



Santa visits Children's Story Hour
 See Page A5

No paper next week

The Mt. Vernon Signal will not publish a newspaper the week of Jan. 1, 2004. The Signal office will be closed Dec. 24 - Jan. 4. We wish everyone a very Happy and Safe Holiday Season.

Bray selected for conference

A Rockcastle County youth has been selected to represent Kentucky at a 2004 International Leadership Conference.

Jackson Bray, a junior at Rockcastle County High School and the son of Dennis and Rhonda Bray of Ottawa, will join other students from across the U.S. and more than 40 countries to debate and discuss current issues in law, international diplomacy, national security, business, congressional policy and leadership.

Bray, who was nominated for participation in this leadership conference by Nancy Hale, will go to either Washington, D.C., San Diego, CA, Chicago, IL or Arlington, VA to attend the conference.



Jackson Bray

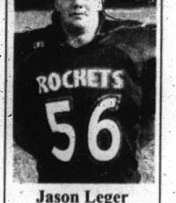
Leger commits to Wildcats

Rockcastle High School senior football player Jason Leger will soon do something no other Rocket has ever done - he will sign a letter of intent to play football on a scholarship at the University of Kentucky.

One of his former teammates, William Blair was a member of the Wildcats this season as a long snapper, but he is a walk-on.

Leger is the son of Mike Leger and Sheila and Garry Hurst of Brodhead.

Jason was a four-year starter for the Rockets and played in two state championship games, as a sophomore and junior.



Jason Leger

Open House at Adult Health Center

An open house will be held at the Wayne Stewart Adult Health Care Center on the 461 Bypass on Tuesday, January 6th from 10 a.m. to 2 p.m.

A ribbon-cutting ceremony will be held at 11 a.m.



Brandon Smith, 19, of Mt. Vernon escaped serious injury last Thursday when his 1986 Chrysler was struck by the pick-up truck in the bottom photo. Smith was pulling onto the 461 bypass from Town and Country Motors when he was struck on the driver's side by the truck, driven by Jeremy Owens of Pulaski County. Owens was traveling north on the bypass and reportedly ran through a red light. Smith was taken to the Rockcastle Hospital where he was treated for cuts and bruises and released Friday.



Renaming roads will face Magistrates in new year

By Perlina M. Anderkin
 Rockcastle County Magistrates aren't happy about it, and they made that clear at the last meeting of the court, but a big task facing them in 2004 will be the renaming of county and state roads in their districts.

"I wish someone else would do this," was the comment of Fred Mullins, Magistrate for District Four. But, Third District Magistrate Billy McKinney, who was the most outspoken about having to change road names, said that the fiscal court is the only one who has the authority to name the roads in their district.

Meeting with the court was John Patterson, State 911 Coordinator who told the magistrates that they need to establish some rules before the renaming process such as not using words that sound the same but are spelled differently, i.e. Deer Road/Deer Road; single word names whenever possible; no personalized (both first and last) names; if two roads have the same name now, change the one that affects the least number of residences, etc.

"If you don't have rules," Patterson said, "when you will wind up compromising, the process will not make sense when you're done and, at some point, someone will get hurt or die (because of confusion about location by emergency vehicles)."

Patterson told the group that this (changing road names) was a "painful process" because no one wants their address changed. However, Patterson said the Magistrates are charged with making the changes in order to comply with postal regula-

tions and to enable emergency services to be able to more easily locate homes where an ambulance or law enforcement is needed. "People's lives and property depend on getting it right," Patterson added.

Also, as an added incentive, Patterson said that money collected as a tax on cellular phones, now going to the State Police, will come to Rockcastle County as soon as the process is completed and this would amount to between \$40-\$50,000 in additional revenue for the local service. "I believe money from Rockcastle County belongs in Rockcastle County," Patterson said.

"If the Magistrates want to hold a public hearing for the renaming process, Patterson offered to be present to help explain the necessity of the changes. "You need a logical street naming system for the county that can be built on," Patterson added.

McKinney took issue with a list of the roads in his district which had been assigned different names for purposes of identifying them for the computer.

The Herbert Lear Road was identified as Mistletoe Road and McKinney's question was who had decided on road names.

County Judge Executive Buzz Carlifos, who was involved with the road mapping project, immediately assured McKinney that the road names were changed on his list only as a temporary measure so the computer would accept the finished mapping portion of the project. He pointed out that some county roads now have two, three, four and as many as five different names for the

same road. One set of five different roads in the county now have the same name, maybe due to a magistrate having named it for a friend who moved from one road to another.

Carlifos went on to say that a set of 16 different roads have the same family's last name; a set of 14 roads have the same family's last name and the same is true for a set of 12 roads and 10 roads. "Some roads in Rockcastle County have one name for one end of a road while the other end has a different name," Carlifos said. He further pointed out that some roads have a name for one end, another for the middle section and yet another for the other end. "There have even been instances where road names have been changed according to the person's multiple marriages," Carlifos said.

Two-Phase project

Carlifos pointed out to the magistrates that the process is two-phase project, the first being approval of the mapping project as ordered by the State Transportation Cabinet. The magistrates were given a map of the roads in their district with each road marked SR (state road), CR (county road) or PV (private road). The magistrates must first check the designations to see if they are appropriate and then go on record approving the map.

Then, the fun begins. The renaming process is one that is necessary so that mail can be addressed and delivered correctly and, as mentioned before, emergency vehicles can find people who need them more easily and quickly.

(Cont. to A-10)

Sturgill indicted in Barnett shooting

A Mt. Vernon man has been indicted for the November 19, 2003 shooting of Andy Barnett.

Michael Sturgill, 35, was indicted this month by a Rockcastle County Grand Jury for first degree assault and turned himself into the Sheriff's Department on Tuesday of last week.

Deputy Sheriff Matt Bryant said the indictment was issued on evidence received from witness statements after Barnett was shot in the left arm area early in the morning on

November 19th near his home. At the time, Barnett had just been released on bond after a police raid of his residence which turned up numerous items of stolen property. Barnett originally told officers that he shot himself but Bryant said evidence, including a hand gun recovered at the scene, and the witness statements pointed to Sturgill as a suspect.

Sturgill is free on a \$10,000 property bond.

Former Circuit Clerk Denver Miller dies

Denver Miller, 67, of Rt. 4, Mt. Vernon, Rockcastle County Circuit Clerk for three terms, died Monday, December 22, 2003 at the Rockcastle Hospital.

At the time of his death, Miller was serving as an administrative assistant to the Administrative Office of Courts. He was very active in civic affairs and was instrumental in the formation of the Rockcastle Ambulance Service.

Survivors include his wife, Mattie Miller, one son, James Miller (Dee Ann) of Mt. Vernon; two daughters, Teressa Vanzani (Lionie) of Mt. Vernon and Pennie Denise (Mike) of Nicholasville; one brother, Walter Miller, Jr. of Brodhead; four stepchildren, David Creech (Lorna) of Hollister, MO; Rena Kelly (Rena) of Nicholasville; Denise Blevins (Tim) of Glades Spring, VA and Manuel Creech of Mt. Vernon and eight grandchildren.

Funeral services will be conducted Saturday, December 27, 2003 at 2 p.m. at Dowell & Martin Funeral Home Chapel with Bro. Randall Adams and Bro. Rick Reynolds of-

ficiating. Burial will follow in the Ottawa Cemetery.

Friends may call at the Dowell & Martin Funeral Home after 6 p.m., Friday, December 26.

In lieu of flowers, donations may be made to the Hickory Grove Pentecostal Church Building Fund at Rt. 3, Box 721, Brodhead, Ky. 40409.

A complete obituary will appear in next week's Signal.



Former Circuit Clerk Denver Miller

Conviction overturned

The Kentucky Court of Appeals has overturned a lower court ruling concerning a local man's conviction in an alleged drug case.

"I am very pleased that we were able to win this case for Glen Hammond and his family," said Hammond's London attorney Warren Scoville.

Glen Hammond, 47, of Red Hill, was arrested in August of 1999, after police said they discovered an inside marijuana production facility. They also confiscated weapons and what they said were two stolen ATVs.

The case may go to the Kentucky Supreme Court, but for now,

Hammond, who has been out on an appeals bond, is a free man.

"This was an important case, that court of appeals has made it clear that it will not tolerate police action, wherein there is a reckless disregard for the truth by police officers," Scoville said.

"We are a nation of laws and the law applies to everyone including the police," he said.

The court of appeals, what they considered false statements made by KSP Detective Tim Engle in affidavit to obtain the original search warrant.

Judge Cain to retire Jan. 1

Printed from the December 18th issue of the *Somerset-Pulaski News Journal*

By Sharon Dodson
 Pulaski Circuit Judge William "Bull" Cain is hanging up his judicial robe - at least for the 28th Judicial Circuit.

Cain announced last week that he will be retiring January 1 after 20 years on the bench. He is the second Pulaski circuit judge to retire this year.

Daniel J. Ventes, Cain's counterpart, retired in June to return to private practice. The two worked together, sharing the same courtroom for 10 years.

Cain plans to spend more time traveling with his wife, but has not

ruled out returning to the courtroom in the future to serve as a special judge on cases.

Nominations for the vacant judgeship will be accepted, and the names of three candidates will be submitted to Gov. Ernie Fletcher, who will fill the appointment. The appointee will serve until the next General Election in the fall of 2004.

Somerset attorney Robert Gillum was appointed, and later elected, to fill the judgeship created by Ventes' retirement. He was elected last November, defeating two other candidates - Mark Nyanjani and Mike Duncan.

The 28th Judicial Circuit consists of Pulaski, Lincoln and Rockcastle counties.

Merry Christmas from all of us to all of you
 James and Perlina Anderkin, Richard Anderkin,
 Spencer and Paige Bengé, Allison Anderkin



T.J.'s Journal
by: Tonya J. Cook

"What is the most commonly asked question at this time of the year? No, it's not "Have you completely frozen to death yet?" although it's a close second. The two questions that are: "Have you got all your Christmas shopping done?" and "Are you ready for Christmas?"

A few years ago, almost thirty by now, I embraced Jewish beliefs and traditions. I have yet to find anyone in the Bible that directs one to observe the birth of Christ, at any other birthday, for that matter. The origin of what is known as Christmas began hundreds of years before the birth of Christ in ancient Babylon. The wise men brought gifts to Christ, it is believed He was about three years old, and the exact date is unknown. Christ was actually born in mid- to late fall. Hey, don't argue with me, just do the research.

However, I'm very tolerant of others beliefs, and expect the same from others. I feel that the relationship between man and his personal choice of how to worship God is the most, dear, precious, and sacred of any relationship in the universe. This is the driving force that founded America. There are a lot of pros and cons concerning this time of year. The cons: the crime rate is higher, the suicide rate almost doubles, and people spend enough that it takes the rest of the year to pay for it. Much of the expense is put on credit cards. The credit card holders may later seek the services of credit card reduction services to negotiate a deal with creditors to lower the amount owed on the card. I know from experience, most of these reduction services are total rip-offs and should be avoided. There are quite a few pros to this time of the year, as well: the weather is picturesque, everyone has a willingness to be more considerate of his fellow man, and it brings families together. All of these are very good things.

I'm usually asked what I'd like to have for Christmas. The things I'd like to have at any time of the year can't necessarily be bought or wrapped up or is even obtainable. Some are conveniences, pieces of nostalgia, and even moralistic virtues.

The list goes like this: (those over forty will really like it) a child-proof lid adults can remove, larger eyes on needles, not having to squint to read jeans that fit like they used to, pop in a glass bottle (that costs a dime), first-run movies with dollar admission, put the TV Land video shows back on the network, bring back disco and rock-n-roll, 45s, auto makers to re-make the classic cars; to be able to do the things we used to without taking a handful of aspirin and going to bed.



Points East

By: Ike Adams

Old Blue is not a bad dog when it comes to barking at the sky or the moon or keeping you awake all night if the motors don't sound right out there on the main road. In fact, he's not a bad dog for anything and about the only thing he's good for is to meet you at the end of the drive and wag all over and wonder where the good feed is.

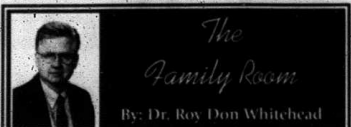
And he does crave the good stuff even though he is prone to share it with stray cats and possums.

More than once he has climbed into the UPS driver's truck and attempted to hitch a ride out of Lowell

to see the end of war, the end of hunger, disease, homelessness, abuse (child and spouse), death, to have a fellowship between all humanity, and a genuine outgoing concern for all. Sometimes I ask for too much.

There was once an episode of the old Twilight Zone that featured a department store Santa who had a huge toy sack. He would sit a child on his knee, and the child would tell Santa what he or she wanted. He carefully listened and then gave them a gift, and they were satisfied with whatever he gave them. Soon, by some means, Santa gained the ability to pull out of the toy sack anything the children wanted. It soon caught on with adults, as well. This would be a miracle for anyone to accomplish, but I don't think Santa is the one to bring about some of the miracles I listed.

There was once a very wise man, who said that the whole world and everything in it revolved around two principles: the hour of give or the way of get, commonly known as selfishness. The way of give is the way of outgoing concern for others. This is love, in its purest form. Love is the best gift anyone can give or receive.



The Family Room

By: Dr. Roy Don Whitehead

"I was five nights before Christmas and all through the house, not a creature was stirring, not even a mouse. When up on the wall there arose such a clatter, I sprang from my bed to see what was the matter."

The clatter was from the carbon monoxide detector that is on the wall outside my bedroom. Its ear piercing alarm announced the presence of dangerous levels of carbon monoxide in the house.

After a quick consultation with the family, we decided to evacuate the house. I called 911 and the Somerset Fire Department was on the way.

The two firemen who responded to the call tested the air inside the house and found the carbon monoxide level was 64. This is not good. Further testing the next day revealed that the level in the garage was more than 200, a near toxic level.

As we headed for a motel to spend the night, the firemen ventilated the house and called the Somerset Gas Service. The gas man found that there were several leaks in the exhaust pipe leading from the furnace. This was allowing carbon monoxide to accumulate in the house. He turned off the gas to the furnace until we could arrange for repairs. Thanks to the fire department and the gas company the carbon monoxide is gone.

As I pondered these events later, I realized how lucky we were. Carbon monoxide is a colorless, odorless, tasteless gas that can kill. Since we cannot see it, smell it or taste it, there is no warning. That carbon monoxide detector saved our lives.

A friend of ours had a similar experience several years ago. She came closer to death than we did. Something awakened her early one morning. She realized that she felt sick and started for the phone. She could barely crawl but managed to call 911 before she passed out. The fire department had to break down her door to rescue her and her family. The problem: carbon monoxide. It almost killed her.

We haven't had a smoke detector at

our house for many years. A few years ago I read about the dangers of carbon monoxide and decided to install a detector. I put it near our bedroom. As it turns out, that decision saved our lives.

A smoke detector and a carbon monoxide detector are two different things.

Our Readers Write

Dear Editor,

For a person overcoming a drug or alcohol addiction this time of year can often be difficult. There are too many reminders of past transgressions against friends and family. There is also damage that has been caused to oneself, but probably the most difficult obstacle is the amount of alcohol consumed by others during the Holiday Season.

Being a legal drug, alcohol is so socially acceptable yet unbelievably destructive to our society at the same time. According to the latest survey on national drug use statistics there are approximately 14 million Americans that have alcohol problems, let alone those addicted to other drugs. Add on to that the damage caused and lives lost through drunk driving and other accidents and domestic abuse.

A common dilemma for many that are in the recovering process or that have been sober now for years is whether or not to participate in the numerous parties this time of year. There are office Christmas parties, dinners, and of course New Year's parties, all of which typically have lots of alcohol.

The decision not to drink can be simple if one has completed full rehabilitation, but for those that have only received patch treatments or who don't feel in control of their lives again, going into agreement with the group that it is okay to have a couple drinks can lead to devastating consequences. For example, someone

The smoke detector will not pick up the carbon monoxide danger. That takes a separate detector that is specifically designed to sense the presence of carbon monoxide.

Based on my experience of the past several years, I strongly recommend that you install both types of detectors in your home. I can kill you,

but so can carbon monoxide. The cause it cannot be detected by human senses, you can be dead before you ever know there is a danger.

The discount stores and your local hardware store will have detectors. You can also order them over the Internet. This is not a decision to put off until later. That life you save may be your own.

that was maybe addicted to cocaine or methamphetamine could justify it by saying that "alcohol wasn't really my problem," only to find themselves in an altered state of mind and make more unhealthy decisions such as "one line couldn't hurt," or "I should celebrate my sobriety."

This may sound absurd to some, but it is a common mistake made by many people every year, which sends them immediately back down into a dwindling spiral of addiction once again.

