regional Hospital closer to



Dr. Bethanie Hammond,  
Breast Imaging Radiologist



being a BICOE, the goal is not just to earn this title, but to provide patients with quality care locally. In taking these steps toward becoming a BICOE, Rockcastle Regional is better equipping itself with technology and the staff necessary to commit to fighting breast cancer.

Janice Mullins, registered radiologic and mammography technologist, says that the whole idea is that it keeps patients from having to travel while still providing access to the advanced technologies to provide the highest level of care.

Certified by the American College of Radiology (ACR), a Breast Imaging Center of Excellence is an elite designation given to breast imaging facilities who have received accreditation in a rigorous set of programs and modules. There

are only thirteen other BICOE's in Kentucky.

In order to receive the ACR's Breast Imaging Center of Excellence designation, a center must be fully accredited in mammography, stereotactic breast biopsy, breast ultrasound, and breast MRI. Rockcastle Regional has been accredited by the ACR in mammography since the early nineties, and has begun seeking accreditation in the other four modalities.

The goal is that by 2019, Rockcastle Regional Hospital will receive the designation as an ACR Breast Imaging Center of Excellence. In total, the organization will have invested nearly \$1 million in an effort to fight breast cancer through early detection in southcentral and eastern Kentucky.



## Rockcastle Regional wins coveted *Excellence in Patient Care Award*

Hospitals today are tasked with constantly providing higher quality care at a lower cost. Every aspect of the patient experience must be approached with a passion for excellence and an eye toward efficiency and effectiveness. It's not easy. That's why receiving an Excellence in Patient Care Award—presented by Studer Group®, a Huron solution—is considered an honor in the industry.

Rockcastle Regional was awarded that honor in August. Specifically, the Mt. Vernon, KY, organization was recognized for exemplary results related to communication with doctors as measured by the HCAHPS (Hospital Consumer Assessment of Healthcare Providers and Systems) survey. Organizations receiving this award achieved a ranking at or above the 90th percentile for patients discharged in 2016 as measured by the HCAHPS patient experience survey required by the Centers for Medicare & Medicaid Services.

Excellence in Patient Care Awards are presented annually to a select group of organizations from Studer Group's partner base of hospitals, health systems, and physician organizations. To be eligible for an award, an organization



Leaders from Rockcastle Regional Hospital accept the Excellence in Patient Care Award

must demonstrate outstanding performance and achievement in patient care, employee engagement, or physician engagement.

The award was presented at the 15th annual What's Right in Health Care® best practices conference in early August in Chicago, Illinois. The conference attracts administrative and clinical healthcare professionals from the U.S., Canada, Australia, and beyond.

What's Right in Health Care® aims to improve healthcare for patients,

physicians, and staff through peer-to-peer sharing of leading practices.

“We are so proud of all the healthcare organizations that are receiving awards for their outstanding results on this survey,” says Debbie Ritchie, president of Studer Group. “Excellent HCAHPS performance is a true reflection of their commitment to engage with patients and provide them the absolute best possible care. We are grateful to work with such passionate, purpose-driven organizations.”

About Studer Group®, a Huron solution: Studer Group is an outcomes-based healthcare performance improvement firm that works with healthcare organizations in the United States, Canada, and beyond, teaching them how to achieve, sustain, and accelerate exceptional clinical, operational, and financial results. To learn more about Studer Group, a Huron solution, visit [studergroup.com](http://studergroup.com).



# Top Patient Experience

By Jana Bray, Community Relations Directory

Kentucky's only hospital with a 5-star rating by Centers for Medicare & Medicaid Services

**R**ockcastle Regional Hospital and Respiratory Care Center is the only hospital in Kentucky to receive a five-star rating by the Centers for Medicare & Medicaid Services (CMS) for patient experience.

