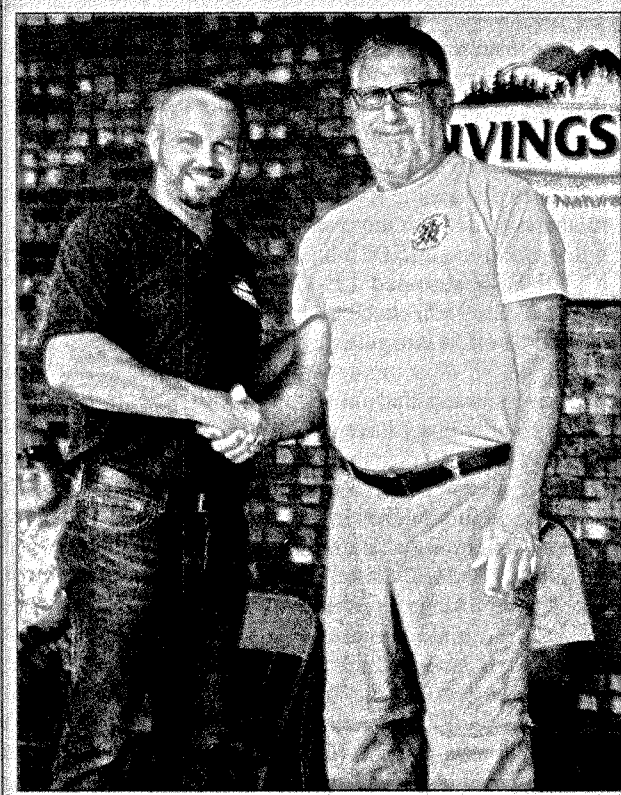


Mount Vernon *News*

Serving Rockcastle County

Mount Vernon, Kentucky 40456 • (606) 256-2244 Volume 132 • Number 34 • 50 per copy Thursday, September 6, 2018



Water mains break inside city limits

Boil water county-wide

By: Mike French Reporter

Television and news crews from around the state spent some time in Rockcastle County Tuesday morning as the City of Mount Vernon has been under a city-wide boil water advisory and many have been without water due to a sudden series of waterline breaks and unfortunate events.

In the early afternoon Monday, the city received reports of two major water leaks with the biggest happening on Hawthorne Lane when a 24-inch main water line burst.

Since a 24-inch water pipe typically provides 18,000 of water per minute, Mount Vernon Water Superintendent Frank Baker immediately called crews together to repair the leaks.

Keep in mind, in order to repair the leaks, the 24-inch

main water valve had to be shut off causing many local residents to go without water for several hours before the pipe was repaired.

Workers then turned the aging water valve back on but was not aware that the inner workings of the valve was stuck and not allowing water to pass through.

So, when the crews restarted the pumps at the water plant, the lack of water in the lines caused other lines to burst, according to City Administrator Josh Bray.

Twenty-four hours later, crews were still working on the leaking lines throughout the city. "Frank and his teams have been working on the leaks for over 24 hours," Bray said at noon Tuesday, and the leaks were still not fully repaired at that time and many businesses near exit 62 were closed. About

(See "Leaks" A9)

City now ahead of water taste issue

By: Mike French Reporter

The bad odor and taste of water in Mount Vernon was solved last month, according to City of Mt. Vernon officials, but the city is still attacking the problem.

The City of Mount Vernon has battled an odor and taste of algae in the water system for several years and the heated subject has been the topic of conversation at council meetings and workshops since it began.

After several years of trial and error, this year officials, with the help of engineers and water specialists from across the state, found

the best way to solve the problem. But of course, it was very expensive.

In fact, the solution is expected to cost over \$800,000 for the basin and treatment to kill the algae that produced the bad taste.

Then, the city received a \$750,000 grant, known as the PRIDE 531 Grant, to help with the building of the basin and the Mayor was given the green light by the city council to pursue other grants for the remainder of the cost.

After years of battle with the issue, many would think since the problem is solved, city officials would be finished dealing with the subject. But, according to City Administrator Josh Bray, the city council and mayor continue to pay attention to the issue.

"We had the problem and the city responded in the best way we knew how," said Bray. "Now, we are making preemptive strikes to make sure it doesn't happen again."

Bray says the city has joined a program called the Kentucky Volunteer Lake

(See "Water" A9)

The annual Livingston Homecoming was held this past weekend with great weather, lots of events and awards given out. Shown in the top left photo is Livingston Mayor Jason Medley presenting Steve Barber, Executive Director of the Shelton Trace, the Business of the Year Award. In the top right photo, Mayor Medley presents Steve Powell the Citizen of the Year Award. In the bottom left photo, Mayor Medley presents Bill Shackelford the Special Friend of the City of Livingston Award and, in the bottom right photo, Mayor Medley presents Katha Carpenter a plaque for the honor of being the Grand Marshal of the homecoming parade. (See more photos beginning on page A6.)

Homecoming is huge success

By: Mike French Reporter

Officials in Livingston put a lot of time and effort into the planning and implementation of the Homecoming event held this past weekend, and it paid off.

Visitors from across the state visited the small town of Livingston for the three-day event and all were treated to

a weekend of good food, activities and entertainment.

Mayor Jason Medley called the event a huge success and credits many individuals and groups who put in extra effort to make the event happen.

Vendors lined the streets from one end of the city to the other and a large crowd continually explored the many games, activities and booths as well as tasting the many

(See "Livingston" A9)

Trooper retires after life of service

By: Mike French Reporter

With two dreams, to work in law enforcement, and to help those in need, a 23-year-old man was sworn in as a deputy at the Rockcastle County Sheriff's office in 1993. Now, 23 years later, he steps away from law enforcement as a retired Kentucky State Trooper.

"I just hope I have made a difference. I hope I have

left the community better than I found it."

When one looks at the 23-year record of Kentucky State Trooper Darren Allen, there is no doubt that he has done just that.

As proof, one could mention his BA in History, his AA in secondary education, his 22-week KSP training, his service in the KSP East Drug Enforcement Special Investigation Program, his service on former Governor

Ernie Fletcher's security detail, his attachment to the KSP Cannabis Suppression Branch, his title of Master Trooper, his KSP Meritorious Service Award with a "V" Device, his Lifesaving Medals, his three Commissioner Commendations, his certification as a Field Training Officer, a Range Officer

and Department of Criminal Justice Training Instructor.

But to Allen, "I just hope I made a difference."

Allen and his wife Dannetta Ford Allen (Rockcastle County Clerk) have been married for 25 years and, with their two children, Ben and Bailee, they have lived in Mount Vernon all

their lives.

When Allen started his career, training wasn't necessary to become a deputy sheriff. "They just swore me in and a couple of wonderful guys took me under their wings and taught me all they could," said Allen. "We

(See "Trooper" A9)

Cruise In the Valley Car Show is Sept. 8th

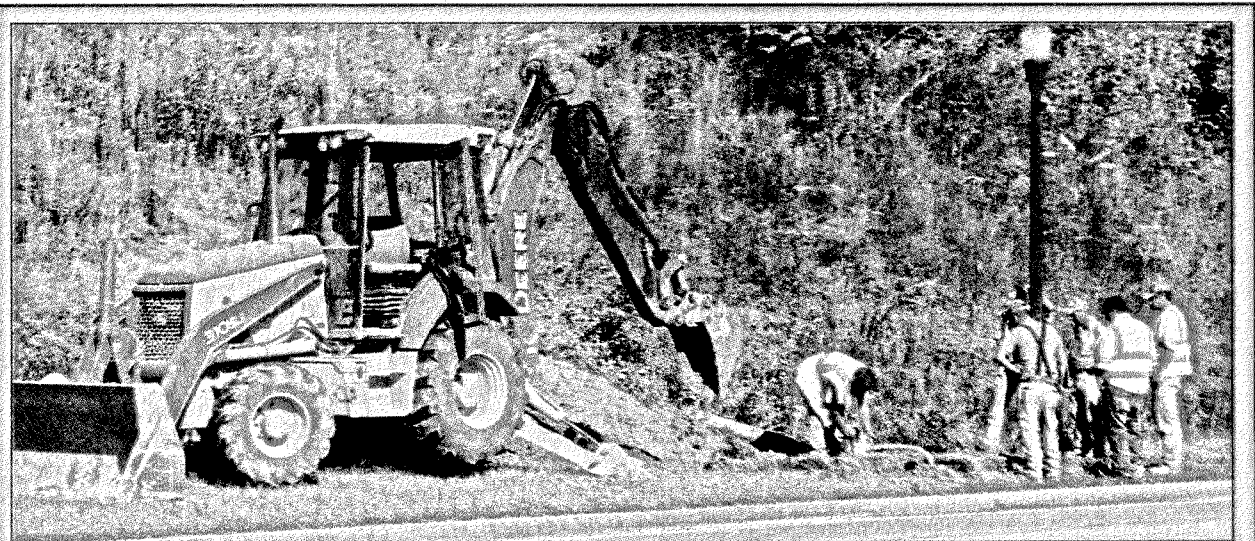
The annual Cruise in The Valley Car Show will be held this Saturday, Sept. 8th in Renfro Valley.

The first 100 cars to be pre-registered will receive a dash plaque/goody bag and six pack of Climax water and 50 appreciation plaques will be given.

Awards will be given in 12 categories and there will be a 50/50 pot with half of the proceeds going to the Rockcastle County High School Key Club.

The show originally came out of ideas submitted by members of Rockcastle Leadership and is now sponsored by Cromer Trucking and Silver Eagle Events.

Proceeds from the event are used to provide scholarships to RCHS seniors, to the Kiwanis Club and to projects in the cities of Brodhead and Livingston.



City of Mt. Vernon Water Department employees worked over 24 hours to repair water leaks that appeared Monday in Mount Vernon. Officials say the leaks are now repaired but a boil water advisory is still in effect for most of the county. Over 4,500 customers of Mount Vernon Water Works were without water Monday while crews worked to repair the leaks that officials say were due to high temperatures.

Of Special Note Inside

- Viewpoints Pg. A2
- Church News Pg. A4
- Classifieds Pgs. B6&7

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

- Courthouse News Pg. B2
- Obituaries Pg. A4
- Sports Pgs. A5&A9

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ramblings...

by: perlina m. anderkin

by: perlina m. anderkin

As you've often heard me say, sometimes you get the bear and sometimes the bear gets you and he got me last week.

There was no court news because after I set it, I didn't immediately put it in the drop box so Paige could pick it up and put it in the paper.

Later on, I was cleaning off my desktop and grabbed it and put it in the trash and then proceeded to empty the trash. I didn't realize what had happened until on Wednesday morning when Paige asked me to put my court news in the drop box and I went looking for it and realized what I had done. Of course, by then, it was too late to reset it for last week's paper. It's in this week with my apologies. I didn't realize how many people actually plowed through it until I received several calls asking why it wasn't in.

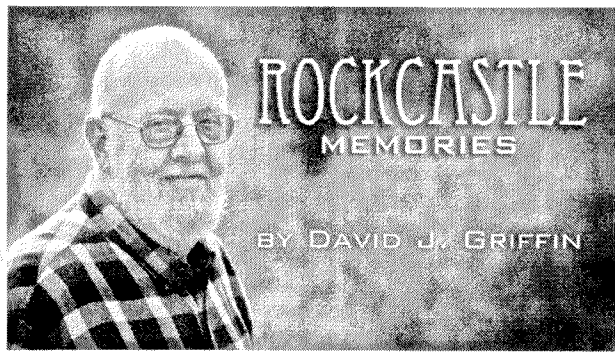
I used my usual excuse of "I'm getting old" having found that most people will accept that.

This was not a good holiday weekend for me. I woke up Sunday morning with a horrible cough and my nose "running like a

sugar tree" as my mother used to say. Paige came to my rescue, fixing me some breakfast and feeding my animals. So, I labored, but to breathe mainly. I watched mostly tennis Sunday and Monday and, I'll admit, it didn't hurt my feelings any when Maria Sharapova got beat. Paige always roots for her but it irritates me that someone who has lived here for 24 years, makes her entire livelihood from the opportunities this country has given her, and is still introduced as "Maria Sharapova from Russia."

I think Nike may have made a mistake naming

(Continued on A3)



Al's Hot '57 Chevy
Some time ago, I saw my friend Gus driving his pristine '57 Chevy Bel Air though an intersection in Stanton. We acknowledged one another with a smile and a wave, and I, once again, marveled at how all-inclusive and all-embracing his restoration has become. I think Gus has the most beautiful '57 Chevrolet I have ever laid eyes on.

Seeing his black Bel Air reminded me of my brother's first new car. It was a black '57 Chevy Bel

Air hardtop. When delivered to the dealer, it had a black top. Al believed this would make the interior of his car too hot, so he had the dealer paint the roof white—a personalized two-tone, so to speak.

When I asked Al about his '57, he explained that it had the 283 cubic inch engine with a 4-barrel carburetor (which produced 220 horsepower), Powerglide transmission, and dual exhausts. The interior, which was black and grey, had cloth seats, an AM (push button) radio, and of course no air conditioning.

Al and Eva were serving as the pastor of the Pleasant Point Baptist Church in Lincoln County when he pur-

(Continued on A3)

Points East

By Ike Adams

Due to an overwhelming number of requests for this, that or the other variety of tomato seeds, I have come up with a plan that, I hope, will make it possible for me to share seeds with anyone willing to invest a \$5.00 bill, a DOUBLE stamped LE-GAL (4 1/2 x 9 1/2) envelope and a little effort into getting them.

I'm assuming that most readers know that I have to contend with Parkinson's Disease in the process of getting anything/everything done. Suffice to say that the only thing I don't have a problem with when it comes to saving tomato seeds is shaking the jar in which I have them fermenting to make the seeds fall to the bottom. Loretta says that I'd be better off just planting

whatever tee-shirt or pants I'm wearing as I go about getting the seeds into jars because she's convinced I get as many seeds stuck to my clothing as I get into the fermentation jars.

There are serious problems with planting my clothes, mostly having to do with my limited wardrobe as well as the fact that I usually can up 3 or 4 varieties the same day. There would be no way to tell which variety was which when my britches started sprouting. The same problem would exist if she strained the laundry water. Even though a well-trained eye can detect subtle differences between the various varieties of tomato seeds, it is too easy to get confused when it's time to separate them.

I do have a system of making sure that I label each batch separately as they are fermenting and drying but that's only half the effort required to get the seeds into little zip lock bags and proper labels attached to identify them. Mr. Parkinson simply doesn't have the use of enough digits to pull that off. Getting seeds to folks who want them means that I'll have to hire help to do all the tedious finesse work required to ultimately get them in the mail.

I figure I can talk my adopted Mount Vernon Middle School, 7th Grade, Granddaughter, 12 year-old, Alyssa Edwards, into spending a couple of weekends with me and that she will work for less than union scale wages. She'll have to if we intend to break even on the offer I'm about to describe.

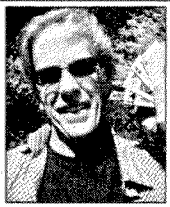
I already have 5 varieties of heirloom tomato seeds drying and another 2 in the fermenting jars. I in-

(Continued on A3)

(Continued on A3)

Aces Over

By: Mike French



Whether we like to admit it or not, television has played a major role in the rearing of many children across the country.

A little 21 year-old fellow named Philo Taylor Farnsworth created the idea

and demonstrated the first television at a science fair in 1927 by drawing a straight line on a piece of paper, and making it appear on the 5 inch by 12 inch screen in front of amazed onlookers.

Of course, this raised the eyebrows of men with money. Specifically, high rankers at RCA who already had the biggest radio market.

Soon RCA began manufacturing television sets in wooden cabinets and nearly a thousand units were sold across America in 1935.

Television started to impact lives in the 40s and 50s and a liberal-leaning crowd began to see an opportunity to spread their message. In fact, Americans were so susceptible to believe everything they saw with their own eyes; that Sen. Joseph McCarthy began an FBI investigation into the "Red

(Continued on A3)

T.J.'s Journal

By: Tonya J. Cook



Labor Day Work
Dear Journal,

Well, they have named this holiday with an appropriate title, labor. However, that is far from its original purpose. It was intended to give the working masses a break before the harshness of winter to enjoy themselves with their families and friends. It became official in 1894. People usually grill out, take a little trip, picnic or go visiting etc. The kids take a break from school and we all say farewell to summer.

That isn't the case here at the Cook house. We've both labored about all that we could. We've cleaned here and there; I've cleaned the bathroom, washed and folded three or four loads of

clothes, and helped Stanley where I could. He has sanded some areas on the ceiling he spackled a few days ago and then he painted some. He washed dishes and carried out a few loads of garbage from all of this cleaning. I've also swept and mopped the whole house. That was just Sunday.

Last Friday, we decided to groom our pets, every dog, cat and rabbit. Terry, our turtle, well...I don't know much we can do for him except leave out plenty of food. The pets got the works. They were trimmed, nails cut, ears washed out, treated for fleas and ticks, baths and just whatever was needed.

(Continued on A3)

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Auction

of the late
Boyd Graves &
Ms. JoAnne Graves

134.14 Acres & House Recreation-Hunting-Timber

Bidding Ends: Thursday, September 13th at 6:00 p.m.

Bid Online: www.fordbrothersinc.com

Near Mt. Vernon, Ky.

Directions: Turn off Hwy 461 onto School House Hill Rd. Proceed 2.1 miles to Blacksmith Lane.

Auction signs are posted. From Mt. Vernon, take Hwy 1249/Sand Springs Rd. for 5.8 miles to Little Farm Rd. Auction signs are posted. Ms. Graves has contracted our firm to sell this well-located hunter's retreat with marketable timber at absolute auction.

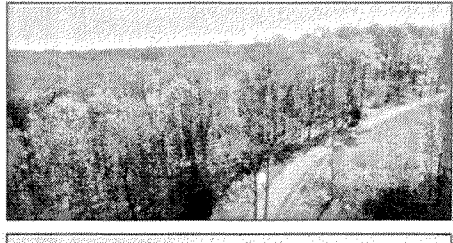
There is a total of 134.14 acres m/l by survey. This is an ideal property for the hunter or recreational enthusiast. The property also offers some marketable timber and is only a short drive from I-75 and Lake Cumberland. It offers creek, springs, and quiet, serene building sites. There are several hiking and recreational trails throughout the property. The property is improved with a frame house. The house has living room, kitchen, and 1 bedroom. It has a nice front porch, vinyl siding, metal roof, and fireplace. In addition to the house, there is an outbuilding and out-house.

Note: The purchaser of a single-family residence built before 1978 has a maximum of 10 days to inspect the property of lead-based paint. The period for inspections begins September 3rd through September 12th. The successful bidder must sign a waiver of the 10-day post sale inspection period.

Preview: Thursday, September 6th & 13th from 2-6p.m.

Buyer's Premium: A 10% Buyer's Premium will be added to the winning bid to determine the final sale price.

Terms: 20% down due within 48 hours of close of bidding, with balance in 30 days with deed. Auctioneer/Broker/Seller Disclaimer: The information contained herein is believed to be correct to the best of the auctioneer's knowledge. The information is being provided for the bidder's convenience and it is the bidder's responsibility to determine the information contained herein is accurate and complete. The property is selling in its 'as-is' condition with no warranties expressed or implied.



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Please fast at least 12 hours for accurate screening (no food or drink, including coffee).

ROCKCASTLE REGIONAL HOSPITAL RESPIRATORY CARE CENTER

"Aces"

(Cont. from A2)

(Communist) Supporters" and ended up blacklisting over 100 actors from appearing on any television broadcast. (Wish they would do that today).

The first Presidential debate on television was Kennedy and Nixon in 1960. But, it was the moment that live television caught Kennedy's assassination that changed the world. Those who had missed it because they didn't own a television, went out and got one.

In an amazingly short time, America went from a few thousand televisions in homes across the country, to over 200,000,000 television sets turned on during any moment of the day.

Suddenly (when compared to technology growth in the past 1,000 years) almost every American watched TV. And they believed what they saw. After all, up to then, seeing was believing. Anything people were told on their "magic box" they believed.

I remember very well when we bought my grandmother's very first television set. I watched her stand with her jaw literally dropped in awe of what she was seeing.

Grandma quickly became addicted to several tv shows but I will never for-

get her walking over to our house one day. She was very disgruntled. In fact, outright mad.

She sat on the couch hard with a "HMMMPHHH" noise and crossed her arms. My mother asked her what was wrong and she answered, "That stupid television set ain't worth nothing, It's a liar!" she said. We waited a moment and she continued, "I just saw Abraham Lincoln on there and I know he is dead!"

After that, Grandma was through believing everything she saw with her own eyes. "I should have known better," she said. "I wondered how they got a square picture through a round wire anyway."

Soon, children across the country stayed indoors after school and spent their time sitting on the floor only a few away from the black and white screen. Eyes fixed onto that screen, blocking out the rest of the world and transfixed...almost mesmerized. Parents began to see an opportunity that even RCA had missed. Free baby sitting.

In my opinion, some California broadcasting and movie companies spotted another opportunity that many hadn't considered--brain washing.

Yes, I am often called a conspiracy theorist. But as

my dad used to say, "Just because you're paranoid, doesn't mean they're not out to get you."

It was right then, again in my opinion, that America started the downhill movement away from moral, family, Christian values.

Millions of children and adults spent every night of their life watching smart people practicing same sex encounters and telling us it was okay. We watched people divorce at the drop of a hat and was told it's okay.

In my own case, I was told by doctors in lab coats and lawyers and really cool actors and rich people and Presidents, that smoking was good for me and I couldn't be "cool" unless I joined them.

Having the world's most addictive personality, it's only in recent years that I am scorned, discriminated against and considered a lesser human being and separated from society because I smoke.

Of course, there were positive sides as well. We had good, moral shows to watch also. Andy Griffith, Gilligan, Buggs Bunny, The Rifleman and others.

But there is no doubt that little 21 year-old fellow at a science fair changed the direction of society as a whole. Even the world has been greatly affected.

And still, 90 years later, I sit in front of a TV every night without fail and watch 125 photos per second flash onto my 60 inch screen with computer generated graphics, 3-D and DVR choices along with 252 channels.

I know a lot of what I've learned in life, I learned from TV. And I guess 100 years from now it will evolve even more. I predict holographic TVs in every home in 25 years. You will watch the actors walk across a table in your living room. The images will appear as miniature people and you can walk around it and get different views of every show.

Hey, maybe I should invent it.

"ramblings"

(Cont. from A2)

Colin Kaepernick as the face of their *Just Do It* campaign. I will never understand why a retail company, which depends on the public to buy their products, will take a chance on alienating millions of customers. Kaepernick's actions of beginning the "take a knee" protest for the national anthem has hurt pro football badly. I don't have a problem with Kaepernick, or anyone, advocating for a cause but I don't think it's right to do it on another man's nickel. He was hired for a job and he chose to disrupt his work place and cause a national uproar with his actions and offend patriotic fans, who realize how fortunate they are to be a citizen of this country.

It was especially interesting when I found out that the NFL allowed Kaepernick to wear socks onto the field that called cops pigs but reprimanded Tim Tebow for kneeling in prayer for a moment after a

play.

When I think of sacrifices, I think of Pat Tilghman who left a starting position with a pro football team, after 9/11, to serve his country and lost his life. I think of Chris Kyle who served many tours of duty as a sniper, protecting our soldiers and endangering his life and finally losing his life to a mentally disturbed veteran whom he was mentoring. I think of many, many of our policemen and firemen who put their lives on the line daily to serve, not to mention the thousands of our servicemen and women who have given their life defending our country, but Nike chooses one of the most divisive figures in modern times, whose most daring feat has been to play a sport that pays their athletes millions to throw a football.

