

Burley Tobacco Report

Burley tobacco farmers found more of their leaf going under loan to cooperatives the first week of sales this year after the Christmas recess, but still considerably less than the amount that went to the pool from the drought-stricken 1987 crop.

The Burley Tobacco Growers Cooperative Association received 1.9 million pounds of leaf, or 2.22 percent of marketings the fifth week of sales. This compares to 26.7 million pounds, or 52 percent of sales at the same time last season.

Approximately 2.6 million pounds of leaf moved to the pool during the first four weeks of sales from the 1988 crop, for a total of 4.5 million pounds, or 1.35 percent for the season.

A total of 53.6 million pounds of leaf, or 16.5 percent was received under price support protection, through the fifth week of sales from the 1987 crop.

Pool receipts increased each day during sales this year, as more green, or undesirable leaf was delivered to market. Monday's sales saw 1.53 percent of marketings go under loan; 1.9 percent Tuesday; 2.75 percent on Wednesday, and 3.09 percent of 17.4 million pounds or 538,444 pounds went under price supports.

The first day of sales the sixth week of the marketing season saw the percentage of pooled burley increase to 5.14 percent of sales, or 908,625 pound, go under loan. This was the largest single day of receipts during the 1988-89 season.

Pool receipts are expected to climb the remainder of the season on a percentage basis, with the increase of undesirable leaf coming to market. Cooperative receipts are not expected

"From Our Files"

(Cont. From 2)
Mrs. Delbert Gatfill and husband of Pat Bell was promoted to Army Specialist Four at Camp Evans, Vietnam.

Mrs. William Boyce Cummins announced the engagement of Miss Valerie Cummins, to Jerry Wayne Lovitt, son of Mr. and Mrs. Estus Sterling Lovett of Danville.

25 years ago, 1964 - Mr. and Mrs. R.L. Shepard, of Mt. Vernon, announced the engagement of their daughter, Miss Roberta Lee Shepard, to Mr. Gene Thomas Roach, son of Sgt. and Mrs. Eugene Roach of Frankfort.

Mrs. Jewell Fain and Miss Shirley Snodder enrolled in Fugazzi Business College in Lexington.

Jerry Hopkins was ordained to the ministry at the First Baptist Church of Mt. Vernon. Rev. J. William Hall gave the charge to the candidate and Bro. Henry Farrott gave the charge to the church.

Letters

Dear Editor,
The Red Hen Boogie Band and Charlie Napier performed last Friday evening at Mt. Vernon Elementary School. The event was a great success and will benefit the students of our school.

Dolly Roberts made a brief appearance as Mini Jane while our very own, John Hale came on as Mary Lou, the cheerleader. For those of you who have never seen the Red Hen Boogie Band, you really missed something.

We, of M.V.E.S. would like to thank the following businesses for their generous donations to our PTA: Food Fair, Superior Market, Sae-a-Lot, Carter's Market and Convenient.

Thanks again for your continued support of our schools in Rockcastle

County.

Thank you,
Mt. Vernon PTA

Dear Editor,

On behalf of the family of Edward Barnett, we would like to thank each and everyone who visited him in the I.C.U. Unit at the Rockcastle County Hospital.

Our thanks to all the staff for their kindness during this time and to all of the churches who prayed for him.

We thank God that we have good people who know the Word of God and don't care to show it.

Thanks to all the ministers who visited him during his illness and had prayer with him. We appreciate it very much. We love you all.

The Family of
Edward Barnett

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may be delayed somewhat, he said.

"Penryrie has excellent standability, pod height and seed quality, although its seed size is somewhat smaller than Douglas another variety commonly grown in the state," he said.

In the 1987 Kentucky Soybean Performance tests, Penryrie was the top yielding variety at an average of 41.8 bushels per acre in double cropped systems, Bitzer said.

"As a fall-season variety, Penryrie is best adapted to Southern Illinois and Indiana and the northern half of Kentucky. As a double crop variety, it is best adapted to extreme Southern Illinois and Indiana and all of Kentucky, Bitzer said.

Penryrie is a protected variety and only can be advertised and sold as "Certified Seed" by any producer, Bitzer said.

"It is illegal to sell Penryrie seed without being labeled as a certified seed," he said.

Cattle Needs

There are plenty of reasons why farmer's should pay attention to nutritional needs of their cattle this winter even though many are short of hay supplies because of last summer's drought.

Poor winter nutrition means poor reproduction, said Roy Burris, Extension beef specialist with the University of Kentucky College of Agriculture.

"It also means a greater number of health problems and lower weaning weights for calves," he said. "The bottom line of all this is less income for the farmer.

The 1988 drought will be remembered as one of the worst in history, Burris said. It was especially difficult on cattle producers since it occurred in the spring and early summer when Kentucky pastures usually experience lush growth.

"Most cattlemen were feeding hay in June and July, thereby decreasing their winter hay reserves," he said. "The most immediate concern now is to deal with this feed shortage and insure adequate supplies of feed to winter the herd."

The first step, Burris said, is to inventory the cattle a farmer plans to winter and estimate the amount of feed needed to provide for them.

"If you can't feed them, you don't need to keep them," he said. "By planning ahead now, changes can be made to bring the cattle inventory and feed supply in line."

"That planning should include testing samples of harvested forage for nutritive value. Early-cut grass or grass-legume mixtures may need only mineral and vitamin supplements. However, low quality hay, which is common for many farmers this year, must be supplemented properly for good nutrition.

Unproductive cows should be culled now to avoid wasting feed, Burris said. Since the drought occurred during the breeding season, pregnancy rates were adversely affected in many herds.

"Cows should be examined for pregnancy and open cows should be sold," he said. "This will be an expensive year to keep free-loaders."

All cattle do not have the same nutritional needs, he added. Grouping cattle with similar needs and feeding them accordingly can use lower quality hay, and better hay can be reserved for young calves and lactating heifers and cows.

Feed also can be saved by controlling losses during storage and feeding. Many Kentucky farmers lose as much as 60 percent of the nutritive value of their hay. These losses result from trampling, leaf shatter, contamination and chemical or physical deterioration.

If inside storage is available or hay can be covered, nutrient loss can be minimized, Burris said.

Deer Harvest lower than expected

Preliminary results from Kentucky's 1988 deer gun season indicate a significantly lower harvest in open counties than had been predicted.

Deer Program Coordinator John Phillips had estimated an open-county harvest of 74,000 deer, while the

actual harvest was approximately 60,000.

Phillips attributes the decline to lower-than-normal fawn production due to last summer's drought. Population models indicate deer numbers declined in all zone one, two and three counties in the state.

"Since these are counties where we wanted to reduce or stabilize the herd, the department's overall management strategies should not change," said Phillips. However, the biologist warns hunters that the 1989 season will also produce a lower-than-normal harvest, and that the wildlife division will very likely recommend less liberal seasons in some counties on a one-year basis until the herd recovers.

"Candidates"

(Cont. From Front)

vens and Thomas Wagner, and Democrat E. Junior Daugherty, District 4: Leonard Miller.

District 5: Larry Mounce, Saul Carpenter and Eugene Senters. To sum up, the following will appear only on the November ballot - Houk, Lambert, Craig, Bishop, Hale, Mullins, Dowell, Bullen, Miller, Daugherty, Maguire, Cain and Emberton.

"Two New Laws"

(Cont. From Front)

allowing five percent sun transmission is allowed in the rear side windows only where the vehicle has two side-view mirrors. Sun-visor strips are allowed across the top of the windshield with some restrictions.

The second law states it is now a felony to ignore child support payments. If the person is six months or 51,000 behind in support payments they can be sentenced up to five years in jail.

Theodore Roosevelt was the first U.S. president to ride in an automobile.