Since drug and alcohol addiction affects the lives of every single American in one way or another, it would benefit us all to be aware of what we're doing to ourselves and others at such events. Encouraging someone to "relax" or "let loose" will have a drink isn't helping them, it's destructive.

So let's ensure that we all have a happy and healthy Holiday Season and look out for each other. Of course, if you find someone having problems with substance abuse there are effective solutions available by contacting Narconon Arrowhead for help at 1-800-468-6933 or log on to www.stopaddiction.com.

Narconon is a worldwide drug rehabilitation and education program now operating in 36 countries. The program uses the drug-free methodology developed by L. Ron Hubbard and 70% of its graduates remain drug free.

(Cont. to A-4)

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Happy Holidays

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It's been great having you as our customer.

Merry Christmas from Hannah, Xenia and the rest of the gang

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Obituaries



Hershel Dale Callahan

Hershel Dale Callahan, 57, of Mt. Vernon died Friday, December 19, 2003 at the Rockcastle Hospital. He was born in Richmond, IN on November 17, 1946, the son of Charles and Margie Barnett Callahan. He had been a purchase agent for the Rockcastle Hospital for nearly twenty-four years, was a member of the Pine Hill Missionary Baptist Church and an Army veteran of the Vietnam War.



Survivors are his wife of 33 years, Diana Joy Thacker Callahan; a son, Hershel Dale Callahan II (Brenda Ann) of Mt. Vernon; a daughter, Christy Ann Carr (Paul, Jr.) of Biloxi, MS; his mother, Mrs. Margie Callahan of Berea; a brother, Michael Callahan (Cori) of Copper Creek; a sister, Loretta Lucas (Eddie) of Seymour, CT and five grandchildren.

He was preceded in death by his father, Charles Callahan. Funeral services were conducted Monday, December 22 at the Dowell & Martin Funeral Home Chapel by Bro. David Sargent and Wayne Harding. Burial was in the Bert Thacker Cemetery at Roundstone.

Pallbearers were: Gary Asher, Melvin Brock, Steve Burdine, Conley Durham, Jerry Martin, Roger McGuire, Steve Pittman and Chris Reddington.

Candlelighters to the family of Mr. Callahan may be made by visiting his online register book at www.dowellmartin.com



Ernest Monroe Mason

Ernest Monroe Mason, 66, of Mt. Vernon, died Saturday, December 13, 2003 in Anderson County, TN. He was born in Rockcastle County September 5, 1937, the son of George and Mary Isaacs Mason. He was a retired construction worker and a member of the Brush Creek Holiness Church.

Survivors are six children, Hershel Halcomb Mason (Cleresa) of London, Alicia Bengie (Troy) of Crab Orchard, Michelle York (Timmy), Pamela Sturgill (Dennis) and Anthony Edward Mason, all of Brodhead and Tim Mason (Sherry) of Williamstown; his stepmother, Gladys Mason of Orlando; seven brothers: Bobby Mason of Covington, Frank Mason of Mt. Vernon, Jimmy Mason of Panama City, FL and George Mason, Jr., Ronnie Mason, David Mason and Paul Mason, all of Orlando; three sisters, Dorothy Rader, Mary VanZant and Karen Morgan, all of Orlando; 13 grandchildren; four great grandchildren and the mother of his children, Isabelle "Cookie" Mason.

Besides his parents, he was preceded in death by a son, Mark Mason; two sisters, Betty Jean Mason and Sandra Lorraine Mason VagWinkle; six brothers, Coleman, Earl, Bill, Donald, Lincoln and Andy Mason.

Funeral services were held Wednesday, December 17 at the Brush Creek Holiness Church by Bro. Allen Hensley and Olen McGuire. Burial was in the Briar

Field Cemetery.

Pallbearers were: Troy Bengie, Chris Fletcher, Kyle Fletcher, Mark Mason, Jr., Matthew Mason and Tim York.

Candlelighters to the family of Mr. Mason may be made by visiting his online register book at www.dowellmartin.com

Geneva Jackson

Geneva Jackson, 80, formerly of Hamilton, Ohio, died Monday, December 22, 2003 at St. Mary's Hospital in Racine, Wisconsin.

Mrs. Jackson was born in Crab Orchard, January 29, 1923, the daughter of the late James T. and Arlena Turner Mobley.

She received her education in the Hamilton public schools and, in 1950, married Lawrence Jackson who preceded her in death in 1992.

Mrs. Jackson retired from the Champion Paper Company and was a member of the North Seventh Street Church of Christ.

Obituaries courtesy of local funeral homes



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Survivors are two daughters, Jennifer Jackson (Gary David) of Naperville, IL and Susan Ramagli (John) of Racine, WI; one grandson and one sister, Martha J. Purkey of Sidney, Ohio.

She was preceded in death by two sisters, Gladys Mullins and Florence Hamilton and three brothers, Ross, Elbert and Frank Mobley.

Funeral services will be held at Webb Noonan Funeral Home, Hamilton at 4 p.m. on Sunday, December 28 with Ray S. Jones officiating. Visitation will be held prior to the service from 2 to 4 p.m. Graveside services will be held Monday at 11 a.m. at Rose Hill Burial Park.

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From the Families and Staff of Dowell and Martin Funeral Home and Sparks Flowers & More we would like to wish you and yours a very blessed Christmas and thank you for your continued trust and confidence.

Steve Martin Billy Dowell Garry Hansel Brian Hansel
Melanie Gray Leigha Cameron Sherri Hansel Linda Martin

LAW hosts parents meeting

The Let's All Work Committee (LAW) hosted a community meeting for parents on December 16th at Rockcastle County Middle School. Major Michael Bosse, with the Lexington Police Department, presented "Parent Talk on Illegal Drugs." Major Bosse, a veteran undercover policeman with more than 21 years of experience in the areas of investigating narcotic operations and teaching other police officers, spoke to a large audience of parents and community members.

The Let's All Work committee was formed in response to Sheriff Darrell Doan's and school district personnel's concern about the seri-

ous drug problem in Rockcastle County. The committee consists of personnel from the sheriff's office, school personnel and community members.

The committee has worked to bring substance abuse educational materials to all school children, presented a public forum for Rockcastle High School students, presented a radio program on WKVK about substance abuse, and worked with the county district to bring Major Bosse for the parent workshop.

The committee will continue to work to bring more prevention and treatment resources to the community.



Major Michael Bosse, Lexington Police Officer, presents "Parent Talk on Illegal Drugs" December 16th at RCMS. The event was sponsored by the Let's All Work (LAW) Committee.

Local students attend leadership conference

Youth from the RCHS Chapter of Family, Career and Community Leaders of America (FCLLA) participated in a weekend leadership training conference held November 14-16 in Cincinnati, Ohio.

Attendees participated in a weekend of workshops and sessions that challenged, informed and motivated members and their advisors to become leaders through FCLLA. Along with over 2200 other advisors and members, RCHS's FCLLA chapter adviser, Carla Parsons, accompanied four members to the meeting.

The "FCLLA: Making the Leader" theme was reinforced in the opening session by guest speaker,

Justin Lookadoo, who uses humor in order to motivate and educate his audience on the importance of taking risks, following their dreams and laughing at the simple things in life.

Saturday's workshop involved training in FCLLA's peer education programs, Families First, Financial Fitness, Student Body and FACTS - Families Action for Community Traffic Safety. Other workshops included training in FCLLA's membership campaign, an information session about the STOP the Violence program which encourages students to get involved in youth violence prevention and a workshop teaching

members how to spread the word about FCLLA - The Ultimate Leadership Experience.

Members also had the opportunity to attend sessions that focused on community involvement and leadership training. Keynote speaker Gus Gustafson closed out the meeting with a motivational message: "Turning a Set-Back into a Come-Back."

Beth Coleman, Amanda Rice, Ashley Himes and Brittany Kincaid felt the trip was very informative. They got to meet other FCLLA members from all over the United States and came away with some good ideas which they hope to implement in the upcoming year. FCLLA has over 227,000 members and approximately 7,500 advisors from 50 state associations, the District of Columbia, Puerto Rico and the Virgin Islands.

Since its founding in 1945, more than ten million students have participated in FCLLA.

Family, Career and Community Leaders of America is unique among youth organizations because its programs are planned and run by members. It is the only national 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.

The CAP Corner

Family Life Child and Family Development Center/Head Start

Did you know the Christian Appalachian Project helps get long-term medications for people who do not have insurance coverage? Medicare participants do qualify. Many drug companies offer name brand medications either free of charge or at minimal cost to people who qualify. These programs do not give generic medications and not all prescription medications are obtainable.

At the Christian Appalachian Project our staff acts as the middle-man between patient, doctor and drug companies. We get the patient information, fill out all applications, get patient and doctor signatures and obtain prescriptions when needed and then forward the information to the drug companies. The medications are almost always shipped to the doctor's office to be given to the patient.

Our program serves Rockcastle, Whiteley, Powell, Owlsley, McCreary, Lee, Knox, Jackson, Estill, Clay, Breathitt and Bell. The Prescription Assistance Program is a program of the Christian Appalachian Project. If

you need help or know of someone who does, call Peggy or Anita at 606-287-3039 Monday - Friday 8:00-4:00.

"Readers Write"

(Cont. from A-2)

free, happy and productive members of society once again, far above the success rate of traditional programs. I am living proof that the program works and I once again can enjoy the Holidays with my friends and family without the worry or problems of drugs and alcohol.

Respectfully,
Luke Catton
President, Narconon Arrowhead.

Technology changing in weather forecast

It's a fact. Technology is changing-almost every portion of our daily lives. Some of the changes are immediately apparent, and usually are cost improvements over what we had before. A terrific example of a good change is the National Weather Service's (NWS) Graphical Weather Forecast which is available on the home page of the NWS.

Previously, a forecast was issued county by county, or in some instances, a major metropolitan area. But oftentimes, geographic features within a county would force an incorrect forecast for a portion of that county. Mountainous terrain, large rivers, forest vs farmland, city vs rural all are geographic features that can significantly impact the weather. Until now, it was virtually impossible to show the variability in a forecast for a specific place, because the forecast boundary was a random line drawn on a map. Now, with today's technology, it is possible to display a picture of the weather. When is a picture worth a thousand words? When it is your forecast. Like the ebb and flow of currents in bodies of water, the patterns in the elements of weather also ebb and flow and a visual display lets you recognize when the changes will effect your backyard.

By using a graphical presentation of the forecast, you can see at a glance the exact weather pattern for your area. You can select the specific parameter you are interested in, whether it is temperature, humidity, sky condition, chances of rain. Wind patterns, both with speed and direction are available. All the various el-

ements that make up a forecast are selectable from a drop down menu at the top of the graphic, along with options to loop the element in time, so changes are immediately displayed. A single click on the geographic area that you are interested in will give you a specific point forecast with full detail for a 7 day period.

The options available to anyone in viewing a picture presentation of the weather in your own back yard is now mind-boggling. You can choose to view a bar-graph presentation of the daily expected temperature (of any weather element) that is presented by time. This means that as a farmer, you can choose the best time-frame during the day to apply your fertilizer. You can see which hours during the day is the greatest likelihood for rain, and how much rain you can expect. As a commuter, you can see at a glance weather that will effect your commute.

The next time you are surfing the web, take a few minutes to visit the homepage of your National Weather Service office in Jackson. The county image map displayed by default will show at a glance by both color and digital number what you

can expect across the region. Pick a point on the map and click - and a specific 7 day forecast will pop up for that point. Explore different ways to view this data using the menu near the bottom of this point forecast page.

The address of the NWS in Jackson is <http://www.crh.noaa.gov/jkl> and to find other NWS offices across the country <http://www.weather.gov>

Reminder.....

The Mt. Vernon Signal will not publish a newspaper the week of Jan. 1, 2004. The Signal office will be closed Dec. 24 - Jan. 4.

MERRY Christmas

We would like to thank you for all your support in 2003 and look forward to serving you in 2004

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In This Season of Giving...

We'd like to give you our heartfelt thanks. Merry Christmas and Happy New Year!

from Danny and Gaylen Settles and all the employees at

Wendy's/Citgo

Wendy's Citgo will close at 6 p.m. Christmas Eve and remain closed Christmas Day
We will also close at 9 p.m. on New Year's Eve and re-open at 10 a.m. on New Year's Day.

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Library News

This past Tuesday the Rockcastle County Public Library had a very special visitor. At Storyhour, Santa Claus (aka) John Holbrook, delighted the children with his appearance! Ms. Elaine Cromer, who has been doing a wonderful job helping out Ms. Kathy in the children's library on Tuesdays read a book to the children. They colored a holiday picture and had special treats for the party, thanks to Ms. Cromer.

The library set up a table at the Rockcastle County High School Career Fair. All of the high school students passed through and picked up information about several colleges and how to acquire financial assistance, or scholarships. The Rockcastle County Public Library appreciates being included in these types of events. It gives the community members (especially the youth) an opportunity to get a glimpse of what we have to offer at the library, and it gives the library staff an opportunity to interact with potential patrons.

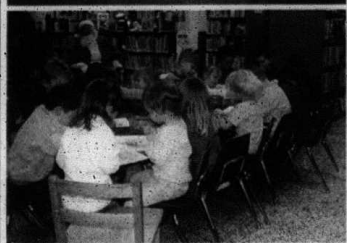
The children's library has added some new titles to the collection. Fiction: *Son of the Shadows* and *Child of the Prophecy* by Juliet Mariller. These books are the sequels to *Daughter of the Forest* and *Seven Waters Trilogy*. The children's library has also started receiving a new Sports Biography Series by Matt

Christopher. This series includes prominent athletes making news today.

Mr. Jeff Burdette County Attorney is sponsoring a "Books for Bikes" program hosted at the Rockcastle County Public Library for children ages 9-12. Mr. Jeff is doing this in honor of his mother Charlotte who taught reading in the Rockcastle school system for many years. We want to thank Mr. Jeff for investing in the promotion of literacy in our community. The program will begin on Friday January 2nd, 2004 and run through Saturday February 28th. All reading entry forms must be returned to the Rockcastle County Public Library by Saturday February 28th at 4:00 p.m. On Tuesday March 2nd, during Read Across America Week, the library will host a reading social at which time the top 10 boy, and top 10 girl readers will have their name put in a drawing to win a bike. One boy winner and one girl winner will be drawn. These bicycles are on display at the Rockcastle Library. More information concerning this program will be in the Signal and available at the Rockcastle Library. When the new semester resumes January 5th, 2004 the information will be available at school. We want to encourage all to participate! Make the connection, connect @ your library!



The boys and girls bike.



Santa enjoys his visit with the children.



Church News

Watch Night Service
Climax Holiness Church invites everyone to our Watch Night service on Wednesday, December 31st starting at 9 p.m. If you have a song or a word for the Lord come and let's put God first when the new year comes in. For information call the pastor Bro. Robert Miller at 758-4723. Climax Holiness Church will not be having services on Thursday, December 25th or Thursday, January 1st. May God bless everyone.

Watch Night Service
Livingston Holiness Church invites everyone to their Watch Night Service on Wed., Dec. 31, beginning at 8 p.m. Speaker will be Jasper Carpenter. Pastor is James Miller.

Watch Night Service
Watch Night Service will be held at Sand Hill Baptist Church on Wed., Dec. 31, beginning at 7 p.m. All singers and everyone invited to attend.

Pastor Tommy Miller and congregation invite everyone.

Christmas Eve Mass
Celebrate the birth of Lord and Savior Jesus with prayer, praise and song at Our Lady of Mt. Vernon Catholic Church at 10 p.m. on Christmas Eve, December 24, 2003.

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Season's Greetings

Christmas is a time to reflect on our blessings and we're honored to count your friendship among ours.

Coffey & Ford, PSC

Attorneys At Law



Front row from left: Leah Lucas, Tracy Mink and Amy Foley. Back row from left: Tasha Dillingham, John D. Ford and Willis Coffey.

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Mt. Vernon Chiropractic

Dr. Max Meyer and staff would like to thank all of our patients for giving us the opportunity to serve you.

To all we wish a



and a New Year filled with health, peace and prosperity.

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606-256-1986

From Long Ago

Submitted by: Ray Evans
1409 Capri Drive
Louisville, KY 40218
ray.evans@att.net

The following first appeared in the Mount Vernon Signal on April 19, 1909. It was recently transcribed from microfilm of that issue of the Signal. With these submissions, I am sharing these glimpses with the Signal's readers.

