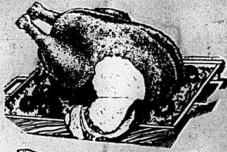
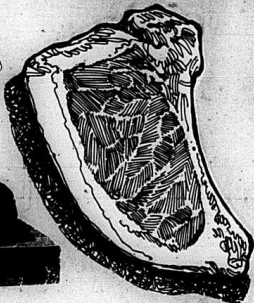
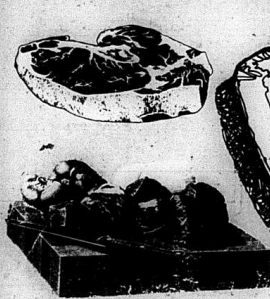


**Family  
Pride  
Turkeys**  
Limited Quantity  
**.69** lb.



**Fischer's  
Festival  
Hams**  
8-10 lb. Avg.  
**1.89** lb.



- U.S.D.A. Choice  
**Rib**
- Steak** ..... lb. **2.89**
- U.S.D.A. Choice  
**Sirloin**
- Tip Steak** ..... lb. **2.59**
- U.S.D.A. Choice  
**Cube**
- Steak** ..... lb. **2.49**
- U.S.D.A. Choice  
**Stew**
- Meat** ..... lb. **2.19**
- Armour Veri-Best  
**\*Assorted**
- Pork Chops** ..... lb. **1.69**
- Armour Veri-Best  
**Neck**
- Bones** ..... lb. **.49**
- 1 lb. Box Taste-O-Sea Whiting  
**Fish Fillets** ..... **2.29**

- Armour Veri-Best  
**Smoked**
- Jowl** ..... lb. **.79**  
Sliced .99 lb.
- Butterball  
**Turkeys** ..... lb. **.89**
- 1 lb. Kahns Reg. or Jumbo  
**Wieners** ..... **1.99**
- 1 lb. Kahns  
**Bologna** ..... **1.59**
- 1 lb. Kahns  
**Corn**
- Dogs** ..... **1.69**
- Ky. Border  
**Chunk**
- Bologna** ..... lb. **.89**
- 12 oz. Box Mr. Fritter All Varieties  
**Patties** ..... **1.29**



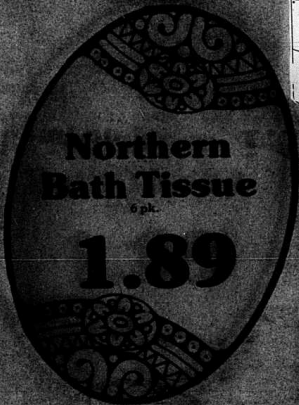
**Pet Ritz  
Pie Shells**  
10 oz.  
**.99**

- 12 oz. Donald Duck  
**Orange Juice** ..... **.99**
- 1 lb. Ore-Ida Tater Tots  
Or Crinkle Cut  
**French Fries** ..... **.79**
- 6 oz. Jenos 3 Varieties  
**Pizza Rolls** ..... **.99**
- 14 oz. Banquet 4 Varieties  
**Cream Pies** ..... **.99**
- 8 oz. Hy-Top  
**Whipped Topping** ..... **.69**
- 12 oz. Ore-Ida 5 Varieties  
**Vegetable Crisp** ..... **1.29**

**Hy-Top  
Ice Cream**  
Half Gallon  
**1.19**



3 lb. Red Rome Apples ..... 1.39  
 3 lb. Macintosh Apples ..... 1.39  
 Red Seedless Grapes ..... lb. 1.09  
 10 lb. Idaho Potatoes ..... 2.29  
 Red Ripe Tomatoes ..... lb. .69  
 1 lb. Carrots, Cucumbers Or Green Peppers ..... 3/1.00



24-26 oz. Reg. Or With Bleach Soft Scrub ..... 1.79  
 23 oz. With Trigger 409 Cleaner ..... 1.69  
 250 ct. Northern Napkins ..... 1.49  
 7 oz. Glade All Varieties Air Freshener ..... 1.09  
 14 oz. Pledge All Varieties Furniture Polish ..... 2.49



18 oz. White Rain 4 Varieties Shampoo ..... 1.19  
 18 oz. White Rain 3 Varieties Conditioner ..... 1.19  
 8 oz. White Rain 2 Varieties Pump Hairspray ..... 1.19  
 7 oz. White Rain 3 Varieties Aerosol Hairspray ..... 1.19



8 oz. White Rain Spritz, Reg. Gel Or Sculpting Gel ..... 1.19  
 60 ct. Tylenol Extra Strength Tablets ..... 4.49  
 30 ct. Grape Or Fruit Chewable Tylenol ..... 2.39



24 ct. CoTylenol Childrens Tablets ..... 2.19  
 12 oz. Extra Strength Maalox Plus ..... 4.59  
 10 oz. White Or Dry Skin Jergens Lotion ..... 2.09  
 24 ct. Tablets, Caplets, Or No Drowsy Tylenol Cold ..... 3.79

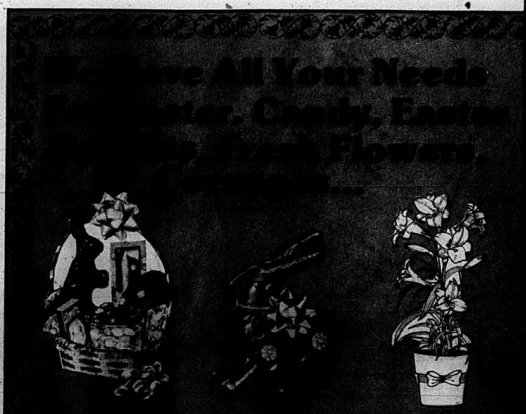
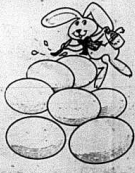
Swing In At Food  
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 \$50.00

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...ner is all-state performer Page 6  
...Adams among EKV honors band Page 15  
...falls some because of illness Page 8

A Saturday night at the Barn Dance Page 17

# Mount Vernon Signal

Mount Vernon, Kentucky 40456 Volume 101-Number 21 Thursday, March 16, 1999

## Briefly

### Michael Mink withdraws from magistrate's race

Michael Mink of Calloway officially withdrew from the second district magistrate's race Monday citing a lack of time to adequately pursue the position on the Republican ticket in this May's Primary.



Michael Mink

Mink said in a prepared statement that he believed the office of magistrate requires a lot of time, if the job is done right. He said that the second district had many problems and whomever got elected should spend a lot of time talking to the people about roads, garbage and attracting new industry to the county. "Whoever gets elected should spend the time it takes working with the fiscal court to get the things done that desperately need to be done," he said. "At the present time I don't have the kind of time it would take to do the job right," he said.

County Clerk Norma Houk said that Mink's name would not appear on the ballot but that there might be a blank space on the number position where Mink had drawn.

Mink's withdrawal leaves ten Republican candidates in the race. No Democrats filed for that office.

### Mt. Vernon police force dwindles to three officers

Last week it was police chief Joe Howard resigning to take another job.

This week, Bill Mink took a leave of absence because he is running for jailer and Jack Forner resigned for personal reasons from the Mt. Vernon police department.

The latest resignations leaves Mt. Vernon with only three officers, Kevin Fletcher, Larry Thompson and recently hired Eddie Delaney.



Eddie Delaney

Fletcher and Thompson are working twelve hour shifts at the present time while Delaney trains. Delaney was hired following Howard's resignation.

Mt. Vernon Mayor Gary Cromer said that he was going to take a look at the budget before making any decision on hiring another officer.

Mink, who is a candidate for jailer in the Republican primary will return to work as soon as the May primary is over.

### State requesting office space in Mt. Vernon

The state of Kentucky is apparently looking for a new state office building to house the Department of Social Services and the Department of Social Insurance.

An invitation to bid was released through the SIGNAL last week and the state is asking for a 5,500 square foot structure with 28 parking spaces.

The Departments of Social Insurance and Social Services are presently housed in a building on Hwy. 150 in Mt. Vernon.

The Finance and Administration Cabinet, which placed the advertisement has asked that the structure be ready to occupy by June 1. The deadline for applications is March 20.

County Democrat Chairman Verla Scott and her husband Ted, who recently built a new building on West Main Street in Mt. Vernon are among those bidding for the contract.

### Break-ins reported at Quality Sunoco, Super Test

Last Thursday morning thieves broke into the Quality Sunoco at Burr and the Super Test gas station in Mt. Vernon.

According to Ricky Smith, owner of the Sunoco station, thieves were apparently looking for money, because the station had been completely ransacked.

But, luckily the only items taken, were several valuable pocket knives.

"It took us all day Thursday to clean up the mess," Smith said. Smith, who was involved in a recent shoot-out at his station, with a Clay County man who has been charged with murder and attempted murder, said Wednesday that thieves broke out the glass in the front door, the glass to his office and the glass in the cigarette machine.

Thieves also broke out the glass in the front door at Super Test to gain entrance. Mt. Vernon police said that apparently nothing was missing from the station. That incident reportedly occurred around 4 a.m. Thursday.

### 175 attend Republican Lincoln Day banquet

About 175 people attended the Lincoln Day Banquet Saturday night at the Rockcastle County high school. The banquet, which was sponsored by the local Republican

For Ronald Bowling

## McGuire sets \$200,000 bond

### During hearing Wednesday

Stating that the offense was a "bailable one" Rockcastle District Court Judge, Walter F. McGuire set accused murderer Ronald Bowling's bond at \$200,000, cash only, during a preliminary hearing held Wednesday morning.

Bowling is also being held, without bond, in Laurel County where he is charged with the murder of Laurel service station attendants Marvin Hensley and Ronald Smith.

In Rockcastle County Bowling was charged with attempting to rob and murder Ricky Smith, owner of Quality Sunoco near Burr. For this offense Bowling pleaded not guilty as he had the previous week, to the murders of the Laurel County service station attendants.

According to an earlier statement from Smith, who did not take the stand during Wednesday's hearing, Bowling entered his store and asked about getting a job. Smith also said that he (Bowling) was acting very suspicious. According to Smith, Bowling was looking to see if anyone was driving by, Bowling then started to leave but turned and began firing at him. Smith dove behind a desk and returned fire slightly grazing Bowling with one of his three shots. Bowling then fled only to be intercepted and captured by police.

Bowling's attorney, Cletus Maricle, of Manchester did not put his client on the stand during the hearing Wednesday. However, Maricle did cross examine KSP Detective Larry Lewis.

Lewis, the only one to testify at the hearing, stated that the bullets recovered at Smith's station could not be positively identified as coming from the .38 caliber gun found along the roadside during the 26 mile chase of Bowling which led to his Clay County home. Lewis could only say that the bullets were similar.

According to Lewis, during questioning Bowling stated he had never owned a gun. Bowling also made oral statements that he had never fired a hand gun. Lewis testified that he performed a firearms residue test on Bowling, but those results were not back yet.

Bowling's attorney Maricle made two motions on behalf of his client. The first motion dealt with the request of bond for his client. Rockcastle County Attorney James Lambert opposed the motion, however, Judge McGuire was obligated to grant a bond in Bowling's case.

According to McGuire the law states that bail is permissible except when the punishment for the crime is death. In Bowling's case the crime he is charged with in Rockcastle's attempted murder, punishable with a maximum sentence of 20 years. Therefore, McGuire set the bond at \$200,000 cash only. McGuire stated that he was restricted by the law in such matters. Bowling still faces murder charges in Laurel County where Laurel District Judge Red Messer has ruled that the prosecution has demonstrated probable cause, and ordered that Bowling continue to be held without bail in the Laurel County Jail.

The second motion dealt with the return of Bowling's car to his family so they would have transportation and not have to pay a storage bill. This motion was also denied because according to Det. Lewis the KSP was still examining the automobile for possible evidence. Commonwealth Attorney Benny Ham did state that as soon as they were finished with their investigation he did not have any problem with the vehicle being returned to Bowling's family.

Bowling will be back in Rockcastle District Court at an arraignment on April 14.



Ronald D. Bowling was brought to Rockcastle Wednesday.

## March 31 deadline to sign-up for relief

This is to remind producers that the Rockcastle County ASCS Office will be having sign-up for the 1988 Disaster Program through March 31. Congress has passed legislation that authorizes disaster payments for participating program crops, nonparticipating program crops, tobacco, soybeans, and non program crops.

The program provides payments for losses in excess of 35 percent of production of specialized crops. Disaster payments will be available to eligible producers on losses which are greater than 35 percent of normal production.

Eligible producers with crop losses greater than 56 percent must agree to purchase multiple crop insurance under the Federal Crop Insurance Act for the 1989 crop for which disaster payments are made. This requirement may be waived by the county Agricultural Stabilization Committee under certain conditions.

The total amount of payments and benefits a person may receive for combined crop and livestock emergency losses in 1988 may not exceed \$100,000. Emergency livestock program benefits may not exceed \$50,000 in any calendar year.

Disaster applications for crop losses must be filed not later than March 31, at the Rockcastle County ASCS Office, together with crop acreage reports and acceptable crop production evidence.

Payments will be calculated by determining the amount of loss below 56 percent of normal production and multiplying the eligible loss by the applicable disaster payment rate. There are two payment levels: 90 percent of the payment rate for losses in excess of 75 percent of normal production and 65 percent of the payment rate for losses between 55 and 75 percent of normal production.