I'm tired of it. I'm tired of watching women fawn over Linda Sarsour who travels the country advocating for women's rights and who are evidently not aware that her Muslim religion is one of the worst offenders of women's rights in the world. I'm tired of being told that I'm racist because, well, just because. I'm tired of watching a good man, Judge Brett Kavanaugh, defend himself before a senate judiciary committee that a majority of the Democrat members have already said they would vote no on his confirmation to SCOTUS even before the hearings began.

I don't know what is going to happen in the midterms. I hope the elections go against tradition and the Republicans do not lose control of the House because, if they do, we will spend the next two years embroiled in an impeachment battle the likes of which we have never seen.

"T. Js"

(Cont. from A2)

We didn't get done but we'll finish later.

We often name our pets after Bible characters. We have a great big Hungarian Kuvasz that is about the size of a small pony with a very bad mean streak. His name is Samuel, First and Second. Something that big is more than just one book. We have two Great Pyranese, James Isaac and Jeremiah Levi or "Jerry Lee" for short, that are just a little smaller than Samuel. They are bred to be guard dogs and protect flocks from wolves and bears. We've got to do Samuel which will take about two hours, longer if he bites us which we will do on occasion...just a nip.

We still have border to put up, more painting and tile to lay. Now that fall is coming there will be leaves to rake... then snow to shovel. Is there any end? We figure we will get done about the day before we go to the nursing home or funeral home, whichever comes first.

"Memories"

(Cont. from A2)

chased his new automobile. I was thirteen-years-old and absolutely crazy about

vehicles. I read every Hot Rod magazine that was available at the time. And it was my considered opinion that my brother Al had the hottest Chevy I had ever ridden in at the time.

Al knew how much I loved his car, and he allowed me to drive it in the parking lot of his church. That lot connected to the parsonage, so I had plenty of room to drive in a circle - and dream of the automobiles in my future once I reached the age of sixteen. As I slowly drove Al's Chevy, I turned up the radio and sang along with rock-and roll-stars of the day. This experience excited me to the point of distraction. I was out of my mind with pure joy.

When I recently asked if he loved his hot '57, Al laughed, saying, "Let me elucidate on the term hot." He went on to note that the engine was truly hot, and although fun to drive, the inside of car became extremely hot in the summer months without any air conditioning. He recalled using the small "wing" windows in the front that were directed to bring air into the car to help cool it off.

Al further recalled that he had plastic seat covers installed in order to protect the upholstery, and that, too, added to how hot the car was to ride in during the warmest months. I remember those seat covers. They would scald your rear-end when you first sat down in his car.

I also remember how Al kept that Bel Air so spotlessly clean. Once he washed the car in our grandfather's backyard, and he let me help. He handed me a couple of towels and a bottle of Windex and said, "Let's see how clean you can get those windows on the inside." I wanted to do a good job, so I worked diligently to get every spot shiny clean.

Al's Bel Air made a huge impression on me as a young teenager. It gave me hope of owning one of my own dream cars in the future. That dream occurred in 1963 when I acquired my first new automobile. It was a '63 Chevy Impala Super Sport with a 327 cubic-inch V8, four-speed transmission on the floor, dual exhausts, but it did have air conditioning. That was the first thing I mentioned when I ordered my Chevy.

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

"Points East"

(Cont. from A2)

tend to save yet another between now and the end of the month for a total of 8.

I feel sure that I can guarantee everybody a start of Molly Helton Sunbursts and hopefully a scant few Giant Syrian seeds. The Giant Syrians only have about 1/4 the amount of seeds per fruit as any of the others, while the Molly Heltons will yield up to nearly 100 seeds per fruit. All these seed varieties I'm saving will produce very large heirloom tomatoes.

Other varieties include red, orange and pink Brandywines, giant ox heart, a huge, acid-free pale yellow, and a variety variously dubbed Italian Mountain Man, pint jar and rusty anvil, depending on which West Virginia Hill-billy you're conversing with. This last one has become my favorite new tomato in several years and averages well over a pound per fruit in size. So heavy that it often falls of the vine before it's fully ripe, at which point it does, in fact, resemble a rust-colored, one-pint Mason canning jar.

Here's the deal: Send me a self-addressed LEGAL size (4 1/2" X 9 1/2") envelope with 2 stamps on it and a 5 dollar bill or check. Sometime in October or November you will get the envelope back in the mail with at least 4 varieties of heirloom tomato seeds guaranteed to include Molly Helton Sunbursts and at least 5 or 6 Giant Syrian seeds. The only other place you can find the Giant Syrians and be guaranteed to grow the true variety is reimerseeds.com and they will cost you \$8.70 cents including S&H, for 10 seeds. I've grown mine from saved seeds 3 years in a row and they continue to come back true to the originals.

We need the larger envelope to make the job easier but we'll try to make a regular envelope work if you absolutely can't find the legal size. Dollar Tree has them, 30 for a buck.

Please don't order the seeds unless you intend to plant them yourself or give them to someone who will. I can think of numerous better ways to make money than saving tomato seeds.

Please send your order before the end of September so that I can have a handle on how much help I'm going to need from Miss Alyssa. If we run out of seeds, we'll use your SASE to return your 5 bucks. Please include your email address if you have one.

Ike Adams, 249 Charlie Brown Road, Paint Lick, KY 40461.

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Bookmobile Schedule
Monday, Sept. 10th: Brodhead and Copper Creek.
Tuesday, Sept. 11th: Green Hill, Fairview, Lambert Road, Brindle Ridge. **Wednesday, Sept. 12th:** Child Development, Seek'n Learn, Lisa's Little People, Tie Top Pre School.

Safe Driving Course
 A safe driving course will be taught September 14th, from 9 a.m. to 1 p.m., at the Rockcastle County Extension Office. Cost is \$15 for AARP members and \$20 for non-members. Call the extension office at 606-256-2403 to reserve a space.

Alzheimer's Support Group
 An opportunity for caregivers, families and friends to learn more about Alzheimer's disease, share your feelings and concerns, and support each other in coping with the effects of the disease. Next meeting is Monday, Sept. 17th at 6 p.m. at the Rockcastle Regional chapel. For more information, call Anne Harris at 606-256-7835.

New Volunteer Training for HCP
 There will be new volunteer training for Hospice Care Plus on Saturday, September 29th, 9 a.m. to 5 p.m. at the Compassionate Care Center in Richmond. Open to anyone age 14 and up. Men, veterans and Rockcastle County volunteers especially encouraged and needed at this time. Please register by contacting Stefanie at 859-626-9292 or hospice@hospicecp.org. Volunteers needed in patient care, caregiver support, pet therapy, grief support, hospitality desk, office help and much more. Details at hospicecareplus.org. Class size is limited to 20 so please register early.

KPR Meeting is September 11th
 The Cumberland Valley Chapter of the Kentucky Public Retirees (KPR) will meet Tuesday, September 11th at the Knox County Extension Office, 215 Treuhaff Boulevard, Suite 7 in Barbourville. Mealtime (potluck lunch) will begin at 11:30 a.m. with the meeting to follow. Guest speakers will be District 82 State Representative Regina Bunch Huff and District 86 State Representative Jim Stewart III. Any retiree, and their spouse, receiving benefits from KERS, CERS or SPRS is welcome to attend. Membership information will be available at the meeting or on the website (kentuckypublicretirees.org). For more information, call 606-877-0079 or 606-260-0490.

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


Livingston School Reunion Sept. 29th
 The Livingston School Reunion will be held Saturday, September 29th in the Trail Town Visitor's Center and the the Preston Parrett Gym. Registration will begin at 4 p.m. and the evening program will be at 6 p.m. in the gym. In lieu of a registration fee, individuals re urged to make a voluntary donation to the Livingston School Revitalization Fund. All former students, teachers, family and friends of the Livingston School are invited to attend. For question, call Rose Mullins Brown at 606-308-1643 or Gary Mink at 606-308-3801.

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Monday, September 10th
Sigmon Farm
 will start picking the last sweet corn of the season—**Yellow Incredible.**
 For more information call 256-2781
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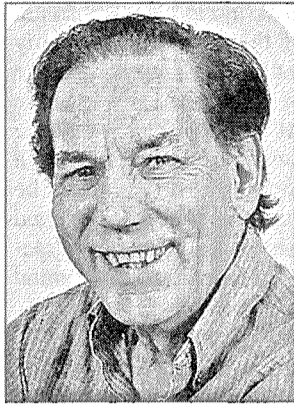
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Obituaries

Donald Ed Allen

Donald Ed Allen, 75, of Brodhead, husband of Carlene Allen, died Friday, August 31, 2018 at home with his family by his side. He was born May 6, 1943, in Berea, a son of the late Ed Allen, and the late Geneva Proctor Allen. He was of the Pentecostal faith. He had previously been an assistant manager of the Bonded Gas Station. He found great joy in working in his yard and his dogs.



Those left to celebrate his life are: his wife, Carlene Allen of Brodhead; children, Donna Yocum of Lancaster, Lori Allen of Nicholasville and Matthew Robbins of Brodhead; grandchildren, Ashley Wiser, Heather Yocum, Dan Yocum, Brooklyn Yocum, Amber Allen, Alexis Allen and Sabastian Lewis; great grandchildren, Haley Wiser, Hayden Wiser, Emma Yocum, Chesney Daugherty and Rilyn Lamb; a brother, Timmy Allen of Berea; a sister, Darlene Parrett of Somerset; and a host of friends and neighbors.

Besides his parents, he was preceded in death by brother, Tommy Allen and sister, Edna Fern Chasteen. There are no services scheduled at this time.

Condolences can be made at www.marvineowensfuneralhome.com

Juanita (Hurd) Laypoole

Juanita (Hurd) Laypoole, 81, of Marion, IN, went to be with the Lord in her home at 12:42 a.m. on Friday, August 24, 2018. She was born in Mount Vernon on May 24, 1937, to the late Pleasant W. and Buliah Hurd.



On September 23, 1955, she married George Laypoole, and they had four children, Vickie, Tonya, Troy, and Brian. She served her husband and family faithfully in their home, which was always in immaculate shape inside and out. She wanted to make sure everything was clean and would even go back through the house and clean it after someone had already cleaned it. Her flowers and garden were in immaculate condition as well.

She was a very caring woman and helped out the family whenever they were sick and needed cared for. She was a wonderful cook and nobody ever left her home hungry. Since 1972, she was a member of Christian Bible Church, of which her husband is the senior pastor.

Survivors include: her husband of nearly 63 years, George; daughters, Vickie (Gordon) Seacott and Tonya (Bryan) Seacott, both of Marion, IN; son, Brian Laypoole of Marion, IN; 13 grandchildren, Stephanie Coan, Shane (Cina) Seacott, Heather (Anthony) Columbus, Gordon Seacott Jr., Nicholas Seacott, Benjamin Alumbaugh, Kyle (Gloria) Alumbaugh, Mark McCracken, Tiffany (Boe) Dailey, Kimberly (Duane) Spooner, Bonnie (Clinton) Russell, Kirsten Laypoole and Katelyn Laypoole; 18 great grandchildren, Kassy, Clay, Brent, Devon, Meghan, Gordon III, Adam, Anastasia, Jazmine, Gwendolynn, Kyla, Dylan, Katelynn, Kristina, Khloe, Mason, Addalynn and Khane; sisters, EllaJean (Percy) Hochstedler and Julie Mae Hurd; brothers, James (Valerie) Hurd and Pleasant (Pamela) Hurd Jr.; and devoted dog, Izzy.

In addition to her parents, she was preceded in death by: a son, Troy Leon Laypoole; brothers, Charles, Robert and Benton Hurd; and sister, Bethada Rheam.

Services to celebrate Juanita's life were held at Needham-Storey-Wampner Funeral Service, North Chapel, 1341 N. Baldwin Ave., Marion, IN on Tuesday, August 28, 2018 with Pastor Wally Champion officiating. Burial followed at Grant Memorial Park.

Memorial contributions may be directed to Christian Bible Church, 2927 E. Monroe Pike, Marion, IN 46953.

Online condolences may be made at www.nswcares.com

Pray Without Ceasing

1 Thess. 5:17—Pray without ceasing. I believe a lot of times we give up too quickly in our prayer life, and because of that we seldom see anything ever change. We can read of a parable: Luke 11:5-9—Of a friend who had some unexpected guests and he had no bread, so he went to his friend's house who lived close by, and began to knock on the door but because it was late at night he said go away the children are in bed, don't trouble me. The door is shut but because he is a friend he continues to knock on the door, the friend will not leave, finally this man's friend gets up and gives him as much bread as he wants. He never gave up. Jesus compares this to us calling upon the door of Heaven. Ask and it shall be given knock and it shall be open. We should never give up praying for things that are important to us. Sometimes it takes years to see change in the lives of those we love, but we can't give up. The word (importunity) means, to be persistent, to the point of being annoying we have to keep it up, believing that God does hear our prayers.

We can also read of another parable: Luke 18:1-5—We can read of a widow who took her case to unjust judge and pleaded her case. He would not for a while listen to her but her continual pleading and begging, began to weary this judge, he said this widow troubleth me, finally he gave this widow what she requested. She never gave up her continual pleading and begging, and because of that it changed this judge's mind. Just think, if this unjust judge can change his mind by one who comes to him pleading to be forgiven, just think about our Heavenly Father and the compassion he has for us and his mercy is never ending, just think how much he wants to forgive us. We give up too many times and say what is the use, God will not hear me. 1 Pet. 3:12—The eyes of the Lord are over the righteous, and his ears are open unto their prayers. Don't give up knocking on Heaven's door, because if it is important to you it is important to God.

How many times over the years in raising your children have they asked for something and you said, No and then because of their continual pleading and begging, they wore you down and you gave them what they asked for.

God also hears our prayers the first time we pray, the reason he doesn't always answer the first prayer no one knows, maybe we're not ready to receive it, maybe our heart is not right, or it could be for selfish reason to consume it upon ourselves. Whatever it is we cannot give up if we expect to receive.

Thank you for reading this article submitted by the...

• Chestnut Ridge Church of Christ •

Sundays @ 10 a.m. & Wednesdays @ 7 p.m. • Everyone Welcome
Bro. Ova Baker 606-878-8104 • Bro. Dale McNew 859-582-4021
Church is located 2 Miles South of Mt. Vernon on Hwy. 25

CHURCH NEWS

Let the Bible Speak

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

Rockcastle County Recovery Meetings

***Celebrate Recovery-Brodhead:** Located in the Community Outreach Center (next to Fairgrounds), every Monday, 6 to 8 p.m. 859-230-9590 or 606-308-3099.

***Celebrate Recovery-Northside Baptist Church - Mt. Vernon every Tuesday, 6 to 8 p.m.** 606-256-5577. Need a ride? Call and leave message before 4 p.m.

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

***Broken Chains Bible Study** at Cruisers Motorcycle Sales, 7223 N. Wilderness Rd., Mt. Vernon every Thursday at 6:30 p.m. Leader: Gary Vincen Linville, 859-302-2431.

***Celebrate Recovery-Step Studies - Women Only.** Located in the Community Outreach Center (next to Fairgrounds), every Thursday, 6:30 p.m. For more info. call 606-308-3099.

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

Fall Homecoming
Fall Homecoming will

be held September 16-19 at First Christian Church in Mt. Vernon and we would like to invite you to come and be a part of it with us.

Doug Piatt, from the Lexington Broadway Christian Church, will be our speaker. The theme will be "The Red Letters" leading to some very practical opportunities to serve our Lord.

We will meet Sunday morning at 11 o'clock and Monday through Wednesday evenings at 7 o'clock.

Sunday evening, we will meet in the Fellowship Hall for a special service project in which all are invited to take part.

We are located at 160 West Main Street and if you have any questions, or would like a ride, please call us at 256-2876.

Homecoming

You're invited to New Hope Baptist Church's Homecoming on Sunday, Sept. 9th, beginning at 11 a.m.

There will also be a Benefit Singing in our Fellowship Hall on September 22, beginning at 7 p.m.

Featured singers will be Mitch and Zeldia Drew.

Fall Gospel Singing

Red Hill Baptist Church, Livingston, will hold their Fall Gospel Singing on Saturday, Sept. 8th, beginning at 7 p.m.

Featured singers will be

The Murphys, Chimney Rock Boys and more.

Everyone welcome.

Benefit Singing

There will be a Benefit Singing for Tim and Linda Robinson at Lighthouse Assembly of God, on Hwy. 1004, on Saturday, Sept. 8th, beginning at 6 p.m.

Everyone welcome.

Revival Services

Revival Services will be held at Sunrise Baptist Church September 9-12 at 7 o'clock each evening with Bro. Wesley Russell as evangelist.

There will also be special singing.

For more information, call Pastor Johnny Adamson at 606-425-0708.

Everyone welcome.

Gospel Benefit Singing and Auction

There will be a Gospel Benefit Singing and Auction

for Kristy Ruppe Bullock on Saturday, September 15th, beginning at 6 p.m., at the Livingston Fire Dept.

The event is being sponsored by the Red Hill Baptist Church and community and the church singers will be featured along with others.

Menu for the meal will be old fashioned soup beans, fried potatoes, corn bread, etc.

Everyone welcome. Come enjoy good food, good music and fellowship while supporting a great cause.

Special Service

There will be a special Friday night service on Sept. 14th at the Berea Gospel Tabernacle, beginning at 7 p.m.

Bro. Donald King will be preaching. Everyone welcome.

Reunions

Barnett Reunion

The Barnett Reunion will be held at Red Hill Horse Camp Sunday, Sept. 9th, beginning at 11 a.m. with lunch at noon.

Bring a covered dish and enjoy the day.

Burdette Reunion

The Burdette Family Reunion will be held Saturday, Sept. 15 at Brodhead Depot

Park, beginning at noon.

Rowe Reunion

The Rowe Family Reunion will be held Sunday, September 16th at Logan Hubble Park in Lancaster, Shelter #4.



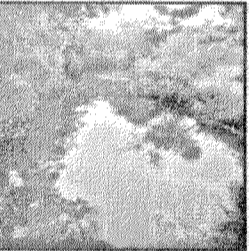
Bring a covered dish for lunch about 12 or 12:30 p.m.



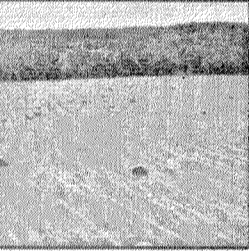
All family and friends welcome.

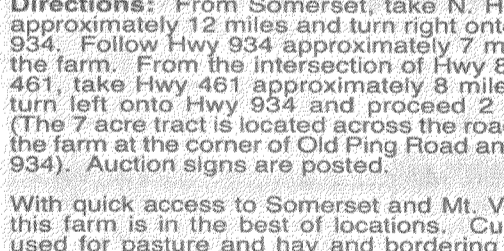


Absolute **Auction** Of **Mr. & Mrs. Greg Broyles**
90 Acre Farm in Tracts

Saturday, September 15, 2018 at 10:30 a.m.

Hwy 934 - Somerset, KY

Directions: From Somerset, take N. Hwy 39 approximately 12 miles and turn right onto Hwy 934. Follow Hwy 934 approximately 7 miles to the farm. From the intersection of Hwy 80 and 461, take Hwy 461 approximately 8 miles and turn left onto Hwy 934 and proceed 2 miles. (The 7 acre tract is located across the road from the farm at the corner of Old Ping Road and Hwy 934). Auction signs are posted.

With quick access to Somerset and Mt. Vernon, this farm is in the best of locations. Currently used for pasture and hay and bordering Brush Creek, this farm also has two ponds and a Richie automatic waterer making it a great place to also run cattle with several sites for building your dream home. City water is available to this farm.

TRACT #1 measures 2.11 acres fronting Hwy. 934. This all-cleared tract would be an excellent building or home placement site.
Tract #2 and #3 front Burnett Chapel Loop and contain 5.28 acres each. Tract #2 is all-cleared and Tract #3 is mostly wooded (marketable timber). These tracts are those highly sought after small acreage size!
Tract #4 has 15.82 acres with access from Hwy 934. This tract is mostly cleared with the remainder in marketable timber. This tract also has a barn with shed (also has electric), the Richie automatic cattle waterer and a pond for additional stock water.
Tract #5 and Tract #6 measure 2.01 and 2.17 acres respectively. Fronting Hwy 934, these tracts are also all-cleared, excellent home sites.
Tract #7 has 24.83 acres and fronts Hwy 934. Being all-cleared with the remainder in marketable timber, this tract also has a pond for stock water.
Tract #8 is the largest of the tracts measuring 27.28 acres. This tract has a concrete stock tank and would be an ideal site for a baby farm and running cattle. The spring on this tract has been developed by USDA standards.
Tract #9 is located across the road and consists of approximately 5.97 acres. Approximately 1 1/2 acres is cleared and is an ideal building site. The remainder of the acreage is wooded and runs along Brush Creek. This tract fronts 934 and Old Ping Road.

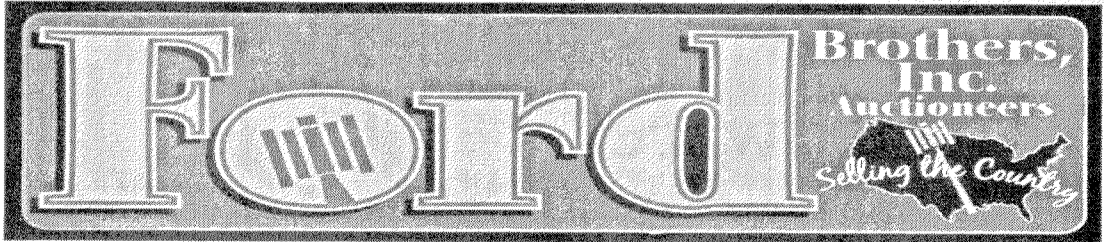
AUCTIONEERS NOTE: Having a total of approximately 90 acres, this farm is divided into several tracts offering building sites, baby farm sites or acreage for crops or running cattle! Join us on the morning of September 15th at 10:30 a.m.

TERMS: 20% deposit the day of the auction with the balance due in 30 days for the real estate.
Note: There will be a ten percent buyer's premium added to the last bid to determine the final sales price.

AUCTIONEER/BROKER/SELLER DISCLAIMER: The information contained herein is believed to be correct to the best of the auctioneer's knowledge. The information is being provided for the bidder's convenience and it is the bidder's responsibility to determine the information contained herein is accurate and complete. The property is selling in its "as-is" condition with no warranties express or implied.

For additional information contact the auctioneers at 606-679-2212 or log onto our website at www.fordbrothersinc.com.

Announcements made the day of the auction take precedence over printed matter.



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SPORTS

Rockets beat Whitley 28-13; move to 2-1

It was a wild and wooly game last Friday night between the Rockcastle Rockets and the Whitley Co. Colonels, which saw two Rockets, and one Whitley player, ejected from the game but the Rockets still decisively beat the Colonels 28-13.

The Rockets were in control throughout the game, scoring their first touchdown with five minutes left in the first quarter when junior Jaden Payne went over from the three. Quarterback Noah Parkey's two point conversion was good and the Rockets were up 8-0.

Less than two minutes later, sophomore Drew Mink intercepted a Whitley pass and returned it 80 yards for the Rockets second score of the game. Senior Jeremiah Blevins PAT was good and the Rockets were up 15-0 at the end of the

first quarter.

The Colonels and Rockets exchanged possessions until, with 1:48 left in the second quarter, senior Hunter Sargent broke loose for a 50 yard run to Whitley's seven and, three plays later, Payne again crossed the goal line from the one for the score. On this play, there were offsetting penalties called and Payne, who was called for unsportsmanlike conduct, was ejected, along with the Whitley Co. player. Blevins PAT was again good and the Rockets were up 22-0.

The Rockets' sides kick was successful and they recovered the ball on Whitley's 36 but, two plays later, with eight seconds left in the half, a fumble in the Rockets' backfield was picked up by Whitley and returned 70 yards for the score. The PAT was good and it was 22-7 at the half.