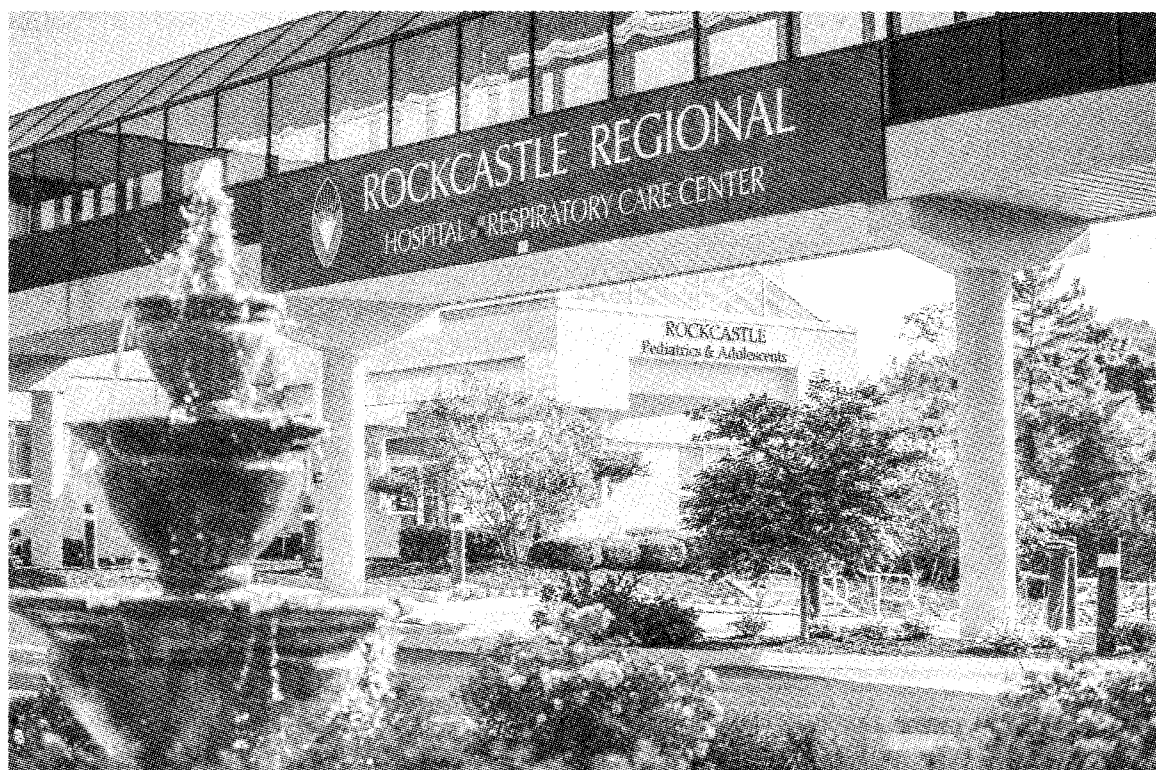
The rating is based on eleven areas of the patient experience, including nurse and doctor communication, cleanliness of the facility, staff responsiveness, pain management, and clarity of discharge instructions.

"Earning this rating is a reflection of the commitment our employees have to

providing the best experience for our patients to achieve the best health outcomes," said Cynthia Burton, RN, chief nursing officer.

The rating was awarded based on

information from surveys reported between July 2015 and June 2016. The survey, known



as the Hospital Consumer Assessment of Healthcare Providers and Systems Survey (HCAHPS), collects feedback from patients after their stay in the hospital.

"We have been using feedback from the HCAHPS surveys since 2006," said Tammy Brock, RN, MSN, CPHRM, director of quality and patient safety at Rockcastle Regional. "This information helps us identify areas where we excel so we can further enhance that high level of service. If it reflects an aspect of care that needs development, we implement a change process to improve it."

In Kentucky, Rockcastle Regional is the only five-star rated hospital. Forty-five percent of hospitals in the state received four stars, while another forty-five percent received three stars. Eight percent of hospitals received a two-star rating and there were no facilities rated one star.

Of the 3,436 hospitals included in the rating nationally, only five percent received a five-star rating. About a third of hospitals received a four-star rating. Forty-three percent received a three-star rating, while 16 percent received two stars, and two percent received one star.

"Earning this rating is a reflection of the commitment our employees have to providing the best experience for our patients to achieve the best health outcomes."

-Cynthia Burton, RN,  
Chief Nursing Officer

# Celebrating growth

By Jana Bray, Community Relations Director

**A**t a time when many rural hospitals are struggling to survive, Rockcastle Regional Hospital and Respiratory Care Center is thriving.

A massive 74,000 square-foot expansion opened this summer, adding 28 ventilator beds, bringing the total bed capacity to 127, which makes it the largest freestanding ventilator-dependent skilled unit in the nation.