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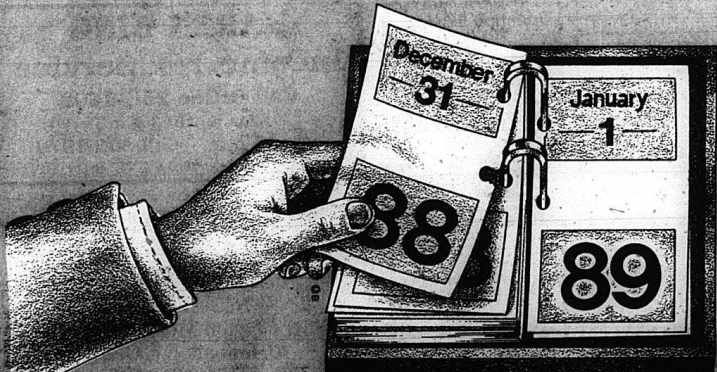
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The Week at

Livingston

By: Eva Black

Deepest sympathy is extended to the family of James McClure who passed away at his home Tuesday, Jan. 6. Funeral services were at Sand Hill Baptist Church Friday where a large crowd gathered to pay their last respects.

Mrs. Gladys Smith, who was hit by a car on Main Street in Livingston, and was confined to St. Joseph Hospital, is at the home of her daughter Mr. and Mrs. Gene Selters recuperating.

Mrs. Charles Jones of Lamerco and Mrs. Eva Black visited Mrs. Gertrude Mullins in Berea Rest Home Sunday.

Mrs. Mattie Owens returned home Saturday from Ohio where she spent a week with Mr. Paul "Sonny" Robbins and daughter. She was there due to the death of Mr. Robbins' wife Mary who was killed in a car accident.

Quail

By: Mrs. Vivian Owens

Mr. and Mrs. Roscoe Ping and Darne of Ind. visited Florence Albright Wednesday afternoon. Bro. Aubrey Phelps returned to the Sowder's Nursing Home. Jamie Reynolds spent Friday night with Florence Albright.

Senior Citizens MENU

Monday: Beef-a-Roni, cole slaw, green beans, rollo/oleo, hot apples, milk. Tuesday: Sliced ham, macaroni & cheese, spinach, wheat bread/oleo, fresh fruit, milk.

Mrs. Larry Todd and Ruth Mink visited with their parents Mr. and Mrs. Mink at the Berea Hospital Saturday afternoon.

Mrs. Edna Pope and Mrs. Vivian Owens visited Mr. and Mrs. Clyde Harris Monday evening.

Curtis Bullock celebrated his fifth birthday at the home of his parents Mr. and Mrs. Ricky Bullock Saturday evening. Those helping him celebrate were Mr. and Mrs. Delmas Bullock and Kristy, Fred Bullock, Mr. and Mrs. Benton Bullock, Mr. and Mrs. Mike Reynolds and daughters, Mrs. Dorothy Lawrence, Mr. and Mrs. Rickie Ham and family, Mr. and Mrs. Mark Stratton and Mrs. Vivian Owens. Everyone enjoyed cake and ice cream.

Mrs. Dorothy Bishop and Mrs. Pam Cash and daughter visited their father and grandfather Sunday afternoon.

Public announcement

The Kentucky Department of Mines and Minerals will be conducting an initial electric class beginning on Jan. 30 at 6 p.m. at the Barton Building in Barbourville. The classes will be held on Monday and Wednesday nights from 6 p.m. to 9 p.m. This class will meet both state and federal requirements. There is no charge for these classes. If you have any questions call the London District Office (606) 878-0610, Ext. 243.

Points East

By: Ike Adams

Seven years ago this month the Woolly Worm Weather forecast was right on target having called for a cold, stormy and generally miserable January. The kids had been out of school for several days and every nerve in our house had worn ragged because more than a foot of snow and zero temperatures made it impossible to do anything outside.

Thinking about gardening served to lift my spirits enough that I began wondering if it might do the same for other folks in the same situation. I called Charles House, then Editor of The London Kentucky Sentinel Echo, in the middle of the night and told him of a plan to economically put seed catalogues in every household that might want them if the paper would go along with it.

It worked as follows. Readers could send me two postage stamps along with their names and mailing addresses. I would compile a mailing list of all the names and use the stamps to mail the list off to every seed company for which I had an address.

And so The Great Sentinel Echo and Adams Seed Catalogue was originated. That first column must have been pretty funny because the

editors of two or three other papers called me up and asked if they could print it too. The response was such that I began receiving bundles of envelopes with rubber bands around them in the mail box every day. Lorena and I began going through magazines and writing down the addresses of anything that offered a free catalogue. Our daughter, Carol, typed up a list of names that was four or five pages long on the condition that she be allowed to visit anywhere overnight just to get out of our house for a breather. I spent over \$30 paying for envelopes, paper and copying. The entire family got involved in coloring the mailing list and stuffing envelopes and we actually had fun. So much so that we've been doing it ever since on pretty much the same conditions.

Now - before you commence writing me a letter and sending along your stamps, please be advised that the catalogues I send your name to are notorious for sharing their mailing lists with other folks. If you sign up you will get tons of junk mail along with the good stuff. Your mail man will likely become irritated and you may too. Once you get on the lists, gettin' off them is near impossible. If you have taken advantage of this offer in years past you know what I mean. The mailman is generally there every day. If you are a junk mail junkie though here's what to do. Send along two 25 cent postage stamps for each name and address you want on the list like Adams Rt. 2 Box 162, Paint Lick, Ky. 40461. I will spend the rest of the month

putting the list together and will mail it out on Ground Hog Day. You will commence receiving catalogues by the middle of February and they will most likely be coming for the rest of your life.

Postal Study

Results from the first six months of the Postal Service's two-year study of the relationship of preemployment drug test results to on-the-job performance shows that those identified as drug users were absent from work at a 43 percent higher rate than non-users. Members of the group which tested positive were also fired 40 percent more frequently than the group that tested negative.

The study, one of the first to seek empirical evidence of the effects of drug use in the work place, is of 4375 new hires at 21 postal facilities nationwide. It is examining the differences in performance between the group who tested negative on preemployment drug tests and the 8.4 percent who tested positive. To assure that the study results are objective, local management in the 21 sites does

not have access to the information on whether a specific employee tested positive or negative. Both absenteeism and turnover represent significant costs to the Postal Service according to Joel S. Trosch, Assistant Postmaster General for Employee Relations. "Even these first interim results provide significant support for a business decision to say 'no' to applicants who test positive for drugs." In subsequent analyses of the study population, in addition to continuing to track turnover and absenteeism differences, the two groups will be compared on a wide range of work performance factors.

Taxpayers Ask IRS

Q. Is there a special tax break for blind taxpayers? A. Taxpayers who are legally blind are entitled to a higher standard deduction. However, the standard deduction of a blind person who can be claimed as a dependent on another person's return may be limited.

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ROCKCASTLE COMMUNITY Bulletin Board

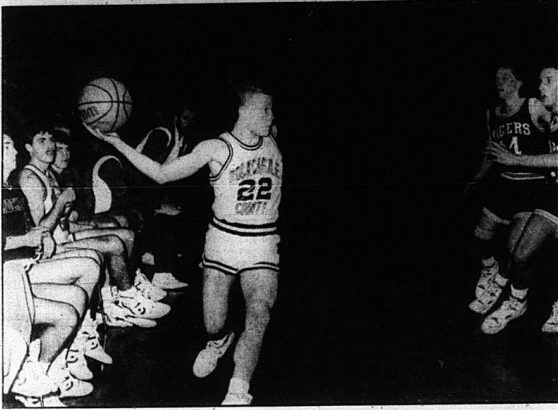
Bookmobile Schedule Mon, Jan. 30: Red Hill, Callaway, Burr. Tues., Jan. 31: Duplantier, Arglin Falls. Wed., Feb. 1: Spiro, Level Green and Willalla.

Commodity Distribution Commodity distribution will be Tues., Jan. 31 at Mt. Vernon at the Catholic Church Hall, at the Livingston Petterostical Church and the regular site in Brohead. Commodities are peanut butter, flour, meat and butter.