Whitley Co. got the ball to begin the second half but had to punt it away on fourth down.

Senior Jacob Hansel took the punt at the Rockets 33 and returned it to Whitley's 47. Three plays later Sargent picked up a first down at the 34 and, on the next play, took the ball to Whitley's 22 for another first down. Following a six yard pick-up by Sargent, flags flew on the next play and Hunter was hit with an unsportsmanlike conduct call and also ejected from the game. Before the dust settled and the smoke cleared, Coach Scott Parkey had also been hit with an unsportsmanlike conduct call and the Rockets wound up with the ball with 1st and 10 on Whitley's 36.

On fourth down of that next series, Parkey picked up a first down to Whitley's eight. Junior Zach Taylor got five yards on the next play but, two plays later, a Rocket fumble was recovered by Whitley County on the two yard line.

Whitley had to punt the ball away after three tries and Hansel took the punt on Whitley's 35 and returned it 17 yards. The quarter ended with the Rockets on Whitley's one yard line with fourth and goal. On the opening play of the fourth quarter, Taylor took the ball around left end for the score. The PAT was good and it was 28-7 Rockets.

Whitley's last score of the game came at the 4:43 mark of the fourth quarter on a pass play. The PAT was no good and it was 28-13, the final score of the game.

Payne and Sargent will have to sit out Friday night's game at Woodford County because of their ejections from the Whitley Co. game.

Defensively, the Rockets were led by freshman Matthew Chasteen with 10 total tackles, six solo and four assists. Taylor got seven, six solo and one assist; sophomores Rylee DeLeon and Drew Mink got six total each, three solo for DeLeon and two for Mink. Mink also was credited with two pass receptions for a total of 23 yards and DeLeon got one for 12 yards. Sophomore Isaiah Didelot and Payne got five total tackles each, Didelot had three solo and Payne two; junior Noah Reams got one solo tackle and three assists; junior Sam Philbeck had two solo tackles; sophomore Caleb Will-

iams was credited with two assists and seniors Jacob Hansel and James Hamilton were each credited with one solo tackle.

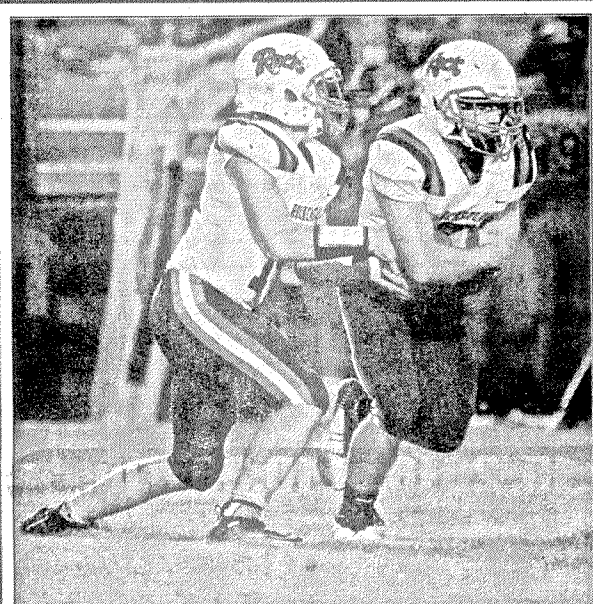
Freshman Matthew Chasteen was credited with the only defensive sack of

the night.

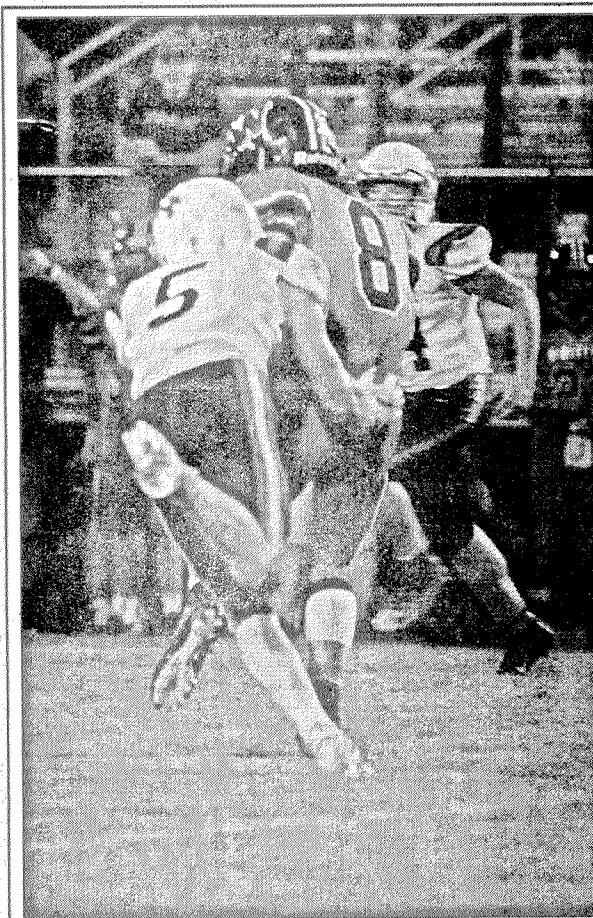
QB Noah Parkey was three of four passing for 35 yards and Mink got the only interception of the night for the Rockets, returning it 80 yards for the touchdown.

Offensively, Sargent led

his team in yardage with 96 yards on 10 carries; Zach Taylor got 68 yards on 19 carries; Jaden Payne 65 yards on 16 carries and Parkey 51 yards on 10 carries.



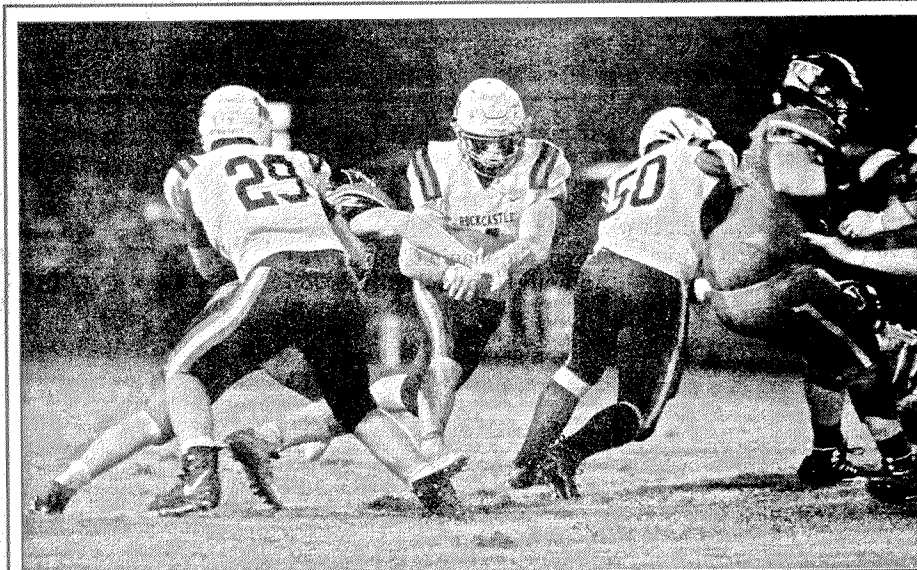
Quarterback Noah Parkey fakes a handoff to Hunter Sargent during the Rockets' win over Whitley County. Sargent had 10 rush attempts for 96 yards rushing on the night.



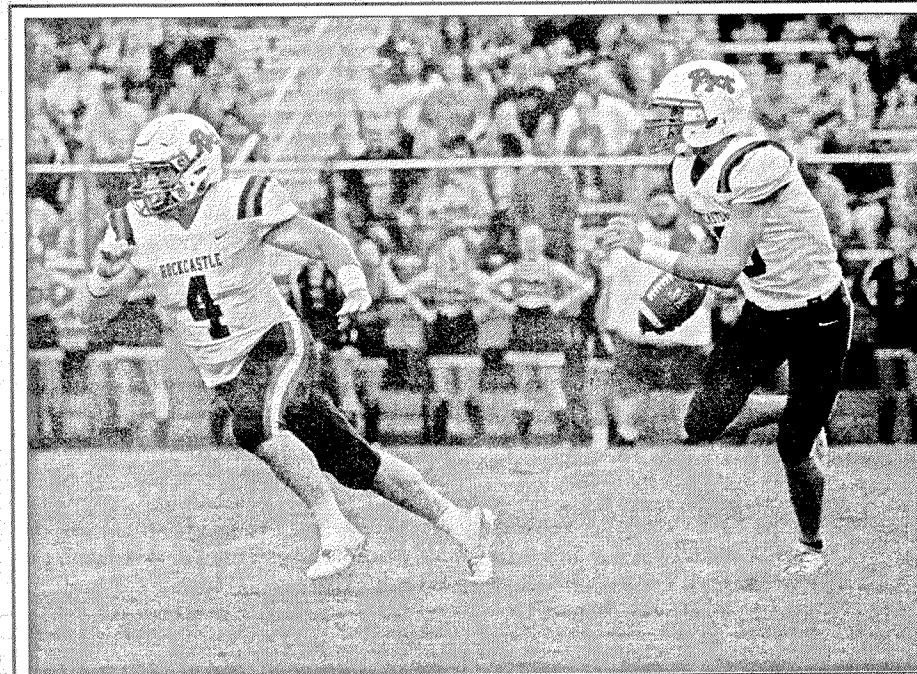
Senior Jacob Hansel breaks up a pass attempt by Whitley County during the Rockets' win Friday night.



Junior Zach Taylor tackles Whitley for a loss during the Rockets' win Friday night. Taylor was a work horse on the night picking up seven tackles on defense and carrying the ball 19 times for 68 yards and scoring one touchdown.



Sam Philbeck and Blaine Rumsey work to make a hole for teammate Jaden Payne during the Rockets' 28-13 win over Whitley County last Friday night. During Payne's shortened game, he had 16 carries for 65 yards and scored two touchdowns.



Senior Jaden Payne leads the blocking for Drew Mink after Mink intercepted a Whitley pass and returned it 80 yards for a touchdown during the first half of the Rockets' win last Friday night. Offensively, Mink caught two passes for 23 yards and teammate Rylee DeLeon caught one pass for 12 yards.

JV/Freshman games

The Rockets JV team will host the Whitley County Jayvees next Monday night, Sept. 10th and the freshmen will play South Laurel at home next Thursday night, Sept. 13th.

Both games begin at 6 o'clock.



Rocket head coach Scott Parkey instructs his players during a timeout of the Rockets' 28-13 win over Whitley County last Friday night. The Rockets are on the road again this Friday as they travel to Woodford County to take on the Yellow Jackets.



Quarterback Noah Parkey makes a cut inside on one of his 10 rush attempts during the Rockets' 28-13 win over Whitley County last Friday. Parkey had a total of 51 yards rushing and completed three of four passes for 35 yards.

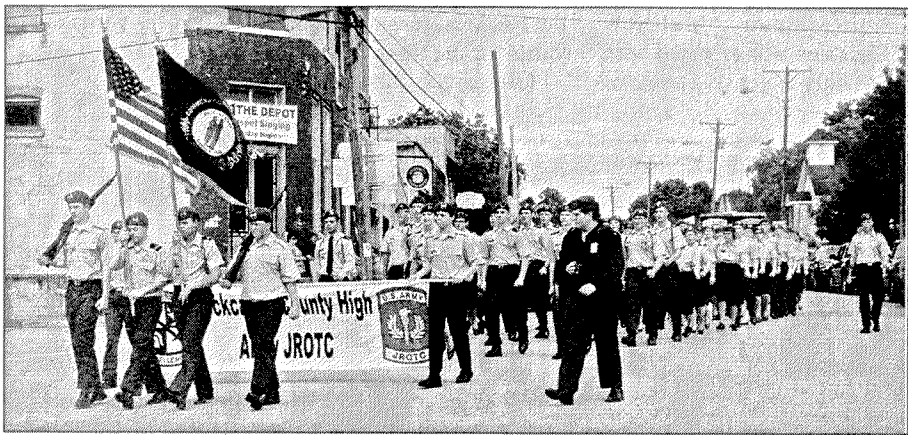
Scenes from the 2018 Livingston Homecoming



Livingston Police Chief Travis Richardson led the parade during the annual Livingston Homecoming held last weekend.



Rockcastle Jailer Carlos McClure gave the 2018 Livingston Parade Grand Marshal Katha Carpenter a ride in Saturday's parade.



Members of the RCHS Army JROTC marched in Saturday's parade. The cadence was led by Cadet Sargent Major Hunter Medley.



Livingston Fire Chief Chris Mason drove Livingston's E303 truck during the parade. Western Rockcastle, Climax, Brodhead, Mt. Vernon and Brindle Ridge's Fire Departments also took part in Saturday's parade.



Stanley Mullins gave Livingston Mayor Jason Medley a ride in Saturday's homecoming parade.



Rockcastle Republican nominee for County Judge-Executive Howell Holbrook and his family took part in the homecoming parade Saturday sharing candy with those in attendance.



Maliyah Swinney and Izak Gibbs carried the banner for Jordan Smith with Rockcastle Weather during Saturday's parade.



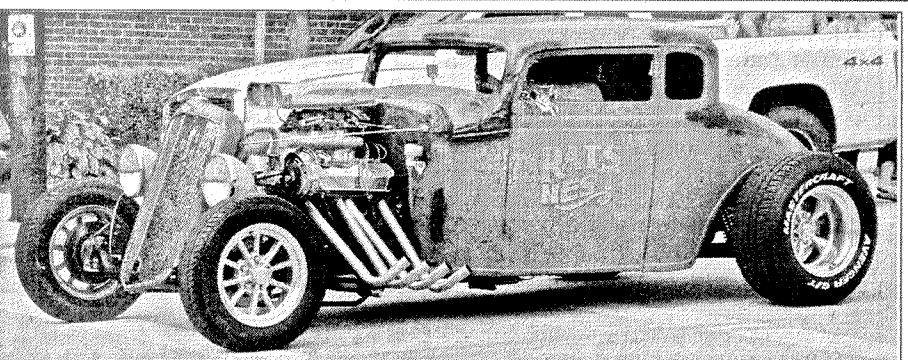
New Hope Baptist Church had one of the booths set up during the annual Livingston Homecoming held this past weekend.



Melinda Gillum Dalton, candidate for Family Court Judge, took part in Saturday's parade and shared candy with those in attendance.



Jane Adams Venters, candidate for Family Court Judge, rode in the Livingston Homecoming Parade Saturday. She was driven by her husband, Justice Dan Venters.



Clayton Stewart and Donna Garvin drove this '33 Chevy during Saturday's parade.



Rockcastle Republican nominee for Coroner Casey McClure along with his dad, Joe McClure, took part in the parade Saturday.



Bernice Carpenter and Zannie Burdine as well as Clint Blanton and Penny Wilhoit rode their side by sides during Saturday's parade.



Brady and Sue Ann Hensley drove their '73 Challenger and shared candy with the crowd during Saturday's parade.



Bluegrass Gospel Band, Dove Creek, was the headliner Saturday night during the Livingston Homecoming. From left: Pam Perry Combs, Jim West, Larry Raines and Mike French.



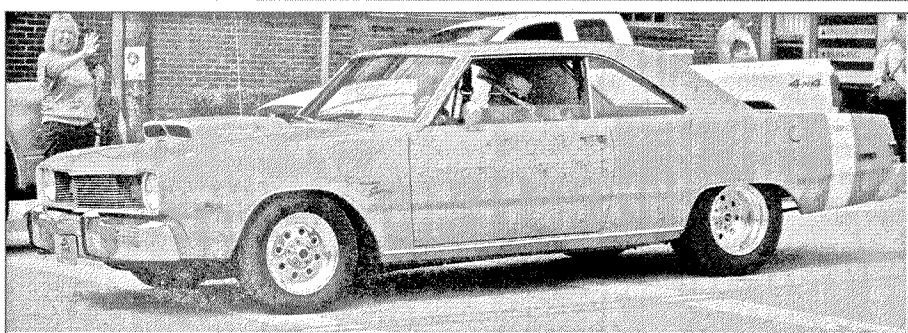
Kim and Haley Shelley drove the Rockcastle County Public Library's Bookmobile and shared candy during the Livingston Homecoming Parade.



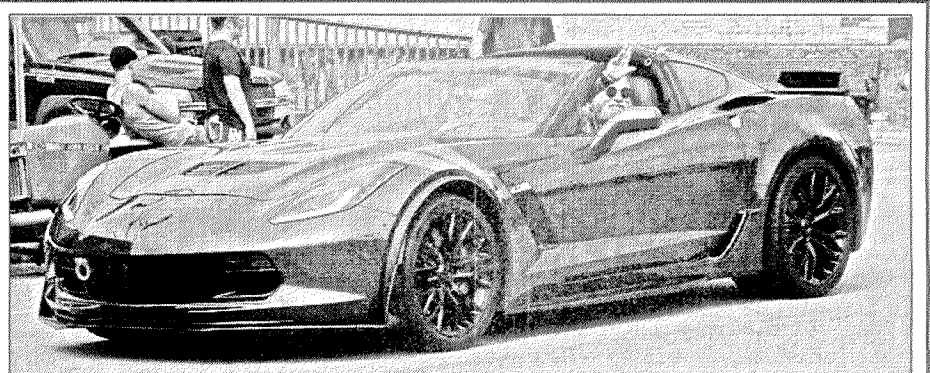
Great crowds were in attendance during the Labor Day weekend for the annual Livingston Homecoming.



Solid Waste Coordinator James Renner drove the Rockcastle Recycling Center's float in Saturday's parade.



Jerry Smith and Teresa Philbeck drove this 1975 Dodge Dart Swinger in Saturday's parade.



Ronnie Owens gave Mount Vernon Mayor Mike Bryant a ride in Livingston's Parade Saturday.



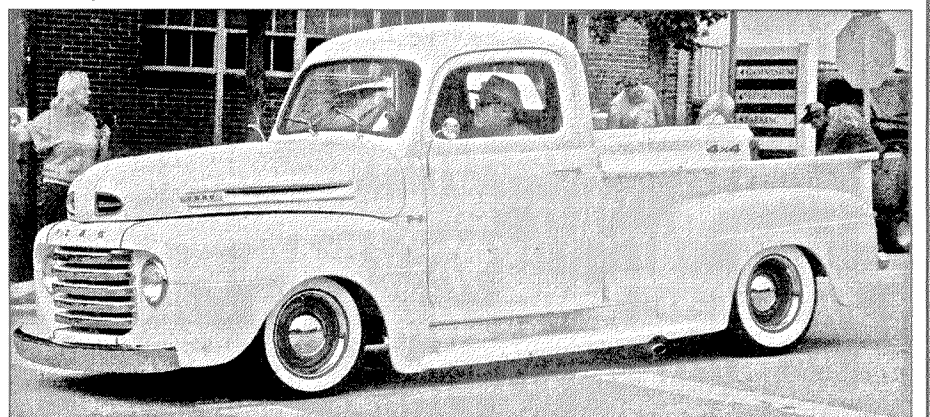
Dean Blackburn drove a 1994 Jeep in Saturday's parade with his passenger, Phyllis Jones.



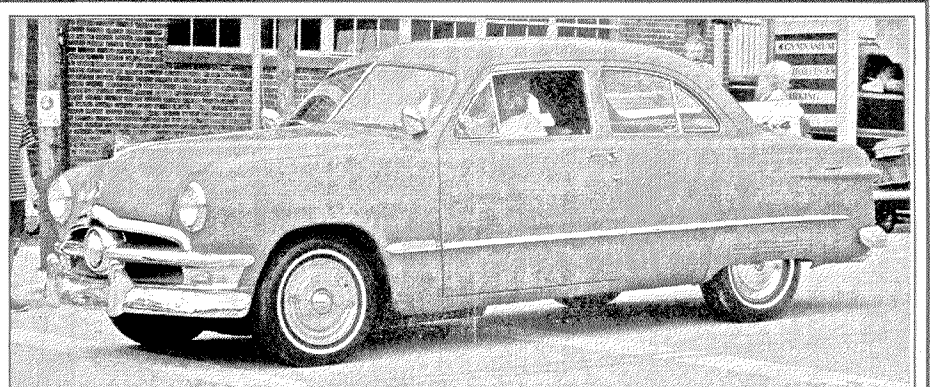
Ronnie Smith drove his 1986 Lincoln Town Car in Saturday's parade.



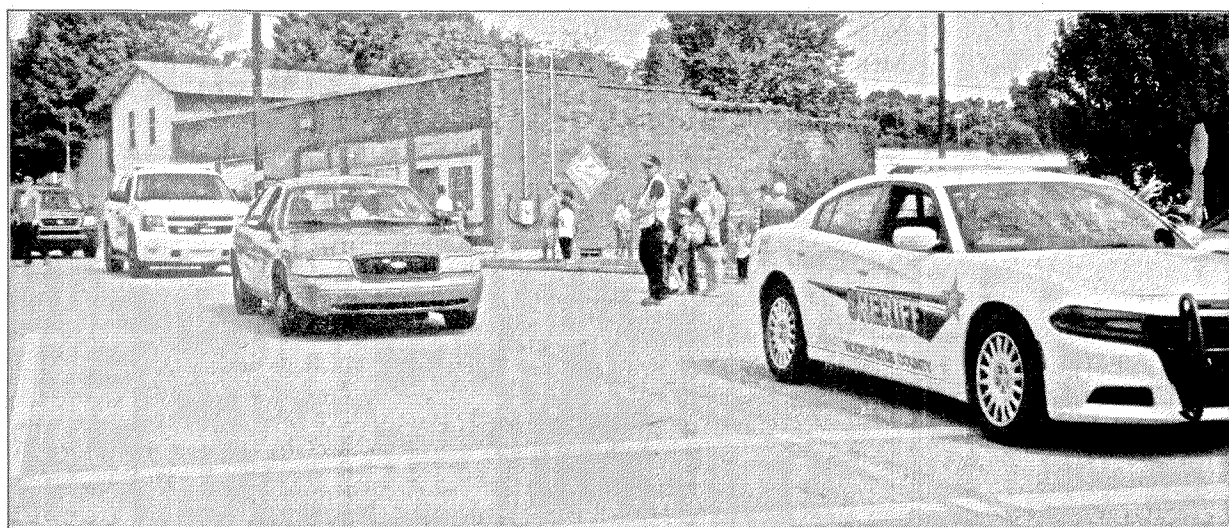
Wildcat Offroad Park was patriotic as they took part in the Livingston Homecoming Parade.



Mike Mink drove his '49 Ford in the Livingston Homecoming Parade.



Gary "Juicy" McGuire drove his 1950 Ford in the Livingston Homecoming Parade held last Saturday.



Sheriff Mike Peters and Deputies Shannon Franklin, Bill Barrett and Ronnie Bradley, Sr. helped out during the annual Livingston Homecoming Parade last Saturday.

Notice

Financial documents for the Mount Vernon-Rockcastle County Tourist Commission may be examined by the public Monday through Friday from 9 a.m. to 5 p.m. at 2590 Richmond Street in Mount Vernon, Kentucky 40456. The Mount Vernon-Rockcastle County Tourist Commission holds its regular scheduled monthly board meetings at 4:00 p.m. on the second Wednesday of each month at 2590 Richmond Street Mount Vernon, Kentucky, 40456. All meetings are open to the public.