For computing payments, the target price will be used for producers of wheat and feed grains who are participating in the 1988 program and for producers who are not in these programs, the county loan rate will be used.

The basis for other payments are: Fort tobacco which receives price support, the national average loan rate for the type of tobacco involved; For soybeans and other eligible crops, the average commodity price received within a state for the previous five years excluding the high and low years.

The basis for payment yields are: For wheat and feed grains, the ASCS farm program payment yield. For other eligible crops, production yields based on actual production from the three previous years with the established county yield being used for

any year that actual production evidence may be missing.

Any producer may sign-up for the 1988 Disaster program at the Rockcastle County ASCS Office.

## Grocers pull fruit off shelf

Is it safe to eat the fruit? E.J. Taylor thinks so, but he is like everybody else. He is not going to take any chances.

Taylor, who owns and operates Taylor Produce at Broadhead, is following suit with the rest of the nation and not using any fruit from Chilli.

Monday the federal government urged all grocers to pull Chillian fruit off the shelves. That came after two grapes from Chilli were detected as having been laced with cyanide poisoning.

"It is really a shame because there is nothing wrong with this fruit," Taylor said. "It is the best picking of the year, real nice fresh fruit and we are going to have to throw it away," he said.

Taylor said Wednesday that he would have to throw away 75 to 80 cases of grapes, nectarines, plums and peaches that came from Chilli. He will lose the money he has already paid for the fruit, but he won't lose anymore of Chillian fruit, because he won't be buying anymore.

Very soon any way.

Wednesday Taylor refused a shipment of 96 cases of fruit that had come from Chilli.

Local grocers are also following the recommendation of the federal government and pulling their fruit that came from Chilli out of the produce counter. "We will not be able to carry any of the Chillian fruit until the situation is resolved," said Jerry Sparks, owner of Mt. Vernon Foodtown. Sparks said he cleared his shelves Monday as soon as the reports of the cyanide were released. For about five months of the year, from late December until sometime in May, Chille supplies grapes, peaches, plums and nectarines to Kentucky and most of the country. Sales of Chillian fruit stopped Monday after the Food and Drug Administration found traces of cyanide in two seedless red grapes in Philadelphia.

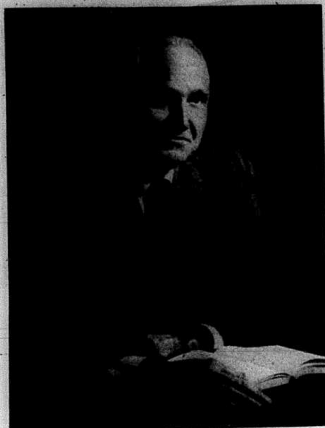


Mike French and his wife, Pam of the Valley Singers were among the many excellent acts performing at the Renfro Valley Barn Dance Saturday night. (Other photos on page 17).





# Meet Dr. Childress



Harold M. Childress, M.D.

Dr. Harold McFerron Childress, who has been so generous with money gifts to Livingston School in the last two years, is typical of the "local boy makes good" dream.

Dr. Childress was born in Livingston in 1905 to Dr. W.J. Childress and Frances Catherine McFerron, and was reared on a farm near Pine Hill. His father practiced several years in Livingston.

Both the Childress and McFerron families were among the original settlers in Rockcastle County, immediately after the Civil War.

Dr. Childress graduated from the University of Kentucky in 1926 and from the University of Louisville Medical School in 1933.

His specialty training in orthopedic surgery was done at major medical schools in Boston, Chicago and Dallas.

He started active practice in Jamestown, New York exactly 50 years ago in 1939 and this practice included five years on active duty in World War II, two of them behind the front lines in Europe.

Dr. Childress has had 42 scientific papers published in national surgical journals and has been a participant at Orthopedic conventions in most of the major cities of the United States and in eight foreign countries including China, Russia, Yung King and Israel.

He has been accredited with three original surgical procedures in treating severe injuries at the elbow, knee and ankle.

(Editor's Note: Dr. Childress donated \$2,500 at Easter time 1988, \$1,000 at Christmas for students in Dec., 1988 and the \$5,200 donation this year).

### LOST!

White gold ladies watch, lost either at Jean's Restaurant or Video Alley. Call 256-2201 or 256-2890. **REWARD!**

## Car dealership is sold

Ed "Cutworm" Tineher and Jessie Williams, owners of London Motors on U.S. 25 South in London, have announced the sale of their new car franchise to Dan Hiler and Don Wall.

Hiler and Wall are also the owners of Superior Chrysler, Plymouth, Dodge and Nissan of Nicholasville, Ky.

Tineher and Williams, both of London, started London Motors in 1980 as a used car dealership. In 1983 they obtained the Chrysler, Plymouth and Dodge franchise.

With the announced sale, Tineher said he will continue to operate London Motors as a used car and truck center on South Main Street in London, across from the Dairy Dart Drive-in.

The new car franchise will be known as London Chrysler-Plymouth-Dodge.

Tineher is well known throughout the area in the automotive business. He has been selling cars and trucks in the London area for 27 years.

"I want to thank the many customers we have had and we want to continue to serve them at our new location," Tineher said.

"We will continue to maintain a large selection of clean late model used cars," he said. The phone number at the used car dealership is 864-5790.

### This N' That

Cont. from 3

of \$5,200. However, we did not run it on the front page and that upset many teachers and parents at Livingston that thought it should be. Some of

those parents and teachers have voiced their displeasure with us this week in a letter to the editor on page 2.

While the entire story did not appear on the front, a headline at the very top of the page did tell readers about the donation and where to find the story if they wanted to read it.

Dr. Childress has appeared on the front of the SIGNAL before when he made one of the other donations and last week it was the decision of the staff here not to run the story on the front because we felt we had other stories that were of more interest to the greater majority of our readers.

We did not intend to alienate anyone, but it is still the decision of this staff what goes on the front and what doesn't.

At the request of Livingston School, we are running a short story about him in this week's edition. That story gives some background information about Childress.

I am somewhat relieved that accused murderer Ronald Bowling will also be tried in Laurel County for heinous crimes he is accused of.

The track record of juries in

Rockcastle has not been the greatest lately and there would be no guarantee that, even with a positive identification from Rick Smith that Bowling was the one who entered his station and shot at him, there would be a guilty verdict.

I am not sure if it is poor prosecution or a lack of respect for the law by jurors, but one thing is for certain, you never know what the outcome of any trial in Rockcastle County will be.

Of course, that is the way most will tell you that the system is supposed to work.

But, surely not everyone is innocent in Rockcastle County, surely not!

### Correction

In a story in last week's paper about a donation to Livingston school we said that the money from Dr. Harold Childress was just in time to help a worn out Writing to Read Lab at the school.

That statement should have been that the money would be used to replace some worn out equipment. The lab itself actually only opened in October of 1988.

## Citizens of Rockcastle Co.

**My name is T.J. Parsons and I would like to announce my candidacy for Sheriff of Rockcastle County in the May 23rd Republican Primary.**

I have served 7 years as Deputy Sheriff -- 4 years under Dewey Ballinger and 3 years for Clarence "Jib" Hasty which makes me believe I am qualified for the office of Sheriff.

If elected, we will be on 24 hour call, each deputy will have a phone. We pledge to patrol the roads and to serve the public to the best of our ability.

The office will be operated in a fair and courteous manner.

**I am asking for your Vote and Support to elect me, T.J. PARSONS Sheriff of Rockcastle County**

Filed for by Candidate

## Citizens of the 2nd District

I'm encouraged by many as I seek to become Magistrate in our district. I thank you! I hope to have the privilege of being able to work with others toward making this a county we can all be proud of.



## Elect Gilbert Ray Mullins

Magistrate 2nd District

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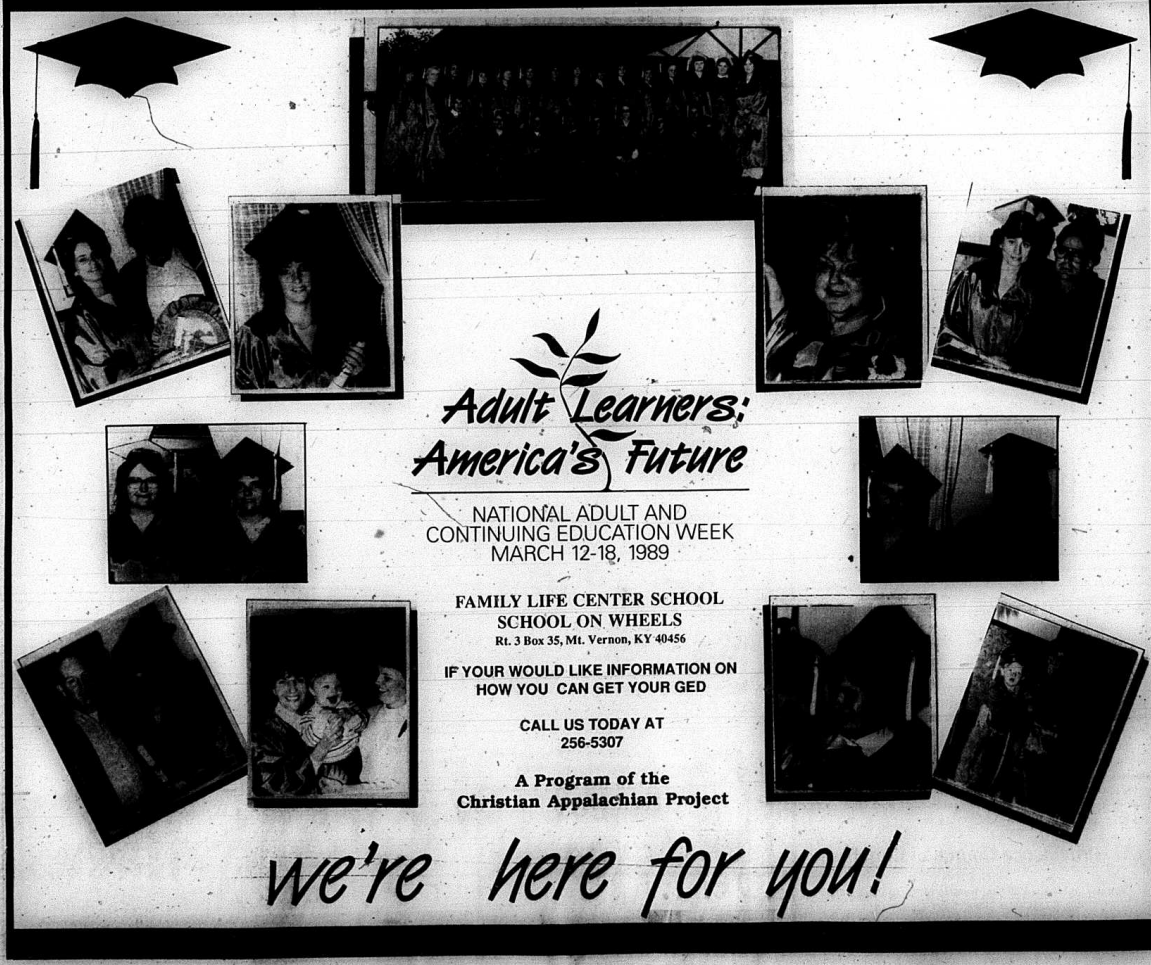
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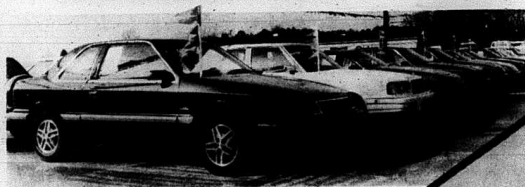


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<p><b>1987 Buick CENTURY</b></p> <p>Great family car! Whip, blue interior, 4-door, am/fm stereo, power windows, power steering, power brakes, air conditioning, only 39,000 miles. \$6,795 or</p> <p><b>\$17666</b> Per Month*</p>	<p><b>1987 Dodge ARIES</b></p> <p>Brown, brown cloth interior, luxury package, automatic, am/fm stereo, power steering, power brakes, see it today! Only 34,000 actual miles. \$4,975 or</p> <p><b>\$13476</b> Per Month*</p>	<p><b>1986 Chevrolet CELEBRITY</b></p> <p>Nice car! Blue, automatic, power steering, power brakes, air conditioning, only 45,000 miles. \$4,975 or</p> <p><b>\$14378</b> Per Month*</p>	<p><b>1986 Dodge 600</b></p> <p>Great family car, black, automatic, am/fm stereo, power steering, power brakes, air conditioning, only 34,000 miles, extra good condition. \$4,850 or</p> <p><b>\$13976</b> Per Month*</p>	<p><b>1987 SUBARU</b></p> <p>2 to choose from! One silver, one red, 4-door, automatic, am/fm stereo, power steering, power brakes, air conditioning, only 32,000 miles. \$6,450 or</p> <p><b>\$16613</b> Per Month*</p>
<p><b>1987 Pontiac 6000</b></p> <p>Maroon, cruise control, power windows, power steering, power brakes, air conditioning, only 31,000 miles, loaded, super nice! \$6,850 or</p> <p><b>\$17325</b> Per Month*</p>	<p><b>1987 Ford TAURUS GL</b></p> <p>White, tinted windows, 4-door, automatic, cruise control, am/fm stereo, power windows, power steering, power brakes, air conditioning, tilt steering wheel, only 38,000 miles, a great buy. \$5,875 or</p> <p><b>\$14665</b> Per Month*</p>	<p><b>1985 Chrysler 5th AVENUE</b></p> <p>Luxury Car! Has it all! Charcoal, am/fm cassette, cruise control, power seats, power windows, power steering, power brakes, air conditioning, tilt steering wheel, only 49,000 miles. \$6,950 or</p> <p><b>\$23214</b> Per Month*</p>	<p><b>1988 Chevrolet CAVALIER</b></p> <p>Great buy! White, automatic, cruise control, am/fm stereo, power steering, power brakes, air conditioning, tilt steering wheel, only 30,000 miles. \$6,950 or</p> <p><b>\$17700</b> Per Month*</p>	<p><b>1988 Dodge DAKOTA</b></p> <p>Black, long bed, SE package, camper top, automatic, am/fm stereo, power steering, power brakes, air conditioning, V-6 engine, only 2,645 miles. Save thousands.</p> <p><b>ONLY \$8,975</b></p>

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**Places Seventh**

The Cumberland College Cheerleaders recently placed seventh in the National College Cheerleading Championships. Members of the squad are, front row: Indian Massot, Brooke Jones, Second row: Tracy Hall, Kisa Abbott, Robin Maxey, Lori Evans and Regina Benge (daughter of Mr. and Mrs. Reggie Benge of Rt. 1, Brodhead). Back row: Darrin Spencer, Jeff Seltzer, George Potter, Ira Amburgey, Tony Saragas and Tim DeBolt. (Not pictured: Janelle Cavendish).