Bulletin Board is Sponsored by Cox Funeral Home MT. VERNON, KY. — 286-2346

MEMORANDA: Amounts outstanding as of Report Date. 1. Standby letters of credit. 2. Common stock (No. of shares outstanding). 25. Surplus. 26. Undivided profits and capital reserves. 27. Cumulative foreign currency translation adjustments.

Sports



Mike Barron toes the line while he attempts to save the ball during Tuesday's 75-68 loss to Barbourville. The loss dropped the Rockets to 3 wins and 10 losses on the season.

Rockets fall to Barbourville

After jumping out to an early lead over Barbourville Tuesday night the host Rockets could not keep their lead against the visitors and dropped their tenth game of the season.

The Rockets were able to gain an early lead with some good outside shooting and good offensive rebounding. However, Barbourville kept fighting back with some good outside shooting of their own.

The game was virtually even until a Barbourville player was able to hit a last second desperation shot just before the halftime buzzer. That shot gave the visitors a four point lead at the intermission.

In the second half the Barbourville squad was able to break open a close game, but still lead by only ten at the close of the third quarter.

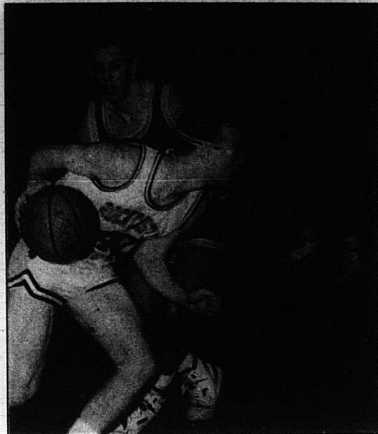
The Rockets outscored the

visitors in the final stanza but could get no closer than the final margin of 75-68.

The loss dropped the Rockets to 3 wins and 10 losses.

Senior guard Kris Ponder led the Rockets in scoring with 20. Ponder is one of the top scorers in the state with an average of about 25 point per game. Joining Ponder in double figures were Kevin Parrott and Mike Barron. Steve Clark added 8 as did Adam Coleman. Billy Todd chipped in 6, Robbie Phillips and William Bullens each had 2.

The Rockets return to action this Friday night at Monticello.



RCHS Senior Forward Adam Coleman finds the going a little rough on the baseline during Tuesday's game against Barbourville. Coleman had eight points in the game.

Bowling News

Babe's Bunch still tops the Rockcastle League at Maroon Lanes in Richmond with 51-1/2 wins and 24-1/2 losses. The Rockets are in second at 43-1/2 and 32-1/2 and NAPA is third with 41-1/2 wins and 34-1/2 losses.

High team series for the week was taken by Babe's Bunch with a 2405.

Team members are Babe and Kim Daugherty and Ben and Wavelene Mullins.

High team game went to Hang Ten with an 842. Members of the team are Cindy and Rick Anderkin, Henry Vanzant and Jackie Cummins.

Rick Anderkin took high men's series with a 580. Jamie Noe was

second with a 553 and Clifton Daugherty third with a 550.

Rick Anderkin took first and second high men's games with a 245 and 209 and Rick Bryant was third with a 206.

Wavelene Mullins took high women's series with a 481. Evelyn Mullins was second with a 465 and Kim Daugherty third with a 460.

Wavelene Mullins also took high women's game with a 189. Ada Noe was second with a 186 and Evelyn Mullins third with a 175.

Ben Mullins had high men's series HDCP with a 635. Rick Anderkin was second with a 628 and Roy Winstead was third with a 627.

Rick Anderkin had high men's game HDCP with a 261. Rick Bryant and James Hamilton tied for second with a 242.

Wavelene Mullins had high women's series HDCP with a 613. Ada Noe was second with a 590 and Perlina Anderkin third with a 582.

Ada Noe had high women's game HDCP with a 238. Wavelene Mullins was in second with a 233 and Evelyn Mullins and Cindy Noe tied for third with a 206.

Rick Anderkin and Clifton Daugherty have high men's average at 181 and Henry Vanzant is third with a 179.

Debbie Bugg is first with a 168 and Evelyn Mullins and Jamie Bryant are tied for second with a 160.

Taxpayers Ask IRS

Q. Are any IRS materials available in braille?

A. Yes. Forms 1040, 1040A, 1040EZ and instructions are available in braille. Also available in braille are Publication 17, "Your Federal Income Tax" and Publication 334, "Tax Guide for Small Business." These materials are available at Regional Libraries for the Blind and Physically Handicapped.

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Lady Rockets lose to Lady Trojans; Jackson Co. next

Coach Judy Bullock's Lady Rockets played host to the Monticello Lady Trojans Monday night only to lose 65-52 for their twelfth loss of the season.

The Lady Trojans jumped out to an early lead against the host Lady Rockets and were able to add to their advantage in the second half.

The Lady Rockets fell to 2 wins and 12 losses on the season. Monticello improved to 9 and 6.

Angie Senter led the Lady Rockets in scoring with 14, followed by Stephanie Northen's 12. Donna Harper added 10, Jennifer Thacker added 8, Karla Bullock and Angie McClure 4 each, and April Burton had 2 points on the evening.

The Lady Rockets next game is this Thursday at Jackson County.

Some ancient people believed that their spirits would be reborn as flowers.

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Re-elect Billy Kirby Jailer Rockcastle County

I would like to take this opportunity to announce that I am seeking re-election as Jailer of Rockcastle County, in the Republican Primary.

I appreciate the support that I have received throughout the years and would ask that you allow me to continue as your jailer.

Thank you, Billy Kirby

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Established in 1935 "it Bessie" is working on 101 Mrs. Cola Grace Wilson

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Boys lose 10th to Barboursville Page 16

Aunt Vernon Signal

Volume 101 - Number 14

Thursday, January 26, 1989

Mount Vernon Kentuck

Fire destroys three homes in county

A house belonging to Bobby Singleton on Gaudley Branch Road was destroyed by fire Saturday. ... Cause of the fire has not been determined. ... A mobile home belonging to David Edwards of Roundstone, near Grace Baptist Church, was destroyed by fire about 8 p.m. Sunday.

Hearing today for youth

A hearing is scheduled today (Thursday) to determine whether one of two Rockcastle young men charged in a slaying will be tried as a juvenile. ... His brother Steven Dale Robinson, 20, is also charged in the fatal shooting during a robbery.

Two new laws

Two new laws went into effect Sunday that, if you break them, it could cost you. ... Requirements are: Tinting must allow 35 percent of sunlight to penetrate front and side windows.

CARE grant for elderly

The Dr. Scholl Foundation of Chicago, Ill., has awarded the Christian Appalachian Project \$10,000 which will be used in its elderly services program. ... The grant will be used to support full time volunteers who work with the elderly in Lincoln, Garrard, Pulaski, and Rockcastle counties.

Filing over; candidates off and running

By: Ray McClure The curtain went up this week on the campaign to decide who will run the county for the next four years. ... There were a total of 26 hurried to meet the 4 p.m. deadline. By five, candidates for magistrats in the five county districts outdistanced other prospective office holders—52 to be exact for a job that pays \$800 a month.



Above, a CAP volunteer visits Mrs. Cynthia Cox at her Mt. Vernon home. CAP volunteers visit the elderly in their homes, providing them with companionship and even performing some minor home repairs and household duties. The Christian Appalachian Project will use its \$10,000 grant from the Dr. Scholl Foundation to support full-time volunteers for the program for the elderly in four area counties.

School monitors flu cases

By: Jeff Hammond It was the highest number of school systems out at the same time this winter because of the flu. It was expected that several more school systems' annual capul classes beginning today, said Paul Hampton of the state Education Department's Division of Pupil Attendance. ... The districts where there was no school yesterday were Nelson, Marion, Spencer, Adair, Casey, Wayne, Pulaski, Somerset, Science Hill, McCreary, Laurel, Clay, Jackson, Knox, Knott, Estill, Kenton and Todd.