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.

Patients need ventilator care for a variety of reasons. They might be suffering from a chronic illness such as chronic obstructive pulmonary disease or congestive heart failure, or a muscle-weakening disease such as muscular myopathy. The Respiratory Care Center also cares for patients with neurodegenerative diseases such as amyotrophic lateral sclerosis, commonly known as ALS. Babies who have been born prematurely arrive with underdeveloped lungs or have other pediatric disorders that affect their breathing.

Through the years, Rockcastle Regional has earned a reputation of quality, specifically for the work that goes into weaning patients from the ventilator. For many patients, weaning is the goal, even though many require an extraordinarily complex level of care. Still, forty percent of Rockcastle's patients will wean completely and be discharged, which is an extraordinarily high wean rate for similar facilities across the country.

While the addition to the Respiratory Care Center is at the heart of the new expansion, the



Ribbon cutting ceremony

facility has also enhanced its ability to serve the community and its patients in many other ways.

The long-term care rehabilitation and therapy department has also moved to the new building, nearly quadrupling its space. Rehabilitation is an essential part Rockcastle Regional's multi-disciplinary approach to resident care. The larger space accommodates more patients at one time, allowing for more social interaction and the capacity to make therapy sessions not only clinically productive, but fun as well. A full pediatric gym was also designed in the new space, which allows for pediatric patients to receive daily therapy.

Returning home is a goal for many residents. To help prepare them to be discharged, a complete home setting suite was built into the therapy space, giving residents the ability to practice daily activities such as cooking, meal prep, cleaning, and general household tasks.

Rockcastle Regional's commitment to its residents goes beyond their physical needs. A chapel is located on the second floor to allow for weekly Sunday worship services as well as host the residents' weekly Bible study class. The chapel is open 24 hours a day, seven days a week and welcomes patients, residents, families, employees, and visitors.

# *with community*

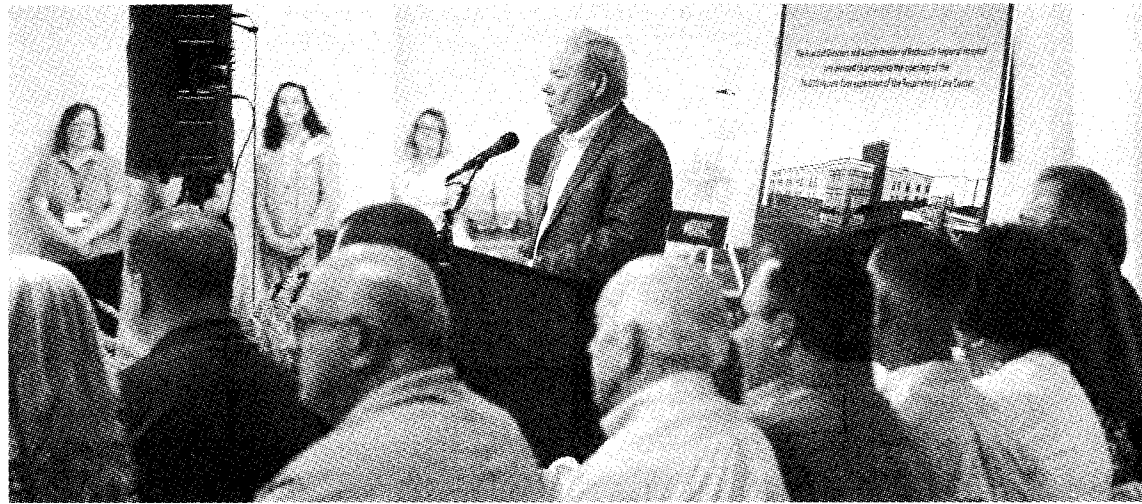
Rockcastle Regional has long partnered with Rockcastle County Schools to provide education to its youngest residents. The hospital's on-site classroom for resident students is now located in the new building and offers much of the same equipment and technology as a traditional classroom, including a smart board and computers.

Social services can be found on the first floor of the new facility. The central location provides for quicker response time and better coordination with residents and their families.

The facility also houses a new child development center, which features many new amenities for the children, their families, and staff. Child and family comfort was key to the design of the new center with the addition of family feeding and visitation rooms, additional child-sized sinks and bathrooms, video capabilities in each classroom, as well as new equipment for each classroom such as changing tables, cribs, and classroom supplies.