**Benge is member of Cumberland cheerleading squad**

Brodhead resident Regina Benge, daughter of Reggie and Phyllis Benge, is a member of the Cumberland College Cheerleading squad which recently placed in the top ten of the National College Cheerleading Championships. The squad was awarded seventh place in the Division II competition sponsored by the Universal Cheerleading Association. More than 120 squads nationwide entered the three divisions of the competition. Division II of the College Championships was begun five years ago and Cumberland has ranked in the top twenty each year. In 1985,

the Cumberland squad was ranked second and traveled to San Diego to compete in the national finals. To win their top ten ranking, the cheerleaders sent a videotape of a sideline chant, floor cheer, fight song routine and a two-minute crowd appeal segment to the UCA national judging committee. Cheerleaders were judged in the areas of mounts, gymnastics, partner stunts, communication and projection, synchronization, crowd appeal and overall appearance. The 12-member squad cheers at all football and men's and women's basketball games at home and away.

**Small game seasons set**

Two hunting zones for quail and rabbit, resulting in earlier opening dates in several Eastern Kentucky counties, were approved by the Fish and Wildlife Resources Commission at its March 5-6 meeting in Frankfort. Quail and rabbit season will open Nov. 1 and continue through Nov. 10 in counties east of and including Lewis, Rowan, Menifee, Powell, Estill, Jackson, Rockcastle, Pulaski and Wayne. The zone will reopen Nov. 21, and continue through the last day of January, 1990. Quail and rabbit seasons in the remaining Kentucky counties will open Nov. 21 and run through Feb. 18, 1990. For the second year, the state will

be zoned for squirrel hunting. The eastern zone is the counties in the Seventh and Ninth Wildlife Districts in Eastern Kentucky. Squirrel hunting in the western zone will open Aug. 19 and run through Oct. 31. The second portion will begin Nov. 21 and continue through Dec. 31. The eastern zone will open Sept. 2 and run through Nov. 10, will reopen Nov. 21 and continue through Dec. 31. Furbeaser season will open Nov. 21 and run through the last day of January, 1990. Ground hunting will begin Nov. 21 and continue through Feb. 28, 1990. The special beaver season will be Feb. 10 through Feb. 28, 1990. Bag and possession limits remain unchanged from last year.

Counties in zone seven will be closed to all deer hunting. Prices for deer permits (\$17.50 for a two-tag permit) remain unchanged from last year. One of these two tags will be valid for antlerless deer only while gun hunting in zones one through four. In zone one, hunters may take any deer for the first five days and are limited to bucks only for the remaining five days of the gun season. Zone two hunters have three days of any deer gun hunting and seven days bucks-only hunting. Zone three will open with seven days of bucks-only hunting and any deer may be taken on the last three days of the gun season. Zone four is

similar, except that any deer may be taken only on the last day of the gun season. Zone five hunters have 10 days, and zone six hunters five days, of bucks-only hunting. The 1989 archery season will be Oct. 1 through Dec. 31 in zones one through six. Archers may take any deer in zones one through five, but are limited to bucks only in zone six. The muzzle-loader season will be Dec. 9 through Dec. 15, an increase of two days from last year's five-day season. During the muzzle-loader season, hunters may take any deer in zones one through three and bucks only in zones four through six.

**1989 County Zone Listing**

Adair	4	Calloway	3	Fleming	5	Hopkins	1
Allen	2	Campbell	2	Floyd	6	Jackson	6
Anderson	2	Carr	2	Fulton	2	Jefferson	2
Ballard	2	Carroll	2	Gallatin	2	Jessamine	6
Barren	4	Carter	2	Garrard	2	Knott	6
Bath	5	Cassey	4	Grant	2	Knox	7
Bell	6	Christian	1	Graves	3	Krus	3
Boone	2	Clark	5	Green	3	Laura	1
Bourbon	5	Clay	6	Greenup	5	Lawrence	6
Boyd	6	Clinton	1	Hancock	3	Les	5
Breathitt	4	Crittenden	4	Hardin	3	Leslie	6
Bracken	2	Cumberland	4	Hart	6	Letcher	6
Breckinridge	1	Daviess	4	Harrison	3	Lewis	1
Bullitt	3	Edmonson	2	Hart	5	Lincolin	6
Butler	3	Elliot	5	Henderson	2	Livingston	1
Caldwell	1	Fayette	6	Henry	2	Logan	6
				Hickman	2		14

**Sports**

**Cromer is All-Star Junior**



Jamie Cromer, son of Mr. and Mrs. Gary L. Cromer of Somerset and grandson of Junita Cromer of Mt. Vernon and the late Russell Cromer, has been named, along with 11 other juniors, to the Kentucky High School Junior All-Star Team. The team will be touring Kentucky for 5 days before leaving for Europe in early June for 10-12 days. They will be attending the Hoop Stars Camp and the Kentucky Prep All-Star Festival in mid-July. They will end the season in Las Vegas, Nev. on July 22-29. Jamie was named to the District All-Tournament team and to the 12th Region All-Tournament team this month. He attends Somerset High School.

**Bowling News**

The Rockers still top the Rockcastle League at Maroon Lanes in Richmond with a 64-1/2 and 39-1/2 record. In second are Babe's Bunch at 62-1/2 and 41-1/2 and NAPA holds third with 60 wins and 44 losses. NAPA took high team series for the week with a 2374. Team members are Bill and Millie Reynolds and James and Lois Noe. The Misfits took high team game with an 844. Team members are Perry and Cindy Noe, Ada Noe and Jamie Noe. James Noe had high men's series with a 545. Clifton Daugherty was second with a 544 and Jamie Noe third with a 535. James Noe also had high men's game with a 230. Rick Anderkin was second with a 224 and Perry Noe third at 202. Evelyn Mullins took high women's series with a 513. Debbie Bugg was second with a 506 and Jamie Bryant third with a 500. Millie Reynolds' 214 took high women's game; Judy Lawless was second with a 213 and Evelyn Mullins third with a 192. Jim Anderkin had high men's series HDCP with a 613. James Noe was second with a 593 and Jamie Noe third with a 592. James Noe had high men's game HDCP with a 246. Rick Anderkin was second with a 241 and James Hamilton third with a 238. High women's series HDCP was taken by Millie Reynolds with a 648. Judy Lawless was second with a 622 and Evelyn Mullins third with a 609. Millie Reynolds also had high women's game HDCP with a 267. Judy Lawless was second with a 262 and Ada Noe third with a 229. High men's average is held by Clifton Daugherty with a 182. James Noe is second at 179 and Rick Anderkin third with a 178. Debbie Bugg has high women's average at 168. Jamie Bryant and Evelyn Mullins are tied for second with 161 each.

**Easter is really hopping now.**



Just call or visit us today to send the **FTD Bunny Basket™ Bouquet \$22.50** Easter Sunday is **March 26, FTD®** Flowers...the feeling never ends.™

**Cox Florist**

**256-3333**

**Susan and Keith Coffey, Owners**

**ELECT Charles D. HOLBROOK**

**Magistrate, First District**



All joking aside, if I am elected Magistrate, I will work hard to make Rockcastle County a better place to live and work.

**Your Vote and Influence Will be Greatly Appreciated**  
**Charles D. Holbrook**

Pd. for by candidate

**NOW AVAILABLE!**

**CAMEL RACING GASOLINE**

**CUMMINS CHRYSLER COMMUNION STRONG**

U.S. 25 North on the Strip, Berea, KY Toll Free 1-800-624-3646, 606-986-3385, 986-2422

**Convenient Food Mart**

**COLORING CONTEST**  
STOP BY YOUR NEIGHBORHOOD CONVENIENT FOOD MART AND PICK UP A COLORING SHEET. WIN A 3 FOOT GIANT STUFFED EASTER BUNNY. FOR CHILDREN 10 AND UNDER. DEADLINE IS MARCH 23. WINNERS WILL BE NOTIFIED ON MARCH 24, 1989.

<b>Pepsi</b> 16 oz. ret. <b>\$1.98</b>	<b>Doritos Brand Tortilla Chips</b> 11 oz. <b>\$1.99</b>
<b>Pepsi</b> 2 Liter <b>\$1.18</b>	<b>Fischers Wieners</b> 16 oz. All Meat or Jumbo All Meat <b>\$1.59</b>
<b>Fischers Wieners</b> 16 oz. All Meat or Jumbo All Meat <b>\$1.59</b>	<b>Purnell's "Old Folks" Sausage</b> 1 lb. Mild or Hot <b>\$1.69</b>
<b>Cheetos</b> 9 oz. <b>\$1.59</b>	<b>Fischers Bologna</b> 16 oz. Regular, Thick or Garlic <b>\$1.59</b>

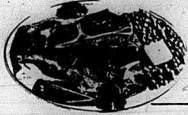
**We are Convenient**  
Prices Effective March 12-25, 1989  
Richardson St., Mt. Vernon, KY. Open seven days a week 5:30 a.m. til 12 Midnight



Boston Butt Pork Roast

**1 19**  
lb.

Boston Butt  
Pork Steak



**1 39**  
lb.

Boneless Chuck Roast

**1 79**  
lb.

# Spring Fresh

**VALUES  
EVERY DAY**

Fischers 12 oz.  
Hot Dogs

**1 09**



Fischers  
Bologna  
1 lb.

**1 49**

Fresh Ground Beef

(3 lbs. or more)

**1 19**  
lb.



Armour Patties  
Chuck Wagon, Pork,  
Chicken

**1 59**  
lb.



Fresh  
Neck Bones

**.49**  
lb.

Fischers Bacon

**1 19**  
12 oz.



JFG 32 oz.  
Salad Dressing

**.89** Limit 1 w/\$10 add. order

Kellogg's Pop Tarts

**1 39**  
11 oz.



**PRODUCE**

Idaho Potatoes

10 lb. **2 29**

Yellow Onions

3 lb. **.79**

Navel Oranges

4 lb. Bag **1 49**

Fresh  
Green Cabbage

**.19** lb.

Red or Yellow  
Delicious Apples

3 lb. **.99**

Whole  
Milk

Gallon

**1 89**

Freezer Queen  
Cook & Bags

5 oz.

**2/1 00**

Freezer Queen

Entrees

32 oz.

**1 69**

Gravy  
Train

5 lb.

**3 49**

Betty Crocker Cake Mixes

Limit 2 w/\$10 add. order **.89**

Betty Crocker RTS Frosting

16 oz. **1 19**



Tuna Helper 7 oz.

**1 39**

Riceland Rice Cello

16 oz. **2/1 00**



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

**1 39**

Sun Maid Seedless  
Raisins

15 oz. **.99**

Armour Chill w/Beans

24 oz. **1 39**

Mrs. Butterworth  
Syrup

24 oz. **2 49**

HyTop Sq. Mustard

8 oz. **.45**

Shedd's Spread  
3 lb. Family Crock

**1 99**

Hormel Chunk  
Chicken  
Breast

6 oz.

**1 59**

Deviled  
Spam Spread

3 oz.

**.45**

Gal. Lemon Fresh Clorox

**1 19**

Soft Scrub w/Bleach

24 oz. **1 89**

Surf 72 oz. Detergent

Limit 1 w/\$10 add order **2 99**



Final Touch 64 oz. **2 29**

Dove Liquid 32 oz. **1 49**

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

**.99**



Crisco  
Oil  
128 oz.

**5 99**



Pepsi  
Products  
12 pack cans  
**3 39**

Pepsi Products  
(8) 16 oz. Ret. Plus Dep.