Brodhead Invitational Tournament Jan. 30, Feb. 2, 3, 4

The annual Brodhead Invitational Tournament commences this Monday night. According to Mrs. Shirley Martin this year's tournament figures to be as exciting as ever. ... On Thursday night North Laurel plays Wayne in the opening game followed by Brodhead and Livingston in the nightcap. ... Admission is \$2. All games begin at 6:30 and 8:00 p.m.

Somerset and John Polk, Assistant Pulaski County Attorney. As the deadline neared, candidates for constable began to file. ... There was one other candidate that at last reported he had no opposition. He is Tom Emberton, a candidate for judge of the Third Appellate District. ... Said one familiar face at the courthouse: "There's a lot of these folks that I don't know. But I like to see a lot

of candidates no matter who they are. ... Six women made their appearance on the candidate roster. There were 11 Democrats, one of them for county judge/executeive. ... There were 11 Democrats, one of them for county judge/executeive. ... There were 11 Democrats, one of them for county judge/executeive.

The judges

Filing first was Buzz Carlotts of the Livingston area, and a well known name in that area. He's in charge of research and evaluation and mental health education from at the Cumberland River Comprehensive Care Center at Corbin. He has, bachelor and master degrees from Eastern Kentucky University. ... Roland Mullins, former Mt. Vernon mayor and current executive director of the Cumberland River Masterfish and Aquatic Recreation Center at Corbin, is familiar with local politics. He said he will stress

more jobs, water availability, good roads, clean-up of the county, and make an effort to get the most out of the tax dollar. ... There were 11 Democrats, one of them for county judge/executeive.

The jailers

Incumbent jailer Billy Kirby, farmer and former sheriff, was the first to file. He is seeking a third term as jailer. Kirby was sheriff from 1970 to 1974 and prior to that time he was deputy sheriff under Tip Keppert. He farmed for many years and operated a country store at Otawa. ... Shirley Smith, a Wildlife farmer, is giving it a second try. He ran unsuccessful for sheriff in the last election.

Three other candidates filed for jailer, but information on them is not available. They are Dexter Martin Chandler, Glen Burton and Doug Griffin.

The sheriffs

First to file was Deputy Sheriff Delmo McClure. He later told the Signal he was fired after announcing his candidacy. ... Shirley Smith, a Wildlife farmer, is giving it a second try. He ran unsuccessful for sheriff in the last election.

Waiting until nearly the end of filing was former sheriff William Taylor. Taylor owns a trucking business in Rockcastle. He has been a farmer for many years. ... Other candidates for sheriff are Robert Fred Ramsey Sr., Gary Mullins, and one Democrat, David E. Bishop of Brodhead, operator of a tire center in Mt. Vernon.

The magistrates

The largest number of candidates ever to file for magistrats in the county are on the record book. ... District 1: James T. Moore, Elmo Cummins, Owen Noel, Charles D. Holbrook, Dale Simpson, Tommy H. Burdette, Danny Spawmer, Elmo Anderson, Carl Brown, Bill Swain. ... District 2: Incumbent Magistrate Jack Bradley, Michael Mink, Wayne Bullock, Jerry Eugene Bullock, Thomas Tom Denney, Benon Bullock, Perry Bowman, Paul Kirby, Clarence Thomason, Gilbert Ray Mullins and Jess Clifford. All Republicans. District 3: Incumbent Ricky Kirby,

Clinton Brown, D.G. (Alex) Albright, James Brummett Jr., Jerry L. Denney, Douglas Thomas, R.B. Miller, Alan Bullock, Dee Hopkins, Grant Pretry, Don Woodbald, John Jay Deboard, all Republicans. ... District 4: Incumbent Amos Burnett, Stephen R. Parsons, Almon McCollum and Donald Durrett Sr., and Democrat Stephen C. Bullen. ... District 5: Incumbent Donald Buflock, Vickie Lynn McNew, Joe Clark, Roger Rowland, Jerry Lee Jones, King Lopez. ... The constables.... District 1: Johnny James, Eddie Delaney, Dale C. Johnson, Willis J. Busso. District 2: Wayne Moore, Jim King, Truman Rears, Larry Renner. District 3: Incumbent Randal Siew (Cont. to 14)



50th Anniversary

Mr. and Mrs. Oskar "Sid" Renner of Pine Hill celebrated their 50th wedding anniversary January 20, 1989. They are the parents of Mack Renner of Pine Hill, Gene Renner of Somerset and Patsy Falin of Mt. Vernon.



Happy 78th Birthday, Pappaw Stevens
Love, Angela



It's True! It's True!
You're 42!!
Happy Birthday
Love, Wife & Daughter



Happy Birthday, Shorty
You're half of 40!!
Love,
All of Us

Mt. Vernon Personals

Mrs. Dorothy Hasty and Mrs. Louise Hasty, were Sunday afternoon visitors of Eddie, Janet and Dennis Hasty, in Lancaster.

Those attending funeral services on Tuesday, Jan. 17, for little Jonathan Tyler Hasty in Lancaster were Shannon Hasty of Mercer County, Mr. and Mrs. Eugene Hasty, Mareburg. Mrs. Thomas Berry, Brindle Ridge, Mrs. Nadine Creech, Mr. and Mrs. D.M. Krahenbuhl, Mr. and Mrs. Jearl Hasty, Mr. and Mrs. Boyd Kincaid, all of the Mt. Vernon area.

Mrs. Carol Collins of S.C. visited with her parents Mr. and Mrs. Jearl Hasty Friday night.

By: Mrs. George Burton

Mrs. Elizabeth Stokes had the misfortune of falling and breaking her arm recently. We wish her a speedy recovery.

Mrs. Linda Eaton and her mother Patricia Holland have returned home from Hiawassee, Georgia where they visited their uncle Hubert Robinson, who is very ill.

Happy belated birthday to Mrs. Bessie Chesnut who celebrated her 100th birthday Jan. 15.

Dougie Griffin, son of Mr. and Mrs. Doug Griffin, has been sick with the flu for a few days. We extend our deepest sympathy to all who have lost loved ones recently. It pays us to be ready to go for we don't know who will be called next. May the Lord Bless everyone.

Miss Jeanne Griffin celebrated her birthday Jan. 13. We wish her many returns of the day.

Mr. and Mrs. Edward Stephens and children and a friend Mark of Lexington visited Mr. and Mrs. Robert Kirby and Mr. and Mrs. Raymond Kirby Saturday.

Mr. and Mrs. Robert Barron and Judy and Amy of Paris, visited Mr. and Mrs. Robert Kirby and Mr. and Mrs. Raymond Kirby Sunday.

Mr. and Mrs. Robert Barron, Judy and Amy of Paris and Mr. and Mrs. Robert Kirby visited Mr. and Mrs. Daniel Barron Sunday.

Gravelly Burton is on the sick list. Mrs. Mae Barron and Mr. and Mrs. George Burton visited him Sunday afternoon.

Mr. L.C. Burdette Sr. is in a Lexington Hospital. We wish him a speedy recovery.

Albert Smith spent a few days last week in the Rockcastle Hospital.

Mr. and Mrs. James M. Robinson of Ohio, Mr. and Mrs. William Taylor, Mr. and Mrs. John York, Mr. and Mrs. Jerry McClure and Mrs. Ora York were in Lexington Sunday to visit Mrs. York's sister, Mrs. Cora Mayes, at a Lexington Hospital.

Doug Griffin visited Mr. and Mrs. George Burton awhile Monday evening.

Mrs. Linda Eaton and daughters and Patricia Holland were in Lexington Saturday.

Mrs. Doug Griffin and son Dougie and daughter Crystal were in Richmond Monday to consult an eye specialist for Crystal.

I enjoyed reading Mrs. Mary Thomas' story in the Signal last week. It reminded me of days gone by when I went to a one room country school and when we had to walk through hot and cold weather. I never got to go to school after the 8th grade. Mother and dad lived on a farm with just two girls and there was always plenty of work to do. We lived near Renton Valley and my first school was a one room school at Buckeye. My first teacher was the late Jess Fish. I always enjoyed school but those were hard times for parents and children who lived on farms.