Room 4 Me

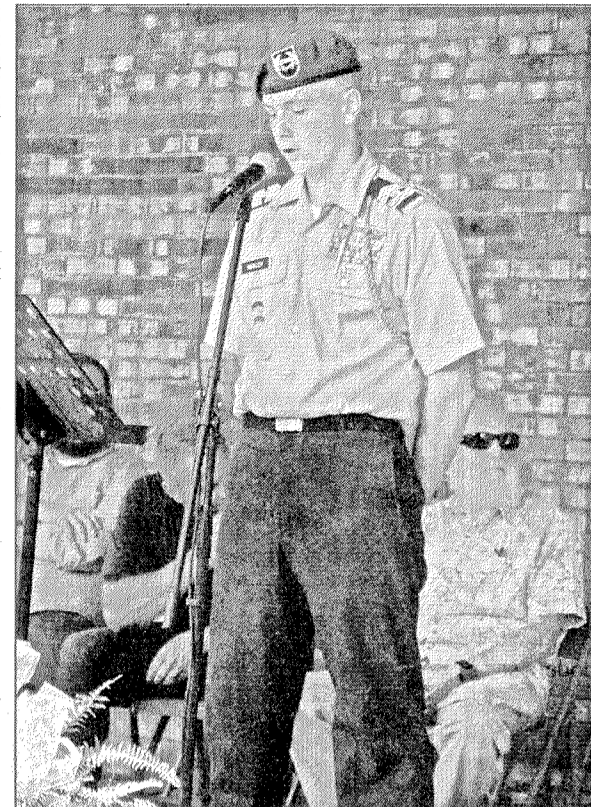
Parents of Rockcastle Elementary students: Don't forget Room 4 Me is hosting our 6th Annual Kids Event this Saturday for FREE! It's at First Baptist in Mt. Vernon from 10 a.m. - 2 p.m. All elementary students are welcome to attend! See you there.



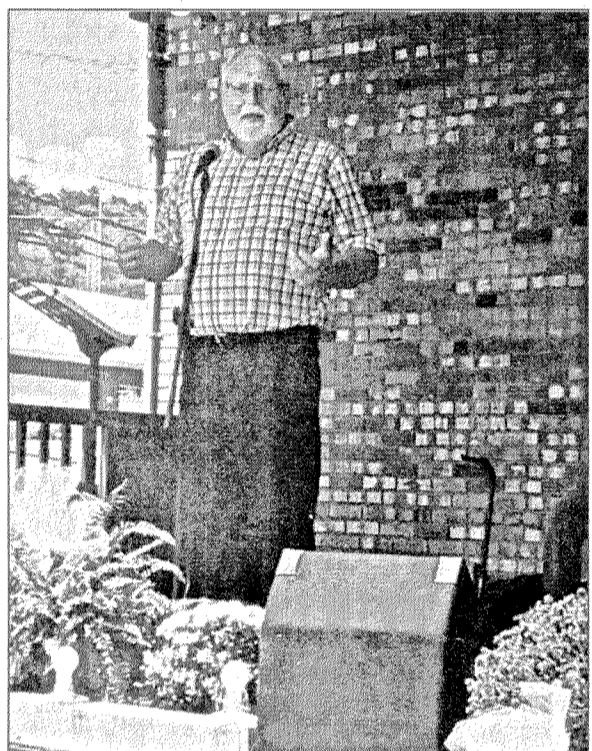
David Harris played the national anthem and *Taps* during the awards ceremony at the Livingston Homecoming Saturday.



County Attorney Jeremy Rowe is shown with Livingston Mayor Jason Medley after Saturday's awards program. Rowe spoke during the program and was also the emcee for the parade. Also speaking during the awards program were Mt. Vernon Mayor Mike Bryant, Sheriff-elect Shannon Franklin and Circuit Court Clerk Eliza York-Hansel, Republican nominee for Coroner Casey McClure and Family Court Judge Candidate Jane Adams Venters.



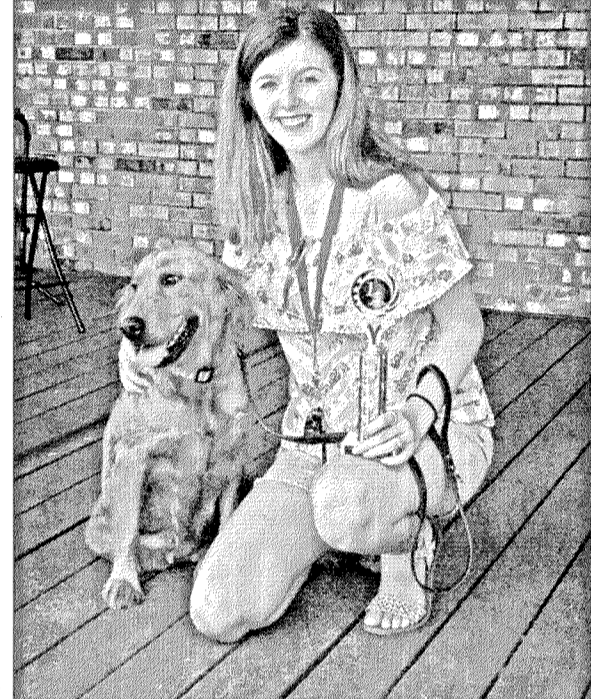
ROTC Cadet Sergeant Major Hunter Medley read the citation honoring Congressional Medal of Honor winner PFC David M. Smith, Livingston.



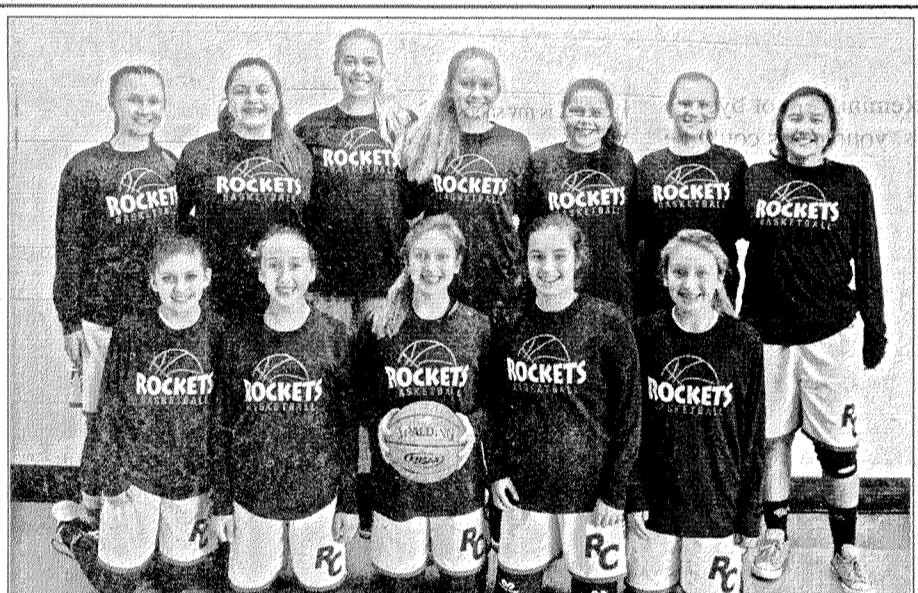
Gary Parker left the devotion Sunday to the largest crowd ever in attendance.



Jesse Rodefer, at left, won first place in the Watermelon Eating Contest and Chase Gillium, at right, took second place.



Brittany Doan won first place in the Pet Show with her Golden Retriever "Miley".



Members of the RCMS eighth grade girls' basketball team are shown above, front row from left: Karlee Smith, Calliegh Burdette, Kaylee Cameron, Kara Bullock and Karlee Cameron. Back row from left: Mackenzie Lopez, Kylee Burns, Hallie Brown, Keelee King, Makinlee Goff, Abby Owens and Savannah Santo.



Members of the RCMS seventh grade girls' basketball team are shown above, front row from left: Makayla Coffey, Molly Irvin, Kelsey Rowe, Makayla Denney and Brooklyn Smith. Second row from left: Kaliee Collins, Allie Todd, Camryn Cash, Haven King, Riley Smith and Averi Dillingham.

Just Horsin' Around

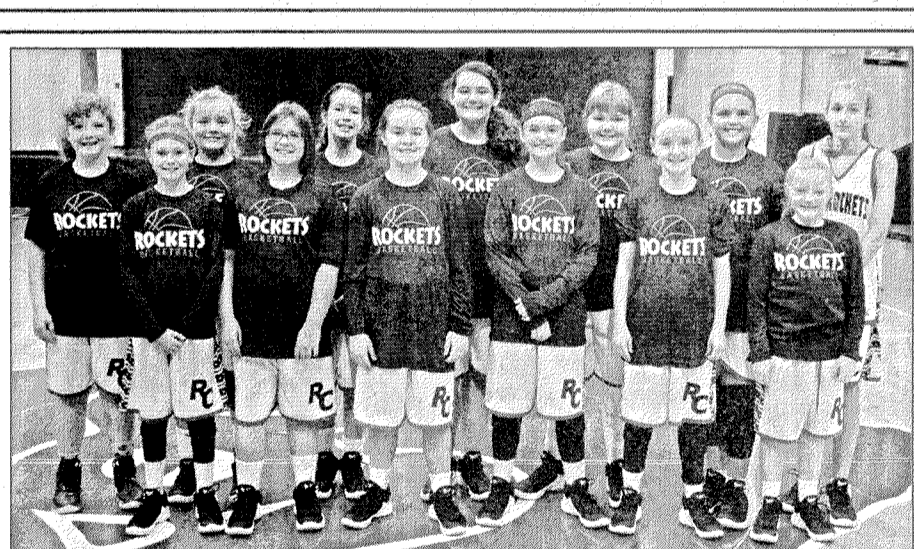
JHAC Presents Their 12th Annual Fall Fun Show!
Proceeds Benefit Charity
 September 8th, 2018 ~ 5:30 pm ~ Brodhead Fairgrounds

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

<ol style="list-style-type: none"> 1. Lead Line 2. Youth Pleasure (Riders 12 & Under) 3. Western Pleasure (Walk, Jog, Lope) 4. Rockcastle County Only Pleasure 5. Costume Class 6. Trail Pleasure Racking 7. Relay Race 8. Country Pleasure Walking 9. Shovel Race (Mat replaced shovel) 10. Keg Shod Racking (Must Wear a Keg Shoe) 11. Baby Bottle Contest (Back rider must be 12 years old or younger) 12. Boot Race (Timed Event) 13. Junior Pleasure (Riders 13 to 17) 14. Egg & Spoon 15. Open Barrels 	<p>"INTERMISSION"</p>	<ol style="list-style-type: none"> Foot Races: 6 & Under, 7-12, 13-17, 18 & Over 16. Open Poles 17. Mule Pleasure 18. Spotted Pleasure 19. Open Flat Shod 20. Flag Race 21. Country Pleasure Racking 22. Musical Feed Sacks 23. Generation Gap (Older Riders Enter Mounted; 10yr age gap) 24. Trail Pleasure Walking 25. The Race 26. Speed Racking 27. Pleasure Walking Championship 28. Pleasure Racking Championship
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Members of the RCMS sixth grade girls' basketball team are shown above, front row from left: Kaylee Hargis, Chloe Morris, Markley Richards, Bailey Harris, Kaylee Duncan and Madison Barnett. Back row from left: Bethany Chasteen, Makyla Hester, Madison York, Abby DeLeon, Caylie Mobley, Brylee Mullins and Lilyann Storm.

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“Trooper”

(Continued from front)

learned in the field in those days. And I had a lot to learn.”

But learn is exactly what Allen did.

By 1996, Allen was involved in the 22-week training program to become a Kentucky State Police Trooper and started his career at the Richmond post from where he worked mostly in Jackson County.

Allen was later transferred to Madison County. After a few more moves into different areas of service, Allen joined London Post 11 in 2007. He finally transferred to the Cannabis Suppression Branch in 2011 where he remained until his retirement on Friday, August 30th.

“I don’t really have any regrets. I’m just thankful that I was able to help people,” he said.

Allen said he has greatly enjoyed his career and is proud to see new, young officers willing to dedicate their career to the same purpose. “You don’t do this for the pay or for the popularity. It is a noble profession and you have to do it for the right reasons. We need good people who care about their community,” he said.

Like all police officers, Allen occasionally hears a voice of appreciation, but he also hears the disgruntlement in certain segments of modern society. “I just want people to know, we are human beings too,” he said. “We are in a position of authority and in a democracy, authority must be respected or there is chaos. I want people to know, we are there because we care about those we serve and we want to make our community a better place.”

When not on duty, Allen enjoys ATV riding and camping and he is a Deacon at Bible Baptist Church in Mount Vernon.

Over the years he has served the people of his community through his church, his life and his career and he is not about to stop any of that. “I am definitely not quitting,” he said. “I am just turning the page to the next chapter.”

Allen says he is proud of his career but to him, he has just been doing his part. “I’ll let others decide if I have done the right things. And, hopefully, I did. I have tried to listen to people and hear what they say. Mostly I have tried to make a difference and I hope that’s why the younger people are going into this profession.”

In fact, speaking of turning the page, Allen doesn’t rule out the possibility of helping those young people to help others.

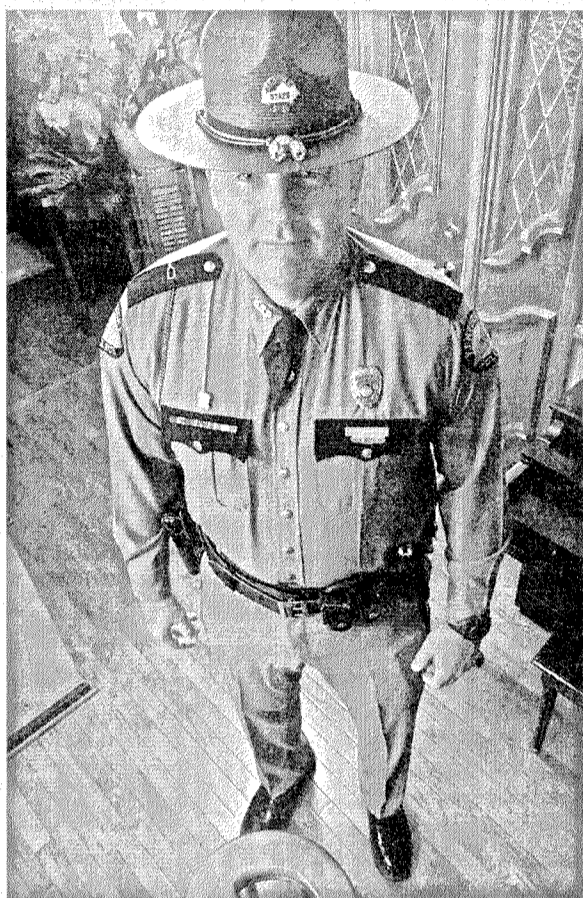
“I have always wanted to mentor a younger group of people. I want to share with younger people what I have learned and help them to make a better community,” he said.

If the deciding factor is based upon appreciation from others, Allen has indeed reached his dreams.

“I really want to thank everyone in Rockcastle County who has offered congratulations and offered thanks upon my retirement,” he said. “It really means a lot to me that they have taken the time to offer me appreciation and prayers for my family.”

In just a few moments with Allen, it becomes clear that he is not the type to retire and stop working to protect others who are in need. Allen talks openly about his hopes to work with younger officers or recruits. And, with his education, training, accomplishments, recognitions and degrees, there is no doubt that for Allen this is not “goodbye” but is instead “hello.”

Update: At press time we received information that Allen is also set to receive the Appalachian HIDTA narcotics officer of the year award today (Thursday) in Louisville at the Kentucky Narcotics Officer Association Conference.



KSP Trooper Darren Allen

“Leaks”

(Continued from front)

4,500 customers were reported without water Tuesday morning.

Rockcastle County School Superintendent David Pensol made the call to cancel school Tuesday since water would not be available at the local schools. “We work very closely with the city and all water and utility companies,” said Pensol. “We are in touch with them at all times to make certain our kids are in a safe environment and will have water

and heat and air.”

Pensol said any day missed must be made up and he thinks this missed day will be added to the end of the school year.

Bray said the cause of the water leaks are not certain but he said officials have an opinion about the cause. “I am told that extreme temperatures whether it is high or low temperatures, cause expansion and contraction of water pipes and this is probably what caused these leaks,” said Bray. Sunday and Monday were two of the hottest days of the year and Bray said he thinks the high

temperature contributed to the broken lines.

All the leaks were repaired by late Tuesday afternoon but boil water advisories have been issued across the city and most of the county since broken water lines and replaced lines can cause contaminants to enter the water until it is flushed out.

According to officials, residents should bring all water to a rolling boil for at least three minutes before drinking, cooking or brushing teeth as well as making ice.

The immediate advisory from Mount Vernon Water Works affects Hawthorne Road, Lake Linville Road, Hummel Road, KOA Campground, Red Foley Road and all side roads in those areas.

All customers of Western Water District (except Flat Gap Road) and all Mount Vernon Water Works customers as well as 260 customers of Kentucky American Water are also included in the advisory. The Kentucky American Water (KAW) areas include Brush Creek and Sand Springs since Mount Vernon Water provides water to KAW in those areas.

Officials at City Hall say they hope the boil water advisory will be lifted today (Thursday) but all residents and businesses who are serviced via Mount Vernon Waterworks will notice a drop in water pressure for several days while the tanks refill now that pumps are up and running again.

Residents are asked to go to the City of Mount Vernon website or Facebook page and check to be certain when the advisory is over and if your area is affected. Some areas may be under the advisory slightly longer than others since the longer the line is to the area, the longer it takes to flush the line.

“Water”

(Continued from front)

Monitoring Program (KVLM) through the Kentucky Division of Water, which will help officials know before algae even begins to grow in the area.

“We have found a way to keep the water in contact with carbon for much more than the times needed to destroy the by-product of the algae that is causing the odor and taste,” said Bray. “But now we can know if the algae is on its way to our basin and our plant before it gets there.”

This knowledge will help Water Supervisor Frank Baker and his staff prepare the treatment and begin attacking the issue before it even gets to the new basin where it will be treated.

“This program is really nice,” said Bray. “We have a tool now that we take to the lake that measures the visibility of the water (how clear the water is at different depths) and then the following day a satellite passes directly over our lake with special lenses that will show us exactly where the algae is, how much there is, and which way it’s moving.”

This will give water plant operators an advantage by knowing when to prepare for the algae which only grows at certain times of the year.

Bray says the city not only attacked the problem, but is now working to make sure the algae doesn’t surprise them. “We can be on constant watch now and not only are we solving the problem of odor and taste, but we are staying at least one step ahead of it now,” he said.

“Livingston”

(Continued from front)

treats prepared on the spot. Reminiscent of bygone days, youngsters could be seen throughout the town with two noticeable things

on their faces -- cotton candy and smiles.

Crowds in the streets joined in as the Bittersweet Cloggers could be heard throughout the town stomping on the wooden stage and the streets were lined with cheerful onlookers as the parade passed through Main Street Saturday.

Events such as the watermelon eating contest, ugly woman contest, a fireworks display, demonstrations and several popular bands filled the weekend with music and activities.

Dove Creek closed out the day Saturday with a

performance on the stage beside the old fire station as the crowd cheered and danced into the night. The Wild River Band closed out the weekend Sunday night while applause and smiles filled the streets of Livingston.

Police Chief Travis Richardson was on the streets throughout the event but said the crowd was well behaved and he reported no trouble.

“We are proud of our town and of the people who live here,” said Medley. “We had a wonderful weekend of fellowship, friendship, kindness and celebration.”

2018-2019 Parent Member Nomination Form Rockcastle Middle School Council

Please return this nomination form to **Mrs. Reva McKinney in the school office no later than 3 p.m. on September 7th. The election will be held on September 21st from 7:45 a.m. to 4 p.m. in the school front lobby.** If you have a child enrolled at RCMS this year, you are eligible to vote in this election. (This includes parents, step-parents and foster parents. Legal guardians are also eligible to vote if the child lives in their home). I urge every parent to participate in this important decision about the future of our children’s school.

Forms may be mailed to: Rockcastle County Middle School, P.O. Box 1730, Mt. Vernon, Ky. 40456. Forms must be received by Sept. 7th.

Your Name _____

Your Nominee - (You may nominate yourself) _____

Nominee children who will be at our school next year _____

Nominee phone number _____ e-mail _____

Nominee mailing address: _____

To serve on the council, the nominee must meet each of the standards listed below. Please put a check mark next to each one to show that each standard applies.

My child will attend Rockcastle Middle School during 2018-19

I am my child’s parent, step-parent or foster parent (or I am the child’s legal guardian and the child lives with me).

I am not an employee of Rockcastle Middle School.

I do not work at the local school district’s central office.

I am not the husband, wife, mother, father, sister, brother, son, daughter, son-in-law, daughter-in-law, aunt or uncle of any employee of Rockcastle Middle School.

I am not the husband, wife, mother, father, sister, brother, son, daughter, son-in-law, daughter-in-law, aunt or uncle of anyone who works at the local school district’s central office.

I am not a member of the local board of education and neither is my spouse.

Nominee Signature _____

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has a good crop of pumpkins.

We will be open the last of September for business.

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“QuickCare: For Your Busy Life”

Guest Speaker:
Dr. Rebecca Hammond
Rockcastle Regional QuickCare Clinic

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Lb.

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Lb.

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Lb.

FAMILY PACK **PORK STEAKS OR COUNTRY STYLE PORK RIBS** **\$1.49**
Lb.

Little Debbie Assorted Varieties **Family Pack Fall Snack Cakes** **2/\$4**

(5 OR 10 LB ROLLS) **FRESH GROUND BEEF** **\$1.99**
Lb.

(10 LB BOX) **PURNELLS PORK SPARE RIBS** **99¢**
Lb.

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16 Oz. Pkg.

BAR S **HOT DOGS** **79¢**
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Assorted Varieties **Cheetos Fritos Doritos** **2/\$5**
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Assorted Varieties Kellogg's Poptarts **\$2.99**
12 Ct. - 21 Oz. Pkg.

General Mills Assorted Varieties Fruit Snacks **\$3.49**
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Maruchan Shrimp, Beef or Chicken Flavor Ramen Noodles **99¢**
6 Pack 18 oz. pkg.

Assorted Varieties Red Baron Deep Dish Singles **99¢**
5.6-5.7 Oz. Pkg.

Assorted Varieties Totino's Pizza Rolls **\$7.99**
120 Count, 59.3 Oz. Pkg.

Arby's, Chekckers or Red Robin Season Fries **2/\$5**
22-28 Oz. Bag

Assorted Varieties Hostess Box Snack Cakes **\$2.49**
11.6 - 15.23 Oz. Box

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So Cheezy Mac & Cheese **39¢**
7.25 Oz. Pkg.

Cowboy Billy's Pork & Beans **59¢**
16 Oz. Can

Save Today Honey or Original Barbecue Sauce **99¢**
19 Oz. Bottle

Kurtz Tomato Ketchup **89¢**
24 Oz. Bottle

Portside Breaded or Battered Fillet or Fish Sticks **\$2.99**
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Crystal 2-0 Drinking Water **\$2.29**
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Assorted Varieties World's Fair Ice Cream **\$4.99**
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Mount Vernon Signal

Second Section

Thursday, September 6, 2018

Two local Agriculture teachers honored at State FFA convention

Two Rockcastle County Agriculture teachers received state wide recognition at the 89th State FFA Convention earlier this year in Lexington.

Jeff Hayes and Roy Reynolds were inducted into the Agriculture Teachers Change Lives program which is similar to a hall of fame of Kentucky Agriculture Teachers.

Mr. Hayes and Mr. Reynolds were honored during a luncheon at the Convention and on stage in Rupp Arena. Their pictures will be on permanent display at the Kentucky FFA Leadership Training Center in Hardinsburg.

This recognition was made possible through the donations of numerous current and former students as well as the Rockcastle

County FFA Alumni. Two thousand dollars will be returned to the local chapter for scholarships in honor of Mr. Hayes and Mr. Reynolds and their contributions to students.

Both Hayes and Reynolds grew up on farms in Rockcastle County and were active members of the Rockcastle County FFA chapter in high school. Both credit their agriculture teachers—Russell Parsons and Bill Ponder with their desire to impact the lives of students.