**2 09**



Paramount Sweet Pickles 16 oz. **1 39**

Paramount Bread/Butter Slices 46 oz. **1 99**

Paramount Polish Dill 46 oz. **1 99**

Kraft Dressings 16 oz. **1 69**

Post Toasties 18 oz. Limit 1 **.99**

Apple Keg Apple Juice 46 oz. **1 39**

Banquet Cream Pies

14 oz. **.99**



Kraft Macaroni  
Dinner

7 oz.

Limit 2 w/\$10 add. order

**.45**

Gold Medal  
Flour

128 oz.

Limit 1 w/\$10 add. order

**.89**

409 w/Trigger

**1 79**  
22 oz.



Gala Towels **.69**

Limit 2 w/\$10 add. order

Sunlight Dish Liquid **.99**  
22 oz. Limit 1 w/\$10 add. order



Snuggles  
48 & 32 ct.

**7 99**



Chef Boy-R-Dee  
Pac Man, Zooroni, Roller  
Coasters, ABC, Tic Tac Toes,  
Smurf Pasta, & Dinosaurs

15 oz. **.89**

Chef Boy-R-Dee  
ABC w/Sauce  
& Dinosaurs Pasta

15 oz. **2/1 00**



**SUPERIOR**

Food Market Prices Effective  
March 16-22  
SYMBOL OF QUALITY

U.S. 25 South Mt. Vernon, Ky



# A Special Thanks to Students and Parents of Rockcastle Co.

I am very proud of our parents, students and school staff for their concern and interest in improving school attendance for the 1988-89 school year. It has been proven that students who have developed the habit of attending school on a regular basis receive priority from industry in hiring over those with a poor attendance record. Good attendance not only pays off while in school but in the future as well. Allow me to take this opportunity to encourage you, students and parents, to raise our attendance back to where we were the first three months of school. Together, we can make the last three months of school the highest attendance ever in Rockcastle Co. school history.

MONTH	1	2	3	4	5	6
<b>SCHOOL</b>						
Broadhead	97.6	97.0	96.8	95.4	94.8	92.6
Livingston	97.7	97.9	96.6	96.2	95.6	92.9
Mt. Vernon	97.9	97.5	96.5	95.9	95.6	92.0
Roundstone	97.2	96.4	95.3	93.4	94.4	92.4
RCHS	97.2	95.5	95.3	94.1	96.3	92.0

**TOTAL ATTENDANCE FOR THE FIRST SIX MONTHS OF 1988-89 IN COMPARISON TO THE FIRST SIX MONTHS OF 1987-88**

MONTH	87-88	88-89	
1	96.4	97.3	+0.9
2	95.6	96.6	+1.0
3	94.6	96	+1.4
4	94.4	95.5	+1.1
5	94.1	95.5	+1.4
6	92.6	92.2	-0.4

**Buford Parkerson**  
Director of Pupil Personnel

## Project Graduation underway

By Glenda Kirby  
After a rather slow start, plans for Project Graduation are finally taking off. This is due to the fine turn-out we had at our last meeting. There is still a lot of planning to be done and we still need the help of anyone interested in helping with this alcohol-free fun party for the graduating seniors. This party will be held graduation night at the high school and will provide a safe place for the graduating class to celebrate this great achievement.

Project Graduation is endorsed by the State Department of Education and the Kentucky State Police. In fact, Commissioner Elkins of the KSP has noted that in counties where Project Graduation is held, there were no highway fatalities or injuries among the senior class. Various committees have been set-up and you will find these listed below with members at present. If you

would be willing to help, please call any of the people on the committees and volunteer your services.  
**Fund Raising and Prizes:** Judy Rowe, chairman, Lou VanLoose, Sam Ford, Betty Owens and Lisa Cook.  
**Entertainment:** Eddie Hammonds, Luther Allen, Arthur Hunt, Charlene Eaton.  
**Food:** Carol Pybas and Renee Burdette, co-chairmen, June Coleman, Joyce Leace, Carol DeBorde, Linda

McClure, Marita McGuire, Roberta McGuire, Jenny Sowder, Mary Taylor, Perlina Anderkin and Mrs. Arley. **Decorations:** Joyce Craig, Joyce Norton, Wanda Ellison, Martha Hamm and Judy Ford. **Publicity:** Glenda Kirby, Liz Phelps and Carolyn Hinton. **Security:** Preston Parent, chairman, Rudner Purcell, Gary McGuire, Wm. Taylor, Raymond Carl, Danny Hinton, Mike Bryant and Jim Anderkin. **Volunteers:** Rose Baker and Jackie Bullock. **Tickets:** June Stevens and Betty Gllovak.

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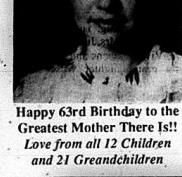
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**Perlina F. Anderkin, Editor**  
**Richard F. Anderkin, Managing Editor**  
Member Kentucky Press Association

**SUBSCRIPTION RATES:**  
In County - \$12.00 Yr. Out-of-County In-State \$15.00  
Out-of-State \$20.00

**Happy Birthday**  
Sis  
March 21st



Lordy! Lordy! Lordy!  
Look Who's Way  
Way Past 40!!  
Love, Sis



Happy 63rd Birthday to the Greatest Mother There Is!  
Love from all 12 Children and 21 Grandchildren

**Ford makes dean's list**  
James Devin Ford of Mt. Vernon, son of Mr. and Mrs. Sammy Ford, has

been placed on the Dean's List for the fall semester 1988 at Liberty University in Lynchburg, Virginia. A student qualifies for the Dean's List when he earns a GPA of 3.5 or better in a semester.

**Notice to Public of No Significant Effect on the Environment and For Request for Release of Funds**

Rockcastle County  
Rockcastle County Courthouse  
Mt. Vernon, Kentucky 40456

To All Interested Agencies, Groups and Persons:  
On or about March 29, 1989, the above named County will request the Kentucky Department of Local Government to release Federal funds under Title I of the Housing and Community Development Act of 1974 (PL 93-383) for the following project:

**Renfro Valley Development**  
Renfro Valley Revitalization and Expansion  
Mt. Vernon, Rockcastle County, Kentucky

It has been determined that such request for release of funds will not constitute an action significantly affecting the quality of the human environment and, accordingly, the above-named County has decided not to prepare an Environmental Impact Statement under the National Environmental Policy Act of 1969 (PL 91-190).

- The reasons for this decision not to prepare such Statement are as follows:
- (a) Only temporary and minimal adverse effects will occur as a result of the project activities, such as noise and dust during construction.
  - (b) The long-term environmental effects outweigh the short-term adverse effects listed above. The positive effects include increased employment and increased economic development in the county.

An Environmental Review Record respecting the within project has been made by Rockcastle County which documents the environmental review of the project and more fully sets forth the reasons why such Statement is not required. This Environmental Review Record is on file at the above address and is available for public examination and copying, upon request, between the hours of 9:00 a.m. and 4:00 p.m.

No further environmental review of such project is proposed to be conducted prior to the request for release of Federal funds.

All interested agencies, groups and persons disagreeing with this decision are invited to submit written comments for consideration by the County to the office of the undersigned. Such written comments should be received at the address specified on or before March 24, 1989. All such comments so received will be considered and the County will not request the release of Federal funds or take any administrative action on the within project prior to the date specified on the preceding sentence.

Rockcastle County will undertake the project described above with Block Grant funds from the Kentucky Department of Local Government (KDLG) under Title I of the Housing and Community Development Act of 1974. Rockcastle County is certifying to the state that Rockcastle County and Judge Hubert Thacker, in his official capacity as Judge Executive, consent to accept the jurisdiction of the Federal courts if an action is brought to enforce responsibilities in relation to environmental reviews, decision-making, and action; and that these responsibilities have been satisfied. The legal effect of this certification is that upon its approval, Rockcastle County may use the Block Grant funds and the State and HUD will have satisfied their responsibilities under the National Environmental Policy Act of 1969. The State will accept no objection to its approval only if it is on one of the following basis:

- (a) The certification was not in fact executed by the County's Certifying officer.
- (b) The County has failed to make one of the two findings pursuant to SS. 58.41 or to make the written determination decision required by SS. 58.47, 58.53 or 58.64 for the project, as applicable.
- (c) The County has omitted one or more of the steps set forth at Subparts F and G for the preparation and completion of an Environmental Assessment.
- (d) No opportunity was given to the Advisory Council on Historic Preservation or its Executive Director to review the effect of the project on a property listed on the National Register of Historic Places, or found to be eligible for such listing by the Secretary of the Interior, in accordance with 36 CFR Part 800.

Objections must be prepared and submitted in accordance with the required procedure (24 CFR Part 58) and may be addressed to the Kentucky Department of Local Government, Capital Plaza Tower, 2nd Floor, Frankfort, Kentucky 40601.

Objections to the release of funds on basis other than those stated above will not be considered by the State. No objections received after April 8, 1989, will be considered by the State.

**Judge Hubert Thacker**  
Rockcastle County Courthouse  
Mt. Vernon, Kentucky 40456



**First Birthday**  
Maria Danielle, daughter of Ray and Sherry Hensley of Broadhead, celebrated her first birthday February 25th with a party at her home. Many friends and relatives joined in celebrating the occasion. Maria is the granddaughter of Harvey and Laura Hensley, William Bentley and Sue and Eugene Halcomb, all of Broadhead.



Sakes! Alive!  
I'm Proud I'm  
Turning 55

**Rockcastle County Elementary Schools MENU**  
March 20 - 24, 1989

- Breakfast**  
Monday: Sausage biscuit, juice, milk  
Tuesday: Pork loaf, applesauce, biscuit, juice, milk  
Wednesday: Cereal, toast/jelly, juice, milk  
Thursday: Ham biscuit, juice, milk  
Friday: Toasted cheese sandwich, juice, milk  
**Lunch**  
Monday: Spaghetti/meatsauce, green beans, buttered carrots, roll, milk, frosty creme  
Tuesday: Vegetable beef soup and sandwich, crackers, vegetable sticks, milk, banana pudding  
Wednesday: Hot dog on bun, potato chips, baked beans, milk, fruit  
Thursday: Turkey on bun, potato rounds, lettuce and tomato, milk, castle cookie  
Friday: Pizza, buttered corn, garden salad, milk, fruit

**Rockcastle County High School MENU**  
March 20 - 24, 1989

- Monday: Chef's salad or spaghetti/meatsauce, green beans, spiced apples, roll, milk, choice of offered desserts  
Tuesday: Chef's salad or pizza, garden salad, buttered corn, milk, choice of offered desserts  
Wednesday: Chef's salad or burger on bun, french fries, lettuce, tomato and pickles, milk, choice of offered desserts  
Thursday: Chef's salad or vegetable beef soup and sandwich, crackers, vegetable sticks, milk, choice of offered desserts  
Friday: Chef's salad or barbecue on bun, potato rounds, cole slaw, milk, choice of offered desserts

**Auction**  
of  
**Mr. Johnny Benges's**  
**76 Acres, More or Less**  
**Saturday, March 25, 1989 1:30 p.m.**

LOCATION: From Crab Orchard, turn off highway 39 near Brummett's Orchard on the Negro Creek Road and follow auction signs approximately 3 miles to auction site. From Broadhead, turn off U.S. 150 at Burton's Dairy Freeze on the Negro Creek Road and go about 4 miles. Auction signs are posted.

Mr. Benges is now driving a truck and does not have time to devote to the farm and has authorized our firm to offer it for the high dollar.

The property consists of 76 acres, more or less, of which approximately 34 acres is crop and pasture land and the balance in woods. The basic tobacco allotment for 1989 is 1150 lbs.

The farm is improved with the above pictured barn which measures approximately 36x60. Since there is no house, you can build to suit your own personal taste. Water is provided by a branch.

**AUTIONER'S NOTE:** If you're in the market for a farm in the Lincoln/Rockcastle County area, then be sure to look this one over before sale day.

**TERMS:** 20% down day of sale, balance in 30 days with delivery of deed.

For additional information contact:

**Ford Realty & Auction Co.**  
REALTOR/AUCTIONEER  
SAM FORD  
DANNY FORD  
ROY ADAMS  
AUCTIONEERS  
JERRY HAN  
WILLARD BULLOCK  
RAY HUMBLETT

Mt. Vernon, Ky, Phone 256-4648  
London, Ky, Phone 878-7111  
Somerset, Ky, Phone 878-2212  
Kentucky Toll Free No. 1-800-454-5454





## Mt. Vernon Personals

By: Mrs. George Burton

Harris Burton and son Master Sgt. Stanley Burton and Mr. and Mrs. George Burton visited Mr. and Mrs. Samuel Newton at Somerset awhile last Wednesday evening.

U.G. Ramsey underwent surgery at the Berea Hospital Monday. We wish him a speedy recovery.

Recent visitors of Mr. and Mrs. George Burton were Mr. and Mrs. Danny Hurley, Harris Burton and son Stanley Burton, Patricia Holland and Doug Griffin.

Patricia Holland visited her brother Monroe Mink and Mrs. Mink at London Sunday afternoon.

Mrs. Ora York has been admitted to the Rockcastle Hospital. We wish her a speedy recovery.

Mr. and Mrs. Edward Stephens

and children Phillip and Amanda of Lexington visited Mr. and Mrs. Robert Kirby and Mr. and Mrs. Raymond Kirby Saturday.

Sympathy is extended to all who have lost loved ones recently. May the Lord comfort each one.