Rise and Shine Homemakers Meet
By: Bea Hensley

The Mt. Vernon Rise and Shine Homemaker's Club met at Bea-Hensley's home on Tuesday Jan. 10. We had nine members present and welcomed Lois Rowe as our guest. We missed all our members that couldn't be with us and hope to see everyone at our next meeting. Pauline Kincaid will be our hostess in her home on Feb. 14th.

Our club lesson was on "Fats and Cholesterol in Our Diet". We received lots of valuable information on how to avoid too much fat and cholesterol in our diet. If we will follow the guidelines given in this lesson we can reduce the risk of heart disease.

The lesson was given by our club president, Alice Cloud, in the absence of Zi Graves who was flying off to Arizona to spend a vacation kicking up her heels in the sun. "Happy back Zi, we miss you."

Alta Bullock served as co-hostess this month and a good time was had by all who attended.



Bessie Hiatt Chesnut's immediate family helps her celebrate her 100th birthday on Jan. 15. They are, from left: Sherri Woodall Linville, her husband, Luke, holding their son, Dustin, Debbie Woodall Hammond, Carol Woodall, Monroe Woodall and Sherri and Luke's son, Sean.

Centenarian:

"I'm everybody's Aunt Bessie"

Bessie Hiatt Chesnut reached a longtime goal Jan. 15 when she turned 100. Almost 90 friends and relatives joined her at a reception in her honor at the Community Room of the Rockcastle County Public Library.

"Why, I feel good," said Mrs. Chesnut when asked how it felt to turn 100. "I'm glad I lived to be 100. I've had a good life."

The reception was the highlight of her birthday. "I enjoyed every minute of it. I enjoyed seeing all the people very much. They made it for me."

Besides receiving a large number of gifts and greetings at the reception, Mrs. Chesnut also got several letters of congratulation from local and national dignitaries. Those who sent greetings were James H. Lambert Jr., Rockcastle County Attorney; Joseph E. Lambert, Kentucky Supreme Court Justice; Danny R. Ford, Kentucky House of Representatives; Mitch McConnell, U.S. senator for Ken-

tucky; George Bush, then vice president; and former president and first lady, Ronald and Nancy Reagan. She also got a letter from Willard Scott of NBC's "Today" show.

Gov. Wallace G. Wilkinson commissioned Mrs. Chesnut a Kentucky Colonel, and also presented her the Kentucky Centenarian Award.

Bill Tom Chesnut, great-nephew of Mrs. Chesnut, called long distance from San Andres, Calif. on Jan. 15 to extend his personal birthday greetings on the special occasion.

The out-of-town guests and family members who attended the reception were: Debra Hammond, George and Jean Murphy, and Betty Shelton all of Lexington; Luke, Sherri, Sean and Dustin Linville, and Jack and Joyce Henderson all of Berea; Sylvia Bledsoe and Donna Sue Conleston both of Richmond; Leigh Anne Hiatt of London; Eddie Orstein and Frances Riddle both of Louisville; Ina, Don, Charles, Bob, Sharon and Patty Sears all of Covington; Robert and Virginia Younce of Raleigh, N.C.; and Jan, June, Jill and Shauna Stevens, and David F. Parsons all of Wildcat.

Mrs. Chesnut is the widow of the late Dr. Lee Chesnut, the mother of the late Elizabeth Chesnut Keeton, the grandmother of Carol Cummins

Woodall, the great-grandmother of Debra Woodall Hammond and Sherri Woodall Linville, and the great-grandmother of Sean and Dustin Linville.

"At 100, Mrs. Chesnut is still young at heart and has few regrets about her life. "I tried to live the best I could." And if she had to live her life over, she said she "would try to live better."

What are her goals now that she's reached the century mark? "Living and doing the best I can, and having a lot of friends. Friends mean a lot to you, or they do to me. I love young people and enjoyed taking them places. I'm everybody's Aunt Bessie."



In recognition for the high performance in the month of October, Appalachian Computer Services recognizes Judy Rowe as the Employee of the Month in the Berea office.

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WHO COULD ASK FOR ANYTHING MORE!

COUPON
FRONT END ALIGNMENT \$19.95
Check caster, camber and adjust toe-in if necessary. Check tire pressure and tire wear.
TOYOTA
OFFER EXPIRES 2-29-89.
PLUS TAX WHEN APPLICABLE

COUPON
OIL & FILTER CHANGE \$10.95
Includes up to 6 quarts of premium oil, Toyota genuine oil filter and installation.
TOYOTA
OFFER EXPIRES 2-29-89.
PLUS TAX WHEN APPLICABLE

COUPON
TIRE BALANCE/ROTATION \$18.95
Inspect tires for wear and balance all four wheels. Rotate tires and check tire pressure.
TOYOTA
OFFER EXPIRES 2-29-89.
PLUS TAX WHEN APPLICABLE

COUPON
MINOR TUNE-UP \$29.95
Install Toyota-Brand spark plugs, check air, fuel and emission filter, inspect wires, distributor cap, and rotor, belts, hoses and PVC valve (6-cylinder slightly higher, excludes 60,000 platinum plug).
TOYOTA
OFFER EXPIRES 2-29-89.
PLUS TAX WHEN APPLICABLE

COUPON MUST BE PRESENTED TO GET SPECIALS
Prices Good Thru 2-29-89 Prices Plus Tax & Shop Supplies

LOOK!

Foodland of Brodhead

Special Purchase Sale...

In-store savings; along with BUY ONE, GET ONE FREE Sale!

Come in and see what's going on at Foodland!

Cola Grace Abney Wilson

(Written for the Rockcastle County Retired Teachers Association)

I was born on Clear Creek in Rockcastle County January 23, 1911 the daughter of Spencer and Eta Ogg Abney. I had four older brothers, two younger sisters and one more brother. We lived on a farm on Clear Creek where I attended Hammond School for the first two years of my school life. This one-room rural school had a great bearing on my life. When I was in the second grade I had a wonderful middle-age teacher by the name of Cordelia Hammonds. It was there, while I was in the second grade, that I made my decision to be a teacher just like this wonderful teacher that I idolized when I was only seven years old.

Our family moved to Scaffold Cane where I attended school for five years. It was there that my dad realized that I was a child determined to be a teacher. He sold our farm and moved to Renfro Valley in order to send his children to Mt. Vernon High School. We lived in Renfro Valley during the depression. I finished the eighth grade in January of 1925. There was no school bus and I was four miles from high school. The future looked dark with four miles to walk during the cold days of January. I was determined to be a teacher so I started my high school days when second semester began in 1925. My high school days were wonderful for me. As green as I was, I made many life-long friends. There were only two other students from the county rural schools.

During my second year of high school, my dad bought me a horse, "Old Bess". I rode her to Mt. Vernon and put her in the Henderson barn. Dr. Henderson was very generous and did not charge "Old Bess" any board for staying in his barn.

I graduated from high school in 1929. The depression was really hitting the farmers hard then. That fall my dad bonowed \$86 from Berea Bank and Trust. He sold his tobacco for six cents per pound and paid this money back. I studied hard, I was so afraid I would not make the grade points that were required to obtain an Elementary Certificate. I made it with several points to spare. One semester and 16 hours were all that was required to be qualified.

In the summer of 1930 I began my career as a one room rural teacher. My first year of teaching was one of the greatest experiences of my life. I

taught Piney Branch School and had 55 pupils in all eight grades. Some of them were almost as old as I was. I had to ride a train to "Sinks" on Sunday afternoon, then walk about two miles up a hill to the place where I boarded. Piney Branch School was built on a huge level gravel rock. No cars could get to the school but I never felt isolated as I loved the children too much. After school hours the children and I would come back to the school yard and play such games as "Fox and Hound". We could not play these games during recess as the pupils were not allowed off the school grounds. I taught this school for two years. The school term only lasted seven months, from July until January.

