

"I Still Know..." a disappointment

by Stephen Hopkins

For those who have not seen the first installment of "Last Summer," which introduced the vengeful hook-wielding Fisherman serial killer, this sequel opens with guilt-ridden surviving character Julie (Jennifer Love Hewitt) in a church confession booth, conveniently recapping in detail what happened and who still knows.

Despite her harrowing adventures and troubled conscience, Julie agrees to go on a trip to the Bahamas when her best friend Karla (Brandy Norwood) wins tickets from the local radio station. Only after they've gone does Julie's boyfriend Ray (Freddie Prinze Jr.) discover that the Fisherman is still alive and out for blood. Unreachable at the island

paradise, Julie has no idea of the danger she and her friends are in.

Tired gimmicks, like confusing reality with nightmares and blaring scary music for false alarms, are frustrating, but the film does effectively pump the audience to the point of being ravenous for the hook-handed villain to start his spree. After a long wait, the gored bodies quickly begin to pile up, to the delight fans of the genre.

If you like the "Scream-csqe" type movies, you might be a little disappointed. I know I was. I gave it a ** (2 stars). The plot was lacking, and the cliff hanger of an ending was not at all satisfying for the audience. I would not recommend this movie to anyone except those of us who are lucky enough to get a date, then "I Still Know" is a great movie to pay absolutely no attention to.

Have patience with the English Patient

by Mindy Bullock

If you see yourself as a hopeless romantic the *English Patient* is a film you'll want to rent. I wasn't sure what I was going to think about it because of the length and the subject, but it held my interest throughout and kept me guessing, hoping, and wondering what would happen next.

Ralph Finnes' character tells the long narrative from his deathbed; he is being taken care of by a Canadian nurse, played by Juliette Binoche. After a disfiguring plane crash he was left nearly debilitated, and at first you're not really certain of the patient's true identity.

The film is set in the time period right before the WWII and directly after, through flashbacks you learn more and more about his life prior to the accident. You learn that he participated in an archeological expedition where he met his true love Katharine (Kristen Scott Thomas), but it was to be a forbidden love because she was married. They carry on a secret affair, and unfortunately true love does not prevail for this couple.

A few subplots surround the movie as it is taking place. The biggest one deals with Juliette Binoche's character, Hana. Several of her acquaintances were killed during the war and she feels that everything that she tries to love dies. She takes the estranged English patient under her wing and finds a safe place for them at an abandoned villa, but they are not alone for long. Fairly soon after the two decide to stay in their make-shift home, soldiers searching for landmines appear. Helen then finds love with the leader of the men, whose name is Kip. You get the feeling that this one won't die on her, and he will last.

This film tugs on the heart strings of even the most cynical critics. The cruel mix of tragedy and romance reminds me of *Romeo and Juliet*. I give this superior picture four stars. ****

Roundstone student reviews "The Boy Who Tricked the Moon"

by guest writer Gabriel Stallsworth

Our class saw a Native American play entitled, "The Boy Who Tricked the Moon" presented by high school students.

This work is organized by the elements of drama and production. There were six characters in the Native American play. They used dialogue to show the plot. The only scenery used was a totem pole. They had masks made out of poster board and other materials. Their costumes were very colorful. They spray painted a stencil on their costumes. Their props were a bow, a drum, a flute, and masks.

I think this Native American legend was trying to show that you need to be kind to everybody because you might need them to save you someday, also I think it was trying to show that even if you are the son of a chief, it doesn't mean that you are better than anybody else.

I think the play was great. If I was in the play, I would like to be the Clan Chief's son, Orphan Boy, or the chief. I liked the play and if I could change it, I wouldn't.



758-4744

Mt. Vernon

KARATE



Over 1500 years ago, the monks of the Shaolin Temple created a martial art that would become the most famous and comprehensive fighting system the world has known.

Now you can learn this secret art from qualified Third Degree Black Belt instructor Eric Bullock. He has fourteen years of experience and training in this style. Eric Bullock's Shaolin Karate Club is licensed by the tenth degree Black Belt Grand Master - Sin Kwang The 1.



MUSIC REVIEWS



By Stephen Hopkins

*****I'M TELLING YOU FOR THE LAST TIME. Jerry Seinfeld**

By August of 1998, when this concert was recorded for broadcast on HBO, Seinfeld had rung down the curtain on the most popular sitcom of the decade and earned enough money to buy Jason Alexander a different toupee for every day of his life. As *I'M TELLING YOU* makes clear, no matter how big a pop culture icon he's become, Seinfeld's roots are in standup comedy, and he still knows how to make a live audience bust a collective gut. His natty, neurotic urban Jewish schtick is far from new, dating back at least as far as the early '50s, but Seinfeld puts a decidedly '90s twist on his humor. Tackling everything from modern love to the medical profession, Seinfeld puts contemporary society on a satirical skewer, enabling listeners to simultaneously identify with him and laugh at themselves. This al-

bum provides tons of laughs, but it's hard to listen to more than once. It ranks a strong *** (3 stars), but after you hear it, it will most likely become a coffee table coaster.

******SUPERNATURAL. DC Talk**

Thirty-plus years after John Lennon proclaimed the Beatles more popular than Jesus, a generation of musicians who weren't even born at the time bring the Man upstairs back into the conscience of the world's youth. DC Talk began life as a group of college friends rapping with a good message and developed into one of the '90s' most successful Christian rock groups. On *SUPERNATURAL*, they continue to expand their sound and show their love of God. Mixing rock, R&B, funk, solid songcraft and a slick production typical of more secu-

lar pop vocal groups, DC Talk brings new meaning and respect to the phrase "Jesus freak." But delving deeper you discover that they are sincere in their beliefs. And rather than set out to convert the faithless, they hope that their music and conviction will be what leads others to discover their own spirituality. This album gets a **** (4 star) rating and my personal seal of approval for great music with a great message.

****SUPPOSED FORMER INFATUATION JUNKIE. Alanis Morissette**

You should have know from the album's awkward title alone: Alanis Morissette is feeling extremely wordy these days. The confessional album's first single, "Thank U," actually reveals what appears to be a kinder, gentler, and happier Alanis, one who went to India and suddenly came to terms with her own existence. But in

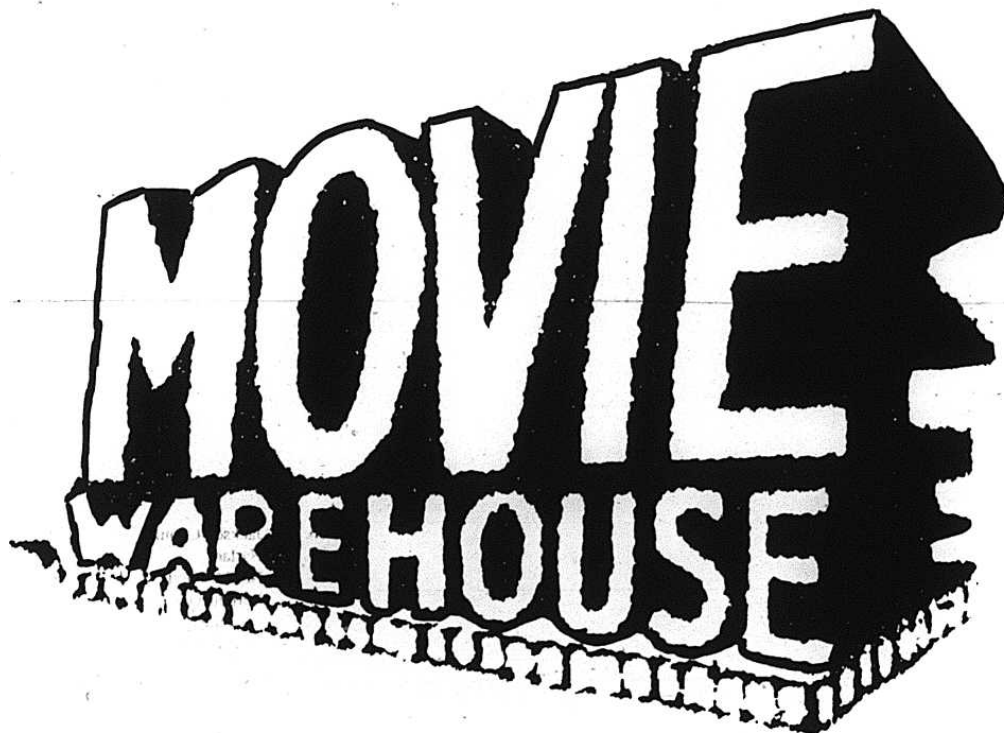
typically, um, ironic Morissette fashion, the outcome of *Supposed Former Infatuation Junkie* is almost directly opposite to what might be expected after hearing the song. The new recording may not contain a song as singularly raging as "You Oughta Know," the jilted lover's anthem that provided the galvanizing moment in 1995 pop, but Morissette still continues to find that the clouds hovering over her damaged or doomed relationships are lined with lyrical gold. Here, she taunts a former lover ("Are You Still Mad"), flagellates herself for erroneously investing so much emotion in a man she calls her "savior" ("Sympathetic Character"), sarcastically criticizes a spiritual guru ("Baba"), and comes up emotionally empty as she tries to become the person she swears we want her to be ("Would Not Come"). Due to the overly crowded and dense lyrics of this album, listening be-

comes troublesome and loses its enjoyment. If you want to sulk over lost relationships, this is the album for you. Otherwise, don't bother. I give it a ** (2 star) rating, and admit it doesn't live up to the Alanis of the past.

******UP.R.E.M.**

The departure of drummer Bill Berry in 1997 no doubt unsettled his former R.E.M.-mates, who found themselves straddling not only creative, but personal crossroads. Rather than giving up, the remaining members of R.E.M. reinvented themselves and released *UP*, a stunning, eloquent album of dark vulnerability and experimentalism. Songs like the agonized "Sad Professor" and the wary, hypnotic "Suspicion" seem almost too naked for Stipe, who spent years cloaking his words in

Continued on pg. 17



Music Reviews

continued from page 16

mumbles and misnomers. For the first time, lyrics are even included in the packaging. "Hope" is a breathless, galloping piece of pseudo-electronica that raises the ghost of Leonard Cohen's "Suzanne" before ending in a heady roar of noise. The gorgeous jangle of "At My Most Beautiful" is pure poetry, an unabashed disclosure of Buck's giddy reverence for Brian Wilson. Although a drum machine is used at times (Beck drummer Joey Waronker and Tuatara percussionist Barrett Martin also guest on many tracks), an array of disparate sounds, from vibes to violin, infuses the songs with a newfound expressiveness. *UP* is unlike any other album in the band's long catalogue--a bold, brilliant spark of musical genius and genuine empathetic revelation. I feel this fresh look at music from R.E.M. deserves a well earned ****(4 stars) rating and recommendation to buy this CD if you enjoy mellow tunes and deep, expressive lyrics.

Faith is an important part of life for many students



Rockettown (above) and Shine (below) are just two local programs directed to youth.



Rockcastle Rockets preparing...

continued from page 13

drew averaged 18 points per game and was a big reason for the success of last year's team.

Forward Blake Calhoun jokingly stated, "We are going to throw a saddle on Andrew and ride him straight to the district title, just like the Horsemen did (Ric) Flair to thirteen (WCW) World Titles."

Coach Cash feels like the Rocket back-court is extremely talented and looks for the front-court and newcomers to come around by late in the season. "I feel like we have possibly the best guard trio in the region. I look for Matt Brown to come around and be a big scorer. He has a good shot, but needs to work on his defense. I look for the new players to step up and come around by January of February."

The Rockets begin their season with an away game against Somerset, December 1.

Good luck, Rockets!

Girls'		
Nov. 30	McCreary Central	A
Dec. 3	Bell County	H
Dec. 8	Jackson County	H
Dec. 10	Pulaski Southwestern	H
Dec. 15	Clay County	H
Dec. 17-22	Berea Holiday Tournament	A
Dec. 28-30	Lady Rocket Holiday Hoopla Tournament	H
Jan. 5	Clay County	A
Jan. 7	Pulaski County	H
Jan. 9	Corbin (2:30 p.m.)	A
Jan. 11	Madison Central	H
Jan. 14	Whitley County	H
Jan. 18	Oneida Baptist Institute	H
Jan. 21	Madison Southern	H
Jan. 23	Cawood	H
Jan. 25	Monticello	A
Jan. 28	Model	A
Feb. 1	South Laurel	A
Feb. 5	Jackson County	A
Feb. 9	North Laurel	H
Feb. 11	Bell County	A
Feb. 19	Williamsburg	H

Clip
and
save
your own
Rocket
basketball
schedule

Boys'		
Dec. 1	Somerset	A
Dec. 4	Lincoln County	H
Dec. 8	Jackson County	H
Dec. 11	Oneida B.I.	H
Dec. 15	Clay County	H
Dec. 18	Clinton County	H
Dec. 22	Adair County	H
Dec. 26-30	Cumberland Falls Inv.	
Jan. 2	McCreary Central	A
Jan. 5	Clay County	A
Jan. 8	Garrard County	H
Jan. 12	SW Pulaski	A
Jan. 15	Bell County	H
Jan. 19	Madison Southern	A
Jan. 23	Oneida B.I.	A
Jan. 25	Monticello	A
Jan. 26	Estill County	H
Jan. 29	Whitley County	A
Feb. 2	Knox Central	A
Feb. 5	Jackson County	A
Feb. 6	Harlan	H
Feb. 9	North Laurel	H
Feb. 16	Barbourville	A
Feb. 19	Williamsburg	H
Feb. 22-27	District	

Courtesy of

Jeffrey T. Burdette

Attorney at Law

140 West Main Street
Mt. Vernon, Kentucky

Phone: (606) 256-2730

Fax: (606) 256-2585

Advice Column

Madeline & Finch

Dear Madeline & Finch,

I have this certain English teacher who is biased against me. He/she makes me feel dumb, even though I make good grades. He/she seems to be against me and the work I do in their class, no matter how great the effort I put forth. All of my previous teachers have really loved my English work, but they act as if everything I do is awful. He/she picks me out of all the other students in the class to criticize. I feel as though he/she dislikes me because of the things my family has done in the past. Personally, I think that if he/she wanted to become a teacher he/she should leave such feelings and opinions out of the classroom where they belong. I know if I tell him/her how I feel I will only receive a punishment. I don't think that I should have to put up with being treated like this. What should I do?

Sincerely,
Mistreated student

Finch:

I have one word for you: Whaa! Here are two more words: Boo-hoo! All some people do is just whine and whine and whine. If you think your teacher is biased, then why don't you tell them? If your teacher thinks you feel like this then they're going to get out of their way to make up for it.

Madeline:

You're right when you say that this person has no right to treat you this way if that's the case. Sometimes when you're in a class that you dislike it's easy to make the teacher the bad guy, but if you legitimately feel that the teacher is abusing you, then go to a power higher than them, such as the assistant principal. I'm sure that they will do everything they can to help you, and just remember that no one can make you feel any kind of way. When you feel bad, it's just yourself believing the negative things that they say. If all your other teachers like your work then don't worry about what this one says.

HOROSCOPES

- Aries (March 21-April 20)** A trip is just around the corner. You'll find no greater experience nor a greater happiness. Be sure not to miss it.
- Taurus (April 21-May 21)** An old flame will come back into your life. You may seem happy, but beware of the one they are involved with now. Problems may arise.
- Gemini (May 22-June 21)** "Don't worry, be happy" will be your motto this month. Be careful, because too much partying may result in lower grades.
- Cancer (June 22-July 23)** True to your sign, you will be crabby this month. Watch out because your moodiness will result in house arrest if directed toward your parents.
- Leo (July 24-August 23)** Your pockets will no longer be empty when you take the initiative and get a job. Money will soon be in your life and lots of it.
- Virgo (August 24-September 23)** This may be a bad month for you but keep a positive attitude and you will make it through. The end of the month will result in a great surprise.
- Libra (September 24-October 23)** Your outgoing pleasant nature will enable you to make an old friend a close one. Stay jolly and luck will befall you. Stick with that special Libra and all will be well.
- Scorpio (October 24-November 22)** An argument with a close friend will evolve soon. Though you may be angry, forgive and forget, because the argument won't be as important as it seemed at the time.
- Sagittarius (November 23-December 21)** A special relationship is just around the corner. Though you may have your doubts you must not let it pass by because this may be that special someone.
- Capricorn (December 22-January 20)** Relatives may drive you crazy this month, but be patient, because they're having hard times. Your patience will be rewarded.
- Aquarius (January 21-February 19)** You will find happiness in a new relationship with a Sagittarius. At first it will be stormy but stick around for better weather.
- Pisces (February 20-March 20)** This month you will experience many pressures, but if you talk with a friend it will help. Warning: choose the right friend or everyone will know your problems.

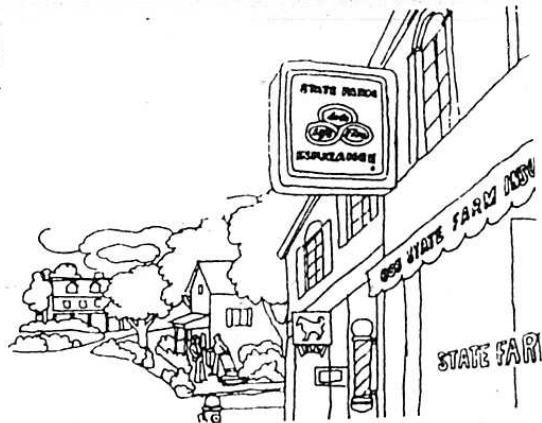


Like a good neighbor,
State Farm is there.®

See your State Farm Agent:



Teresa S. Jackson
912 W. Main Street
P.O. Box 246
Mt. Vernon, KY 40456
Office: (606) 256-2119



Auto • Home • Life • Health

State Farm Insurance Companies • Home Offices: Bloomington, Illinois



Cub Scout Pack 263 honors Veterans

Page A-8

Find the *Rocket*
inside this
week's Signal

Mount Vernon Signal

Mount Vernon, Kentucky 40456 • Volume 112 - Number 8 • Thursday, November 26, 1998

Local woman dies Saturday at Orlando

A local woman was pronounced dead on arrival at the Rockcastle Hospital Saturday night by Rockcastle County Coroner Bill Dowell.

Dowell said that Ms. Linda Kaye Kelly, 35, of Orlando died around 7:30 p.m.

The coroner said that hospital personnel also delivered Ms. Kelly's infant daughter by cesarean section, but that the child, Amanda Kaye Robinson, was also dead.

Dowell said that Ms. Kelly was about six months along in her pregnancy.

Dowell said that preliminary autopsy results did not show any cause of death in the case.

Ms. Kelly and her daughter were buried Wednesday at Cove Branch.

Tobacco prices slightly up as market opens

Kentucky tobacco growers saw a slight increase in the price they were paid for their 1998 crop from ago as the market opened on Monday.

The average price paid was \$191.46 per hundred pounds sold. The highest price paid was at London where 609,687 pounds of tobacco sold for an average price of \$196.06 per hundred pounds.

The top average price across the state of \$205 per hundred pounds was paid for light tip and leaf grades.

In Rockcastle County this year's effective quota is 4.4 million pounds. If all is sold, in Rockcastle at yesterday's price the total would mean nearly \$8.4 million for the county's economy.

Monday's burley sales

Market	Pounds	Ave./100 lbs
Bowling Green*	534,276	188.54
Carrollton	1,358,807	189.53
Corysme	980,958	189.46
Danville	678,691	187.67
Harrodsburg*	561,781	188.32
Hopkinsville*	583,257	193.68
Horse Cave-Glasgow*	2,579,090	193.68
Lebanon	616,565	191.09
Lexington*	2,764,794	189.32
London*	609,687	196.06
Louisville*	273,355	192.50
Mayfield	543,374	188.44
Maysville*	1,716,207	187.71
Morehead*	1,270,525	190.04
Mount Sterling	670,826	191.56
Owensboro	992,402	192.65
Paris	537,040	189.36
Richmond	551,914	187.09
Shelbyville	1,239,423	188.10
Somerset*	327,808	192.24
Springfield	600,119	191.61
Ky. Total*	19,991,019	190.34
Season total	19,991,019	190.34
Inf. total	802,684	189.68
Belt total	NA	NA

(*Incomplete figures)

web page: www.ams.usda.gov/marketnews.htm

Christmas parades to be held Dec. 5 & 19

The cities of Mt. Vernon, Brodhead and Livingston are all planning Christmas parades for 1998. Mt. Vernon's parade is scheduled for 1 p.m. on the 5th and Brodhead's will be held at 3 p.m. on the 5th.

Livingston's parade will be a night time event starting at 6 p.m. on the 19th.

The annual tree lighting service at Mt. Vernon's city park located downtown will be at 7 p.m. on December 4th.

The Brodhead Volunteer fire department has also scheduled a Christmas break for December 5th
Cont. to A-12

Injury accident



A Laurel County family was injured in a two vehicle wreck on Interstate 75 at Exit 59 Thursday afternoon near Rockcastle ambulance EMT's are shown loading Roger Scott, 48, of East Bernstadt on to a stretcher. He was treated for spinal and head injuries at Rockcastle Hospital and transferred to the University of Kentucky Medical Center. According to police, a tractor-trailer apparently forced the car off the road and into the bridge before it overturned in the median.

New school likely at Brodhead

By: Richard Anderkin
A public hearing has been scheduled for December 3, to gather public comment on the capitol construction priorities of the Rockcastle County Board of Education and to amend the current district facility plan.

The amendment, which was recommended by the local planning

Two arrested by MVPD

Mt. Vernon City Police Officers Barry Adams and Matt Bryant arrested two men Thursday night after they found a pound of processed marijuana and a handgun in their possession.

According to Bryant, Donnie Ray Salce, 50, of Salvavia, and Michael Vincent Gullion, 22, of Harrodsburg,

committee, would make the construction of a new school at Brodhead a top priority.

The current district facility plan calls for a new Rockcastle County Area-Technology Center as the school system's top construction priority.

But the amendment to the district

were arrested around 10 p.m. at the intersection of Hwy. 150 and Hwy. 461.

Bryant said the marijuana and 32 caliber handgun was in the 1988 Chevrolet with the men were driving.

Both men filled a 10 percent, \$10,000 cash bond and were released.

facility plan would make both projects a top priority.

Rockcastle County School Superintendent Larry Hammond said that it was his feelings that although both projects would be listed as a top priority

only he felt like the local board, which along with the state department makes the final decision, would want to build a new school at Brodhead first.

"From talking with some of the

Commission downscales police officer grant

The City Commission in Livingston is modifying a COPS grant from the federal government, that will require them to pay an officer only minimum wage.

Mayor Sandra Tyree said Tuesday that because the city would be required to pay the officer after the three year grant was over, the city had

to modify the amount paid so they could afford it.

The original grant had called for the city to pay an officer \$23,000 a year. The first three years of the officer's pay would be paid with federal funds, and the city would have to continue the \$23,000 salary after the

Cont. to A-12

Commission downscales police officer grant

attempting to buy gifts for Cruse and present them to her, including, but not limited to, a charm; a \$200 gift certificate to Lowe's Sporting Goods, telling Cruse he wanted to buy her a cellular telephone, repeatedly trying to buy Cruse a jacket at Macy's Department store while both were at a conference in Atlanta and purchasing her a stadium jacket.

Cruse also alleges in her suit that Cash told her repeatedly that he needed to get her alone so that he could demonstrate to her "how to survive at the school" and that she could be a model.

Cruse also alleges in her suit that Cash repeatedly tried to interfere in

Cont. to A-12

Cash, board sued by Cruse

By: Richard Anderkin
The legal problems for former Rockcastle County High School principal Ronnie Cash continue.

Last week, a former Rockcastle County High School English teacher filed suit against Cash and the Rockcastle County Board of Education in federal court in Lexington.

The former teacher, Julie Cruse, accuses Cash of sexual harassment, creating a hostile working environment and retaliating against her when she rejected his sexual advances.

Cruse, who left RCHS in September for another job in a northern Kentucky school district, says in her 25 page suit, that throughout her employment at RCHS Cash made continuous and inappropriate sexually suggestive remarks and took other such actions towards Cruse, and when rejected by Cruse, took repeated actions to effect the terms, conditions, and enjoyment of her working environment, and to punish her for the lawful exercise of her rights of free expression and to deprive her equal protection under the law.

In her suit, Cruse makes several harsh allegations against Cash.

Cash, who was fired in August, after serving 12 years as principal at RCHS, has denied all of Cruse's allegations.

The allegations against Cash include:

attempting to buy gifts for Cruse and present them to her, including, but not limited to, a charm; a \$200 gift certificate to Lowe's Sporting Goods, telling Cruse he wanted to buy her a cellular telephone, repeatedly trying to buy Cruse a jacket at Macy's Department store while both were at a conference in Atlanta and purchasing her a stadium jacket.

Cruse also alleges in her suit that Cash told her repeatedly that he needed to get her alone so that he could demonstrate to her "how to survive at the school" and that she could be a model.

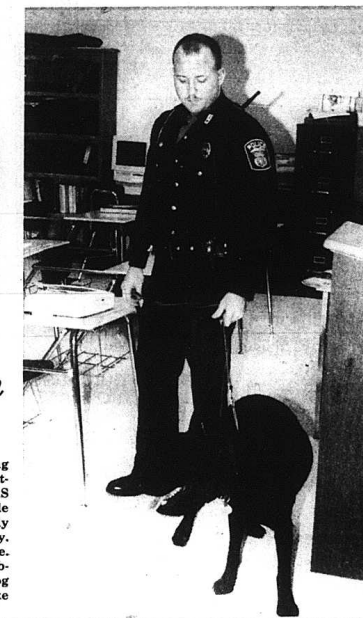
Cruse also alleges in her suit that Cash repeatedly tried to interfere in

Cont. to A-12



Drug dogs search at high school

Two officers of the Somerset police department, two drug dogs and three members of the Mt. Vernon police department searched desks, lockers and the parking lot at RCHS last Friday. RCHS administrative assistant Barry Noble said the dogs got a couple of "hits" where drugs had probably been, but found no actual drugs at the school on Friday. Noble said the random searches at the school will continue. Above left, is Somerset officer Terry Jackson, and his Labrador Boris. At right, is officer Shannon Smith and his Blacky. MVPD officers, Chief Bill Mink and officers Mike Hamblin and Ed Robinson assisted at the scene.



Ronnie Cash



Julie Cruse

Sweet and Sour

By Zi Graves

After having a nice chat with Perina the other day I came home and got out my pencil to see if I could find any words left in it and it reminded me I would have to look elsewhere so here I am at my word processor. It is funny what habits can do to one. So, "Howdy to you all." It is good to be talking to you again. And thanks for all your letters and phone calls asking why you couldn't find "Sweet and Sour" in the paper. Sometimes our age and pride get in our way and we let our friends down. But here I am, a few years older but still enjoying good health. It always makes me want to go look in a mirror when I meet someone and they say, "my, you look good and are holding up well for your years." And so I am. Years do stack up in one if he/she lives long enough until they decharge our looks. My mirror tells this me every time I look into it. So, I just try not to use it very often.

I guess I should catch up my old readers with the adverts in my life since I last wrote. And for our new readers of Sweet and Sour I welcome you and ask for any comments and suggestions you may have to offer.

Now, where do I start? Well, as I just said, I have gotten a little older, I was 85 in September. I now find it harder to go down the other side of the hill of life than it was climbing it. The climbing was full of interesting things, although there were many hardships to overcome. But people were there to help out when one got tired or had problems to deal with. The children made life worthwhile and would either push you up the next incline or were there ahead of you to pull you up. When the climbing got too rough and you developed callouses on your hands they would

readily heal and the scars would be a reminder of how to handle the next barrier to reaching the top. Going down is no so. When one reaches 80 most of his/her friends have already passed away and the children are out on their own. Oh, if one falls and is close to death someone will be there to say how sorry they are but the real help with the little things has disappeared. So, we do things for ourselves whether they are done right or not. And I am making out just fine thank you.

Our family has changed a bit in size. Chad brought us an addition when he married and brought his beautiful wife, Angie, into our lives. They have two children, one in London. The other three grandchildren, Deno, Ann and Birch are all on their own and living in places they have chosen to make their present homes. Deno is in San Francisco, CA, Ann in Tallahassee, FL, and Birch in Greensboro, NC. I miss the young folks they were so recently, I mean the kids that were coming to Grandma's home and playing games at the big old round table in the dining room. The kids that would argue over who would unload the dishwasher and put the dishes away. The boys that insisted on sleeping on the floor in the living room even though there were beds turned down in the upstairs bedrooms for them. The one little girl who insisted she would sleep on the couch if they were allowed to sleep on the floor. These were the days when all the grandchildren would be there at one time and each seemed to be vying for his/her special place in our lives. Those days and memories are treasures that have been tucked away in the innermost section of my heart.

Whoops! I almost got carried away

with memories and forgot I was trying to catch you up on happenings in my life. This crazy word machine, just like my pencil, sometimes goes haywire and does its own thing. When I do get started writing, words and messages appear before I realize it. But, so what, they are things I want to tell anyway so I may as well do it one time or the other.

There has been a big change in my own paternal family since I last wrote. Last spring my youngest sister, Kate, passed away just one year after her husband Jim died. Both the victims of lung cancer. Needless to say I was devastated. We are as much alike as twins except for our age. She was nine years younger. Her passing whittled our family down from ten children to three. We three remaining are the middle ones, Kate was the baby. My older brother, Ish, and his wife Pauline have moved their remaining time to Mt. Vernon. My younger brother, Herb, has moved to Richmond, VA, where he is living with his daughter, Carol Sutton and her husband Brent. Me? I am still here on Tevis St. Another important happening in my life was when I decided to make the First Baptist Church my church home. I have been looking for some time for a spiritual home and decided the First Baptist Church would be it. And at my request Chad was the assistant at my baptismal service. In fact, when we entered the water, Dr. Head turned the service over to him and he did the baptizing. Dr. Head said it was the first time to have a grandson help in the baptizing of his own grandmother. I'm really proud of that "youngun."

Now for the biggest change in my life and the one that has almost broke my heart and health. On Saturday, September 20, 1998, just one week before my 84th birthday, I was awak-

ened early by Polly and Chuck opening my kitchen door. I knew something tragic had happened and my first thoughts were of my kids or the grandchildren. But that wasn't the cause of their sad faces and early rising. When I asked them what was wrong the answer didn't sink in for a few minutes, I just couldn't be hearing what they were saying. A fire, where? Then they said, "the kitchen." The farm home, the home I had helped to build and the home Polly was going to be living in in the near future gone? What happened, were they there? Was it really gone or was some of it left to salvage? My mind became a whirlwind of thoughts and grief. They asked if I wanted to go down and see for myself and of course my answer was yes, and I hurriedly dressed with Polly's help. I could not even fasten my own clothes because of my shaking hands and trembling inside. No tears yet, I was saving them for later. The drive down the old familiar road was a nightmare, memories were crowding all emotions aside and I thought we would never arrive and when we did it would all turn out to be a big mistake and the house would still be wrapped in the early morning dawn. Not so. When we topped the hill looking down on the house, I could see the smoke still boiling up and could smell the acrid scent of destruction. They were right, my home was gone, totally gone. There was not one corner left standing. For that I was grateful, for one of the saddest things of losing one's home is fire to see familiar marks of one's labor still standing with bits and pieces of belongings clinging to them. There was more, than enough sadness in seeing the total destruction of a life-long collection of treasures. In the

(Cont. to A12)

And as for country ham. "Might as well go out and buy a ten pound salt block and then melt down ten pounds of lard and pour it over the salt and let it sit outside for a few days. Let it get to stinking real good and presto, you've got a twenty pound country ham at about ten percent of the going price of one of these molded and mildewed messes, wrapped in sack cloth, that would be far better off buried than presented for human consumption. Put a dead skunk and a cured ham in the field and the buzzards will light on the skunk every time, and finish it off before they touch the ham."

Amen again. Lloyd and I agree that the best way to fix ham is about ten minutes after it comes off the hog. We'll sprinkle on a little salt and pepper if it needs it after it's finished baking or frying. But I'm like Lloyd. It's a poor hog that can't season itself.

When Lloyd left France at the end of The Big War he brought home a wife who has taught him the subtle nuances of French cooking. "Napoleon's great, great, nice," he says, "About as French as you can get, but she cooks better than Napoleon made war."

Lloyd said that the other night a

(Cont. to A12)

Rockcastle Community

Bulletin Board

Aerobic Class
Free Aerobics Class for women at the Lighthouse Assembly of God every Tuesday at 4:30 p.m. and Thursday at 4:30 p.m. sponsored by Rockcastle Health Dept. and Lighthouse Assembly of God. Call Beverly Sexton, Health Educator, 256-2242 for more info.

Bookmobile Schedule
Mon., Nov. 30th: Brodhead and Copper Creek.
Tues., Dec. 1st: Green Hill, Conway, Boone, Fairview, Lambert Rose.
Wed., Dec. 2nd: No schedule.
Thurs., Dec. 3rd: Mt. Vernon Manor, Mt. Village, Sr. Citizens, and Brindie Ridge.

NWTF Meeting
The next meeting of the National Wild Turkey Federation will be December 3rd on the 3rd floor of the courthouse at 7 p.m. All interested parties are encouraged to attend. Will be featuring a food drive.

TOPS
(Take off Pounds Sensibly)
TOPS meets Thursday at 6 p.m. at Brodhead Christian Church basement on Main St. in Brodhead. For more info, call 1-800-932-TOPS or locally 758-4047

Kiwanis Club
The Rockcastle Kiwanis meets Thursday at noon at the Kastle Inn restaurant. All visitors are welcome.

Homemaker Dues
Extension Homemaker Dues can be paid through December 23 at the Rockcastle Extension Office. Dues for county-wide or club membership are \$6.00. Call 256-2403 for details.

Craft Bazaar
December 5th and 6th, Rockcastle Teen Center. Tables still available on first come first serve basis. No setup fee and you keep the profit. If increased placement call 256-4919. Deadline is Nov. 25th.

4-H Speech Contest
4-H Speech Contest has been set for 6 p.m. on Monday, December 7 at the Mt. Vernon Elementary School.