A new kitchen and cafeteria opened to serve patients, employees, and the community. The new space is twice the size of the old, and adds 6,400 square feet for food service. The cafeteria has also added new key features for diners such as new menu items, daily hot specials, and outside dining, to name a few.

Previously located in a separate facility on a neighboring lot, laundry services has moved to the new space, allowing for more convenient transport of linens throughout the hospital. A new employee parking lot was constructed where the old laundry building was, at the corner of Tevis Street and Maple Drive.



Joseph E. Lambert, board chairman, addresses crowd of over 200.



The addition also includes room for further expansion for patient care, including a dialysis clinic and an eight-bed patient care unit.

The growth of the organization doesn't just stop at patient care. The recent expansion allowed Rockcastle Regional to hire an additional 85 full-time employees, bringing the total

number of employees for the organization to 815, representing more than \$32,000,000 in salaries and wages. The financial impact of Rockcastle Regional and its employees is significant for the local economy, generating tax revenues of \$310,000 to the City of Mt. Vernon and \$480,000 to the county.



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**Michael Anstead, M.D.** • Adult & Pediatric Pulmonology  
**Taha Ayach, M.D.** • Nephrology  
**Juan-Carlos Aycinena, M.D.** • Nephrology  
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## [ UK CONNECTIONS ]

# Deep Vein Thrombosis (DVT): An underdiagnosed life-threatening condition

By Nathan Orr, M.D. • Courtesy UK HealthCare

**D**eep Vein Thrombosis (DVT) is a dangerous condition where a blood clot forms in the larger veins of our body due to slow blood flow, blood vessel damage, or increased tendency to clot.

When we cut or scrape our skin, the clotting process creates a scab.

When that process begins inside our bodies – typically in the blood vessels in our legs or thighs – the resulting clot, also known as a thrombus, can break off and travel through the blood stream to an artery in the lungs, blocking blood flow and causing life-threatening complications such as a pulmonary embolism (PE).

According to the Centers for Disease Control and Prevention, up to 100,000 Americans die each year from DVT/PE – more than deaths from breast cancer, motor vehicle accidents, and HIV combined. Only about half of the people who have DVT present symptoms of this condition, which include swelling of the legs or arms, severe pain when standing or walking, warmer skin in the affected area, enlarged veins, and bluish or reddish skin.

Although DVT can occur at any age, it is more common in people over 50. Risk factors for this condition are a family history of DVT, cancer, undergoing hormone therapy or taking birth control pills, pregnancy, injury to a deep vein caused by surgery or trauma, having a catheter placed in a vein, prolonged bed rest that leads to slow blood flow in deep veins,



overweight or obesity, and smoking.

Some people may not realize they have DVT until they are affected by a pulmonary embolism, which leads to low blood oxygen levels, lung damage, heart failure, and death. Signs of this condition are sudden shortness of breath, chest pain, coughing up

blood, dizziness, rapid pulse, and fever. If you have any of these symptoms, especially if you are at risk for DVT, seek immediate medical attention.

DVT can be treated with medicines and other devices that reduce the chance of blood clots, stop them from getting bigger, and/or prevent them from breaking off and traveling to vital organs of our body.

The most common medicines to treat DVT are anticoagulants, also called blood thinners, that prevent the formation of new blood clots. Other treatments include filters implanted in a large vein to catch blood clots before they travel into the bloodstream. Graduated compression stockings are also used to reduce leg swelling caused by blood clots.

If you are at risk for DVT or pulmonary embolism, it is important to take preventive measures. Have regular medical checkups, take your prescribed medicine, and exercise regularly – especially lower leg muscles – after surgery and during long trips.

*Dr. Nathan Orr is a vascular surgeon at UK HealthCare.*

## [ UK CONNECTIONS ]

# Medication errors

By Clark Kebodeaux • Courtesy UK HealthCare

## Simple medication errors can cause major problems

According to the Centers for Disease Control and Prevention, Kentucky ranks third in highest rates of death due to drug overdose at 29.9 per 100,000 people. While this is primarily driven by opioid overdose via prescription or illicit drugs, this statistic represents all examples of drug overdose, including those from common medications you probably have stocked at home.