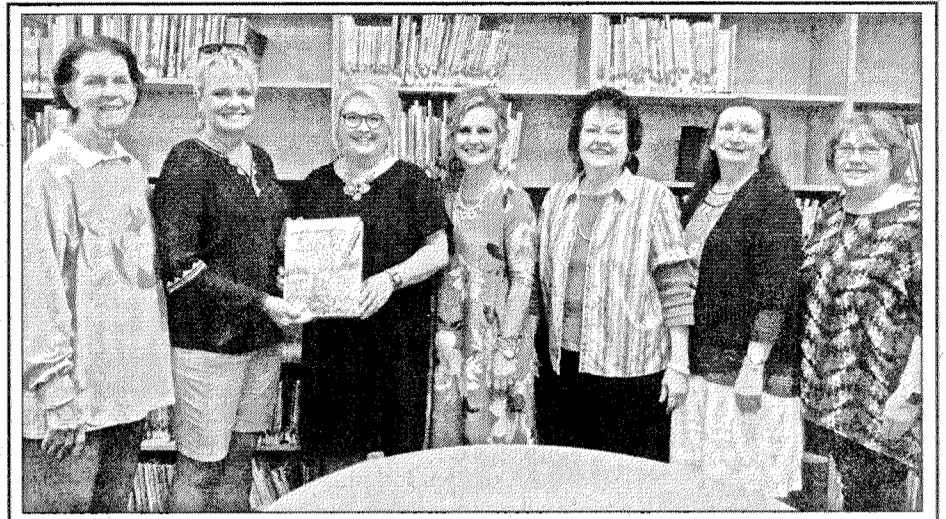
After graduation from the University of Kentucky, Roy Reynolds worked for the Farmers Home Administration and the Cooperative Extension Service before being hired to teach agriculture at RCHS in 1988. Early in his career he se-

cured funding to construct greenhouses at the high school and was instrumental in the establishment of the horticulture program. He served on numerous boards and committees including the Extension Board, County Fair Board, NRCS Board, and County Farm Bureau Board. He is married to Kristi Martin Reynolds and they have two children Dustin and Kayla. Mr. Reynolds retired in 2016 but remains active in the community.

Jeff Hayes served as a State FFA Officer and attended the University of Kentucky. He began his teaching career at James A. Cawood High School in Harlan County in 1992 and then moved home in 1994. During his time at Rockcastle County High School he has focused on freshman agriculture, agricultural communications, animal science, and agricultural mechanics. He has helped develop curriculum resources for record keeping and agricultural mechanics. He has been recognized as the Rockcastle County Teacher of the Year, the Kentucky Agriculture Teacher of the Year, and currently serves as Secretary for the Kentucky Association of Agricultural Educators. His wife Morrissa Hayes serves as a guidance counselor at RCHS.

During their careers, Mr. Hayes and Mr. Reynolds provided the opportunity for hundreds of students to receive recognition at the regional, state, and local level. Rockcastle County has had multiple state winning FFA teams and has been recognized as a National Gold Three Star Chapter. Eleven of their former students have gone on to become State FFA Officers and James Clay Ballinger was selected as the 2016 State Star Farmer—the organization's highest award. Dozens of their students have gone on to earn degrees in agriculture and five of their former students are currently teaching agriculture in Kentucky.

Former Rockcastle County FFA member Daniel Bustle—currently a teacher at Locust Trace Agriscience Center in Lexington—helped lead the effort to have Mr. Hayes and Mr. Reynolds honored through the program. Bustle said, "It was a blessing for us to be able to recognize Mr. Hayes and Mr. Reynolds for their contributions to our lives. Each person who donated to this effort did so because we recognized that we would not be where we are today without the investment that they made in us. They've changed hundreds of lives through their careers and we're glad to have them recognized at the state level."



The Rockcastle Garden Club and the Kentucky Garden Club are donating a book "The Saved Seed" to the library of each of the three county elementary schools. Above presenting the book to the library at MVES are five members of the local club. They are from left: Nancy Mullins, Julie Asher-club treasurer, Susan Coffey-MVES librarian, Jacqueline Bishop-library assistant, Pat Allen, Mary Woodall, and Denise Carpenter.

Depression is a treatable condition

September is National Suicide Prevention Month, and the entire month is dedicated to promoting suicide prevention awareness throughout the United States.

To raise awareness on suicide prevention, Rockcastle Regional is leading a community campaign to foster this discussion. This is the second article of a six-part series to help our community better understand and become better equipped to seek help on issues related to mental health.

According to the Substance Abuse and Mental Health Services Administration (SAMHSA), fifty percent of those who die by suicide were afflicted with major depression, and the suicide rate of people with major depression is eight times that of the general population.

"Depression is a treatable medical condition," said Rockcastle Family Wellness physician Dr. David Bullock. "The success of treatment is greatly improved when the symptoms are recognized early and interventions established."

Yet, despite how common it is, depression is still greatly under-reported by patients to their doctors. According to a National Health and Nutrition Examination Study conducted by the CDC in 2009 through 2012, just over one-third of persons with severe depressive symptoms reported having seen a mental health professional in the past year.

"It's important to be mindful of the symptoms of depression and talk with your doctor if you begin to experience any," said Dr. Bullock. "Together, you and your doctor can have a discussion about your symptoms and determine the best treatment options available."

What is Depression?

It is normal for everyone to feel down or sad sometimes. These feelings can occur after having a bad day at work, having an argument with a loved one, or getting a bad grade on an exam. In most cases, these feelings do not last, and a person's mood improves

within a few days. But a person with depression has symptoms that interfere with his or her daily life for at least two weeks.

Depression is a common and serious mental disorder. It can affect people in different ways. It can change how a person feels, thinks, acts, and handles daily activities, such as sleeping, eating, and working. People with depression may feel sad, hopeless, angry, irritable, and tired. They may have physical symptoms such as stomachaches, headaches, migraines, and muscle pains. They may have suicidal thoughts and suicide attempts.

Depression is sometimes called major depressive disorder or clinical depression. A person may experience depression only once in their lifetime; however, it often reoccurs. The following common and related disorders share symptoms with depression:

- Persistent depressive disorder (also called dysthymia) involves depressive symptoms that last for at least two years.
- Adjustment disorder causes many of the symptoms seen in depression, but occurs after a person goes through a stressful time in life, such as the death of a loved one, divorce or relationship problems, illnesses, unexpected catastrophes, or worries about money.
- Postpartum depression occurs in some women after childbirth and may make it difficult for new mothers to take care of themselves and their babies.
- Psychotic depression occurs in some people with depression, causing them to believe things that are not real (delusions) and hear or see things that others cannot (hallucinations).
- Seasonal affective disorder involves onset of depression during winter, when there is less natural sunlight, and generally lifts during spring and summer.
- Bipolar disorder involves shifts in a person's mood, alternating between depression and mania—feeling extremely "up," elated, and energized.

Signs and Symptoms

A person with depression may not realize it. The symptoms vary from person to person. Without proper treatment, the symptoms may get worse.

A person with depression will have some of the following symptoms for at least two weeks, as well as significant impact on their daily life functions:

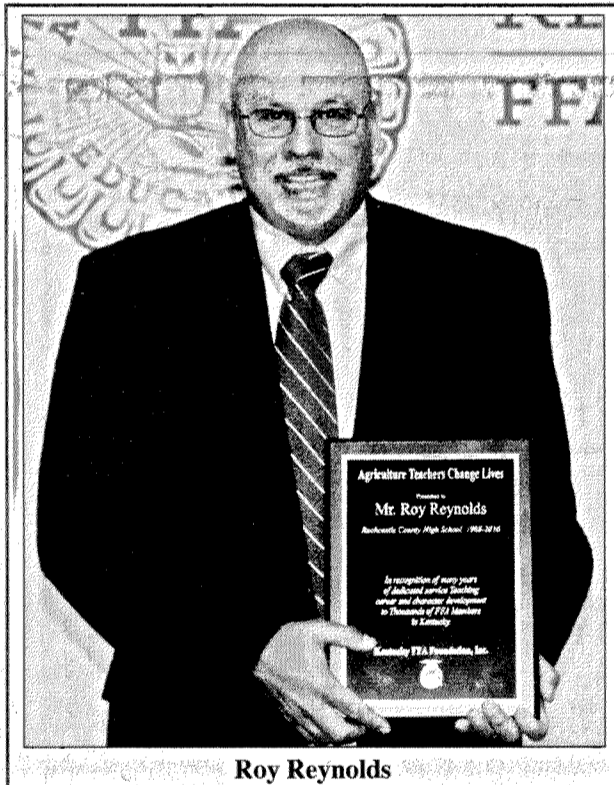
- Sadness, anxiety, or feeling "empty" of any mood
- Feelings of hopelessness
- Feelings of pessimism, expecting only bad things to occur
- Loss of interest or pleasure in previously enjoyed hobbies and activities
- Neglecting care of oneself, such as not bathing, grooming, or eating
- Fatigue or decreased energy level, moving or speaking slowly
- Irritability
- Feelings of guilt, worthlessness, or helplessness
- Restlessness or having trouble sitting still
- Difficulty concentrating, remembering, or making decisions
- Difficulty following through with tasks, being unable to perform well at work, or ineffective parenting
- Increase in pain sensitivity
- Difficulty sleeping, waking very early in the morning, or sleeping more than usual
- Increased or decreased appetite, large changes in the body weight
- Aches or pains, headaches, cramps, or digestive problems without a clear physical cause or that do not ease even with targeted treatment
- Thoughts of death or suicide, or suicide attempts

Not everyone who is depressed has all symptoms. The severity and frequency of symptoms and how long they last will vary depending on the person. A person who has had depression has an increased risk of having depression again. Some people may go many years without symptoms. The longer a person who has had

(Cont. to B3)



Jeff Hayes



Roy Reynolds

Local youth selected for Conference on National Affairs

The YMCA Youth Conference on National Affairs began in 1968 as a follow-up to the outstanding states' Youth in Government programs conducted by the YMCA throughout the United States. Last year, young people from thirty-three states and the District of Columbia participated in the conference. This program offers unusual opportunities for a young person to do research in the area of National and International concern; to organize this information into a documented proposal; to engage in intensive discussion and to debate these proposals with young people from other states.

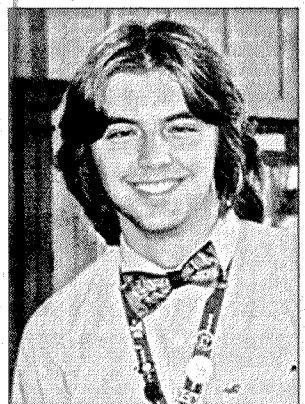
The Kentucky YMCA selects 25 youth from throughout the Common-

wealth to represent our state's delegation. Youth must be invited to apply by the Kentucky YMCA based upon prior achievements and awards at the state level. They must then complete the application and submit a proposal regarding an issue for national discussion. After this process, Jackson Cromer was selected to represent Kentucky and attend the conference in Black Mountain, North Carolina for a week during the month of July.

Throughout the experience the participants gained an awareness of National concerns and issues, increased understanding of Federal Government and its relation to State, National and International matters and have and use a means for communicating concerns about National Affairs to appropriate persons and groups at Federal Government levels.

Congratulations to Jackson on being selected to participate in this awesome opportunity.

Thank you to Singleton Insurance, Weichert, Realtors Ford Brothers, NAPA, and Cindy's Place for being scholarship sponsors for this program.



Jackson Cromer

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News from the Rockcastle Courthouse



Deeds Recorded

Clinton and Joann Brown, property on headwaters of Negro Creek, to Arthur and Mary o Hunt. No tax

Teresa Shafer, property on Chestnut Grove Rd. to Travis and Kimberly Gibson. Tax \$75

Judith Robison, property in Quail View Subdv., to Juetta E. Potter. Tax \$130

Lee and Connie Robinson, property on waters of Trace Branch, to John J. and April L. Verdone. Tax \$250

Danny and Sue Ford and Jeff and Anissa Cromer, property in Rockcastle County, to Nicole Marie Ribis. Tax \$35

Leroy and Linda Collins, property in Rockcastle County, to Richard Bimey. No tax

Jarrett Kevin and Mallory Hamm, property on Hwy. 150, to Jones Kevin and Linda Hamm. Tax \$132

Michael and Judy Hansel, property on KY 618, to Michael S. and Becky J. McNabb. Tax \$193

John D. Wilson, property in Rockcastle County to William Lee and Mary Ellen Gadd. Tax \$30

Willard and Sue Durham and Nancy L. Maupin, property on Friendship Road, to Nancy L. Maupin. No tax

Marriage Licenses

Brittney Ann Johnson, 19, Brodhead, teacher and Benjamin Isaiah Dods, 21, Crab Orchard, factory. 8/17/18

Jennifer Lynn Watts, 34, Mt. Vernon, pre-k teacher and Joseph Joshua Mark Whitehead, 32, Mt. Vernon, construction. 8/18/18

Sarah Elizabeth Rogers, 27, Gray, veterinarian and Timothy Jordan Kelley, 24, Mt. Vernon, project manager. 8/23/18

Emily Ann Kirby, 23, Mt. Vernon, SRNA and Christopher Blake Jones, 24, Mt. Vernon, unemployed. 8/23/18

Pamela Jo Pearson, 39, Mt. Vernon, insurance agent and John Earl Foncannon, 38, Mt. Vernon, cashier clerk. 8/24/18

Circuit Civil Suits

Angela Ray Cloepfil-Johnson v. Robert S. Cloepfil-Johnson, petition for dissolution of marriage.

Dora Isaacs v. Andrew Isaacs, complaint for child support and medical support.

Kenneth Ray Paul v. Debra Lynn Paul, verified petition for dissolution of marriage.

James G. Durham v. Amy D. Durham, verified petition for dissolution of marriage.

Franklin D. Bland, Jr. v. Theresa L. Bland, petition for dissolution of marriage.

Carol Murphy v. Mountainview Estates of Owingsville, complaint.

Not the one: The Rebecca Durham, listed in a recent court suit filing, is not the Rebecca Durham from Quail who is married to Walter Bentley Durham.

District Civil Suits

LVNV Funding v. Barbara Reynolds, \$1,133 plus claimed due.

Fort Logan Hospital v. Dion Howard, \$1,336

plus claimed due.

American Family Mutual Ins. Co. v. Mark M. Meikle, \$3,576 plus claimed due.

Midland Funding LLC v. Troy Lane, \$670 plus claimed due.

Capital One Bank v. Minnie Kirby, \$2,943 plus claimed due.

Capital One Bank v. Devin Cook, \$3,384 plus claimed due.

Barclay's Bank Delaware v. Jami L. Hacker, \$3,487 plus claimed due.

Eagle Financial Services v. Cagelina Vanhook, \$3,061 plus claimed due.

Portfolio Recovery Asso. v. Adam Hunter, \$939 plus claimed due.

Portfolio Recovery Asso. v. Juanita Renner, \$4,106 plus claimed due.

Peoples Bank and Trust Co. v. Billy Bullock, \$2,777 plus claimed due.

Portfolio Recovery Associates v. Steven Hamm, \$800 plus claimed due.

District Court

Aug. 20-22, 2018
Hon. Jeffrey S. Lawless

Vincent L. Durham: failure to wear seat belts, no/expired Kentucky registration receipt - plates, improper display of registration plates, failure to produce insurance card, failure of non-owner operator to maintain req. insurance, no operators/moped license, operating vehicle w/expired operators license, license to be in possession, bench warrant (bw) issued for failure to appear (fta).

Todd E. Dwiggin: improper passing, reckless driving, improper lane usage, disregard/fail to yield right of way, license suspended for fta.

Robert Mitchell Hayes: no/expired Kentucky registration receipt - plates, improper display of registration plates, failure to produce insurance card, failure of owner to maintain req. insurance/security, failure to notify address change to dept. of transp., bw issued for fta.

Derrick Hensley: speeding, license to be in possession, operating on suspended/revoked operators license, failure to wear seat belts, no/expired registration plates - receipt, failure to produce insurance card, failure of owner to maintain req. insurance/security, failure to notify address change to dept. of transp., bw issued for fta.

Alfredo Hernandez Burgos: speeding, \$20 fine; failure to or improper signal, \$50 fine plus costs.

John Ingram: failure of non-owner operator to maintain req. insurance, bw issued for fta.

John Kemper: operating on suspended/revoked operators license, improper registration plate, bw issued for fta.

Michael Mitchell: no/expired Kentucky registration receipt, failure to produce insurance card, failure to wear seat belts, failure to notify address change to dept. of transp., rim or frame obscuring lettering or decal on plate, failure to register transfer of motor vehicle, bw issued for fta.

Speeding: Sophia S. Perkins, license sus-

pending for fta; Carol Virginia Hasty, \$5 fine plus costs;

Anthony Ingram: failure to wear seat belts, license suspended for fta.

Shannon D. Pigg: failure of non-owner operator to maintain req. insurance, operating on suspended/revoked operators license, 10 days in jail, each count/costs waived.

Lucky Peter Victor Thurmond: operating motor vehicle under influence of alcohol/drugs, sentencing order entered.

Veronica Bray: possession of synthetic drugs, 30 days in jail/costs waived.

Tonya Hammond: no operators license in possession, \$50 fine plus costs.

Jeremy Holt: fleeing or evading police (two counts) and resisting arrest, 71 days each charge/concurrent/costs waived.

Mark D. Proctor: no operators/moped license, rim or frame obscuring lettering or decal, bw issued for fta.

Tina D. Sowder: public intoxication, falsely reporting an incident, probation violation, bw issued for fta.

Tamatha L. Stewart: criminal trespassing,

public intoxication, fleeing or evading police, drug paraphernalia - buy/possess, possession of marijuana, bw issued for fta.

Gerado Daniel Torres Samaniego: reckless driving, \$25 fine plus costs.

Jason Paul Wooden: operating on suspended/revoked operators license, failure to surrender revoked operators license, bw issued for fta.

Halona Wynn: public intoxication, (two counts), bw issued for fta.

Rick Austin Barron: failure to wear seat belts, license suspended for fta.

Jason Douglas Bullock: alcohol intoxication and possess open alcohol beverage container in motor vehicle, bw issued for fta.

Timothy Glen Elam: operating motor vehicle under influence alcohol/drugs, sentencing order entered.

James Earl Gray: operating motor vehicle under influence of alcohol/drugs, sentencing order entered.

Eric Lee Hughes: violation of Kentucky EPO/DVO, sentencing order entered.

Clifford James Jarvis: criminal mischief, as-

sault, fleeing or evading police, bw issued for fta.

Juan D. Keith: assault, resisting arrest, disorderly conduct, sentencing orders entered.

Michael Mitchell: public intoxication, bw issued for fta.

Mikayla Morris: possession of marijuana and drug paraphernalia - buy/possess, sentencing orders entered.

Ashley Parks: alcohol intoxication in a public place, bw issued for fta.

Brandon Robinson: assault, sentencing order entered.

Regina Russell: burglary, sentencing order

entered.

Kathrin D. Sandlin: possession controlled substance, sentencing order entered.

Amy Sebastian: failure of owner to maintain req. insurance/security, one headlight, operating on suspended/revoked operators license, operating motor vehicle under influence of alcohol/drugs, trafficking in controlled substance (two counts), drug paraphernalia - buy/possess, disorderly conduct, menacing, bw issued for fta.

Jason Tackett: no operators/moped license, bw issued for fta.

Sigmon Farm Pumpkin Patch

has a good crop of pumpkins. We will be open the last of September for business.



Call 256-2781 for more information

Auction

of the late Karen King's Jewelry, Furniture, Glassware & Household Items

Bid online at: www.fordbrothersinc.com

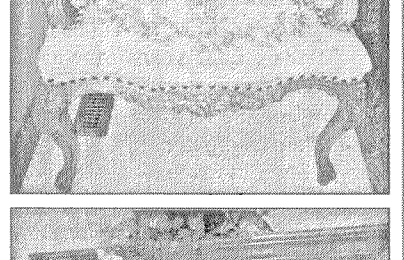
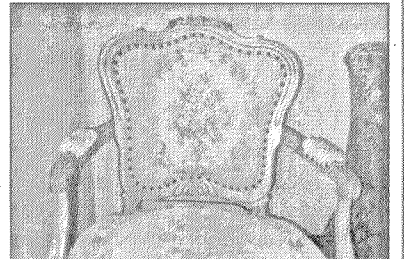
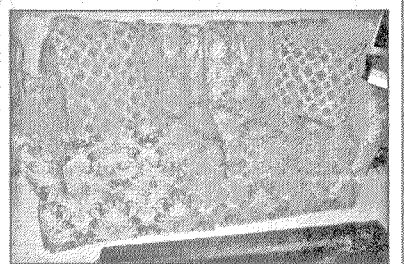
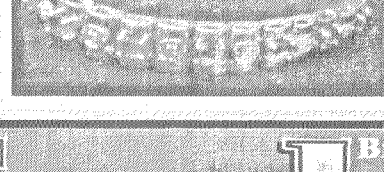
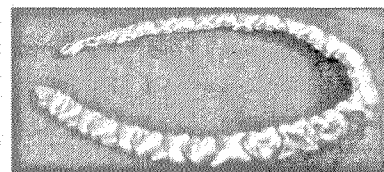
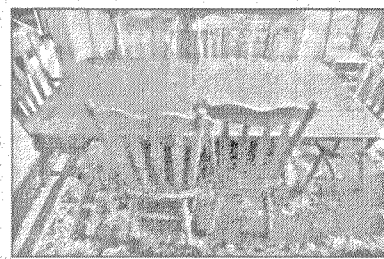
Bidding ends Tuesday, September 11, 2018

340 Chestnut Drive - Mount Vernon, Ky.
Preview Dates: Tuesday, September 11th from 12:00 noon to 6:00 p.m.

Don't miss out on the wide variety of items from the estate of the late Karen King! Furniture, jewelry, glassware & tons more!

Terms: For complete terms & details please log onto www.fordbrothersinc.com

Buyer's Premium: There will be a 10% Buyer's Premium added to the winning bid. The sum of the winning bid plus the Buyer's Premium will be the sales price.



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Rockcastle FFA competes at 2018 Kentucky State Fair

During the week of August 12-18 many Rockcastle FFA members attended and competed at the 2018 Kentucky State Fair in Louisville.

Many different members and teams competed during the week, and all were successful.

Senior officer Hope Holbrook lead a heifer in the Dairy Holding event

and placed in the top 12. Sophomore Kyle Coffey competed in the FFA Quiz Contest against 12 other FFA members, and placed second.

The small engine team competed and won 1st place overall. Team members were John Bishop (7th place high individual), Justin

Brown (5th place high individual), Keaton Renfro (3rd high individual), Austin Allen (2nd high individual), and alternate Jarrett Burke.

Sophomore Emily Reynolds did an outstanding job and won five 1st place awards in junior show. As well as reserve grand champion Gelbhvieh heifer, and grand champion bred and owned Gelbhvieh heifer. In open show she received a 1st place, two 2nd place, and a 4th place.

“Depression”

(Cont. from B1)

depression goes without depressive symptoms, the lower the risk that the symptoms will come back.

Risk and Protective Factors

Depression is one of the most common mental disorders. About 7% of the United States population has depression in any given year. Females are almost three times more likely than males to have depression.

The symptoms can be different in young people than in adults. For example, children and adolescents with depression have more irritability than sadness. Likewise, older adults with depression are less likely to complain of depressed mood and more often talk about loss of energy, loss of interest, and physical symptoms.

The first episode of depression usually occurs between ages 18-29, but depression can start at any age. Alcohol use and other substance use disorders often co-occur with depression.

Research suggests that depression is caused by a combination of factors, including genetic, biological, environmental, and psychological factors.