Personal News

Per Gentry is in Tennessee - Col. John W. Miller is in town this week. Miss Betty Pennington is attending school here. Jas. L. White was here Monday and Tuesday writing insurance. Scott Miller has returned from Miss Taylor's school at Princeton, Ky. Mrs. Matilda Houk is visiting her sister, Mrs. Jane Bloomer, near Webb. Mrs. John McKenzie is visiting her daughter, Mrs. C. D. Sutton, at Withers. Mr. C. A. Redd was a pleasant visitor to our town Tuesday. Robert Riddle, the popular grocery man, was down from Crab Orchard Monday. L. T. Welch and family will leave today for Alabama to make their future home.

Melvin Owens, our efficient Quaj correspondent, was a pleasant caller in this office Monday. George W. Baker returned from Louisville Saturday night with his new line of spring clothing. Mr. Hal Fryor, nephew of Judge Fryor of Louisville, is the interesting guest of Miss Rissie Williams. J. A. Mullins was a visitor to our town this week. John is looking well and says he is feeling fine. Mrs. T. J. Pennington and children visited her parents, Mr. and Mrs. G. W. Gentry the first of the week. Miss Montie Martin has returned home after a few days visit to her sister, Mrs. John Moore, at Berne. Drs. Lawless and Lewis were in from Wildie yesterday and reported everything quiet in that section. Dr. M. L. Meyers will complete his special course at Louisville today and will return home tonight to stay. We are glad to know that Miss Lela May Lovell, who has had typhoid fever, at Princeton, is very much better. Rev. C. C. Metcalf was in from the Bie Lick section Wednesday and told us that he is well pleased with his new home. We are glad to see Miss Anna E. Miller is able to be out again after a two-week confinement with a lighted baby. Miss Thornton, of the Brown Memorial faculty, has been very sick for several days. We hope for her a speedy recovery. Mr. Wilson Mink, of Canion City, Colorado, after being away for 24 years is visiting his mother, Mrs. Rebecca Mink, who is very sick at the home of her son, Thomas, in the Brindle Ridge section.

Local News

S. B. Ramsey is building a new room to his butcher shop near the railroad crossing. (Mr. Ramsey 1858-1916) was a brother of my grandmother Ellen Ramsey Wolf Evans (1866-1957). The Mt Vernon baseball boys have their new outfits which are first class and up to date and Wednesday fully expect the boys to make a good showing this year. BIRTH: Born to the wife of William Moore, of Mareburg, a fine baby boy on the 6th. Mr. and Mrs. Marion Hamlin have moved to near

Lafollette, Tenn. They sold their farm here. J. G. Anderson and family of Livingston, have moved into the R. K. Powell property on Newcomb Avenue. J. M. Craig was here Tuesday and told us he had bought over 200 good hogs in the last few days at 4 1/2 to 5 cents a pound. DEATH: Mrs. Rebecca Mink, of the Skeggs Creek section died Wednesday after an illness of several days. We were unable to learn the cause of her illness. The Mt Vernon baseball team has a challenge from Green Nebraska Indians. It is likely that they will arrange a game with the Indians here sometime this season. Of course the Indians know our boys can play ball if they would, it to be caught here. On March the 27th, the Christian Sunday School had an attendance of 143 and collected \$2.51 regular collection. One year ago last Sunday this same school had an attendance of 37 and collected \$5.1 regular collection. This is the largest Sunday school in Eastern Kentucky on the L & N R. R., according to reports sent out every week from the S. S. headquarters in Louisville. There are very few boys and girls in Mt Vernon that are not attending one of our three Sunday schools.

Dudley News

Mr. Andrew Miller's house burned last Saturday. We are having summer weather and the farmers in this locality are plowing and making plans to plant corn. There was a large crowd out at Maple Grove Sunday school last Sunday. On next Saturday and Sunday Rev. Parker will give his regular appointment at Flat Rock church. Winchester Granite Brick Company are preparing for a quantity of 100,000 bricks per week. The lime kiln will be ready in a few days. Mrs. Laura Reams spent the day with Mrs. Charles Hubbard Monday. The infant of Mr. and Mrs. James Hackett who has been very sick is able to be around again. Henry Evans is expected to go South in a few days on account of his health. Miss Emma Anderson and her little brother, Solmie, was the guest of their sister, Mrs. James Hackett. Mrs. Ponder is at home planning on a large crop this year. Telegraphy is the talk among the boys in this vicinity. We are proud to see Uncle Harrison Reams, Sr. health is so good. Mr. Aubrey Rader moved into the old section house at Dudley. Mrs. L. J. Reams visited her sister Mrs. Jake Reams last Sunday.

Brodhead News

Prayer meeting will be held at the Baptist Church on Wednesday evening of each week. T. K. Francisco bought of W. T. Brooks a nice yoke of oxen for \$50. Rev. Robinson conducted service at the M. E. Church here Sunday. J. W. Hutcheson is in Chicago this week. Mrs. J. W. Hutcheson is spending the week at Salvia, Ky. R. G. Wilmont, of Negaton was the guest of Mrs. Wilmot and family Sunday. Fred Durham is at home to see his mother who has been sick for some weeks. Misses Beulah Wallin and Carrie Frith were pleasant visitors in town Monday. Dr. W. F. Cater bought a nice young horse from Webster Webb this week. With two poultry concerns in town, produce will be no

drag here. G. Brothers, of Lancaster, also Mr. L. A. Farris, of Somerset, the latter will be known as the Brodhead Produce Company. George Conder, of Crab Orchard, was in town on business Monday. Every one wants to remember that a vote is to be taken on the question of a graded school at this place on Saturday April 10th. Don't forget the date and be sure to vote "Yes".

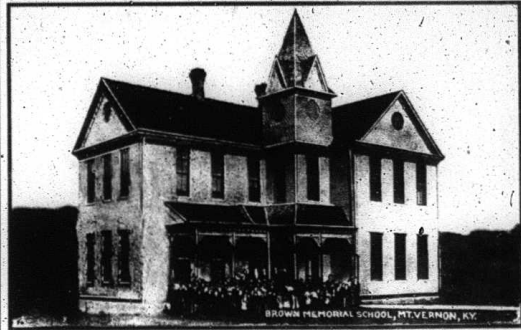
Livingston News

John Lear, of Canice, was here Tuesday. Mrs. H. D. Magee who has been very sick is some better. Mr. and Mrs. G. E. Painter, of Brodhead, are visiting their daughter Mrs. Emerson Rice. Mrs. Carol who has been sick so long is just alive. D. I. Gámsok is very low with consumption. Prof. W. R. Dickerson has moved to Mt Vernon and Bill Shelton has moved into the house vacated by the Prof. W. H. Burton was in London Monday. We will tell the cause later. P. W. Durbin, the barber, has moved into town into one of Mrs. Sue Mullin's houses. J. T. Pennington, has bought the house and lot belonging to the Nichol's heirs. The revival at the Baptist Church still goes on and up to the present they have 10 additional. Mrs. Lottie Burton is very sick. J. G. Anderson has moved to Mt Vernon. Uriah Adams who has been on the sick list so long, we are glad to say is improving. Fishing is now the order of the day and no one enjoys a fishing trip better than more than J. A. Mullins who went the other day and caught one near a drift and has been back there every day since. Thomas Jones who had serious trouble with his eyes is back in the restaurant at work. D. E. Woodall who owns the Preston house in the lower part of town has given it a new coat of paint and a new roof. Uncle Jim Adams was down from Mt Vernon Monday, looking after his property. The Ford Lumber Company are having their houses all repaired. The supposition is that they will go to work here soon. Miss Maud Reynolds left for Estivall, Tenn. Sunday night. Bill Baker received his samples of clothing Monday and will start on his tour soon. He represents a house in N. Y. We have just received word that Mrs. Rebecca Mink, of Skeggs Creek, died last night. Dr. W. J. Childress and W. H. Burton, were in Mt Vernon Wednesday. The L&N carpenters are here doing some work on the tank. By being misinformed, I said born to the wife of Dr. W. J. Childress a fine boy when it should have been a fine girl. Mrs. Sue Mullins is having her property repaired. We be-

lieve that summer has indeed come. This morning a bird perched its self on a distant oak and called the long roll. The hills are getting green and we are led to exclaim, "Oh how lovely are the works on nature." G. D. Cook has received a letter from the Post Office Department concern-

ing a mail route from here to Cedarville. We hope that this is a go for it so badly needed. Mrs. T. J. Pennington, after a delightful visit with relatives in Mt Vernon has returned home. J. A. Mullins has sold his property here and left last night for Lafollette, Tenn. where he will

make his future home. Qual News Rev. Friley filled his regular appointment at Bethel Saturday and Sunday. Morris Taylor and Elbert Elder have returned from (Cont. to A-7)



The above picture is of Brown Memorial School in Mt. Vernon around the turn of the 20th century. This photograph was recently posted on the Internet at <http://www.rootweb.com/~kypccka/photo/>. Jennifer Kidwell Fish, a native of Rockcastle County, has done an excellent job of posting this and many other photographs and other interesting items about the area.

Season's
GREETINGS
To You!

from
Rockcastle Circuit Court Clerk
Teresa Vanzant

Teresa Amis, Liza York, Crystal Griffin, Joyce Allen, Pat Brown, Teresa Vanzant,
Chief Deputy Clerk Brenda McKnight, Renita Blanton.

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The Family Room

By: Dr. Roy Don Whitehead

When I told Judy that she was addicted, she was surprised to say the least. (All characters are fictitious.) "I've never taken a drink or smoked dope in my life!" she protested. "I don't drink coffee or smoke cigarettes."

"What do you mean I am addicted?"

"You are addicted to relationships," I explained to her. "You think you can't function unless you are in a relationship with a man. When you get out of one relationship, you move quickly into another. What is the longest you've ever gone without having a boyfriend?"

"About six weeks, I guess," Judy replied. "For a woman who's over 30, that's not very long, is it?"

Judy is not the only person who suffers from relationship addiction. Here are some clues to let you know if you might be addicted to relationship.

1. Waiting, hoping, longing for another person to change; show up, call, invite me, answer my letter, etc.
2. Doing anything to please the other person and/or to keep the relationship, such as losing weight, spending extra money, dressing seductively.

3. Doing anything with another person that takes me out of integrity with myself, such as having sex when I don't want to, giving up friends and/or activities, giving in to the other to end an argument even when I know I'm right.

4. Wanting to be special, different or unique.

5. Saying "I don't care" or "I don't

have an opinion" or "It doesn't matter" when asked about my preference. These are times I quit thinking for myself.

6. Being with someone when I don't want to be or being with a person longer than I want to be or when it is no longer fun. Not admitting the relationship is over when it is.

7. Letting another take responsibility for me. Abdicating my responsibility for myself.

8. Wanting to be taken care of. Counting on another to take care of my needs. "I want my mommy."

9. Wanting to be like another person.

10. Being afraid I will miss something if I don't go along with what another person wants to do.

11. Putting another up on a pedestal, thinking he or she can do no wrong.

12. Saying "no" when I mean "yes" or vice versa.

13. Believing I can help another person "see the light" and become less violent, learn to trust, stop drinking, etc.

14. Using another person to control my addictions or undesirable behavior.

15. Believing that if we really love each other, we can work it out, if we just try hard enough for long enough.

16. Continuing to try to "connect" with someone with whom I simply cannot connect.

17. Trying to figure out what is going on in a relationship, feeling confused.

For Judy this list helped her see that she had a relationship addiction.

Does it tell you anything about you?



Mt. Vernon Lions Club president David DeBoard, left and newest Lions Club member Steve Still (top photo) finished off selling raffle tickets for a 52 inch T.V. at the basketball game between RCHS and OBI. At halftime time of the game, Vice District Gov. Cleidhi Thacker assisted cheerleader Mercedes Burdette in drawing the winning ticket (bottom photo).



Give your stove a rest this holiday season

Did Thanksgiving leave you burned out on cooking? Can't fathom the idea of slaving over a hot stove to make a big meal once again in just a few weeks?

"Once Thanksgiving is over, people want nothing more than to take a break from cooking for a while," says Julie Rodwell, contributing editor of the COMPLETE BOOK OF RAW FOOD (Hatherleigh Press, \$25.00). "Unfortunately, this can mean they focus less on balanced meals and eat more unhealthy snacks and tempting holiday treats." To fight this cooking fatigue, Rodwell and the book's editor, Lori Baird, suggest trying a new trend this holiday season: raw food.

"The holiday season, when people cook for a crowd, is the one time of year when we realize how small our ovens are," says Baird. "Incorporating more foods that don't need cooking or baking can make the season a lot less stressful." In addition, focusing more on healthy, natural ingredients can be a great way to counteract holiday temptation. "There are many healthy recipes out there that replicate the flavor and satisfaction you get from foods that may not be so good for you," explains Rodwell.

Raw foodists, who believe that heating foods above 113 degrees kills essential nutrients, are great at making healthier versions of traditional dishes. Though they eat a fully vegetarian and dairy-free diet, the book's

chefs have found delicious ways to replicate many traditional favorites, such as broccoli with cheddar sauce, lasagna, and apple pie—all without cooking or baking.

The recipe below, for example, is a raw gourmet version of a tasty, but relatively unhealthy, treat: strawberry shortcake. "People who aren't raw foodists—or even vegetarians—should find this recipe a great complement to a holiday meal," says Baird. "The best part is, it takes literally five minutes to make—and it doesn't tie up a valuable space in your oven!"

Five Minute Raw Berry Shortcake
By Sergei and Valya Boutenko
Serves 8
(Excerpted from the COMPLETE BOOK OF RAW FOOD)

Ingredients:
For the Crust:
2 cups almonds
1/2 cup honey
For the topping:
1 cup walnuts
1/4 cup honey
2 tablespoons fresh coconut butter (optional)
sliced strawberries for garnish

Directions:
To make the crust, blend the almonds and honey until finely chopped. Spoon into a serving dish and pack down well. To make the topping, blend the walnuts and fresh coconut butter (if using) until smooth. Decorate with sliced strawberries.

The Winner...



The winner of the 52 inch big screen T.V. was Faye Rucker. DeBoard and Still are shown presenting Ms. Rucker with her new TV. Pres. DeBoard would like to say thank you to who purchased tickets for the T.V. All proceeds will go to RCHS band members for band camp.

"From Long Ago"

(Cont. from A6)

Crawfordsville, Ind. after a two weeks stay. "The little daughter of Wm. Owens is very sick at this issue." There will be services at Providence Sunday conducted by Rev. John Elder. "Elder and Owens will teach a singing school at Rose Hill." David Elder will have a telephone put in his home soon. Johnson and Burk are doing a splendid business with their sawmill. "Earnie Herrin has returned home from Berea. Most of the farmers will soon be uttering the gee haw in turning the sod, and will soon, if the weather permits, plant corn." Wheat crops are looking fine in this section. "Old Aunt Margaret Reynolds still remains very feeble." P. O. Griffin is on the mend. "A. E. Proctor will be found smiling behind the counter at J. M. Reynolds store." David Proctor will take charge of an exchange office soon. "E. A. Todd still remains a candidate for matrimony." Sam Proctor spent Sunday at Level Green. "John Stringer Jr. has given up his lucrative position and will probably go into the mercantile business." J. W. Proctor, the hawting merchant is doing a splendid business.