Prescription and nonprescription drugs, commonly referred to as over-the-counter (OTC) medications, play a crucial role in our nation's healthcare system. The vast array of OTC drug products that are available to consumers serve to treat many common ailments, from simple aches and pains to dental care.

However, while medications promote the health of millions of patients, risks due to inappropriate use can cause

unintentional harm due to side effects or drug interactions.

### Why is dosage important?

One of the most common examples of a frequently misused drug is acetaminophen, more commonly known as Tylenol®. When used at the appropriate dose, acetaminophen can help reduce a fever or improve pain, but too much can cause serious side effects, including damage to the liver.

Acetaminophen is contained in many cough and cold products – both prescription and OTC – and people may not be aware that it is included in their medications, which can lead to an overdose if you take another product with acetaminophen. Always double check the 'drug facts' label on your OTC medications for active ingredients and consult your pharmacist or health care provider to

ensure you avoid using too much medication.

Another common example is medication for children and infants. Regardless of the product, it is important to always use the measuring device such as an oral syringe, dropper or dosing cup that is included with the medication. Many of these products have unique strengths and using a spoon from home, or alternate form of measurement, can result in an accidental overdose.

### How can I prevent medication errors?

One of the best options is to talk to your pharmacist! Pharmacists are excellent resources for drug information and can help reduce and prevent errors with medications. In particular, pharmacists can help you know when and how to take your medications, potential side effects, and identify if two medications should not be taken together.

### What should I do if I accidentally misuse a medication?

If you suspect that you or someone else may have taken a medication incorrectly, call poison control immediately at 1-800-222-1222. Each medication may have a different treatment and there are professionals available to help with each specific situation.

*Clark Kebodeaux is an assistant professor in the UK Department of Pharmacy Practice and Science.*



## [ YOUR HEALTH ]

## Protect yourself from the flu

**F**lu season will soon begin. Everyone six months of age and older should get a flu vaccine every season, especially people at high risk.

**What is Influenza (also called Flu)?** The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu vaccine each year.

**What are the signs and symptoms of flu?** People who have the flu often feel some or all of these signs and symptoms:

- Fever or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (very tired)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

**How does flu spread?** Most experts believe that flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth, eyes or possibly their nose.

### Misconceptions about flu vaccines

**Can a flu shot give you the flu?** No, a flu shot cannot cause flu illness. Flu vaccines given with a needle are currently made in two ways:

the vaccine is made either with a) flu vaccine viruses that have been ‘inactivated’ and are therefore not infectious, or b) with no flu vaccine viruses at all (which is the case for recombinant influenza vaccine). The most common side effects from the influenza shot are soreness, redness, tenderness or swelling where the shot was given. Low-grade fever, headache and muscle aches also may occur.

In randomized, blinded studies, where some people get inactivated flu shots and others get salt-water shots, the only differences in symptoms was increased soreness in the arm and redness at the injection site among people who got the flu shot. There were no differences in terms of body aches, fever, cough, runny nose or sore throat.

**Do I really need a flu vaccine every year?** Yes. CDC recommends a yearly flu vaccine for just about everyone 6 months and older, even when the viruses the vaccine protects against have not changed from the previous season. The reason for this is that a person’s immune protection from vaccination declines over time, so an annual vaccination is needed to get the “optimal” or best protection against the flu.

**Why do some people not feel well after getting the seasonal flu vaccine?**

Some people report having mild reactions to flu vaccination. The most common reaction to the flu shot in adults has been soreness, redness or swelling at the spot where the shot was given. This usually lasts less than two days.



This initial soreness is most likely the result of the body’s early immune response reacting to a foreign substance entering the body. Other reactions following the flu shot are usually mild and can include a low grade fever and aches. If these reactions occur, they usually begin soon after the shot and last 1-2 days. The most common reactions people have to flu vaccine are considerably less severe than the symptoms caused by actual flu illness.

**Is the “stomach flu” really the flu?**

No. Many people use the term “stomach flu” to describe illnesses with nausea, vomiting or diarrhea. These symptoms can be caused by many different viruses, bacteria or even parasites. While vomiting, diarrhea, and being nauseous or “sick to your stomach” can sometimes be related to the flu — more commonly in children than adults — these problems are rarely the main symptoms of influenza. The flu is a respiratory disease and not a stomach or intestinal disease.