Specific risk factors for depression include:

- Having depression in the past
- Having a family member who has had depression or substance use disorders



Small Engine Team placed first at the Kentucky State Fair. Pictured from left are: Jarrett Burke, Justin Brown, Austin Allen, John Bishop, and Keaton Renfro.

- Major life changes such as death of a loved one, divorce, or losing a job

• Experiencing a trauma or stressful life event in childhood, or recently as an adult

- Certain physical illnesses and medications

Depression can co-occur with other serious medical illnesses, such as diabetes, heart disease, cancer, and Parkinson's disease. In these cases, depression often worsens the symptoms and outcome of the medical illness. Medications taken for physical illnesses sometimes can cause side effects that contribute to depression. Recognizing the symptoms of depression, and seeking treatment and supports early, can prevent depression or shorten its duration. A doctor experienced in treating depression can help find the best treatment.

Suicide is a major health concern for persons with depression and is preventable. People of all genders, ages, and ethnicities can be at risk for suicide. If you are having suicidal thoughts or are worried that someone you know might be suicidal, please contact the Suicide Prevention Lifeline, 1-800-273-TALK (8255).

Protective Factors

Some activities and ways of thinking can help people avoid depression. These include:

- Physical activity
- Recognizing and being thankful for aspects of one's life
- Supportive social and family interactions
- Recognizing a purpose to one's life
- Spiritual involvement
- Being connected within a community

- Involvement in activities that the person sees as meaningful

Evidence-based Treatment

Even in the most severe cases, depression can be treated effectively. The earlier treatment starts, the sooner the symptoms will improve. A person should consult a healthcare professional when choosing the right treatment and consider his or her own gender, race, ethnicity, language, and culture.

Depression is usually treated with medications, psychotherapy, or a combination of the two. However, there is no "one-size-fits-all" treatment for depression. It may take some trial and error to find the treatment that works best. The effectiveness of treatment should be monitored. The treatment approach should be changed if symptoms have not improved after one

month. If depression symptoms are severe, inpatient or partial hospitalization may be needed until the symptoms improve.

Finding Treatment

Consult a healthcare professional who has training and experience working with depression. For general information on mental disorders and to locate treatment services in your area, contact SAMHSA's National Helpline, 1-800-662-HELP (4357).

If you are having suicidal thoughts or are worried that someone you know might be suicidal, contact the Suicide Prevention Lifeline, 1-800-273-TALK (8255).

Sources Cited:

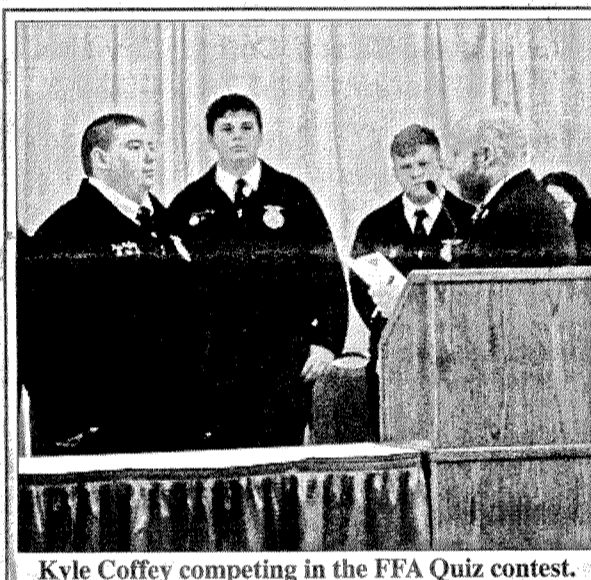
- The Centers for Disease Control (CDC)
- The Substance Abuse and Mental Health Services Administration (SAMHSA)



Emily Reynolds with her Reserve Grand Champion Heifer.



Hope Holbrook competing in the Dairy Holding competition.



Kyle Coffey competing in the FFA Quiz contest.

Livingston School Reunion September 29th

The Livingston School Reunion will be held Saturday, September 29th in the Trail Town Visitor's Center and the the Preston Parrett Gym. Registration will begin at 4 p.m. and the evening program will be at 6 p.m. in the gym.

In lieu of a registration fee, individuals re urged to make a voluntary donation to the Livingston School Revitalization Fund. All former students, teachers, family and friends of the Livingston School are invited to attend. For question, call Rose Mullins Brown at 606-308-1643 or Gary Mink at 606-308-3801.

RCHS Class of 1988 Reunion

The graduating class of 1988 invites you to our 30 year class reunion! Please join us to renew old friendships, talk about our good old days, make some new friends and just have a great time.

The reunion will be at the Rockcastle Middle School (our old high school) with cake and punch, fruit and cheese trays, (we aren't having a meal, to cut down on the costs, so please eat before you come.)

Please RSVP by September 8 and send your check or money order (no cash please) to Celena Lear Bullock at 4047 Willailla Rd., Brodhead, KY 40409. \$10 per person, please make checks payable to RCHS Class of 1988.

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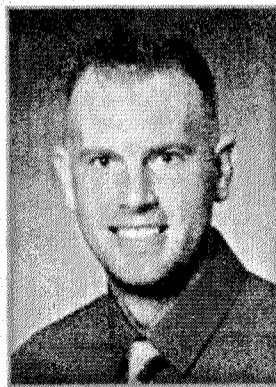
HEALTHY JOE EXPO 2018

Calling all Rockcastle County Men

Men's Health Fair
Tuesday, September 11

The annual Healthy Joe Expo men's health fair will be held Tuesday, September 11 at 6 p.m. at Marcella's Farm to Fork Restaurant.

Dr. Brandon Cowan will be the featured speaker. He is Rockcastle Regional's newest physician to join the medical team at Rockcastle Family Wellness.



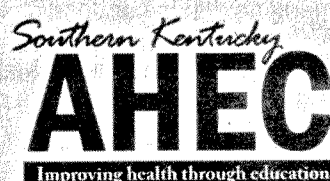
Dr. Brandon Cowan

Space is limited, so those planning to attend should reserve their place by contacting Kayla Rowe at 606-256-7767 or e-mail kayla.rowe@rhcc.org by Friday, September 7.

Event Features:

- Health education
- Vouchers for cholesterol and PSA screening
- Free meal
- Door prizes

Space is limited. Please call (606) 256-7767 to reserve your place.



Legislative Update

By Jared Carpenter
State Senator

As chairman of the Natural Resources and Energy Committee, the well-being of the Kentucky coal industry continues to be one of my top priorities. There is no doubt that Kentucky coal has endured a difficult stretch over the past decade, particularly in Eastern Kentucky. Since 2011, the region has lost over 10,000 coal industry jobs as a result of government regulations and the emergence of alternative energy sources.



President Trump has stated on numerous occasions that one of his goals while occupying the White House is to put miners back to work. This is why I applaud the news out of Washington this past week. It sounds like we're finally heading in the right direction.

Andrew Wheeler, acting Environmental Protection Agency (EPA) administrator,

announced Tuesday that the agency would be rolling back the Obama administration's Clean Power Plan and replacing it with the Trump administration's Affordable Clean Energy Rule. Wheeler explained that the EPA overstepped its authority under the Clean Power Plan, and the new proposal would place emissions standards back in the hands of the states. He additionally asserted that the previous regulations caused energy prices to rise, hurting middle and lower class families. Under the new guidelines, electricity costs could drop by as much as a half percent by 2025.

With Washington adopting rules that are less oppressive to Kentucky's coal industry, the industry now has an opportunity to rebound. For instance, Perry County Coal Corporation recently announced that it is planning to add 25 employees to its operation. Along with the announcement, the company made note that this decision was based in part on the fact that

changing attitudes in Washington are becoming friendlier to the coal industry.

I understand that in a modern society it is unsustainable to rely on one source of energy to power our daily lives. We should be investing in various forms of energy options and certainly not attempting to put government roadblocks up for one industry. Coal is the lifeblood for numerous communities in the Commonwealth, and vital to making our state a competitive place to do business. That is why we in Frankfort and our leaders in Washington D.C. must continue to capitalize on the good news of last week and finally end attacks on this valued Kentucky resource.

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

Frankfort Update

By Jonathon Shell
State Representative

Presidential appointments to our nation's highest court are among the most important things a President does. This wide-ranging decision has a sharp impact on our values and way of life.



With his second nomination to America's highest court, President Trump hit a home run. When Judge Brett Kavanaugh begins his Senate confirmation hearings this week, Americans will see someone who is deeply qualified, understands the separation of powers, and respects our constitutional rights as well as the rule of law.

Judge Kavanaugh knows that neither the Supreme Court nor the Executive Branch make laws. It is not the job of our nation's highest court to dictate what the law should be – but to simply interpret existing laws with the Constitution as a guiding light.

While this is an issue handled on the federal level, the individuals who sit on the Supreme Court nonetheless affect us all. That is why, even as a state lawmaker, this issue is of extreme importance.

Judges must fulfill their obligation to the constitution and the rule of law in holding the other branches of government accountable. Barack Obama's executive branch repeatedly ran far outside of their constitutional responsibilities – taking sweeping action in rewriting laws without the consent of Congress. The actions of the EPA and other federal agencies had a sharp effect on Kentucky's signature agriculture and coal industries, killing jobs and economic livelihood with a stroke of the pen.

That is why the issue of Supreme Court judges affects us here at home. Judges must uphold the constitution in all ways, and maintain the independence of each branch of government.

As a lawmaker, I have proven a great appreciation for the separation of powers. Kavanaugh likewise knows that the executive branch's duty is not to make laws – and he has a track record of holding it accountable when a President oversteps his authority.

He also knows that the explicit constitutional rights of all Americans must be protected. He has a strong record of supporting the Second Amendment, which

states that our rights to keep and bear arms shall not be infringed. This is a legal right which we hold dear in rural Kentucky, and President Trump's selection of Kavanaugh shows that he respects this fundamental right.

Judge Kavanaugh's record is clear. He is an extraordinarily qualified individual who has dedicated his life to public service. Obstructing his nomination simply out of dislike for President Trump is not only wrong, but it serves all of our citizens poorly. He should be confirmed immediately.

Rep. Jonathon Shell is the Majority Floor Leader in the State House of Representatives. He represents the 71st district, which includes Garrard, Rockcastle, and part of Madison County. Contact him with any questions, concerns, or advice. He can be reached through the toll-free message line in Frankfort at 1-800-372-7181, or via e-mail at Jonathan.Shell@lrc.ky.gov.

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606-256-2244

Commonwealth of Kentucky
28th Judicial Circuit
Rockcastle Circuit Court • Division II
Civil Action No. 17-CI-00227

Ditech Financial, LLC Plaintiff
Debbie Pittman, et al Defendants

NOTICE OF SALE

Pursuant to a judgment and order of sale entered in this action on April 13, 2018 and order to re-schedule sale entered on August 3, 2018 for satisfying the judgment against the defendants in the amount of THIRTY ONE THOUSAND FIVE HUNDRED NINETY SEVEN DOLLARS AND 99/100 (\$31,597.99) 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, September 14, 2018
Beginning at the Hour of 11:00 a.m.

Said property being more particularly described as follows:

455 Sunnysdale Estates, Lot #44, Mt. Vernon, KY 40456
PVA Map #018-70-00-044
AND
2000 Clayton Discovery Mobile Home Vin No. CLA047063TN

Being the same real property conveyed to Steve Pittman and Debbie Pittman by deed dated August 5, 1999, and recorded in Deed Book 175, page 679 in the Office of the Rockcastle County Clerk.

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

1. The real property and mobile home shall be sold separately.
2. The real property and mobile home 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 2018 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. Full satisfaction of the plaintiff's judgment shall be paid from the proceeds of the sale.
7. The purchaser shall have possession of the real property upon compliance with the terms of the sale.
8. 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.
9. 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

Commonwealth of Kentucky
28th Judicial Circuit
Rockcastle Circuit Court • Division I
Civil Action No. 17-CI-00197

Selene Finance LP Plaintiff
Connie H. York a/k/a Defendants
Connie York, et al

NOTICE OF SALE

Pursuant to a judgment and order of sale entered in this action on November 21, 2017 and Order to Reset Sale entered on July 27, 2018 for satisfying the judgment against the defendants in the amount of ONE HUNDRED TWO THOUSAND SEVEN HUNDRED SEVENTY THREE DOLLARS AND 06/100 (\$102,773.06) 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, September 14, 2018
Beginning at the Hour of 11:00 a.m.

Said property being more particularly described as follows:

PVA Map #057-00-027.06
4264 Wildie Road, Mt. Vernon, KY 40456

Being the same property conveyed to Thomas C. York and wife Connie H. York by deed of record in Deed Book 197, page 372 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 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.
2. 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.
3. The purchaser shall pay the 2018 local, county and state property taxes.
4. 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.
5. Full satisfaction of the plaintiff's judgment shall be paid from the proceeds of the sale.
6. The purchaser shall have possession of the real property upon compliance with the terms of the sale.
7. 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.
8. 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

Commonwealth of Kentucky
28th Judicial Circuit
Rockcastle Circuit Court • Division II
Civil Action No. 17-CI-00179

Edward Minton Plaintiff
Phyllis Avery Defendants

NOTICE OF SALE

Pursuant to an amended judgment and order of sale entered in this action on August 13 2018 for the purposed of satisfying the judgment against the defendants in the amount of ELEVEN THOUSAND FOUR HUNDRED TWENTY DOLLARS AND 00/100 (\$11,420.00) 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, September 14, 2018
Beginning at the Hour of 11:00 a.m.

Said property being more particularly described as follows:

PVA Map #024-00-053.32
Lot 45, Benton Bullock, Dusty Trails Subdivision a/k/a 20 Abway Street, Mt. Vernon, KY and mobile home.

This being the real property which Benny Sanders obtained by deed dated February 13, 2012, executed by Vicki L. Hayes, single, and recorded in Deed Book 238, page 24 in the Office of the Rockcastle County Clerk.

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

1. The real property and mobile home 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 2018 and all subsequent 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. Full satisfaction of the plaintiff's judgment shall be paid from the proceeds of the sale.
7. The purchaser shall have possession of the real property upon compliance with the terms of the sale.
8. 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.
9. 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

Kentucky Afield Outdoors

Excellent habitat conditions should make productive dove season

For the middle of August, much of Kentucky looks as green as late May. Corn is high and robust, pastures are green and streams run bank full. The lush conditions should translate into productive hunting when the dove season opens Sept. 1.

"Sunflowers look great overall," said Wes Little, migratory bird biologist for the Kentucky Department of Fish and Wildlife Resources. "We have a lot of doves in the population and good habitat conditions. People are sending me photos of awesome looking dove fields. I think it will be a good to great season."

Little also noted the Sept. 1 dove opener this year falls on a Saturday, which will bring more hunters into the field. "With many hunters in the field, the doves will be flying and available to hunters," he said. "It makes a difference."

Scouting a dove field before opening day increases the chances of success. "Scouting fields is important because some fields can be better than others," Little said. "Use the Public Dove Field Interactive Map to find dove fields in your area."

Users can find the interactive map on the Kentucky Fish and Wildlife homepage at www.fw.ky.gov. Click on

the "Maps" tab, followed by the "Game Maps" tab, then "Public Dove Fields."

Those scouting leased private land dove fields may not enter them until 11 a.m. Sept. 1, but may scout from an adjacent roadway. Hunters scouting fields on wildlife management areas may enter the area to get a closer look at the field.

Hunters may also see written directions to public dove fields on the department's website by clicking on the "Hunt" tab, followed by "Game Species," then "Migratory Birds." This page contains the 2018 - 2019 Kentucky Hunting Guide for Dove and Early Waterfowl. This guide also covers hunting regulations for woodcock, snipe, rails, gallinules and crows. A printable PDF of this guide is available via a link on this page as there will no longer be a printed dove guide.

Scouting a dove field also gives hunters an idea about where to set up to hunt. "Shade is always quality real estate on a dove field," Little said. "I also look for cuts in lines of trees and bare, dead trees. Doves are attracted to dead trees. They like to roost in them."

Little said higher spots on the dove field lend hunters an advantage. "I like to be high to see the

incoming birds," he said. "If you are in a low spot, the birds are on top of you before you can react to them."

Finding the best spot in the dove field can be for naught if you are ill prepared. "Practice situational shooting before the season starts as flying doves are very hard to hit," Little said. "The national average is over six shots per dove harvested."

Many dove hunters think the season is over after opening weekend, but those willing to adapt find good hunting throughout all three segments of the season.

"Public fields often come back a few weeks after opening day, you might find several hundred birds using them in late September and into October," Little said. "I would scout them after the initial rush to see if birds are still using them."

Little also likes to hunt farm ponds after opening weekend. "It is just like duck hunting," he said. "The farm ponds with some mud showing on the banks draw doves. They come to drink before and after roosting and they need super shallow water in order to drink. Set up some dove decoys when hunting these ponds, they make a tremendous difference."

Cut silage fields also make productive hunting places in the later season. "Harvested tobacco fields sown with a cover crop offer good later season opportunities as well," Little said.

Shotshells filled with No. 7 1/2 shot perform from opening day to the late season. "I shoot 7 1/2 loads all of the time," Little said. "I have full confidence with my 20-gauge and 7 1/2 loads for any distance for doves."

Little reminds hunters to wear protective shooting eyewear when dove hunting or during shooting practice. "I don't go in the dove field without wearing them," he said.

Remember sunscreen and bring plenty of water, especially if you hunt with a dog. "It is often hot in the dove field," Little said. "Dogs and people can easily overheat in early September."

The first segment of the dove season runs through Oct. 26. The second segment opens Nov. 22 (Thanksgiving Day) and closes Dec. 2. The third segment opens Dec. 22, 2018 and closes Jan. 13, 2019.

Also as a reminder, hunters must complete a short survey and get their Harvest Information Program (H.I.P.) confirmation number before they are legal migratory bird hunters. Visit the Kentucky Fish and Wildlife homepage at www.fw.ky.gov and click on the "My Profile" tab to begin. The process takes less than 5 minutes.

In addition to the H.I.P. confirmation number, hunters need a valid Kentucky hunting license as well as a Kentucky Migratory Bird - Waterfowl Hunting Permit to hunt doves legally.

The hottest hunting of the fall is nearly here. Get prepared and bag a few limits of doves this season.

Author Lee McClellan is a nationally award-winning associate editor for Kentucky Afield magazine, the official publication of the Kentucky Department of Fish and Wildlife Resources. He is a life-long hunter and angler, with a passion for smallmouth bass fishing.

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Commonwealth of Kentucky 28th Judicial Circuit Rockcastle Circuit Court • Division II Civil Action No. 17-CI-00038

JP Morgan Chase Bank,
National Association Successor by
Merger to Chase Manhattan
Mortgage Corporation Plaintiff

Bonnie K. Wood, et al Defendants

NOTICE OF SALE

Pursuant to a judgment and order of sale entered in this action on October 13, 2017 and order to reschedule sale entered on August 10, 2018 for satisfying the judgment against the defendants in the amount of ONE HUNDRED THIRTY ONE THOUSAND EIGHT HUNDRED EIGHTY FIVE DOLLARS AND 72/100 (\$131,885.72) 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, September 14, 2018
Beginning at the Hour of 11:00 a.m.

Said property being more particularly described as follows:

128 Mutt Ponder Road, Mt. Vernon, Kentucky 40456
PVA Map #055-00-009.01

Being the same property conveyed to Bonnie Wood, unmarried, by deed dated February 21, 2003, executed by Talt Hall and wife Benda Hall of record in Deed Book 193, page 450 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 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.
2. 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.
3. The purchaser shall pay the 2018 local, county and state property taxes.
4. 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.
5. Full satisfaction of the plaintiff's judgment shall be paid from the proceeds of the sale.
6. The purchaser shall have possession of the real property upon compliance with the terms of the sale.
7. 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.
8. 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



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

- | | |
|---|---|
| <ol style="list-style-type: none"> 1. Lead Line 2. Youth Pleasure (Riders 12 & Under) 3. Western Pleasure (Walk, Jog, Lope) 4. Rockcastle County Only Pleasure 5. Costume Class 6. Trail Pleasure Racking 7. Relay Race 8. Country Pleasure Walking 9. Shovel Race (Mat replaced shovel) 10. Keg Shod Racking (Must Wear a Keg Shoe) 11. Baby Bottle Contest (Back rider must be 12 years old or younger) 12. Boot Race (Timed Event) 13. Junior Pleasure (Riders 13 to 17) 14. Egg & Spoon 15. Open Barrels | <p>INTERMISSION</p> <p>Foot Races: 6 & Under, 7-12, 13-17, 18 & Over</p> <ol style="list-style-type: none"> 16. Open Poles 17. Mule Pleasure 18. Spotted Pleasure 19. Open Flat Shod 20. Flag Race 21. Country Pleasure Racking 22. Musical Feed Sacks 23. Generation Gap (Older Riders Enter Mounted; 10yr age gap) 24. Trail Pleasure Walking 25. The Race 26. Speed Racking 27. Pleasure Walking Championship 28. Pleasure Racking Championship |
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\$30

Register by September 14th & receive a camp t-shirt!

*Fee includes camp, snack, and t-shirt (if registered by 9/14)

RCHS Cheer Youth Cheer Camp

When: Saturday, Sept. 23rd
Where: RCHS Gymnasium
Time: 9 - 12:00 PM

Registration forms AND payment may be turned in to the front office at each elementary school, given to a RCHS Cheerleader/Parent, or left at the RCHS front office for Coach Joanie.

*Please make sure full payment is made in front of a parent/guardian and labeled with your student's name.

Question can be directed to joanie.alexander@rockcastle.kyschools.us

Classifieds

CLASSIFIED RATES

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- Display Classifieds \$5.00/Inch

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Brick Home w/2 full baths, 2 bedrooms. Newly remodeled, new appliances. Garage and building. KU electric. 34x2

2 Bedroom House, w/two baths, kitchen and dining room combination. Central heat and air. One mile from Mt. Vernon. \$475 month plus deposit. No pets. 606-308-4780. 34x4

Two Bedroom, one bath mobile home in Livingston. Central heat and air. KU electric, city water. Washer and dryer furnished. 453-3121. 34xntf

Two Bedroom Trailer on Floyd St. in Mt. Vernon. \$300 month/\$200 deposit. 308-5235. 34x1

House, south of Mt. Vernon. Call 308-1327 or 308-2717 after 5 p.m. 33x4

Mink Apartments, Inc.
Owens: Gary and Gertha Mink. Must have: references, proof of income, background check required. 606-308-1209. 34x6

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

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

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

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

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Voice/TTY: 800-553-0300

Property For Sale

3 Bedroom House w/ 32x32 garage on three acres of land. Located on Little Clear Creek. \$85,000. 606-308-2676 or 606-308-1135. 33x6

3 Bed, 2 Bath Doublewide Trailer. All new inside. All wood trim, crown molding. New 5 ton heat pump, setting on 2/3+ acre lot. \$99,000. Must have own financing. Call Jack at 606-256-8603 or 308-5459. 30ntf

Posted

Posted: No trespassing/hunting on property belonging to Anthony Cain under any circumstances. Violators will be prosecuted. 32x4

Posted: Absolutely no trespassing on property belonging to Glenn and Judy Hopkins Marsh. This property was formerly known as the Berl andruth Hopkins farm. It borders the Somerset Road 461 and the Hamm Subdivision. All violators will be prosecuted. 31x24

Posted: No trespassing on property located at KY Hwy. 3245, Brodhead and belonging to Gary and Peggy Roberts. Violators will be prosecuted. 23x29

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

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

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

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

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

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

Posted: No 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 Benge property).

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

Mobile Homes For Sale/Lease

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

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

Factory Direct - 4 bedroom/2 bath 28x72 doublewide with 2x6 side walls ready for immediate delivery. Only \$42,900. Financing available to qualified buyers. Limited credit OK. 1-606-376-2170.