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City of Mt. Vernon Mayor Clarice Kirby and staff would like to thank the following persons, business groups, etc. for candy donations to the Renaissance Kentucky program and for making the 2003 City of Mt. Vernon "Christmas Reflections" parade a success:

United Nations Military Group Marshals Amber Falin, Dallas Rigby and Veteran Floyd Baker, Mitchell and Annie Carter from the Citizens' Service Furniture for furnishing Santa's workshop building, rocking chairs, and also delivering the workshop and setting it up free of charge; Bugler Harold Burdette for playing Taps during the parade to honor the military; Chris Kirby and Mary Ann Childers for the parade lineup; Willetta Owens, A. Check Advance, Alberta Laswell, Aletha Flowers, all four wheelers, motorcycles, all horseback riders, all parents of the youth participating in the parade and entertainment, Amber Thacker, Beth Pulliam, Bible Baptist Children's Choir, Big Hill Holiness Church, Billy and Shirley Cummins, Bob Bradley, Bradley's Barber Shop, Brandon Falin, Brandle Ridge Fire Dept., Broadhead Fire Dept., Brooms by Chris Robbins, Buddy Cox, Lawrence Bullock, Calvary Apostolic Lighthouse Church, Carquest, Central Baptist Church, Christopher Bishop, Cigdy Noe, Citizens Bank, City Hall staff, City of Mt. Vernon Water Dept., City of Mt. Vernon Police Dept., Police Chief Jerry Jackson, sewer and water plant staff, water dept. staff, Community Trust Bank, Connie Graben, Connie Hunt Peterson, Tonya Cook, Corey Crain, Courtney Alexander, Cox Funeral Home, Club Scout Pack 263, D&S Computers, Daisy Troop 276, Daisy Troop MVES, Dale and Laverne Winstead, David Brummett Renfro Valley EC Director of Special Events, David Lindsay, David Owens, David Rose, Don and Sue Long in the "Prowler" vehicle, Donna Hopkins Ky. Tech Rockcastle Director, Donna Statton, Donnie Singleton, Dowell and Martin Funeral Home, Elizabeth Sealf, Erika Kirby, Fast Pace Computer Printing, First Baptist Church, First Christian Church, Fred and Thelma Mullins, Gaylen Settles, Gertha and Gary Mink, Grog Daugherty RCHS Band Dir., Health Occupation Students of America, Heritage Crafts, Holly Brown, HOSA Director Rhonda Childers, Howard Haddix, Jack Bradley, James and Dee Ann Miller for candy donation and speaker system, Jacob Stewart's family, Jenny Bray, Jerry Amyx, Jessie Murray, Jim Ponder and family, Jim and Martha Cox, John Tyler Appliances, Jon Burdette, Ken Fannin Ky. Tech Rockcastle Co., Kiwanis Club, Ky. Music Hall of Fame, Lee and Marcia Cain, Lewis Cox, Livingston Fire Dept., Long's Automotive, Lynn Gilbert, Maple Grove Baptist Church, Marsha Bowman, Mary Ida Jones, Matt Pautz, Melanie Gray, Mike and Peggy Robbins, Monica Childers, Terri and Jessie Morgan, Mt. Vernon Automotive, Mt. Vernon elementary, Mt. Vernon Fire Dept., Mt. Vernon Printing, Mt. Vernon Rockcastle Tourism, Mt. Vernon Signal, Leon Davidson, Northside Baptist Church Children's Choir, Northside Baptist Youth Choir, Northside Pastor Chad Burdette, Pam Chaliff, Pam Martin, Perlina Anderkin, Pine Hill Holiness Church, Rachel Childress costume designer, Ray and Lois Philbeck Tommy and Kyra, Ray and Torsha Lee, RCHS Band (brass section), RCHS Cheerleaders, RCHS chorus and director, Etha Hembree, RCHS Marching Band, RCHS ROTC Color Guard, RCHS ROTC members, RCHS ROTC Sgt. Major Graves, RCHS ROTC Sgt. Major Taylor, Rebecca Renner, Renaissance Ky. Committee, Renfro Valley Ent. Center, Renfro Valley Hall of Fame, Richmond Street Eyecare, Robbie Lawson, Rockcastle Co. Detention Ctr. and workcrew, Rockcastle Co. Dev. Board, Rockcastle Kiwanis Club, Rockcastle Library, Rockcastle Middle School, Rockcastle Sheriff's Dept., Rockcastle Young Republicans, Roxanne Hammond, RTEC, Rural Fire Dept., Spandy Whitaker, Senior Citizens Center staff and volunteers, Shawn Burdette, Sheila McQuay, Sheriff Darrell Don, Sherry Mowbray, Singleton and Associates, Skaggs Creek Baptist Church, Smokey the Bear, Sonya Parker, Sparks Flowers and Moore, Spencer Childress, Susan Laws, Teresa Vanzant, Terry Renner, Tim Young, Travis Burton, Trija Bustle and EGU Leadership Trng. Group, Troy Hansel, VICA opening/closing team, Vinny Chasteen, Wayne Combs, William Hines, Young's Pharmacy.

If anyone was left out on this list, we apologize. We thank each and every person who participated in the City of Mt. Vernon's parade and Holiday Events.

Merry CHRISTMAS

and Happy New Year

from

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May the spirit of God be with you through the holidays

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Earnhardt awarded most popular driver

By Gerald Hodge/Racing Reporter Dale Earnhardt Jr. was awarded the 2003 Grandis Biscuits NASCAR Most Popular Driver award today during ceremonies at New York's Waldorf-Astoria Hotel. The award is based on voting by race fans around the world. Dale Jr. earned more than 1.3 million votes, which represents more than the combined total of the remaining top-10 vote getters.

The "Most Popular Driver Award" is presented by the National Motorsports Press Association (NMPA), and has been an active award since 1956. Dale Jr. joins his dad, seven-time Winston Cup champion Dale Earnhardt, as the only father and son combination to win the award.

"That's cool. I like big trophies," Junior joked at the award presentation. "No, really, this means a lot for me. It's a powerful thing to know how much fan support I have out there, and I try to never forget it. I'm grateful and thank all of the fans who voted for me."

Dale Jr. and the No. 8 Budweiser team were also awarded a \$75,000 bonus for the 2003 Goodyear Gatorback Fastest Lap Award. The team won the Fastest Lap Award at eight races this season, more than any other team. They were also tied for

the league lead in the MBNA[®] Halfway Leader Award. Both Dale Jr. and Tony Stewart led at the halfway mark of five races in 2003.

He also received a check well in excess of \$1 million at the NASCAR Winston Cup Awards Banquet for his career-best third-place finish in the 2003 point standings.

Meanwhile Bill Elliott was nearly an hour late for his press conference, which was called to announce his plans for the 2004 racing season. Many veteran reporters thought he might have changed his mind—again. Elliott, however, will run a reduced race schedule in an Evernham Motorsports Dodge, while NASCAR Busch Series driver Kasey Kahne, will succeed him as driver of the No. 9 Dodge.

Jeremy Mayfield will continue as driver of the No. 19 Dodge. Elliott announced his intentions to run a limited schedule for several years and remains with Evernham Motorsports as mentor and coach to the team's drivers. Elliott's role will expand in a business capacity with Evernham, on and off the track.

Apparently, Elliott will make his exit from racing in much the same way as Richard Petty, with a lot of 'type,' which is being planned to generate the Dawsonville driver added publicity and some extra, spending money.

In a show of appreciation for their unending support, Elliott, says he is planning several celebrations to thank his loyal following for their devotion during his four decades of NASCAR competition.

Kahne will also compete full time in the NASCAR Busch Series next season.

"I'm fortunate that things have fallen into place like they have," said Evernham. "Bill and I worked closely to make sure we were taking this company in the right direction, but I also wanted to make sure that he had the space to really make the right decision for himself. In making that decision, I think we as an organization have made some strong personal moves."

While this year's banquet went over pretty smooth—at least from what viewers saw on television—it wasn't so easy for fans getting back home. The first hard snow storm of the year hit New York City on Friday morning. By 2 p.m., the entire area was blanketed by a white coat. By the time the award ceremonies began, over 6-inches had fallen.

Fans flying out LaGuardia Airport, including myself, were stuck. All of Delta Airlines' outbound flights were cancelled by 10 a.m. on Saturday, and passengers were forced to catch a taxi to JFK Airport in hopes of catching a different flight.

By this time the total was up to 21-inches, and travel, even by taxi, was slow.

There was only one flight Saturday out of JFK to Atlanta, and that was at 2 p.m. All the other eight flights had been cancelled. The 2 p.m. flight finally got off the ground at 7:30 p.m., leaving behind hundreds of fans, reporters, and television journalists, trying to get home in Charlotte or Atlanta.

They were stranded for another night.

Like in racing, you win some and lose some. But I was fortunate, because I managed to get a seat on that last flight, and made it to Mobile, Alabama before the clock struck midnight.

So after the final big event of the year, I wound up in victory lane.

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Begins Friday, January 2, 2004

Ends Saturday, February 28, 2004

Who can participate: Children ages 9-12 years of age

Where: Children ages 9-12 will get age appropriate books from the Rockcastle County Public Library or from the Bookmobile to read. After reading each book, children will complete a small form about the book they have read.

At the end of the reading program, all participants will be invited to the library for a reading social. At the social, the top 10 boy and top 10 girl readers will have their name put in for a drawing to win a bike. One boy winner will be drawn and one girl winner will be drawn.

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From Long Ago

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

The following first appeared in the Mount Vernon Signal on April 16, 1909. 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

Miss Anna Tate is in Louisville today. Cashier W. L. Richards is on the sick list. Albert Hiatt spent Sunday with friends here. Miss Ora Brown, of Level Green has entered the Adams school. Sam Pennington is spending a few days in Hot Springs, Ark. E. F. Gentry has a position with a Chicago advertising firm. F. L. Thompson made a flying trip to Stanford Sunday. Mr. and Mrs. C. D. Cutton were up from Withers first of the week. Miss Louana Whitehead is numbered among the sick this week. Conductor J. T. Gentry spent a few hours with home folks here Friday. John Beatty is in Stanford taking a treatment for catarrh under Dr. Carpenter. John Wood was over from Conway first of the week visiting his uncle, Chambers Oldham. Mr. John McKenzie, our popular main street merchant, went to Louisville Monday, to buy

goods. Mrs. W. L. Richards daughter, Miss Sadie, spent Monday in Louisville shopping. Mr. and Mrs. Chambers Oldham are rejoicing over the arrival of a fine boy, born Tuesday. Mr. and Mrs. Luther Mullins went down Sunday to witness the marriage of his sister, Miss Bessie. Atty. And Mrs. John W. Brown spent Tuesday in Louisville seeing the Southern Electrical Exposition. Mr. and Mrs. A. B. Sparks gave the little folks a most delightful afternoon in the way of an egg hunt. Misses Daisy and Julia Fish spent Monday with their grand parents, Mr. and Mrs. A. Maret near Wildie. Dr. H. V. Pennington was down from London Saturday to see Mrs. John McQueen in consultation with Drs. Lewis and Lawwell. Misses Thornton and Keys, of Brown Memorial School, are in Cincinnati. Miss Thornton will remain at home until she recovers. Mr. and Mrs. Andrew Gentry returned to their home at Fonde, Saturday night after a pleasant visit to relatives here. Edna, the pretty little daughter of Mr. and Mrs. Charles C. Davis has been very sick with bronchial pneumonia, but we are glad to say is better. Mrs. J. T. McQueen, of the Wildie section, is very critically ill and the physicians pronounce her case a hopeless one. Mrs. McQueen is a sister of Dr.

Dyche. Chris Pearl, the popular London salesman, was with our merchants Tuesday. He told us the insurance carried by Manley Albright with the Traveling Mens Association would be paid right away. John M. Fish will go to Lexington next week to take the examination for the Annapolis Naval Academy. John is a bright young man and Wednesday hope to see him an Admiral. - Jaifer O. V. Jarret returned Wednesday from Hot Springs, Ark. Where he has been for his health. Mr. Jarret is wonderfully improved and looks like a new man. Mrs. R. A. Dyche and daughter, of London, were called here the last of the week on account of the serious illness of Mrs. Dyche, a daughter, Mrs. McQueen, of the Wildie section. Mrs. Dyche is the mother of our popular dentist, Dr. R. W. Dyche. Miss Susie Thompson is visiting in Stanford. Mrs. Ina Miller is visiting in Versailles. Misses Mat Williams and Bessie Sparger are in Louisville. W. H. Krueger made a business trip to Louisville Monday. Mrs. Nattie Harp leaves today to join her husband in California. Miss Rose McCord, principal of the Brown Memorial School, has returned from a business trip to Baltimore. Miss Mary Jones, of Wildie, will leave Sunday for an extended visit with relatives in Tuscola and Alton, Ill. Our good friend Dick Moore was up from Rockcastle river and says the prospects are good for a fishing season on the river this spring. Mrs. Cosby Latham, Mrs. Ray Johnson and Mrs. W. F. Deborn and daughter, of Level Green, spent yesterday with Mrs. A. H. Hamlin on Richmond Street.

Local News

Cashier W. L. Richards bought of G. M. Owens a fine boy horse for \$150.00. How fortunate it would be if people could see themselves as others see them. The Hiatt baseball team will cross bats with the Wildie team tomorrow at Hiatt. Our enterprising townsman, Mr. S. H. Martin is erecting another house on Main Street. It is on the lot he bought from J. T. Meadows. W. A. Cox and Neal Parrot have been awarded the contract for building the new part of the new Masonic home. The first story will belong to J. Fish and W. L. Richards. It will be built by F. Krueger & Son. Mr William Wood is very low with stomach trouble at his home near Gormway. LATER Mr. Wood died at 2 o'clock this morning. Burial at Maret graveyard tomorrow at 1 P. M. ROOSTER FIGHT BY TELEPHONE: On one of the party lines out in the country where the roosters are kept, so off-the-books-most of the time by rubber-necks and eave-droppers, a couple of roosters had a fight by wire. Each heard the other crowing, though miles apart, they accepted the challenge and attacked the phones which were soon scratches up and put out of business. MARRIAGE: Miss Bessie Mullins and Charley Reynolds, L & N Agent, at Livingston, were married Sunday at the home of the bride with Rev. A. J. Pike officiating. DEATH: Mrs. Serena Parsons, aged 71 years, died last Sunday night after an illness lasting only a few days.

Dudley News

Miss Mary Hubbard spent Saturday afternoon with Miss Rosa Gray. Mr. Chas. Dudley spent Saturday until Monday with his mother at Winchester. Mr. and Mrs. James Hackett Jr. visited parents in Win-

chester last Thursday until Sunday. Mr. and Mrs. Ester Cummins visited parents in Boones Holler Sunday. Miss Kizzie Ponder spent Saturday and Sunday at home. She is at school at Berea preparing to take the examination this year. There was a large crowd at Flat Rock Church Sunday. Wednesday people in this community congratulate the Chestnut Ridge choir and would be very proud to have them come again.

Brodhead News

A vote on the graded school at this place gave a majority of over two to one in favor. The following trustees were elected: B. C. Anderson, J. I. Albright, T. W. Evans, W. T. Brooks, and C. H. Frith. Mr. and Mrs. J. Thos. Cherry are spending the week in Louisville. B. R. Wilmont left this place on the 14 inst for Stanford, Louis, Monday. And other points West. Rev. A. J. Pike was called to Kirkville Monday to attend funeral services. The troops at this place inform us of their splendid progress in preparing the plays to be given some time in next month. The dates will be announced in the next issue. The party given at Mrs. Tharp's on Friday night also the one at Mr. Frank Brooks on Saturday night were greatly enjoyed by all present. There were several from Mt. Vernon who were welcome guests, come again. Miss Marguerite Livingston, of Garrard County, was the guest of Mrs. J. T. Cherry between trains on Saturday. Miss Jude eCall, of Mareburg, has been visiting Miss Jewel Francisco. Wednesdays are informed that Mrs. Lena Stephens, of Crab Orchard, will begin her class in music at this place about May 1st.

Quail News

Elder and Owens are teaching the art of vocal music at Pine Hill. Mrs. Seb and daughter, Miss Lillie, have been visiting his son, Henry Scott, this past week at Somerset. A. R. Todd and John Scott, employees at Mt. Vernon at Sparks and Davis quarries, were with homefolks Saturday and Sunday. Mrs. Mary Brown has been visiting her sister, Mrs. W. H. Brown at Preachersville. There

has been some recent talk of a Mormon church being established at Ottawa. - Mrs. Thompson and family were pleasant visitors at Wm. Owens, last Sunday. J. D. Smith who is working for the Knoxville Nursery Co. says he is doing splendid business with that firm. Willie Thompson has returned from Princeton, Ky. Where he entered college some months ago. Eugene Todd is suffering from very sore hands. Old aunt Loua Reynolds still remains very feeble.