## [ YOUR HEALTH ]

The dangers of *uncontrolled diabetes*

If you have diabetes, your blood glucose, or blood sugar, levels are too high. Over time, this can cause problems with other body functions, such as your kidneys, nerves, feet, and eyes. Having diabetes can also put you at a higher risk for heart disease and bone and joint disorders. Other long-term complications of diabetes include skin problems, digestive problems, sexual dysfunction, and problems with your teeth and gums.

**Long-term complications of diabetes**

- You could have eye problems. You could have trouble seeing, especially at night. Light could bother your eyes. You could become blind.
- Your feet and skin can develop sores and infections. If it goes on too long, your toes, foot, or leg may need to be amputated. Infection can also cause pain and itching in your feet, legs, and other areas.
- Diabetes may make it harder to control your blood pressure and cholesterol. This can lead to heart attack, stroke, and other problems. It can become harder for blood to flow to the legs and feet.
- Nerves in the body can become damaged, causing pain, tingling, and loss of feeling. Nerve damage can also make it harder for men to have an erection.
- You could have problems digesting the food you eat. You could feel weakness or have

trouble having a bowel movement.

- High blood sugar and other problems can lead to kidney damage. Your kidneys might not work as well and may even stop working. As a result, you might need dialysis or a kidney transplant.
- People with diabetes often have depression and the two diseases may be linked.
- Some women with diabetes may have irregular periods and may have problems getting pregnant.
- Diabetes increases the risk for dementia.

**Take Control of Your Diabetes**

It is important to keep your blood sugar, blood pressure, and cholesterol in a healthy range. You should learn these basic steps for managing diabetes and staying as healthy as possible. Steps may include:

- A healthy diet
  - Exercise
  - Medicines
- You may need to check your blood sugar daily or more often. Your health care provider will also help you by ordering blood tests and other tests. All these may help you keep complications of diabetes away.
- You will use a special device called a glucose meter to test your blood sugar. Your provider will let you know if you need to check it

every day and how many times each day.

- Your provider will also tell you what blood sugar numbers you are trying to achieve. This is called managing your blood sugar. These goals will be set for different times during the day.

To prevent heart disease and stroke, you may be asked to take medicine and change your diet and activity:

- Your provider may ask you to take a medicine called an ACE inhibitor or a different medicine called an ARB, for high blood pressure or kidney problems.
- Your provider may ask you to take a medicine called a statin to keep your cholesterol down.
- Your provider may ask you to take aspirin to prevent heart attacks. Ask your provider if aspirin is right for you.
- Regular exercise is good for people with diabetes. Talk to your provider first about what exercises are best for you and how much exercise you should do every day.
- **DO NOT** smoke. Smoking makes diabetes complications worse. If you do smoke, work with your provider to find a way to quit.

To keep your feet healthy, you should:

- Check and care for your feet every day.
- Get a foot exam by your provider at least every 6 to 12 months and learn whether you have nerve damage.
- Make sure you are wearing the right kinds of socks and shoes.

A nurse or dietitian will teach you about good food choices to lower your blood sugar and stay healthy. Make sure you know how to put together a balanced meal with protein and fiber.

Source: <https://medlineplus.gov/>

# KHA Governance Leadership Award

By Jana Bray, Community Relations Directory

## Hospital board chairman Joseph Lambert honored by Kentucky Hospital Association

The Kentucky Hospital Association (KHA) presented several awards during the Association's Awards Luncheon on at the 88th Annual KHA Convention in Lexington. KHA's Health Care Governance Leadership Award, which recognizes individuals who have had a positive and sustainable impact on the quality of care in their community, was presented to Former Kentucky Supreme Court Chief Justice Joseph Lambert, board chair of Rockcastle Regional Hospital and Respiratory Care Center in Mount Vernon.

Serving as the board chair of Rockcastle Regional Hospital and Respiratory Care Center, Joseph Lambert has given decades of service to the organization, the local and regional community, and to the Commonwealth of Kentucky.

"I am honored by this award from the hospital association," Lambert said. "I have been privileged to serve with many other board members, physicians, and members of the hospital staff. They have been, and continue to be, the most dedicated people I have ever known."