When school was out I went back to Eastern Kentucky State College. I continued to teach and returned to college until I received my two year certificate which lasted for life as long as I taught three years out of 10.

I taught in one room rural school nine years and two room rural school eight years. During the last four years I taught at Green Hill. In the cold months we cooked pinot beans or made vegetable soup on the big pot-bellied stove. We could only cook one food at a time, but often times a nice parent would bring us a big pan of cornbread muffins for lunch to eat with our beans. The older girls would help with our cooking and dishwashing. This hot food was so much better than a cold biscuit and jam that was left over from breakfast.

The first year I taught my salary was only \$57 per month. For eight years I taught for less than \$100 per month. I was happy to get this salary as lots of people were working for \$30 to \$1.00 per day. We did not miss school for snow or icy roads. Somehow we got there if we walked two to four miles. We did not care as the room was always warm since I gave a boy \$0.05 cents per day to build fires.

In winter we gathered around the pot-bellied stove and sang songs and read the Bible for several minutes each morning. School only lasted eight hours per day, but we always had two or three breaks. The only bad memory that I have about these 17 years in a rural school is that we all drank from a big galvanized bucket with a common dipper although we did pour the water in our own glasses, clean or dirty.

In the meantime I married and reared four children. Two of them followed in my footsteps and became

teachers. To some it might seem a hard task raising a family, teaching Sunday School, teaching school and going back to college on Saturdays and during the summer, but to me it never seemed too difficult.

When the state offered an \$1100 raise to those who had a degree, of course I got that degree. When Rockcastle County consolidated its schools I began teaching seventh grade at Brodhead. I enjoyed this nine years very much and made many life-long friends.

Since most of my life had been lived in the Roundstone area I was transferred to Roundstone Elementary and there I finished my career of 37 years in Rockcastle Schools.

I retired when I was 60 years old yet I could not stay away from the school room. I substituted 100 days per year or whatever the state allowed for 16 more years.

No greater joy is there than to see the beam in a child's eye when he excels in something or learns something new.

I have also been an active volunteer library board member for several

years as well as taught Sunday school in Mt. Zion Baptist Church and First Baptist of Mt. Vernon for something over 25 years.

Now, I am fully retired in Mt. Vernon, enjoying my seven grandchildren and one great granddaughter also the many memories that I have of all the wonderful boys and girls that I have taught.

Rockcastle Hospital REPORT

Admitted: Willard Durham, Orlando, Moscoe Taylor, Brodhead, George Long, Brodhead, Willy Thacker, Mt. Vernon, Tasha Farris, Livingston Diane Frederick, Brodhead, Kelly Jones, Brodhead, Arminette Sloan, Mt. Vernon, Eula Dooley, Orlando, Geneva Doan, Mt. Vernon, Lisa Robbins, Mt. Vernon, Mamie Rice, Crab Orchard, Clara Mason, Mt. Vernon, Herbert Evans, Mt. Vernon

Discharged: Raymond Mink, Elmer Eversole, Walter Renner, William Stewart, Rosa Howard, Willy Thacker, George Long, Moscoe Taylor, Tasha Farris, Kelly Jones, Diane Frederick, Lisa Robbins, Cecil Fletcher, Aubrey Phelps

Your Child's Health

By: Dr. John Payne

Several items are in current news briefs to doctors about newly found safety hazards for young children.

Aluminum drink cans with pop tops which come off are a hazard for youngsters who may swallow the top. This problem has decreased with the introduction of pop tops which remain attached to the can. However, now some drinks are packaged in containers with a foil tab which tear off. At least one serious injury has been reported from an infant swallowing a foil tab. Such aluminum pieces usually cannot be seen on x-ray. Be sure foil tabs are completely removed and discarded before giving the beverage to the small child.

In cooperation with the Consumer Product Safety Commission, the Kellogg Company is voluntarily recalling two toys given away in cereal boxes. These are Cool Flutes and Binoculars. These toys have small parts and represent a choking hazard. A safety pin rattle made by Fibre Craft Materials Corp. is being re-

called due to a potential choking problem. In addition to choking, other dangers come from strollers. Century Products Co. is recalling several thousand "umbrella" strollers. Models 11-066D and 11077SA sold under EZ Go brand and model 11-07SR sold by Sears are affected. The seat backs and a rear locking brace are defective and an infant can fall out when leaning too far forward. Also, the devices can collapse and fold in on the child. A toll free number, 1-800-222-9825 is available during business hours for parents to inquire. The same company is also warning about a toy horn mounted on the front of a walker called Century Roadster. The horn can be too easily removed and pose a risk for choking.

Every time we turn around there seems to be a new danger for our infants to be protected from. Just think, soon they will be driving real cars, not walkers. Think how much there will be to worry about then!

Carter's Market

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Price Good
Wed. Jan 25 thru
Sat. Jan. 28, 1988

WE WANT YOUR
FOOD STAMPS
ALL AMOUNTS

Fischers
Bologna
1 29

lb.

Round Ham
1 59

lb.

Old Folks 2 lb. Roll
Sausage
2 99

Fischers
Hot Dogs
99¢

GOLDEN GRAIN

Mac. & Cheddar
3/\$1

7.25 OZ. BOX

HYDE PARK

Margarine
2/89¢

16 OZ. QUARTERS

HYDE PARK

Chili w/Beans
79¢

15 OZ.

HYDE PARK

Apple Juice
99¢

64 OZ. JAR

HYDE PARK

Carrots
2/59¢

2 lb.

HYDE PARK

Buffet Dinners
\$1 59

32 OZ. BOX

STOKELY

Tomato Juice
79¢

46 OZ. CAN

HYDE PARK

Potatoes
2 29

20 lb.

HYDE PARK

Bath Tissue
69¢

ASSORTED
4 ROLL PKG.

HYDE PARK

Bananas
29¢

lb.

HYDE PARK

Pepsi
1. 89

16 oz. returnables

HYDE PARK

Mustard
89¢

19 OZ. SQUEEZE BARREL

HYDE PARK

Mixed Vegetables
2/89¢

22 OZ. TRIGGER BOTTLE

HYDE PARK

Fantastik Cleaner
\$1 09

20 OZ. GENERAL MILLS

HYDE PARK

Cheerios
\$2 99

9 OZ. GREEN GIANT ONE SERVE

HYDE PARK

Corn on the Cob
69¢

11-12 OZ. BANQUET ASST.

HYDE PARK

Frozen Dinners
\$1 19

CITRUS HILL SELECT

Orange Juice
\$1 99

100% PURE
REG. OR
WITH CALCIUM
64 OZ.
CARTON

Fast, Friendly Service All The Way To Your Car

Cola Grace Abney Wilson

To the Voters' of the First District:

I would like to take this opportunity to announce my candidacy for magistrate of the First District.

I am a lifelong resident of Rockcastle County, married to the former Libby Gibbs and have five children. Being a farmer all my life, I understand the results of hard work and dedication. This understanding makes me step short of making campaign promises that may not be possibly kept. There is one promise I will make and keep, however; that is, if elected, I plan to work hard to accomplish the goals of the First District. I am certain that with hard work and determination, the citizens of the First District will benefit with more progress and better roads.

I need your vote and support.
Tommy H. Burdette

Paid for by Candidate

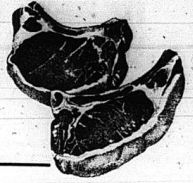
Fresh Ground Beef
(10 lbs. or more)



1.09
lb.

BUDGET FOOD SPECIALS

1/4 Pork Loin
1.39
lb.



Fresh Neck Bones
.59
lb.

Fischers Hot Dogs



1.09
12 oz.



Fischers Bologna

1.59
1 lb.



Purnell Old Folks Sausage
1.29
1 lb. **2.58**
2 lb.