Winter Beef Feeding Workshop
Winter Beef Feeding Workshop will be held at 7 p.m. on December 3 at the RCHS Vocational/Ag. Dept. Call 256-2403 if you have questions on hay testing.

Christmas Celebration
A Christmas Celebration will be held December 27 from 10 to 2 p.m. at the Mt. Vernon Comprehensive Care Center Community Day Open House. Given by Clinton Hammack, Team manager and staff.

Bulletin Board Sponsored By



Cox Funeral Home
MT. VERNON, KY - 256-2345

Points East
By: Ike Adams



I've never laid eyes on Lloyd Murphy who lives in Tarpon Springs, Florida, but he is one of my favorite people on the face of God's earth. We have exchanged correspondence a few times a year over the last fifteen years or so and I tend to call each other from time to time when the moon is full to jaw about gardening and mutually develop solutions to major world problems.

Lloyd is up in his eighties, a veteran of World War II and a native of Rockcastle County (I think). We've talked so much that I forget exactly where he was born, but it doesn't matter anyway. We are both Kentuckians from what outsiders consider a peculiar part of the world and county lines don't mean diddly-squat to them. But when I need a reality check I call Lloyd Murphy.

In the first place he can solve pest problems in the garden in the blink of an eye. "Set fire to the garden to use the money you'd be spending on bug dust to buy a bush or tomatoes for three or four bucks. Half that stuff

you grow, your neighbors would gladly give to you just so their conscious wouldn't bother them for letting it go to waste. Since bean bugs and potato bugs hit you first, burn your garden and they won't spread. Neighbors ought to stand in line to see what you need."

Lloyd's cooking three turkeys for Thanksgiving. Two of them are going to other folks who have lost the knack for properly baking the bird and a 22 pounder that he intends to get in the oven on Thanksgiving Day for his own family. But he's also baking three thigh/drumstick combinations along with the big bird because everybody else likes the white meat. "I just last season gave you an ash log as a piece of turkey breast," he told me tonight. At least the log has a little moisture in it and it doesn't taste nearly as much like saw dust as white turkey meat.

And I said, "Amen." If it wasn't for the thighs and those little niblets of dark meat along the wings and backbone, I personally, would rather have bologna through the holidays than turkey.

Visual Image Pet Photography
Studio will be at
Gail's Pampered Pooch
on Nov. 29 to photograph your pet. Call
758-0064 or 758-9338 to schedule appt.

Thank You!

Sowder Nursing Home, Inc. would like to thank all those who helped or contributed to our annual Holiday Dinner.

A special thanks to the Brodhead Volunteer Fire Dept. for the use of their tables and chairs; Frank Watson for the use of his parking lot and chairs; Ms. Neville Hacker and friends for their time and all the employees who helped extra above and beyond their normal duties.

Our Holiday Dinner was a success again this year.

Worth Anne Harris
Sowder Nursing Home, Inc.

MERRY-MAKING MONEY-SAVING

HOLIDAY MARKDOWNS

20% off

Boxed Christmas Cards



- Wide selection of traditional and religious cards with scripture text available.
- Also receive a FREE 32c stamp with the purchase of each Christmas counter card.
- Experience the warmth of a traditional Christmas at


Huatt's
5&10

WILD TURKEY TAG SALE

If you're hunting for a real deal, come on in. You'll be wild about our pre-owned vehicles! Remember "Prices are Born Here and Raised Elsewhere"

Bank Financing Available.

'95 Ford Escort, 5 Spd., AC, Sedan Wagon	\$4,480.
'95 Chev. Lumina Euro, V6, Auto, Air	\$4,980.
'93 Honda Accord LX, 4 Dr., Auto, Air, Power	\$8,400.
'93 Dodge Shadow, 5 Speed	\$3,980.
'92 Mercury Cougar LS, 3.8, V6, Loaded	\$5,980.
'92 GEO Storm GT, Auto, Sunroof	\$4,980.
'91 Buick Park Avenue, Nice and Loaded	\$6,500.
'91 GEO Storm, 5 Speed, Air	\$2,480.
'90 Mercury Topaz, Auto, Air, cassette	\$2,480.
'89 Lincoln Town Car, Good Strong Car	\$3,580.
'87 Chrysler New Yorker, 4 Cyl., Auto	\$1,250.
'91 Jeep Cherokee Laredo, 4 Dr., 4.0, 6 Cyl., 4x4	\$6,980.
'92 Ford Ranger, Air	\$3,600.
'91 Dodge Dakota, 4 Cyl.	\$4,500.
'93 Ford Aerostar, Ext. Wagon, XLT, Loaded	\$7,400.
'91 Chevrolet Mark III Conversion, Nice	\$7,400.



Blanton Auto Sales
Hwy. 150
Brodhead, Ky.
606-758-9500
or 1-877-758-9502



1998 Wildcat Cheerleaders would like to say thank you to everyone who sponsored them. Back row, from left: Monica Rains, Angel McClure, and Meghan Rowe. Middle row, from left: Billie Scalf, Sammi Jo Cromer, Sasha Gadd, Krystal Farthing. Front row, from left: Flora Scalf, Shannon Cromer, Melinda Thomason, Megan Lovell, Megan Cromer and Coach Jenny Thomason.



John Ray Baker killed this 15 point buck on Copper Creek Saturday, November 14th.



John Nathan Baker killed this 10 point buck on Copper Creek Wednesday, November 18th.



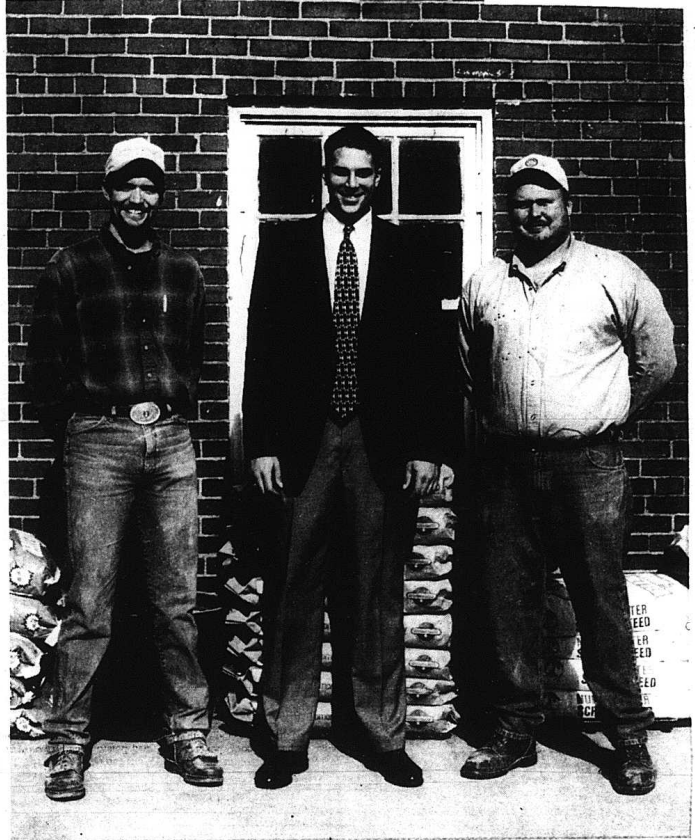
Husband and wife Tim and Kathy Stewart got these two bucks November 16 in Rockcastle Co. Tim's buck was a 10 point, Kathy's buck was a spike, her first deer.

Rockcastle Farm Supply



FEEDING
LIVESTOCK
BETTER

FROM
M SUPPLI



Corey Craig, Executive Loan Officer, center, with Doug Smith, left and Geoff McGuire.

The Bank of Mt. Vernon is proud to welcome and support the new management of Rockcastle Farm Supply, Doug Smith and Geoff McGuire. Doug and Geoff are both graduates of Rockcastle County High School and the University of Kentucky. The Bank of Mt. Vernon is proud to support these two young local businessmen in their pursuit to help our community grow and prosper.

At The Bank of Mt. Vernon, our community is our top priority!!

Member FDIC

BMV



The Bank of Mt. Vernon

Downtown Office
606-256-5142

461 Office
606-256-5141

Somerset Office
606-679-8826

Berea Office
606-985-0561

Richmond Office
606-624-2212

QUALITY, ECONOMY, CONVENIENCE, SELECTION.

You'll Find It All Here!



Pepsi Products
24 pk. **5⁹⁹**



Kraft Cheez Whiz
16 oz. **2⁹⁹**



Ocean Spray Cranberry Sauce
89c



Country Crock Margarine
1 lb. **.69**



Maxwell House MB Coffee
34.5 oz. **5⁹⁹**



Kraft Philly Cream Cheese
8 oz. **1¹⁹**



Dixie Crystal Sugar
5 lb. **1⁹⁹**



Shurfresh Turkeys
Lb. **79c**

DelMonte Green Beans or Corn
15 oz. **.59**

Shurfresh Brown-n-Serve Rolls
12 pk. **2/\$1**


Stokely Pumpkin 15 oz. **.69**

Shurfine Vanilla Wafers 12 oz. **.79**

Reynolds Oven Bag for Turkeys
2 pk. **1²⁹**

Ultra Wisk Detergent 18 use **2⁹⁹**

Green Giant Cauliflower w/Cheese
10 oz. **2/\$2**


Bruce's Cut Yams
 **.99**
29 oz.

Prices Eff. Nov. 19-30

- | | | |
|---|--|--|
| <p>Gold Medal Flour 5 lb. bag 1³⁹</p> <p>Cool Whip 8 oz. .89</p> <p>Argo Corn Starch 16 oz. 1¹⁹</p> <p>Crisco Oil 48 oz. 2¹⁹</p> <p>Real Lemon Juice 32 oz. 1⁹⁹</p> <p>Shurfine Coconut 7 oz. 2/\$1</p> <p>SF Sweetened Condensed Milk
14 oz. 1⁰⁹</p> <p>Stove Top Stuffing 6 oz. 1³⁹</p> | <p>Reynolds Heavy Duty Wrap
18x375 1³⁹</p> <p>Dixie Ultra Strong Plates
15 ct. 2/\$3</p> <p>Soft-n-Gentle Bath Tissue
4 pack .89</p> <p>Breakstone Sour Cream 16oz 1²⁹</p> <p>Heinz Homestyle Gravies
12 oz. 2/\$3</p> | <p>DelMonte Peaches Fruit Cocktail, Pears
15 oz. .89</p> <p>Dixie Crystal Conf. or Brown Sugar
2 lb. .99</p> <p>Final Touch Fabric Softener
64 oz. 2¹⁹</p> <p>Sister Schubert's Cinnamon Rolls
16 oz. 2/\$5</p> |
| <p>Kraft Salad Dressings . 16 oz. 2²⁹</p> <p>Kraft Shredded Cheeses 8 oz. 1⁷⁹</p> <p>Kraft Velveeta Cheese 2 lb. 3⁹⁹</p> <p>Jet Puffed Marshmallows 1 lb. 1¹⁹</p> <p>Pet Ritz Pie Shells 10 oz. 1¹⁹</p> <p>Campbell's Cream of Celery Chicken or Mushroom Soup
11 oz. .89</p> <p>Pet Ritz Deep Dish Pie Shells 2 pk. 2/\$3</p> | | |

We reserve the right to limit quantities and correct typographical errors.

Meat Specials



Platter Bacon lb. **1⁰⁹**

Boston Butt Pork Roast
Lb. **.59**

Pork Tenderloin
Lb. **1³⁹**

1/4 Pork Loin
Lb. **.99**

Shurfresh Turkeys
Lb. **.79**

Butterball Turkeys Available

Fresh Produce

Red or Rome Apples 5 lb. **1⁹⁹**

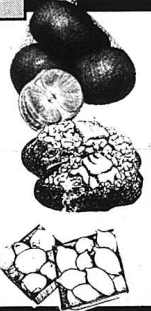
Tangerines 6/ **.89**

Idaho Potatoes 10 lb. bag **1⁹⁹**

Yellow Onions 3 lb. bag **.89**

Celery Stalk **.69**

Cabbage lb. **.25**



Praise Your Children

By: Hazel Jackson
County Extension Agent
for Home Economics



Have you noticed how good it feels when somebody gives you a sincere compliment? Or how nice it is to have someone notice an extra effort that you've made? Your children also like positive attention. In fact, they thrive on it. It is one of the ways they learn to feel good about themselves and others.

To praise your child means to express approval or admiration. Another word for praise is encouragement. When skillfully used, praise builds an individual's confidence and courage.

Whether a toddler or a teenager, your child is a marvel - a real-of-a-kind soul with special abilities and talents. He or she is a wonderful, precious human being who has so much to teach and learn and give.

One of your important jobs as a parent is to see the goodness, beauty and talents of your children. Then make sure they know exactly what you see in them and how filled with appreciation, pride and admiration you are.

As a parent, you are one of the most important people in your child's world. When you are patient, kind and positive with your child, it makes a big difference. Never underestimate your influence. Praise your child for whom he or she is, and for the many gifts he or she brings into our world.

The more you encourage your

children, the more you bring out the best in them and your children watch you and learn from you. When you praise their strong points, they learn to see the positive in themselves, in you, and in those around them. Some tips for praising and encouraging children:

- *Catch the youngsters in your life being good; make a big deal about it. Be sincere. Focus on what you like about your child, and express your appreciation. Without

- overdoing it, give praise freely and frequently.
- *Use a positive, caring tone as you regularly share words of encouragement from the heart, such as: "Keep at it. Great! It's nice to have you around. I love you. We all make mistakes. That was very kind of you. Nice going. You'll do better next time. Thank you!"

- *Help your child recognize talents. Instead of "That's not the way to do it," say, "That's a big job, let's see if we can do it together."
- *Ask your son what he learned in school today. Smile and give him your full attention. Say "Wow!" or "Hey, that's interesting." If he's having trouble at school, listen well and see if you can help him figure

out a good way of handling it.

- *Talk with your daughter as if she were one of the most important people in the whole world, because she is.

- *Another important way to encourage your child is by attending his school events or being involved in other activities or hobbies that interest him.
- *With your words and actions, convey this message to your child:

"I like you just because you're you." Similarly, let your children know that you love them no matter what, with no string attached. I love you when you are happy, and I love you when you are angry or sad. No matter what, I will always love you.

- *Think how blessed you are to have these marvelous children in your life. As a way of showing your appreciation, give each of them a hug, a kiss, a wink, or a smile.

Deadline for 4-H Speech Contest is December 2nd

By John McQuary
Co. Ext. Agent for 4-H/Youth Dev.

The Rockcastle County 4-H Council will hold their Speech Contest on Monday, Dec. 7, 1998 at 6:00 pm at the Mt. Vernon Elementary School. The deadline to call in 4-H speeches is Wednesday, December 2. Each representative must be registered by calling the County Extension Office at 256-2403. We need to know the participants name, date of birth, full name, teacher, school and title of speech.

The top speeches from each grade will compete against other youth of their age category and not necessarily against their grade. The age category is determined by their age as of January 1, 1999.

Junior age categories are 9, 10, 11, 12, and 13.

Senior age categories are 14, 15 and 16 to 19.

Junior age category talks are to be 3 to 5 minutes long, while senior age category talks should be 5 to 7 minutes long.

Please call to register now. Again, our telephone number is 256-2403.



Farm News

By: Tom Mills
County Extension Agent
for Agriculture

Winter Beef Feeding Workshop

How can a cow starve to death on a full feed of hay? No, it is not the old job "because she can't get a square meal when eating round bales of hay." What sounds like a joke can actually happen with poor quality hay. A large percentage of first cutting hay this year was delayed by rain. Most feces was cut in late June or early July, which means that this hay was 4 to 5 weeks past maturity.

Different production stages in a beef cow's life determine her nutritional needs. A dry cow in the fall actually has the lowest nutrient needs. Her nutrient needs start to increase 30 - 60 days before calving. At calving, and for the next 6 months, the nutrient needs are at their highest. This is the point that we see the greatest stress and weight loss. However, if we plan ahead, we can help the cow be prepared for this additional stress. On Thursday, December 3, at 7:00 pm in the Rockcastle County High School Vocational/Agriculture Department, a Hay Testing, Condition Scoring and Ration

Balancing Workshop will be conducted. The Department of Agriculture mobile hay testing van will be running hay samples. University of Kentucky Extension Personnel will be showing how to condition score beef cows and plan a winter feeding program with the feeds farmers have produced. Call 256-2403 if you have questions on hay testing.

Classified Deadline is Noon Tuesday

Subscribe to the Signal

First Annual Mt. Vernon Nazarene



A program to provide gifts to those who might otherwise be left out.

If you know of a Rockcastle Co. youth, age 0-12, who would benefit, please bring name, age, sex, size and likes/dislikes to the

Mt. Vernon Nazarene Church from 8 a.m. to Noon

Friday, Nov. 27th and Saturday, Nov. 28th

"Inasmuch as ye have done it unto the least of these my brethren, ye have done it unto me"

For more information, contact Don at 758-0090

Become a Non-Smoker - Here's How!

Tired of seeing your money go up in smoke? Tired of yellow, stained teeth, bad breath and premature wrinkles? Do you want to feel, look and breathe better? Then become a non-smoker! A new Cooper/Clayton Smoking Cessation Program will begin in just 7 weeks. Registration for the class is December 7 at the Rockcastle County Health Department from 8 a.m. to 4:30 p.m., or you may mail in the registration form below. The cost of the class is \$45 and includes the educational material, book, class time and nicotine replacement starter pack of NicoDerm CQ or Nicorette Gum. The usual cost of the class is \$200, however, we are offering this holiday special for a very limited time. Take advantage of this special offer and mail in your registration today. The class is limited to 20 people. Once the class is full, all other registrations will be returned. For more information, contact Beverly Sexton at 256-2242

Registration

Name _____ Phone# _____

Address _____

How Long have you been smoking? _____ Packs Daily _____

Age _____ Sex: Male _____ Female _____

Please include check or money order (no cash please) for \$45 payable to Beverly Sexton/Smoking Cessation

Mail form to: Beverly Sexton
Rockcastle County Health Dept.
P.O. Box 840 • Mt. Vernon, Ky. 40456

(Registration and payment must be received before December 9, 1998)

ABSOLUTE

Auction

of Mr. Shannon Day's and Ms. Amy Day's
Building Lot

Sat., Dec. 5, 1998 • 10:30 a.m.

Sycamore Street, City Limits of Brodhead, Ky.

Location: Turn onto Highway 1505 (downtown Brodhead) and proceed 1/10 of a mile to Sycamore Street. Turn left on Sycamore Street and go past Frith Subdivision. Auction signs are posted.

Due to the dissolution of their marriage, the Days have authorized our firm to market this excellent lot at absolute auction.

The lot contains 1.08 acres with 123 feet of road frontage on Sycamore Street. The lot lies well. City water and sewer are available.

Auctioneer's Note: If you're looking for a nice building lot near Brodhead, this is your chance. Be sure to mark your calendar and make plans to attend this absolute auction on Saturday, December 5th at 10:30 a.m.

Terms: 20% down day of sale, balance in 30 days
Announcements day of sale take precedence over printed matter.

For additional information, contact the auctioneers.

FORD BROTHERS, INC.
AUCTIONEERS - REALTORS



**Little
Rent-A-Car**
Low Rates
Free Miles
986-8888 • Berea, KY

To experience
the warmth of
a traditional
Christmas, shop at ...



Timeless • Traditional • Unique

We value you as a customer and wish you a wonderful holiday season! We invite you to enjoy the spirit of a traditional Christmas at Hiatt's 5&10. Fill your Christmas list from our wide variety of gifts and crafts. We offer a unique selection of:

- Boyd's Bears & Friends
- Bradford Baskets
- Fenton Art Glass
- Decorative Throws
- Porcelain Dolls

- Tea Sets
- Glassware
- Gift Certificates
- Baby Gifts
- Quilting Supplies

- Crafts
- Stamped Goods
- Candles
- Artificial Flowers
- Small Household Appliances

185 Main St. • Mt. Vernon, Ky.

5th Annual E.J. Taylor Memorial
Christmas Parade
to be held in Brodhead on
Saturday, December 5th
3 p.m.

Enter A Float: First Prize \$100 • 2nd & 3rd \$50 each
Entertainment Before the Parade
Grand Marshal:
Alexa Gromko, Channel 36 Anchor

Before the Parade, Come join us for a
Country Christmas Breakfast
*Dec. 5th from 7 a.m. to 10 a.m. at the
Brodhead Volunteer Fire Dept.*
Planned Menu: Scrambled Eggs, Fried Taters,
Biscuits, Gravy, Fried Apples, Sausage or Bacon or
Country Ham, Coffee, Juice or Milk
Sausage/Bacon Breakfast - \$4 Country Ham Breakfast \$5
Items also priced separately: Gravy & Biscuit Only; Sausage &
Biscuit Sandwich; Ham Biscuit, Any Different Combo
Just come in and we'll fix you up!
ALL BREAKFAST PROCEEDS GO TO BVFD
"CARRY OUTS AVAILABLE"

Each BVFD Breakfast Purchase
or visit to Citizens Bank at Brodhead
will receive a **TICKET for a DRAWING**
to be held after the parade
\$100 Savings Acct. • \$50 Give Aways

We've changed our name to

FOOD WORLD

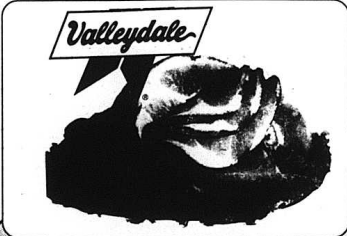
OPEN 7 DAYS A WEEK
Monday thru Sunday
8 a.m. to 9 p.m.

PHONE
256-2514

Food Stamps & Wic
Glady Accepted
Manufacturers' Coupons
Redeemed

AD PRICES VALID Tuesday, Nov. 17 thru Monday, Nov. 30, 1998

We reserve the right to limit quantities and to correct typographical and/or pictorial errors. None sold to dealers



Valleydale Old Fashioned Smoked Ham

Shank Portion

1.18

W/H Fischer's Boneless Festival Hams

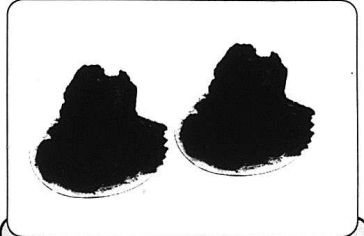
1.78



Shurfresh Grade A Basted Young Turkey

10 lbs. & Up
Butterball Young TURKEYS
.89 Lb.

.79 Lb.



Boneless Whole
Sirloin Tips

Bone-In Rib-Eye Steaks or Standing Rib Roasts
3.99 Lb.

1.48 Lb.



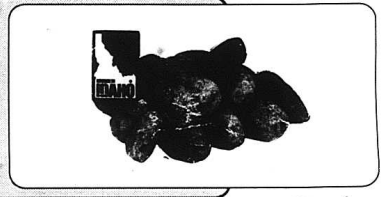
32 oz. Sel. Var.
Kraft Miracle Whip

1.68



10 lb. U.S. #1
Idaho Potatoes

1.98



5 lb.
Gold Medal Flour

2/\$1



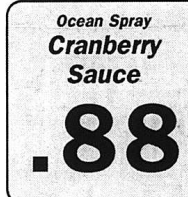
8 oz.
Cool Whip

.68



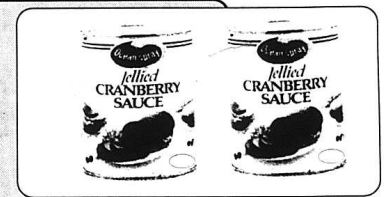
12 Pack
Coke & Coke Products

2.79



Ocean Spray Cranberry Sauce

.88



Asst. Varieties
Del-Monte Vegetables
5/\$2



12 Pack
R.C. Cola
2/\$5

Fresh
Crisp Celery .59
U.S. No. 1
Louisiana Yams 2 lbs. 1.00
Michigan Apples 2/\$5
5 lb. bag

5 lb.
Dixie Crystal Sugar 1.88



2 Liter
Pepsi Prods. .99

12 oz. Bag Ocean Spray
Cranberries 1.98

Betty Crocker Cake Mixes Sel. Varieties, 8 **78**

Sara Lee Pecan Pie 34 oz. **3.99**

Sara Lee Fruit Pies 37 to 40 oz. **2/\$5**

Scott Paper Towels **3/\$2**

Touring theatre at elementary schools

As part of AMERICAN EDUCATION WEEK, the Rockcastle County High School Touring Theatre presented a children's theatre production at the three county elementary schools on November 16 and 17. The play, "The Boy Who Tricked The Moon", is adapted from the native folklore of the Pacific Northwest, in particular a tale from the Thunderbird Clan of the Tingit Indians. While the play is not meant to be an authentic re-telling of this story, the influence of the Tingitis is evident in all aspects of the script. Through the use of storytelling, creative movement, musical effects and masks, the cast brought to life the custom and artistry of a truly fascinating and unique culture.

The script and subject matter was chosen specifically to address the 4th and 5th grade component of the Arts and Humanities Core Content for Assessment. Native American cultures along with Early American and

African are the three cultures targeted to be assessed. At the end of each performance, cast members answered student questions regarding the Tingit Culture in addition to questions based on theatre production. According to cast member Ressie Griffin, "The students were very interested in the production process. The teachers were sent education materials about the play and Tingit Culture so most questions showed that the students were prepared to see this play." Jeremy Saylor, cast member added, "All three audiences listened very attentively and were very appreciative. We hope to make the Touring Theatre a permanent part of the High School's Outreach Programming."

Cast members for "The Boy Who Tricked The Moon" included Nathaniel Bullock, Jeremy Saylor, Jessie Clouse, Ressie Griffin, Becky Davis and Mario Cadena.



Cast members for "The Boy Who Tricked The Moon" include (front row) - Ressie Griffin, Nathaniel Bullock, Becky Davis, (second row) Jeremy Saylor, Jessie Clouse, and Mario Cadena.



On Monday, November 16, 1998, four Rockcastle County High School students attended the Third Annual Youth Symposium sponsored by the Kentucky State Police, the Highway Safety Branch and the Kentucky Department of Education. The Symposium was held at Marriott's Griffin Gate Resort in Lexington. The program was offered through a National Highway Traffic Safety Grant to identify and address challenges facing Kentucky's youth in the areas of drug and alcohol prevention, violence by and against teens and school safety. Tara Abney and Dackery Larkey, both sophomores, and Angie Ford and Matthew Smith, juniors at RCHS, joined students from Boyle County Middle School, Henry Clay High School and Tichenor Middle School in the Erlanger-Elsner Independent District, as panel members in the session Reality Check 101. The session was led by Mitchell Smith, Assistant Director of the Regional Community Policing Institute at ECU. Students were asked to speak "from their hearts" regarding specific issues presented to them on school safety. They spoke to such issues as drug usage and drug testing in the schools, violence, bullying, underage drinking and gangs. In the top photo, center are Angie Ford and Tara Abney. In the middle photo is Dackery Larkey, center and in the bottom photo, at left is Matthew Smith.

Tiger Pause

Remember, no school Thursday, November 26 and Friday, November 27, due to the Thanksgiving holiday.

We would like to express our thanks to the "Seal Kentucky Team" for screening 39 students at BES. Over 100 sealants were placed at a value of over \$3,000.00. We appreciate the opportunity to allow our students to be involved in this type of program. It is a very valuable and worthwhile program provided free of charge.

Join us next week for Family Night on Thursday, December 3, at 6 p.m. for Mr. Wizard's Supermarket Science Program. Remember, there is no charge for attending Family Night. This program will be entertaining as well as educational. Parents are required to attend with children. Each adult in attendance will receive a free gift.

The Brodhead SDDM Council will hold their December meeting on Monday, December 7, at 7 p.m. in the cafeteria.

The December meeting of the Rockcastle County Board of Education will be held at BES on Tuesday, December 8 at 7 p.m. A performance by our Intermediate micro-society theater students will begin at 6 p.m. The public is invited to attend.

The next PTA meeting is scheduled for Thursday, October 10 at 7 p.m. Our pre-school students will be performing for us and Mrs. Claudinia Cash will join us for story time. Refreshments will be served.

Mark your calendars, December is going to be a busy month!

Rockcastle County Elementary School's Menu

Nov. 30 - Dec. 4

Breakfast

Monday: Nutri-grain bar or cereal, pop tart, juice, milk.

Tuesday: Sausage gravy, biscuit/jelly or cereal, pop tart, juice, milk.

Wednesday: French toast sticks, syrup/butter or cereal, toast/jelly, juice, milk.

Thursday: Scrambled egg or cereal, toast/jelly, juice, milk.

Friday: Breakfast pizza or cereal, toast/jelly, juice, milk.

Lunch

Monday: Pizza or sandwich, garden salad, milk, cookie.

Tuesday: Cheeseburger on bun or chicken patty on bun, french fries, lettuce/pickles, milk, pudding.

Wednesday: Chili and sandwich, vegetable sticks with dip, milk, banana.

Thursday: Chicken nuggets or corn dog, parsley potatoes, green beans, milk, chesecake.

Friday: Taco salad or hamburger on bun, hash browns, milk, fruit.

Rockcastle Co. Middle and High School Menu

Nov. 30 - Dec. 4

Breakfast will be served each day.

Monday: Chef salad or pizza or sandwich, garden salad, milk, choice of desserts.

Tuesday: Chef salad or cheeseburger on bun or chicken patty on bun, french fries, lettuce/pickles, milk, choice of desserts.

Wednesday: Chef salad or chili and sandwich, vegetable sticks with dip, milk, choice of desserts.

Thursday: Chef salad or chicken nuggets or corn dog, parsley potatoes, green beans, milk, choice of desserts.

Friday: Chef salad or taco salad or hamburger on bun, hash browns, milk, choice of desserts.

Woodland Buildings

Storage Sheds

606-355-0011



5 styles, 14 colors

All Wood Construction 8x8 to 14x24

Delivered to your site

From Hwy 150 at Crab Orchard, go south on Hwy 39 five miles. Turn left onto 3245. Go 0.4 mile to business on right.

606-355-0011

Local students attend National Leadership Training Conference in Albuquerque

Youth from the Rockcastle County High School chapter of the Future Homemakers of America (FHA) recently participated in a weekend leadership training held November 13-15, in Albuquerque, New Mexico. Attendees participated in a week-end of workshops and sessions that challenged, informed and motivated members and their advisors to "Access Your Future" through FHA. Along with 2,200 other advisors and members, Rockcastle County High School's FHA chapter advisors Robin Johnson and Darlene Martin, accompanied eight members to the meeting.

The "Access Your Future" theme was reinforced by Friday's powerful general session, where meeting attendees experienced a three screen multi-media presentation and geared up for a variety of leadership training opportunities offered throughout the weekend. Keynote speaker, Ty Sells, challenged members and advisors to take advantage of their opportunities as an individual and team leader.

Saturday's workshops involved training in FHA's newest program, Career Connection. This program is designed to help members explore what is important in a career and start to prepare. Members also had the opportunity to attend sessions that focused on community involvement, family related issues and public relations.

Sunday's activities concentrated on developing leadership skills through team building, communication skills and self awareness. Keynote speaker, Kevin Wanzor, closed out the meeting with the inspirational message, "Aloha: A Formula for Being a Good Role Model."

Albuquerque is the third location in a series of four national sponsored

training conferences, called Cluster Meetings, held this fall. Cluster Meetings are designed to allow students and teachers to take advantage of high-quality training opportunities. This Cluster Meeting was pre-ceded by meetings held in Greensboro, North Carolina, and Buffalo, New York and will be followed by a meeting held in St. Louis, Missouri.

Future Homemakers of America is a dynamic and effective national student organization that helps young men and women become leaders and address important personal, family, work and social issues through family and consumer science education. The organization has nearly 230,000 members from 53 state associations, including the District of Columbia, Puerto Rico, and the Virgin Islands.

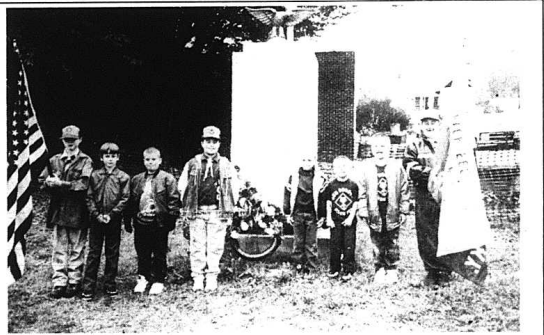
Since its founding in 1945, Future Homemakers of America has involved more than nine million youths.

Future Homemakers of America is unique among youth organizations because its programs are planned and run by members. It is the only in-school organization with the family as its central focus. Participation in national programs and chapter activities helps members become strong leaders in their families, careers, and communities.

Those attending the meeting were advisors, Robin Johnson and Darlene Martin, chapterone Rebekah Hammond, and officers Mary Beth Browning, Rachel Hammond, Jessica McClure, Kristy Lovell, Ashley Lawson, Brooke Roberts, Jamie Settles and Shalanta Nicely.



FHA advisors and officers recently attended a leadership conference in Albuquerque, New Mexico.



Cub Scout Pack 263 Holds Veterans' Service

Members of Pack 263 held their annual Veterans' Day service to honor members of the Armed Forces from Rockcastle County who gave their lives in service to our country. The pack placed a red, white and blue wreath decorated by Mrs. Evelyn Ponder in front of the memorial located on the Rockcastle County Courthouse lawn. Pictured left to right: Webelos Michael Lovell, Chris Decker and Michael Whittaker, Bears Anthony Smith, Freddie Monagan, honorary member Jonathan Alexander, Bear Charles Dickerson and Webelo Matthew Taylor.



Left to right: Wolf Brandon Bussell, Tigers Robert Miller, Stephen Bond, honorary member Jonathan Miller, Tiger Brent Callahan and Wolf Matthew Gilbert.



Cub Scout Pack 263 held their annual Halloween pack meeting recently. As a part of their celebrations, the boys decorated pumpkins for a contest. Pack winners were, from left: Richard Barron, third place; Brandon Bussell, second place and Ronnie Lainhart, first place.

FORD BROTHERS, INC.