Elected to the Supreme Court of Kentucky in 1986, he served the people of Kentucky as a justice for 22 years. In 1998, he became Kentucky's fourth chief justice by a majority vote of his fellow justices and was subsequently elected to two additional four-year terms as chief justice. During his tenure, he focused on implementing cutting-edge programs throughout the Commonwealth. Justice Lambert counts among his most significant accomplishments the 2002 passage of the amendment that made Family Court a permanent part of the Kentucky

Constitution.

A native of Rockcastle County, Lambert has been steadfast in his support of his local community through his involvement and leadership in various civic organizations.

Following in his father's footsteps, he has served on the board of directors at Rockcastle Regional Hospital since 1988, and was elected chair in 1989.

During his time as chair, the hospital has seen tremendous growth as a regional health care provider and as a well-known leader in community outreach. Beginning with 32 ventilator care beds, and with multiple expansions through the years, the organization has become the largest freestanding ventilator-dependent facility in the nation with its newest addition of 28 beds this year, bringing the total to 127 beds. The Respiratory Care Center has become nationally renowned for this specialized patient population. Accepting pediatric and adult patients from across the Commonwealth and extending to 28 states, Rockcastle Regional has remarkable success with weaning mechanically ventilated patients with an average wean rate of 40 percent.

However, growth has not only been experienced within the Respiratory Care Center. In 1998, a state-of-the-art medical arts complex opened, bringing more than 40 health care

specialties to the community. An Outpatient Services Building was added in 2007 and in 2014 a 32,000 square-foot facility, which supports two primary care clinics and a general surgery practice, opened. These efforts significantly increased access to primary and specialty care for patients throughout the region.

Joint Commission accredited since 1999, Rockcastle Regional has also received national recognition for ventilator care and received numerous awards and recognitions, including the Excellence in Patient Care Award from the Studer Group and eight KHA Quality Awards.

It is the strong dedication of individuals like Joseph Lambert that make such accomplishments possible and demonstrate the dedication the KHA Governance Award honors.



Joseph Lambert, center, receives his leadership award from KHA representatives.



## NEWS AND NOTES FROM OUR TEAM

**A**lexandra Martin has been named the clinic manager for the new Brodhead Family Care. She has a bachelor's degree in business administration from Eastern Kentucky University. Living in Mt. Vernon, Alexandra enjoys spending time with her fiancé, parents Roy and Pam Martin, family, and



friends doing a variety of things from watching movies, to playing volleyball, to making arts and crafts. Alexandra is embracing her new role and says, "I love the people I work with. I love seeing the hospital grow and change. It's rewarding to wake up knowing you work somewhere that puts patients first."

Inspired care,  
Inspired career.



### Current Job Opportunities at Rockcastle Regional

**Child Development Center**  
Teacher - Full Time

**Dietary Services**  
Dietary Aide

**Environmental Services**  
Housekeeper

**Facilities Management**  
Licensed Plumber  
Licensed HVAC  
Maintenance Technician

**Health Information**  
Coder  
Medical Transcriptionist

**In-patient Pharmacy**  
Certified Pharmacy Technician

**Laboratory**  
Phlebotomist

**Nursing Services**  
LPNs - Long-term Care  
RN - Long-term Care  
RN - Emergency Department  
RN - Special Care Unit  
RN - Acute  
SRNAs

**QuickCare Clinic**  
LPN or CMA  
Nurse Practitioner or Physician  
Assistant

**Respiratory Care**  
Respiratory Therapists

**Rockcastle Family Wellness**  
LPN or CMA

**Rockcastle Pediatrics & Adolescents**  
Phone Triage Nurse CMA

**Rockcastle Professional Pharmacy**  
Pharmacy Technician

Apply now:  
[rockcastleregional.org/careers](http://rockcastleregional.org/careers)

## ROCKCASTLE REGIONAL

### Physicians Based in Rockcastle County

Jon A. Arvin, M.D.	Family Practice
William Bakhos, M.D.	General Surgery
David L. Brabon, M.D.	Plastic Surgery
David S. Bullock, M.D.	Family Practice
Kimberly Cornelius, M.D.	Internal Medicine/Pediatrics
Eduardo R. Gomez, M.D.	Radiology
John M. Gordon, M.D.	Gynecology
George W. Griffith, M.D.	Family Practice
Bethanie Hammond, M.D.	Breast Imaging/Radiology
Rebecca Hammond, M.D.	Family Practice
Robert F. Hendrickson, M.D.	Family Practice
Sarah Oliver, M.D.	Pediatrics
Kevin Rowe, M.D.	Family Practice
Karen B. Saylor, M.D.	Internal Medicine/Pediatrics
Callie Shaffer, M.D.	Pediatrics
William Stewart, M.D.	Family Practice
Justin Williams, M.D.	Oncology