18xntf
New Single Wide 2 bedroom/2 bath. Sale price \$21,900. Call Blue Ridge Homes 1-606-376-2170. 18xntf

Help Wanted

Marcella's Farm to Fork Restaurant is looking to hire an experienced grill cook. Must be able to work evenings and Saturdays. Apply in person. 34x2

Tractor Trailer Driver, Mt. Vernon, Ky. Must have three years OTR experience. No overnight travel. Must have current CD: w/ hazardous material and tanker endorsement. Drug test required. Call 606-256-5422. 34x2



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Miscellaneous For Sale

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

Notices

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Notice is hereby given that Crystal Smith, 2172 Bee Lick Road, Crab Orchard, Ky. 40419 has been appointed Guardian of the Estate of Alvia Faith Smith on the 22nd day of August, 2018. Any person having claims against said estate shall present them, according to law, to the said Crystal Smith or to Hon. Charlotte A. Nickerson, 148 South Main St., Lawrenceburg, Ky. 40342 on or before Feb. 25, 2019 at 11 a.m. 33x2

Notice is hereby given that Mary Shelton, 8915 N. Wilderness Road, Mt. Vernon, Ky. 40456 has been appointed Administratrix of the Estate of Ira E. Shelton on the 20th day of August, 2018. Any person having claims against said estate shall present them, according to law, to the said Mary Shelton or to Hon. B. Travis Newman, 722 Kentucky Home Life Building, 239 South Fifth

St., Louisville, Ky. 40202 on or before Feb. 20, 2019 at 11 a.m. 33x3

Notice is hereby given that Regina M. Russell, 10745 Laurel Road, London, Ky. 40741 has been appointed Executrix of the Estate of Patricia Carol Stokes on the 20th day of August, 2018. Any person having claims against said estate shall present them, according to law, to the said Regina M. Russell on or before Feb. 20, 2019 at 11 a.m. 33x3

Notice is hereby given that Norma R. Eversole, 134 Eversole Lane, Mt. Vernon, Ky. 40456 and Pamela R. Chaliff, 39 Log Cabin Hollow Road, Mt. Vernon, Ky. 40456 have been appointed Co-Executrices of the Estate of Pauline Ramsey on the 20th day of August, 2018. Any person having claims against said estate shall present them, according to law, to the said Norma R. Eversole and Pamela R. Chaliff or to Hon. John D. Ford, 45 East Main St., P.O. Box 247, Mt. Vernon, Ky. 40456 on or before Feb. 20, 2019 at 11 a.m. 33x3

Notice is hereby given that Bige W. Towery, Jr., 470 Richmond St., P.O. Box 41, Mt. Vernon, Ky. 40456 has been appointed Executor of the Estate of Doris Griffin Towery on the 16th day of July, 2018. Any person having claims against said estate shall present them, according to law, to the said Bige W. Towery, Jr. or to Hon. Joseph P. Lambert, P.O. Box 989, Mt. Vernon, Ky. 40456 on or before Jan. 16, 2019 at 9:30 a.m. 34x3

Wanted

Someone to do bushhog work. Call 386-0479. 33x2

Yard Sales

Employee Yard Sale: Rockcastle Senior Citizens Center, next to Lumber King. **Sept. 6th and 7th and 8th.** Lots of items, including young men's and ladies name brand school clothes, baby clothes, ladies apparel, kitchenwares, exercise equipment, mortar mixer, 6, 4 and 5 foot metal scaffolding, some furnishings. Lots more too numerous to list.

Huge Multiple Family Yard Sale: Thursday and Friday, Hwy. 70/Willalla Road in Brodhead. Lots of little girls clothes 7-12, little boys clothes 15-8, baby clothes. Lots of name brand men's and women's clothes, household items, sleeping bags,

swimming pool, heaters, tires, coolers and numerous toys.

Yard Sale: Home of Debi Moore, US 25 North near McNew Monuments. Thursday, Friday and Saturday. Clothes for men and ladies 14-18, infant boys and toddler girls. Books, toys, housewares. Rain cancels.

Three Family Yard Sale: Sat., Sept. 8th, 8 a.m. to ? 250 Woodland Place, Mt. Vernon. Juniors and women's clothing, sizes small-large., Nike, American Eagle, J Crew. Men's clothing, med-large, Ralph Lauren Polo, American Eagle. Home decor, purses, shoes, etc.

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

Grave Markers & Monuments: In stock at all times. McNew Monument Sales, US 25, 4 miles north of Mt. Vernon. Phone 256-2232.

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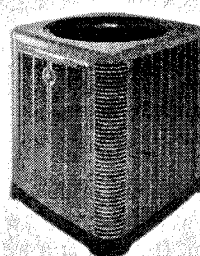
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Yards to Paradise

By Max Phelps
LANDSCAPING: Smart Money Investment

Is landscaping a good investment? Does it add value over time to your home? Does it give instant return if you're wanting to sell the home? And how much, where and why might you want to invest in your property with wise landscaping? My readers should have quite a bit of new and useful information on landscaping as an investment by the time we conclude.

Spending 5% of the total value of your home on landscaping, doing it wisely, can add 15% or more to the value of your home, according to Smart Money magazine in its March 2003 edition. A caveat, poor design and installation could have the opposite effect, so wise use of money is needed in order to reap such nice gains. I am betting a chance to add \$30,000 in value to a \$200,000 home with a \$10,000 investment will encourage you to read on.

A Clemson University study found that prospective buyers value landscaping as adding up to 11.5% to their estimation of a property's worth versus a similar home that is not landscaped. Traditional thinking is that a kitchen or bath update or upgrade will return from 75 percent to 125 percent on the dollars spent. While it's not recommended someone wanting to market their home immediately spend on major landscape upgrades, minor work that delivers a positive curb appeal is a super idea. And, in time, a good landscape can deliver up to 200% or more in return. (Example: a tree that you buy and plant for \$100 or one you hire done for \$225—that tree, depending upon species and what part of the country you're talking about, may be valued by an appraiser at somewhere between \$1,000 and \$10,000 in a decade or two when it becomes a large tree, provided it's healthy and was planted in an appropriate spot to begin with.)

In the real estate sales business they talk a lot about "comps" or comparable homes. Above average landscaping raises pricing 4-5 percent. However, landscaping below neighborhood standards can negatively affect price 8 to 10 percent!

Landscape improvements not only add value, they can help a property sell 5 to 6 weeks faster, according to the American Nursery and Landscaping Association. Again, we have to qualify this to modest expenditures that improve appearance of a home. Fancy or extensive new landscaping to a place you are selling is not wise, both from a cost/return perspective and also that the more elaborate projects will only appeal to a smaller portion of prospective new homeowners looking at your home with the 'for sale' sign. Fairly simple but tasteful is the key. Let the next owner do the big expensive stuff.

What about the homeowner who plans to keep his property for many years and wants to invest in the landscaping? There is more freedom here to do involved projects, and those that are

on his family's need or wish list. A swimming pool or a jungle gym may not return full value at selling time, but if it means the kids and grandkids really have a good time and it makes for a much better quality of life, who is to say it isn't money well spent! (Not everything can be totaled up with a dollar value.)

Long term, some of the best return on money spent comes from planting small but healthy trees and shrubs, and they become much more valuable in time. Hardscaping such as patios, decks, terraces, swales, walks, water features and so on are also important to long term satisfaction and reward to the homeowners. The tough part for the beginning new homeowner is visualizing when they plant that shade tree that it shouldn't be planted in a certain spot if a pool or patio or new driveway or a second garage will need to go there at some future date. Hiring a designer early on in this matter may be much cheaper than dealing with mistakes as time passes and some things have to be removed to make way for more projects at a later date. Planning is useful—so often I see people shopping for trees or shrubs and they have little idea until they get home how it is going to fit in some good looking scheme.

Right tree? Not only right size, right shape needs to be considered. What does your proposed tree look like in each of the four seasons? Will it bloom? Should it be an evergreen tree? Will it tolerate sun, shade, drought, swampy areas, poor soil, acid or alkaline soils? Will it survive salt trucks, salt mist or runoff water from treated streets that is salty?

Considering just the color of the leaves, or that it has such a pretty bloom can lead to poor choices and followed on by poor performance if planting conditions and other factors are not in line with the preferences of the tree you dream about. This could lead to negative return on your investment, or even death of the tree, not to mention the time wasted and the delay in having the dream tree you want.

The value of a good looking yard that also is functional and usable is huge. Broken sidewalks, rotten porches, unfenced yard with pets: these detract from values. A yard that appeals to the most people will be a winner if selling is in your future. Having all the little particulars you want are fine if you plan on staying awhile, your own comfort and preferences may be a good investment for you and your yard.

Trees and greenery relax people. So does the sound of water. And sometimes wind. Being able to swim, grow a garden, cook outdoors, all of these can be wise investments. They just may not return the same good returns if you are just looking at dollars return for dollars spent. Again, not everything can be priced as having a certain dollar value. Making your place the way you want it is money smart too.

Doing things yourself will save money in the short run. And perhaps even long term, if you do your homework and do things with utmost care and attention. It will be easier, for sure, if you turn it over to someone experienced and reputable.

What if you do need expert help? Well, my first bit of advice is don't go to a garden center that also has a landscape crew. The more expensive stuff they sell, the happier they'll be. Instead try going to a place that sells yard furnishings, or a mulch and stone yard perhaps, someone who will feel responsible for it if they refer a poor choice to you. You'll get the best names such a business knows about usually.

Another tactic to insure you don't get a bad contractor or job? Go through some neighborhoods and ask who did the job for that home? And, especially, inquire who did the landscapes that you think look bad! If several homes on a street mention a certain landscaper, and you're looking at what's before your eyes, and you're underwhelmed with crooked, dead, mismatched or unsuitable choices for the location, you may realize going to that extra effort saves you from the error of calling the same company to do your work!

In conclusion, time is your friend. The right landscaping will gain steadily in value over the years. I believe landscaping, well planned and executed, will produce a positive return on your investment and will be money well spent. (And even if spending money on your property increased the value in an exactly equal amount to what you spent, you would still enjoy the new landscaping, and not for a few days like you would a vacation, or a few hours like a Superbowl, or a few minutes perhaps if you gamble those dollars away. Instead you accumulate equity in your home that will endure and grow as time passes.)

Evidence is abundant, good landscaping is a super investment.

The author, Max Phelps, is a landscaper. Your feedback is encouraged. www.rockcastles.net

Rockcastle County Conservation District Equipment Rental Available and Rates:

- Manure Spreader-\$75 Deposit - \$60 Rental per day
- Hay-Buster Drill-\$7.00 acre (\$35 per day minimum)
- For-Most Head Chute-\$75 Deposit - \$40 Rental Per Day
- Panels-\$20 Rental Per Day
- Herd ATV Seeder-\$20 Rental Per Day
- Pasture Spray-\$40 Rental Per Day (Broadleaf Weed Herbicides ONLY)

The Conservation District also has a Coast Shared Dead Animal Burial Program to assist in proper disposal of deceased farm animals.

Call the office for more information: 606-256-2525 ext. 3

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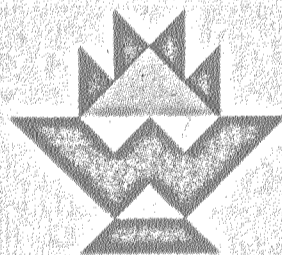
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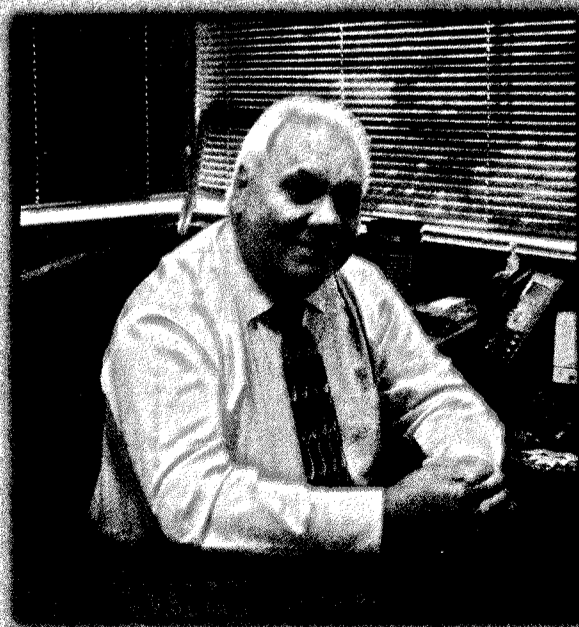
Call 606-392-2060 or 606-386-1917 to schedule your appt.

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for more information



Meet your QuickCare team

See pages 8-9



ROCKCASTLE REGIONAL HOSPITAL ■ RESPIRATORY CARE CENTER

About Us

Rockcastle Regional Hospital & Respiratory Care Center is a not-for-profit community healthcare system that operates an emergency department, a 26-bed inpatient acute hospital, outpatient services, a 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 nine-time Kentucky Hospital Association Quality Award Winner for 2006, 2008, 2009, 2010, 2011, 2012, 2015, 2016, and 2018, and a U.S. News & World Report 2013 & 2014 Best Nursing Home.

Mission

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

Vision

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

Values

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

Accreditation

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

Professional Association Memberships 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
- Biggs W. Towery, Jr., Secretary
- Debra H. Lambert
- Jeffrey T. Burdette

Executive Management

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

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

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

Jana Bray, Director
Susan Turley, Designer

FEATURES



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- 13 Cholesterol: protect your heart
- 14 "Future Docs" champions

Hall of Famer

Estes inducted into Fire Starter Hall of Fame

Rockcastle Regional president and CEO Stephen A. Estes was named to the 2018 Fire Starter Hall of Fame by Studer Group, a Huron solution, at the 16th annual What's Right in Healthcare® conference on August 22 in Nashville, Tennessee.

Estes and three other healthcare leaders from across the United States and Canada were named winners:

- Steve Estes, President and CEO, Rockcastle Regional Hospital and Respiratory Care Center, Mt. Vernon, Kentucky
- Linda Deering-Dean, President, Advocate Sherman Hospital, Elgin, Illinois
- Dr. Bernard Leduc, President and CEO, Hopital Montfort, Ottawa, Ontario, Canada
- Robert Early, President and CEO, JPS Health Network, Fort Worth, Texas

The Fire Starter Hall of Fame Award recognizes leaders who work daily to identify innovative solutions while facing unprecedented pressures. These leaders are committed to driving excellence while keeping the true spirit and culture of their organization alive and flourishing. Since its inception in 2004, Studer Group has inducted more than 60 healthcare leaders to the Fire Starter Hall of Fame.

“Our 2018 Hall of Fame inductees are transforming the future of healthcare,” says Debbie Ritchie, president of Studer Group. “They are passionate, forward thinkers who refuse to let the challenges



Studer Group president Debbie Ritchie presents Rockcastle Regional president and CEO Stephen A. Estes with Hall of Fame award, pictured along with Rockcastle Regional board chairman Joseph E. Lambert and Studer Group coach Tad Hunt at induction ceremony.

and disruption in healthcare hinder progress and positive momentum. We are thrilled to work alongside and honor them for making a difference.”

“It is an honor to be recognized by Studer Group with this award,” said Rockcastle Regional President and CEO Steve Estes. “This is a testament to the work our employees do every day to ensure the safety and best health outcomes for our patients. In today’s healthcare environment, it is essential to look inward at your own processes and find ways to continually improve the way things are done, always striving to improve the patient experience. That is how success is achieved, and that is how we, at Rockcastle Regional, continue to be innovators in our field.”

“

This is a testament to the work our employees do every day to ensure the safety and best health outcomes for our patients.

”

Stephen A. Estes
President and CEO

Leadership transitions

Tammy Brock, RN, MSN, has been named Rockcastle Regional Hospital & Respiratory Care Center's new chief nursing officer (CNO).

Brock, a registered nurse for 29 years, has served the organization in a variety of roles, both as front line staff and in management positions, since she started in 1991. She has been the quality director/clinical risk manager for the last 10 years.

"I am excited to be taking on this role for Rockcastle Regional," she said. "It's an honor to be in a position to help our organization continue to meet its patients' needs with our focus on quality and exceptional patient care."

As CNO, Brock is leading a 300-employee department of the hospital, which consists of emergency services, acute care, outpatient care, as well as a 127-bed ventilator unit, the largest of its kind in the nation.

Brock replaces Cynthia Burton, RN who after 10 years as CNO, is stepping into the role of director/clinical risk manager for the quality department, a position that she held prior to becoming CNO.

As a practicing nurse for 40 years, Burton has devoted most of her career to Rockcastle Regional, holding nearly every nursing position during her 39 year tenure at the organization. Throughout that time, and particularly during her 10 years as CNO, Burton has overseen the nursing staff through a tremendous period of growth.

Meanwhile, the organization's reputation for quality has also soared, as evidenced by numerous state and national awards for patient care. Nurses, and nurse leadership, are a key to that success.

"In our particular organization, the chief nursing officer is the chief clinical officer," Burton said. "That person must constantly be monitoring the clinical care and level of quality we are providing our patients."

The transition has been in the works for more than six months. Burton and Brock officially switched roles in June; however, preparations for the change began at the end of last year with the two nurses meeting weekly to bring each other up to speed on their new duties and ensure open communication for ongoing projects within each department.

"We are growing so much and so many changes going on, this prevents a disruption in the solidarity of our nursing department and our organization," Burton said. "The goal of this transition has been that we don't skip a beat."

"The great thing is that it's not like Cindy is leaving the organization," Brock said. "She's



Tammy Brock, RN, MSN



Cynthia Burton, RN

still here as a resource."

"The importance of the role of chief nursing officer cannot be overstated in our organization," said Stephen A. Estes, President and CEO of Rockcastle Regional. "That's why we were so deliberate in our transition. Mrs. Burton has provided exceptional leadership for the department, and we know Tammy will do the same. Our goal has been to achieve seamless continuity through this process."

Brock is ready for the challenge of leading in an ever-shifting healthcare environment.

"Healthcare is a constant state of change," Brock said, "but workforce development and staff retention will always be a focus. The key to having the highest level of care for our patients is to have the right people taking care of those patients."

With major additions completed in 2007, 2009, 2014, and 2017, Rockcastle Regional is one of the region's fastest growing healthcare organizations. Brock says to meet

“

With each patient I focus on good outcomes and good patient experience.

”

Tammy Brock
Chief Nursing Officer

the demands of that growth, the nursing department must also continue to develop and grow.

“We cannot provide care or offer new services without the nurses to support that,” Brock said. “Rockcastle Regional has done a

phenomenal job building our physician team and bringing these providers back to our community. Now, we want to replicate that for nursing.”

Mr. Estes noted the uniqueness of continuing to have such experienced and qualified

nursing leadership.

“This is a win-win for us,” he said. “There are not many healthcare organizations out there than can claim their two most senior nursing positions represent a combined 70 years of experience to their individual facility.”

Nursing Q & A

What is your perspective on nursing as a career? How has it changed from when you started your career to now?

Tammy Brock: It's such a fluid career. It's in a constant state of change, you are never bored and there is always new information to learn and new experiences to have. The impact is just not with the patient, it's their whole family, their extended family, even their church family. It's a ripple effect. You impact so many people by the care you're providing that person, or the education you're doing out to the community, everything you do is helping your patient to be the best they can be.

Cynthia Burton: The basic care has not changed much. To me, how you provide care, how you interact with patients; the basics haven't changed. There are just a lot more opportunities for us to do different things and our scope has expanded since I left nursing school. Unless you are a nurse, you may never understand what the art of it is. You read all the articles that nursing is experiencing birth to death, and it really is. It's from wonderful to sad. You experience all of those emotions

with your patients. That's what hasn't changed, and that's why it's great.

What advice would you give to someone considering a nursing profession?

Tammy Brock: Nursing is a constant change with continual learning, and you have to be able to adapt, and move, and study, and learn. If you're sitting and waiting on someone, it's not going to happen. You have to take the initiative yourself if it's something you want. If you see an opportunity for improvement that is going to make it better for the patients or better for the staff, work to adapt the process to fix it. Taking the initiative is what sets you apart in regards to if you are a leader or a follower.

Cynthia Burton: If you're looking to enter healthcare in any mode, get in early at any basic level to get any experience you can. Because that exposure is going to tell you if this is something you want to do and if you have the heart for it. For new nurses, jump in with both feet, use the education you have, never be afraid to ask questions or ask for assistance. For

nurses who want to advance, you have to put yourself out there. You have to take advantage of every opportunity that comes. You have to have a heart for taking care of others. Bottom line as a nurse, if you want to be successful and grow and develop you have to keep the patient at the center of everything you do.

What sets nursing apart from other professions?

Tammy Brock: Nursing is holistic. I'm looking at your whole functions. The nursing role is to look at the whole sphere that is surrounding the patient.

Cynthia Burton: People don't realize all the opportunities. You can go anywhere and do anything you want with a nursing degree. There is always a place for a nurse, you can always get a job. It's even more now because of the growth of the population. I have been doing it for 40 years, but I have had so many opportunities to change. You don't get that with every job; that many options with that one degree, and ultimately, you still get to have that interaction with your patients.

Women's Choice for healthcare

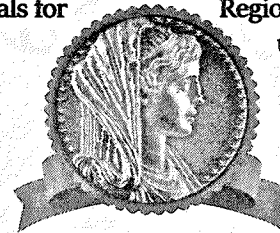
By Jana Bray, Community Relations Director

Rockcastle Regional recognized by women for excellent care

Rockcastle Regional Hospital & Respiratory Care Center has been recognized by Women's Choice Award for two of their top distinctions.

The emergency department at Rockcastle Regional received the Women's Choice Award for being one of America's Best Hospitals for Emergency Care for the third year.

Rockcastle Regional Hospital was named one of America's 100 Best Hospitals for Patient Experience in the nation among hospitals of similar bed size. This is the sixth consecutive year the organization has been a recipient of Women's Choice Award's most prestigious honor.



WOMEN'S CHOICE AWARD®

The methodology used to select Rockcastle Regional for both of these awards is unique in that it evaluates specific Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) survey results along with primary research about women's healthcare preferences.

The Women's Choice Award collects the data for the following HCAHPS survey measures and uses a weighted average to award the best hospitals for each area:

Emergency Department

- Time to admission
- Time from admission to room
- Door to diagnosis

Criteria for selecting Rockcastle Regional's emergency department as one of America's best also included the:

- Average time before outpatients with chest pain or a possible heart attack received an ECG
- Average time patients with broken bones had to wait before getting pain medication

This award is especially significant given that long waits and high crowding can negatively impact patient outcomes, including patients leaving without receiving medical treatment, longer overall length of hospital stay, and an increase in mortality rates.

Patient Experience

- Effective communication with nurses and doctors
- Responsiveness to requests for help
- Pain management
- Explanation about medications before being administered
- Bathroom and room cleanliness
- Patient recommendation rating

According to the Agency for Healthcare Research and Quality, good patient experience positively correlates to disease management, adherence to treatment plans, and health outcomes.

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

'I have the best possible job'

Nurse anesthetists play vital role in hospital's growing surgery department

Tiffany Patrick always thinks a step ahead.

If you are a surgery patient at Rockcastle Regional Hospital, and she is your nurse anesthetist, expect a call from her the day before your procedure.

"I ask a lot of questions to get up-to-date medical information I need to insure the best outcome," she said.

Tiffany's habit of anticipating was evident even as she began her nursing education at Eastern Kentucky University.

"I went to nursing school knowing I wanted to do anesthesia," she said. "I had a plan."

Her plan got her into the nurse anesthesia program at the University of Cincinnati. Soon afterward, in 2001, she began at Rockcastle Regional Hospital.

Nurse anesthetists work closely with physicians to provide patients with anesthesia and related care before, during, and after surgeries and procedures, with the goal of keeping the patient pain-free during the procedure.