Local Green News

The singing school in session now at Friendship is making rapid advancement. Miss Ora Brown entered the private school of Miss Ida Mae Adams at Mt. Vernon last Monday. Attorney R. L. Brown, of Somerset, spent Sunday with homefolks and friends at this place. Mrs. James Hamlin, of Cumberland Gap, who was formerly Miss Alice Thomas of this place, is visiting relatives here. Mr. E. J. Mullins spent Sunday in Mt. Vernon. D. R. Gentry recently purchased from J. Redgo, Mullins one filly (age unknown) for harness and saddle. Qualities and price paid withheld from public. Trading in general has been dull around this neck of the woods, just like all other good things the radicals promised us. Farming has been suspended for a time around here due to the recent cold spell. Peaches have been in bloom, and Wednesday fear are partly killed. Mrs. W. F. O'Neal who has been confined to bed for two months remains about the same. Elmer Mullins who has been in poor health for sometime, is improving. Dr. George Lawrence, of Mt. Vernon made a professional trip to Level Green last Thursday. Livingston News is scarce here now. Yom Hall has moved to Corbin. Horace Prouse has moved to Pulaski County. The V. I. Tower about the depot has been torn down we can't assign the reason. Mrs. Houston McFerron just been visiting her daughter, Mrs. W. J. Childress, the past week. Hugh Stewart has been working in the

ticket office while Charley Reynolds is on his honeymoon. Mrs. G. D. Griffin and sister, Mrs. W. D. Jarfin, of Jellico, Tenn. have returned home after a pleasant visit with relatives here. Mr. and Mrs. R. L. Graves, of Paris, are visiting Mr. W. T. Graves of this place. Miss Nora Burton has returned home after a two months visit with her sister, Mrs. Frank Clutz, at Ida May, Ky. Mrs. W. M. Hanks, who has been sick with fever is some better. Born to the wife of Alvin Reynolds, a fine boy. Mrs. E. B. Cox, of Mt. Vernon, was visiting Mrs. W. J. Childress from Friday until Saturday last. Dr. W. J. Childress reports the birth of a fine boy to the wife of Harry Huston, of Hazel Patch. W. H. Ponder, of Gauley Branch, still makes his weekly visit to Livingston and strange it is always on Sunday. A young widow is the attraction. The Junior Order will have a free supper at the hall Saturday night. We wish we could give a free supper to all. This council has been established only two years ago and we have had lots of sickness and deaths but we still fight on. We have given several babies and flags to the schools as this is part of our duty. We were shocked to learn that last day that the train had killed the Little Presby Tankersley the 10 year old son of Mr. and Mrs. Robert Tankersley. He and his brother left town and when they got to the bridge, a freight train was passing them. They concluded to jump on and ride. The older boy got on, but the younger one fell and the train ran over him. His legs were severed from his body and he was cut and bruise din an awful manner but we still fight on the family burying ground, over the river, [sic] Sunday. The revival that has been going on at the Baptist Church for the past two weeks is nearing its close. Eighteen or twenty have joined the church. The revival on the 10th night was baptised Sunday. A few days ago, a dog with a monkey and an organ passed through here and stopped in front of Joe Oliver's store when Joe gave the monkey some money to dance for him, but the monkey made a polite bow to Joe.



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What would Dale Earnhardt have done

By Gerald Hodges/Racing Reporter

My first meeting with Dale Earnhardt came in 1996 at the NASCAR Exhibition race in Suzuka, Japan.

Early on Friday morning while I was sitting in the media center, Earnhardt approached and looked at my media badge. After studying it for a while, he pointed his long index finger at me and said, "What in the hell is a fellow from Mobile, Alabama doing way over here."

This question kind of floored me for a minute, but then I replied, "I've come all this way just to watch you race, so you better win."

With that, he broke into one of his big wide grins, and from then on I felt like I had been accepted by him. But even before that incident, I respected the man, not just because of his racing abilities, but because he seemed to know exactly the right thing to do, at exactly the right time.

He made mistakes. There were times he would get wrecked, but when he did, he usually told it like it was "no excuses" the man hardly ever hit below the belt.

That's what I liked about him, his ability to make quick decisions. I guess that has been one of my weaknesses, not always knowing when the right thing should be done or said.

During the week of the NASCAR Winston Cup Awards (Dec. 1-5), I found myself in a situation where I needed to make a decision.

I had just left two media press conferences on the 18th floor of the Waldorf Astoria Hotel that featured Richard Childress and Bill Elliott. As I was walking along Fifth Avenue I remembered that the weatherman had said there was going to be a lot of snow and freezing temperatures the next day.

Since I had only brought dress clothes with me I thought it would be a good idea to buy a pair of dungarees or jeans.

As I walked along Fifth Avenue, peering into the shops and watching all the people hurry by, I spotted a jeans shop. It advertised the latest fashion in men's jeans.

I went into this Times Square

store. A child of maybe sixteen with blue hair came up to me and introduced herself as the salesperson.

"I'm looking for a pair of jeans," I said.

"Like I couldn't figure that out, okay," she responded. "I mean, like this is a jeans store, and I didn't think you would come in here to buy, like a bottle of vodka or something like that."

"I really shocked me, but I considered calling the manager, but when I looked around I saw there were several other people with different colors of hair: I figured the best thing I could do was find me a pair of jeans and get out."

"I would like a pair of jeans in size 36, please," I said still smiling. "Do you have any of those relaxed fit ones, because sometimes I need a tad, more room?"

"You mean the kind old men wear when they have two bellies?" she asked.

"I guess so," I shot back.

"Sure, we have them. Follow me." I followed her down several aisles to the back of the store, where she pulled out a big box from under one of the tables.

"Here, this is a size 38."

"But I wear a 36," I said.

"Please, don't waste my time. These are the dressing room over there, and don't get your tail caught when you try to zip those things up."

By this time I was wondering what I was doing in here, and if I was in the right place.

The thought came to my mind, what would Earnhardt do?

No matter how many laps down I was, I had to have a pair of warmer pants.

After trying on the jeans, which were too tight, I put my regular pants back on, thanked the blue haired girl, and left the store.

A few doors further down, I went into Saks of Fifth Avenue.

I wound up wearing pleated wool trousers with what the salesman, a distinguished gentleman with regular hair, said had, "a little extra give."

The next day it did snow. I mean the white stuff really came down. By

Saturday afternoon, 21-inches had fallen in Central Park.

My flight out of Larchfield to Atlanta had been cancelled, and the two flights after it also had been scrubbed.

But it wasn't all bad. I was able to get confirmed on another flight out of JFK Airport, and as I sat in the ter-

Layers within the earth's atmosphere

Sometimes looking at the sky, especially when storm clouds tower high into the atmosphere, we tend to think that the sky goes forever. But, such is not the case. The "sky" that contains our clouds, weather, and even color, is a very small layer indeed - especially when the vastness of space is considered. This envelope of gas surrounding the Earth changes from the ground up. Four distinct layers have been identified using thermal characteristics (temperature changes), chemical composition, movement, and density.

The atmosphere is a cloud of gas and suspended solids extending from the Earth's surface out many thousands of miles, becoming increasingly thinner with distance but always held by the Earth's gravitational pull.

The atmosphere is made up of layers surrounding the earth that holds the air we breath, protects us from outer space, and holds moisture (clouds), gases, and tiny particles. In short, the atmosphere is the protective bubble we live in.

This protective bubble consists of gases with the top four elements making up 99.998% of all gases. By far, the most common of the atmospheric gases, nitrogen, dilutes oxygen and prevents rapid burning at the earth's surface. Living things need it to make proteins. Oxygen is used by all living things that breath and is essential for respiration. It is also necessary for combustion or burning. Argon, the third most common gas, is used in light bulbs, among other things. The last gas, carbon dioxide, is used by plants in the photosynthesis process. The by-product of photosynthesis is oxygen. Carbon dioxide also acts as a blanket and prevents the escape of heat into outer space.

Sports update next issue

A complete update of all the action in RCHS boys and girls basketball will appear in the January 8th issue of *The Signal*.

Woodmen annual awards dinner

Woodmen of the World Lodge 888 & 901 members' annual awards dinner will be held Saturday, January 10th at 6 p.m. at the Berea Lodge Hall on Haiti Road in Berea.

"Renaming"
(Cont. from Front)

In a release Wednesday of last week *The Signal*, Carlotts said the magistrates are, by law, the only ones who can name roads. "Nevertheless, they (the magistrates) have an obligation to the citizens of Rockcastle County to see that their actions protect lives and property by ambulance, fire departments and rescue squads being able to find locations easier and more quickly and that the U.S. Post Office can deliver mail more accurately." Carlotts went on to say, "Magistrates must also recognize that, during an emergency, any confusion at all is dangerous and unnecessary. It is hoped that magistrates will consider, not only the future safety of citizens, but also each of the concerns brought by federal and state authorities."

According to Kim Owens, Mt. Vernon Postmaster who was also present at the court meeting, said that Rockcastle County was the only county in our region that still has rural routes in existence. Addresses will be changed, regardless of county action, due to the continuing expansion of households in the county, Owens said.

"State and federal governments are dragging Rockcastle into the new century, whether we like it or not," Carlotts added. "In fact, even the new federal Homeland Security Dept. has a hand in this due to the fact that many of our emergency services fall under one of that department's agencies."

minial waiting for the flight that was seven hours late, I appreciated my wool pants, with a "little extra give."

But I still wonder, what would Earnhardt have done? Would he have taken the air off her spoiler and put her into the wall, or would he have let her ride?

Compared to the troposphere, it's calm in this layer with movements of the gases slow.

Within the stratosphere is the ozone layer, a band of ozone gas that absorbs harmful ultraviolet rays of the sun. The higher you get in the atmosphere, the warmer the air gets. The temperature rises from -76°F at the bottom to a maximum of about 5°F at the stratopause due to the absorption of ultraviolet radiation.

The Mesosphere:
The Mesosphere is the next layer above the stratopause and extends to its upper boundary (the *Mesopause*), at 50 miles above the ground. The gases in the mesosphere are too thin to absorb much of the sun's heat, although the air is still thick enough to slow down meteorites hurtling into the atmosphere, where they burn up, leaving fiery trails in the night sky.

The temperatures in the mesosphere drop to -184°F at the *mesopause*. The regions of the stratopause and the mesosphere, along with the stratopause and mesopause, are called the middle atmosphere by scientists.

The Thermosphere:
The Thermosphere is the layer above the mesopause. The gases of the thermosphere are even thinner than those in the mesosphere, but they still absorb ultraviolet light from the sun. Because of this, the temperatures rise to 3,600°F at the top of this layer. This is at a height of about 430 miles above the earth's surface. This layer is known as the upper atmosphere.

phere. Within the thermosphere there is a separate layer, the ionosphere. It is made of electrically charged gas particles (ionized). The particles get their electric charge by ultraviolet rays of the sun. The ionosphere has the important quality of bouncing radio signals transmitted from the earth. That's why planes all over the world can be reached via radio.

This is also where the solar storms from the sun trigger the vivid display of the Aurora Borealis, or the Northern Lights. This layer extends from 62 to 190 miles above the earth's surface.

The Exosphere:
The Exosphere is the outermost layer of the atmosphere and extends from 430 miles to 500 miles above the ground. In this layer, gases get thinner and thinner and drift off into space.

For further information on the atmosphere or the solar effect on our weather, use the Internet at <http://www.noaa.gov/solar.html>

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Middle row from left:
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Violet Cash, Virginia Hnsel

Back row from left:
Elaine Vann, Lisa Thacker, Linda
Wilson, Genevieve Reppert, Tonya
Branscom, Anita Shackelford,
Blanche Johnson, Sheila Lovell,
Glenda Gentry, Beverly Harrison

Front row from left:
Kim Daugherty, Pam Taylor,
Connie Graham, Vickie Petrey,
Jeremy Reynolds

Back row from left:
Keith Smith, Tara Bullock,
Melinda Coffey, Vickie McFerron,
Joannie Edgington,
Tonya Simpson, Cathy Smith,
Freda Renner, Angie Murphy,
Anthony Asher



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Mr. and Mrs. Clayton Evans Thornton

Hamm - Thornton vows said

Rachel Danette Hamm and Clayton Evans Thornton were wed at the Ottawa Baptist Church on Saturday, June 7, 2003 with Bro. Jim Craig officiating.

The bride is the daughter of Darryl and Regina Hamm, granddaughter of Alonzo and Anna Mae Hamm, Donald I. Hopkins and the late Barbara Hopkins. The groom is the son of Glenda Thornton and the late Charlie Thornton, grandson of Nell Thornton and the late E.W. Thornton and the late Woodrow and Macil Clayton of Madisonville.

The bride was attired in a cathedral-length veil and a white, strapless floor-length wedding gown embellished with lilac, silver and white beading and complimented with a three foot train.

Julie Branshaw was the matron of honor. Bridal attendants were Tammy Miller, Amy Clifford and Lesley Clifford. Their apparel included strapless, floor-length gowns, adorned with a chiffon scarf, all in Victorian Lilac.

The groom, best man Ryan Hancock and groomsman Ross Woodward, Jessie Hamm and Luke McCall wore traditional black tuxedos.

Ushers Jon-Wilston and Morgan McCall also wore black tuxedos. Flower girl, Madison Miller, was dressed in white and carried a basket of pink rose petals while ring bearer, Logan Miller was dressed in a black tuxedo.

Ceremonial music included vocalist and piano/guitar accompaniment by Ashley Clark, Stephanie West and Mike Carpenter, with technical assistance by Josh Bray.

Musical selections during the ceremony included, "When You Say Nothing At All," "I Will Be There," and "Forever and For Always."

Guest book attendant and greeters, included Diane Smith and daughters, Leslie, Janie and Jemie. Flowers in the wedding included boutonnières and full, beautiful bouquets of white and pink roses with purple wax flowers and misty blue accents.

A reception followed the ceremony in the church's Fellowship Hall. Serving the brides' table were Audrey Hamm, Kathryn Pope, Debra Lowell, Karen Gobin and Teresa Brown. The wedding cake was a white, four-tiered cake with many delicate details and a decadent chocolate, two-tiered groom's cake was topped with chocolate icing.

Everyone who attended and participated in this memorable event is appreciated and a special thanks to Mrs. Donna Hopkins and Mrs. Claudina Cash for their coordinating contributions.

Following the ceremony, the couple enjoyed a two-night stay at the Historical Union Station Hotel in Nashville, TN, followed by a honeymoon cruise to Cozumel, Mexico.

The couple has since taken up residence in Madisonville.

The Mt. Vernon Signal will not publish a newspaper the week of Jan. 1, 2004. The Signal office will be closed Dec. 24 - Jan. 4. We wish everyone a very Happy and Safe Holiday Season.

It is the season to rejoice and celebrate the birth of our Saviour, Jesus Christ.

Roy Scott - August - Tristan

Merry Christmas & Happy New Year
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Circuit Clerk Note
The Circuit Clerk's office will be closed Wednesday, Dec. 24th, Thurs., Dec. 25th, Fri., Dec. 26 and Sat., Dec. 27th and will also be closed Thurs., Jan. 1, Fri., Jan 2 and Sat., Jan. 3. The road test, CDE, test and permit will not be given Friday, December 26 and will not be given Friday, January 2nd.

Health Dept. Note
The Rockcastle Co. Health Dept. will be closing at 11 a.m. on Dec. 23, 2003 and will be closed Dec. 23 and 26 for Christmas and January 1 and 2 for New Year's.

Alcoholics Anonymous
Alcoholics Anonymous meets Tuesday nights at 8 p.m. behind Our Lady of Mt. Vernon Church, located on Williams St. in Mt. Vernon. For more information, call 256-9263.

Kiwanis Club
Rockcastle Kiwanis Club meets every Thursday at Noon at Kastle Inn. All visitors welcome.

GED Classes
Christian Appalachian Project Adult Learning Center holds GED classes on Mon. and Tues., 9 a.m. to 8 p.m. and Wed., Thurs. and Fri. from 9 a.m. to 4:30 p.m. Online GED, computer classes and tutoring are also available. The Center is located on Hwy. 25, north of Mt. Vernon on Greenleaf Hill. For information, call 606-256-5307.

Extension Office Closing
The Rockcastle County Cooperative Extension Service will be closed December 25 through January 4 for the holidays. The office will reopen at 8 a.m. on January 5, 2004.

Bookmobile Schedule
No schedule until Dec. 29th. Happy Holidays to all the library and bookmobile patrons.
Mon., Dec. 29: Maple Grove, Orlando, Climate and Three Links.
Tues. Dec. 30: Spiro, Level Green, Willalla.

Narcotics Anonymous
Tired of drugs and/or alcohol control your life? Come join us at Narcotics Anonymous, every Thursday at 8:00 p.m. behind Our Lady of Mt. Vernon Church, located on Williams St. in Mt. Vernon. For more information, call 256-9263.

Bulletin Board Notice
Items expecting to be in Bulletin Board each week will be placed as many times each month as space permits.

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Tom Cromer Home Phone: 606-256-5041 Mobile Phone: 606-308-5812

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"It is Written"

In Matt 7:21-23, we read, "Not every one that saith unto me, Lord, Lord, shall enter into the kingdom of heaven; but he that doeth the will of my Father which is in heaven. Many will say to me in that day, Lord, Lord, have we not prophesied in thy name? and in thy name have cast out devils? and in thy name done many wonderful works? And then will I profess unto them, I never knew you: depart from me, ye that work iniquity." Notice that Jesus is talking about religious people in our text. People who claim to follow the Lord. Not slothful, lazy people in religious activity, but zealous folks who claim to do many wonderful works for the Lord. Let Jesus tell these very active religious people who call upon him as Lord, depart from me, in the day of judgment. Were they hypocrites? NO! Were they immoral wretches? NO! Were they diabolically mean people? NO! Jesus give the reason why they were rejected, they were workers of iniquity. What is iniquity you ask? It is lawlessness, illegality, not subject to law, doing things that are not authorized. We must be able to give book, chapter, and verse for all that we practice as religion. "And whatsoever ye do in word or deed, do all in the name of the Lord Jesus, giving thanks to God and the Father by him." Col 3:17. Over the next few weeks we want to look at some of the many works of iniquity that are being practiced in religion today.