AUCTIONEERS - REALTORS

REAL ESTATE



FOR SALE

606-256-4545 - 1-800-435-5454



A Deck and Dandy 2 Car Garage make this neat one-story home just what you're looking for. It includes living room, dining room, kitchen, 2 bedrooms, 1 bath and utility room. Located in the Orlando section. Priced at \$45,000. M1116

New on the Market! Quail Community - Highway 70 and 6181 This completely remodeled vinyl siding home has a large eat-in kitchen with oak cabinets, living room with stone fireplace, one bedroom, utility room and bath on the first floor. The second floor has 3 bedrooms. This lovely home is situated on a lot measuring 69/100 of an acre. Priced at \$65,900. M1171



2 For Your Money: Super nice bedford stone home with additional 2 bedroom rental property situated on approximately 3/4 of an acre and located at 345 McKure Street, Livingston. Home offers 3 bedrooms, 2 baths, living room and kitchen/dining combination. Property also offers a 2x28 detached garage. M1138



3 Bedroom Brick Located in the Willalla section. This home contains a living room, dining room and kitchen, family room, utility and bath. Situated on 3/4 of an acre. Just asking \$63,500. Call Sonja for your inspection at 355-7000. M1133



Impressive! Wow! That's what your friends will say when they see you're the owner of this home in Houston Point Estates. This beautiful stone/vinyl home offers 3 bedrooms, 2 baths, living room, kitchen, dining room. Home is situated on a wonderfully landscaped yard. All this can be yours for just \$86,900. M1108



You're Missing Something Great if you don't check out this 1996 Mid-America 14x70 mobile home! Offers 3 bedrooms, 2 baths, kitchen, family room and utility. Central air, wall to wall carpet, oven range, refrigerator, deck and four ft. above-ground pool. Situated on about an acre in the Quail Acres Subdiv. in Brohead. \$42,500. M1162



Roomy and Reasonable 3 bedroom, 1 1/2 bath brick home, located in the Robert Ford Subdivision is just what you've been looking for. Central air, heat pump and 2 car detached garage. Priced at \$79,900. M1150



REDUCED! Nice Vinyl Home and 2.43 acres more or less located just off 1004 near Hansley's Auto Sales. With 1600 square feet, the first floor features: living room with cathedral ceiling and fireplace, kitchen/dining room, with oak cabinets, master bedroom, utility & bath. Upstairs offers open loft and 3 bedroom comb. Also, a fully finished wood mill building. Reduced to \$49,900. M1121



Showcase Property! This 1 1/2 story vinyl siding home is one you'll have to see. Approx. 3 miles from McKee. This home offers 3 bedrooms, 3 baths, living room, kitchen, formal dining room and utility room. Approx. 2350 sq. ft. of living area with Anderson windows, hardwood floors and a 2 car detached garage. Also, a sidewalk, paved driveway and a 2x30 metal garage. Situated on 6.83 acres and priced at \$175,000. M1168



Lots of Space, Lots of Options in this 2 story vinyl siding home! First floor offers living room, dining/kitchen comb., 2 bedrooms, bath and utility and the upstairs has 2 bedrooms. In addition, the basement which could be separate living quarters offers 2 bedrooms, bath and utility room. Located on Chestnut Ridge and priced at \$89,900. Call Sonja for details. M1105



Get Back To Nature on 40 acres of bottom land with an excellent 32x40 barn with shed, and live in the comfort of this modern brick home with 1500 sq. ft. of living area. Offers 3 bedrooms, bath, living, dining/kitchen comb., plus washer/dryer hookup, electric baseboard heat and storm walls. Located in the Indian Creek section of Jackson County and priced at \$75,000. M960a



Positively Gorgeous! Watch the leaves turn on these four shady acres in this 3 bedroom luxury home. This first class home features a living room, dining room, kitchen, utility and family room. **Sale Pending!** An approximate 1000 sq. ft. pool. Consider trade to smaller property. M984



Lovell Lane, Mt. Vernon. This aluminum/vinyl siding home offers living, kitchen, 2 bedrooms, bath and utility room. Other amenities include full basement, city water and sewer, porch, gas heat, and washer/dryer hookup. Conveniently located and priced at \$36,900. Call today. M1037



New Listing! Peace and Quiet: Privacy and room to roam: this self-sustaining property consists of a nice brick ranch with full basement with drive-in garage, 3 bedrooms, 2 baths, kitchen and dining area with french doors, lg. living room and much much more. 108 acres mtl with 32x46 barn, 650 lb. tobacco base, 8-10 blade acres, bal in young timber. All located on good bottom road w/ approx. 15 miles of road frontage. Asking \$145,000. L1069



Just Reduced! Special Bargain for Beginners! This 1988 Holly Park mobile home offers 3 bedrooms, bath, utility, kitchen, dining room and family room, electric heat and a/c. Priced at \$9,500. Located along Hwy. 150, Brohead. call Sonja for your appointment. M1119



Just Listed! Take Life A Little Easier in this charming two bedroom brick home w/ Hwy. 39 north in Crab Orchard. It includes a living/dining combination, kitchen, 1 1/2 baths and utility. Central air, heat pump, hardwood floors, western cedar trim, concrete drive and a two car garage are just a few of the amenities that are sure to catch your eye. The property is situated on approximately one acre lot and priced at \$74,900. M1163



Charm Plus Investment! Don't just own your own home but offer yourself some extra income potential by purchasing this one with Florida room, living room, kitchen, 2 bedrooms and bath, as well as a large workshop. Home also features small barn, tool shed, 15x20 craft shop and appliances such as washer/dryer, refrigerator, gas range and window AC are included. Situated on 9/10 of an acre with fruit trees, white board fences and small pond. This opportunity is yours for \$68,510. M1129



Care To Indulge In The Finer Things of Life? Such as living in the deluxe new vinyl siding home with over 2,000 sq. ft. of living area. This 2 story home offers 3 bedrooms, 2 baths, kitchen and dining area on the first floor. The ground floor has a bedroom, bath, recreation room and 1 1/2 car garage. Quality construction on a large lot. M1075



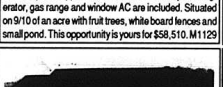
Check This Out! This home under construction in the Woodland Place Subdivision is coming right along. **Sale Pending!** living room, family room, utility, bath, utility and recreation room. Heat pump, carpet and central air, all on a 1/2 acre lot. M1101



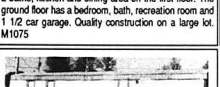
Just Listed For You! If a nice home situated on 4 acres in the country is your desire, then be sure to check this out! Located just off Highway 150 on 32x45, this home offers living room, dining/kitchen comb., 3 bedrooms, 1 1/2 baths and a utility room. Other amenities include: a 2 car detached garage, city water, an outbuilding as well as a mobile home. All this for \$53,000. M1118



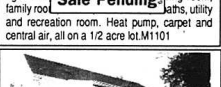
There's A Welcome Here For You! You'll smile when you see this beautifully cared for ranch style brick! This one story home features 3 bedrooms, 1 1/2 baths, living, dining, kitchen/utility room and den plus much more. All on 20 spacious (but private) acres and **JUST REDUCED TO \$74,900.00** M1151



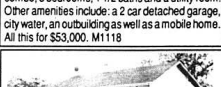
Where It's All! This new one story 3 bedroom home offers living, dining, kitchen/utility room and den plus much more. All on 20 spacious (but private) acres and **JUST REDUCED TO \$74,900.00** M1151



Within Your Budget! This 1984 Premier Mobile Home offers 2 bedrooms, 2 baths, kitchen, living and dining comb. Features washer, dryer, dishwasher, oven range, refrigerator and wall low all carpet. Located on Hwy. 70 in Willalla. Priced to sell at \$16,900. M1160



New Listing! Congratulations yourself on finding this lovely 1 1/2 acre home. The home has 3 bedrooms, 2 baths, kitchen and dining room, living room, utility and recreation room. Heat pump, carpet and central air, all on a 1/2 acre lot. M1101



Room To Breathe! House and 10 acres of 1st grade in the Highland section. Home offers living room, dining room, kitchen w/oak cabinets, 2 bedrooms and 1 1/2 baths. Hardwood floors, central heat and air, 22x24 garage with a 15x24 shed, storage building, good fence. Priced at \$92,000. M1167

FUTURE AUCTIONS

Absolute Auction of Mr. and Mrs. Bill Estep's Farm Machinery, Antiques, Tools & Coca Cola Collection Saturday, November 28th at 10:30 a.m. Wilburn Section of Pulaski County

Absolute Auction of Mr. Keith Saylor's Modular Home and 36 Acres, Farm Machinery Saturday, November 28th at 1:30 p.m. Crab Orchard, Kentucky

Absolute Auction of Shannon Day's and Amy Day's 1 Acre Lot, More or less Saturday, December 5th at 10:30 a.m. Off Highway 1505, near Brohead

Absolute Auction of Mr. and Mrs. Joe Griffin's (the former late Todd Brown's place) 50 Acres, more or less, House and Barn Saturday, December 5th at 10:30 a.m. Carpenter Rd., McKinney Section of Lincoln County

Auction of Mr. and Mrs. Brent Collier's House and Mini-Farm in 2 Tracts Saturday, December 5th at 1:30 p.m. Maple Grove Road, London, Ky.

AGENTS

SAMMY L. FORD - 256-4588 **DAVID HENDERSON - 256-2034**
DANNY R. FORD - 256-4446 **PHYLLIS WHITTAKER - 256-2790**
DANETTA ALLEN - 256-2071 **JEFF BURDETTE - 256-3538**
ROY E. ADAMS - 758-8400 **DALE AND SANDRA WHITAKER 256-4227**



Tomorrow belongs to you! If you're interested in living, we're offering atmosphere and serenity in this new home! This brand new 1 1/2 story brick/vinyl home offers 2,000+ sq. ft. of living area with 5 bedrooms, 3 1/2 formal dining room. Added feat. **SOLD!** heat pump and 2 car garage. Located on a large lot in the new Hunter Ridge Subdv. The home for your future. M1069

COMMERCIAL

20 Acres of prime commercial I-75 property at Rentro Valley. Great visibility from I-75, city water and sewer and good terrain with tremendous possibilities. May be your opportunity at \$3000.00. M538
Established Sporting Goods Business in South Central Kentucky with catalog and mail order service. Owner wanting to retire. Call for details. M1056
Commercial Property, Rentro Valley. 10 acres w/ city water and sewer. Development potential. Owner will consider dividing into smaller tracts. Priced at \$79,500. M1057

FARMS

193.6 Acres of Retreat-Type Land in the Buffalo Section! Very private, tobacco base, an abundance of growing timber. All for only \$79,500. M1107
43 1/2 Acres! Located in the Walnut Grove Section of Pulaski County. Property includes a 52x96 horse barn, storage building and mobile home hookup. All cleared land under new fence. City water, septic and sewer. Development potential. Owner will consider dividing into smaller tracts. Priced at \$79,500. M1107
New Listing! 40 Acre Farm on Highway 3445 in McKee! Practically all cleared land with a 36x60 barn with city water and electric, as well as an 1839 lb. tobacco base. Priced at \$75,000. M1169

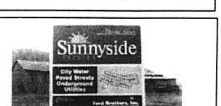


The Best for the Least! Beautiful home with 26x40 garage. Home completely remodeled and consists of 2, possibly 3 bedrooms, bath, extra large living room, new carpet and vinyl throughout, KJ electric, city water and sewer. Centrally located just 5 miles from south I-75 exit and 3 miles from north I-75 exit in the heart of Livingston. Unbelievable for \$41,500. L1060

LOTS

New Listing! 8 Lots totaling approximately 5 acres. These lots are fenced and city water is available. Located on Highway 3445 in McKee! Priced at \$30,000. M1170
Four Large 1/2 Acre Lots in the Woodland Place Subdivision waiting for your creativity! Restricted, paved streets, and city water. priced at \$8,000 each. M708
4 Lots - 1+ Acre Each! Take your pick, located in the Woodland Place Subdivision with paved street and city water. Hurry - only \$9,900 per lot! M710
In A Word here is an ideal restricted lot for building your new home. Located in the Rolling Hills Subdivision, the lot measures 81x19 of an acre. Priced at \$7,000. M537
Sale Pending! Great building site located in the Rolling Hills Subdivision. M937A
Four Large Country Lots in the Willalla section! Some restrictions apply. Perfect for the home you've been wanting to build. At only \$5,700 per lot, get started today! M1049
4 1/2 Acres Partially Cleared in the Walnut Grove section! Pulaski County! City water available. M1158
Looking For A Lot? Here are four great lots. Located on Bandy Road in Willalla. Priced at only \$5,700 each, call for more information! M1049

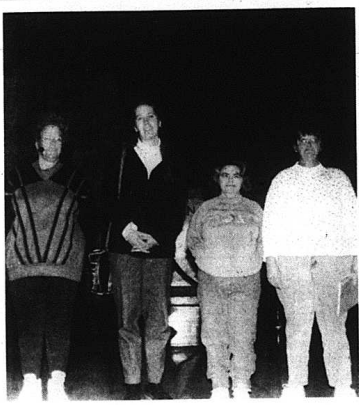
Building Lot In the Hunter's Ridge Subdivision with city water and blacktop road. **SOLD!** Hunter's Ridge Subdivision! Building lot with blacktop road and city water available. **SOLD!**



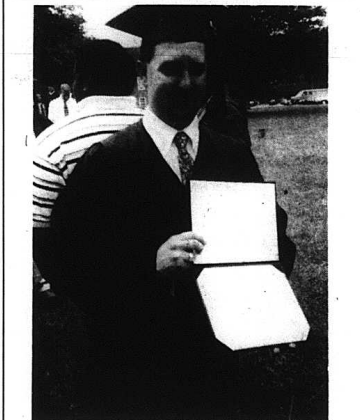
All New Subdivision! If you're looking for a large country lot for a mobile home, look no further. Paved streets, underground utilities and city water in the Sunnyside Estates Subdivision. Financing available. Priced at \$7,900 each. M1048



New Development! Introducing the All New Hunter Ridge Subdivision! Located on Highway 150, across the street from Cedar Rapids County. Prestigious restricted lots with underground utilities. Choose the lot of your choice! Prices range from \$8,500 to \$15,500 each. M948



The Christian Appalachian Project Adult Learning Center, Mt. Vernon, provides a variety of educational programs and offers students unique opportunities to learn outside of the classroom. Here, students and teacher Sonja Hoden, are shown in the Rounda of the State Capitol during a tour to learn more about state government and how laws are made in the Kentucky General Assembly. House Minority Floor Leader Danny Ford provided the students with written materials for further study back in the classroom.



Bobby C. Bishop, Jr. has successfully completed his studies at Union College in Barbourville, Ky. He graduated in December 1997 with a 3.4 GPA overall in a Bachelor of Science Degree. He is the son of Bobby and Margie Bishop of Brodhead and co-owner of Bishop Tire Service in Mt. Vernon.

take some medication that her doctor had prescribed. It was an antidepressant that often helps in cases of panic attack. After several months, Jan was much better. The attacks still came, but not as often and not as forcefully. "I'm glad I got help," she said. "This was one battle I could not fight by myself."

The Signal Office will be closed Thursday and Friday due to Thanksgiving



If you're having trouble getting automobile financing because of bankruptcy, slow pay, or no credit, **LET US HELP!**

Call our toll-free number 24 hours a day, it's completely automated and totally private.

For Your New, Used Car, Truck or Van CALL TODAY!

DRIVE TOMORROW!

1-800-820-1855

The Family Room

By Dr. Don Whitehead

Panic Attacks Are Real
"My doctor says there is nothing physically wrong with me," Jan told me, "but I'm afraid I'm going to die!" Obviously distressed Jan had come to her first counseling session in a desparate mood. (All characters are fictitious).

"It happens almost every day now," she continued. "I get knots in my chest and stomach. My chest gets

so tight I almost can't breathe. My heart beats faster and I begin to perspire."

"How long has this been going on?" I asked Jan. "Too long!" she told me emphatically. "It began about six months ago and keeps getting worse."

"I'm almost afraid to go into a store anymore," Jan continued. "My husband has to do all the grocery

shopping. When I go into a store, I feel as if the walls are closing in on me. It's embarrassing to have to run out the door and leave a full grocery cart in the checkout line. I'm getting so I don't want to go anywhere."

Jan was an otherwise healthy twenty-six-year-old who had recently married her longtime boyfriend. She reported that the marriage was wonderful and that she was very happy. "We've had a few adjustments to make, but it's been very good." Her panic attacks had begun a couple of weeks before the wedding.

"The first one surprised me more than anything," she said. "My chest got tight and I had trouble breathing. It quickly went away and I thought nothing about it. Then about a week later it happened again."

"I went to the doctor after the second one," she continued, "and had a complete physical. She said I was in great shape. When the attacks contin-

ued, I went to another doctor who told me the very same thing. They have done EKGs, stress tests and everything else under the sun, and it all comes back normal. But something is very wrong!"

"What's wrong Jan is that you are having panic attacks," I told her. She looked stunned. "That's what my doctor told me," I agreed. "This doesn't mean you are crazy, and there are some things we can do to help."

"Why me? Why now?" she wanted to know. "My life is going so well."

"Has anyone else in your family ever had these attacks?" I asked. "Now that you mention it, Mom told me she used to have something like this when she was younger," Jan remembered. "She said it went away."

"The tendency to have panic attacks does seem to run in certain families," I told Jan. "Add to that family history the stress of getting married and then there is a panic attack."

Jan and I did several things to help her fight the attacks. It was hard work and she occasionally wanted to give up. Jan learned how to breathe slowly and deeply and help herself relax. She learned to distract her mind when the attacks began. (She counted backward from 100 by threes. Try it sometime.) She reluctantly agreed to

PMC MORTGAGE COMPANY

Toll Free 1-888-335-0011

Residential Loan Specialists

- Lower Your Interest Rate
- Home Improvement Money
- Pay Off Your Mortgage Faster
- Reduce Monthly Payments
- Cash Out for any Purpose
- Pay Off Credit Card Bills

BILLS! BILLS! BILLS!

DOES YOUR BUDGET LOOK LIKE THIS?

\$34,500 Mortgage	\$485.00
\$7,500 Auto Loan	\$310.00
\$1500 MasterCard	\$85.00
\$1500 VISA	\$75.00
\$45,500 Total	\$956.00

Why not have one new payment of **\$329.88**

You save \$652.12 a month or \$7,501.44 a year
Very Competitive Fixed Rates as Low as 7.5%
Previous Bankruptcy and Slow Credit is OK

WHIRLPOOL

ALL THE FALL SEASON - COOLER TEMPERATURES, TURNING LEAVES

WHIRLPOOL LERMAE
Free-Loops Capacity Electric Dryer
• 10 Cycle, 10 Temp. and 4 Air
• 3 Humidity Sensors
• 400 Washes with 1000
• Automatic Controls

WHIRLPOOL LERMAE
Free-Loops Capacity Electric Dryer
• 10 Cycle, 10 Temp. and 4 Air
• 3 Humidity Sensors
• 400 Washes with 1000
• Automatic Controls

WHIRLPOOL LERMAE
Free-Loops Capacity Electric Dryer
• 10 Cycle, 10 Temp. and 4 Air
• 3 Humidity Sensors
• 400 Washes with 1000
• Automatic Controls

WHIRLPOOL LERMAE
Free-Loops Capacity Electric Dryer
• 10 Cycle, 10 Temp. and 4 Air
• 3 Humidity Sensors
• 400 Washes with 1000
• Automatic Controls

APPLIANCE SERVICE CENTER
P.O. Box 448 Mt. Vernon, Kentucky 40359
Phone (800) 255-2828

CRUISEONE
#1 in Cruising Nationwide
A Subsidiary of TDS Travel Company

MAXIMUM CRUISE SAVINGS

Carnival
CARIBBEAN
WORLDWIDE CRUISE 7 NIGHTS
FR. \$399

MEXICAN
5 NIGHTS
FR. \$509

NORWEGIAN
W. Caribbean
7 NIGHTS
FR. \$749

PREMIER CRUISES
BIG RED BOAT
3 Nights
FR. \$299

PANAMA CANAL
10 NIGHTS
FR. \$1099

W. Caribbean
7 Nights
FR. \$799

CALL Your Local Independent Cruise Specialist For Current Specials and Free CruiseOne Magazine

Call Bill & Myra Saylor
606-985-1437
888-745-TRIP (8747)

Open 7 Days & Evenings

Soup Bean Supper Saturday, November 28th

5:00 p.m. -- ???
at Mt. Vernon Fire Station

SPONSORED BY:
MT. VERNON VOLUNTEER
FIRE DEPARTMENT

Share Your Holiday Blessings:



"A righteous man regards the life of his animal..." Proverbs 12:10



- ### Menu
- Soup Beans
 - Corn Bread
 - Relish
 - Onions
 - Cole Slaw
 - Drinks
 - Dessert

All You Can Eat -- \$5.00
Kids 12 & Under -- \$2.50

Church News

Singing

Sand Hill Baptist Church, November 28th, 7 p.m. Singers will be the Antioch Singers from Antioch Church in Keavy. Everyone welcome.

New Church

Church of God in Jesus Name is located on the left past Citizens Bank in Broadhead. Services are Friday at 7 p.m. and Sunday at 6 p.m. Everyone Welcome.

5th Sunday Fellowship

The Christian Churches of Rockcastle Co. will gather for a 5th Sunday Fellowship, Nov. 29, at the Wildie Christian Church at 6 p.m. A concert will

be presented by the King's Crusaders, a quartet of young men from Lincoln Co. Fellowship will follow by sharing your favorite dessert. Kenton Parkey, minister, invites everyone to a great night of inspiration and fellowship.

Thanksgiving Service

First Christian Church will join area churches at the High School auditorium on Wednesday, November 25 for a Commemate service at 7 p.m. An offering will be taken and go toward the Ministerial Association which helps with local and transient needs and sponsors the annual Baccalaureate Service.

LET LOVE ADORN YOUR HOME WITH HOLIDAY HAPPINESS

Your favorite stores are all aglitter with lights, ornaments, tinsel, candles, wreaths and gift wrappings. However, these seasonal adornments may not put you in a gala holiday mood, and if so, assuming that you have no major problems or sorrows, something must be wrong. Have you quarreled recently with a relative or friend? Are you normally impatient with people? Then it's time to get rid of these negative tendencies. Mend that quarrel, no matter whose fault it was. Let your House of Worship put some love and kindness in your heart before you plug in the Christmas lights or ignite the Chanukkah candles. Then your home and your life will be much brighter during the upcoming holidays, as well as at all other times of the year.

As for him who voluntarily performeth a good work, verily God is grateful and knowing. —The Koran

"They helped every one his neighbour; and every one said to his brother, Be of good courage, —Isaiah 41:6

WE CAN ALL FIND GOOD REASONS TO GIVE OUR THANKS

Though fortune seems to pass you by, There's something that you can't deny: At times we all have things go wrong, But manage still to get along. If you can somehow pay each bill, And no one at your house is ill, And if your children get good grades And don't indulge in escapades, And if you have just one good friend, In case misfortune should descend, Then you have blessings by the score, Of things you should be thankful for. Your House of Worship will convey This message for Thanksgiving Day, So let us all, with one accord, Extend our thanks unto the Lord.

— Gloria Nowak



True love's the gift which God has given to man alone beneath the heaven. —Sir Walter Scott

"Every man hath his proper gift of God, one after this manner, and another after that." —1 Corinthians 7:7

Berea Tabernacle So. U.S. 25 across from Berea Ford Sunday School 10 a.m. Sunday night 6:00 p.m. Wednesday 7:00 p.m. Pastor: Ralph Chasteen	Central Baptist Church US 25 S. Mt. Vernon SS 10 a.m./Worship 11 a.m. Evening Worship 6 p.m. Wednesday 7 p.m. There is a Difference - Come & See Pastor: Dr. James W. Hood	First Christian Church West Main St. • Mt. Vernon • 256-2876 SS 10 a.m./Worship 11 a.m. Evening Worship 6 p.m. Radio Program WRVK 1460 AM Sunday 8:45 a.m. Wednesday Youth Training and Adults 7 p.m. Minister: Eddie Hammond	Mt. Pleasant Baptist Church SS 10 a.m./Worship 10:45 a.m. Discipline Training 6:30 p.m. Sunday Evening Worship 7:15 p.m. Wednesday 7 p.m. Pastor: Bro. Randall Smith	Red Hill Baptist Church (Union Baptist) SS 10 a.m./Worship 11 a.m. Pastor: Bro. Dale Walters Everyone Invited!	Three Links Christian Church Sunday School 10 a.m. Worship 11 a.m. Pastor: Jack O. Martin
Bible Baptist Church SS 10 a.m./Worship 11 a.m. Evening Service 6 p.m. - Broadcast WRVK 4:00 p.m. Wednesday 7 p.m. Vans available for pick-up Nursery provided. 256-5842 & 256-5913 Pastor: Don Shirley	Clear Creek Baptist Church SS 10 a.m./Worship 11 a.m. Sunday Evening 7:00 until time chg Wed. Prayer Service 7:00 p.m. Song Leaders Music: Mr. and Mrs. Jimmy Nicely Pastor: Bro. Sherman Hill	Flatrock Baptist Church Orlando, Ky. SS 10 a.m./Worship 11 a.m. Sunday Evening 7 p.m. Wednesday 7 p.m.	Mt. Vernon Church of Christ Sunday Services 10 a.m. Pastor: Russell McFerron	Rose Hill Baptist Church SS 10 a.m./Worship 11 a.m. Sun. Night 6 p.m./Thurs. Night 7 p.m. Pastor: Bro. Ross Bradley	Trinity Independent Baptist Church (Off old 461 on Keith Sowder Rd.) SS 10 a.m./Worship 11 a.m. Sunday Evening 6 p.m. Wednesday Prayer Service 7 p.m. Pastor: Jackie Renner Everyone Welcome!
Blue Springs Pentecostal SS 10:30 a.m./Sun. Evening 6 p.m. Friday night 7 p.m. Highway 1249	Climax Christian Church SS 10 a.m./Worship 11 a.m. Interim Minister: Dale Sander	Freedom Baptist Church Freedom Road SS 10 a.m./Worship 11 a.m. Discipline Training 6 p.m. Sunday Evening 7 p.m. Wednesday Prayer Service 7 p.m. 256-2964 Bro. Shawn Madden	Mt. Vernon Pentecostal Church Lovell St., Mt. Vernon SS 10 a.m./Worship 11 a.m. Sunday Evening 6 p.m. Wednesday Bible Study 7 p.m. Pastor: Buford Parkerson	Sand Hill Baptist Church SS 10 a.m./Worship 11 a.m. Sunday Evening 6 p.m. Pastor: Bernard Ellison	West Broadhead Church of God Negro Creek Rd., Broadhead SS 10 a.m./Worship 11 a.m. Sunday Evening 6 p.m./Wed. 7:30 a.m. Pastor: Bro. John Irwin
Bridle Ridge Baptist Church SS 10 a.m./Worship 11 a.m. Sunday Evening 7:30 p.m. Wed. Services & Youth 7:30 p.m.	Community Baptist Church Fairground Hill, Mt. Vernon Sunday Services 6 p.m. Tuesday 7:00 p.m. Pastor: Oliver Abney	Grace Baptist Church US 25 at Roundstone SS 10 a.m./Worship 11 a.m. Evening Worship 7 p.m. Wednesday Prayer Meeting 7 p.m. WRVK Radio 9:15 a.m. Pastor: Bro. Raymond Oltut	Mt. Zion Baptist Church SS 10 a.m./Worship 11 a.m. Radio Program Sunday 2:30 Sunday Evening 7 p.m. Wednesday 7 p.m. Pastor: Arthur Benge	Sand Springs Baptist Church Hwy. 1249 SS 10 a.m./Worship 11 a.m. Evening Worship 6 p.m. Pastor: Danny Robbins	West Middle Christian Church SS 10 a.m./Worship 11 a.m. Evening Worship 6 p.m./Youth 6 p.m. Wednesday Bible Study 7 p.m. WRVK Sunday 8:30 a.m. 256-4494 Minister: Kenton Parkey
Broadhead Baptist Church SS 10 a.m./Worship 11 a.m. Children's Church 11 a.m. Youth Meeting 6th Grade/Up 6 p.m. Children's Choir 7 p.m. Sunday Evn. Worship 7 p.m. Adult Choir Practice 6 p.m. Wed. Evn. Bible Study 7 p.m. Mission Friends RAS, GAS, Actives 7 p.m. Thursday Services - Broadhead Adult Day Care Center 11 a.m. Sowder Nursing Home 10:30 a.m. (First & Third Thursdays) Van service available for Broadhead & surrounding area. Nursery provided - Birth to 4 years Phones: 758-8316 or 758-8313 Pastor: Rev. Mark A. Whicker	Conway Baptist Church SS 10 a.m./Worship 11 a.m. Evening Worship 6 p.m. Wednesday 7 p.m. Pastor: Gary Parker	Hickory Grove Free Pentecostal Church SS 10 a.m./Worship 11 a.m. Sunday Evening 7 p.m. Wednesday Evening Prayer Youth Meeting 1 & 3 Saturdays Radio WRVK Sunday 1:45 p.m. Pastor: Randall Adams	New Hope Baptist Church Orlando, Ky. SS 10 a.m./Worship 11 a.m. Sunday Evn. 6 p.m. Wednesday Evening 7 p.m. Pastor: Joe VanVinkle	Scalford Cape Christian Rd. 3 mi. marker Scalford Cape Rd. Awakening Thrill Broadcast/WRVK Sunday 9 p.m. SS 10 a.m./Worship 11 a.m. Evening Worship 7 p.m. Wed. Prayer Service 7 p.m. Pastor: Woody Morrison A real church family feeling!	Morning View Holiness Church Thursday night 7:30 Sunday School 10:30 Sunday Evening 7 o'clock Evanglist Burgess Daugherty
Broadhead Christian Church Main St., Broadhead SS 10 a.m./Worship 11 a.m. Sunday Evening 7 p.m. Wednesday Youth Meeting 7 p.m. Van Service Available 256-5911 Minister: Wade Johnson	Conway First Resurrection Pentecostal Church SS 10:30 a.m./Worship 11:30 a.m. Sat. 7 p.m./Sun. Evn. 6 p.m. Thursday 7 p.m. Pastor: Arnold Adams	Lighthouse Assembly of God Brush Creek Road SS 10 a.m./Worship 11 a.m. Sunday Evening 6 p.m. Wednesday - Family Night Activities for all 7 p.m. Pastor: Dwight Hensley	Northside Baptist Church High Street, Mt. Vernon SS 10 a.m./Worship 11 a.m. Discipline Training 6 p.m. Sunday Evening 7 p.m. Wed. Prayer/Bible Study 6:30 p.m. For transportation, call 256-5577 Pastor: Bro. Kevin Bolin	Sand Springs Baptist Church Hwy. 1249 SS 10 a.m./Worship 11 a.m. Sunday Evening 7 p.m. Pastor: Bro. Ed Gibbs	Climax Holiness Church Thursday 7 p.m. Sunday 7 p.m.
Brah Arbor House of Prayer Humeral Rd., Benth Valley SS 10 a.m./Worship 11 a.m. Sunday Evening 7 p.m. Wednesday Evening 7 p.m. G.W. Davis	Copper Creek Baptist SS 10 a.m./Worship 11 a.m. Sunday Evening 6 p.m. Wednesday 7 p.m.	Livingston Baptist Church Main St., Livingston SS 10 a.m./Worship 11 a.m. Sunday Evening 7 p.m. Wednesday Evening 7 p.m. Pastor: Bro. Clyde Miller	Ottawa Baptist Church Ottawa Community Rt. 1650 Bible Study 10 a.m./Worship 11 a.m. Discipline Training 6 p.m. Evening Worship 7 p.m. Wed. Prayer/Bible Study 7 p.m. 758-8453	Tabernacle of Love Fairground Hill Wednesday & Friday 7 p.m. Saturday 1 p.m. Everyone Welcome 256-5894 Pastor: Bro. Clyde Hodge	Every fourth Sunday, services are on Saturday at 11 a.m. and 7 p.m. Pastor: Cecil Himes, 926-4183
Brush Creek Holiness Church Orlando SS 10 a.m./Sun. Evening 7 p.m. Tuesday Evening 7 p.m. Pastor: Olen McGuire	Corinth Holiness Church Second Sun. & Sat. night of each mo. Sunday 11 a.m. & Sat. night at 7 p.m. Every Friday night 7 p.m. Every Sunday Morning 11 a.m. Church Invites Everyone	Livingston Pentecostal Church SS 10 a.m./Worship 11 a.m. Sunday Service 6 p.m. Wed. Service 6 p.m. Saturday night Service 7 p.m. 3rd Sat. of each month Pastor: Bro. James Miller	Our Lady of Mt. Vernon Catholic Church Williams St., Mt. Vernon Mass 5 p.m. Saturday 7 p.m. Tuesday Pastor: Rev. John Curtis Associates: Ed and Tricia Corfas	Philadelphical United Baptist Byrd Ridge Rd., Broadhead 2nd and 4th Saturdays 7 p.m. Sunday Services 10 a.m. & 7 p.m. Ph. (513) 492-2658 or 758-4226 Pastor: James W. Bryant	
Buckeye Christian Church 1/2 mi. east of Benth Valley on Humeral Road SS 10 a.m./Worship 11 a.m. WRVK Radio 8:30 a.m. Pastor: Bro. Cledith Thacker	Fairview Baptist Church Just off US 25 at Fairview SS 10 a.m./Worship 11 a.m. Sunday Evening 7 p.m. Wednesday Evening 7 p.m. Pastor: Harvey Pensol	Macedonia Baptist Church SS 10 a.m./Worship 11 a.m. Sunday Evening 6 p.m. Wednesday 7 p.m. Pastor: Bro. Denton Sears	Pine Hill Holiness Church US 25 S. Mt. Vernon Sunday School 10 a.m. Sunday Evening 7 p.m. Thursday & Saturday Evenings 7:30 Pastor: Allen Hensley	Pleasant Run Baptist Church Lemora SS 10 a.m./Worship 11 a.m. Sunday Evening 6 p.m. Wednesday Evening 7 p.m. Pastor: Bro. Steve Weaver	
Burnetts Chapel Methodist Church SS 10 a.m./Worship 11 a.m. Highway 934 off Highway 461 Phone 274-5122 Pastor: Claude West	Faith Chapel Pentecostal Wed. 7 p.m. Sat. 7 p.m. Sun. School 10 a.m., Sun. Worship 11 a.m. Sunday night 7 p.m. Virgil Bustle, Pastor	Maple Grove Baptist Church Rd. 1004 off Orlando • 256-4884 SS 9:40 a.m./Worship 10:40 a.m. WRVK Service 11 a.m. Sunday Worship 11 a.m. Youth Ministry 4:30 p.m. Discipline Training 6 p.m. Evening Worship 6 p.m. Wed. Youth Music 6:30 p.m. Mission Groups 7 p.m. Prayer/Bible Study 7 p.m. Pastor: Dr. Maynard Head	Poplar Grove Baptist Church Livingston, TN SS 10 a.m./Worship 11 a.m. Sunday Evening 7 p.m. Wednesday Prayer Meeting 7 p.m. 758-8095 Pastor: Rick Reynolds	Providence Church of Christ Sunday Bible Study 10 a.m. Worship 10:35 a.m. Sunday evening 7 p.m. Wednesday Bible Study 7:30 p.m. Radio 8 a.m. Sunday WRVK 1460 AM Weekly Newspaper Arnie 758-9316 Preacher: Dan McKibben	
Calvary Apostolic Lighthouse Just off Richmond Road in Mt. Vernon - on Negro Town Hill Rd. Sunday Services 10 a.m. & 6 p.m. Wednesday 7:30 p.m. Ph. 256-4416 Pastor: Bro. James Blanton	First Baptist Church West Main St., Mt. Vernon SS 9:40 a.m./Worship 10:40 a.m. WRVK Service 11 a.m. Sunday Worship 11 a.m. Youth Ministry 4:30 p.m. Discipline Training 6 p.m. Evening Worship 6 p.m. Wed. Youth Music 6:30 p.m. Mission Groups 7 p.m. Prayer/Bible Study 7 p.m. Pastor: Dr. Maynard Head	Mareburg Baptist Church Hwy. 150 SS 10 a.m./Worship 11 a.m. Discipline Training Youth 6 p.m. Sunday Evening 7 p.m. Wednesday 7 p.m. Youth Group - 3rd Fri. each mo. 7 p.m. Pastor: Bro. Wayne Harding			
Church of our Lord Jesus Christ US 25 South of Mt. Vernon Sunday 1:00 p.m. Jack Walkins, Pastor Jeff McCadden, Asst. Pastor	First Church of Jesus Christ Sand Springs Saturday Evening 7:30 p.m. Sunday Morning 10:30 a.m. Pastor: Bro. James E. Nicely	McNew Chapel Community Baptist Church Cove Branch Road Sat. 7 p.m. Wed. Prayer Meeting 7 p.m. Sun. SS 10 a.m./Worship 11 a.m. Sun. 6:30 a.m./Radio Sun. 3:30 p.m. Pastor: Jerry Ballinger			
Church of the Nazarene Fair Ave., Mt. Vernon SS 10 a.m./Worship 11 a.m. Sun. Evening 6 p.m. - Wed. 7 p.m. Pastor: Rev. Larry Smoot	First Pine Hill Missionary Baptist Church SS 10 a.m./Morning Worship 11 a.m. Sunday Evening Worship 6 p.m. Wednesday 6 p.m. Pastor: Bro. Wayne Henson				

The Church Page is provided by the sponsors listed below.