Mrs. Wanda Palmer of Batesville, Ind. and Mrs. Rose Huber and daughter Ginger and Lisan of Sunman, Ind. visited Mr. and Mrs. Robert Kirby awhile Saturday night. They were here for the funeral of Mrs. Rosa Sowder.

Patricia Holland visited Mrs. Ora York at the Rockcastle Hospital Monday evening.

Mrs. Virgie Mink of Brindle Ridge was in Mt. Vernon last Friday.

Mrs. Ina Mink was on the sick list, we wish her a speedy recovery.

## Fairview

By: Mrs. Hubert Chasteen

Greetings to all you good people everywhere, hope you are well and happy and enjoying life. Spring time is almost here, the days are getting longer and warmer. "Under the mantle of winter a new year is awakening". So let's enjoy every day the Lord gives us on this earth. In Psalms 118:24 we find these words, "This is the day which the Lord hath made; we will rejoice and be glad in it." God has been so good to us down through the years. Let's remember every day to thank Him for all His great blessings.

Worship services were well attended at the Fairview Baptist Church over the weekend and for Sunday School we had one hundred and forty four. All in all it was a glorious happy day, our pastor Rev. Harvey Penzol delivered an inspirational message on the Prodigal Son. At the close of the service we had several red-dedications and one coming on profession of faith. We already had two awaiting baptism.

Baptismal services were conducted Sunday evening with three for baptism. We pray God's richest blessings on them and thank Him so much for the events of the day.

Our Sunday School average attendance for the month of February was one hundred and fifteen for which we give God the praise.

Heartfelt sympathy goes out to the families of Bill Still of Berea and Mrs. Mable (Seals) Fry of Del City, Okla. May God bless and comfort the loved ones at this time. They have our love and prayers.

Visiting Mrs. Mary Cope over the weekend from Dayton, Ohio were her son and family Mr. and Mrs. William Cope and children.

Eugene Alexander and son Kenny visited in our home Friday morning of last week.

Visiting Loyd Pickle and other family members over the weekend were Mr. and Mrs. Mack Lundy and Mrs. Mae Smith of Rural Retreat, Virginia. Loyd's wife, Mrs. Nancy Pickle died one year ago on March 13th and these relatives wanted to be with the family at this time. Mrs. Smith is Loyd's sister and Mrs. Lundy is Mrs. Pickle's sister. On Saturday afternoon all the family members were together, the relatives from Virginia, Loyd Pickle and children, Mrs. Smith, her daughter-in-law and daughters of Conway, Mr. and Mrs. Ken

Canterbury of Berea, Mr. and Mrs. Sherwood Pickle of Frankfort, Kenny Pickle of Winchester, Gary Pickle of Richmond and Michael Pickle, (who is still at home) and his girl friend Sherry Lakes of Berea. On Saturday evening they all (but Kenny who had to report to work) enjoyed a nice supper at Peoples Restaurant in Berea. (We all loved Mrs. Pickle and miss her so much).

On Feb. 20, the Primary Sunday School Class at Fairview and their teacher Delilah Blair had a get-together in the church basement where they all enjoyed Pizza. Attending were Monica Cummins, Gina Anderkin, Sherry Ridgell, Chad Croucher, Bill Hensley and Tiffany Gabbard. After the delicious supper they all enjoyed playing games and fellowshiping together. Children are a great blessing to all of us and we love to see them happy.

Visiting us last Saturday afternoon were our daughter Joyce Seals and her daughter Kim and our son Wayne and wife Carolyn, all of near Berea. Please remember to pray for the sick wherever they are. I'd especially like to request prayer for Michael Greer of New London, Ohio, my sister Dorothy's son, who is hospitalized. May God bless him and his family at this time. Many others have our prayers too.

Let's all try to help President Bush to make America a kinder and gentler place. Love each other and above all love and be good to children. God bless you.

## Home Economics

### The Cholesterol Connection

By: Cheryl Witt  
County Extension Agent  
for Home Economics

What's your cholesterol count? This question is becoming very common table talk as cholesterol continues to be one of the hot topics of the time. A few years ago, we seldom, if ever, heard the term and now it is commonplace on food packages, in book titles, in magazine and newspaper articles and in health posters.

As we have become a society that consumes vast amounts of high-fat foods while at the same time reducing physical activity and increasing stress, cholesterol levels have become an increasing concern for our well being.

Although one might think that cholesterol is all bad, it does play an essential role in our body's maintenance. It is a building block for certain hormones and is a vital component of cell membranes and nerve fibers. The problem occurs when we have too much cholesterol in our system. It then tends to accumulate in the walls of arteries, putting stress on circulation systems and hearts as blood is pumped through clogged systems.

There are two types of cholesterol. Low-density lipoprotein (LDL) which tends to clog arteries and high-density lipoprotein (HDL) which helps flush cholesterol out of the blood.

The best preventative for heart disease or hardening of the arteries is regular exercise plus a balanced diet, relatively low in saturated fats and

cholesterol. However, we thought it might be helpful to focus on these foods to help increase awareness of their importance.

Today, the big push is for oat bran. It has become the wonder food of the late 80's. And, while it will help lower cholesterol, there are many other foods that can help in the same way. Other foods that have been identified as being beneficial include: apples, barley, carrots, eggplant, olive oil, skim milk, yogurt, beans and soybeans, raw onion, brown rice and certain seafoods.

Balance is the key to a good life and our diets are no exception. Too much of anything can turn out to be detrimental. If you are fortunate enough to have a low cholesterol level, maintain it by eating a balance of fruits, vegetables, protein-rich

Cont. to 16

## Car Wash Saturday

10 a.m. to 3 p.m.

For 8th Grade King and Queen Candidates at MVES

Car Wash - \$2.00

Location: Beside Ford Realty & Auction Co. in Mt. Vernon



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**LU ED NIELSEN** FOR MAGISTRATE

DISTRICT 1, DEMOCRATIC PRIMARY, MAY 23, 1989

Thank you for your vote and your support. PHOTO BY CANDIDATE

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**1986 Cadillac Sedan Deville**  
Blue, all power options, wire wheel covers.  
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**1986 Oldsmobile Delta 88**  
White, cruise control, am/fm stereo, power windows, power door locks, air conditioning, tilt steering wheel, wire wheel covers. Sale Price \$8650.  
**ONLY \$242<sup>61</sup> Per Month\***



**1985 Pontiac 6000 STE**  
Sandlotwood, am/fm cassette, automatic, cruise control, power steering, sunroof, air conditioning, tilt steering wheel. Sale Price \$5995.  
**ONLY \$185<sup>12</sup> Per Month\***



**1986 Buick Park Avenue**  
Loaded to the gills, charcoal, wire wheel covers.  
**ONLY \$10,995**

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**1987 Oldsmobile Firenza**  
2-tone red, automatic, cruise control, power steering, power brakes, air conditioning, tilt steering wheel, low mileage, wire wheel covers. See Robby Baker. Sale Price \$7895.  
**ONLY \$186<sup>78</sup> Per Month\***



**1984 Buick Riviera**  
Super sharp, completely loaded, cream. Sale Price \$6995.  
**ONLY \$269<sup>95</sup> Per Month\***



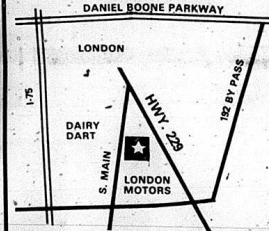
**1986 Pontiac 6000**  
Silver, automatic, cruise control, am/fm stereo, power steering, power brakes, air conditioning, tilt steering wheel, luggage rack, wire wheel covers. Sale Price \$5395.  
**ONLY \$145<sup>72</sup> Per Month\***



**1985 Chevrolet Camaro**  
Black, automatic, am/fm stereo, power steering, power brakes, air conditioning, sport wheels & stripe. Sale Price \$5995.  
**ONLY \$185<sup>12</sup> Per Month\***



**1987 Plymouth Reliant**  
LE package, automatic, am/fm stereo, power steering, power brakes, air conditioning, rear window defroster. Sale Price \$5295.  
**ONLY \$121<sup>11</sup> Per Month\***



**1986 Pontiac Fiero GT**  
Black, completely loaded, super sharp, V-6 engine, low mileage.  
**SAVE**



**1988 Chevrolet Sprint**  
Silver, automatic, am/fm stereo, power steering, power brakes, air conditioning, low mileage. Sale Price \$3895.  
**ONLY \$140<sup>91</sup> Per Month\***



**1986 Ford Mustang**  
Red, nice clean car, automatic, cruise control, am/fm stereo, power steering, power brakes, air conditioning, rear window defroster. Sale Price \$5695.  
**ONLY \$169<sup>89</sup> Per Month\***



**1985 Chevrolet Camaro**  
Red, sport stripe, 5-speed, power steering, power brakes, air conditioning, low mileage, wire wheel covers, rear window defroster. Sale Price \$5695.  
**ONLY \$180<sup>84</sup> Per Month\***



**1987 GMC S-15 Pickup**  
Red, am/fm stereo, power steering, power brakes, low mileage, bed rails, rear step bumper, sport stripes. Sale Price \$6695.  
**ONLY \$138<sup>01</sup> Per Month\***



**1986 Toyota X Cab**  
Charcoal, sliding rear window, strip bumper, sport stripes, 5-speed, am/fm stereo. Sale Price \$7495.  
**ONLY \$129<sup>70</sup> Per Month\***



**1986 Ford Ranger XLT King Cab**  
White/red, am/fm cassette, power steering, power brakes, air conditioning, bed rails, rear step bumper. Sale Price \$6495.  
**ONLY \$185<sup>35</sup> Per Month\***



**1986 Dodge D-50**  
Red, sport stripes & wheels, chrome strip, am/fm cassette, sunroof, one owner, sun visor, running boards, bed rails. Sale Price \$4995.  
**ONLY \$138<sup>99</sup> Per Month\***



**1987 Ford Aerostar**  
White, paint stripe, am/fm cassette, automatic, cruise control, power steering, power brakes, air conditioning, tilt steering wheel. Sale Price \$6995.  
**ONLY \$172<sup>55</sup> Per Month\***



**1987 Oldsmobile Cutlass Ciera S**  
Automatic, am/fm stereo, power windows, power steering, power brakes, air conditioning, sport wheels, luggage rack. Sale Price \$7495.  
**ONLY \$185<sup>83</sup> Per Month\***



**1987 Chevrolet Chevette**  
Silver, sport stripe, am/fm cassette, low mileage. Sale Price \$3865.  
**ONLY \$89<sup>39</sup> Per Month\***

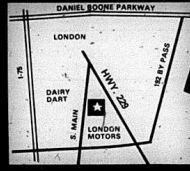


**1986 Ford Thunderbird**  
Maroon, automatic, am/fm stereo, power steering, power brakes, air conditioning, tilt steering wheel, rear window defroster, wire wheel covers. Sale Price \$5465.  
**ONLY \$154<sup>43</sup> Per Month\***

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**1986 Mercury Cougar**  
White, cruise control, am/fm stereo, air conditioning, tilt steering wheel, sport wheels, rear window defroster. Sale Price \$7495.  
**ONLY \$208<sup>23</sup>** Per Month\*



**1987 Mercury Sable LS**  
2-tone interior, am/fm cassette, cruise control, power seats, power windows, tilt steering wheel. Sale Price \$9395.  
**ONLY \$224<sup>87</sup>** Per Month\*



**1985 Ford Thunderbird Turbo Coupe**  
Blue, completely loaded, extra nice. Sale Price \$6695.  
**ONLY \$208<sup>71</sup>** Per Month\*



**1988 Pontiac Grand Am**  
White, automatic, am/fm stereo, power steering, power brakes, air conditioning, tilt steering wheel, low mileage. Sale Price \$8995.  
**ONLY \$211<sup>12</sup>** Per Month\*



**1986 Ford Crown Victoria LX**  
Blue, am/fm cassette, automatic, cruise control, power seats, power windows, power steering, power brakes, power door locks, air conditioning, tilt steering wheel. Sale Price \$9450.  
**ONLY \$266<sup>43</sup>** Per Month\*



**1987 Buick LeSabre**  
Blue, wire wheel covers. Sale Price \$10,650.  
**ONLY \$256<sup>36</sup>** Per Month\*



**1986 Chevrolet IROC-Z**  
Bright red, T-top, new tires, am/fm cassette, cruise control, air conditioning, tilt steering wheel. Sale Price \$9275.  
**ONLY \$261<sup>22</sup>** Per Month\*



**1987 Ford Taurus**  
2-tone black, cruise control, am/fm stereo, power steering, power brakes, air conditioning, tilt steering wheel. Sale Price \$5995.  
**ONLY \$138<sup>79</sup>** Per Month\*



**1985 Oldsmobile Calais**  
Red, extra clean & sharp, automatic, am/fm stereo, power steering, power brakes, air conditioning, tilt steering wheel, sport wheels, luggage rack. Sale Price \$5995.  
**ONLY \$191<sup>28</sup>** Per Month\*



**1987 Pontiac 6000**  
Bronze, automatic, cruise control, power steering, power brakes, air conditioning, tilt steering wheel, wire wheel covers. Sale Price \$2695.  
**ONLY \$146<sup>10</sup>** Per Month\*



**1987 Pontiac Trans Am**  
Black & gold, T-top, am/fm cassette, cruise control, power windows, power door locks, tilt steering wheel, rear window defroster. Sale Price \$2695.  
**ONLY \$252<sup>24</sup>** Per Month\*