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Dan McKibben-754-9316 - E-mail: Dan.McKibben@juno.com
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News from the Rockcastle County Courthouse

Circuit Civil Suits

Robin M. Frederick vs. Joey Lynn Frederick, petition for dissolution of marriage. CI-00515.

Deeds Recorded

Dianne H. Gibb, real property located in Rockcastle County, to Ona Jean Madden. Tax \$21.00.
Lonnice and Denise Miller, real

property located in Rockcastle County, to Darrell Croucher. Tax \$24.00.

Denver and Mattie Miller, real property located in Houston Point Estates, to Gary and Gertha Mink. Tax \$12.50.
Greg and Connie Hunt Peterson, real property located in Sunset Place Subdiv., to Jessica Coffey. Tax \$78.00.

The Estate of Clyde Waddell and Stephanie Elaine and Keith Jeffries, real property located in Rockcastle County, to Jennifer Lynn and Stephen P. Thornton. Tax \$11.00.

Jon Mobley and Dana Mobley, real property located on Ky. 1250, to Christopher Thomas Larkey. Tax \$75.00.
Garla E. and Linda C. Johnson, real property located in Rockcastle

County, to Charles D. and Branda M. McFerron. Tax \$7.00.

District Civil Suits

World Finance Corp. Vs. James Damrell, et al.: \$2,732.74 plus claimed debt C-00142.

World Finance Corp. vs. Brenda Owens, \$651.79 plus claimed debt. C-00143.

Marriage Licenses

Pant Perry, 43, Mt. Vernon, entertainer, to Wayne Combs, 33, Mt. Vernon, Ky. Music Hall of Fame. 12/19/03.

Heather Hayes Baker, 25, Rt. 1, Brodhead, unemployed, to Brenty Wayne Doan, 53, Lake Linville Rd., Renfro Valley, truck driver. 12/18/03.
Rebecca Jo Taylor, 20, Rt. 1, Mt. Vernon, housewife, to Jackie Wayne McKinney, 43, Rt. 1, Mt. Vernon, Russell Bros. 12/17/03.

Carla Wilson, 18, Rt. 4, Mt. Vernon, student, to Jason Robinson, 19, Rt. 4, Mt. Vernon, self-employed. 12/15/03.

District Court

District Court 12/15/03

Charles J. Abney: Fines/fees due (\$25.00), summons issued.

Charles D. Ashcraft: Assault, \$100 and costs and 10 days conditionally discharged one year.

William B. Batley: Fines/fees due (\$180.50), 60 days previously assessed non-imposed service suspended until 1/7/04.

Robert W. Davis: Speeding, \$50 and costs/suspend fine for state traffic school.

Larry D. Frazer, Jr.: Fines/fees due (\$558.35), warrant issued license suspended.

Gary Anthony Green: Fines/fees due (\$105.06), warrant issued.

Richard D. Hagy: Speeding and failure to wear seatbelt, paid.

Curtis G. Helton: Speeding, paid. \$128.50 total fine and costs.

David Lee Henson: Speeding, and other charges, warrant issued/license suspended.

Marilyn Kates: Fines/fees due (\$150.50), warrant issued/license suspended.

Stephen C. Kerns: Speeding, paid \$140.50 total fine and costs.

Godfrey A. Kyrle: Speeding, paid \$135.50 total fine and costs.

Darren Scott Lamb: Speeding, paid \$120.00 plus costs; Failure to produce insurance card, proof shown.

Dominick Joseph Linn: Speeding, \$60 and costs; Failure to wear seat belts, \$25 fine; No/expired other state registration receipt/plate, \$50 fine.

Larry Ray Mink: Fines/fees due (\$144.57), warrant issued.

Jerry Michael Muncy: Domestic assault, \$100 and costs and 30 days conditionally discharged two years.

Melissa C. New: Fines/fees due, warrant issued/license suspended.

Terri R. Noe: Fines/fees due (\$150.50), warrant issued.

Cary D. Reed: Alcohol intoxication, \$50 and costs.

Dana Reynolds: Fines/fees due (\$265.53), warrant issued.

Gary G. Roberts: Operating motor vehicle under influence of alcohol/drugs, \$200 and costs, \$250 service fee, \$20 victim compensation fund, 2 days/time served/30 day operator license suspension.

Gina Sigmon: Theft by deception, \$10 and costs and 10 days in jail/conditionally discharged one year.

Tink Simpson: Improper registration plates and other charges, license suspended.

Lawrence G. Vance: Speeding, license suspended for failure to appear.

Dwayne Weems: Speeding, license suspended for failure to appear.

Eddie L. Wright: Fines/fees due (\$251.50), warrant issued/license suspended.

Conley Cotton: Speeding, license suspended for failure to appear.

William F. Mahimer: Speeding, paid.

Janeen S. McCormick: Speeding, license suspended for failure to appear.

Mary B. Cain: Speeding, \$30 and costs/state traffic school authorized on payment.

Christopher M. McClure: Posses-

sion of marijuana, 20 days plus costs; Use/possession drug paraphernalia, \$50 fine.

Johnny C. Miller: Fines/fees due (\$1,375.50 plus fees), 100 days assessed to serve 60 days or pay in full by 6/4/04.

Christopher S. Spoonamore: Fines/fees due (\$163.00), warrant issued.

Charles David York: Terroristic Threatening, 300 days to serve 60, one served/balance conditionally discharged two years; Fleeing/evading police (two counts), 300 days concurrent plus cost each count.

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Tobacco use a major public health issue

Submitted by Danielle Denny, Tobacco Coordinator, Rockcastle Health Dept.

Tobacco use has become a major public health issue in the state. The following statistics and facts detail the impact:

Tobacco use is directly linked to heart disease, lung and other cancers, and emphysema.

Tobacco use is the leading preventable cause of death in Ky.

Nearly 8000 people in Ky. die every year due to tobacco related diseases (CDC, Investment in Tobacco Control, 2001).

Ky. has the highest lung cancer death rate in the nation (ACS, Cancer Facts & Figures 2001).

At current smoking rates, 87,902 Ky. kids under 18 will die prematurely from smoking (CDC, 2001).

Ky. mothers rate 46th out of 47

surveyed) in nation for smoking during pregnancy; 23.4% in 2001 (Ky. Tobacco Use Prevention & Cessation Status Report, 2003).

In 2002, 34% of high school and 15% of middle school students were current smokers (Ky. Tobacco Use Prevention Cessation Status Report, 2003).

It's not a matter of rights, it is a matter of public health. If you are a smoker and want to quit, here's some help: Cancer Information Line 877-440-0121; American Cancer Society 800-227-2345 and for pregnant women Great Start 866-667-8278. Rockcastle Hospital will also be offering a class beginning January 6, 2004 at 6 p.m. to help those interested in becoming a non-smoker. Please contact Tammy Brock at 256-2155 or Danielle Denny at 256-2242 for more information.

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Agricultural News

By Warden Alexander, FSA Director

COC Advisor Outreach

County Committee Advisors continue to be a most valuable resource for FSA County Committees across the nation. Procedure calls for COC's or their representatives to contact groups and individuals who have members involved in agriculture who are of an under-represented population.

As indicated in the Civil Rights Action Team's and the Commission on Small Farm's reports it is imperative that under-represented (female and minority) groups are included and represented at every level in FSA.

At this time we are hereby seeking your assistance. It is possible that you know someone who would be willing to meet with the COC once every month to represent this population? If so, please submit the name and address of the individual to the FSA office.

Marketing Cards

Producers which have sold all tobacco for the current year are reminded to return the marketing card back to the FSA office immediately.

2004 is a biennial referendum year and cards are needed in the county office as sales are final. Also, this avoids producers misplacing the card.

Remember, when returning the marketing card, if you are a producer who has purchased a tobacco quota in the past 3 years you must furnish the FSA office a sale bill reflecting the monies allocated to each producer along with any expenses, (fertilizer, lime, chemicals, etc.)

Crop Disaster

Jeffery S. Hall, State Executive Director of the Farm Service Agency in Kentucky, wishes to take this time and opportunity to remind farmers that sign-up for the Crop Disaster Program (CDP) will end on January 30, 2004. CDP provides payments for producers who suffered 2001 or 2002 crop-year losses due to a natural disaster.

"FSA in Kentucky has issued over \$10 million in benefits under the Crop Disaster Program," said Hall. "All qualified farmers are encouraged to take advantage of this assistance."

Under CDP, producers are reimbursed for qualifying crop production

and quality losses (other than sugar cane, sugar beets or tobacco) for either the 2001 or 2002 crop years. Payments are issued for losses exceeding 35 percent of expected production at:

- 50 percent of the established price for crops that were covered by crop insurance

- 50 percent of the established price for crops for which crop insurance was unavailable; and

- 45 percent of the established price to producers for crops that could have been insured but were not. Eligible producers who did not have crop insurance or Noninsured Crop Disaster Assistance Program coverage during the year of the disaster must agree to purchase coverage for each of the next two crop years.

For more information on CDP and other USDA programs contact the local Farm Service Agency office or the FSA's web site at: <http://fsa.usda.gov/KY>.

Farm Changes

Producers who have purchased or sold land should inform the FSA office of the change. A copy of the deed or land contract sales is required to update FSA records with correct ownership.

Producers are also reminded to inform the FSA office of any change of addresses.

Spousal Signature

Spouses may sign on behalf of each other for FSA and CCC programs in which either has an interest, unless written denial is on file in the FSA office.

Office Closure

Rockcastle County FSA and NRCs offices will be closed: Thursday, December 25th and Friday, December 26th for Christmas. Thursday, January 1st for New Years.

Important Program Dates

Return marketing cards when sales are final.

Gasland Reserve Program applications being accepted for 2004 funds

Crop Disaster Program (CDP) sign-up began June 6, 2003

Milk Income Loss Contract (MILC) Program-signup continues.

Farm Storage Facility Loan Program-signup continues.

Conservation Reserve Program

signup continues.

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or family status. (Not all prohibited basis apply to all programs.) Persons with disabilities who require alternative means for communication of program information

(Braille, large print, audiotape, etc.) should contact USDA's Target Center at 202-720-2600 (voice and TDD). To file a complaint of discrimination write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Bldg., 14th and Independence Ave., SW Washington, DC 20250-9410. Or call (202) 720-5964 (voice or TDD). USDA is an equal opportunity provider and employer.

Tips For Preserving Your Pre-Holiday Weight

By Hazel Jackson
Rockcastle Cooperative Extension Service
Agent for Family and Consumer Sciences



The holidays are stressful enough without worrying about weight gain. Some people accept the myth that most people gain 5 to 10 pounds between Thanksgiving and New Year's and just figure they'll do the same and lose it later.

A recent report from the National Institute of Health (NIH) indicated that Americans gain only about 1 pound over the holidays. The 195 volunteers in the study ranged in age from 19 to 82. They were weighed 6 weeks before, during and after the winter holiday season. Researchers found that the volunteers believed they had gained much more weight than they actually had. Fewer than 10 percent gained more than 5 pounds over the holiday season. However, overweight and obese volunteers were more likely to gain 5 pounds than those who were not overweight.

Weight problems result when recently added weight isn't lost before the next event of over-eating. Over time, those extra pounds contribute to obesity. Putting your focus on maintaining a balance of physical activity and food intake is one of the healthiest ways to approach the holidays because it takes some of the emphasis off food. Physical activity also is a proven way to reduce stress.

With that in mind, here are tips to prevent holiday weight gain:

- Plan holiday celebrations around activities, not food.

- Concentrate on quality, not quantity. Keep your portions in proportion!

- Give yourself the gift of planned physical activity. Physical activity is an effective method for preventing weight gain during the holidays by burning calories, suppressing appetite and helping deal with stress. Physical activity is the common denominator to

losing weight and keeping it off.

- Never skip meals before or after a big celebration, this creates a famine-feast-famine cycle.

- Put eating in perspective! Overeating at one meal does not spell catastrophe.

- Spend less time in the kitchen. Do you really need to make dozens of different cookies, candies or breads?

- Rethink the food gifts you give. Consider replacing your usual box of homemade candies for the neighbors with an assortment of

fresh fruits or nuts.

- Get adequate sleep! Chronic sleep loss may affect various components of metabolism that influence hunger and weight gain.

- Plan ahead.

For more information contact the Rockcastle County Cooperative

Extension Service at 256-2403.

Educational programs of the Cooperative Extension Service serve all people regardless of race, color, age, sex, religion, disability or national origin.

Farm News

By Tom Mills
County Extension Agent for
Agriculture & Natural Resources

Goat Cost Share Program

The Rockcastle County Goat Producers Association will be implementing a Goat Diversification Program through use of Phase I Tobacco Settlement Funds. A 50/50 cost-share program for the purchase of meat-type does will assist local producers in expanding their herds. Applications for the cost-share program will be available Monday, January 5 through Thursday, February 5, 2004, at the Rockcastle County Cooperative Extension Service on West Main Street. Applications will be accepted on a first come, first serve basis. Pending state approval and funding, successful applicants will receive an approval letter as soon as funds are available.

General program guidelines and requirements are as follows:
• Cost share funding is for the purchase of meat-type doe's at least 4 months old.
• A maximum of \$500 dollars per farm, not to exceed \$100 per doe or 50% of actual cost, whichever is

less.
• Approved applicants will have till December 1, 2004 to make their purchases. All purchases must show receipts, copies of checks and show permanent identification of each animal.
• All animals must be owned by applicant for three years.
• Participants must be willing to complete production records (or annual reports) for the 3 year period.

A complete description of guidelines is included on the application. Funds will be limited and the Goat Association anticipates that 20 farms can receive assistance. For more details contact Jeff Whitaker, Association president, or Tom Mills, Co. Extension Agent for Agriculture at 256-2403.

Educational programs of the Cooperative Extension Service serve all people regardless of race, color, age, sex, religion, disability or national origin.

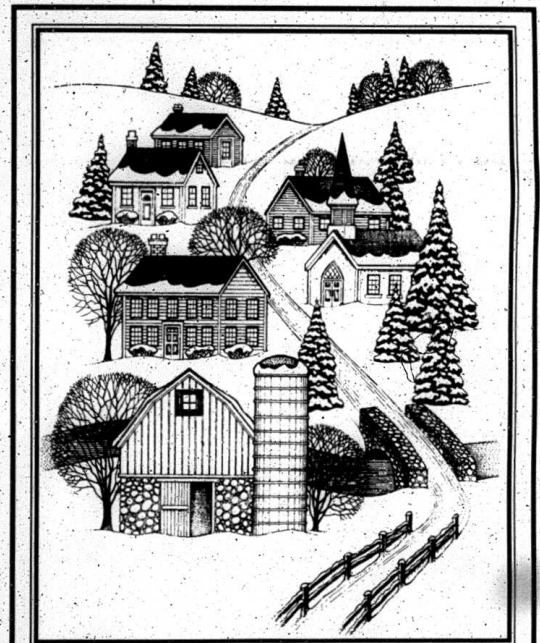
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Redeem this coupon and receive 50¢ off any combo meal.

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To Our Good Neighbors At CHRISTMAS

We're proud to be a part of this fine community and are grateful for the privilege of serving you.

Happy Holidays and heartfelt thanks!

Rockcastle Sheriff Darrell Doan & Patricia

Deputies Nathaniel Price, William Harris, Joe Rush, Kenny Holt, Rick Brummett, Derrick Price

Merry Christmas

from

Kentucky Farm Bureau Insurance

Mt. Vernon • 256-2050



Front row: Marlene Lawson, Back row from left: Shelly Mullins, Stacie Thacker, Bobby Cummins, Ashley Lawson, Tina Adams and William K. Bullen.

*Farm Bureau will be closed Christmas Eve and Christmas Day
Also closing at noon New Years Eve and closed New Years Day*

Lions Club's first Service-Learning Project in Brodhead

Community Partnerships
Equal Success

Many people ask what makes a school successful? One response would be schools, parents and communities working together. Brodhead Lions Club and Brodhead Elementary have partnered together this fall to promote education and service to others. During the fall semester at BES, 5th grade students studied probability and statistics as part of the required math curriculum. During that time, their name was placed in a bucket every day they came to school. They used these names to do probability experiments. Not only did the students learn the math curriculum, they also improved their attendance. The 5th grade students had the best attendance during this time. At the end of the project, five names were drawn from each classroom bucket to see who would win the prize. That's when it got good! There were 20 winners who won a shopping spree to Wal-Mart where

they could purchase Christmas gifts for their families.