BMV
256-5141

Country Sam's Furniture Warehouse
2 Locations in Mt. Vernon
Hwy. 2549 (Old 461) and I-75 U.S. 25 South
256-9475 • 256-9373

Citizens Bank
Broadhead 758-8212 • Mt. Vernon 256-2500

Gox Florist
FTD Telefloral Service
256-3333

Rockcastle Hospital & Respiratory Care, Inc.
Newcomb Avenue • 256-2195

Jean's Restaurant
"Good home cookin'"
I-75 & Exit 59 • Mt. Vernon • 256-5319

Rockcastle Association of Baptists
Bro. Jack Bruce, Director
256-4571



The girls' basketball teams, cheerleaders and dance team members held their banquet at the middle school last Thursday night. The sixth grade was recognized for being the first undefeated team in the history of girls basketball at the middle school; the seventh grade team was honored for being the first girls team to win a conference championship tournament. Individual awards were handed out to the eighth grade team which was racked by injuries to key players. Receiving awards were, front row, from left, Jessica Carpenter, best defense; Jessica Thacker, Most Improved; Jessie Hayes, best offense; Amy Barnett, Coach's Award; Candace Blair, 110% Award. Back row: Pam Shackelford, Most Improved; Heather Pingleton, Sixth Man Award; Ashley Mink, Best Rebounder and Bryanna Buswell, 110% Award. With the team are coach David Owens.

Rockcastle County Middle School Boys Basketball Schedule 1998-99

Nov. 23/24	RCMS T'Giving Tourney	6:00 p.m.
Nov. 30	Jamboree @ RCMS	7:00 p.m.
Dec. 1	Madison Middle	H 5:30 p.m.
Dec. 3	Wayne County	A 5:30 p.m.
Dec. 7	Meese Middle	H 5:30 p.m.
Dec. 8	North Laurel	H 6:00 p.m.
Dec. 10	North Laurel	H 6:00 p.m.
Dec. 17	Southern	H 5:30 p.m.
Jan. 4	Corbin Middle	A 5:30 p.m.
Jan. 7	Northern Pulaski	A 5:30 p.m.
Jan. 11	Wayne County	H 5:30 p.m.
Jan. 14	Meese Middle	A 5:30 p.m.
Jan. 18	North Laurel	H 6:00 p.m.
Jan. 21	Southern	A 6:00 p.m.
Jan. 25	Southern Pulaski	A 5:30 p.m.
Jan. 28	Corbin Middle	H 5:30 p.m.
Feb. 1	Northern Pulaski	H 5:30 p.m.

Jamboree Location Changed

Due to a heating problem at Corbin's gym, the SCMSAS Jamboree, which RCMS will be participating in, has been changed to Rockcastle Middle School. The Jamboree will be held Monday night, November 30th. The schedule is as follows, with the first team being the home team and wearing the light colored uniforms.

6:00 - South Laurel vs. Corbin - 7th Grade

7:00 - South Laurel vs. Corbin - 8th Grade

7:00 - Rockcastle Co. vs. North Laurel - 7th Grade

7:30 - Rockcastle Co. vs. North Laurel - 8th Grade

"Points East"

(Cont. from A2)

Juggler was doing his act at a dive in Tarpon Springs but instead of tossing balls or blowing pins around the guy was tossing knives with blades about 18 inches long and so sharp he could cut the hair off your head. Dangerous devices and murderous looking and the fellow had a dozen of them going in all directions without missing a beat. It was a frightening, yet thrilling thing to see and the guy was playing for tips. But the football game was on and hardly anybody was paying him any attention.

Around midnight he left the bar with maybe twenty bucks and an arm load of knives. Instead of putting them back in the carrying case, he just tossed the whole load helter skelter into the back seat and headed down the highway in his rusty old car. Not sure with the night's take and a happy bet to be pulled over by the state patrol at that hour. Which was exactly what happened.

The cops pulled him over, flashed a light into the back seat and ordered him out of the car, hands up. There wasn't a sniff of alcohol on his breath nor a hint that he'd been on drugs, but the law was concerned about the knives. The juggler tried to explain that he was a juggler and that he'd had a bad night but the cops were not convinced.

While the blue lights were flashing and they held spot lights on him, the poor guy loaded all the knives up in his arms and began tossing them into the air. Between his legs, over both shoulders and high above his head until he had all twelve in motion at the same time, sometimes catching them in his teeth and between his toes. It was a wonder to behold.

About that time two of Lloyd's buddies who had watched the end of the game, came along and they slowed down enough, when they saw the

blue lights, to see what was going on. After they had passed the scene, one pal looked over to the other and remarked, "This is getting ridiculous. What are they going to come up with next to see if you can pass a sobriety test?"

That's what the most important news from Paint Lick and Tarpon Springs this week but not quite all. If you know anything about growing papayas, please give me a call. Lloyd has planned some and they're growing quite well except that they came from Brazil, exactly 28 degrees south of the equator and he lives exactly 28 degrees north. In Tarpon Springs, it's winter. In Brazil, it's summer, so his papayas are behaving in Florida's winter as though it were summer in Brazil. And Mr. Murphy would like to figure out a way to make them adapt, or, better still, turn the seasons around.

I've called the UK Extension Office where Loreta works and Mike Carter, Garrard County's Agriculture Extension Agent and expert on almost everything that grows, who says it's the first time everybody at the University has been stamped. (Just when I thought those guys knew everything).

In the meantime, please mail your recipes for left-over turkey to us, but please don't close by carcasses. The address is 301 Charlie Brown Road, Paint Lick, KY 40461. We'll gladly put them in the paper. If you have left over ham, feed it to the neighbor's barking dog and maybe you'll start getting some sleep at night.

"Sweet and Sour"

(Cont. from A2)

still smoking embers we could see twisted metal beds, refrigerators, stoves, deep freezers, dishwasher, the twisted springs from our antique piano plus many things that we couldn't make out in the hot embers. Those we

call out to me, did it hurt, did it ask for help?" Those questions were answered in those three messages, an Angel looking upward, be happy and forget me not. There were two more things never uncovered and they still lie buried beneath the ruins, two broken hearts belonging to Polly and me.

"Banquet"

(Cont. from front)

from 7:00 p.m. until 10:00 a.m. at the fire department building. For more information at Mt. Vernon, call city hall at (606) 256-3437, at Brothead call city hall at (606) 758-8635 and at Livingston call John Kuhn at (606) 453-4113 or Sam Stallworth at (606) 453-3782.

"Cash"

(Cont. from front)

her personal life and tell her who she should or should not associate with. Cruse alleges that Cash constantly degraded fellow teacher Gary Tiller while Cruse had grown close.

Cruse also alleges that Cash told her, and another RCHS teacher Glenna Bullock, that if anyone at the school could sue him for sexual harassment, it would be Cruse.

Cruse also claims that after she filed a sexual harassment complaint against Cash with Superintendent Larry Hammond in January of this year, Cash took retaliatory actions against Cruse with the Department of Education alleging that Cruse had cheated on 57 KIRIS portfolios.

The State Department of Education later ruled in Cruse's favor on 56 of the 57 portfolios.

Cruse also alleges in her suit that Cash told her and other non-tenured teachers at RCHS, if they wanted to become tenured teachers (keep their job) they should vote for who he wanted them to vote for in the retention council at the high school.

Cruse also alleges that the local Board of Education was on actual notice that Cash harassed, intimidated, and retaliated against staff members at RCHS but did nothing to prevent the harassment against Cruse, and the retaliation taken by Cash against Cruse, following the filing of her sexual harassment complaint in February of this year, until eight months later when Cash was terminated.

Cruse claims that the board had verified information months earlier that Cash had both sexually harassed and retaliated against her.

Editors Note: *A federal law suit of this nature, when filed presents only one side of a case. Cash and the board have 20 days from the time they were served in which to answer the suit.*

There is currently a compromise in the making between the board and Cash, in which Cash is expected to return to work in the local school system.

"Downscales"

(Cont. from front)

three years at their own expense. Mayor Tyrce said that the City of Livingston simply could not afford to pay an officer that much.

The contract currently has two part-time officers, Bill Hammond and Greg Poyner, both of whom are being paid minimum wage.

The city is also taking applications for a full-time officer.

Mayor Tyrce said the federal government has agreed to modify the price to a minimum wage position.

"New School"

(Cont. from front)

members of the board, I would have to say that Brothead would get a new school first," Hammond said.

Hammond said that after the district facility plan is amended, it would be left up to the board to make the final recommendation to the state Department of Education. "In ninety-percent of these types of recommendations the state department goes along with what the local board wants," Hammond said.

"By making the two construction projects a top priority, we are making our building needs greater and that actually will increase the amount of money we get from the state through their offer of assistance, after the next legislative session in 2000," Hammond said.

It would probably take about two to three years to build a new school once we get started," Hammond said.

Hammond said that the new school would probably be built on the current site at Brothead, but that too could change.

The hearing is scheduled to be held at the Rockcastle County Middle School at 6:30 p.m.

8th grade boys win 66-31

The Rockcastle County 8th grade boys' team opened their season with an impressive win over Jerry D. Lay School on Monday night, 66 to 31.

The Rockets were ahead 15 to 13 at the end of the first quarter, 31 to 20 at halftime and 52 to 27 at the end of the third period.

All hands on deck of the Rocket's fifteen players got into the scoring column.

Aaron Anderkin led the way

Annual banquet set for Dec. 4th

The annual Farmer's Business Banquet has been set for Friday December 4, at the Rockcastle County Middle School beginning at 7:00 p.m.

This year's guest speaker will be Kentucky's Commissioner of Agricultural Billy Ray Smith.

Smith, a Bowling Green native, is a fourth generation farmer and cattle breeder who operated a

with 22. Mary Reagan had 9, Austin Miller, 8, Stephen Boring, 6, Jason Reynolds, Chris Settles and Larry Newcomb each had 4 and Justin Rogers, Dustin Robinson, Derrick Shelton, Matthew Mullins all had 2 points. James Michael Buswell scored the only free throw for the Rockets.

The Rockets play a total of Lexington Catholic team in the finals of their Thanksgiving tournament on Tuesday night.

grain elevator and farm supply store for nearly 30 years.

Smith has been an commissioner since 1996.

Tickets for the banquet are \$10.00 and can be purchased at the Rockcastle County Conservation District office or from any member of the Mt. Vernon Lion's Club.

For more information call (606) 256-2525.

Our Readers Write

Dear Editor,

A Thanksgiving "Thank You"

This letter is an acknowledgment to all the people who took the time to care about me/my peers during my life. Thank you for all the valuable time that you donated and the small amount of money that you made for trying to make me a better person and help me to be a part of a team, learning how to work together to accomplish personal and team goals.

Thanks for coming and getting me and taking me home from practices and games, thanks for celebrating with me during the victories and coping with me during the losses and thanks for thinking of me and my friends and for the patience, for teaching and caring and putting up with all the headaches from the people who have unrealistic expectations. As Alabama would say in the song "Forty Hour Week" - thank you for your time.

This is to the teachers, preachers, politicians and statisticians, doctors, lawyers and plain old good people to Mom and Dad for making me work hard and not be lazy, my grandparents for their wisdom and guidance, all my family - aunts, uncles, cousins, etc. for their support and love through good times and bad. Thanks to my coaches - Mr. Bobby McKinney during softball at Brothead Elementary School summer leagues, also to Mr. Tim Hopkins, Mr. Larry Doyle, Mr. Gary Genay. Thanks you Mr. Ronnie Brummett, Mr. Keith Day, Mr. Billy Bill Cameron during little

league baseball with the Athletics, also to Mr. Sammy Ford, Mr. Galiff Craig during all-star baseball games. Also to Mr. Mark McKinney and Mr. Johnny Hamm for fifth and sixth grade basketball at Brothead Elementary, and to Mr. Gary Scott for seventh and eighth grade basketball at Brothead Elementary School. Thank you Mr. James "Bear" Bradley and Mr. Ray Lunsford for your guidance and direction in senior league baseball and to Mr. Gary Scott for seventh and eighth grade basketball at Brothead Elementary School. Thank you Mr. James "Bear" Bradley and Mr. Ray Lunsford for your guidance and direction in senior league baseball and to Mr. Gary Scott for seventh and eighth grade basketball at Brothead Elementary School. Thank you Mr. James "Bear" Bradley and Mr. Ray Lunsford for your guidance and direction in senior league baseball and to Mr. Gary Scott for seventh and eighth grade basketball at Brothead Elementary School.

Thank you to all those people for giving of your time throughout life, for your instruction and care on the battlefield, gym, classroom or home. Thanks for caring. No matter what problems you faced or how unthankful some may be, I want you to know I cherished and loved each moment.

Hopefully, I will be able to be a positive influence in some young person's life as you were in mine. God bless each of you.

Thanks for the time,
Brant Blanton

Dear Editor,

The Brothead Volunteer Fire Department would like to thank everyone who participated or contributed in any way to the various fundraising events of the past year. Your contributions of time and money have allowed us to build our department's fire fighting capabilities and expand our ability to serve you better as a volunteer fire department.

Thank You,
BVFDF



Property For Sale

1994 Southern doublewide - living room, dining and kitchen comb. 2 baths and utility room on solid block foundation. Home equipped with refrigerator, electric range, dishwasher, fireplace and garden tub. Situated on 1/2 acre lot. Walking distance of Lake Linville. Call 256-3267 ask for Darlena Myers. \$40,000.

For Sale or Rent

1992 Trailer

Move to your own lot or lot rental available. Large deck included, central air, 3 bedrooms, Jacuzzi, includes dishwasher, side by side refrigerator, range, ceiling fans.

Located in city limits

Call Perry or Amy Mink

256-5198 or

256-3198

Mullins attends meeting

Roland Mullins, of Mt. Vernon, recently attended the Cumberland College Board of Trustees semi-annual meeting held at the Cumberland Inn in Williamsburg, Kentucky.

Cumberland College is a four-year private, liberal arts college located in Williamsburg, Kentucky. Trustees are elected to a four year term.

The Cumberland Inn is a Cumberland College property managed by Marriott Conference Centers in Williamsburg. The Inn is unique in that it employs over 100 Cumberland College students who help pay their college expenses through the work opportunities provided at the Inn such as doorman, desk clerk, bellhop, server, housekeeping.

Agricultural News

By Warden Alexander
FSA Director

Marketing Cards
Marketing cards were mailed to burley tobacco producers in Rockcastle County on October 22, 1998 who had the required paperwork on file. If you are a producer who has not received your marketing card, as of today, there may be additional forms that you and/or your tenant need to sign. Please check to ensure that the

paperwork is on file so that your marketing card can be mailed to you. **Public Notice for LAA Election - LAA #1 (Community A)**
The Rockcastle County FSA

Committee election will be held this year on December 1, 1998 for LAA #1 - Community A. This is the western section of Rockcastle County bound by Pulaski, Lincoln and Garrard County. Highway boundaries are: Hwy. 70, Hwy. 150, I-75 and Hurricane School Road.

All farm owners, operators, tenants, and sharecroppers of legal voting age can vote if they are eligible to take part in any FSA program. Eligible voters have the right to vote for one (1) candidate by casting their vote on the FSA ballot which will be mailed from the county office on November 20th.

Remember: The county community is your voice in USDA programs. Get involved today and make a difference - vote on December 1st. Changes

Producers who have a change of address are reminded to inform the

county office as applicable. Also: producers who sell farmland are reminded to inform the new owner that once they have their deed reflecting the ownership to contact the local FSA office. Remember: our records are only as current as producers inform the office.

The Farm Service Center will be closed Thursday, November 26th in observance of Thanksgiving Day. We will reopen for regular business on Friday, Nov. 26th at 7:30 a.m.

**Mary Ida Jones
Happy Birthday
November 28th
It's your special day!
We love you mama
Ronnie and Judy**



Christopher Mason Poynter celebrated his second birthday on November 18, 1998. He is the son of Chris and Janice Poynter of Brodhead. Grandparents are Jesse and Lorene Doan of Mt. Vernon and Marguerite Robinson of Brodhead and the late Mason Poynter, Jr.



There was a time when you both were nine but that was long, long ago!
Then you reached your good old teens, my oh my where did those years go?
Then you both were 29 well I let that birthday go!
Because I have been waiting all this time to say
Happy Big 30!
Jenny Harper
Brenda Cameron
With love from your family!



Bobby Dylan Bishop would like to announce the birth of his sister, Brooklyn Shayann. Brooklyn was born April 15th at Pattie A. Clay Hospital. She weighed 7 lbs. 2 1/2 ozs. and was 19 3/4 inches long. Their parents are Bobby and Jacqueline Bishop of Brodhead. Their paternal grandparents are Bobby and Margie Bishop of Brodhead. Maternal grandparents are Jerry and Carolyn Nicley of Mt. Vernon. Maternal great grandmother is Bertha Long of Mt. Vernon.



Nathan Scott Berryman celebrated his third birthday on October 25. He is the son of Scottie and Eva Berryman. His maternal grandparents are Burgess and Barbara Daugherty of Livingston. Maternal great grandparents are Opal Robinson of Lamerco and Della Allen of Mt. Vernon. His paternal grandparents are Wendall Berryman of Winchester and the late Linda Sue Reed Berryman.

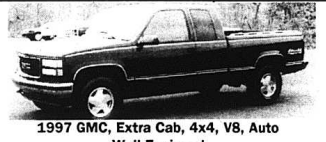
NO MONEY DOWN



1996 Plymouth Voyager Van, V6, Extra Nice
\$11,500/\$242 Mo.



1995 Nissan Pathfinder 4x4, Auto, Local Trade
\$13,995/\$294 Mo.



1997 GMC, Extra Cab, 4x4, V8, Auto
Well Equipped
\$21,500/\$452 Mo.



1997 Dodge Stratus, Low Miles, Fully Equipped
\$10,500/\$225 Mo.

97 Buick Skylark 4 Dr., Auto, Loaded \$9,995 or \$212 Mo.	96 Buick Regal 4 Dr., V6, Low Miles \$10,995 or \$229 Mo.	96 Chev. Camaro T-Tops, Low Miles \$10,995 or \$229 Mo.
--	--	--

95 Mazda Miata Convertible, Low Ks \$10,500 or \$225 Mo.	97 Ford Ranger "Splash", XLT, Loaded \$10,500 or \$225 Mo.	97 Chev. S-10 V6, Auto, Low Miles \$11,995 or \$249 Mo.
---	--	--

98 Grand Cherokee Laredo, 18K \$22,995 or \$479 Mo.	96 Ford Bronco New V8 Engine, Auto, Local Trade \$3,995	97 Nissan XE 4x4, Air, Low Miles \$12,995 or \$275 Mo.
--	---	---

96 Ford Ranger XLT, Extra Cab \$9,995 or \$212 Mo.	95 Toyota Tacoma 4 Dr., Auto, Loaded \$10,995 or \$229 Mo.	96 Nissan SE Extra Cab, Auto Sunroof, Loaded \$12,995 or \$275 Mo.
---	---	--

98 Ford Taurus SE, Loaded, 9K \$12,995 or \$275 Mo.	98 Ford Contour GL, Well Equipped Off Lease \$9,995 or \$212 Mo.	93 Dodge Shadow 2 Dr., Auto, One Local Owner \$3,500 or \$100 Mo.
--	--	---

96 Chev. Blazer LT, 4 Dr., Leather Loaded \$17,995 or \$379 Mo.	9 Chev. S-10 Mark III, Conversion Show Truck \$11,995 or \$249 Mo.	See Larry Gooch or Andy Hiatt
---	--	--

Kathy Livesay, of Kathy's Salon of Beauty, regrets having to inform her patrons that she must close her business due to illness and wishes to thank everyone for their support through the years.

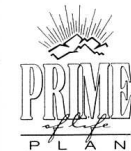
Special Dentures

1. The Plateless Upper Denture Benefits
A. No more Gagging
B. Enjoy the Taste of Food Again
C. No more using Glue
2. The Snap-On-Lower Denture Benefits
A. Eliminates all movement of Dentures
B. Increase Chewing Power
C. No more using Glue
"You Are What You Eat"
"Why be denied the foods that are hard to eat because of ill fitting"
DENTURES
As low as **\$495⁰⁰**

Lexington Denture Clinic
Ballard Morgan, DMD
General Dentistry
1-800-467-7535
Lab on Premises - Soft Lined Dentures
Repairs While You Wait - Relines Financing Available With Approved Credit
Free Consultation
Prices may vary with additional or Different Materials, Techniques Used or Individual Needs of Patients.

Town & Country Motors, Inc.
Located directly across from
RCHS on 461 By-Pass
606-256-8049

State Auto offers people age 50 and over extra-value coverages!



State Auto's new Prime of Life Plan gives qualifying auto and homeowners insurance customers our Prime of Life's expanded coverages and substantial premium discounts! Plus, when you're on vacation, your Prime of Life Plan provides protection when you're driving a rented vehicle - no need to buy additional collision coverage ever again! And, no deductibles apply! Now that's a friend you can depend on! Call your State Auto agent today for more information

STATE AUTO Insurance Companies
Your best insurance is a good agent.
Singleton Insurance Agency
Donnie Singleton, Agent
210 E. Main St. • Mt. Vernon
606-256-2611

Gala of Gifts

You Are Invited to Help Us Celebrate The Christmas Season with our 28th Anniversary...

OPEN HOUSE

Sunday, November 29th
10 a.m. to 6 p.m.

Refreshments • Door Prizes • Pre-Christmas Sale

20% OFF CASH and CARRY

Foley's Florist & Hallmark Shop
592 Chestnut Street • Berea • 986-8175
Monday-Saturday 8:30 to 5:30; Sunday 10:00 to 5:00

HERESAY

By:
**John Norman
Meadows**



PRECIOUS SOULS, CHILDREN OF AN EVIL AGE, greetings and indulgences to you and yours on this best festive day, the day when weeks of tortuous dieting are undone in one fell swoop, or one plate with sideboards.

Phah! Let's not let guilt run our food and football weekend. Eat, drink, and be merry. Tomorrow we may diet. What follows, beloved, is my contribution toward your having a mindful Thanksgiving. Over the years I seen many lists purporting to be actual church bulletin misprints and outright spoofs. And thinking back on some a couple of church secretaries I've suffered through, I can believe the following faux pas were indeed printed. Whatever! Read and enjoy - or weep if you have a secretary who does such.

I begin with a bulletin that reflected a weary pastor's disdain for the "active" Baptist habit of scheduling something for every day of the week - a trend thirty some years ago that, thank heaven, faded away. That bulletin read thus:

Monday, 7:00 P.M. - Deacons' Meeting in the Pastor's Study
Tuesday, 7:00 P.M. - Baptist Women

met in the home of Martha Smithers. Refreshments to be served and recipes exchanged.

Wednesday 7:00 P.M., Mid-Week Hour of Prayer and Bible Study, Fellowship Hall
8:00 P.M. - Adult Choir Cantata Practice - Nursery open

Thursday, 7:00 P.M. - Church Stewardship Committee meets in Pastor's Study. Coffee and donuts!

Friday, Funtime for Youth of our Church and Community - in Fellowship Hall - after the football game. Bring an unchurched friend - or an enemy!

Saturday ? Saturday has been cancelled due to lack of interest. Let us all be much in prayer that this will not happen again.

From Announcements and Church Bulletins

- 1) Don't let worry kill you. Let the church help.
- 2) Thursday Night - Potluck Supper Prayer and medication to follow.
- 3) Remember in prayer those who are sick of our church and community.
- 4) For those of you who have children

and don't know it, we have a nursery downstairs.

5) The resurrection on the altar this morning is to announce the birth of David Alan Belzer, the son of Rev. and Mrs. Julius Belzer.

6) This afternoon there will be meetings in the south and north ends of the church. Children will be baptized at both ends.

7) Tuesday at 4 PM there will be an ice cream social. All ladies giving milk will please come early.

8) Thursday at 5 PM there will be a meeting of the Little Mothers Club. All wishing to become Little Mothers, please see the minister in his study.

9) Next Sunday a special collection will be taken to defray the cost of the new carpet. All those wishing to do something on the carpet will come forward and get a piece of paper.

10) The ladies of the church have cast off clothing of every kind, and they may be seen in the church basement on Friday.

11) A bean supper will be held on Tuesday evening in Fellowship Hall. Music will follow.

12) At the evening service tonight, the sermon topic will be "What Is Hell?" Come early and listen to our choir practice.

13) Weight Watchers will meet at 7 PM at the First Presbyterian Church. Please use the large, double door at the side entrance.

14) The 1991 Spring Council will be held May 10 and 11.

15) Our pastor is on vacation. Messages can be given to the church secretary.

16) Eight new robes are currently needed to the addition of several new choir members and to the deterioration of some of the older ones.

17) Mrs. Johnson will be entering the hospital this week for tests.

18) The Senior Choir invites any member of the congregation who enjoys singing to join the choir.

19) Please join us as we show our support for Amy and Alan who are preparing for the birth of their first child.

20) Scouts are saving aluminum cans, bottles, and other items to be recycled. Proceeds will be used to cripple children.

21) The Lutheran Men's Group will meet at 6 PM. Steak, mashed potatoes, green beans, bread and dessert will be served for a nominal fee.

22) The Pastor unveiled the church's new tithing campaign slogan last Sunday: "I Upped My Pledge - Up Yours!"

Next week, dear hearts, I will set before you my investigative report on a clear and present danger to our homes, our nation, and our world, viz., bread!

Too Late To Classify

For Sale: 1978 Ford Pick-up; 1979 Ford Pick-up; 1984 Chrysler; 1984 Mercury; 1979 Chevrolet, 1 ton; 1989 Ford Taurus; 256-5403. 2x.
Lake Cumberland Flea Market. "Another Woman's Treasures." Aisle "E," Booths 241 & 242. Olde and New. Dining Room Hutch, Jewelry, Avon Collectibles, "Names by Jo Lee" and more. Fri-Sat. PLUS Dec. 18-24; daily. Somerset, Ky. (606) 758-4612.x3p

Trailer For Rent: In Scaffold Cane area, available Dec. 22. Some restrictions, rental agreement required. No pets. \$200 month and \$200 deposit. 256-2610.x2

Help Wanted: Experienced floral designer, part-time, to work into full-time position. Call between 10 a.m. and 5 p.m. 606-758-9057 or evenings 758-9048.

Notice: The City of Brodhead will be taking bids for the removal of buildings in city limits. For more information, call City Hall, 606-758-8635. Any or all bids may be refused. Companies must show proof of insurance and workman's compensation coverage.

For Sale: 1992 Ford Ranger, 256-3755.

For Sale: 1996 GEO Metro, 5 speed, w/air and FM cassette, delay wipers, gray cloth interior, white exterior, 42,000 miles. Nice dependable car. Asking \$3,800. 1997 GEO Metro LS, auto, am/fm cassette, delay wipers, gray cloth interior, burgundy exterior, 12,000 actual miles, nice dependable car, asking \$4,900. Big screen 46" Magnavox, in stereo asking \$425. 758-9447.

COMMONWEALTH

FORD • LINCOLN • MERCURY

Thanksgiving Harvest Sale!



1998 Ford Mustang Coupe

\$263.82 Monthly \$0 DOWN!
MSRP..... \$18,180
CFLM Discount..... \$2,691
Your Price...\$15,489



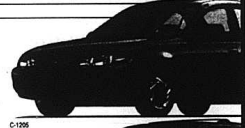
1999 Ford Taurus LX

\$272.39 Monthly \$0 DOWN!
MSRP..... \$18,235
CFLM Discount..... \$2,236
Your Price...\$15,999



1998 Mercury Tracer LS

\$208.20 Monthly \$0 DOWN!
MSRP..... \$14,860
CFLM Discount..... \$2,861
Your Price...\$11,999



1998 Ford Windstar LX

\$208.20 Monthly \$0 DOWN!
MSRP..... \$30,875
Ford Discount..... \$965
CFLM Discount..... \$4,911
Your Price...\$24,999



Quality Inspected & Serviced Pre-Owned Cars

1997 Ford Escort	\$10,900
1996 Lincoln Towncar Leather, All The Buttons	\$24,995
1996 Ford Taurus GL	\$12,995
1997 Ford Escort LX 4 Door, Great Gas Mileage!	\$8,995
1996 Lincoln Continental Low Miles, Loaded	\$23,995
1996 Ford Mustang LX Air, Low Miles	\$12,995
1997 Volkswagen Golf One Owner, Sunroof, Nice Car	\$10,995
1997 Pontiac Grand Am GT One Owner, Local Trade, Pwr Roof	\$13,995
1996 Ford Thunderbird Loaded, Super Nice Car	\$12,995
1997 Mercury Grand Marquis LS Leather, Loaded	\$19,995
1998 Ford Crown Victoria LX Touring Package, Loaded	\$23,995
1996 Infiniti I30 Leather, Power Roof, Loaded	\$18,995

Quality Inspected & Serviced Pre-Owned Trucks & Vans

1996 Ford F-150 XLT 4x2	\$11,995
1997 Nissan Pickup XE 4x4 11K Miles	\$15,995
1995 Ford F-150 4x2, V-8, Auto, Air, One Owner, Local Trade	\$12,995
1998 Ford Windstar GL Rear Air, Nice	\$18,995
1996 Ford Windstar GL Rear Air, Clean, Red & Ready For Only	\$17,995
1998 Ford F-150 XLT 4x4, One Owner, Lcl Trade, Off Road Pkg	\$21,999
1997 Nissan Pickup 4x4, Nice Truck, One Owner	\$13,995
1997 Ford Explorer LX 4x4, One Owner, Local Trade	\$21,999
1997 Ford Explorer XLT 2 to Choose	\$22,999
1997 Ford F-250 XLT Power Stroke Diesel, 4x4, Supercab	\$26,995

Taxes & license are in addition to all new and pre-owned vehicle prices, dealer retains any rebates, payments figured on 84 mo. financing @ 10.25% APR, OAC.

WOW!

623-3252

EKU By-Pass & Boggs Lane • Richmond, KY • 1-800-633-5574

Attention! Attention! Attention!

It's not too late to win tickets to a U.K. home basketball game. Now through November 30th every time you do a bank transaction inside the 461 office lobby, you will be eligible to win two tickets to a University of Kentucky home basketball game. The drawing will be held on Monday, November 30th at the 461 office.

Come into the
461 office lobby to pick up your 1998-99 University of Kentucky calendars while supplies last.
Limit one per customer

Member FDIC

BMV

The Bank of Mt. Vernon

Downtown Office 606-256-5112 461 Office 606-256-5111 Somerset Office 606-679-8826 Berea Office 606-985-0561 Richmond Office 606-624-2212

*Dates of games not determined. Employees not eligible. transactions include: Checking account deposit, savings deposit, loan payment, savings withdrawal, purchase of a C.D., loan application, etc.