**1986 Plymouth Duster**  
Red, automatic, am/fm stereo, power steering, power brakes, air conditioning, new tires. Sale Price \$4995.  
**ONLY \$138<sup>97</sup>** Per Month\*



**1985 Chrysler Laser**  
Charcoal, am/fm cassette, cruise control, air conditioning, tilt steering wheel, rear window defroster, sport wheels. Sale Price \$3695.  
**ONLY \$135<sup>38</sup>** Per Month\*



**1975 Chevrolet 9-Passenger Van**  
Green, automatic, fm tape, power steering, power brakes, air conditioning, sport wheels.  
**ONLY \$1695**



**1984 Ford Escort Wagon**  
Red, automatic, power steering, power brakes, air conditioning, roof rack. Sale Price \$1695.  
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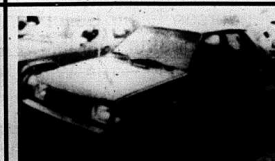
**1986 Dodge Lancer**  
Blue, 4-door, automatic, cruise control, am/fm stereo, power steering, power brakes, air conditioning, tilt steering wheel. Sale Price \$5495.  
**ONLY \$154<sup>43</sup>** Per Month\*



**1983 Ford F-150 4X4**  
Black, 51,000 miles, sport stripes, 4-speed, am/fm tape, one owner, sliding rear window, bed rails.  
**ONLY \$5495**



**1985 Ford Escort Turbo**  
Am/fm stereo, sunroof, air conditioning, rear window defroster, sport stripes & wheels. Sale Price \$3695.  
**ONLY \$111<sup>22</sup>** Per Month\*



**1986 Plymouth Horizon**  
Red, 4-door, am/fm cassette, one owner, sport wheels. Sale Price \$3895.  
**ONLY \$104<sup>96</sup>** Per Month\*



**1987 Dodge Lancer**  
Blue, am/fm cassette, automatic, cruise control, power steering, power brakes, air conditioning, tilt steering wheel, sport wheels, rear window defroster. Sale Price \$5295.  
**ONLY \$172<sup>55</sup>** Per Month\*



**1984 Dodge Colt**  
Red, am/fm cassette, one owner, low mileage, sport stripes. Sale Price \$2295.  
**ONLY \$76<sup>06</sup>** Per Month\*







Above front row from left are, Beth Ann Collins, Rachel Trebello and Michael Todd. Back row from left, Melanie Leece and Adam Trebello. In the photo at right, front row from left, Michael Todd and Brandon Bernard. Second row from left are, Beth Ann Collins, Jessica Gahr, Krystal McClure and Angela Murphy. Third row from left are, Melanie Leece and Rachel Trebello. Fourth row from left are, Melissa Hayes, Anna Margaret Stevens, Mickey Taylor and Adam Trebello. Fifth row, Jason Gregory and back row, Corey Craig and Eric Burke.

### Local students participate in EKU's honor band

Three Rockcastle County students were among more than 150 high school band members who spent Feb. 24-26 at Eastern Kentucky University's 1989 Honors Bands Weekend.

Included were Greg Dalgherty, John Adams, and Kathy Howard from Rockcastle County High School, Robert Pybas, band director.

Thirty-eight high schools from Kentucky and Ohio sent representatives to the Honors Bands Weekend.

Guest conductors for the 1989 Honors Bands were Dr. Myron Welch, director of bands at the University of Iowa, and Richard Cool, recently retired as music coordinator and director of bands in the Northmont City Schools in Clayton, Ohio.

While attending the Honors Bands Weekend, the students spent some 14 hours rehearsing in preparation for a concert held on Sunday, Feb. 26.

In addition, the students attended an open rehearsal and concert by the

The Mt. Vernon Signal, Thursday, March 16, 1989 P-15

The EKU Honors Bands Weekend is another outreach effort of the EKU Department of Music. It was coordinated by Hartwell and Mark Whitlock, assistant director of bands at EKU.

Student participants were recommended for the Honors Bands by their high school band directors.

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| <b>Women</b>   | <b>Men</b>  |
| *Sale on one table women's jeans                             | *Lee & Levi jeans   |
| *Sale on one rack ladies' tops                               | *Levi jackets   |
| *Sale on winter sweaters                                     | *Big boy work coats   |
| *Dresses, skirts, and Converse shoes                         | *Western shirts   |
|  | *Insulated coveralls  |
|  | *Converse shoes   |
|  | *Walker work boots  |
| <b>Little Girls</b>  | <b>Boys</b>   |
| *Sale on girls' jeans sizes 7-10, 10 pair                    | *Student sport jeans  |
| *Sale on winter coats  | *Frosted Levis  |
| *Sale on sweaters & winter gowns, sweat pants & sweat shirts | *Shirts, insulated coveralls & coats                                      |
|  | <b>For the Home</b>   |
|  | *New load of matching bedspreads, curtains & shams                        |
|  | *Towels, wash cloths, kitchen towels, curtains, blankets, pillows, sheets |

## Going out of Business

Saturday, March 18  
will be our last day

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Slippers \$12 pr.

Ladies Shoes \$6<sup>50</sup> pr.

Thanks to everyone who has traded with me in the past 16 years.

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Judy and Stewart Rowe

### Lincoln Day Banquet-From Front

this May's primary election. Each candidate in attendance was recognized.

U.S. Representative Harold Rogers, Kentucky Representative Danny Ford and Kentucky Supreme Court Justice Joe Lambert all spoke during the banquet. Dr. Steve Kelly of Somerset was the featured speaker.

Trial commissioner Robert Robinson and former county attorney James W. Lambert served as masters of ceremonies for the evening.

### Michael K. Dohnansky, M.D. Cardiologist

Announces the opening of his office for the practice of Cardiology

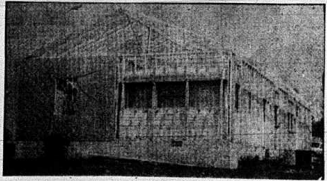
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### 8th District PTA Reflections Contest

One hundred eighteen Brodhead students recently participated in the 8th District PTA Reflections Contest. This is a contest in Visual Arts, Photography, Music and Literature. This year's theme was "Proud Experiences". Each student entering based his or her entry upon a proud experience they had had sometime during their lifetime.

The school entries were judged by some very competent people. The Literature entries were judged by Mrs. Pamela Martin and Mrs. Mary Neville Cash who teach Literature and Reading. The photography was judged by Douglas Brock, a local photographer. Lawrence Bullock, art teacher at Rockcastle County High School, and his senior art class chose the visual arts winners and Ms. Elizabeth Moore, the county elementary music teacher judged the music entries. After one 1st place winner and several honorable mentions were chosen from each group as school winners, these were sent on to Somerset for the District judging. Here the Brodhead students competed with students from several surrounding counties and were judged by out of county judges. We were very proud of our students because here we won 1st place in three out of four divisions.

These 1st place winners were: Photography - Michael Todd, 5th grade, Mrs. Sharon McKinney's room; Visual Arts - Rachel Trebello, 6th grade, Mrs. Patsy Morgan's room; Music - Adam Trebello, 8th grade, Mrs. Pamela Martin's room.

We also took 2nd and 3rd place in photography, 3rd places in Visual Arts and 2nd and 3rd places in Literature.

A reception for all students who participated was held Friday, March 3rd at 2:15 in the school cafeteria where winners were recognized and refreshments were served. Mrs. Sharon McKinney, PTA Cultural Arts Chairman, would like to extend special thanks to the people who worked especially hard to make this year's contest such a success; our judges, our principals, Mr. Payne and Mrs. Hamm and especially PTA officers Peggy French, Rita Hayes, Wanda Trebello and Delores Albright. Also thanks to all the classroom teachers who encouraged their students to participate and to all parents who became involved in the project.

## Thanks, Rockcastle County Republican Party



ELMO C. ANDERKIN  
Candidate for  
Magistrate First District

My wife and I attended the Lincoln Day Banquet sponsored by the Rockcastle County Republican Party held at Rockcastle County High School last Friday night. In my opinion, it was a great success. I was very impressed all the way through the program, from the meal to the speakers and with the great number of people who attended.

I would like to thank all the party members who worked so hard to put the program on: the county school administration for use of the building and especially to the cooks who prepared the meal. All of you who ate will have to agree with me it was absolutely superb. Those cooks are good at their job. Also, thanks to the young ladies who served. They were not only young and pretty, but polite and efficient.

Back in the 50's and early 60's, my job took me to many of our county schools. At Brodhead High School, when D.A. Robbins was principal, if you got a chance to eat at the cafeteria, you could always get a good meal and Friday night brought back old memories of those good meals.

Those on the program were Juanita Davis, Robert Robinson and James W. Lambert. Speakers were Congressman Hal Rogers, Supreme Court Justice Joe Lambert and Rep. Danny Ford, who represent Rockcastle in Kentucky and Washington. You could not help but be a little proud of the way these men represent Rockcastle County.

Dr. Steve Kelly of Somerset spoke briefly to the group. He said that great things were going to happen to Rockcastle County in the next 10 years if we were ready to handle them. Does he know something that we don't? Does it mean that a great deal of money is going to be spent in the 5th District and Rockcastle will get its share if we are ready for it?

I would like to see the voters of Rockcastle County elect at least three qualified men as magistrates who would work with the new county judge/executive for a better Rockcastle.

"Let's Promote, Protect and Support  
Rockcastle County"

Paid for by Candidate

### Home Economics

**Cont. from 11**  
foods, grains and dairy products. There are two ways to control cholesterol, the other way is to eat foods that help the body utilize and rid itself of extra cholesterol. If you are trying to reduce cholesterol, and some of these recipes will help you reach your goal. As with anything, you will not see positive results with one meal or one food. Improvement comes with a total change of any poor eating habits... not just consuming a case of the latest wonder food.

#### Oat Bran Muffins

- 1/2 cup oat bran
- 1/2 cup quick-cooking rolled oats
- 3/4 cup buttermilk or sour milk
- 1/4 cup cooking oil
- 1/4 cup packed brown sugar
- 1 egg or 1/4 cup egg substitute
- 3/4 cup unsifted all-purpose flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon soda
- 1/4 teaspoon salt
- 1. Combine oat bran, rolled oats and buttermilk in mixing bowl. Blend in oil, brown sugar and egg, add flour, baking powder, soda and salt; stir just until moistened.

- 2. Spoon batter into paper-lined microwave-safe muffin cups, filling 2/3 full. Sprinkle with cinnamon-sugar.
- 3. MICROWAVE (high) 6 muffins at a time, uncovered, 2 to 2 1/4 minutes or until no longer doughy, rotating pan once.

About 12 muffins  
110 Calories Each

#### Springtime Salmon Salad

- 1/4 cup sliced almonds
- 1 teaspoon margarine or cooking oil
- 3 cups fresh broccoli pieces
- 1/2 cup chopped red onion
- 1/3 cup reduced calorie mayonnaise
- 1 tablespoon sugar
- 1 can (6-1/2 oz.) red salmon, drained and flaked
- 1/2 cup raisins
- 1. Combine almonds and margarine in 1 cup glass measure.
- 2. MICROWAVE (high), uncovered, 2 1/2 to 3 minutes or until almonds are golden brown, stirring 2 or 3 times. Set aside. Combine broccoli and onion in 1-quart microwave-safe serving bowl. Cover with plastic wrap.
- 3. MICROWAVE (high) 2 1/2 to 3 minutes or until broccoli is bright green. Uncover and cool. Combine yogurt, mayonnaise and almonds; mix lightly. Cover and refrigerate until served.

About 6 servings  
190 calorie each

### Attention Homemakers

CPR classes are scheduled for April 6, 1989. The instructor is Joy Gallahan, and the location is the Rockcastle County Hospital. Two sessions have been scheduled, one for certification for those who have never had training and certification for those whose certification has expired.

Certification Class: 9 a.m. - 3 p.m. Cost is \$10. Recertification Class: 6 to 9 p.m. Cost is \$5. There is a limit of 6-8 per class. Register by coming to the Extension Office and paying the fee. When you pay your fee, you will receive a book which you need to read before the class. For questions, call the Extension office at 256-2403.



#### 4-H News

By: John McQueary  
County Extension Agent  
for 4-H

#### County 4-H Variety Show

Ninety-one 4-H'ers participated in this year's 4-H Variety Show on March 7 at Brodhead Elementary School. This year's Variety Show was a big success. There were a total of four clubs, and 21 Specialty Acts. The 4-H Council would like to congratulate all the acts that participated. A very special thank you to our Master of Ceremonies, Renée Deborde, Tiffany Turner and Missy Owens, you did a fantastic job.

This year's winning club act, the 4-H Farouts from Brodhead, Mrs. Burton's Club. This club will participate in Bell County at the WTA 4-H Variety Show. Congratulations to your club.

Second place was "It's a Smash" from Roundstones' Young Guns Club, Mrs. Todd and Mrs. Makin were their leaders.

Also receiving blue ribbons were "Music in a Small World" from Livingston, Mr. Gragby and Mrs. Abney were their leaders.

Also receiving blue ribbons were "Wild, Wild, West" from the Dudes and Duddettes, Mrs. Shafer was the leader.