The trip was made on December 10th. In attendance were: Katterka Cash, Kristen Abney, Alya Hullock, Patsy Alcorn, L.T. Milburn, Ethan Miller, Betty Brown, Sheeta Barrett, Margie Bishop, Caroline and Kerli Graves, John Saylor, Sateca Morgan, Angie Lawrence, Bobby and Clark Proctor, Marie Poynter, Jon Childress, Cindy and Byron Ellington, Starla Clouse, Mark Holley, Kevin Mullins, Brandon Proctor, Ruanda Bradley, Rachel Renner, Vicki Sison, Shannon Monk, Edna and Coaly Thompson, Roger Bray, Justin Poynter, Keith Smith, Correy Crank, Frank and Blanche Johnson and Zachary Harper.

The Lions Club provided supper for the children at McDonald's and then the shopping day. The event was rewarding for both adults and children.

It is hoped this will become an annual service-learning project partnering with the Lions Club and possibly other community groups.



The group of 20 fifth grade students, and their chaperones, from BES who were treated to a shopping trip to Wal-Mart by the Brodhead Lions Club and Brodhead Elementary.



Lions Club member Bobby Proctor is shown helping Jonathan Childress make choices.



Lions Club member Keith Smith assisted Correy Crank with his shopping.

Free junior hunting weekend approaching

December 17, 2003 - Kentucky's first Free Junior

Hunting Weekend December 27-28 is quickly approaching and will give hunters ages 15 and under a special chance to hunt deer and small game license-free.

This new opportunity is aimed at encouraging adults to take young people afield during the holidays and let them experience hunting without the added cost of buying a hunting license or deer permit - a Christmas gift, if you will, from the Kentucky Fish and Wildlife Commission to benefit the state's future hunters and supporters of wildlife conservation.

Opportunities for youth to hunt and fish free accomplish two important goals:

First, eliminating the cost of a license and/or permit for young hunters may help remove part of the "expense" obstacle that parents or adult guardians who want to introduce kids to the hunting sports sometimes face. Hunting licenses and permits for kids aren't that expensive, but these days a buck is a buck, no pun intended.

Second, providing hunting opportunities where youngsters are the focus shows that the Kentucky Fish & Wildlife Department, with the help of current Kentucky hunters, share a commitment to supporting the hunting tradition.

Many youngsters lives could be enriched by outdoor recreation if given the chance to try it - the chance to decide for themselves. Research shows that when kids go hunting, many of them find the experience enjoyable, educational and choose to continue participating as adults. At the very least, they are offered an environment proven to increase the value of wildlife in their minds. Some just need a mentor to take them. Some adults may need the added "boost" of not having to dig as deep in their wallet to go do something fun with their kids.

There are lots of factors that affect whether or not a young person decides to take up hunting or fishing, or whether an adult elects to introduce a youngster to these pursuits. However, the KDFWR is doing what

it can to give adults every advantage to take youngsters afield, let them see why hunting is about, and perhaps earn a life-long interest in that activity.

Youngsters are the strongest group of supporters of wildlife conservation efforts. Sustaining the value of wildlife into the next generation through the experiences hunting and fishing present is key to the success of conservation work in the future.

Deer gun hunters ages 15 and under must be accompanied by an adult who remains beside the youngster at all times while afield. All deer season bag limits and zone restrictions apply during the special Junior hunting weekend except that no license or deer permit is required. The season limit of one antlered deer per hunter remains in effect. ALL hunters and those who accompany a hunter afield during a firearms deer season must comply with Kentucky's hunter orange clothing law, except waterfowl hunters.

Hunter education laws still apply as usual.

Successful deer hunters must report their harvest by calling (800) 245-4263 as required during all other deer seasons. Successful deer hunters must comply with Kentucky's hunter orange clothing law, except waterfowl hunters.

After all the gifts under the tree have been unwrapped, don't forget about the "gift" that still awaits you and your youngster outside the house, this holiday season. Bundle them up and take them with you on a rabbit hunt or a deer hunt. It's guaranteed - they'll remember this Christmas not just because they got to hunt - but because they got to do it with you.

The KDFWR manages, regulates, enforces and promotes responsible use of all fish and wildlife species, their habitats, public wildlife areas and waterways for the benefit of those resources and for public enjoyment.

4-H Youth Development

John McQueary
Rockcastle County Extension Office

4H Poetry Contest

The Rockcastle County 4-H Council is sponsoring a 4-H Poetry Contest for student in 4th through 8th grades. Poetry may be submitted to the students teacher from December 19, 2003 through February 13, 2004. The following rules will apply:

1. Any 4-H student, 4th grade through 8th grade, can enter a poem.
2. Poems must be the work of the 4-H member entering the poem. (Poems from other sources will not be considered.)
3. Poem can be about any subject. (Not deemed to be offensive.)
4. One poem per person.
5. Poems must be the original work of the 4-H'er.
6. Youth name, birth date, full mailing address, grade, school and teachers name should be written or typed on the back of the poem.
7. Poem must have a title and be neatly printed or typed on regular size copy or typing paper.
8. Junior poems (4th & 5th grade)

should be 3-24 lines in length. 9. Middle School poems (6, 7, & 8th grade) should be 3-28 lines in length.

10. Junior, 1st, 2nd, and 3rd place winners will be chosen from each grade per school.
11. 1st place Junior winners will be judged for one overall county champion.
12. Middle School 1st, 2nd and 3rd place winners will be chosen from each grade.
13. Middle School 1st place winner will be judged for one overall county champion.
14. Plaques will be awarded to overall 1st place winners. All participants will be awarded ribbons.

For questions, please, contact the Rockcastle Co. Extension Service at 256-2403.

New deadline is
Noon Tuesday

Happy
Holidays!!!!

GREETINGS OF THE SEASON

May you and your loved-ones enjoy all the splendor of this very special time of year. It's been a pleasure serving you. From Danny and Gaylen Settles and all the employees at



KFC will close at 6 p.m. Christmas Eve and be closed all day Christmas Day.

A WORLD OF GOOD WISHES



Mike and Sue Brown

Merry Christmas and Happy New Year from our family to yours. Remembering that Jesus is the reason for every season.

S&M Grocery and Restaurant

Closed Christmas Day & New Year's Day

Hwy. 39 • Bee Lick • 379-2910

Help Wanted

Wayne Stewart Adult Health Care, Kentucky's premier provider of Adult Day Health Care, has the following administrative position at our new center, located in Rockcastle County: Patient Care Coordinator. Qualifications: Licensed Nurse or Social Worker, graduate of an accredited nursing program. Successful applicant shall play key administrative role in client care management. Must be self-motivated and energetic with the ability to work independently. Home Health and geriatric experience preferred. Must be willing to travel. EOE. Resumes may be sent to Horizon Adult Health Care, c/o Tammie Roberts, P.O. Box 135, Albany, Ky. 42602-1062

Help Wanted: Route now available for Lexington Herald Leader. Covers Crab Orchard and Broadhead 3 hours per day, 4 hours on Sunday. Approx. \$1,400/month profit. Take over route January 1st. Training done beforehand. Call Lee West, 839-231-3370, 10x2.

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Looking for a career rather than a job? Better pay? Rewarding work?

We will train selected participants to become patient care assistants.

Applications are being accepted. Following interviews, those selected will be provided the training required to be eligible to test to become a State Registered Nursing Assistants.

For more information or to schedule an interview notify:

ROCKCASTLE HEALTH AND REHABILITATION CENTER, INC.
Mike DeBorde at 758-8804

OR

ROCKCASTLE HOSPITAL AND RESPIRATORY CARE CENTER, INC.
Betty Purcell at 256-7704
Rockcastle Hospital and Rockcastle Health and Rehabilitation Center offer Equal Employment Opportunities

ROCKCASTLE HEALTH AND REHABILITATION CENTER, INC.

HAS NURSING POSITIONS AVAILABLE FOR REGISTERED NURSES, LICENSED PRACTICAL NURSES, CERTIFIED MEDICATION ASSISTANTS & STATE REGISTERED NURSING ASSISTANTS

RHSRC is a 114 bed nursing facility that is ACCREDITED BY THE JOINT COMMISSION ON ACCREDITATION OF HEALTHCARE ORGANIZATIONS.

- CENTRAL LOCATION
- EXCELLENT BENEFITS
- COMPETITIVE SALARY

IF YOU ARE INTERESTED IN TEAMWORK AND COMMITTED TO MAKING A DIFFERENCE IN LONG TERM CARE, PLEASE REPLY TO:

ROCKCASTLE HEALTH AND REHABILITATION CENTER, INC.
7190 WEST MAIN STREET
BROOKHEAD, KENTUCKY 40409
(606) 758-8711

ATTENTION: ADMINISTRATION / HUMAN RESOURCE DIRECTOR
(EQUAL EMPLOYMENT OPPORTUNITY)

Help Wanted: Someone needed to clean office in evenings, 5 days a week. No weekends or holidays. Pay negotiable. Office is in Mt. Vernon. 606-382-5941, 10x4

Help Wanted: Wendy's of Mt. Vernon is now hiring. Apply in person. 411tn

Avon Rep. Needed: Earn up to 50% Call toll free 888-528-7875, 10xtnf

Professional Services

Need Dependable Garbage Pick-up: from a locally-owned and operated service? Give R&R Hauling a call at 308-9068. Proudly serving Rockcastle County, 11x4

Will do Mechanical Work: No job too big or too small. Call 256-8555, 2x26

Electrical Work: Call us for all your electrical needs. We do new and old repairs. Also mobile home hookups. We will save you money. Call 256-4146 or 606-487-6371, 7xtnf

Appliance Repair: We service all brands of appliances. Also can get parts for most all brands. We do all plumbing repairs. Call 256-4146 or 606-487-6371, 7xtnf

Jeff Woodall Hauling, Gravel, etc: Call 453-9622 or 308-2976, 50x14p

Will do tree trimming: Also, wood for sale. Call 308-5534 or 256-5654, 2x26

Owens Monuments: Grave markers and monuments - in stock. Main St., Broadhead. Phone (606) 758-9600, 10xtn

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

Grave Markers & Monuments: in stock at all times. McNew Monument Sales, US 25, 4 miles north of Mt. Vernon. Phone 256-2232, 13tnf

FIX-IT: Finish carpentry, remodeling, also vinyl installation and repair, door/window repair and replacement, tile repair and replacement. No job too small. Custom decks and patios. Call 606-256-4313, 48tnf

Does Your Doggy Have a Flea? Bring him into me!

Sharon's Pet Parlor behind Carter's Market by appt. only
Call 256-1481, 4tn

Jim Sandusky Roofing: Free estimates. Call 1-859-983-7877, 40tnf

Due to property damage by ATVs and trucks, all our property is now posted. No hunting. Please do not ask.

Charlotte Carrera and Sons

Pharmacist

- In London • Clinic Setting
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- Excellent Compensation

Call Larry Hadley at 502-330-4398 for details

Part-Time Positions are 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. Weekend shifts available. Must have high school diploma/GED, clear driving and criminal record. Please contact the Cumberland River Comprehensive Care Center, PO Box 568, Corbin, KY 40702. Phone (606) 528-7010. We are an EOE.

Individual/family needed to provide care and training to an adult with mental retardation in their home. The adult may attend a 5 day per week program outside the home. Monthly reimbursement includes: training in self-help skills and room and board. Requirements are: must be 21 yrs. old, have a high school diploma/GED, and meet housing and training requirements. Please contact Donna Marshall @ 606-256-2129 or Dianne Stanfill @ 606-528-7010 ext. 270. We are an EOE.

Banjo Lessons

Beginner to Intermediate

\$10/Session

One-on-One Sessions are 30 minutes each

For more information call Spencer Bengt at 606-256-5653

Banjo Lessons

Beginner to Intermediate

\$10/Session

One-on-One Sessions are 30 minutes each

For more information call Spencer Bengt at 606-256-5653

Lovell's Gun Sales & Repair: New and used guns for sale. Ammo and gun accessories. Repairs, stock refinishing, hot bluing. Certified gunsmith/licensed firearms dealer. Maple Grove Road, Mon-Fri, 5 to 8 p.m. 256-5339, 11tnf

Gail's Pampered Pooch: 57 West Main St. • Broadhead • 758-0064
Professional Pet Grooming • Lams & Eukanuba pet food plus pet supplies available. 20tn

Sewing Machine Sales & Service: 40 years exp. Leroy Davis, 407 Crab Orchard St., Lancaster, KY 40444. Phone 792-3149, 42tnf

Haves Hauling: Gravel, etc. Call 256-4695; mobile 544-7730, 26tnf

New open in Mt. Vernon: Brown's Pink Poodle Parlor. Behind Carter's Market. Call 256-4737 for all your pet grooming needs. 8xtnf

Miscellaneous For Sale

For Sale: Firewood, seasoned oak and hickory, 256-9222, 5xtnf

For Sale: Firewood, \$40 load. Will deliver. Also 700R automatic transmission for 95 Chevrolet and Suzuki Samurai. \$800. 256-4555, 10x4

For Sale: Christmas Beagle puppies, 6 weeks old. Also started Beagles for sale. 758-0205, 10x2

Farm & Supplies Equipment: Hoop structures for hay storage; 30x72, \$3,500 - 270-692-6730, 43xtnf

Case Knives: Large selection. Napier Bros., 35 Public Square, Lancaster, Ky 23xtnf

For Sale: Cemetery lots, Cresthaven Cemetery, Mt. Vernon. Call 256-8648, 31tnf

For Sale: Carhart cottonweave denim jeans, relax or regular fit, \$26.50. Carhart blue denim rivet overalls \$38.00. Large selection of

Bath tub refinishing

FREE ESTIMATES

1000 N. 10th Street, Box 607
Mt. Vernon, KY 40456
Call 625-0093

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Open M-F 9 a.m. to 5 p.m. • Sat. 9 a.m. to 7 p.m.

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All Types of Mechanic Work

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Napier Brothers Clothing Store, 35 Public Square, Lancaster, 792-2335, 18tnf

For Sale: Work boots and shoes Redwing, Rocky, Wolverine, and Doc Martin. Napier Bros. Clothing Store, 35 Public Square, Lancaster, 792-2335, 18tnf

For Sale: I do not do dinner parties. I have beautiful new 17 pc. sets of heavy, brilliant surgical stainless steel, 100% waterless cookware. Was \$1600. Now \$395. Lifetime warranty. 606-256-9454, 1x11

Classified deadline is Noon Tuesday

Want to buy or sell Avon

contact Michelle Robinson at 606-256-9580

Contact Michelle for all your "Home Interior needs!"

Mobile Pressure Washing

Decks, concrete, aluminum and vinyl siding, brick and stone, machinery, equipment and more.

Benny Rader, 606-256-3293
606-308-3149 or 606-256-8989

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Business Opportunity on one acre lot with 270' frontage on Rockcastle's busiest street. Water, sewer, three phase electric on site. Rent to add other business, to operate existing car wash, or lease to build for new business. Available 1/15/04.
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Must Sell 25.75 3 BK, 2 BA, fire place, zone III, 2x6 walls, 412 roof. Delivered set with air. \$360 per month. Good credit only. Call 606-365-9119 for details. 11x1

Land Home Financing. Owning your dream home has never been easier. Rates have never been lower. We finance your home, land and improvements in one easy payment. Call 606-365-9119. 11x1

Notices

Notice is hereby given that Bentley Martin, Jr., Rt. 3, Box 1152, Broadhead, Ky. 40409 has been appointed administratrix of the estate of Bentley Martin, Sr. on the 15th day of December, 2003. Any person having claims against said estate shall present them according to law to the said Bentley Martin, Jr. on or before June 16, 2004. 11x3

Public Notice

Second reading of a proposed ordinance amending the Rockcastle County budget for FY 2003-2004 to include unanticipated receipts from various sources in the amount of \$312,512.43 and increasing expenditures in the area of various accounts reserved for transfer will be held on December 30, 2003 at 1 p.m. at the Rockcastle Co. Courthouse, Mt. Vernon. A copy of the proposed ordinance with full text is available for public inspection at the Office of the County Judge-Executive during normal business hours.