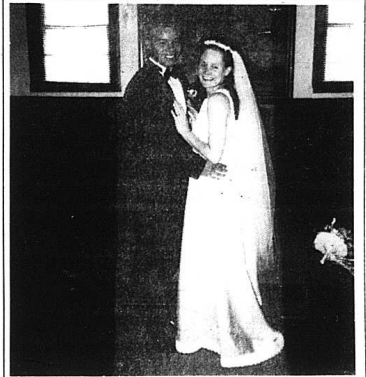
70th Birthday Celebration

Thanks! Sunday, November 15, 1998, Don Stevens was much surprised with a birthday dinner, at the University of Kentucky Faculty Club, given by his children, Don Ambrose Stevens and Nancy Jayne Beanblossom. There was a host of family and friends to help him celebrate his big 7-0! He would like to say a large "Thank You" for all those who came, wrote reminiscence stories, sent cards, brought pictures, The Citation from the House of Representatives of the Commonwealth of Kentucky and for being commissioned a Kentucky Colonel. Thanks! 7-0 is pretty great! Pictured from left: Lester Baker, Raymond Asher, Don Stevens and Beldon Asher, Jr. Pictured supplied by Helen Asher.



65th Wedding Anniversary

Mr. and Mrs. Nathan Clark of Wildie will celebrate their 65th wedding anniversary, Monday, November 30th. They are the parents of Mrs. Vira Dailey and son-in-law, Jack Dailey of Mt. Vernon, Ms. Shirley Bullen of Berea and Mrs. Brenda Merritt and son-in-law, James Merritt of Wildie. They have five grandchildren: J. B. Dailey, Sandra Ramsey, Gary Bullen, Marcia Bird and Susan R. Coffey. They also have seven great grandchildren. Nathan and Katherine have been residents of Wildie for 38 years and are members of the Wildie Christian Church.



Vows Said

Amanda Gail Meade, daughter of Willard Jr. and Karen Meade of Frankfort, and Michael Joe Dees, son of Joe and Lois Dees of Scaffold Cane Rd., Mt. Vernon, were married July 4, 1998 by Bro. Wayne Henson at Clear Creek Baptist Church in Mt. Vernon. Mrs. Dees is a graduate of Western Hills High School and is attending Eastern Kentucky University. Michael is a 1997 graduate of Rockcastle County High School and is employed by the Kentucky Dept. of Highways in Garrard County. The maid of honor was the bride's sister, Lindsey Meade. The bridesmaids were Tabitha Dees and Larenda Coleman. The flower girl was Samantha Dees. The best man was the groom's uncle, Eddie Anglin. The groomsmen were Mark Dees and Rodell Meade. The ring bearer was Logan Dees. The couple have made their home on Scaffold Cane in Mt. Vernon. They would like to send a special thank you to Carolyn Nicely and Jacqueline Bishop for all their help to make sure that everything went right.

Kiwanis members attend Governor's Banquet

Several members of the Rockcastle Kiwanis Club attended the Division 6 Governor's Banquet on October 27 at Pine Mountain State Park in Pineville. The banquet was to honor Kentucky-Tennessee Kiwanis Governor Terrell E. Horne, Jr., of Oak Ridge, Tennessee.

Proceeding the Governor's Ban-

quet, club president Teresa Vanzant and president-elect Tammy Cox attended the Division Council meeting to exchange ideas with delegates from the 10 other Kiwanis Clubs in Division 6. Each club told a wide variety of service projects to their communities and their unique fund raising programs, which allows the clubs to

improve the lives of hundreds of children and adults.

Kiwanis International was founded in 1915 and today has more than 8,630 clubs, with worldwide membership of 313,800. The Kiwanis service family includes Kiwanis Clubs for adults, Circle K for college students, Key Clubs for high school students and Builders Club for middle school. Teaching community service

to all ages through mentors in the Kiwanis family is a primary goal of Kiwanis.

In 1992, Kiwanis International adopted its first ever Worldwide Service Project, "Young Children - Priority One," pledging to raise \$75 million by the year 2000 to eliminate iodine deficiency disorder (IDD) worldwide. Working with Unicef and the Morton Salt Co., Kiwanis is changing the lives for the better through this commitment. One nickel is all it takes to supply enough iodine to prevent mental retardation, goiter and a host of related problems. Saving and changing lives five cents at a time is making a worldwide impact. Children, youth and adults are working together to serve others by meeting this commitment.

Representing the Rockcastle Kiwanis Club at the Governor's Banquet were Tammy Cox, Martha Cox, Jessie Murray, Teresa Vanzant, Tara Cox and Lee Keene.



From left: Tammy Cox, Martha Cox, Jessie Murray, Kentucky-Tennessee Governor Terrell Horne, Jr., Teresa Vanzant, Tara Cox and Lee Keene attended the Division Governor's Banquet at Pine Mountain State Park in Pineville.

Check out our CELLULARONE At Home Rate Plan

Plan includes Monthly Access of **\$14.99**

First Six Months Only

Home Minutes Included:

75 every month

FREE PHONE INCLUDED

Audiovox-501, Motorola 550 Flip, Motorola Tottle While Supplies Last With Lease Agreement

Certain restrictions apply. State, federal and other taxes apply. Credit must be approved. Two year service agreement. Long distance toll and roaming charges apply. Offer may change without notice. * Excluding Boone, Kenton and Campbell Counties.



908 WISE MAIN STREET • MT. VERNON, KY
(606) 256-4424

Your Authorized CELLULARONE Dealer

The Signal Office will be closed Thursday and Friday in observance of Thanksgiving.

Have a happy and safe holiday

We're Shooting Down The Competition!



98 EXT. CAB 4WD Z71
350, V-8 Silverado, Pkg
MSRP \$29,232

Your Price **\$25,900***



98 CHEVY BLAZER 4X4
4 Dr., L.S. Pwr. Windows & Locks
#128808, MSRP \$29,462

Your Price **\$22,380***



97 CHEVY 4X4 Z-71
Stepside, Silverado, 350, V-8
Only 17,000 Miles

Your Price **\$22,980***

All New 98 Vehicles & 99 Oldsmobiles In Stock Sold At INVOICE!
Your Price Equals Invoice Minus Rebate Or Special Rate!
Rebates Up To \$3,500! Finance Rates As Low As 0.9%!



USED CAR SAVINGS

95 CHEVY 4X4 Z-71 YOUR PRICE **\$16,980***

Stepside, 350 V-8, Silverado, Must See...

2-97 CHEVY 4X4 Z-71 YOUR PRICE **\$24,980***

Ext. Cab, 350 V-8, Loaded...

95 CHEVY BLAZER 4X4 YOUR PRICE **\$16,980***

4 Door, L.S. Pkg, One Owner

97 GMC JIMMY 4X4 YOUR PRICE **\$19,980***

4 Door, Auto, Pwr. Windows & Locks, Hi, Cruise

98 JEEP GRAND CHEROKEE LAREDO YOUR PRICE **\$23,980***

One Owner, Platinum Color, 19,000 Miles, MSRP New \$28,535

98 CHEVY VENTURE VAN YOUR PRICE **\$19,980***

4 Door, Auto, Air, Cassette, Pkg, windows & Locks, Cruise, 7,919 Miles

95 PONTIAC GRAND AM GT YOUR PRICE **\$9,980***

2 Door, Auto, Air, V-6, Pwr. Windows & Locks, Cruise, CD Player, 47,000 Miles

96 OLDS AURORA YOUR PRICE **\$16,980***

Loaded, Leather, Pwr. Roof

97 TOYOTA COROLLA DX YOUR PRICE **\$12,580***

Loaded, Spoken, CD Changer, Gold Pkg, 22,500 Miles

98 CHEVY PRIZM LSI YOUR PRICE **\$12,580***

Loaded, All Pwr., 15,800 Miles

87 CHEVY 4X4 YOUR PRICE **\$7,980***

V-8 Engine auto, Air, Cassette

83 PONTIAC BONNEVILLE YOUR PRICE **\$2,980***

Auto, Air, All Bumpers, 83,000 Actual Miles

86 MAZDA B2000 PU YOUR PRICE **\$2,980***

One Owner, 74,000 Miles

94 CHEVY S-10 YOUR PRICE **\$5,980***

5 Speed, Air, One Owner, 69,000 Miles

96 CHEVY BERETTA YOUR PRICE **\$7,980***

One Owner, 30,000 Miles



US 25 NORTH BERE A
1-800-677-3562
986-3169

"Your Hometown Dealer Since 1955"
You Can't Buy Any Car For Less...Unless It's A Lot Less Car!

* All Rebates Assigned To Dealer. Plus Tax, Title & License

County Statistics

Circuit Civil Suits

James Frederick vs. McDonald's Corp. and others, complaint. 98-CI-00324.

Commonwealth of Kentucky, Ex. Rel. Cabinet for Families and Children vs. Woodrow Davidson, petition to incorporate divorce decree. 98-CI-00236.

Meth Denise Kidwell vs. William Keith Kidwell, petition for dissolution of marriage. 98-CI-00247.

Larry David Smith vs. Leighanne Ledford, petition for dissolution of marriage. 98-CI-00248.

C.E. Capital Auto Lease, Inc. vs. Betty Gilbert and Andrew J. Gilbert, \$8,964.10 claimed due on auto. 98-CI-00249.

Willard Bullock vs. Dessie Bullock, petition for dissolution of marriage. 98-CI-00250.

District Civil Suits

William Dooley vs. Betty Baker, for the decedent complaint. 98-C-00114.

Central Financial Services, Inc. vs. Christine Abney and Ronnie Abney, \$2,500.12 claimed due. 98-C-00120.

Rockcastle Co., Ky. on relation of Commonwealth of Kentucky, Secretary of the Revenue Cabinet vs. Daniel and Barbara Bowen, \$235,133 claimed due for property taxes. 98-C-00121.

Ky. Food Stores, Inc. vs. Jerry and Germaine Sparks, forcible detainer complaint. 98-C-00122.

Deeds Recorded

Wiggins Creek Land, Co., real property located in Quail Landing Subdivision, in James Christopher Forest. Tax 30.09.

Thelma Blanton, real

property located in Rockcastle County, to Johnny and Karen Blanton. Tax 63.00.

Gerald Bruce and Regina Ann Rader, real property located on Little Clear Creek Rd., to Fairview Baptist Church. Tax 10.00.

Bobby Cummins, real property located in Rockcastle County, to Michael and Della French. Tax 140.00.

Danny Simpson, real property located in Rockcastle County, to Carl and Angie Chasteen. Tax 7.50.

Marvin and Elizabeth Carpenter, real property located in the Lake Linville section, to Teresa R. Hasty. Tax 60.00.

William Henry and Brenda Morris, real property located in Rockcastle County, to Marvin R. and Elizabeth Carpenter. Tax 55.00.

Jerry Warren and Betty Jo Carter and Larry D. and Linda L. Carter, real property located in Sunset Place Subdivision, to Roy Stephen and Donaleah Martin. Tax 80.50.

Roy A. and Pamela L. Martin, real property located in Mt. Vernon to Mark and Deanna Carpenter. Tax 48.00.

Guy C. and Dorothy Martin, real property located along U.S. 25, to Commonwealth of Kentucky. Tax 50.00.

Anna Mae and Ernest L. Hopkins, vendor's lien deed for real property located in Rockcastle County, to Barbara Ellen Randolph. Tax 8.50.

Gwendolyn C. Watson, real property located in Rockcastle County, to Joe Martin. Tax 3.00.

Denver and Karen Swinney, contract for a deed for real property located in Rockcastle County, to Lisa Price. Tax 3.50.

Pauline P. Eaton, real property located in Rockcastle County, to John G. Eaton, Jr. and David L. Eaton, Sr. No tax.

John E. and Ruby Irene Huff Dwoley, real property located in Rockcastle County, to Ruby Irene Burke and Vinson Huff. Tax 1.00.

Lyle and Sonya Wells, real property located in Rockcastle County, to Jimmy Hasty. Tax 31.00.

Ruh Parsons, real property located in Rockcastle County, to Donald S. and Brenda K. Parsons. No tax.

James Allen Bradley, real property located in Rockcastle County, to Kermit and Lisa Bowling. No tax.

Thomas G. and Wanda Hasty

Berry, real property located in Rockcastle County, to Donald and Jane B. Pennington. Tax 36.00.

Donald and Jane B. Pennington, real property located in Rockcastle County, to Joseph L. and Donna C. Holland. Tax 40.00.

Marriage Licenses

Susan Michelle Swinney, 18, Rt. 1 Mt. Vernon, Wendy's, to Robert William Benge, 22, Brodhead, Wal-Mart. 11-21-98.

Karen Denise Johnson, 42, Mt. Vernon, McDonald's, to Carter Renner, 53, Mt. Vernon, saw mill. 11-21-98.

Beverly Ann Coomer, 29, Crab Orchard, unemployed, to John Daniel Lassisa, 38, Rt. 3 Mt. Vernon, laborer. 11-19-98.

Mental Health Careers

An informational forum will be conducted for individuals interested in job opportunities with at-risk children. Those individuals working toward, or possessing a Bachelor's Degree in Human Services or related field are encouraged to send a brief overview of work experience to:

Personnel Department
743 East Broadway - 103
Louisville, KY 40202-103
You will be contacted regarding scheduled forum in your area.

“People come to me for good rates... they stay for my Good Neighbor service.”



Teresa S. Jackson, Agent
912 W. Main • Mt. Vernon
606-256-2119



CALL ME.



State Farm
Insurance Companies
Home Offices, Bloomington, Illinois

Like a good neighbor, State Farm is there.®

Hays Furniture

Lexington Entertainment Centers

591 W. Chestnut Street • Berea • 986-4144

Just arrived
Jasper Cabinets!

NEW ARRIVALS of Lane Flex-Back **Huge Selection of Recliners!**

Lay-away now for Christmas

HOURS: Mon - Sat 8:30 - 6:00
12 MO. SAME-AS-CASH!

Holiday Savings On Genuine Lane Cedar Chests!
and a Free Gift for You...

FREE! (while supplies last)

FREE! (while supplies last)

Schedule now for Christmas Deliveries

Firestone

BISHOP'S TIRE SERVICE
Mt. Vernon • 254-0297 or 244-3148
Mon. - Fri. 8 - 5 p.m. Sat. 9 to 12:30

MID-WINTER TIRE DAYS!
Firestone FR360
Lowest Priced Firestone Radial for Domestic Cars!

\$36.16

45,000 MILE

Size	Regular Price	Sale Price
195/60/13	\$40.17	\$36.16
195/75/14	42.59	36.16
195/15/14	43.89	36.16
205/70/14	47.52	36.16
205/75/14	46.70	36.16
205/75/15	46.53	36.16

Call for other sizes

WE CARRY A FULL LINE OF THE BRANDS YOU'RE LOOKING FOR!
Firestone BRIDGESTONE

FOR WINTER DRIVING
Firestone WINTERFIRE
\$46.16

Size	Price
195/75/14	\$46.16
195/75/14	49.21
205/70/15	51.39
215/70/15	55.84
195/65/15	57.91
195/60/15	53.67

FOR PERFORMANCE CARS
Firestone FRENCHMAN S510
\$52.03

Size	Price
215/70/14	\$57.88
215/60/14	58.54
225/70/15	60.02
215/65/15	61.13
235/60/15	63.47
275/60/15	70.17

***** SUPER SERVICE SPECIALS *****

OIL CHANGE & FILTER
Includes 1 quart motor oil, 100W/30 oil, 100W/40 oil, 100W/50 oil, 100W/60 oil, 100W/70 oil, 100W/80 oil, 100W/90 oil, 100W/100 oil, 100W/110 oil, 100W/120 oil, 100W/150 oil, 100W/200 oil, 100W/250 oil, 100W/300 oil, 100W/350 oil, 100W/400 oil, 100W/450 oil, 100W/500 oil, 100W/550 oil, 100W/600 oil, 100W/650 oil, 100W/700 oil, 100W/750 oil, 100W/800 oil, 100W/850 oil, 100W/900 oil, 100W/950 oil, 100W/1000 oil, 100W/1050 oil, 100W/1100 oil, 100W/1150 oil, 100W/1200 oil, 100W/1250 oil, 100W/1300 oil, 100W/1350 oil, 100W/1400 oil, 100W/1450 oil, 100W/1500 oil, 100W/1550 oil, 100W/1600 oil, 100W/1650 oil, 100W/1700 oil, 100W/1750 oil, 100W/1800 oil, 100W/1850 oil, 100W/1900 oil, 100W/1950 oil, 100W/2000 oil, 100W/2050 oil, 100W/2100 oil, 100W/2150 oil, 100W/2200 oil, 100W/2250 oil, 100W/2300 oil, 100W/2350 oil, 100W/2400 oil, 100W/2450 oil, 100W/2500 oil, 100W/2550 oil, 100W/2600 oil, 100W/2650 oil, 100W/2700 oil, 100W/2750 oil, 100W/2800 oil, 100W/2850 oil, 100W/2900 oil, 100W/2950 oil, 100W/3000 oil, 100W/3050 oil, 100W/3100 oil, 100W/3150 oil, 100W/3200 oil, 100W/3250 oil, 100W/3300 oil, 100W/3350 oil, 100W/3400 oil, 100W/3450 oil, 100W/3500 oil, 100W/3550 oil, 100W/3600 oil, 100W/3650 oil, 100W/3700 oil, 100W/3750 oil, 100W/3800 oil, 100W/3850 oil, 100W/3900 oil, 100W/3950 oil, 100W/4000 oil, 100W/4050 oil, 100W/4100 oil, 100W/4150 oil, 100W/4200 oil, 100W/4250 oil, 100W/4300 oil, 100W/4350 oil, 100W/4400 oil, 100W/4450 oil, 100W/4500 oil, 100W/4550 oil, 100W/4600 oil, 100W/4650 oil, 100W/4700 oil, 100W/4750 oil, 100W/4800 oil, 100W/4850 oil, 100W/4900 oil, 100W/4950 oil, 100W/5000 oil, 100W/5050 oil, 100W/5100 oil, 100W/5150 oil, 100W/5200 oil, 100W/5250 oil, 100W/5300 oil, 100W/5350 oil, 100W/5400 oil, 100W/5450 oil, 100W/5500 oil, 100W/5550 oil, 100W/5600 oil, 100W/5650 oil, 100W/5700 oil, 100W/5750 oil, 100W/5800 oil, 100W/5850 oil, 100W/5900 oil, 100W/5950 oil, 100W/6000 oil, 100W/6050 oil, 100W/6100 oil, 100W/6150 oil, 100W/6200 oil, 100W/6250 oil, 100W/6300 oil, 100W/6350 oil, 100W/6400 oil, 100W/6450 oil, 100W/6500 oil, 100W/6550 oil, 100W/6600 oil, 100W/6650 oil, 100W/6700 oil, 100W/6750 oil, 100W/6800 oil, 100W/6850 oil, 100W/6900 oil, 100W/6950 oil, 100W/7000 oil, 100W/7050 oil, 100W/7100 oil, 100W/7150 oil, 100W/7200 oil, 100W/7250 oil, 100W/7300 oil, 100W/7350 oil, 100W/7400 oil, 100W/7450 oil, 100W/7500 oil, 100W/7550 oil, 100W/7600 oil, 100W/7650 oil, 100W/7700 oil, 100W/7750 oil, 100W/7800 oil, 100W/7850 oil, 100W/7900 oil, 100W/7950 oil, 100W/8000 oil, 100W/8050 oil, 100W/8100 oil, 100W/8150 oil, 100W/8200 oil, 100W/8250 oil, 100W/8300 oil, 100W/8350 oil, 100W/8400 oil, 100W/8450 oil, 100W/8500 oil, 100W/8550 oil, 100W/8600 oil, 100W/8650 oil, 100W/8700 oil, 100W/8750 oil, 100W/8800 oil, 100W/8850 oil, 100W/8900 oil, 100W/8950 oil, 100W/9000 oil, 100W/9050 oil, 100W/9100 oil, 100W/9150 oil, 100W/9200 oil, 100W/9250 oil, 100W/9300 oil, 100W/9350 oil, 100W/9400 oil, 100W/9450 oil, 100W/9500 oil, 100W/9550 oil, 100W/9600 oil, 100W/9650 oil, 100W/9700 oil, 100W/9750 oil, 100W/9800 oil, 100W/9850 oil, 100W/9900 oil, 100W/9950 oil, 100W/10000 oil, 100W/10050 oil, 100W/10100 oil, 100W/10150 oil, 100W/10200 oil, 100W/10250 oil, 100W/10300 oil, 100W/10350 oil, 100W/10400 oil, 100W/10450 oil, 100W/10500 oil, 100W/10550 oil, 100W/10600 oil, 100W/10650 oil, 100W/10700 oil, 100W/10750 oil, 100W/10800 oil, 100W/10850 oil, 100W/10900 oil, 100W/10950 oil, 100W/11000 oil, 100W/11050 oil, 100W/11100 oil, 100W/11150 oil, 100W/11200 oil, 100W/11250 oil, 100W/11300 oil, 100W/11350 oil, 100W/11400 oil, 100W/11450 oil, 100W/11500 oil, 100W/11550 oil, 100W/11600 oil, 100W/11650 oil, 100W/11700 oil, 100W/11750 oil, 100W/11800 oil, 100W/11850 oil, 100W/11900 oil, 100W/11950 oil, 100W/12000 oil, 100W/12050 oil, 100W/12100 oil, 100W/12150 oil, 100W/12200 oil, 100W/12250 oil, 100W/12300 oil, 100W/12350 oil, 100W/12400 oil, 100W/12450 oil, 100W/12500 oil, 100W/12550 oil, 100W/12600 oil, 100W/12650 oil, 100W/12700 oil, 100W/12750 oil, 100W/12800 oil, 100W/12850 oil, 100W/12900 oil, 100W/12950 oil, 100W/13000 oil, 100W/13050 oil, 100W/13100 oil, 100W/13150 oil, 100W/13200 oil, 100W/13250 oil, 100W/13300 oil, 100W/13350 oil, 100W/13400 oil, 100W/13450 oil, 100W/13500 oil, 100W/13550 oil, 100W/13600 oil, 100W/13650 oil, 100W/13700 oil, 100W/13750 oil, 100W/13800 oil, 100W/13850 oil, 100W/13900 oil, 100W/13950 oil, 100W/14000 oil, 100W/14050 oil, 100W/14100 oil, 100W/14150 oil, 100W/14200 oil, 100W/14250 oil, 100W/14300 oil, 100W/14350 oil, 100W/14400 oil, 100W/14450 oil, 100W/14500 oil, 100W/14550 oil, 100W/14600 oil, 100W/14650 oil, 100W/14700 oil, 100W/14750 oil, 100W/14800 oil, 100W/14850 oil, 100W/14900 oil, 100W/14950 oil, 100W/15000 oil, 100W/15050 oil, 100W/15100 oil, 100W/15150 oil, 100W/15200 oil, 100W/15250 oil, 100W/15300 oil, 100W/15350 oil, 100W/15400 oil, 100W/15450 oil, 100W/15500 oil, 100W/15550 oil, 100W/15600 oil, 100W/15650 oil, 100W/15700 oil, 100W/15750 oil, 100W/15800 oil, 100W/15850 oil, 100W/15900 oil, 100W/15950 oil, 100W/16000 oil, 100W/16050 oil, 100W/16100 oil, 100W/16150 oil, 100W/16200 oil, 100W/16250 oil, 100W/16300 oil, 100W/16350 oil, 100W/16400 oil, 100W/16450 oil, 100W/16500 oil, 100W/16550 oil, 100W/16600 oil, 100W/16650 oil, 100W/16700 oil, 100W/16750 oil, 100W/16800 oil, 100W/16850 oil, 100W/16900 oil, 100W/16950 oil, 100W/17000 oil, 100W/17050 oil, 100W/17100 oil, 100W/17150 oil, 100W/17200 oil, 100W/17250 oil, 100W/17300 oil, 100W/17350 oil, 100W/17400 oil, 100W/17450 oil, 100W/17500 oil, 100W/17550 oil, 100W/17600 oil, 100W/17650 oil, 100W/17700 oil, 100W/17750 oil, 100W/17800 oil, 100W/17850 oil, 100W/17900 oil, 100W/17950 oil, 100W/18000 oil, 100W/18050 oil, 100W/18100 oil, 100W/18150 oil, 100W/18200 oil, 100W/18250 oil, 100W/18300 oil, 100W/18350 oil, 100W/18400 oil, 100W/18450 oil, 100W/18500 oil, 100W/18550 oil, 100W/18600 oil, 100W/18650 oil, 100W/18700 oil, 100W/18750 oil, 100W/18800 oil, 100W/18850 oil, 100W/18900 oil, 100W/18950 oil, 100W/19000 oil, 100W/19050 oil, 100W/19100 oil, 100W/19150 oil, 100W/19200 oil, 100W/19250 oil, 100W/19300 oil, 100W/19350 oil, 100W/19400 oil, 100W/19450 oil, 100W/19500 oil, 100W/19550 oil, 100W/19600 oil, 100W/19650 oil, 100W/19700 oil, 100W/19750 oil, 100W/19800 oil, 100W/19850 oil, 100W/19900 oil, 100W/19950 oil, 100W/20000 oil, 100W/20050 oil, 100W/20100 oil, 100W/20150 oil, 100W/20200 oil, 100W/20250 oil, 100W/20300 oil, 100W/20350 oil, 100W/20400 oil, 100W/20450 oil, 100W/20500 oil, 100W/20550 oil, 100W/20600 oil, 100W/20650 oil, 100W/20700 oil, 100W/20750 oil, 100W/20800 oil, 100W/20850 oil, 100W/20900 oil, 100W/20950 oil, 100W/21000 oil, 100W/21050 oil, 100W/21100 oil, 100W/21150 oil, 100W/21200 oil, 100W/21250 oil, 100W/21300 oil, 100W/21350 oil, 100W/21400 oil, 100W/21450 oil, 100W/21500 oil, 100W/21550 oil, 100W/21600 oil, 100W/21650 oil, 100W/21700 oil, 100W/21750 oil, 100W/21800 oil, 100W/21850 oil, 100W/21900 oil, 100W/21950 oil, 100W/22000 oil, 100W/22050 oil, 100W/22100 oil, 100W/22150 oil, 100W/22200 oil, 100W/22250 oil, 100W/22300 oil, 100W/22350 oil, 100W/22400 oil, 100W/22450 oil, 100W/22500 oil, 100W/22550 oil, 100W/22600 oil, 100W/22650 oil, 100W/22700 oil, 100W/22750 oil, 100W/22800 oil, 100W/22850 oil, 100W/22900 oil, 100W/22950 oil, 100W/23000 oil, 100W/23050 oil, 100W/23100 oil, 100W/23150 oil, 100W/23200 oil, 100W/23250 oil, 100W/23300 oil, 100W/23350 oil, 100W/23400 oil, 100W/23450 oil, 100W/23500 oil, 100W/23550 oil, 100W/23600 oil, 100W/23650 oil, 100W/23700 oil, 100W/23750 oil, 100W/23800 oil, 100W/23850 oil, 100W/23900 oil, 100W/23950 oil, 100W/24000 oil, 100W/24050 oil, 100W/24100 oil, 100W/24150 oil, 100W/24200 oil, 100W/24250 oil, 100W/24300 oil, 100W/24350 oil, 100W/24400 oil, 100W/24450 oil, 100W/24500 oil, 100W/24550 oil, 100W/24600 oil, 100W/24650 oil, 100W/24700 oil, 100W/24750 oil, 100W/24800 oil, 100W/24850 oil, 100W/24900 oil, 100W/24950 oil, 100W/25000 oil, 100W/25050 oil, 100W/25100 oil, 100W/25150 oil, 100W/25200 oil, 100W/25250 oil, 100W/25300 oil, 100W/25350 oil, 100W/25400 oil, 100W/25450 oil, 100W/25500 oil, 100W/25550 oil, 100W/25600 oil, 100W/25650 oil, 100W/25700 oil, 100W/25750 oil, 100W/25800 oil, 100W/25850 oil, 100W/25900 oil, 100W/25950 oil, 100W/26000 oil, 100W/26050 oil, 100W/26100 oil, 100W/26150 oil, 100W/26200 oil, 100W/26250 oil, 100W/26300 oil, 100W/26350 oil, 100W/26400 oil, 100W/26450 oil, 100W/26500 oil, 100W/26550 oil, 100W/26600 oil, 100W/26650 oil, 100W/26700 oil, 100W/26750 oil, 100W/26800 oil, 100W/26850 oil, 100W/26900 oil, 100W/26950 oil, 100W/27000 oil, 100W/27050 oil, 100W/27100 oil, 100W/27150 oil, 100W/27200 oil, 100W/27250 oil, 100W/27300 oil, 100W/27350 oil, 100W/27400 oil, 100W/27450 oil, 100W/27500 oil, 100W/27550 oil, 100W/27600 oil, 100W/27650 oil, 100W/27700 oil, 100W/27750 oil, 100W/27800 oil, 100W/27850 oil, 100W/27900 oil, 100W/27950 oil, 100W/28000 oil, 100W/28050 oil, 100W/28100 oil, 100W/28150 oil, 100W/28200 oil, 100W/28250 oil, 100W/28300 oil, 100W/28350 oil, 100W/28400 oil, 100W/28450 oil, 100W/28500 oil, 100W/28550 oil, 100W/28600 oil, 100W/28650 oil, 100W/28700 oil, 100W/28750 oil, 100W/28800 oil, 100W/28850 oil, 100W/28900 oil, 100W/28950 oil, 100W/29000 oil, 100W/2905

From Long Ago

Submitted by Ray Evans
3400 Capri Drive
Louisville, KY 40218
ray.evans@worldnet.att.net

The following first appeared in the *Mt. Vernon Signal* on October 19, 1906. It was recently transcribed from microfilm of that issue of the *Signal*. With these submissions, I am sharing these gleanings with the *Signal's* present readers.

Personal News
Dr. M.L. Meyers went to Cincinnati yesterday. Born to the wife of R.L. McFerron a fine girl. Robert Cox is now in his new home on East Main. C.C. Davis is in the city this week buying goods. Cashier and Mrs. S.B. Salin were in Louisville Monday. R.B. Mullins is progressing nicely with his new residence. S.W. Davis was in Danville and Lexington selling harness. Mrs. R.E. Thompson visited her mother Mrs. W.M. Poyner here this week. Miss Lida Cook came up Tuesday to see her grandparents, Judge and Mrs. J.B. Lair. Mrs. Kitty Smith was called to Palm Lick yesterday to nurse a typhoid fever patient. Judge J.R. Cook, of Somerset, was a passenger on Tuesday's train returning from Jellico to his home. J.T. Gentry was here Wednesday to attend the burial of his grandmother, Mrs. Frances Gentry. A.W. Soward, of Barbourville, was here Friday to attend the funeral of his father-in-law, Rev. J.C. Carmical. R.B. Mahoney was here Sunday. He left Stanford Monday for a several weeks stay in Chicago and Indianapolis. Dr. S.L. Whitehead of Norton, Va., stopped here to visit his sister, Mrs. C.C. Williams and brother, W.B. Whitehead. Dr. E.J. Brown was called here Wednesday to see Judge and Mrs. J.B. Lair in consultation with

the local physicians. Both are in very serious condition. Mrs. Fanny Adair returned Saturday from Middleboro, where she has been visiting for the past month. She left Monday for a week's visit to relatives in Louisville and New Albany. E.B. Cox, A.B. Furnish, Dr. S.W. Adkins, Judge L.W. Bethurum, George Griffin and Supt. G.B. Ballard attended the meeting of the Grand Lodge of Masons, in Louisville this week.

Local News
Last Saturday being the first day a large number of teachers were in town. J.W. Rider is progressing nicely with the Pike from the railroad to top of Town Hill. Protracted meeting will begin at Rose Hill church one week from tomorrow night. Mt. Vernon can boast of having more pretty girls than any other town in the state, according to the size. Rumor has it that two of our pretties girls and most popular young ladies are to be married in the very near future. The Home Telephone people have rebuilt the Livingston exchange and moved the switchboard. Good service is being given. For Sale: Two large Berkshire sows and one milch cow. W.C. Simpson, Pine Hill, Ky. It is against the law to hunt rabbits with a gun until November 15th. You may catch them with dogs, kill them with rocks, throw salt on their tails and catch them any way but shoot them. This law was passed to save the partridges, which were frequently killed by those cordoning to hunt rabbits. Fifty Thousand. Our home telephone system now reaches 50,000 phones over its lines and is giving splendid service. E.B. Brown has sold his lively stable to T.J. and Sam Pennington consideration \$600. The style of the

new firm will be Pennington Bros. Joseph Kurkyndall and Miss Nancy Hurd, daughter of Tip Hurd, were married at the home of John Hurd, an uncle of the bride, Rev. Dehault officiated. Musical. The first music of the year will be given at the college next Friday evening by Mrs. McDonald and Mrs. Von Eichen. A small admission of 10 cents will be charged. The Rockcastle Home Telephone Co. has just had H.V. Hatten to stake off the line from Mt. Vernon to Brush Creek and Conway for new poles. New No. 10 wire will be strung and first class service will be given. The Brown memorial school with over 100 enrolled and an actual attendance of over ninety, is certainly making a splendid showing and is evidence of the splendid management at the head of the institution. In the case of the Adams Express Company vs. The Commonwealth, (in Laurel County, the Court of Appeals Wednesday decided that the company can not be indicted for carrying whiskey from another state into a local option district in Kentucky, on the grounds that it is an interstate commerce act, and not subject to Kentucky prohibition laws. In this particular case, whiskey was bought in Cincinnati and shipped into Laurel County. Mrs. Frances Gentry, better known as "Aunt Frankie" aged 82 years, died Monday, as the result of injuries received several weeks ago, by a fall, which broke her hip and because of the infirmities of old age, the broken members never improved, but caused a drain upon her weakened and frail constitution, which could not long endure. She was the mother of Mr. H.C. Gentry and G.W. Gentry, and it was with the latter that she had made her home for many years. The burial took place Wednesday at the old family burying ground on Skages Creek. The Farmers Institute met here Tuesday and Wednesday. An organization was effected of the farmers and the following officers were elected: G.S. Griffin, president; J.A. Cowman, vice-president; Gus Staverson, 2nd vice-president; M.G. Fish, secretary and J.F. Griffin, treasurer. Three practical farmers, one from Christian county, Kentucky, one from Illinois, and the other from Ohio, were present and made interesting talks on the various subjects, which should most interest farmers. We regret that more of our farmers were not present, but this is only the beginning and we will see the good results of this meeting later.