All the club acts did a fantastic job. Winning specialty act was "Don't Worry Be Happy" by Jessica Rosenberg from Roundstone. Jessica will compete at Bell County High at the WTA Variety Show.

2nd Place Winner was "The Twist" by Barbie Adams, Adrienne Gabbard, and Emily Gialler from Brodhead. Congratulations to the top two specialty acts.

Other specialty acts receiving blue ribbons include "Chariots of Fire" by Lee Hysinger; "Fifteen Party" by Paula Morgan and Natalie Albright; "SBC" by Dee Abney, Stephanie Platt, and Chris Powell; "Dancing-The Right Stuff" by Angie Lawless; Pam Bradley, Jessica Rose and Jennifer Kirby; "You got it" by Joe Spoonamore, Jamie Medley, Benji Lawson, James Robbins, "Double Talk" by Melanie Coffey and Marcia Coffey; "Country Barber Shop" by Justin Howlett and Jesse Bugg; "Appetite for Destruction" by Jim Owens; "Big Break Up" by Missy Makin and Gaye Stallworth; "Blue Moon" by Crystal McClure; "Lucky Stars" by Trisha Goforth; "Do you Love Me?" by Jama Cornelius; "America The Beautiful" by Keshia McClure; "America and Ode to Joy" by Bobby Mosley; "Big Girl's Don't Cry" by Scarlett Dailey, Michelle Stevens, Amy Sears and Traci Todd; "Caroline in the Morning" by Janelle Payne.

#### Meeting to organize Rotary Club Mar. 16

There will be a second meeting with interested persons from Rockcastle County and the Lancaster Rotary Club Thursday night, (tonight) at 7 p.m. in the Rockcastle County High school Library.

The purpose of this meeting is to survey and discuss the possibilities of starting a Rotary Club in the Mt. Vernon area. This could be a very important and beneficial time for your community, businesses and for Rotary itself. We all need each other and this is an opportunity for us to join our efforts to better the environment we live in.

Please take the time to come and be a part of this effort. Rotary is an International Organization as well as a Civic Organization which benefits all involved. This endeavor cannot be a success without you. This encouragement comes to you on behalf of the Lancaster Rotary Club.

### Rockcastle Hospital REPORT

Admitted: Amanda Bullock, Brodhead, Eula Dooley, Orlando, Denver Sandlin, Brodhead, Marshall Farmer, Mt. Vernon, Eula Brummett, Mt. Vernon, Deborah Stevens, Brodhead, Donna Abney, Mt. Vernon, Plesse Brock, Crab Orchard, Nellie Tyree, Mt. Vernon, Leonard Ramsey, Mt. Vernon, Katha Carpenter, Lamer, Carolyn Bell, New Hope, Aubrey Phelps, Brodhead, Anthony Mason, Brodhead, Pearl Mason, Orlando, Steven Haling, Orlando, Charles Barnett, Brodhead, Stephanie Haarman, Brodhead

Discharged: Laura Cook, James Bowling, Roscoe Mullins, Aubrey Phelps, Amanda Bullock, Mayry Dixon, Deborah Stevens, Donna Abney, Denver Sandlin, Nellie Tyree, Eula Dooley, Eula Brummett, Stephanie Haarman

Sakes Alive  
She'll Be  
Thirty-Five!

Happy Birthday,  
Bonita  
We Love You!

### "What Saith the Scriptures"

A Live Call-in Program on WRVK 1460 AM  
Saturdays at 12 noon  
Providence Church of Christ  
Dan McKibben - 758-9316

### Citizens of Rockcastle County

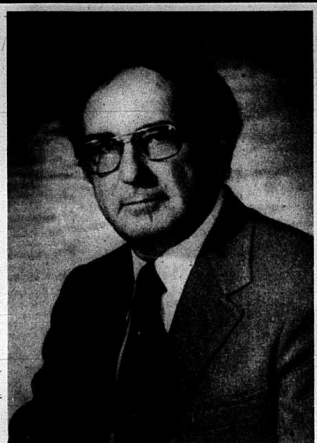
My name is Doris Doan Settles. I'm a candidate for Rockcastle County Jailer. I'm a lifelong resident of Rockcastle County. I've been in the restaurant business all my life here in the county. My husband is Robert Settles. I have four children, Danny Settles, Larry Settles, Debbie Parsons, Carolyn Napier.

When elected your first woman jailer, I pledge to run a good clean jail. I will treat all incarcerated persons equally. I would really appreciate you getting behind me and elect the first woman jailer in our county's history. Thanks for your support.

Doris Doan Settles,

Candidate for Rockcastle County Jailer

PAID FOR BY  
CANDIDATE



Dear Friends,  
Thank you so much for your expressions of confidence since my announcing for the office of **County Judge Executive**. Please be reminded that my name will not appear on the May Primary ballot, however, I will be on the ballot for the general election this fall. Thank you for your friendship and let me suggest that we all remember November.

Sincerely,  
Gatliff Craig

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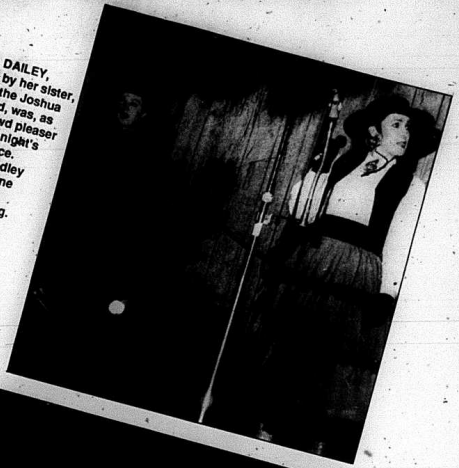
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**Mount Vernon Signal**

# A Saturday night at the Barndance



**DONNA DAILEY**, accompanied by her sister, Connie and the Joshua Cooley Band, was, as always, a crowd pleaser at Saturday night's Barndance. Donna's medley of Patsy Kline songs is spine-tingling.



**ERNIE SOWDER**, a native of Mt. Vernon opened the show Saturday night, accompanied by Susan Tomes and Jeff Parker. Sowder has been a regular on the Barndance for years.



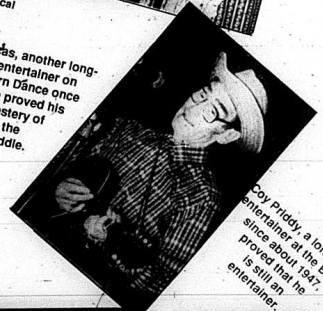
Jan Cummins, Susan Tomes and Virginia Sutton Bray sang a gospel number which was a crowd pleaser. Jan also did an instrumental on the banjo which showcased her musical ability.



Glenn Pennington, one of the new owners of the Barn, emceed the first part of the show. Above, he does a skit with Bun Wilson, a regular on the Red Barn across the road.



Bee Lucas, another long-time entertainer on the Barn Dance once again proved his mastery of the fiddle.



Coy Priddy, a long-time entertainer at the Barn, proved that he is still an entertainer.

## A Commentary

By: Perlina M. Anderkin

It made me want to go out and buy a guitar and practice like mad.

But, on reflection, I decided it would probably go like a lot of my other projects such as the half-finished afghan, the unfinished paint-by-number set and the sewing machine I can't even find anymore. So, I just decided to sit back and enjoy the performances of those who can do it.

I'm talking about the Renfro Valley Barn Dance.

Saturday night, Jim and I and friends went to the Old Barn at the invitation of one of the new owners, Glenn Pennington.

Our front row seats afforded us an excellent vantage point from which to assess, with our limited knowledge of music in general, the entertainment aspect of the evening. It was well worth our time. It had been years since we had bothered to attend a performance at the Valley. The last time, I think, was when Ernest Tubbs was a featured performer and we enjoyed that immensely.

But, after seeing Saturday night's show I came home and told our 17-year-old that we would definitely have to make plans for a return to the Valley during the summer. We can't tell you if the show has been upgraded with the new owners since we never went before. All we know is that this one is good.

Donna Dailey, backed up by her sister, Connie, and the Joshua Cooley Band is well worth the price of admission alone and then there are added benefits. There was a young singer, Phil Clem, whom I have never heard of who was simply marvelous. His voice is melodious, he's certainly not hard to look at (always a plus) and his stage manner is endearing.

Comedian Bun Wilson made a short funny appearance to let people know what kind of talent is available at the Red Barn, which is mostly a comedy show we understand.

All the acts were enjoyable and I could spend several columns telling you about them but I will hope to whet your appetite just enough to get you to at least visit the Valley once this year and see for yourself what top-notch entertainment is available right in your back yard.



Al Ballinger, at right, emceed the second part of the show and opened his duties with "Does Ft. Worth Ever Cross Your Mind?" He was very ably accompanied by Mike French of the Valley Singers.



Local boys Eric and Ethan Eversole, provided some excellent bluegrass music for the large crowd.



Phil Clem, along with Susan Tomes, was probably our favorite entertainers of the evening. Clem has a beautiful voice and the crowd reacted to his talent.



And, of course, perennial favorite Joe Clark was on hand with his son, Terry, to make the crowd laugh and to entertain them on the banjo.



THE PARKER BROTHERS from Big Hill were one of two Bluegrass music acts on the show. I'm not a Bluegrass Music fan but I thoroughly enjoyed this group and their lead singer (second from right)









**Poet's Corner**

Cont. from 11

Lynn Rose Doan, "Rose" to a friend  
Her brains kept her going till school  
did end

For Janet Lee Frith, nickname  
"Skinny" soon arose  
It had nothing to do with her cute  
little nose

For Laco Hamm, "Loco" was fine  
Did he ever have a line

Eva Hayes "Hezie," how we did call  
She had the bestest giggles of any  
at all

John Holbrook "Hoby" slow he walk  
And he shore did have lazy talk

Ruth Holbrook "Ruthie," she was

Called by her brother  
She was more bashful than any other

On Billy Huston, "Huey" stuck like  
a leech  
And he was noted for his speech

We called Sarah Faye Hunt, "Shirley"  
I'll say  
And her complexion needed no help  
from Mary Kay

Alice Mae Kelly, to her "Speedy"  
was no harm  
And her pretty eyes were her charm

Magdalene Kirby, "Maggie" was  
what we called her  
She was always herself no matter  
where

Sarah Kirby, "Surric" was the name  
we call  
And she always had humor for all

On Lois Mays, "May" was hung  
And didn't she have a fluent tongue

When "Bet Bet" was mentioned,  
Betty Ann Newland did hark  
And she would answer with a smart  
(intelligent) remark

Gene Noe, "Hoss" was never any  
harm  
It was his interruptions that was his  
charm

We referred to Mildred Norton fondly  
as "Mil"  
She was sweet and quiet and never  
ill (cross)

George Lee Owens, nicknamed  
"Hagen" because the ball he played  
He would get tickled but his  
laughter was delayed

Ida Mae Owens called "Peie" by a  
swarm  
It was her laziness that was her charm

When we spoke to Carol Ann Riddle,  
we say hey there "Red"  
Didn't she have curly hair on her head

For Juanita Sanders, Baggie was her  
choice  
She was noted for her melodious voice

David Saylor, "Dave" we don't want  
to miss  
The girls said his charm was his kiss

For Keith Singleton, "Cheapie"  
couldn't be beat  
I still remember that he was neat

Helen Smith, "Smittie" was the name  
we call  
She had a figure that beat them all

Mary Doris Smithers we remember  
her as "Punk"  
And anything in music she would  
never flunk

Mike Thomas, "Shagnasty" we called  
him just for fun  
When it comes to executive ability  
he was the one

Denton Thompson, "Humpty"  
described him to a tee  
He used the same walk no matter

where he be

Harold Van Hook, "Smiley" I want  
you to hear  
Cause he was always smiling from  
ear to ear

Bill Wilson, "Chip" was dark so he  
was not fair  
And he had those curls all in his hair

In closing, I hope I'm not asking too  
much  
Lets make an effort to keep in touch.

Due to a shortage of space, the rest  
of the poems submitted this week  
will be printed next week.

**Notices**

TO GIVE AWAY: Black and tan  
hound puppies. Free. About 4 months  
old. Call 758-8252 after 6.