### Mid-Level Providers Based in Rockcastle County

Courtney Browning, APRN	Pediatrics
Jenny Collier, CSW	Counseling
Anne Claire Compton, APRN	Family Practice
Chasity Frakes, APRN	Family Practice
Chelsen Larkey, LPCA	Counseling
Ginger Mink-Cash, APRN	Family Practice
Joan Moore, APRN	QuickCare
Alicia Myers, PA-C	Family Practice
Angela Parsons-Woods, PA-C	Family Practice
Brittany Perkins-Saylor, PA-C	Family Practice
Rachel Powell, APRN	QuickCare
Joyce Puckett, APRN	QuickCare
Karla Sizemore, APRN	Pediatrics

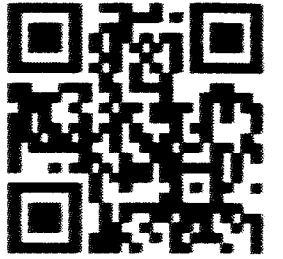
### Visiting Physicians

Paul Anaya, M.D.	Cardiology
Michael Anstead, M.D.	Pulmonology
Azhar Aslam, M.D.	Cardiology
Juan-Carlos Aycinena, M.D.	Nephrology
Amy Barko, M.D.	Podiatry
David Booth, M.D.	Cardiology
Ketan Buch, M.D.	Pulmonology
Mara C. Chambers, M.D.	Hematology & Oncology
Chad Cooper, M.D.	Podiatry
James K. Crager, M.D.	Cardiology
Kristopher Cumbermack, M.D.	Pediatric Cardiology
Yusef Darrat, M.D.	Cardiovascular Disease
Anna Christina dela Cruz, M.D.	Gastroenterology
John M. Draus, M.D.	Pediatric Surgery
David Escalante, M.D.	Endocrinology
Deborah R. Flomenhoft, M.D.	Pediatric Gastroenterology
Amy Hessler, D.O.	Neurology
Thomas W. Howard III, M.D.	Rheumatology
Joseph A. Iacono, M.D.	Pediatric Surgery
Mary Ireland, M.D.	Orthopaedic Surgery
Kirk Jenkins, M.D.	Rheumatology
Heather Jones, M.D.	Podiatry
Michael Jones, M.D.	Cardiology
Ashok Kanthawar, M.D.	Gastroenterology
Stefan Kiessling, M.D.	Pediatric Nephrology
Christian Knecht, M.D.	General Surgery
Christian Lattermann, M.D.	Orthopaedic Surgery
Aleksander Lenert, M.D.	Rheumatology
Iraklis Livas, M.D.	Allergy/Immunology
Angela Mahan, M.D.	Thoracic Surgery
Zabeen Mahuwala, M.D.	Neurology
Majd Makhoul, M.D.	Pediatric Cardiology
Anne P. Marshall, M.D.	Pathology/Cytopathology
Ashish P. Maskey, M.D.	Pulmonology
Rick R. McClure, M.D.	Cardiology
Javier A. Neyra-Lozano, M.D.	Nephrology
Mary Phillips, APRN	Oncology
William Robertson, M.D.	Nerve Study
Anthony Rogers, M.D.	Thoracic Surgery
Mandakini Sathir, M.D.	Adolescent Medicine
Cameron S. Schaeffer, M.D.	Pediatric Urology/Plastic Surgery
Douglas Schneider, M.D.	Pediatric Cardiology
Sean C. Skinner, M.D.	Pediatric Surgery
Stephanie Stockburger, M.D.	Adolescent Medicine
Ravneet Thind, M.D.	Hematology & Oncology
Mark Vranicar, M.D.	Pediatric Cardiology
Byron T. Westerfield, M.D.	Sleep Medicine
Thomas F. Wayne, M.D.	Cardiology
Greg Wheeler, M.D.	Neurosurgery
Denis Yalkut, M.D.	Urology
John Yozwiak, M.D.	Adolescent Psychology
Ali Ziada, M.D.	Pediatric Urology

5th Annual

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