Tiffany embraces that challenge. "I have the best possible job," she said. "I love it."

She was the hospital's only full-time nurse anesthetist until earlier this year. But with surgery patient volumes growing at Rockcastle Regional, she got help. In February, Terry Puckett began full-time with the hospital.

He'd been working at Rockcastle Regional part-

time for 10 years, and he still remembers his first week.

"I knew from the start that if the opportunity came up to work here full-time, I'd take it in a heartbeat," he said. When the call came, he responded with certainty. "It's an absolute 'yes,'" he remembers saying.

His career had taken him many places. Soon after nurse anesthetist school, he served in a M.A.S.H. unit in Operation Desert Storm, on a team that treated almost 2,000 patients in Iraq and Kuwait in three months. And for most of his career, the Copper Creek resident had been driving long distances to work, so he welcomed the shorter commute, but he also liked the destination.

"This is the job I've been wanting," he said. "I couldn't be happier here."

So Tiffany and Terry share call, and they each work every other week, a set-up that works well for them and provides quality care to a growing number of Rockcastle Regional surgical patients. Much of that growth began with the addition of William Bakhos, M.D., who joined the hospital as a full-time general surgeon last year.

Like Tiffany, Terry recognized early on that he had chosen the right career.

"It's just something I really wanted to do because it's



Rockcastle Regional's nurse anesthetists Tiffany Patrick, left, and Terry Puckett.

a one-on-one patient care situation, which I like," he said. "And the field of anesthesia is fascinating to me, and always has been."

"With each patient," he said, "I focus on good outcomes and good patient experience."

Tiffany likes that as she's treated patients over the years, she's also gotten to know Rockcastle County.

"I feel like part of the community, she said. "A lot of people keep coming back, which tell me they have confidence in us."

Acute care/surgery coordinator Beverly Wooton pointed out the critical role the anesthetists play in the surgery suite.

"Even though it's a team effort in surgery, the anesthetists play an extremely vital part," Wooton said. "They are responsible for maintaining the patient's airway, monitoring the oxygen saturation, level of consciousness, and the cardiac and renal function throughout the surgery. The safety of the patient is our top priority, and so much of that safety lies in the hands of our anesthetists."

“With each patient I focus on good outcomes and good patient experience.”

Terry Puckett
Nurse anesthetist

For more information about the surgery services at Rockcastle Regional, call 606-256-2195.

Meet your QuickCare team

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

Meet our providers



DR. REBECCA HAMMOND joined QuickCare after working with the physician team at Rockcastle Family Wellness since 2016. She earned her medical degree from the University of Kentucky and she focuses her practice on a patient-centered approach that is driven from her desire to help other people. "This is my hometown," said Dr. Hammond. "I grew up here and understand the complexities of the problems people here face. I consider it a privilege to return home and help this community, however I can."

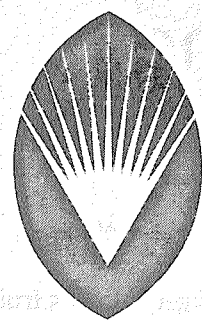


CANDICE "ELYSE" BALL is a nurse practitioner who earned her bachelor's of science in nursing from King University in Bristol, TN and her master's in nursing from Walden University in Minneapolis, MN. She lives in London with her husband, Brad, and their three children: Jenna (11), Hunter (7) and Norah (3). Elyse approaches patient care with a focus on treating the patient, not just the illness. She says, "I enjoy coming to work with an amazing team and being able to have a positive impact on the community."



DEANA GABBARD is a physician assistant who earned her bachelor's degree in health sciences and master's of physician assistant studies from the University of the Cumberlands. Currently living in Richmond, Deana is a Rockcastle County native and is excited about the chance to give back to the community that helped mold her into the person and provider she is today. "I am looking forward to continuing to make connections and serving the patients in my hometown," said Deana. "I love this community and the hospital. I can't wait to see how QuickCare continues to add value to our small town."

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ROCKCASTLE REGIONAL



KACEY SCOGGIN NICELY is a nurse practitioner who earned her master's in nursing degree from Frontier Nursing University. A native of Rockcastle County, Kacey lives in Brodhead with her husband, Jamie, and their four-year-old son, Tripp, and daughter Blakely, who is five months old. "I love getting to care for people in the community I grew up in," said Kacey. "I am most excited to be a part of a wonderful group of professionals that provide quality care, close to home."



NANCY OWENS is a nurse practitioner who earned her doctorate of nursing degree from Bellarmine University and her family nurse practitioner degree from Northern University. Married to Mark Owens, she lives in Somerset and has two sons Ian (Patricia, Alex, and Elijah) and Tyler. For Nancy, Rockcastle is home and says that after spending her career through the years in different areas and various settings, she is ready to spend time taking care of patients in this community. "The people of this region are very family-oriented, and live the values of care and compassion," said Nancy. "Providing care for this community, as a result, is very rewarding."



RACHEL POWELL is a nurse practitioner who earned both her bachelor's and master's of science in nursing from Eastern Kentucky University and is currently working towards earning her doctorate of nursing from Frontier Nursing University. She lives with her husband and two cats in Richmond on a 21-acre small farm where she enjoys gardening. Rachel says she enjoys working in the QuickCare environment because she is able to focus on patient care and getting to know them. "I like to work with my patients to find what works best for them to achieve their individual health goals."

Healthy Kids Tips for Moving and Eating

By Carrie Mullins, RockPeds

We have all heard the recent bad news about growing obesity and Type II diabetes rates in our children.

The good news is we can all incorporate more activity and better foods into our lifestyle to combat those unhealthy statistics.

Here are some tips to help your family get the most activity and the best foods to maintain a healthy weight, and to avoid diseases related to being overweight.

Active Kids are Healthy Kids!

It is easy for all of us to sit or recline and be entertained in front of a screen. And it is easy for a few minutes here and there to add up to a significant amount of time sitting with a screen front and center.

Those sedentary hours add up, and not in a good way. Less activity can lead to extra pounds.

But we can change these patterns. It just takes a little more thought to work activity into your day.

According to RockPeds pediatrician Dr. Sarah Oliver, we should all get at least one hour of daily physical activity. If a whole hour of activity seems daunting at first, Oliver recommends gradual changes, and encouraging

activities your child already enjoys.

“For kids it can start with playing outdoors with a pet, or dancing to one song. It doesn’t have to be complicated, you just have to start somewhere,” says Oliver. Then gradually add more activity until the one-hour daily recommendation is reached.

Family involvement makes the changes more fun (and is good for parents too!). Family walks and hikes are a great way to get active. Other ways parents can help increase activity: park the car farther away from the entrance, take the stairs, limit your child’s screen time to two hours daily (as well as your own).

The other component of getting more active is limiting screen time to 2 hours per day. Screen time includes TV, computers, video games (hand held or tv-based), cell phones and tablets. When you cut down the screen time, you can increase activity. It is recommended that babies under age of 2 get no daily tv or computer, and one hour of educational tv or computer time for those 2-5 years old.

Eat Your Fruits and Veggies!

Your parents were right, those fruits and vegetables are important! Not only do they contain vitamins and minerals that support growth and development, but they are also low in calories and fat, making them a healthy

choice at any time of day.

Kids should get at least 5 fruits and vegetables every day. “If you don’t already get those five fruits and vegetables in, one way to start is to make sure to have at least one vegetable at every meal,” says Oliver. You can mix in those vegetables into what you already make, like pasta, soups, pizza, rice and casseroles.

The other part of eating for your health is eliminating sugary drinks from your diet. Instead of soda which has empty calories, drink water or low-fat milk. To encourage this change, fill a pitcher with water and keep it in the fridge. You can liven it up by adding fresh lemon, lime or orange wedges for natural flavor.

The 5210 Plan

These activity and eating tips will help your family maintain a healthy weight. You can remember these tips by remembering the numbers 5210:

- 5 or more servings of fruits and vegetables
- Limit of 2 hours of screen time (or less!) per day
- 1 hour (or more!) of physical activity per day
- 0 sugary drinks per day

Try them today!



September is National Suicide Prevention Month

September is National Suicide Prevention Month, and the entire month is dedicated to promoting suicide prevention awareness throughout the United States. To raise awareness on suicide prevention, Rockcastle Regional Hospital & Respiratory Care Center is leading a community campaign to foster this discussion.

“Suicide doesn’t discriminate,” said Dr. Karen Saylor. “Anyone can be struggling with mental health and dealing with suicidal thoughts. As a serious public health issue, suicide affects people of all ages, races, and backgrounds. There are people throughout our community who are, at this moment, dealing with suicidal thoughts. Raising awareness to the

warning signs, knowing the facts, and educating ourselves on where to seek help is key to preventing suicide.”

For most people, suicide is an uncomfortable topic to discuss and is rarely talked about openly. But left unaddressed in both the public and private conversation, prevention efforts are hindered and this very serious health problem is often left untreated.

If you are having suicidal thoughts or are worried that someone you know might be suicidal, contact the Suicide Prevention Lifeline, **1-800-273-TALK (8255)**.

Mental Health in My Community

It's OK to talk about mental health.
Get help if you need it.
Help is available and effective.
If you know someone in need, help is available.

Factors that influence mental health²
genetics, stress level, biology, stressful events, income, social exclusion, faith, access to health resources, social support

Nearly **two-thirds** of the 45 million U.S. adults over 18 years old with any mental illness went without treatment.¹

Almost **21.6 million persons** over 12 years old in the U.S. needed treatment for a substance use problem.⁶

The cost of treatment for mental health issues is **equivalent to the cost of cancer care.**⁷

Mental health issues result in an estimated **\$193 billion in lost earnings.**⁸

Nearly **1 out of 4** community hospital stays involved a mental or substance use disorder.⁹

\$247 billion annual estimated cost of mental and emotional problems among young people.¹⁰

1/2 of adult mental health problems begin before age 14.³

3/4 of adult mental health problems begin before age 24.⁵

Supportive and meaningful relationships help build resilience and well-being.⁴

Suicide is the **3rd leading cause of death** for youth ages 15-24.¹¹

Find more information at <http://www.MentalHealth.gov>

SAMHSA
Treatment Locator Hotline
1-877-SAMHSA7

SAMHSA
Treatment Locator
<http://www.samhsa.gov>

SAMHSA's
National Suicide Prevention Lifeline
1-800-273-TALK (8255)

SAMHSA
1-877-SAMHSA7 (1-877-724-4772)

[YOUR HEALTH]

Alzheimer's Warning Signs

Memory loss that disrupts daily life may be a symptom of Alzheimer's or other dementia. Alzheimer's is a brain disease that causes a slow decline in memory, thinking, and reasoning skills. Here are 10 warning signs and symptoms.

1. Memory Loss That Disrupts Daily Life. One of the most common signs of Alzheimer's disease, especially in the early stage, is forgetting recently learned information. Others include forgetting important dates or events, asking for the same information over and over, and increasingly needing to rely on aides (e.g., reminder notes or electronic devices) or family members for things they used to handle on their own.

What's a typical age-related change?

Sometimes forgetting names or appointments, but remembering them later.

2. Challenges in Planning or Solving Problems. Some people may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before.

What's a typical age-related change?

Making occasional errors when balancing a checkbook.

3. Difficulty Completing Familiar Tasks at Home, at Work, or at Leisure. People with Alzheimer's disease often find it hard to complete daily tasks. Sometimes they may have trouble driving to a familiar location, managing a budget at work, or remembering the rules of a favorite game.

What's a typical age-related change?

Occasionally needing help to use the settings on a microwave or to record a television show.

4. Confusion with Time or Place. People with Alzheimer's can lose track of dates, seasons, and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there.

What's a typical age-related change?

Getting confused about the day of the week but figuring it out later.

5. Trouble Understanding Visual Images and Spatial Relationships. For some people, having vision problems is a sign of Alzheimer's. They may have difficulty reading, judging distance, and determining color or contrast, which may cause problems with driving.

What's a typical age-related change?

Vision changes related to cataracts.

6. New Problems with Words in Speaking or Writing. People with Alzheimer's disease may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have problems finding the right word, or call things by the wrong name (e.g., calling a "watch" a "hand clock").

What's a typical age-related change?

Sometimes having trouble finding the right word.

7. Misplacing Things and Losing the Ability to Retrace Steps. A person with Alzheimer's may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. Sometimes, they may accuse others of stealing. This may occur more frequently over time.

What's a typical age-related change?

Misplacing things from time to time and retracing steps to find them.

8. Decreased or Poor Judgment. People with Alzheimer's may experience changes in judgment or decision making. For example, they may use poor judgment when dealing with money, giving large amounts to telemarketers. They may pay less attention to grooming or keeping themselves clean.

What's a typical age-related change?

Making a bad decision once in a while.

9. Withdrawal from Work or Social Activities. A person with Alzheimer's disease may start to remove themselves from hobbies, social activities, work projects, or sports. They may have trouble keeping up with a favorite sports team or remembering how to complete a favorite hobby. They may also avoid being social because of the changes they have experienced.

What's a typical age-related change?

Sometimes feeling weary of work, family, and social obligations.

10. Changes in Mood and Personality. The mood and personalities of people with Alzheimer's can change. They can become confused, suspicious, depressed, fearful, or anxious. They may be easily upset at home, at work, with friends, or in places where they are out of their comfort zone.

What's a typical age-related change?

Developing very specific ways of doing things and becoming irritable when a routine is disrupted.

Note: This list is for information only and not a substitute for a consultation with a qualified professional.

If you or someone you care about is experiencing any of the 10 Warning Signs of Alzheimer's disease, please see a doctor to find the cause. Early diagnosis gives you a chance to seek treatment and plan for your future.

[YOUR HEALTH]

Protect your heart

Prevent high cholesterol to lower heart disease risk

Cholesterol is a waxy, fat-like substance that your body needs. But, when you have too much in your blood, it can build up on the walls of your arteries. This can lead to heart disease and stroke—both are leading causes of death in the United States.

By living a healthy lifestyle, you can help keep your cholesterol in a healthy range and lower your risk of heart disease and stroke.

Make Healthy Eating Choices

Your body makes all of the cholesterol it needs, so you do not need to obtain cholesterol through foods. Eating lots of foods high in saturated fat and trans fat may contribute to high cholesterol and related conditions, such as heart disease.

What you can do:

- Limit foods high in saturated fat. Saturated fats come from animal products (such as cheese, fatty meats, and dairy desserts) and tropical oils (such as palm oil). Foods that are higher in saturated fat may be high in cholesterol.
- Choose foods that are low in saturated fat, trans fat, sodium (salt), and added sugars. These foods include lean meats; seafood; fat-free or low-fat milk, cheese, and yogurt; whole grains; and fruits and vegetables.
- Eat foods naturally high in fiber, such as oatmeal and beans (black, pinto, kidney, lima, and others) and unsaturated fats, which can be found in avocado, vegetable oils like olive oil, and nuts). These foods may help prevent and manage high levels of low-density lipoprotein (LDL, or “bad”) cholesterol and triglycerides

while increasing high-density lipoprotein (HDL, or “good”) cholesterol levels.

Maintain a Healthy Weight

Overweight and obesity raise levels of LDL (“bad”) cholesterol. Excess body fat affects how your body uses cholesterol and slows down your body’s ability to remove LDL cholesterol from your blood. The combination raises your risk of heart disease and stroke.

What you can do:

- To determine whether your weight is in a healthy range, doctors often calculate your body mass index (BMI). If you know your weight and height, you can calculate your BMI at CDC’s Assessing Your Weight website. Doctors sometimes also use waist and hip measurements to measure excess body fat.
- Talk to your doctor about what a healthy weight is for you.
- Work with your doctor on a food and fitness plan to help you reach or maintain a healthy weight.

Get Regular Physical Activity

Physical activity can help you maintain a healthy weight and lower your cholesterol and blood pressure levels.

What you can do:

- Get active as a family. For adults, the Surgeon General recommends 2 hours and 30 minutes of moderate-intensity exercise, such as brisk walking or bicycling, every week. Children and adolescents should get 1 hour of physical activity every day.
- Make physical activity a part of each day. Take

the stairs instead of the elevator, park a little farther away, walk to the store, or do jumping jacks during commercials.

- Learn more and get more tips at CDC’s Division of Nutrition, Physical Activity, and Obesity website.

Quit Smoking

Smoking damages your blood vessels, speeds up the hardening of the arteries, and greatly increases your risk for heart disease. If you don’t smoke, don’t start. If you do smoke, quitting will lower your risk for heart disease.

What you can do:

- Talk to your doctor about ways to help you quit.
- Learn more about tobacco use and ways to quit at CDC’s Smoking & Tobacco Use website.

Limit Alcohol

Too much alcohol can raise cholesterol levels and the levels of triglycerides, a type of fat in the blood.

What you can do:

- Avoid drinking too much alcohol. Men should have no more than two drinks per day, and women should have no more than one.

Desirable Cholesterol Levels

Total cholesterol	Less than 200 mg/dL*
LDL (“bad” cholesterol)	Less than 100 mg/dL
HDL (“good” cholesterol)	40 mg/dL or higher
Triglycerides	Less than 150 mg/dL

* Cholesterol levels are measured in milligrams (mg) of cholesterol per deciliter (dL) of blood

Rockcastle Regional honored as "FutureDocs" champion

By Dwain Harris, Director, Southern Kentucky AHEC

Rockcastle Regional Hospital has been recognized as a 2018 FutureDocs Champion for its partnership with the Southern Kentucky Area Health Education Center (AHEC) in helping enrich the education of the region's future physicians.

FutureDocs is an AHEC program that helps prepare central and southern Kentucky's next generation of physicians with pre-med education enrichment and networking opportunities.

"By supporting these students, Rockcastle Regional Hospital is helping us connect them to resources that will enhance their chances of success, and the likelihood they will return home to practice," said Dwain Harris, director of the Southern Kentucky AHEC, which serves 15 counties south of Fayette down to the Kentucky-Tennessee border, and is hosted by Rockcastle Regional.

The nation is projected to face a shortage of as many as 94,700 physicians by the year 2025, according to the Association of American Medical Colleges. The shortage will be particularly serious in rural areas, and Kentucky is no exception.



Brandy Bullock (left) Medical Arts Director and Physician Liaison, and Cindy Burton, Quality Director, accept the "2018 FutureDocs Champion" award. They represented Rockcastle Regional Hospital at Southern Kentucky AHEC's Community Ties banquet honoring current and future medical students from the region.

Rockcastle Regional has developed a unique, robust pipeline of local students who become physicians in the community after medical training, and those providers often agree to serve as community faculty for medical and other students who are doing clinical rotations. Studies have shown when students do at least part of their training in a rural

setting, they are more likely to one day practice in a rural area.

Representatives from Rockcastle Regional attended the Community Ties banquet on April 26, which honored 17 current and future medical students from the Southern Kentucky AHEC's region.

The Southern Kentucky AHEC strives to improve the health of its communities by promoting health careers, supporting rural rotations, providing continuing education opportunities for health professionals, and by promoting public health initiatives. For more information, visit soahec.org.

Rockcastle Regional Healthcare Providers

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
Brandon Cowan, M.D.	Family Practice
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.	Hematology/Oncology

Mid-Level Providers Based in Rockcastle County

Elyse Ball, APRN	QuickCare
Courtney Browning, APRN	Pediatrics
Vickie Chapman, APRN	Endocrinology
Jenny Collier, CSW	Counseling
Anne Claire Compton, APRN	Family Practice
Chasity Frakes, APRN	Family Practice
Deana Gabbard, APRN	QuickCare
Nancy L. Green, APRN	Gynecology
Chelsen Larkey, LPCA	Counseling
Ginger Mink-Cash, APRN	Family Practice
Alicia Myers, PA-C	Family Practice
Alaina Nevels, APRN	Family Practice
Nancy Owens, APRN	QuickCare
Tiffany Patrick, CRNA	Nurse Anesthetist
Terry Puckett, CRNA	Nurse Anesthetist
Kacey Scoggin Nicely, APRN	QuickCare
Angela Parsons-Woods, PA-C	Family Practice
Brittany Perkins-Saylor, PA-C	Family Practice
Rachel Powell, APRN	QuickCare
Barbara Prather, APRN	Family Practice
Karla Sizemore, APRN	Pediatrics

Visiting Physicians

Michael Anstead, M.D.	Pulmonology
Azhar Aslam, M.D.	Cardiology
Taha Ayach, M.D.	Nephrology
Nicole Begg, PhD	Adolescent Psychology
Karim Benrajab, M.D.	Gastroenterology
Vikas Bhalla, M.D.	Cardiology
Michael Blackburn, M.D.	Orthopaedics
Said Chaaban, M.D.	Pulmonology
Chad Cooper, M.D.	Podiatry
James K. Crager, M.D.	Cardiology
Kinjal Dave, M.D.	Pulmonology
David Escalante, M.D.	Endocrinology
Deborah R. Flomenhoft, M.D.	Pediatric Gastroenterology
Zain Guduru, M.D.	Neurology
Vedant Gupta, M.D.	Cardiology
Wallace Huff, M.D.	Orthopaedics
Mary Ireland, M.D.	Orthopaedic Surgery
Bahaaeldeen Ismail, M.D.	Gastroenterology
Heather Jones, M.D.	Podiatry
Michael Jones, M.D.	Cardiology
Ashok Kanthawar, M.D.	Gastroenterology
Christian Knecht, M.D.	General Surgery
Aleksander Lenert, M.D.	Rheumatology
Iraklis Livas, M.D.	Allergy/Immunology
Zabeen Mahuwala, M.D.	Neurology
Rick R. McClure, M.D.	Cardiology
Javier A. Neyra-Lozano, M.D.	Nephrology
Subodh Pandey, M.D.	Pulmonology
William Robertson, M.D.	Nerve Study
Mandakini Sadhir, M.D.	Adolescent Medicine
Cameron S. Schaeffer, M.D.	Pediatric Urology/Plastic Surgery
Douglas Schneider, M.D.	Pediatric Cardiology
Stephanie Stockburger, M.D.	Adolescent Medicine
Veronia Vasicek, M.D.	Orthopaedics
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
Ali Ziada, M.D.	Pediatric Urology

NEWS AND NOTES FROM OUR TEAM

Maggy Bakhos, RN, MSN, has joined the team at Rockcastle Regional in the quality department as the Joint Commission accreditation coordinator.

Maggy earned both her bachelor's of science in nursing and her master's in nursing degrees from the American University of Beirut.

A native of Lebanon, Maggy



now resides in Richmond with her husband, Rockcastle Regional's general surgeon Dr. William Bakhos, and their two children, Aleen and Emma. When not working, Maggy enjoys playing piano, table tennis, biking,

and recently discovered she likes cooking! Maggy is enjoying her new position and is looking forward to the new learning experiences it presents for her.

We're Hiring

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



Certified Surgical Technician	Laundry Tech
Customer Service Representative	Nurses
Dietary Aide	Phlebotomist
Housekeepers	Respiratory Therapists
Laboratory Technician	SRNA
	Teacher

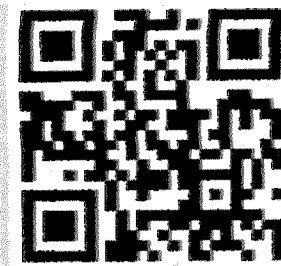
For a complete list of available positions, or to apply, visit www.rockcastleregional.org/careers.

Equal Opportunity Employer

6th Annual

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most unique
and fun races!*

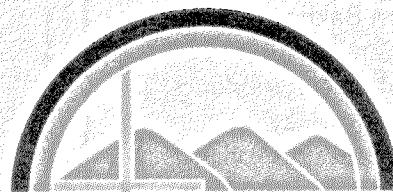


www.renfrorocknrun.com

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October 20, 2018

Historic Renfro Valley, KY



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Project