Livingston News
Mrs. J.W. Baker and daughter Mrs. Anglin have returned from a visit to friends in Mt. Vernon. Our streets and telephones are being improved

and we say let the good work go on for it was certainly badly needed. Dr. R.A. Webb, our hustling M.D., now has his office rooms furnished in the Pope Building and is ready to administer to the suffering. Mr. Vaughn, the state S.S. Field Worker, gave a lecture at the Christian church Monday evening which was enjoyed by all present. Miss Anna Bell Dishon, of Lancaster, arrived yesterday, the guests of relatives here. Miss Izzie Carson, of Crab Orchard, is visiting at the home of Mr. and Mrs. Henry Browning. Miss Lida Cook was called to Mt. Vernon Tuesday on account of the serious illness of her grandfather, Mr. L.A. Jacob. Sam Brock is in Louisville this week attending the Masonic Grand Lodge. John Mullins is in LaFollette the guest of his brother, W.C. Mullins. Miss Bagley, who nursed Miss Rose McFerron through a severe spell of typhoid, leaves for her home today. Miss Bowers, of Parkville, is the guest of her brother, Howard Bowers. Mesdames George Pope, R.A. Whitehead and Drummonds spent several days last week in Paris and Lexington. Messrs. Harry Harge, Henry Browning, Will Ward and Claude Cheving are on the sick list this week. Mrs. George Cook was called to Mt. Vernon last week on account of the illness of her parents, Judge and Mrs. J.B. Lair. Dr. W.J. Childress was in Stanford Tuesday on professional business. Miss Lela


Sambrook and brother, George, spent Saturday and Sunday with homefolks. Miss Pearl Daniels returned from an extended visit to relatives and friends in Stanford and Somerset. Chas. Rice, Jr. is spending a few days at home. He was thrown from a box car and was considerably hurt. Mr. and Mrs. L.M. Westerfield and family are spending a few days in Stanford. Messrs. Woodall, Davis, Pope, Rice and Burrows have gone up the river on a fishing trip of several days. Mesdames Woodall and Daniels have opened a beautiful line of fall and winter hats, vests and fancy goods, something our town was needing.

Broadhead News
Dead: Mrs. Ed Smith passed into the great beyond Sunday morning about 7 a.m. Before marriage she was a Miss Hiatt, daughter of Geo. Hiatt of Mt. Vernon. She leaves a husband and four bright children to mourn her loss. She was a devoted member of the Baptist church and a good Christian. Her remains were laid to rest in Oak Hill Cemetery at 11 o'clock Tuesday. Geo. Griffin, D. S. of Mt. Vernon, was here last Friday to see John Robins. John F. Evans left Monday on his regular trip as a drummer. Fred L. Durham is in Louisville and Lebanon Junction this week. John Robins is attending the Grand Lodge at Louisville this week and while there will purchase his winter stock of goods for his store. Mr. and Mrs. L.P. Hilton, of Pine Hill, visited here last week. Mrs. W.K. Shugers has just received her fall millinery. Capt. L.C. Smith of Prestonsburg was here looking after his timber interests first of the week. Chas. D. Wilmont, of Winchester, and J. Frank Check, of Lexington, were among the drummers here last week. Misses Mattie Wilmont and Rose Pike visited Miss Wilmont's uncle, Mr. Granville Leese on Copper Creek last Saturday and Sunday. Robt. and Pearse Wilhoitte, of Monterey, are here attending the bedside of their brother, A.D. Wilhoitte, who is very ill with Typhoid Fever. Emmett Smith has gone to Mt. Vernon to assist Cashier M.B. Salin in the peoples bank for a

few days. Miss Lillie Fugit, of Hiatt, was the charming visitor of her sister, Mrs. Clarence Shafer, first of the week. Mrs. Susie Tharp and children visited Mrs. J.E. Wallin at Mt. Vernon last Saturday and Sunday. H.B. McClary spent a few days with his brother, A.C. McClary first of week. Mrs. and Mrs. J.W. Hutcherson spent last Sunday in Mt. Vernon, the guest of Mrs. Salin. E.R. Gentry and John E. Evans were at Maywood last Sunday calling on Misses McKenzie and White. Mrs. J.G. Frith is visiting her son George who is attending school at Berea. Mr. and Mrs. R.L. Collier, of Crab Orchard visited Mr.

PRIMESTAR Satellite TV
\$49 Installation After Rebate
Ask about our new Value Lease Option and save on the monthly programming
Worry Free In Home Service
Receive A \$10 Gift Certificate at Kroger's
Don't forget to ask about the Referral Program
Call Larry Lanning 606-744-9626 Toll Free 1-888-558-3826
This is a time limited offer • Highland Entertainment

Turkey Shoot
Sponsored by:
Livingston Fire Department
When:
Sat., Nov. 28, 1998
beginning at 11 a.m.
Where:
Murrell Smith Bottoms
on White Star Curve



Video Fantastic
635 Richmond St. • Mt. Vernon • 256-9712

CELLULARONE
AUTHORIZED DEALER

It's Time To Add That Second Phone
with our
PARTNER PLAN
Only
\$9.99
Per Month

This is a wonderful
CHRISTMAS GIFT
For Your Spouse or Children
Why Wait Just Do It Today!

Certain restrictions apply. State, Federal, and other taxes apply. Credit must be approved. Long distance toll and roaming charges apply. First phone must be on a value rate plan or the all-in-one rate plan. This price is valid for the duration of the original contract term. Offer may change or be withdrawn without notice.
Good until December 25, 1998

Teresa's Antiques and Art Gallery
Limited Edition Prints - Complete Frame Shop - Ready Made Frames and Many Framed Prints - Glass and Mat Cutting
Services Available
Over 300 Artists • Other Gift Items
(McMahon) Campbellsville Cherry Furniture
Open 10 a.m. to 5 p.m. Mon. - Sat.
702 Prospect St./21 East • Berea • 986-9147

Public Hearing

The Rockcastle County Board of Education and the Kentucky Board of Education have scheduled a local Board public hearing and a local State Board public hearing on a proposed amendment to the current District Facility Plan for Thursday, December 3, 1998, at the Rockcastle County Middle School at 6:30 p.m. The District Facility Plan lists the capital construction and/or renovation projects that the school district may undertake, and the priority order, if applicable, that projects will be initiated.

Copies of the proposed Amendment will be available for examination by interested individuals at the Central Office, 245 Richmond Street, Mt. Vernon, Kentucky, between 8:30 a.m. and 4:30 p.m. through December 3, 1998. Questions may be directed to Lary B. Hammond, Superintendent, at (606) 256-2125. Those individuals wishing to comment on the proposed amendment may present oral or written comments at the local State Board public hearing and the local Board public hearing.

The local Board of Education, after due process, will forward the proposed amendment to the Kentucky Department of Education for ultimate approval by the Kentucky Board of Education.

The local Board of public hearing and the local state board public hearing are being scheduled in accordance with KRS 157.620, and regulated by 702 KAR 1:001.

The amended plan for **Capital Construction Priorities** is listed below:

2a. New Construction

1. New Elementary School
Construct a new Elementary School at Brodhead (to be located on current school site or within 2 miles of the Brodhead Community).
2. New Rockcastle County Area-Technology Center
(construction site adjacent to current high school)

Another special reason to stay in Rockcastle County for your healthcare:


John M. Johnstone, M.D.

Dr. Johnstone is a board-certified cardiologist from Lexington. He evaluates patients' heart conditions and recommends the best solutions to remedy coronary problems. Dr. Johnstone is a strong believer in prevention and works with each of his patients to determine a prevention plan.

"I am glad to be a part of the Rockcastle Hospital Health Delivery System. This is a wonderful facility."

Office Hours:
Every Monday morning
9 a.m. - 12 p.m.
Most Thursdays 1 p.m. - 3 p.m.
140 Newcomb Avenue • Mt. Vernon, KY 40456

ROCKCASTLE
HOSPITAL AND RESPIRATORY CARE CENTER, INC.



HealthNotes

HealthNotes is a health awareness publication provided by Rockcastle Hospital and Respiratory Care Center.

Calendar of Events

DECEMBER

Jingle Bell Run for Arthritis
Dec. 1-31

Aplastic Anemia/Myelodysplastic Awareness Week
Dec. 1-7

World Aids Day
Dec. 1

CPR classes
Dec. 11

7:30 a.m. - 9:30 a.m.
Call Joy Callahan for more information at 256-2195.

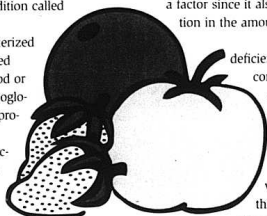
THE FACTS ABOUT ANEMIA

Feel like you've run out of steam? Most people blame it on too much work or the balancing act of raising a family and having a career. However, some people feel this way all of the time due to a medical condition called anemia.

Anemia is characterized by a low amount of red blood cells in the blood or a low amount of hemoglobin, oxygen-carrying proteins, within the red blood cells. This reduction makes it difficult for the blood to carry enough oxygen to parts of the body.

Due to the lack of sufficient oxygen to each part of the body, an anemic person may experience weakness, shortness of breath, increased heart rate, a sore tongue, bleeding gums, headaches, dizziness, nausea, loss of appetite, yellow pigmentation of the eyes and skin, and in severe cases, heart failure.

There are several types of anemia, with iron-deficiency anemia being the most common. Children with poor nutritional diets are prone to develop iron-deficiency anemia. It is important to catch children's conditions early due to developmental delays and behavioral problems that can occur as a result of the condition. In addition, 20 percent of all women in the United States that are within child-bearing age have iron-deficiency anemia.



"Iron-deficiency anemia is more abundant in women because of the increased blood flow during menstruation," said Dr. Karen Saylor of Rockcastle Hospital and Respiratory Care Center. "Pregnancy plays a factor since it also contributes to a reduction in the amount of iron in the blood."

Even though iron-deficiency anemia is the most common type of anemia, it can be the most treatable.

"If you think you may be suffering from anemia, you should visit your doctor to have the proper blood work done," Dr. Saylor said. "And if you do suffer from anemia, you should consult with your doctor to see if there are any iron supplements you should be taking or if you can control it by merely changing your diet."

The most common dietary changes Dr. Saylor recommends are the following:

- Try to eat foods high in vitamin C, such as strawberries, tomatoes and citrus fruits. Vitamin C helps your body absorb iron from food.
- Limit the amount of tea you drink. Tea contains tannins, which stop iron absorption.
- Try to eat more green, leafy vegetables, beef liver, poultry, fish and red meat. All of these foods are rich in iron.

If your doctor determines that your condition can be improved by changing your diet, be sure to follow any specific

HEALTHY TIPS

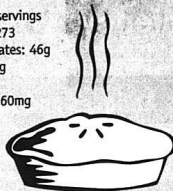
Reduced Fat, No Cholesterol Sweet Potato Pie

With holiday dinners just around the corner, Jill Stevens, registered dietitian at Rockcastle Hospital and Respiratory Care Center, would like to offer you the following tasty recipe without the unwanted extras.

- 1 1/2 Cups Sweet Potatoes
- 1, 9 inch Frozen Pie Crust
- 3/4 Cup of Sugar
- 1/4 Cup Brown Sugar
- 2 Tbsp. Plain Flour
- 1/4 Cup Egg Substitute
- 1/2 Cup Evaporated Skim Milk
- 1/4 tsp. Salt
- 1 1/2 tsp. Pumpkin Pie Spice
- 1 tsp. Vanilla

Drain canned sweet potatoes. Puree with blender or food processor. Beat in remaining ingredients and pour into unbaked pie shell. Bake at 375° for 45-50 minutes, until knife comes out clean.

Makes: 8 servings
Calories: 273
Carbohydrates: 46g
Protein: 4g
Fat: 8g
Sodium: 260mg



AN EXERCISE A DAY KEEPS INSOMNIA AWAY

Almost everyone has had trouble sleeping at one time or another. Most try counting sheep, drinking a glass of warm milk or mind relaxation. Although these techniques seem to make the postponement of sleep less disturbing, the true answer to restful sleep may lie in exercise.

A study in the *Journal of the American Medical Association* found participants that had previously complained of disruptive sleep were sleeping nearly an hour longer per night, spending less time napping during the day, and taking less time to fall asleep after 16 weeks of moderate exercise.

"Exercise, if done at the right time of



day, can be very beneficial to your sleep," said Steve Coy, director of physical therapy at Rockcastle Hospital and Respiratory Care Center (RHRC). "The main thing you don't want to do is exercise right before bed."

Most people enjoy exercising when they first wake up or right before bed. However, exercise first thing in the morning can create a temporary burst of energy and then a lull around noon. Not to mention, it has not been linked with rest-

ful sleep. In addition, exercise right before bedtime can prevent sleep or cause restlessness. On the other hand, exercise in the afternoon has been proven very beneficial to sleep.

"It is best to exercise in the afternoon, maybe before dinner," Coy said. "It also is important to avoid exercising too much. Do not put your body through a workout that it cannot handle. Take things slowly and consult with your doctor if you are unsure of what is too much."

Coy recommends the following to increase your chances of better sleep.

- Avoid drinking caffeine within six hours of bedtime.
- Keep your bed as a relaxing place. Don't use it for eating, studying or reading.
- Keep a regular time to go to bed and a regular time to wake up.
- Get out of bed if you cannot go to sleep within 15 minutes. Don't let your body associate the bed with alertness. Read a book, listen to music or watch television until you feel tired.
- Do not take over-the-counter sleep medication.

HOUSECALLS



PROFILE

Ellen Miller

Title: CRTT (Certified Respiratory Therapy Technician)

Education: Harry Sparks Vocational School, Rockcastle

Family: Husband, Glennis; daughters, Angie (21) and Heather (18); son, Dennis (19)

Ellen Miller never dreamed she would be reattending elementary school in Rockcastle. As a CRTT, Miller accompanies Kimberly Hall, a ventilator-dependent patient, to class at Mt. Vernon Elementary. As a child, Miller wanted to be a nurse. Her desire to care for people and a love for her hometown led Miller to

RHRC where she has worked in the Respiratory Care Department for seven years. "I like working in a small town hospital where I know most of my patients especially since I've lived in Rockcastle all my life," Miller said. Miller started in the acute care side of the Respiratory Care Department. She worked there for four years

before moving to the ventilator care side. Miller now cares for other patients like Kimberly. She also treats patients with asthma and other lung problems. She recommends RHRC for all medical problems. "They give good care—not only in respiratory, but in nursing and other areas," Miller said.

ROCKCASTLE

HOSPITAL AND RESPIRATORY CARE CENTER, INC.

145 Newcomb Avenue • Mt. Vernon, Kentucky 40450 • Tel (606) 256-2195

Classifieds

CLASSIFIED RATES

- Local Rates—14¢/Word, Minimum \$3.50
- Cards of Thanks—5¢/Word, Minimum \$2.00
- In Memoriams—5¢/Word, Minimum \$2.00
- Display Classifieds—\$3.50/Inch

Deadline for Classifieds is
NOON Tuesday

FOR RENT

For Rent: 2 and 3 bedroom trailers. Call 256-0910 or 256-1373. 35xmf

For Rent: 2 bedroom trailer. Call 256-0176 or 256-9183. 31mf

For Rent: Rocket Storage for all your storage needs, all different sizes. 256-3623. 10mf

Accepting Applications for 2 and 3 bedroom units at Valley View Apartments. Rent based on income.

Bluegrass Inn Efficiency Apartments & Sleeping Rooms

Furnished, a/c, utilities
and cable paid

\$265 and up/mo.

Call 256-2444

Senior
Citizen
Discount

MOVE-IN SPECIAL

Housing for the Disabled, Elderly & Handicapped
Rent Based on Income
Kitchen Appliances Furnished
Water, Sewer, & Garbage Paid

Move-in and receive one of the following **FREE GIFTS:**
\$100 Wal-Mart Gift Certificate
Microwave Oven
VCR
Color TV

BRODHEAD ELDERLY APARTMENTS

Rt. 1 Box 10
Bussell Street (Behind Dairy Mart)
Broddhead, KY 40409
Ph. 758-4506 or 1-800-686-4447

(TDD for speech & hearing impaired 1-800-648-6056)

Don Foster

Real Estate Broker
986-8401

- Charles Parsons - 256-2453
- Lloyd Cain - 256-2816
- Phil Mallecco - 986-4250
- Tonya Bartuff - 986-3616
- Denise Ponder - 986-0760
- Al White - 986-2558
- Nedra Allmond - 986-7979
- Alan Pike - 986-9394
- Victoria Wand - 624-9223
- Donna Saylor - 985-0152

711 Chestnut St. • Berea • 606-986-8401
1-800-998-2063 fax 986-6173

Office Hours: Mon.-Fri., 9-5; Sat., 9-1; Sun. by app.

BUILDING LOTS on Flat Gap Road in northern Rockcastle Co. Water, streets, electricity on property. Nice location for new home. Mobile home welcome, some restrictions. Prices start at \$6,500 per lot.

5 ACRE LOT for sale located on Hwy. 1004 on left. No restrictions, blacktop road, 1/2" SALE PENDING woodland, electricity and city water available. Priced at only \$7,500.

290 ACRES JUST OFF I-75 AT SALE PENDING to base, city water, good location, no buildings. Priced at \$29,900.

NICE 12X64 MOBILE HOME AND 3 ACRES of level land. Located in Bee Luck City, good land. This property is well located to either Somerset or Rockcastle Co. area. Priced at \$29,900.

GOOD HOME on 50 ACRES of very nice property, 3 bedrooms, 1 bath, living room, dining room and kitchen. Has recent SOLD. County road ends at house, 564,900.

DALEY STREET, MT. VERNON. Nice remodeled home, can also be used as duplex for rental property. Owner SOLD. trade to farm, or commercial property. Will accept lowest. her property as down payment. Reduced to \$37,000.

REDUCED! WHY NOT START YOUR OWN BUSINESS? 2.25 acres with large building. Ideal for a used parts business, over 6,000 sq. ft. of floor space located in Mt. Vernon. 3 phase electricity, city water, blacktop street with sewer available. Good building lot for \$39,000. Call today.

5.6 ACRES ON HWY. 461. About 3 miles west of Mt. Vernon, utilities available. Suitable for commercial or residential. Reduced to \$35,000.

Hwy. 1004 - Two lots in the Oriol SOLD. 1.8 miles from Jeans Restaurant. Both lots 1/2 acre m/l. Suitable for home or mobile home site. Both for \$6,000.

BREA. We have several nice homes listed in Berea. Call one of the above agents for a showing.

Call 256-5912. Equal Housing Opportunity, TDD for hearing impaired only. 1-800-247-2510. 36mf

Thomason's Self Storage Rental: (606)256-3124 or 256-2381. 39mf

For Sale or Rent: 1996 mobile home, 3 bedrooms, 2 baths, central heat and air. Call 256-9861. 2xmf

House for Rent, Lease or Purchase. McGuire Subdivision. Must have steady income and references required. 770-551-8458 after 5 p.m. or 770-390-0840, leave message. 7x2

For Rent: 3 bedroom house in Scaffold Cane area. 256-3615 after 6 p.m. 7x2

PROPERTY FOR SALE

For Sale: Approximately half acre lots on Floyd St., in city limits of Mt. Vernon, accessible to water and sewer. \$15,000 each. Call 256-2446. 33mf

Castle Village Apartments HAS IMMEDIATE OCCUPANCY

on large 1 bedroom apartments and 2 & 3 bedroom townhouses with private entrances and patio, kitchen appliances, and central air. Children's play area. HUD Section 8 assistance makes these apartments affordable for all families. Now accepting applications on Monday thru Friday from 10 a.m. to 2 p.m.

Apply at 162 Castle Village Dr., Broddhead, KY 40409 758-4111

Equal Housing Opportunity
VolcATTY 1-800-553-0300

Lots For Sale: 1/2 acre to 4+ acres. Paved street. 1/2 mile off 150 on 2569 (old 461). 100% Financing available. \$5000 and up. Call 256-2349. 4mf

For Sale: 1995 Dutch Doublewide 3 BR, 2 BA, central air/heat, partially furnished on 1/2 acre lot in Bullock's Subdivision. Reduced to \$40,000. Call (606)254-6184. 38mf

For Sale: Brick home, approximately 4 miles from Livingston on Highway 1955. Three bedrooms, bath, utility room, kitchen/dining, living room, 5 acres more or less. \$65,000. Serious inquiries only 606-256-9781. 43mf

For Sale: Wooded road front property. Call 256-2339. 45mf

House & Lot For Sale: 2 Bedroom siding house, 1 bath, Kitchen, living room, carport. Located on Old 25, Burr. \$30,000. Call 256-4799 after 4:00 p.m. or 256-2032 during the day. 48mf

For Sale: 2 new homes, one 3 bedroom and one 4 bedroom. Each includes 2 baths, central heat and air, oak cabinets, located on Hwy. 1505 Brindle Ridge. 758-0103 or 256-5364. 50 mf

For Sale: Lot #33, 1/2 acre, in Hunter Ridge Subdivision. Chris Brummett. Water hookup. Call 758-8910 or 256-0250. 4x4

Lots for Sale: Brindle Ridge. 5.70 acres - \$24,000. 2.30 acres - \$7,500. 1.70 acres - \$6,000. Some restrictions. 256-3615. 256-5781 or 256-5364. 6mf

Trailer lots on land contract. \$300 down payment. \$100 per month payment. Bowling Ridge. 256-3615 or 256-5364. 6mf

For Sale: Home on 95 Ferguson St., 4 bedrooms, 2 baths, 256-3652. Serious inquiries only. 8x1

For Sale: House on Silver St. in Broddhead, close to school and post office. 758-8128. 8mf

MOTOR VEHICLES FOR SALE

For Sale: 1995 Grand Prix Limited Edition. Gray, air, ps, loaded! 20,000 actual miles. Still under warranty. Call 986-1885. 48mf

For Sale: 1995 Corvette, red w/black interior, automatic, AC, new tires and battery, fully loaded. \$24,000. Call 256-3863. 2xmf

For Sale: 1993 Ford Ranger XLT pickup, V6, 5 speed, air and am/fm cassette. 256-2766. 4fm

For Sale: 1988 Firebird, sharp, \$6,000. 1982 Malibu, \$500. 256-4338. 8x2

For Sale: '81 Buick Regal Limited, 350 Rocket, positive track rear end. \$1,200. 256-9305. 8x2

For Sale: 1980 Ford F-150 4x4, \$2,200. 1984 Chevy S-10, \$1,500. Condition. 453-4401. 8x4

1977 Plymouth Voyager, \$500. Call 256-9795 anytime. 8fm

WANTED

Wanted: Barnett's Auto Salvage located on Cove Branch Road buys junk cars and trucks and has used auto parts on call. Call 256-9074. 37mf

Wanted: To rent a 3 or 4 bedroom home in city limits with washer/dryer hookup. Call 256-3823. 45mf

Good Christian Mother, an experienced babysitter living in Mt. Vernon area will do babysitting, any shifts - any hours. Call 256-3207. 8x3

Wanted to buy: Toyota 4WD, can be between years '84 - '89, any condition. 453-4401. 8x4

Auction

The City of Livingston will be having an auction on **Saturday, December 5, 1998 at 11 a.m.** at the home of Sam and Carrie Stallworth for the 1985 police cruiser owned by the city. The auction will be an absolute auction.



New House - Brindle Ridge

4 bedrooms, 3 walk-in closets, 2 baths, big country kitchen, large living room, central heat and air, Oak cabinets, 2 car garage. 1,656 sq. feet living space, \$83,900. Will accept lowest offer. Lot measures 145'x145'. 758-0103 or 256-5364.



Home For Sale: Charming country setting 10 minutes from Mt. Vernon. 1,700 sq. ft. of living area on a 1 acre lot. 3 bedrooms, 2 baths, hardwood flooring, central heat, air, 2 outbuildings. 606-256-2049. \$62,900.

Miller's Auto Sales

Hwy. 3275 - Brindle Ridge Rd.
Phone 758-8247
Open 8:30 to 5:00
Closed Sunday

Town & Country Chevron

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

FOR RESIDENTIAL GARBAGE COLLECTION
CALL 256-2334



CLIFFORD (606) 256-2535

Collins
AND SON

Septic Tanks & D-Boxes

"We Make 'um and install 'um!"

JOIN US!

at Mt. Vernon Manor Apartments
Now accepting applications for
ONE BEDROOM APARTMENTS

Rent based on income. Amenities include: Specially equipped handicap units; all major appliances furnished; wall-to-wall carpet; on-site laundry facility; maintenance free living.

FOR MORE INFORMATION:
Call 606-256-5223 • TDD# 1-800-247-2510



Federal-State Market News

Garrard County Stockyards

Lancaster, Ky.
November 20, 1998

Cattle: 1877
For The Week: 1877
Compared to Last Week: Slaughter Cows 1.00-3.00 higher; Slaughter Bulls 1.00-2.00 lower; Feeder Steers steady 1.00 higher; Feeder Heifers steady 1.00 higher.

Slaughter Cows: Breakers 75-80 percent 1150-1450 lbs. 40-45; Boners 80-85 percent 1050-1500 lbs. 35-39; Lean 85-90 percent 950-1150 lbs. 27-33; Lean 758-850 lbs. 22.50-26.

Heifers: 950-1100 lbs. 42.50-45.50.
Slaughter Bulls: Yield Grade #1 1725-1820 lbs. indicating 79-81 carcass boning percent 41.50-47.25; Yield Grade #2 1575-1855 lbs. indicating 77-78 carcass boning percent 36-39; Yield Grade #3 1050-2090 lbs. indicating 74-76 carcass boning percent 27-34.50.

Feeder Steers: Medium and Large Frame #1 200-300 lbs. 95-104; 300-400 lbs. 85-102; 400-500 lbs. 76-85; 500-600 lbs. 68-79.50; 600-700 lbs. 58-69; 700-800 lbs. 65-66, including load at 65 head 755 lbs. 65-70; 800-900 lbs. 61.50-64.

Small Frame: #1 300-500 lbs. 65-73; 500-700 lbs. 58-63.
Medium Frame: #2 300-500 lbs. 63-69; 500-700 lbs. 52-59.
Large Frame: #2 (Holsteins) 250-400 lbs. 54.50-62; 400-600 lbs. 52-61.

Feeder Heifers: Medium and Large Frame #1 200-300 lbs. 68-69; 300-400 lbs. 67.50-75; 400-500 lbs. 63-72; 500-600 lbs. 55-66; 600-700 lbs. 59-65, including load 78 head 653 lbs. 65; 700-800 lbs. 55-63.
Small Frame #1: 300-500 lbs. 51-57; 500-700 lbs. 48-53.
Medium Frame: #2 300-500 lbs. 57-63; 500-700 lbs. 50-57.

Per Head: Medium and Large Frame #1 Stock Cows 4-8 yrs. old with 150-350 lb. calves by side 520-660; Medium and Small Frame #1 Stock Cows 2-10 yrs. old with 80-150 lb. calves by side 250-480. Medium and Large Frame #1 Stock Cows 2-8 yrs. old 4-8 months bred 420-430; Medium and Small Frame #1 Stock Cows 2-10 yrs. old 2-7 months bred 200-405.

Stock Bulls: 460-580.
Baby Calves: 40-100, weaned 120-187.50

PHONE 792-2118

Owners: R.C. Freeman, J.A. 744-600, Manager
Edwin Freeman, Miller Horn III and Don Horn
Asst Mgrs: Allen Day - 925-2088 Dickie Arnold-925-3471

Applications Sought

The City of Livingston is accepting applications for a full-time Police Officer. All applicants must have a high school diploma or GED equivalent. Applicants must also be willing to have any background checks needed by the city and undergo a series of questions by the City Commission.

Salesperson Needed

Team oriented, willing to work with others, goal oriented, want to succeed, concern for their community, great attitude and personality, we offer full benefits, retirement, great bonuses. Contact Donna at 1-888-830-4770 or 606-225-9586.

Olsten® Staffing Services

Start To Work Immediately!

Olsten Staffing Services has the Job for You!

We are accepting applications for:

- Assemblers • Press Operators • Inspectors

GIVE US A CALL
606-986-9434 or 1-800-280-8367

Recommend a Friend and earn a \$25 Bonus!

Mobile Home Sales

Asst. Mgr. Trainee for Madison County area

If you are a self-starter, energetic and highly motivated individual with a burning desire to be a winner and succeed, we are looking for you!

We are a national company with local opportunities for you. We manufacture our own product and finance it through our own bank. First year average income is \$42,000 and second year potential exceeds \$65,000 with FULL COMPANY-PROVIDED BENEFIT PACKAGE. Opportunities for advancement into management are excellent. We provide complete training and support.

Previous sales experience not always necessary and college graduate a plus. Send resume to:

Emma M. Coccarl, District Recruiter

1035 Paint Lick Rd. • Berea, KY 40403

FAX: 606-985-9549

or call toll free: 1-800-320-0670

Guaranteed Salary + Commission & Bonus
NOT A DRAW!!