JFG Peanut Butter
16 oz. Sm. & Cr.
1.29

7-Seas Dressing
8 oz.
.59



PEPSI-COLA, DIET PEPSI, MOUNTAIN DEW, DIET PEPSI FREE & PEPSI FREE
\$1.89

Tube Rose S.R. Flour
5 lb. Limit 1 w/\$10 add. order
.99

Tube Rose S.R. Meal
5 lb. Limit 1 w/\$10 add. order
.99

Armour Beef Stew
24 oz.
1.39



Heinz Squeeze Ketchup
28 oz. Limit 1 w/\$10 add. order
.99



Pillsbury R.T.S. Frosting
1.49



Pillsbury Cake Mixes
Limit 2 w/\$10 add. order
.69



Better Valu Saltines
16 oz.
.49

Charmin
4 Roll Pk. Tissue
Limit 1 w/\$10 add. order
.99



PEPSI Products
12 pak cans
3.29

Shedds Spread Quarters
1 lb.
2 For .89

Seven Farms Evaporated Milk
12 oz.
2/.89

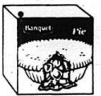
Kraft American
12 oz. Singles
1.69



JFG Bonus Blend
11.5 oz. Limit 1 w/\$10 add. order
1.49



Banquet Pot Pies
Limit 6
3/ 1.00



Produce

Apples
3 lb. bag **.99**
Bananas
3 lb. **1.00**
Yellow Onions
3 lb. **.79**
Tomatoes
.69 lb.
Cabbage
.25 lb.
Potatoes
20 lb. **2.49**
Radishes and Green Peppers
3/ **1.00**



Tide
42 oz. Detergent
Limit 1 w/\$10 add. order
1.79

Purex
Gallon Liquid Bleach
Limit 1 w/\$10 add. order
.69



Vietti Hot Dog Sauce
10 oz.
.39

Armour Treet
12 oz.
1.09

Hi-Dri Towels
1 Roll
.59

Trail Blazer Ration & Chunk
20 lb.
3.89



Hy-Top

Corn
1 1/2 oz. **2/.89**
Peas
17 oz. **2/.99**
Jelly
18 oz. **1.09**
Squeeze Mustard
8 oz. **.39**
Corn Flakes
18 oz. **.99**
Biscuits
129
(6) 8 oz. **1.29**

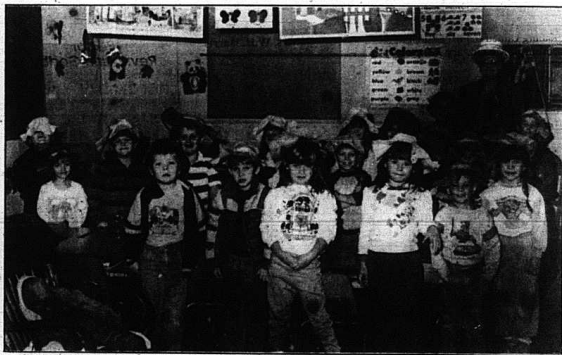
SUPERIOR Food Market
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The Beta Club at Brodhead Elementary School recently presented the school with a new sign for the outside, painted by Dale Brandenburg. The club raised funds for the sign themselves and made the presentation at an assembly last Friday at the school. In the photo are this year's Beta Club officers. From left: Jacinda Denney, treasurer; Amy Childress, secretary; Jennifer Bishop, president; Anna Stevens, pledge leader; Jamie Alcorn, reporter and Jason Scoggins, vice president.



These 9 BES students came out on top in the President's Challenge Youth Fitness Test held at the school recently. Receiving trophies were, front row, from left: Chris Baker, 50-yard dash, pull-ups and shuttle run; Shannon Day, pull-ups and curl-ups; Toby Mobley, 600-yard run; Michael Shaffer, sit-ups and James Stidham, 110% award. Back row: Sherman Collins, standing long jump; Justice Masters, V-sit or sit and reach and Natalie Albright, flexed arm hang.



Mrs. Charlotte Bullock's kindergarten class at BES recently celebrated a "Hat Day" at which time the children created their own "chapeaus."

Taxpayers Ask IRS

Q. What is the filing requirement for a self-employed person?

A. An individual who is self-employed must file a tax return if his or her net earnings from self-

employment for the year are \$400 or more.

Q. Are there any people who should file a tax return even though they may not legally be required to file a return?

A. Yes, some taxpayers may be eligible for a refund even though they

may not be required to file a tax return. For example, if a taxpayer's income is below the filing requirement listed in the table above, yet he or she worked for a portion of the year and had income tax withheld from wages, the taxpayer may qualify for a refund of some or all of the withheld taxes.

We have one of the largest selections of single-wides in town.

New 1989 14' wides starting as low as \$9982. Used homes starting as low as \$2950.



We now have a 24x56 re-po double wide in stock. It's only \$99 + tax down. ONLY ONE IN STOCK!

Only \$99 Down + Tax on Re-pos only.

9 New Double Wides to choose from - no reasonable offer refused. We now need used homes. We will take trade in on any home on the lot

FREE DELIVERY & SET - UP Call or come in for details Ask for Jerry or Tony at Clayton Homes of London 878-7055,7056

Remember at Clayton Homes of London only a dollar & a deed is all you need!



Just Married? FREE GIFTS!



New Baby? FREE GIFTS!



First Home? FREE GIFTS!



The student-faculty volleyball games at BES were won by - who else? - the students. Members of the girls' winning squad are, from left: Donna Carter, Missy Kidwell, Brenda Evans, Tracy Owens, Beth Amys, Jadaavn Gregory, Renee Deborde and Tiffany Turner. Second row, the members of the boys' team are, from left: Corey Craig, John Hamm, Eric Burke, Bruce Houk, Mike Steve Albright, Shannon Day and back row: Darrell Brummett and Tobey Moberly.



New Cholesterol value for eggs

By: Cheryl Witt County Extension Agent for Home Economics

While the idea of buying eggs with 25 percent less cholesterol may be eggs-citing to those watching their cholesterol intake, those eggs are not all they're cracked up to be.

The lower cholesterol claim is based on recent research that indicates that today's eggs contain about 210 milligrams of cholesterol per large egg and not 275 milligrams which is considered the standard amount.

The lower cholesterol value is attributed to improved chemical testing methods for measuring the cholesterol in eggs and to improved production practices in the egg industry. The 275 milligram standard value is based on research that is 10 years old. Scientists are conducting additional tests to verify the new lower value.

The catch is that the lower cholesterol value applies to all eggs -- not just the specially marketed ones as consumers might be led to believe.

Consumers should be aware that the eggs especially marketed and advertised as being 25 percent lower in cholesterol generally cost more, but are of no added nutritional value than any other egg with respect to cholesterol.

And while eggs may not be as high in cholesterol as once thought, this does not make them a low cholesterol food. Those watching their cholesterol intake still need to limit the number of eggs they eat per week.

Avoid buying grapefruit with a soft and tender peel that breaks easily with finger pressure.



Mental Health Coalition

The Kentucky Mental Health Coalition, a group composed of leaders from Kentucky mental health provider groups, has held two meetings dealing with private health insurance coverage for psychiatric illnesses.

The insurance study group, chaired by Roland D. Mullins, Executive Director Cumberland River Regional Mental Health-Mental Retardation Board includes Dr. Edd Maxwell, Chairman Kentucky Psychiatric Association, Dr. Sheila Schuster, Chairman Kentucky Psychological Association, the Chairman of the Kentucky Nurses Association, and other state leaders.

The objective of the study group is to influence the provisions of private insurance coverage for individuals and families who have need of mental health treatment. Hopefully, endeavors will lead to appropriate legislation in the upcoming term of the Kentucky General Assembly.

According to Mullins, the two previous meetings of the study group dealt with: (1) a review of mental health insurance coverage legislation from other states including Colorado, and Massachusetts; (2) the

(Cont. to 14)

WIN \$5000

Is your imagination worth \$5000?

Jeff Cromer needs your help and he is willing to pay you \$5000 in free groceries.