Notice: I will not be responsible for  
debts made by anyone other than  
myself. Farmer Waddle. 20x4p

Notice is hereby given that George  
William Mobley, 2163 Petersburg  
Rd., Hebron, Ky. 41048, has been  
appointed executor of the estate of  
Daniel Chester Mobley. Any persons  
having claims against said estate shall  
present them, according to law, to the  
said George William Mobley or to  
Lambert & Lambert, P.O. Box 736,  
Mt. Vernon, Ky. 40456 on or before  
September 13, 1989. 21x3

Notice is hereby given that Carrie  
Bernice Doan, Rt. 1, Box 28, Mt.  
Vernon, Ky. 40456 has been appointed  
executrix of the estate of  
Elmer Lee Decker. Any persons  
having claims against said estate  
shall present them, according to law,  
to the said Carrie Bernice Doan or on  
before September 11, 1989. 21x3

Notice is hereby given that Vernus  
Renner has filed a final settlement of  
her accounts as executrix of the estate  
of Walter Renner, deceased. A  
hearing on said settlement will be  
held on March 20, 1989. Any excep-  
tions to said settlement must be filed  
before said date. 20x2

Notice is hereby given that an order  
has been entered dispensing with  
administration of the estate of Nellie  
Bullock, deceased. All persons hav-  
ing claims against said estate shall  
present them, verified according to  
law, to Rothe Earl Bullock, Mt.  
Vernon, Ky. 40456 or to Clontz &  
Cox, P.O. Box 749, Mt. Vernon, Ky.,  
attorneys for said estate, no later than  
March 20, 1989. 20x3

Notice is hereby given that Martha  
Belle Hensley, Rt. 2, Box 665, Mt.  
Vernon, Ky. 40456 has been appointed  
executrix of the estate of  
Marvin Hensley. Any persons hav-  
ing claims against said estate shall  
present them according to law to the  
said Martha Belle Hensley or to  
Cunnagin and Cunnagin, Fourth and  
Main Street, London, Ky. 40741 on  
or before September 4, 1989. 20x3

Notice is hereby given that Vala  
Patterson, 5674 Kenwood Rd., Cin-  
cinnati, Ohio 45227 has been appointed  
ancillary administrator of the estate  
of Nicole Renee Patterson. Any  
persons having claims against said  
estate shall present them according to  
law to the said Vala Patterson or to  
Clontz & Cox, P.O. Box 749, Mt.  
Vernon, Ky. 40456 on or before  
September 6, 1989. 20x3

Notice is hereby given that Mary E.  
Hansel, Rt. 3, Box 476, Mt. Vernon,  
Ky. 40456 has been appointed ex-  
ecutrix of the estate of Sherman  
Hansel. Any persons having claims  
against said estate shall present them  
according to law to the said Mary E.  
Hansel or to Lambert and Lambert,  
Box 736, Mt. Vernon, Ky. 40456 on  
or before September 6, 1989. 20x3

**NOTICE OF PUBLIC HEARING**

The City of Livingston, Ken-  
tucky, will conduct a public hear-  
ing on Friday, March 24, 1989, at  
10:00 a.m., in the City Council  
Chambers at City Hall in Living-  
ston, Kentucky.

The purpose of the public hear-  
ing will be to discuss the Depart-  
ment of Housing and Urban De-  
velopment's Urban Development  
Action Grant Program in general,  
and the regulations as they relate  
to the city, and how the city might  
apply for a grant through this  
program.

A second public hearing on a  
specific project will be advertised  
at a later date.

Interested citizens are urged to  
attend this meeting.  
Billy Medley, Mayor  
City of Livingston

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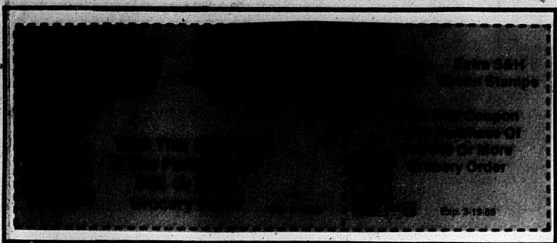
9:30 - 6 Monday-Saturday  
9:30 - 8 Friday - Closed Sunday







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**DOUBLE GREEN  
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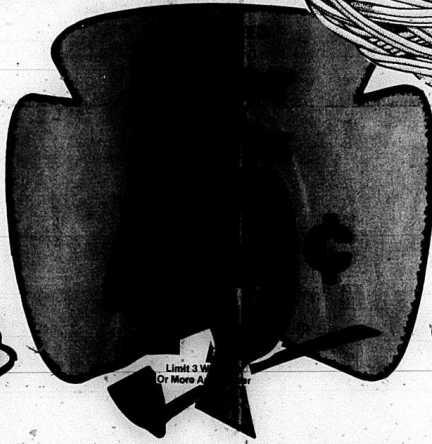
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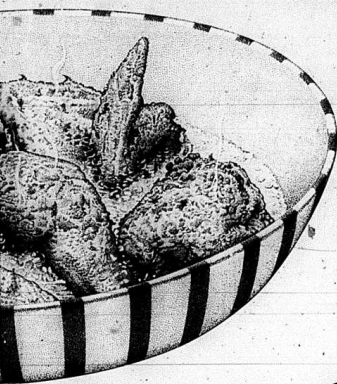
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Limit 1 With Coupon On Front Page

ed  
n  
99  
... lb. **2.59**



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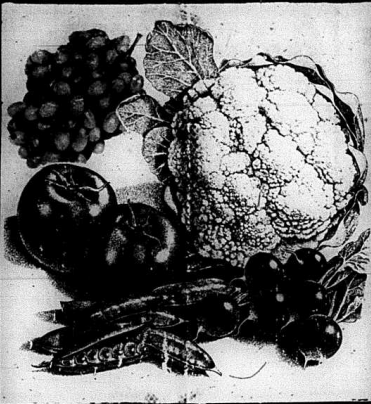
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Exp. 3-19-89  
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4 ROLL COTTONELLE  
**Soft Cottonelle**  
 16 oz. Reg. or Low Salt Keebler Townhouse Crackers  
**1.99**

30 OZ. SNUGGLE  
**Snuggle Fabric Softener**  
 18 oz. Keebler Soft Batch Cookies  
**1.99**

FRISKIES Pet Care  
**Grooming Kits**  
 \$3.99 Value For only \$1.99  
 Because we care about every member of your family.  
 Now it's easy to keep your pet properly groomed with Friskies Pet Care Grooming Kits. Each kit includes a comb and one for cats, contains shampoo, a brush, a comb and a pamphlet full of grooming tips. Take advantage of this value and order your Friskies Pet Care Grooming Kit today.  
**See in Store For Details!**

Windex  
 Cottonelle  
 Soft Batch Cookies  
 Single Roll .89  
 4 Roll .99  
 22 oz. \$1.89  
 16 oz. .99  
 4 oz. \$1.69

Rinso  
 16 OZ. LIQUID WASH  
**1.99**

4.5 LB. DRY BONUS BAG  
**Friskies Cat Food**  
**3.49**

6 OZ. CAT FOOD  
**Friskies Buffet**  
**3.89**

6 OZ. CANNED  
**Mighty Dog**  
**2.89**

14 OZ. DOG FOOD  
**Grand Gourmet**  
**.59**

REDEEM AT CHECKOUT!  
 EXPIRES 3/19/89  
 REDEEM NOW!  
**FREE**  
 22 oz. Windex WHEN YOU BUY THESE ITEMS TOGETHER  
 1 SOFT COTTONELLE BIG ROLL  
 1 COTTONELLE 4 ROLL  
 1 16 OZ. LIQUID WASH  
 1 BEAUTY ROOMMATE  
 Retail Price: \$4.99

# FOOD LAND

Brodhead, Ky

Prices Effective March 15,  
Through March 25, 1969

**EASTER SALE!**



**Pillsbury Plus  
Cake Mix**  
18 oz. All Varieties

**.59**

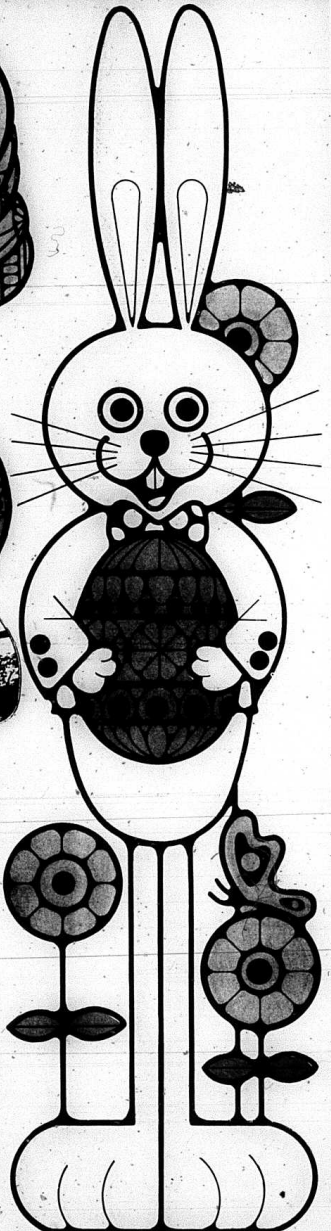


**Maxwell  
House  
Coffee**

13 oz. Reg. A.D.C.  
Or Elect. Perk

**1.99**

Limit 1, Please



**Family  
Pride  
Turkeys**  
Limited Quantity

**.69** lb.

**Swift  
Premium  
Ham**

3 lb. Can

**6.69**

**Fab  
Detergent**  
42 oz.

**1.59**

**Hy-Top  
Ice Cream**  
Half Gallon

**1.19**

**Two Weeks Of  
Easter Savings!**

We Reserve The Right To Limit Quantities &  
Correct Typographical Errors.

**CELEBRATE EASTER**  
**We Will Be  
Open All Day  
EASTER!**

<p><b>Martha White Meal</b> 5 lb. Buttermilk or Self-Rising</p> <p><b>1.29</b></p>	<p><b>Lady May Eggs</b></p> <p><b>1.00</b></p>	<p><b>Yellow Onions</b> 3 lb.</p> <p><b>.79</b></p>
<p><b>Donald Duck Orange Juice</b> 64 oz. Carton</p> <p><b>1.49</b></p>		



**Martha White  
Flour**  
5 lb. Plain Or Self-Rising

**1.09**  
Limit 1, Please

**Lady Kay  
Rolls**

**2/1.00**



Reg. Or Diet,  
Mt. Dew, Slice  
Pepsi Free Or

**Pepsi**  
9-16oz. Bottles

**1.99**  
Plus Tax & Deposit



- 5-6 oz. Betty Crocker All Varieties
- Suddenly Salad** ..... **1.49**
- 15 oz. Chef-Boy-Ar-Dee Several Varieties
- Canned Pasta** ..... **.89**
- 15 oz. Chef-Boy-Ar-Dee 3 Varieties
- Canned Pasta** ..... **2/1.99**
- 20 oz. DelMonte Sliced, Crushed,  
Or Chunk
- Pineapples** ..... **.89**
- 16 oz. Van Camps
- Pork & Beans** ..... **2/1.99**
- 15 oz. Pillsbury Several Varieties
- RTS** ..... **1.49**
- Frosting** ..... **1.49**
- 15 oz. Pillsbury Coconut Almond,  
Caramel Pecan Or Coconut Pecan
- RTS Frosting** ..... **1.59**
- 2 lb. Domino Brown Sugar or
- Confectioners Sugar** ..... **1.29**
- 6.25 oz. Planters
- Pecan Halves** ..... **1.79**
- Or Pieces** ..... **1.79**
- 6 oz. Planters
- Walnut Pieces** ..... **1.69**
- 10.5 oz. Kraft
- Minature** ..... **.59**
- Marshmallows** ..... **.59**

- 1 lb. Kraft Jet Puff
- Marshmallows** ..... **.89**
- 13 oz. Maxwell House
- Decaffeinated** ..... **3.49**
- Coffee** ..... **3.49**
- 8 oz. Maxwell House
- Instant** ..... **3.49**
- Coffee** ..... **3.49**
- 32 oz. Stokely
- Tomato** ..... **1.09**
- Catsup** ..... **1.09**
- 6 oz. Stove Top 4 Varieties
- Stuffing** ..... **1.09**
- 6 oz. Keebler Graham,  
Butter Or Chocolate
- Pie Crust** ..... **.99**
- 42 oz. Swiftwing
- Shortening** ..... **1.39**
- 27.5 oz. Hunts 3 Varieties
- Spaghetti Sauce** ..... **.99**
- 17 oz. Showboat
- Cut Yams** ..... **2/1.00**
- 14-15 oz. Stokely French Style Or  
Cut Green Beans, Whole Kernel Or  
Cream Style Corn
- Vegetables** ..... **2/.89**

- 2 lb. Delmonico Macaroni Or
- Spaghetti** ..... **1.49**
- 20 oz. Nabisco Reg. Or Double Stuff
- Oreo Cookies** ..... **2.29**
- 10 oz. Nabisco Reg., Cheese,  
Or Low Salt
- Ritz Bits** ..... **1.49**
- 12 oz. Heinz All Varieties
- Homestyle** ..... **.85**
- Gravy** ..... **.85**
- 14 oz. Kraft Deluxe
- Macaroni &** ..... **1.35**
- Cheese Dinner** ..... **1.35**
- 12 oz. Kraft
- Marshmallow** ..... **1.09**
- Creme** ..... **1.09**
- 11 oz. Post Cocoa Pebbles Or
- Fruity Pebbles** ..... **2.19**
- 25 oz. Post
- Raisin Bran** ..... **3.19**
- 18 oz. Post Super Golden Crisp
- Cereal** ..... **2.59**
- 14 oz. Swanson Chicken Or
- Beef Broth** ..... **2/.89**

**Blue  
Bonnet  
Margarine**  
1 lb. Quarters

**2/1.19**

- 10 ct. Pillsbury Big Country
- Biscuits** ..... **.59**
- 20 oz. Pillsbury Chocolate Chip
- Cookies** ..... **1.79**
- 8 oz. Kraft Philadelphia
- Cream Cheese** ..... **.99**
- 12 oz. Kraft American
- Cheese Singles** ..... **1.69**
- 16 oz. Sealtest
- Cottage Cheese** ..... **.99**
- 2 lb. Bowl Hy-Top
- Margarine** ..... **.89**

**Donald  
Duck  
Orange Juice**  
64 oz. Carton

**1.49**