SUPER SERVICE

TRACTOR TRAILER DRIVING CAREERS

STATE LICENSED TRAINING PROGRAM AT OUR SITE
NO COST IF YOU WORK FOR US
8 WEEK COURSE INCLUDES CDL PERMIT AND LICENSE
GUARANTEED DRIVING JOB WITH SUPER SERVICE
SALARY PAID WHILE TRAINING
BLUE CROSS/BLUE SHIELD INSURANCE
VISION/DENTAL/PREScription CARD PLAN
401K RETIREMENT SAVINGS PLAN
3 PAID SICK DAYS/5 PAID HOLIDAYS
UP TO 3 WEEKS PAID VACATION
LATE MODEL CONVENTIONAL TRACTORS
RIDER PROGRAM

GUARANTEED MINIMUM PAY OF \$500.00 PER WEEK
GUARANTEE GOES TO \$600.00 PER WEEK 2ND YEAR

EXPERIENCED

AVERAGE \$3.33 PER MILE LATERAL ENTRY
\$100.00 SIGN ON BONUS
\$100.00 RECRUITING BONUS
ALL THE ABOVE BENEFITS
PLENTY OF MILES
HOME OFTEN

FOR INFORMATION & APPLICATION,
CALL

800-347-5263

250 SUPER SERVICE DRIVE
SOMERSET, KENTUCKY

HELP WANTED

AVON Rep Needed: Earn up to 50%. Call toll free 888-528-7875. 181mf

Help Wanted: All positions, all shifts, full-time, part-time available. Experience necessary. Apply in person Columbia Mountain Grill, Peggy Flats Rd., Berea. Exit 1-77. 32mf

Conservationist Careers. Forest rangers, game wardens, maintenance, etc. No exp. necessary. Now hiring. For info, call 800-280-9769 ext. 7606. 8 a.m. to 10 p.m. 7 days. www.cnjohelp.com. 1x5

Immediate Opening for RN needed as Administrator for the Day Health Center. Must have good written and oral communication skills. Experience in formal management position helpful. Duties will include care of clients, case management, supervision of staff, record keeping, client billing and outreach. Salary negotiable. Applications may be picked up at Mt. Vernon Senior Center. Equal Employment Opportunity. 44mf

Truck Driver Needed. Must have CDL's, CDL with Haz-Mat preferred. Must have at least two years experience with clean M.V.R. Work for local company with weekends off. If interested call 606-355-7490 days or 256-3939 nights after 6 p.m. 41mf

Earn \$2,000 Weekly. All materials supplied. No experience necessary. All work done at home. Set your own hours. Weekly checks. Enclose \$1 and self-addressed stamped envelope to Imex, PO Box 264, Livingston, KY 40455. 54

Sitter Needed in my home, non-smoker, references required. Call 256-4818 days or 256-3615 evenings. 7x2

Immediate Openings for inside and delivery, \$6 to \$10 per hour possible for drivers. Must be 18+. Apply in person at Apollo Pizzeria, 80 Holt Dr., Mt. Vernon. 7x4

Homemaker Needed for Rockcastle Co. Senior Citizens. Applicant must have own vehicle and valid Kentucky driver's license; must be physically fit to do all household chores. For more information, call Norma Reams at the Mt. Vernon Senior Center. RCSC is an equal opportunity employer. 7x2

Job Coach needed for supportive employment. Training and placement of individuals with mental retardation in area business. Bachelor degree or high school diploma with experience. Apply at Cumberland River Comprehensive Care Center, PO Box 568, Corbin, KY 40702. Phone 606-528-7010. We're an EOE. 7x3

Individual needed to transport and accompany persons with mental disabilities in community activities. Must have high school diploma or GED. Please contact the Cumberland River Comprehensive Care Center, PO Box 758, Mt. Vernon, KY 40356. Phone 606-256-2129, ask for Alma. We are an EOE. 7x3

HELP WANTED

Experienced
Backhoe Operator
Brown's Backhoe
Service

Mobil # 872-1769

758-9656, leave message

Part-Time Position now available at the Cumberland River Comprehensive Care Center. Persons are needed for a Staffed Residence for three individuals with mental retardation. Position requires overnight stay. Must have high school diploma or GED. CNA or LPN preferred. Please contact the Personnel Office of the Cumberland River Comprehensive Care Center, PO Box 758, Mt. Vernon, KY 40456. Phone 606-256-2129 ask for Melanie. We are an EOE. 7x3

Work at home jobs. Booklet containing 70 legitimate companies paying individuals to assemble crafts, products and other opportunities. To receive copy, send \$15 check or money order to Aldex Co., 315 Boone St., Berea, KY 40303. 606-986-2422. 8x1

Mobile Home Service Tech. New location is looking for an experienced, dependable, service tech to provide basic maintenance and repairs on the lot and in the field. We are a national company who builds their own product, excellent pay plan and benefits available. References required. Call 1-800-320-0670 for interview. Oak Creek Village, 1035 Paint Lick Rd., Berea, KY 40403. 8x2

MISCELLANEOUS FOR SALE

For Sale: Tandy 1000 personal computer with monitor. Books included. \$75. Also have name brand boys jeans, 8 pairs, size 14 Regulars. Must be new. Call (606)355-7498. 42mf

For Sale: Cemetery lots. Cresthaven Cemetery, Mt. Vernon. Call 256-5648. 31mf

For Sale: Lots in the Elmwood Court subdivision, exit 256-2617 or see Clarence Carter at 310 Williams St. in Mt. Vernon. 44mf12pd

For Sale: Wood crafts, quilt racks, reindeer, snowmen, bird houses, bird feeders, wall shelves with clocks, decoration lights and more. Roy G. Brown, Rt. 1 Box 298, Brodhead, KY 40409. 758-8581. 16mf

Rental Equipment Available at Lumber King: Call Leon at 256-1100. 48mf

For Sale: Stonewash Denim jeans, relaxed or traditional fit by Carhartt \$26.50. Blue denim bib overalls by Carhartt \$38.00. Large selection of Carhartt rugged and casual wear. Napier Bros. Clothing Store, 35 Public Square, Lancaster. 792-2535. 24mf

For Sale: Bib Overalls (low back) starting at \$26.50 waist sizes 29-38 in stock. Napier Bros. Clothing Store, 35 Public Square, Lancaster. 792-2535. 11mf

For Sale: Sale on chain link or metal fences, farm fences, all types of wood fence, all types of vinyl fences, commercial or residential,

HYSSINGER CARPET

*We have many famous brand names and colors to choose from and Armstrong No Wax Vinyl. For all your floor coverings and supplies visit us in Mt. Vernon 256-5413

JOHN'S

Appliance • Plumbing
REPAIR

256-9300

CENTRAL BODY SERVICE

- Precision Frame Alignment
- Expert Body & Paint Refinishing
- Front End Alignment

24-HOUR
Small-Medium-
Large
WRECKER SERVICE
256-4210



free estimates, 90 days same as cash. Call Ead's Fence Co. 1-800-989-8006 or 986-8006. 31mf
For Sale: 3 Ferraris, breeders. Cages included. Must sell all together. 2-females, 1-male. \$450. All negotiable. Call 758-0137. 26mf
FREE CAMCORDER: With purchase of 52-inch big screen T.V. Only \$10 down delivers to your door. Call Home Products @ 1-800-447-1266. 31mf

Washer & Dryer Pair: With free vacuum cleaner. Only \$10 down delivers to your door. Call Home Products @ 1-800-447-1266. 31mf

Computer System With Free Color Printer: Only \$10 down delivers to your door. Call Home Products @ 1-800-447-1266. 31mf
Refrigerators: Only \$10 down delivers to your door. Free microwave. Call Home Products @ 1-800-447-1266. 31mf

Complete Living Room Suite: With free matching lamps. Only \$10 down delivers to your door. Call Home Products @ 1-800-447-1266. 31mf

46-inch Big Screen T.V.: Free VCR. Only \$10 down delivers to your door. Call Home Products @ 1-800-447-1266. 31mf

For Sale: Sq. bales of hay. Clean mixed hay. \$2.50 a bale. Call 758-4514. 32mf

For Sale: This year's hay for sale now! Large rolls. \$16.00. Call 256-2339. 36mf

For Sale: Motors, transmissions, rear ends, radiators, body parts. We buy junk trucks. 256-5403. 51x12
Carhartt - Insulated Bib Overalls, \$69.99. Starts starting at \$9.99. many styles and colors to choose from. Napier Bros. Clothing, 35 Public Square, Lancaster. 606-792-2535. 1x10

Brown Duck Insulated Coveralls by Key, starting at \$9.99. Sizes in stock up to XXL. Napier Bros. Clothing, 35 Public Square, Lancaster. 606-792-2535. 1x10

Use our convenient lay-away today. Napier Bros. Clothing, 35 Public Square, Lancaster. 606-792-2535. 1x10

For Sale: Firewood, seasoned or green. \$35/load. Free delivery. 453-9225. 31mf

For Sale: 1994 Clayton Mobile Home, 16x72, 3 BR., \$18,000. Must see to appreciate. Also, 6 ft. deli cooler, Pinnacle, \$1,200. Cash register, \$100. Call 453-9915, leave message. 31mf

For Sale: Large rolls and square bales of good, mixed grass hay. Large rolls and square bales of alfalfa. 758-8220. 5x6

For Sale: Hard rock Maple coffee

table and two end tables, \$275. 256-5838. 5x4

Primestar customers and Big Dish customers get free Dish Network Satellite system with \$49 installation PLUS get a \$50 cash rebate to make the switch. Call for details and get 40 channels for 19.99 per month. Only at Home Satellite System, 1-800-236-0007. 5x8

Free Trimming and firewood sale, large load \$35. Call 256-3843 ask for Mary. 6x4

For Sale: Soloflex with butterfly attachment. \$475.00. Like new. Call 256-2318 after 5 p.m. 7x2

For Sale: Four AKC registered Boxer puppies, \$175 ea. 986-4646 or 256-3368. 7x2

Lifetime Stainless Steel waterless cookware, 5 ply, heavy duty, excellent buy. Call 606-256-9454. 7x2

For Sale: ATV 1998 Yamaha Banshee, black and white, less than 10 hours riding time. Must see, like new. Call 606-362-4669. 7x2

Want to start your own used clothing store? 12 clothing racks, over 1,000 hangers, 1 cash register, tag gun and tags, and storage building full of good, used clothing. All for \$1,200. 758-4030 after 5:30 p.m. 7x2

For Sale: Goya Flat-top guitar, excellent condition, \$285. 758-8685 or 758-9500. 7x1

For Sale: Mixed grass hay for sale. \$2/bale. 256-4287. 7x2

For Sale: Apple IIE Computer w/ printer. Does work. \$250. 256-3207. 8x3

For Sale: 2 complete electric garage door openers, with all parts. Curtis Bradley, 758-8584. 8x3

Golf Cart Sale: End of season clearance. Saturday, December 5th-Monday, December 7, open until 7 p.m. Championship Golf Carts, Inc., 591 Mt. Vernon Road, Berea. 8x2

Wedding Cakes & Ornaments

FOR SALE

New Used Vacuum Cleaners

Parts and Repairs on all makes and models

Call Curtis Bradley

Ph. 606-758-8584

Brodhead, Ky.

Lot For Sale

One acre lot for sale in Green Acres subdivision at Mareburg. \$15,000

Call Spencer Benge at 256-2812

MADISON TERMITE and PEST CONTROL

Call Paul Burton - Day or Night
256-2318 - Mt. Vernon

STOP
TERMITES ROACHES WATERBUGS

WELDING

Mt. Vernon Iron Works

IN SHOP AND MOBILE WELDING

• STEEL • CAST IRON • ALUMINUM

256-0407

3030 Richmond St.
Mt. Vernon, Ky.

HENSLEY'S USED CARS

CALL NOW

• 256-4777
• 256-0491

Salt Plover Cave Road
HWY 1004 Orlando, Ky.

24 YEARS EXPERIENCE



Making a difference in patients' quality of life.

It's why you chose the nursing profession. And, it's why our patients give us excellent ratings on our nursing care—far above national averages.

We currently have nursing positions available in our long-term ventilator care center. One of only five such facilities in the United States, we have earned respect for our innovative programs and high ventilator weaning rate.

If you are an RN, LPN, or PCA looking for a pleasant, quality-focused hospital to be a part of, please call Betty Purcell, RN, Director of Nursing for a confidential interview.

606-256-2195

ROCKCASTLE
HOSPITAL AND RESPIRATORY CARE CENTER, INC.

MOBILE HOMES FOR SALE

Over 25 New Single and Double Wide Fleetwood Homes to Choose From! Down payments as low as \$500. The Affordable Housing Mart - Richmond, Call 606-624-0200 or 800-755-5360. 6x4

Are you renting for \$200 or above a mo? Stop! In or above a 1999 Fleetwood Home for less and as low as \$500 down payment. The Affordable Housing Mart - Richmond, Call 606-624-0200 or 800-755-5360. 6x4

Do you have your own land? Living in an older model mobile home that you are not happy with? We give top dollar for trade ins. Call us about your new 1999 Fleetwood Home by just trading in your old home. The Affordable Housing Mart - Richmond, Call 606-624-0200 or 800-755-5360. 6x4

Zero Down to Land Owners: 1999 Fleetwood Homes to fit each individual's budget and interest rates as low as 6.50% - yes - 5.75% to qualified buyers. The Affordable Housing Mart - Richmond, Call 606-624-0200 or 800-755-5360. 6x4

Would you like to own your own home? But just afraid you can't get financed. We have new Fleetwood homes that you just might be able to get financed on. Call to get pre-qualified. The Affordable Housing Mart - Richmond, Call 606-624-0200 or 800-755-5360. 6x4

Attention Renters! Why rent when you can own your own home and land, including all utility hookups, complete set up, ready to move in - less than \$299 mo. For details - call 606-878-0013 or 800-755-5361. 6x4

Rent Stopper. New '99 model 14x60, 2 bedroom Fleetwood home - vinyl siding, shingle roof, 5 year warranty standard, call for details! The Affordable Housing Mart - Richmond, 1.75 and Hwy. 80. Call 606-878-0013 or 800-755-5361. 6x4

New! '98 Model 14x70 Fleetwood Home, 3 bedrooms, vinyl siding, shingle roof, and five

year warranty standard. Less than \$189 mo. The Affordable Housing Mart - Richmond, 1.75 and Hwy. 80. Call 606-878-0013 or 800-755-5361. 6x4

Large selection of new '99 model doublewides. Starting at less than \$228 mo. The Affordable Housing Mart - Richmond, 1.75 and Hwy. 80. Call 606-878-0013 or 800-755-5361. 6x4

For Sale: 18x 1470 Redmond mobile home, 2 BR, 2 BA, new custom oak cabinets, new carpet, etc. Appliances, underpinning, deck, wheels and axle included. Very clean, \$14,500 negotiable. 256-3143. 7fn

New 14' Wide - 3 BR, only \$15,995 with 500 + down and payments as low as 175 a month. Includes delivery, complete setup and underpinning. Call 606-623-2141. 8x1

Repo Homes For Sale. 14' wide, 16' and 17.5 and sectional homes starting at \$99. down with approved credit. Call 606-623-2141. Christmas Special - Free 27" TV and Mini dish system with purchase of your new manufactured home. Offer expires 12-1-98. Call 606-623-2141 for details.

We do land and home packages for qualified customers. We have land available in Richmond area, so come by and pick out your home and see thousands. Call for appointment. 606-623-2141.

End of Year Sale! Rebates available on select models. Special financing. Best opportunity of the year! Call 606-623-2141. For Sale: 1988 14x70 mobile home on 8/10 acre lot. Located off old Broadhead Road. Call 758-4922 after 5 p.m. or leave message. 8x4

Clearance Priced - 3 1998 14x70 Clayton Homes must go! Call today 606-365-9118. Reps! Doublewide and singlewides 8 to choose from low down payments with easy terms. Call 606-365-9118.

Norris 16x80 - Show home on display now. New 1999 colors and options! Clayton Homes Standard, KY 606-365-9118.

No Money Down - To qualified land owners. New double and singlewide homes, factory direct. Call 606-365-9118.

Luv is wonderful the second time around. Pre-Loved homes

starting out as low as \$3,000. Luv Homes of Somerset. 676-0503. 8x1
Luv me once, luv me twice and luv me once again. Good used homes ready to Luv again. Luv Homes of Somerset. 676-0503.

Leap-O into a repo for really cheap-O only \$499 down - of '95 model, 14x56, only at Luv Homes of Somerset. 676-0503.

New models are arriving! No! Not Cindy Crawford! Luv Homes of Somerset. 676-0503.

Are you outstanding in your field? Then it's time to come in out of the cold winter warm up in a Luv home. Luv Homes of Somerset. 676-0503.

Does that BIG tree look empty underneath? How about putting a Luv Home underneath it! New, used, and repos. Luv Homes of Somerset. 676-0503.

PROFESSIONAL SERVICES

P&P GUTTERING: 5 & 6 inch seamless gutters, siding, soffit and window installation. Call 256-4393. Free estimates. 21fn

R&R Builders: New homes, complete remodeling, all types, metal building, concrete work, decks, roof, painting, 22 years experience, free estimates. Call 256-9276. 34fn

Grave Markers & Monuments: In stock at all times. McNeen Monuments Sales, U.S. 25 4 miles north of Mt. Vernon. Ph. 256-2232. 13fn

J&L Equipment Co.: 50 Williams Street, Mt. Vernon. Selling farm fuels, motor oils, heating oil, and gasolines. Your Chevron Oil Jobber for Rockcastle County. Call 256-2114, 8 a.m. to 4 p.m. 20fn

FIX-IT: Finish carpentry, remodeling, also vinyl installation of doors, doorframes repair and replacement, tile repair and replacement. No job too small. Custom decks and patios. Call 606-256-4313. 49fn

Sewing Machines: Sales and service. Leroy Davis, 407 Crab Orchard St., Lancaster, (606)792-3149. 8fn

Lovell's Gun Repair: New and used guns, ammo and supplies. S60 Hot bluing repairs. Will special order. Maple Grove Rd., Mon - Fri, after 5 p.m. 256-3539. 11fn

Angel's Upholstery: Top quality work. Furniture, autos, boats, office and restaurant seats. Free estimates. Pickup and delivery. Call 606-9167. 28fn

Steve Spoonamore Roofing: Excellent references. Free estimates. 758-4318. 36x36

Concrete Work: No job to big or too small. Free estimates. Call 256-4915. 46fn

Rex & Glen's Fuel Oil Furnace Repair and Tune-Ups: 453-9307. 50fn

Robert Burke Roofing: Free estimates. Satisfaction guaranteed. Home ph. 758-8211. 52x10fn

Mom & Me Cleaning Service: Home or office. 256-3850. 20fn

Squirrels' Tree Trimming Service: Will top or take down trees. Also clean up trees damaged by storm. Call (606)453-9325. 35fn

David Spoonamore Roofing: Free estimates. 25 years exp. Guaranteed satisfaction. 758-4520. 39fn

Huff's Carpeting and Floor Covering, 16 years experience. Free estimates. Located on Main St. in Mt. Vernon across from BMV. Jack Huff - 606-256-9124. 4x4

Buying Timberlands. We pay top prices for timberland ready to cut now or later. Over 30 years of timberland cut recently. We also buy timber on the stump. For more info, call toll free without obligation 800-326-8325, ext. 234. Kentucky Bright Timberlands LLC. 5x4

Child Care Service. Experience mother/state enrolled child care provider, has opening for two children, newborn to age 4 years old. Clean, healthy country atmosphere, fenced playground, safety first, lots of TLC! Quail area, Broadhead school district. References available. 256-4267. 25x25

If you need someone to do any odd jobs such as painting, drywall finishing, plumbing, texture ceilings or cleaning call 256-2437. 6x1

Kemper Small Home Repair. 24 hours per day. Over 30 years experience. Electrical, carpentry, and plumbing. 256-1332. 7fn

NOTICES

Posted: No hunting or trespassing or gravel hauling without written permission on property belonging to Sandy Brooks in Brodhead on Hwy. 150 by railroad. Violators will be prosecuted. 22x52pd

Posted: No hunting or trespassing on property belonging to Dicie Mullins located on Chestnut Ridge and Skaggs Creek. Violators will be prosecuted. 28x22pd

Notice: 2 Dogs Free to good home. Call Ken Pillion at 256-9768. 38fn

Posted: No hunting or trespassing on land belonging to Eugene Levers (100 acres on edge of Lincoln Co. line and two farms in Brodhead) 3x8

No hunting or trespassing on land belonging to Victoria Reese on U.S. 25 at Roundstone. Not responsible for accidents. 5fn

Notice is hereby given that Melvin Douglas Hamm, Rt. 4 Box 257, Mt. Vernon, KY 40456 and John G. Hamm, Rt. 4 Box 256, Mt. Vernon, KY 40456 have been appointed co-executors of the estate of John U. Hamm on the 6th day of

November 1998. Any persons having claims against said estate shall present them according to law, to the said Melvin Douglas Hamm and John G. Hamm on or before May 6, 1999. 6x3

Notice is hereby given that John William Krueger, 2278 Moffett Road, Independence, KY 40131 has been appointed administrator of the estate of Christine Krueger on the 6th day of November 1998. Any persons having claims against said estate shall present them according to law to the said John William Krueger or to Hon. Debra Henchre Lambert, PO Box 1094, Mt. Vernon, KY 40456 on or before May 16, 1999. 8x3

Notice is hereby given that Edward Wilmet, 1021 Hidden Creek Drive, Berea has been appointed Administrator of the estate of Elmer Wilmet on the 10th day of November 1998. Any person having claims against said estate shall present them according to law to the said Edward Wilmet, or to Honorable David K. Layton, 13 Public Square, Lancaster, KY 40444 on or before May 10, 1999. 7x3

Notice: No hunting on property of our hill top. This property runs from Sand Hill Road across top of hill into Livingston. Bill Shackelford, Earnest Sturgill, Chick Sturgill and Liz Mahaffey. 8x3

Free to good home: Shepherd-Collie mixed puppies, tan with black marking, 9 weeks old, 256-5366 or leave message. 8x2

Notice is given that Bernice Allen has filed a final settlement of her account as Executor of the estate of Curtis D. Allen, deceased. A hearing on said settlement will be held on December 22, 1998. Any exceptions to said settlement must be filed before said date. 8x2

Notice is hereby given that James H. Cox, Mt. Vernon, KY has been appointed Executor of the estate of Frances B. Cox on the 16th day of November, 1998. Any person having claims against said estate shall present them according to law, to the said James H. Cox, or to Edward J. Cox, PO Box 1350, Mt. Vernon, KY 40456 on or before May 16, 1999. 8x3

Notice is hereby given that Keith Smith, president, Citizens Bank or Hon. Debra Lambert, PO Box 1094, Mt. Vernon, Kentucky 40456 on or before May 16, 1999. 8x3

Notice is hereby given that Keith Smith, president, Citizens Bank, Brodhead, Kentucky 40109 has been appointed Administrator of the estate of Samuel C. Sayers, aka S. Sayers, AK A Clint Sayers, on

COMMONWEALTH OF KENTUCKY
TRANSPORTATION CABINET
DEPARTMENT OF HIGHWAYS
NOTICE TO CONTRACTORS
Sealed bids will be received by the Department of Highways in the Division of Contract Procurement and the Auditorial located on the 1st Floor of the State Office Building, Frankfort, Kentucky, until 10 A.M., EASTERN STANDARD TIME on the 18th day of DECEMBER 1998, which time will be publicly opened and read for the improvement of:

ROCKCASTLE COUNTY, IN NH 752.2 (62) 50, FD 52, 102, 0075, 050, 55; The Tennessee State Line - Lexington Road (I-75), widening from the Laurel County line to KY 2791, a distance of 7.303 kilometers. Grade, Drain and Asphalt surface.

ROCKCASTLE COUNTY FDM102 0075, 058, 052; The Lexington Tennessee State Line Road (I-75) Interchange Lighting at the I-75/US 25 Interchange southeast of Mt. Vernon.

The Department of Highways hereby notifies all bidders that it will affirmatively insure that in any contract entered into pursuant to this advertisement, Disadvantaged Business Enterprises, will be afforded full opportunity to submit bids in response to this invitation, and will not be discriminated against on the ground of race, color, or natural origin in consideration for an award.

Bid proposals for all projects will be available until 9 a.m., EASTERN STANDARD TIME, FRIDAY, DECEMBER 18, 1998 at the Division of Contract Procurement. Bid proposals for all projects will be available at a cost of \$10 each and remittance payable to the State Treasurer of Kentucky must accompany request for proposals (NON-REFUNDABLE). BID PROPOSALS MUST BE SUBMITTED TO PREQUALIFIED CONTRACTORS.

Specimen proposals for all projects will be available to all interested parties at a cost of \$10 each (NON-REFUNDABLE). Specimen proposals cannot be used for bidding.

NOTICE
Rockcastle County Schools Plan for Inclement Weather, Schools Closings and Early Dismissals

Every effort will be made to keep parents and concerned citizens informed as to school closings, early dismissals and possibly a delay plan.

The number one concern is the safety of students. After an extensive evaluation of road conditions in the county, taking into consideration all roads, a decision will be made in regard to closing school.

School closings will be announced on radio stations and three television stations. They are as follows: Radio - WRVK (AM 1460), WVLF (FM-93), WBUL (FM 98.1), WMXL (FM 94.5), WLAP (630 AM), WAHY (FM 107.9), WLKT (FM 104.5), WKQQ (FM 100.1). Television - WKYT (Channel 27), WLEX (Channel 18), WTVO (Channel 36). If possible, the closing will be announced the evening before the closing date. If a determination cannot be made the day prior to the closing date, every possible effort will be made to reach a decision by 6 a.m. The announcement will be made no later than 6:30 a.m. This will be conducted the same for the delay plan, if it is concluded the delay plan would be the appropriate plan of action.

If the delay plan is used, breakfast will be served upon the arrival of students at school.

Early dismissal of school due to inclement weather will be announced on WRVK. Roads will be closely monitored as school is in session to determine if there is a need for early dismissal. If the need for early dismissal does occur, parents should make arrangements to meet children as they arrive early.

Parents and students should not call any radio or television stations to inquire about school closings. This could delay the information distribution to the necessary channel by tying up phone lines.

Rockcastle County School System Delay Plan


Occasionally, there are mornings when an additional hour is needed to check bus routes and temperatures/weather conditions sometimes can change between 6 a.m. and 7 a.m. As a result, the Rockcastle County School System will consider a one hour delay in school opening due to weather conditions.

If a one-hour delay status is warranted, the delay will be announced by the following radio stations: WRVK (AM 1460), WVLF (FM-93), WBUL (FM 98.1), WMXL (FM 94.5), WLAP (630 AM), WAHY (FM 107.9), WLKT (FM 104.5), WKQQ (FM 100.1), and the following television stations: WLEX (Channel 18), WKYT (Channel 27), WTVO (Channel 36), at 6 a.m. or as soon as possible.

There may be a time when a few isolated bus routes may not be made or may be delayed for an hour while the rest of the bus routes will be made on the regular schedule. These bus routes will be announced only on WRVK radio station.

In instances of a delay schedule, breakfast will be served as soon as students arrive at school.

NOTICE OF APPLICATION UNDER BANK HOLDING COMPANY ACT
Premier Financial Bancorp, Inc. ("Notificant"), 1115 North Hamilton Street, Georgetown, Kentucky 40324, intends to apply to the Federal Reserve Board for permission to acquire 100% of the equity ownership of Mt. Vernon Bancshares, Inc., (the "Company"), East Main Street, Mt. Vernon, Kentucky 40456. The Company is the parent company of Bank of Mt. Vernon.
The Federal Reserve Board considers a number of factors in deciding whether to approve the application, including the record of performance of banks owned by Notificant and the Company in helping to meet local credit needs. You are invited to submit comments on this application, in writing, to the Federal Reserve Bank of Cleveland at P.O. Box 6387, Cleveland, Ohio, 44101. The comment period will not end before December 20, 1998 and may be somewhat longer. The Federal Reserve Board's procedures for processing applications may be found at 12 C.F.R. Part 262 (as revised, 49 Federal Register 5603 (February 14, 1984)). Procedures for processing protested applications may be found at 12 C.F.R. 262.25 (1984). To obtain a copy of the Federal Reserve Board's procedures or if you need more information about how to submit your comments on the application, contact the Community Affairs officer at the Federal Reserve Bank of Cleveland, Mr. Stephen J. Ong, Assistant Vice-President, at (216) 579-2098. The Federal Reserve Board will consider your comments and any request for a public meeting or formal hearing on the application if they are received by the Federal Reserve Bank of Cleveland on or before the last date of the comment period.



Assisted Living
The Right Choice.

Life is full of choices.

Choosing assisted living as your senior living option is the right choice. Assisted living at The Highlands offers you the opportunity to enjoy living and maintain your independence.

Our amenities include:

- Assistance with personal care and medication management
- 24 hour professionally trained staff
- Delicious meals served restaurant-style in our elegant dining room
- Full activities calendar and recreation program
- Weekly housekeeping
- Scheduled transportation

The Highlands, your right choice for assisted living.

THE HIGHLANDS
AN AFFILIATE OF THE HIGHLANDS SENIORS CENTER

(606) 678-5865

225 Norfield Drive Somerset, Kentucky

OUR REPORT CARD SAYS WE'VE EARNED AN A-PLUS IN SUPPORTING AREA SCHOOLS.

Citizens Bank thanks Mt. Vernon Elementary School students for allowing us the opportunity to welcome them to our bank!

October 22, 1998

Dear Citizen's Bank,

Thank you for letting us come to visit.
Thank you for the stickers, the pencils, and the half-dollars. We would like to open an account later when we save enough money. We are going to make buttons to earn money.

Your friends,
Mrs. Maples' and
Ms. Brewer's
Classes
Mt. Vernon Elementary
Michael N.

A

- Eric Calico
- Megan Hood
- Elizabeth Dooley
- Jeremy Meadows
- Daniel Martin
- Ozzy Staton
- Aaran Barnes
- Holly Nolan
- Dustin Cord Kirby
- Stephanie R. Graves
- Jay W. Skinner
- Devon Mason
- Hayden R. P. [unclear] N.C.
- Elle Ann
- Burton
- Charles Williams
- Dylan
- James P.
- Patricia Ann Hoffman
- Sherry Hoffman
- Michelle Hoffman
- Scott Daugherty
- Jordan Barnett
- Sienna
- William D. Mason
- Rachel L. Kirby
- Cass Bowles
- Joshua Kay Moberly
- Amanda
- Zachary Stephens
- Cathy Nicole Shepherd
- Joey Shepherd
- SONYA L. Soko
- Sarah Rowe
- Brandon Carpenter
- Brian [unclear]

"An investment in education always pays the best interest."
Benjamin Franklin



Member FDIC
Serving the needs of Rockcastle and Jackson Counties

Mt. Vernon 256-2500 Brodhead 758-8212 McKee 287-8390

Real People. Real Progress.

RCHS Touring Theater visits county schools

by Lee Ann Frith & Alex Tyler

On November 16 and 17, a group of high school students put on a play for the fourth and fifth graders at the county's three elementary schools. These aspiring actors performed a Native American tale called "The Boy Who Tricked the Moon".

The story comes from the Thunderbird Clan of the Tlingit Indians, of the Pacific Northwest. This story was chosen because the Native American culture is one of the cultures studied by the fourth and fifth graders.

Since the play was performed at all three elementary schools, the set and props had to be very easy to

move. The set consisted of a screen and totem poles, making it very portable.

Six thespians made up the cast of this play. Nathaniel Bullock, Jeremy Saylor, Becky Davis, and Rissie Griffin, all seniors, made up four of these. Senior Jessie Clouse and Mario Cadena, a sophomore, played multiple roles.

The play was very successful. The actors and the audience seemed to enjoy it.

Mr. Allen Pensol, Basic Arts Coordinator, calls the play "spiritual."

Jessie Clouse said, "The play is an up-lifting experience. I found enjoyment in having played multiple parts."

With such a successful play having already been performed, what's next? When asked, Mr. Pensol replied, "What we're looking at is making this an ongoing project." He also said that in the future open auditions may be held.

Ms. Allen, Interim Principal, says that an Arts and Humanities class may be added next year and a "...drama class could come out of this." She says that a certified teacher, such as a Language Arts teacher, and a number of students to sign-up for the class is all that is needed in order to start the class.



The cast of "The Boy Who Tricked the Moon": front row, Rissie Griffin, Nathaniel Bullock, and Becky Davis; back row, Jeremy Saylor, Jessie Clouse, and Mario Cadena.

See a review of "The Boy Who Tricked the Moon" on page 17

SBDM Council meets in special session

by Rachel Ott

On Wednesday, November 4, the SBDM Council met for a special session to discuss changes for RCCHS. The agenda consisted of making a new jacket policy, hiring a new custodian, and continuing discussion of the principal's position, which still remains open.

During the meeting, members amended a new jacket policy. This policy allows those participating in sports sanctioned by the Kentucky High School Athletic Association to order blue letterman jackets. Individuals participating in chorus, band, dance, and academic teams will be required to order red jackets.

The Council also made arrangements to hire a new custodian. They recommended Ms. Mildred Reynolds to fill the position vacated by Ms. Stella Cook.

School Superintendent Larry Hammond met with the five SBDM members during a closed session. The purpose of the meeting was to develop interview questions for the applicants.

The SBDM Council will meet again on November 30. Further decisions regarding the principalship and other topics will be made during this meeting.

Board passes new school safety proposals

by Alex Tyler and
Christina Cadena

The Rockcastle County Board of Education passed two proposals involving safety in schools, November 10. The two proposals were to acquire more cameras for school buses, and to use dogs to search the school for drugs.

Ten new video cameras will be purchased, bringing the total to 15 cameras. Transportation Director David Perkins said, "We're

striving for more cameras every year." According to Mr. Perkins, the cameras will be placed on those buses with the most discipline problems. The cameras should be in place by January, 1999.

The use of dogs to search the school for drugs was also passed. The dogs will search the school for a variety of drugs, including marijuana, methamphetamine, cocaine, and substances that contain codeine, which can be found

in prescription drugs. The dogs will also be searching the parking lot. The dogs made their first appearance on Friday, November 20.

The searches may be conducted by two different individuals: an officer from Somerset, or Mt. Vernon Chief of Police, Bill Mink. Students and faculty will not be given prior notice of the search.

School Superintendent Larry Hammond said, "We [the school principals and board] believe this would be a good means of preventing drug use."

Mr. Hammond went on to add that there will be an educational program for the parents, students, and faculty concerning the dogs. The date has not yet been determined.

What's Inside

Shakespeare is
Alive and well
pages 6-7

How did "The
Rock is Hard"
begin?
page 9

Rocket Basket-
ball preview
pages 12-13

Some students don't make the grade and don't care

by Jimmy Payne

There are many mysteries one encounters in life. There are many questions that will never be answered. Throughout my high school years at RCHS there is a question that I have to asked myself in almost every class I have taken. This question I fear I will never find a true answer for; it is an enigma that I will take well beyond my lifetime.

Why does a student over the age of sixteen come to school with absolutely no intention what-so-ever of trying to pass their classes? If a student plans on not doing their work or even making the slightest attempt to pass, why do they not stay home or get a job?

These are the kids who come to class and either go and catch up on sleep or come and exaggerate about how much alcohol and drugs they have taken into their body the weekend before. These kids are the reason that our teachers have to spend their time guarding the restrooms as if it were Fort Knox.

Every year when students have to fill out the discipline handbooks I hear the same word "why." Well, I have solved the great question that has plagued students for years. If kids who don't want to come would stay home, a big part of the discipline problems at RCHS would be gone.

Now that one problem would be gone, it is immediately going to lead to another. What are these kids with no high school diploma supposed to do once they get on their own? If they are too lazy to try and succeed in school it makes you wonder, are they going to have what it takes to get a job and support themselves and a family once they get into the real world?

Five or six years down the road the one thing I don't want is to have to pay out of my hard earned money for these people to live. Frankly, I have no use for someone who is not willing to make something out of themselves.

I want these people to realize that they only get one life to make something out of themselves; only one chance to make something out of themselves. If they do not start making the effort right now they are going to find themselves locked out of the American dream we see advertised on T.V. Now is the time in life where you will begin to decide what the rest of your life will be like.



From the Principle's Pen

Students,

I cannot believe that the first semester is almost over! You will be going to new classes on Thursday, December 17, and then Christmas Break begins on Monday, December 21—two weeks of vacation time!

I wish for each of you lots of good food, rest and relaxation, and enjoyable time with friends and family. We are blessed in many ways, and I hope that you will have the best Holiday Season ever!!!!



Ms. Allen

For your information

December 1
Club pictures will be
taken during 1st Block

December 7
RCHS Band's Christmas
Concert
7:00 in the auditorium
Free

December 7
Financial Aid Workshop
6:00 in the auditorium

December 10
Chorus Madrigal Dinner
7:00 in the cafeteria
Tickets will be \$12.50

December 13
RCHS Chorus Christmas
Concert
2:30
\$1.00

December 14
Football Banquet
6:00

December 15
9 weeks ends; testing
Blocks 1 & 3

December 16
Testing Blocks 2 & 4

December 17
Class changes; new
semester begins

December 18
Mandatory Exams
Christmas Break begins!

Letter to the Editor

Dear Editor,

The "Rocket" is a school paper and should be used for reports of school activities.

"Rockettown" is not a school activity. It is a church activity. If one church, one denomination has space in the "Rocket" to report its youth program, other churches should have equal space.

Not signed

The Rocket Response

The Rocket is a school newspaper which is produced by students for students. All of the articles which are included in the newspaper are intended to present a complete picture of student life and interests.

The students make every attempt to cover all stories which relate to the youth in our high school.

The students develop their own story ideas; they make no attempt to favor any group.

The Rocket's primary objective is to showcase students--their interests, their activities-- be they conducted within the school or within the community.

Respectfully,
Susan Norton
Journalism Adviser



The Rocket

Rockcastle County High School
P.O. Box 1410
Mt. Vernon, KY 40456

Editor: Jimmy Payne

Assistant Editors: Christina Mahaffey and Becky Davis

Advertising Editor: Sahlana Sebastian

Staff Writers: Nathaniel Bullock, Mindy Bullock, Christina Cadena, LeeAnn Frith, Billy Hackworth, Stephen Hopkins, Heather Kirby, Dackery Larkey, Jessica Lowery, Lindsey Parsons, Rachel Ott, and Alex Tyler

Cartoons: Nathaniel Bullock

Advisor: Susan Norton

The Rocket, published eight times a year by the journalism class at Rockcastle County High School, is prepared on the Macintosh and Personal LaserWriter and printed by E & C Web Printing, London, KY.