Think of a name for his new car wash on Richmond Street in Mt. Vernon and drop it by Convenient Food Mart in Mt. Vernon by next Monday at 3 p.m. and if Jeff selects your name, you will win an easy \$5000 in free groceries.

***If more than one person enters the name that is selected, they will be placed in a box and a winner drawn.**

WIN \$5000

Notices

Notice: No hunting or trespassing on property belonging to Robert L. Witt III located at Hickory Valley. All violators will be prosecuted. 9x10p

Notice is hereby given that Elvin Wayne Singleton, Rt. 1, Box 78, Brodhead, Ky. 40049, has been appointed executor of the estate of Bobby Singleton. Any persons having claims against said estate shall present them, according to law, to the said Elvin Wayne Singleton or to Clontz & Cox, P.O. Box 749, Mt. Vernon, Ky. 40456 on or before July 10, 1989. 13x3

Notice is hereby given that Jerlene Hansel, Rt. 3, Box 55, Mt. Vernon, Ky. has been appointed administratrix of the estate of Minnie E. Hood. Any persons having claims against said estate shall present them, according to law, to the said Jerlene Hansel or to Lambert & Lambert, P.O. Box 736, Mt. Vernon, Ky. on or before July 10, 1989. 13x3

Notice is hereby given that Irene Winstead, Rt. 3, Box 444, Mt. Vernon, Ky. has been appointed executrix of the estate of Gaines Winstead. Any persons having claims against said estate shall present them, according to law, to the said Irene Winstead or to William D. Gregory, P.O. Drawer 220, Mt. Vernon, Ky. on or before July 10, 1989. 13x3

Notice: If short on 1988 tobacco crop, I will lease up to 750 lbs. immediately. Call 256-2678 after 5 p.m.

Notice: I would like to do housecleaning in Mt. Vernon on Tuesday and Thursdays (I have references). Call 256-4225, leave number, I'll return call. 14x1f

Become a Hairdresser!! Enroll now for classes starting April 13, 1989. Eastern School of Hair Design, 451 Big Hill Avenue, Richmond, Kentucky 40475, 623-5472. Government grants available. 14x10

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Notice is hereby given that on the 23rd day of January, 1989, Ella Fair Elkins, the duly appointed, qualified and acting executor of the estate of Winston Elkins, deceased, filed with the Rockcastle District Court a final settlement. Exceptions thereto shall be filed in writing with the Rockcastle District Court on or before February 13, 1989. 14x2

Notice is hereby given that on the 23rd day of January, 1989, Jack Nee, the duly appointed, qualified and acting administrator/with will annexed of the estate of Grace Skogland, deceased, filed with the Rockcastle District Court a final settlement. Exceptions thereto shall be filed in writing with the Rockcastle District Court on or before Feb. 13, 1989. 14x2

Notice is hereby given that Gladys Adams, 1750 Highwater Rd., Ludlow, Ky. 41016, has been appointed executrix of the estate of Aster Ray McGuire, deceased. Any persons having claims against said estate shall present them, according to law, to the said Gladys Adams or to James W. Lambert, Lambert & Lambert, P.O. Box 736, Mt. Vernon, Ky. 40456 on or before July 24, 1989. 14x3

Notice is hereby given that an order has been entered dispensing with administration of the estate of G.H. Griffin, deceased. All persons having claims against said estate shall present them, verified according to law, to Myrtle Griffin, P.O. Box 682, Mt. Vernon, Ky. or to Clontz & Cox, P.O. Box 749, Mt. Vernon, Ky. 40456, attorneys for said estate, no later than February 14, 1989. 14x2

Notice is hereby given that Joyce McFerron, Rt. 1, Box 212, Mt. Vernon, Ky. 40456, has been appointed executrix of the estate of Lloyd McFerron. Any person having claims against said estate shall present them, according to law, to the said

Joyce McFerron or to Lambert & Lambert, P.O. Box 736, Mt. Vernon, Ky. 40456 on or before July 19, 1989.

PUBLIC NOTICE

Summer Youth Employment & Training Plan
Pursuant to Section 105(a)(1)(C) of the Job Training Partnership Act of the public review of the Summer Youth Employment and Training Plan for the Cumberland Service Delivery Area serving the counties of Adair, Casey, Clinton, Cumberland, Green, Crenshaw, Pulaski, Russell, Taylor and Wayne counties within the Lake Cumberland Area Development District and the counties of Laurel, Rockcastle and Whitley in the Cumberland Valley Area Development District is on public display.

The purpose of the Summer Youth Employment and Training Plan is established to provide programs to train and prepare youth for entry into the labor force and to afford job training to those economically disadvantaged individuals and others facing serious barriers to employment who are in special need of such training to obtain productive employment.

The Job Training Partnership Act Summer Youth Employment and Training Program will provide remedial education (reading, writing and math skills), and work experience activities for the participants during the Summer of 1989.

The JTPA Summer Youth Employment and Training Program will provide summer employment to approximately 1578 youth with an estimated total budget of \$1,552,191.00. The approximate schedule dates for the youth to work will begin June 1, 1989 and end August 15, 1989.

The JTPA Summer Youth Employment and Training Plan for the Cumberland Service Delivery Area for fiscal year 1989 will be on display for public review in the Lake Cumberland Area Development District office in Russell Springs, Kentucky. Office hours at the Area Development District office are from 8:00 a.m. to 4:00 p.m. Central Standard Time.

Any inquiries can be directed to Mr. Stuart Carman, Acting JTPA Director of the Lake Cumberland Area Development District (502) 866-4200. 13x2

Commonwealth of Kentucky Transportation Cabinet Department of Highways Notice to Contractors

Sealed bids will be received by the Department of Highways in the auditorium located on the 1st floor of the State Office Building, Frankfort, Kentucky, until 10 a.m., EASTERN STANDARD TIME on the 10th day of February, 1989, at which time bids will be publicly opened and read for the improvement of:

Cakes Decorated
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256-4210

Road (US 25) from North of KY 490 (MP 5.622) extending northerly to MP 6.233, a distance of 0.611 mile. Guardrail.

Bid proposals for all projects will be available until 9 a.m., Eastern Standard Time, Friday, February 10, 1989 at the Division of Contract Procurement. Bid proposals for all projects will be a cost of \$8 each and remain payable to the State Treasurer of Kentucky must accompany request for proposals (Non-Refundable). Bid proposals are issued only to prequalified contractors.

Specimen proposals for all projects will be available at all interested parties at a cost of \$8 each (Non-Refundable). Specimen proposals cannot be used if bidding.

Notice To Kentucky Utilities Company Customers

The Kentucky Public Service Commission has ordered that pursuant to Commission Regulation 807-KAR 5.056, Section 1 (2), the Kentucky Utilities Company shall appear before the Commission for the purpose of examining the application of the Company's fuel adjustment clause (KU Tariff PSC No. 11, Sheet 24) for the period November 1, 1986 through October 31, 1988.

A public hearing concerning this matter will be held at the Commission's offices at 730 Schenkel Lane, P.O. Box 615, Frankfort, Ky 40602, on February 9, 1989 at 9 a.m., Eastern Standard Time.

Kentucky Utilities Company
One Quality Street
Lexington, Kentucky 40507

Public Notice

The Cumberland Private Industry Council, pursuant to Public Law 97-300 under the Job Training Partnership Act, will be accepting requests for funding proposals until March 3, 1989 for funds to be utilized by public or private nonprofit organizations to train disadvantaged persons within the Cumberland Service Delivery Area in labor market skills.

Agencies or individuals that are interested in obtaining an application to provide such services as employability skills, basic education, on-the-job training, vocational education services, vocational rehabilitation services, job development, job placement, and other services that are geared toward providing employment and employment services may apply. Those requesting more information or a copy of an application shall submit an inquiry to Stuart Carman, Acting JTPA Director, Lake Cumberland Area Development District, P.O. Box 570, Russell Springs, Kentucky 42624 or call (502) 866-4200. 13x2

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