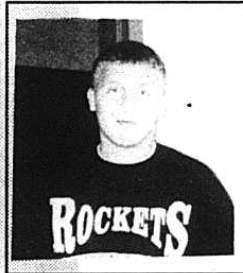
Letters to the editor are welcome; however, they should be limited to 300 words or less, and must be signed. The staff reserves the right to edit a letter or refuse to print it.

Down the Hall

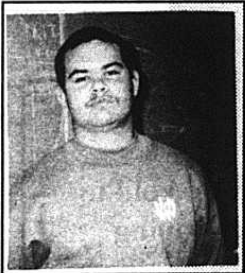
If you could invite anyone to your house for Thanksgiving dinner, who would it be and why?



Bridgette Feltner--
Stone Cold Steve Austin, because he is really HOT! He is my favorite wrestler.



Matt Cromer--
Baywatch girls. I think everyone knows why!



Stephan Carrera--
Joe Montana, because he is my favorite football player.



Marisa Frederick--
I would invite Kenny Allen because Thanksgiving is a time to give thanks to the people you love.



Robin Childress--
All my friends because I care about them. I would also invite Mathew Cromer, because that is the only way I could get him to go on a date.



Jason Cromer--
Carmen Electra. My reasons aren't very nice.

Thanksgivings more than turkey and dressing

by Christina Mahaffey

When people hear the word "Thanksgiving" they automatically think of turkey and their grandmother's dumplings, but Thanksgiving means more than that.

It's a time to spend with your family and share all the blessings you have been given that year. It's also a time to reflect back upon the Thanksgiving pasts and what they meant to you.

Most importantly it's a time to give thanks to the Pilgrims for being brave and staying in the wild new land called America. Had it not been for them there wouldn't be any passing out on the couch after eating a huge dinner and watching football.

Before you sit down to dinner reflect silently on what Thanksgiving means to you because just by being able to eat dinner with your family means you are thruly blessed.

New law passed by KGA

by Jessica Lowery

This summer a new law was passed by the KGA, (Kentucky General Assembly) assuring that students in public schools are free to pray and worship as they please. The law was created to verify that students can exercise their rights of freedom and religious liberty.

The law states that students are free to express their religious viewpoints in school just as they can talk about anything else.

I think that this law is an

excellent thing and was very much needed in public schools. Students' beliefs shouldn't stop as they walk inside the school doors. We should be able to express our opinions and beliefs no matter where we are.

This law is the reason R.C.H.S. has so many religious based clubs and activities. It allows us to have F.C.A. (Fellowship of Christian Athletes), and S.O.C. (Soldiers of Christ). It also allows us to have prayer group in the mornings, "See you at the Pole" every year,

and begin several clubs with and opening prayer.

Kentucky Senate Majority Leader David Karem said, "We've established a common ground where students may pray, read from religious material, and even invite other students to join them in group discussions."

I agree with Mr. Karem and I think this law was long overdue. Students should be allowed to express their views no matter if they involve religion or not.

Lying: Right or Wrong?

by Sahlana Sebastian

Lies...fibs... stretching the truth, no matter how you put it a rumor is a rumor. They hurt people, cause trouble, and may start something that in the end causes problems for you.

For example, recently a rumor was started about several distinguished members in our community and how they were supposedly involved in the distribution of illegal substances. A retraction was written in the *Mt. Vernon Signal* explaining that this rumor was not true. However, many people are

still spreading this rumor. Rumors here at the high school are different but none the less harmful. Just because people dress differently or act differently doesn't make them some kind of freak. Treat people as equals.

Just because someone may not have a boyfriend/girlfriend doesn't mean that they do not like the opposite sex. Maybe they're just afraid to get into a relationship, maybe they don't want one.

The main problem is people do not pay enough attention to others feelings but instead highlight their

own. If more people worried about each other instead of just themselves then we wouldn't have war, world hunger, or poverty.

Nobody will ever know why people spread rumors or tell lies. Take the time to get to know someone before you open your mouth and start degrading them, trying to make a fool of them just to impress your friends.

Always remember do unto others as you would have them do unto you.

Addictions unmasked at "Masquerade"

by **Dackery Larkey**

On November 14, addictions were unmasked at Rockettown's "Masquerade." The program's purpose was to show how drugs and alcohol are harmful to today's youth.

The night began with a video presented by Darren Allen, a state police officer. The video gave a strong message to the youth about the dangers of drug abuse. Several people gave testimonies about the problems drugs and alcohol had created in their own lives.

Local youth participated in the event by performing several skits which illustrated the negative effects of alcohol, cigarettes, marijuana, and other narcotics.

The evening ended with music and food. D.C. Talk, a Christian band, was displayed on a giant screen television. Pizza and soft drinks were provided for all of the youth who attended.

Rockettown is sponsored by Youth Pastor Scott Stayton, and the youth program at Bible Baptist Church in Mt. Vernon.

Brodhead Baptist begins new youth program

by **Lindsey Parsons**

Matthew 5:16 reads, "In that same way, let your light shine before men, that they may see your good deeds and praise your Father in Heaven." This verse provides the basis for the local event held by Brodhead Baptist Church called Shine.

On November 11, 55 people (many of them high school students) attended the first ever Shine. This was a night for youth to join together and worship the Lord through many different activities.

As well as the youth, the band Exit 11 provided music for the night. R.C.H.S. students Jessica Lowery, Natasha Bishop, Mary French, Brooke Roberts, and Shalanta Nicely also performed. A praise team made up of youth from Brodhead Baptist performed two skits. A guest speaker from Cumberland College was also present.

This event is planned to be held each month, and everyone is invited to join in the worship of the Lord.

"(It's a) hip way to teach teenagers about the Lord," junior Jonathan Bishop said.

Several attend All-State Chorus auditions

by **Heather Kirby**

All-State Chorus auditions were held October 20 at Lincoln County High School. Several Rockcastle County High School students in Mrs. Tammy Reynolds' Chorus Class partici-

ated. The students included: Jaci Durham, Stephanie Dobbs, Theresa Chislum, Rebecca Kirby, Natasha Bishop, Mary French, J.W. Erwin, Collin Williams, Brad Spears, and Jeremy Saylor.

The students who auditioned

were graded on a 100 point scale. The three highest scores were: Collin Williams with a 98, Jaci Durham, 97, and a 97 to Brad Spears. All three of these students, including Jeremy Saylor, were accepted in All-State Chorus.

As the first part of the audition, the students were expected to sing a piece which was written for graduate school students--mistake free. During the audition, the students sang in quartet and then performed a solo. They were given a pitch to start on, but the piece had to be sung *a capella*, or with no accompanying instruments.

The students that auditioned had their scores compared with those of other students from across the state. The All-State Chorus consists of those students with the highest scores.

The students who were selected will stay 4 days and 3 nights in Louisville, Kentucky, where they will perform a college level repertoire. The Choir will be directed by college professors while the high school directors (such as Mrs. Reynolds) will be attending work shops.



Students perform a skit called "Shine" at Brodhead Baptist Church, November 11.



VIDEO FANTASTIC

Check out these new
releases

The Horse Whisperer
Small Soldiers
Armageddon
Dr. Dolittle
The Negotiator

**We've got what you're
looking for!**



**You're too old to
keep saving
money in piggy
banks. Now that
you're all grown-
up, make the
right choice...**

The Bank of Mt. Vernon
and start planning for your future today.

BMV

P.O. Box 157
Mt. Vernon, Kentucky

Fax: (606) 256-5145
Phone: (606) 256-5141

Girls' Cross Country participates in State Meet **FHA and FFA attend national conventions**

by Mindy Bullock

The Girls' Cross Country season had been going really well, and ended in a rather momentous event. On November 7, the girls participated in the State meet at the Kentucky Horse Park. It marked the team's first appearance ever.

"I feel like it was a big accomplishment for the team because we were the first girl's cross country team from Rockcastle to go to State," said sophomore Tara Abney.

The girls who participated in the meet are: Brandy Reynolds, Jessica Cobb, Rachelle Hammond, Cassandra Ramsey, Chere Embs, and Rebecca Lyons. Cheyenne Carmack and Tara Abney were unable to compete.

Coach Dawn Quigley is quoted as saying, "We're really proud of the girls for making it to the state meet, and for their effort that day-and all season. They did really well for their first time at State, especially considering that they were running against two hundred girls from fifty other schools."

The girls finished twentieth at the meet.



Above: Jessica Cobb (front) and Brandy Reynolds running in the regional meet.

by Jessica Lowery and Rachel Ott

Recently, two R.C.H.S. clubs attended national conventions. FFA visited Kansas City, Missouri from November 10 to November 15. FHA traveled to Albuquerque, New Mexico from November 12 to November 17.

Fourteen members of FFA, and chaperone Mr. Jeff Hayes, attended the convention. Members who attended were: senior, Eric

Helton; juniors, Jason Whicker, John Dyehouse, Roy Adams, Jonathan Bishop, Jeremy Reynolds, Nick Leger, and Josh McClure; sophomores, Aaron Mobley, Warren Whitaker, Thomas Coffey, Josh Lyons, and JJ Clark; freshman, Eric Adams. Also in attendance was 1997 R.C.H.S. graduate Matt Chaliff. While in Kansas City, they attended sessions which included speeches by motivational speakers and the national FFA officers. They also attended the American Royal Rodeo and saw country singer Trace Atkins in concert.

The FHA attended the National FHA Cluster Convention. Ms. Robyn Johnson took eight FHA members on the Albuquerque trip. Those members

were: seniors, Mary Beth Browning, Jessica McClure, Jamie Settles, and Kristie Lovell; juniors, Shalanta Nicely and Brooke Roberts; sophomores, Rachelle Hammond and Ashley Lawson. Also in attendance were Ms. Darlene Martin and Ms. Rebekah Hammond. While in Albuquerque, they toured and visited many historical sights. Ms. Robyn Johnson had this to say about the trip, "It was a great learning experience for the girls. Not only did they see new sights, but many of them got to fly for the first time. It was a great experience for us all."

Both clubs enjoyed the conventions very much and were pleased with the results of the long trip. They got to see many new sights and learned a lot about their clubs.

Happy Thanksgiving

from
the attorneys
at
Clontz & Cox

Carl R. Clontz

Jerry J. Cox

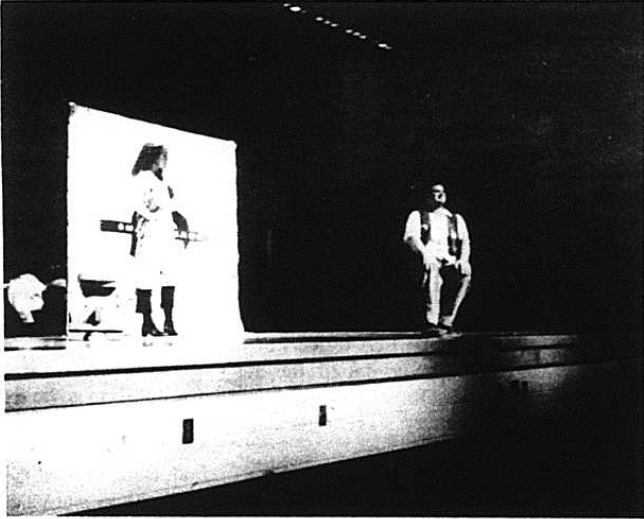
John E. Clontz

Jerome S. Fish II

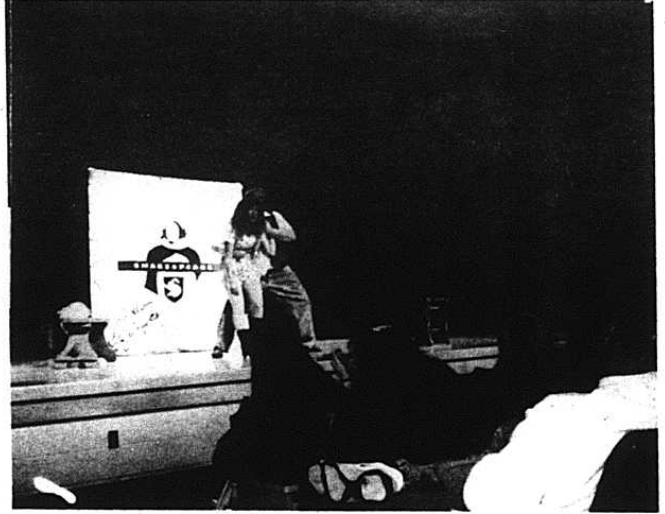
John D. Ford



Shakespeare's Taming of the Shrew, with a modern touch



Mendy Garcia (Katherine) and Ernest William Ray (Petruchio) perform a 70's version of a scene from William Shakespeare's Taming of the Shrew. It is the couple's first meeting and Katherine is not happy about being with her future husband.



Katherine (Garcia) and Petruchio (Ray) are having a "friendly" discussion about their future. (Taming of the Shrew)



Young's Pharmacy

For your health

Besides prescription and other health care needs, we carry quality gold jewelry, Russell Stover Candies, school supplies, and cosmetics.

Mt. Vernon

Main Street

256-4613

William Shakespeare's alive and well



Mendy Garcia (Ophelia) and Ernie Ray (Hamlet) talk as a scene from Hamlet is performed. Mendy is from California and spent several seasons at PCPA Theaterfest before joining the Kentucky Shakespeare Festival. Ernie hails from Chicago where he taught for three years as a substitute teacher.



Students look on as the performers reenact Shakespeare's plays, Hamlet, Richard III, and Taming of the Shrew.

Exquisite Cuisine



We do small or large private parties, picnics, weddings, charity events, and school functions.

255 West Main Street

owner: Barbara Bennett
Phone: 256-2177

Walk-ins Welcome



Peg's Cut-N-Curl

(606) 758-4417

Ottawa Church Rd.
Brodhead, KY 40409

Owner & Stylist
Peggy Allen

Godfather's Pizza.

256-5079

Located in Carter's Market
Open Sunday-Thursday
11:00 a.m.-10 p.m.

*1 Large
Pepperoni Pizza
only*

\$7.99

Not redeemable with any other offer
Expires December 19

What's going on this month

by Lee Ann Frith, Dackery Larkey and Nathaniel Bullock

Clubs

Attention Spanish students! Those students in Spanish I and II who received a B or higher for the first 9 weeks qualified to go on a trip to E.K.U. The trip is scheduled for Tuesday, November 24, to see a dramatized production of *Don Quixote*. Also, those students who have maintained a B or better average will receive a first or second year pin at the end of the semester. The Spanish Club is an honorary club that will be noted on the students transcript.

JROTC took a repelling trip on November 14th at a tower in London. The trip was reported to be a success. The drill team and rifle team will be traveling to Clarksville for a major competition on November 21. The rifle team will be going to Atlanta, Georgia on December 12.

Upward Bound applications are down in the counselor's office. See Mrs. Miller for more information. The Upward Bound Reunion

will be held on Berea College's campus, December 5.

FCA

Many students attended the October FCA meeting. Free ride performed, and a lot of important decisions were made. For the November meeting; Shannon Isaacs gave the devotion, and Amber Thacker sang. Members can look forward to hearing from brother Dan Brown, who will give the devotion for the December meeting.

FHA

We attended a National cluster meeting, in Albuquerque, New Mexico, from November 13-15. At the November club meeting we had a guest speaker, that talked about safe driving skills. We also will be getting gifts together for the unfortunate for the December club meeting.

FFA

We attended a National Convention in Kansas City, Missouri November 10-15. Poinsetta sales will begin next week. Many styles, and colors of poinsettas are

available. Freshman parliamentary procedure, landscape and horticulture, and the small engines team will perform at Eastern Kentucky University on December 3.

Key Club

November 7 we attended a state-wide project called the Pride Pickup at the Rock Quarry in Burr. This was a group project shared between the Beta, Key, and Y-clubs. December 7 the Key club will be sponsoring a blood drive, and anyone 18 or over can donate blood. The Key club will be donating clothes to the needy around Christmas, and all club members should participate. The Key club also visits the nursing home, and respiratory care center periodically.

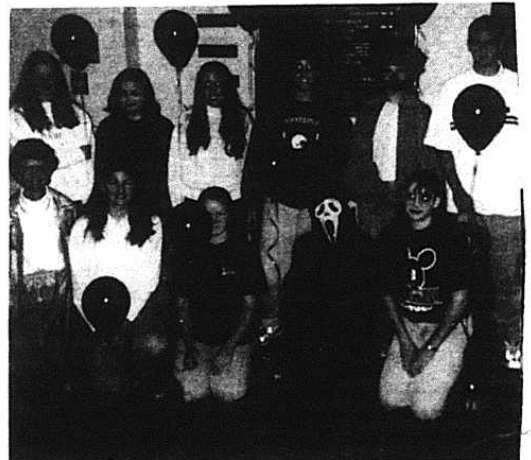
Beta Club

During the month of October the Beta club sponsored a clothing drive. We gathered many items of clothing that helped the needy. December 4, and 5 the Beta club will be attending a convention in Louisville. During these two days, the members will be participating in academic competitions, talent competitions, an arts and crafts festival. Crystal Mink will be running for State Office.

NHS

The National Honor Society, took candy, balloons, and jack-o-lanterns to the children in the Respiratory Care Center in Mt. Vernon,

on Halloween. Of the 20 students who participated in either visiting, or donating money, all had fun, and enjoyed themselves, as well did the kids.



National Honor Society members Kacee Taulbee, Jennifer Alsip, Shauna Hall, Lindsey Hall, Chelsen Stratton, Josh Lyons, Sponser Dawn Stallsworth, Mindy bullock, Tami Taylor, Crystal Mink, and Sonya Hensley pose for a picture after distributing toys and balloons to the children in the Respiratory Care Center at the Rockcastle Co. Hospital.



Just ask for the Rocket Special!

Jr. Cheeseburger, Small
French Fries
and a 16 oz. drink
\$1.99 plus tax

Not valid with any other offer



Mt. Vernon location only
Monday-Friday 3pm-5pm



THE GIFT OF
BEAUTY
RIGHT FOR
EVERYONE

It is possible to find the perfect gift that fits every occasion and every person. A Gift Certificate from A Cut Above offers beautiful choices: cut, style, hair color, perm, facial, and manicure. Something for everyone from our full-service salon.



Wishing you a joyous holiday season!

A CUT ABOVE

Stylists: Terri Woodall (owner),
Dicie Allen, and Sherry Jones

Tuesday-Saturday

256-5317

ACT tips could help on test

by Christina Cadena

Unlike the PLAN or the ASVAB, which are only taken by the sophomores and juniors, anyone can take the ACT. Also, many colleges look at ACT scores to determine whether or not they will accept you. Many students have already taken the ACT this year, and some will be taking it in December. For those of you who haven't taken the test yet, here are some test-

1. Pace yourself. The time limit set for each section of the ACT gives nearly everyone enough time to finish all the questions.
2. Read the directions for each test carefully.
3. Read each question carefully. It is important that you understand what each question asks.
4. Answer the easy questions first. The best strategy for taking the ACT is to answer the easy questions and skip the questions you find difficult.
5. Review your work. If there is time left after you have answered every question in a section, go back and check your

How the "Rock is Hard" came to be

by Billy Hackworth

At the beginning of every football game, pep rally and basketball game, you hear it. It's on every poster and in every cheer. It's the phrase "hard as a rock." Have you ever wondered just where and how this phrase got started?

Football game in at a 1976, young freshman Robert Owens spoke out to his team to encourage them to fight hard in the final moments of the game. In the huddle Robert told them that the "Rock is hard" and you can't break it."

That single phrase gave the freshman the courage and adrenaline they needed, to comeback and defeat there opponent to win the game.

They adapted the song "Hard as a Rock" from AC/DC and named it the school song. They afterwards chose it as the school song because it fit the school and the football teams' will to overcome their opponent.

Now every day, week and month we hear that phrase. It comes from the heart and is meant to encourage not only athletes, but students to achieve all their highest goal. Since 1976, that phrase has been quoted and will always be a large part of the Rocket Spirit.



1976 second string line-backer Robert Owens started the phrase which has fueled Rockcastle County High School students every year since "The Rock is Hard." The phrase will probably live on through the next millennium.



Winter will soon be here, along with Christmas Break, snow days, and----
AACHOO!--
sneezes, sniffles, and flu days.

Let Saylor's Pharmacy take care of your health and prescription needs when you start to feel a little under the weather.

Saylor's Pharmacy

Richmond St.

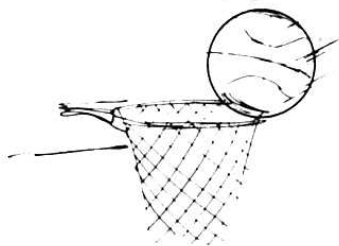
256 - 5224

*The Rock starts
to roll
November 30*

See the preview on pages 12-13



Clockwise from top:
Suzanne Brown (20) and
Jessie Rickles.
At left: Nick Leger is all
by himself.
At right: Tiffany McClure
comes in for a lay-up.



**OUR BEST WISHES TO THE STUDENTS,
FACULTY AND STAFF OF
ROCKCASTLE COUNTY HIGH SCHOOL!**



"This is the beginning of a new day. God has given me this day to use as I will. This day is important because I am exchanging a day of my life for it.

When tomorrow comes this day will be gone forever, leaving in its place something that I have traded for it. Therefore, I want it to be good and not evil, gain and not loss, success and not failure, in order that I shall not regret the price that I have paid for it."

Hearisill Wilson

Citizens Bank

Serving the needs of Rockcastle and Jackson Counties

Mt. Vernon
256-2500

Brodhead
758-8212

McKee
287-8390

Real People. Real Progress.

The new WWF champ "If you smell what the Rock is cookin'"

by Jimmy Payne

I'm not the kind of guy that would say I told you so, but I told you so. For all of Wrestling Ramblings' loyal readers who doubted my prediction that the Rock would take over Stone Cold's position as the #1 wrestler in the World Wrestling Federation, I got two words for ya!

For over a year I have been praising the Rock. For over a year I and very few of my loyal colleagues have been saying that the Rock would be the future of the WWF, and up until very recently I have been criticized for believing so.

So when the Rock became the sole survivor at the Survivor Series becoming the WWF champion by winning the tournament I felt full satisfaction. What makes me sick is how most of the fans jumped off of the Rock's band wagon as quickly as they jumped on.

I for one was glad that the Rock turned back to his rule-breaking ways. I hope he stays a

rule-breaker for a long time, because as soon as he "changes" his ways I'm sure there will be a hall full of Rock shirts here at RCHS and a gazillion people claiming that they have been Rock fans all along.

With the new World Champion fresh off his first world title defense, he is going to get very little time to celebrate his newly won belt. Austin is already on the Rock's back about a title shot and I look for Mick Foley to make a run for the title before the Royal Rumble. Speaking of the Royal Rumble, I have read on the internet (www.scoopscentral.com) that Shawn Michaels will be back in wrestling condition from his back injury by the Royal Rumble. With Wrestlemania XV right around the corner it looks like 1999 is already shaping up to be an exciting year in wrestling.

What about Raven?

Time and time again I wonder why World Championship Wrestling does this and does that for no apparent reason.

Why is a injured man (Dia-

mond Dallas Page) their United States Champion when they have a whole organization full of talent that is ready and physically able to have the title?

Why do they let Tony Schiavone and "Stagger" Lee Marshall commentate?

Why do they pay "Mean" Gene Okerlund and J.J. Dillon?

There are more but I don't want to get a headache, however, their are two questions that come into my head about WCW that I can't ignore.

The first question is about Raven, it goes like this "What good do you intend on getting from letting Raven go on a losing streak?" I just don't understand.

Is this angle supposed to have a reverse psychological effect on the fans? Raven is an awesome wrestler and a great character. Does WCW want Raven's popularity to go down? I don't know if this method makes sense to anyone else, but it has me totally confused.

The character of Raven was extremely popular in ECW (Extreme Championship Wrestling).

He has also been popular in the Global Wrestling Federation where he held their Television title, the United States Wrestling Association, and in the WWF where he was known as Johnny Polo and managed the Quebecers to three WWF Tag team titles.

For those wrestling fans who haven't watched wrestling for an extended amount of time, Raven was in WCW once before only he wasn't known as Raven. He was then named Scotty Flamingo and he held the Light Heavyweight title. Flamingo captured the title from the late Brian Pillman and lost the title to the great Brad Armstrong "ha! ha!"

I am hoping that WCW makes a decision before to long that they will actually let Raven do what he does best and that is to get **HARDCORE**. With the recent WCW signing of the Sandman maybe he can bring the **EXTREME** side out of the troubled bird.

Next Question

My next question for WCW is why, since they have a stable

full of talent are they allowing Rick Steiner and Marcus Alexander Bagwell's mother Judy, who I might add is the most annoying person ever to be on television excluding Glacier and Steve McMichael of course, defend the tag team titles at World War 3.

For one thing, Scott Steiner is two times the size of Rick and Judy put together and could probably pin them both with one swoop from his silicone implanted biceps. For another, this ignorant, out of shape old woman can hardly walk much less wrestle. I feel that to let this match go on would be a complete embarrassment to the sport of wrestling

In Closing

I would like to ask that with the exception of Eddy Guerrero the entire Latino World Order look for new jobs. The same goes for Glacier, nobody cares if you're Ernest Miller's friend or not.

HAPPY THANKSGIVING

from

the

Rocket Staff



Happy Thanksgiving

from

The Cutting Edge



Stylists: Bootsie Shepherd (owner)
and Sherry Washburn

Lady Rockets look strong as season nears

by Stephen Hopkins

The 1998-1999 R.C.H.S. Lady Rockets are expected to have a very successful season. Returning three starters and three players with very favorable varsity experience, the Lady Rockets look to perform well in the regular season, district, and region tournaments.

The *Harlan Enterprise* has the Lady Rockets ranked 4th in the region in their annual preseason poll. They are ranked behind Harlan, Middlesborough, and Clay County, who are always regional favorites.

Head JV and Assistant Varsity Coach Ken Hopkins says, "Our strong point this year will definitely be our guards. Between Tiffany McClure, Brandy Reynolds, and Jessie Rickles, there probably aren't any better guards in the region. We're shooting the ball very well right now and expect to do very well this season."

Also returning, Senior Guard, Tiffany McClure, is a 2nd year starter. She is very aggressive and physical for a guard, and is expected to be a team leader.

Senior Center, Suzanne Brown, is very motivated this season and playing the best basketball of her career. For this team

to be successful, she needs to step up inside as far as scoring and rebounds.

Junior guard, Brandy Reynolds, has worked very hard during the off season. She has improved on her strength and shooting ability, as well as her endurance by participating as a part of the R.C.H.S. Cross Country team.

Also signing on for another year, Junior Forward/Guard Brook Roberts will be looked for to play a post-position, even though she has been wing player in the past. She will be expected to pull down quite a few rebounds in her second year as a varsity member.

Junior Forward/Center, Jessica Cobb, is possibly the strongest and most athletic member of the team. Her post moves are greatly improved. She will see a lot of minutes and will be called on to produce a lot of rebounds.

Sophomore Guard, Jessie Rickles, is by far the quickest guard on the team. Her outside shot has been significantly improved due to some minor mechanical changes. She is expected to be a big part of this year's team, even as a 10th grader.

Sophomore Guard/Forward, Amber Falin, is probably the smartest player that the Lady

Rockets have. She makes very few mistakes and will be called on to do many things in both the Guard and Forward positions.

Sophomore Guards Rachelle Hammond and Ashley Lawson will also see significant playing time. Rachelle will see time in an offensive roll, and Ashley in some defensive situations.

This team's strength will definitely be its defense in the full court press. They may lack in the post and rebounding. The Lady Rockets play a very difficult schedule, which includes two Christmas tournaments, including the Berea Holiday tournament at Berea College. They play Hopkins County Central in the opening round of that tournament. Win or lose, they will play either Lexington Catholic or Bowling Green.

With Assistant Coach Greg Paret leaving to take a head-coaching job at Jackson County, Barry Noble will make his return to the hardwood as a Varsity Assistant Coach. Coach Ken Hopkins will move up to JV Head Coach and Varsity Assistant.



Above: Angie Ford and another player at afternoon practice.



At right: Coach Dawn Quigley and Jessica Cobb.

PROFILE

Name: Angela Marie Ford
Year: Junior
Sport: Girl's Basketball
Favorite Player: Lisa Leslie
Years of Experience: 7
Outside Activities: youth group, TLC, FCA, SOC, and Y-Club
Favorite Movie(s): *Hoosiers* and *The Sixth Man*
Favorite Television Show: commercials
 If she was stranded on a deserted island, she would want this book, person, and food with her: *The Holy Bible*, her dad, and kiwi fruit
 When she was younger, she wanted to be: a politician
Plans and hopes for the future: go to college, possibly major in political science, math, or history
Favorite place to shop: Wal-Mart
Favorite hangout: local youth group
Favorite type of music: Contemporary Christian
Religion: Baptist
Dating Status: Single



Have a
wonderful Thanksgiving.
compliments of
Singleton's & Associate, Inc.
Insurance since 1971

Donnie Singleton, Agent
210 E. Main Street
P.O. Box 277
Ph. 256-2611

Rockcastle Rockets preparing for upcoming season

by Jimmy Payne

Coming out of the shadow of an exceptional 97-98 edition of Rockcastle boys' basketball is not going to be an easy task for this year's Rockets. Last year's record of 20-9 was the best by a boys' team in Rockcastle history.

The loss of seniors Blake Childress, John Brown, Billy Kirby, Travis Anderkin, and Dusty McClure will not help the Rockets' quest for a district title. When senior forward Blake Calhoun was asked what he felt the team lost the most from last year's team, he quickly answered, "Rebounding."

"The goal for this year's team is very clear. No longer does the team want to win, they expect it. I expect for us to go back to the district championship game and make another run for the region title," said junior forward Daniel Morgan.

Last year's Rockets gained a lot of respect but this year they are

working on getting even more. "This year we are working on getting respect from everyone. Last year we gained some, but this year we are working on getting respect from everyone. Respect is not given, it's earned," said Morgan.

"Last year was the most wins we ever had. I think this year's team will be as good or better than last year's team," said Calhoun. "We have three starting guards from last year's team returning and with the post play of Matt Brown and myself we can do anything we want to do."

Morgan added, "I feel that with the triple threat of the post with Blake, Matt and myself and the triple threat at the guard position with Stevie Bradley, Layne Nicely, and our all-state point guard Andrew Cash, we have what it takes to win the district title."

When asked how he felt about the 98-99 Rockets, Head Coach Clayton Cash said, "I'm optimistic. Our inside game needs work.

We will miss John Brown's defense and Blake Childress' rebounding. If we can get someone to step up and fill the void we will have the same team as last year with experienced play at the guard position."

"We are missing rebounding more than anything. We should be able to score with most teams, but we won't be able to press, because we don't have the strength, quickness, or the depth." Coach Cash went on to say.

Coach Cash is looking forward to this year's season even though he says practices aren't going as well as they did last year. "If we can get our defense in line we could be exciting."

The schedule is expected to be very tough. Coach Cash says that he can look down the schedule and there is no one team that he can look at and guarantee victory.

"Twenty wins is going to be hard to duplicate, but once you get into the region anything can happen."



Not only are the expectations high for the Rockets as a team this year, but a lot is expected out of junior guard Andrew Cash. Andrew received honorable mention by the All-State selection in the Courier Journal and was selected to the All-Region team last year, and he was selected to the All-District team as a freshman and a

sophomore. Cash was also selected to the Kentucky All-Stars as a freshman and a sophomore.

Coach Cash said, "I feel like Andrew is as good of an all-around player as we have had in Rockcastle in a long time." An-

-continued on page 17-

Good luck, Lady Rockets, in your
1998-1999 season.

FORD BROTHERS, INC.

AUCTIONEERS * REALTORS

WE SELL: REAL ESTATE
FARM & INDUSTRIAL EQUIPMENT, LIVESTOCK, ANTIQUES,
AND BUSINESS LIQUIDATIONS

Somerset, KY
606-679-2212
1-800-526-9430

Mt. Vernon, KY
606-256-4545
1-800-435-5454

London, KY
606-878-7111
1-800-526-1637

Academic Profile

- Name: Tasha Vanzant
 Grade: Sophmore
 Favorite subject: Literature
 Extra curricular Activities: Creative Writing,
 Y-Club, Beta Club, NHS, and Band
 Best Friends: Angela Mullins, Jessica
 Daniel, and Chandra McGuire
 Favorite Movie: Just about any one of them
 Favorite Movie Star: "I don't have one because I don't watch that
 much T.V."
 Favorite Music: Alternative
 Favorite Music Group: N'Sync
 What would you rather do, watch synchronized swimming
 for an hour or pour lemon juice in your eye? Watch synchronized
 swimming
 What do you want to be when you grow up: Anthropologist or
 an author
 Word that best describes you: shy
 Favorite place to shop: JCPenny
 Dating status: taken
 Plans for the future: Go to college and get a book published
 Favorite book: *The White Pine Chronicles*
 Favorite word: happy, or smile



Student Life



*This is life with homework. This is life without homework.
 Wait, I think it's the other way around.*

Weird Facts

1. The world's youngest parents were eight and nine years old and lived in China in 1910.
2. Coca Cola was originally green.
3. A duck's quack doesn't echo and no one know's why.
4. Hang on Sloopy is the official rock song of Ohio.
5. Did you know that there are coffee flavored pez?
6. An ostrich's eye is bigger than it's brain.
7. In every episode of *Seinfeld* there is a Superman somewhere.
8. 111,111,111 x 111,111,111 = 12,345,678,987,654,321
9. Hershey Kisses are called that because the machine that makes them looks like it is kissing the conveyer belt.
10. The only 15 letter word that can be spelled without repeating any letter and using all the vowels is uncopyrightable.

You only have one set of teeth.

Let

Family Dentistry

make them shine.

John H. Parsons, D.M.D.
 Billy D. Reynolds, D.M.D.
 Kathrine Greene, D.M.D.

Hygienist
 Linda Wilson, R.D.H.

For an appointment
 call 256-5123

Main Street
 Mt. Vernon, KY

Is your current hairstyle out-of-date?

Update your look at

Celena's

Celena Bullock: owner and stylist
 and introducing
 Shanda Irvin (Saturdays only)