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Mount Vernon Signal

In County \$16.75/Yr.
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Mt. Vernon Signal
P.O. Box 185
Mt. Vernon, Ky. 40456

Name _____
Address _____
City _____ State _____ Zip Code _____
New _____ Renewal _____ Sub # _____

Notice: No trespassing on property owned by Ralph E. and Jeanie Renner. Located at the end of Lower Drive and laying between apartments on Carter Drive and Ramsey Trailer Park in Mt. Vernon. Not responsible for accidents. 10x2p

Posted: No trespassing on property known as C.B. Owens Farm across from Fairgrounds in Broadhead. Violators will be prosecuted. 25x1f

Posted: No trespassing on Crawford Place-Old Broadhead Road. Danny Smith. 47x1f

Posted: No hunting or trespassing on property owned by Doug and Judy Brock known as Brock's North Hill Farm at Mareburg consisting of the Swinney Place, Brock Place, Hensley Farm. 37x1f

Notice is hereby given that Helen Faye Abney, PO Box 710, Mt. Vernon, KY 40456, has been appointed Executrix of the estate of Myrtle Faye Webb Payne on the 3rd day of December 2003. Any person having claims against said estate shall present them according to law, to the said Helen Faye Abney or to Hon. John D. Ford, PO Box 247, Mt. Vernon, KY 40456 on or before June 3, 2004. 9x3

Posted: No hunting or trespassing on land belonging to the late James Mink at Pine Hill. Violators will be prosecuted. Also, not responsible for accidents. Shawn Mink, Jerilyn Mink, and Amanda Smith. 9x3p

Notice is hereby given that Ruby Adams, Rt. 1, Box 433, Broadhead, Ky. 40409 has been appointed administrator of the estate of Bernard Hall on the 17th day of December, 2003. Any person having claims against said estate shall present them according to law to the said Ruby Adams or to William D. Gregory, P.O. Drawer 220, Mt. Vernon, Ky. 40456 on or before June 18, 2004. 11x3

Notice is hereby given that Carolyn Prewitt, 110 Carter Dr., apt. 116, Mt. Vernon, Ky. 40456 has been appointed guardian of Becky Lynn Prewitt, minor, on the 17th day of December, 2003. Any person having claims against said estate shall present them, according to law, to the said Carolyn Prewitt on or before June 18, 2004. 11x3

Notice is hereby given that Glen A. Rigaby, 2350 Parr Rigaby Road, Broadhead, Ky. 40409 has been appointed administrator of the estate of Hazel Rigaby on the 18th day of December, 2003. Any person having claims against said estate shall present them according to law, to the said Glen A. Rigaby or to Clontz & Cox, P.O. Box 1350, Mt. Vernon, Ky. 40456 on or before June 23, 2004. 11x3

News and Classified deadline is Noon Tuesday - Email to mvsignal@sun-spot.com

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We offer Plumbing and Electrical Services, specializing in complete Bathroom renovations. We have over 20 yrs experience.

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Notice of Proposed Rate Increase
In accordance with the requirements of the Public Service Commission of the Commonwealth of Kentucky as set out in 807 KAR 5:069, Section 4, notice is hereby given to the customers of the Western Rockcastle Water Association, Inc., of an increase to the Association's rate schedule as set forth herein. The proposed rate increase is required by Rural Development in connection with a loan by RD to the District in the amount of \$418,630 to be evidenced by the issuance by the Association of its Promissory Note in such amount, which RD has agreed to purchase provided the Association meets certain conditions of RD, including increasing water rates as set forth below.

Current Monthly Rates	
5/8" x 3/4" Meter:	
First 2,000 gallons	\$13.80 minimum bill
Next 3,000 gallons	4.70 per 1,000 gallons
Next 5,000 gallons	4.40 per 1,000 gallons
Next 15,000 gallons	4.00 per 1,000 gallons
All over 25,000 gallons	3.00 per 1,000 gallons

1" Meter:	
First 5,000 gallons	\$27.90 minimum bill
Next 5,000 gallons	4.40 per 1,000 gallons
Next 15,000 gallons	4.00 per 1,000 gallons
All over 25,000 gallons	3.00 per 1,000 gallons
1 1/2" Meter:	
First 10,000 gallons	\$49.90 minimum bill
Next 15,000 gallons	4.00 per 1,000 gallons
All over 25,000 gallons	3.00 per 1,000 gallons
2" Meter:	
First 25,000 gallons	\$109.90 minimum bill
All over 25,000 gallons	3.00 per 1,000 gallons

Proposed Monthly Rates	
5/8" x 3/4" Meter:	
First 2,000 gallons	\$14.40 minimum bill
Next 3,000 gallons	5.10 per 1,000 gallons
Next 5,000 gallons	4.70 per 1,000 gallons
Next 15,000 gallons	4.20 per 1,000 gallons
All over 25,000 gallons	3.10 per 1,000 gallons
1" Meter:	
First 5,000 gallons	\$29.70 minimum bill
Next 5,000 gallons	4.70 per 1,000 gallons
Next 15,000 gallons	4.20 per 1,000 gallons
All over 25,000 gallons	3.10 per 1,000 gallons
1 1/2" Meter:	
First 10,000 gallons	\$53.20 minimum bill
Next 15,000 gallons	4.00 per 1,000 gallons
All over 25,000 gallons	3.10 per 1,000 gallons
2" Meter:	
First 25,000 gallons	\$116.20 minimum bill
All over 25,000 gallons	3.10 per 1,000 gallons

The RD loan proceeds will be used in conjunction with (i) an RD grant in the amount of \$314,400; and (ii) a contribution from the Association in the amount of \$56,000 to finance the cost of extensions, additions and improvements to the existing waterworks system of the Association, consisting of the construction and installation of approximately 71,350 linear feet of 3, 6 and 8-inch water line and appurtenances to serve approximately 117 customers.

At: Charles D. Burton, President
Western Rockcastle Water Association

FREE COLLEGE TUTORING

If college classes have you a little frustrated, our free tutoring can help!

Call or stop by to find out what we can do to help you with those challenging classes... We are located on Route 25 at the top of Greenfish Hill (in the old motel building). Call 256-5307 for more details.

On-Site Computer Service

Tired of sending your computer away to get it fixed?

Call and let us come to you for all your computer needs!

Setup, Consultation, Software/Hardware Conflicts, Reasonable Rates

Call Spencer Benge at 606-256-5653 or 606-308-5653

(Leave message if no answer)

Commonwealth of Kentucky
28th Judicial Circuit
Rockcastle Circuit Court • Division II
Civil Action No. 03-CI-00036

Citifinancial Mortgage Company, Inc. a/k/a Associates Home Equity Services, Inc. Plaintiff

v.

Henry Moberly, Barbara Jean Moberly, Charles Moberly and unknown defendant, if any spouse of Charles Moberly. Defendants

NOTICE OF SALE

Pursuant to a judgment and order of sale entered in this action on November 14, 2003, for the purpose of satisfying the judgment against the defendants in the amount of THIRTY SIX THOUSAND FIVE HUNDRED TWENTY-FOUR DOLLARS AND 89/100 (36,524.89) plus interest, costs and attorney fees, I will offer at public auction the hereinafter described real property in Rockcastle County, Kentucky.

At the Courthouse on East Main Street Mt. Vernon, Kentucky on Monday, December 29, 2003. Beginning at the Hour of 1:00 p.m.

Said property being more particularly bounded & described as follows:

Beginning at a pin set in the North right-of-way of the Copper Creek and Conway Road; thence with the North right-of-way of the Copper Creek and Conway Road the following calls; thence South 42 degrees 10 minutes 47 seconds West 89.18 feet to a pin, thence with a new line with Charles angle the following calls; thence North 45 degrees 56 minutes 52 seconds West, 188.27 feet to a pin; thence North 39 degrees 44 minutes 00 seconds East, 86.48 feet to a pin; thence South 46 degrees 48 minutes 25 seconds East, 191.89 feet to the point of beginning, and containing 0.383 acres more or less.

Being the same real property which Barbara Jean Moberly (2003) and husband Henry Jean Moberly and Charles Moberly obtained by deed dated July 8, 1993, of record in Deed Book 150, page 471 in the Office of the Rockcastle County Clerk. An individual 1/2 interest was conveyed to Charles Moberly, single, by deed dated January 16, 1998 of record in Deed Book 169, page 9 in the Office of the Rockcastle County Clerk.

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

- The real property shall be sold for cash or upon a credit of sixty (60) days with the purchaser required to pay a minimum of ten percent (10%) of the purchase price in cash on the date of sale and to secure the balance with a bond approved by the Master Commissioner.
- The bond shall bear interest at the rate of twelve (12%) per annum until paid in full. The bond shall have the force and effect of a judgment and shall be and remain a lien upon the property sold, as additional surety for the payment of the purchase price.
- Unpaid taxes or liens of record at the time of entry of judgment shall be paid out of the proceeds of the sale.
- The purchaser shall pay the 2003 local, county and state property taxes.
- The purchaser shall have possession of the real property upon compliance with the terms of the sale.
- In the event that the plaintiff is the successful bidder and the sale price does not exceed the amount of the plaintiff's judgment, no deposit or bond shall be required.
- The sale shall be made subject to all easements, set back lines, restrictions or covenants of record or otherwise and shall be sold as is.

Willis G. Coffey, Master Commissioner
Rockcastle Circuit Court



TAURUS SE

2003 Ford Taurus SE

MSRP \$20,815 **\$15,980**

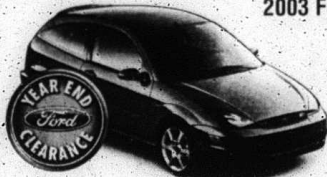


ONLY **\$264** PER MONTH



C-2045

2003 Ford Focus SVT



\$16,499
MSRP \$20,675

ONLY **\$264** PER MONTH

C-2066

2004 Ford Focus LX



\$12,999
MSRP \$14,740

ONLY **\$225** PER MONTH

C-2068

2004 Ford Explorer Sport Trac



\$25,999
MSRP \$30,360

ONLY **\$455** PER MONTH

T-4154

2004 Ford F-150 4x4



\$22,999
MSRP \$27,160

ONLY **\$387** PER MONTH

T-4154

2003 Ford Excursion XLT 4x4



\$31,999
MSRP \$41,995

ONLY **\$537** PER MONTH

T-3979

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Check Out Our Web Site (commonwealthfm.com) For Details of These Pre-Owned Vehicles!

'02 GMC 1500	\$16,980
'00 Ford Crown Victoria	\$11,980
'02 Ford Taurus SE	\$13,980
'97 Mercury Cougar V-8, 30th Anniv. Edition	\$7,980
'00 Lincoln LS ² to choose	\$19,980
'02 Ford Taurus SES	\$13,980
'00 Dodge Dakota	\$10,980
'01 Ford F-150 XLT S/C	\$18,980
'01 Lincoln LS	\$18,980
'02 Ford F-150 4x2	\$13,980
'00 Toyota Solara	\$15,980
'01 Nissan Maxima	\$17,980
'01 Ford Windstar SE	\$17,980
'01 Ford Explorer Sport Trac	\$20,980
'00 Ford Focus ZTS ^{Loaded}	\$10,980
'02 Ford Explorer Eddie Bauer	\$23,980
'00 Ford Windstar	\$15,980
'97 Ford F-150 S/C Lariat 4X4	\$11,980
'94 Ford Aerostar Sport Wagon ^{60K MI}	\$5,995
'02 Ford Ranger S/C 4x4	\$18,980
'00 Lincoln Town Car	\$19,980
'00 Mercury Cougar V-6	\$13,980
'01 Lincoln Town Car Sign.	\$21,980
'02 Ford Focus SE	\$10,980
'02 Ford Crown Victoria LX	\$13,980
'03 Kia Sorento 4x4	\$19,980
'01 Ford F-350 ^{C/C, Lariat, 4x4, Dually, 32 K Miles}	\$34,980
'01 Ford F-350 ^{C/C, XLT, 4x2, Dually}	\$23,980
'00 Toyota Solara SE V-6	\$15,980
'00 Chevy Impala LS ^{Loaded}	\$11,980
'02 Ford Explorer Eddie Bauer	\$20,980
'99 Ford F-150 XLT 4x4	\$11,999
'00 Daewoo Leganza CDX	\$4,995

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Letters to Santa

The following letters were written by 2nd grade students in Ms. Cable's class at MVES.

Dear Santa,
I have been a good girl this year. I help my mom clean up the table and I obey my mom.

For Christmas I want a remote control car. My sis would like a baby doll. My brother would like a remote control car too.

Love,
Shania Lawson

Dear Santa,
I have been a good girl this year. I have been good to other people. I help my mom take care of Stephanie because she had headaches a lot.

For Christmas I want a baby doll and some playstation games.

I will leave on my Christmas light

Love,
Cassandra Mason

Dear Santa,
I have been good to others and been getting my work done at school. This year for Christmas, I would like a sleeping beauty Barbie doll and a Go go my Walking pup. I am a baby doll for my little sis.

I will leave cookies and milk for you Santa and carrots and an apple for Rudolph.

Love,
Kimberly Cheatum

Dear Santa,
I have been a good boy this year. I helped papaw walk to places. For Christmas I would like a remote control truck, and my granny to get better and I was wanting to get my mom a necklace for Christmas. I will leave you some milk and cookies and some

candy canes.
Love,
Jacob Pearson

Dear Santa,
I have been a good girl this year. I follow the school rules. I help my mommy do chores.

For Christmas I want a Barbie doll. I will leave milk and chocolate chip cookies for Santa.

Love,
Whitney Rodofor

Dear Santa,
I have been a good girl because I obeyed my mom and dad. When they told me to go to bed or ask a question, I did not talk back.

For Christmas, I would like to have a Lizzie McGuire gameboy game and a gummy machine. Then I want a picture of Rudolph for my mom and dad. And one more thing a Go Go my walking pup. I will leave you cookies and milk.

Love,
Bethany Robbins

Dear Santa,
I have been a good boy this year. I'm helping my dad get better he is sick.

For Christmas I would like a SD Gundame and I'm going to get my aunt a dress.

I will leave Pepsi for the reindeer.
Your Friend,
Anthony Miller

Dear Santa,
I have been a good girl this year. I help my mom and my sister. For Christmas I want a horse. I will leave my cup cakes for you.

Love,
Owen Hampton

Dear Santa,
I have been a good girl this year. Because I help my mom babysit.

For Christmas I want a Go go walking puppy. I will leave milk and cookies. Tell the elves hi and the reindeers hi.

Love,
Shaya Cox

Dear Santa,
I have been a good girl this year. I try to do my best on my work ever day. For Christmas can you give me a go go my walking pup and a dragon fly necklace. Something would be nice for my nanny who is sick. I will leave milk and cookies for you and the reindeer.

Love,
Alisha Boyd

Dear Santa,
I have been a good boy this year. I helped mom put the Christmas tree up.

For Christmas I want a Syydrem game. My mom would like to have a x-2. I will leave you cookies and milk.

Love,
Chris Morrow

Dear Santa,
I have been a great boy. I help my mom and dad. I will leave bale of hay and milk.

Love,
Jacob Busell

Dear Santa,
I have been a good girl doing my work in school and no card change in a long time.

For Christmas I would like a Barbie, bed, doll, a pony, thing Barbie. I will turn on the Christmas tree lights.

Love,
Erica Coube

Dear Santa,
I have been good this year because I follow the rules at school. At lunch a few days ago I got milk for Erica when I went to the other line to get it. I would like the Madden NFL play station game and the coin separator. I also like to games for pxters. I will like it to be a color one to, Say hi to Rudolph for me, Please!!!

Love,
Jacob Taylor

Dear Santa,
I have been a good girl this year! I try to do my best on my work. For Christmas I would like to have a pi-ah, and a real cat! I will leave him milk and cookies.

Your Friend,
Tiffany G. Horn

Dear Santa,
I have been a good girl this year. Because I try to be the best I can be. I want a game cube for my dad. I want a Polly Pocket game for my gameboy and want a new gameboy for my mom. I will leave you milk and cookie for a snack. Say hi to Rudolph for me!

Love,
Lyndsey Abel

Dear Santa,
I have been a good boy. I do my work at school. I want some gameboy games, playstation three and a gun. I will leave hot chocolate for Santa. I will leave a bale of hay for Rudolph.

Love,
Kyle Denny

Dear Santa,
I have been a good girl this year. I try to be good to others and do my best at school. For Christmas I would like to have a Video Now TV. I will leave cookie and milk. Say hi to Rudolph for me.

Love,
Brianna Hansel

Dear Santa,
I have been a good boy at home. I cleaned my room. For Christmas I want to give my gameboy, to my brother for Christmas. I want a dirt bike and something for my granny.

Your Friend,
Ellis Hines

A Christmas Story

Submitted by Deronia Mink

It was only five days before Christmas. The spirit of the season hadn't yet caught up with me, even though cars packed the parking lot of our Houston area target Shopping Center. Inside the store, it was worse. Shopping carts and last minute shoppers jammed the aisles. Why did I come today? I wondered. My feet ached almost as much as my head. My list contained names of several people who claimed they wanted nothing but I knew their feelings would be hurt if I didn't buy them anything. Buying for someone who had everything and depriving the high cost of items, I considered gift-buying anything but fun. Hurriedly, I filled my shopping cart with last minute items and proceeded to the long checkout lines. I picked the shortest but it looked as if it would mean at least a 20 minute wait.

In front of me were two small children - a boy of about 10 and a young girl about 5. The boy wore a ragged coat. Enormously large, tattered tennis shoes jutted far out in front of his much too short jeans. He clutched several crumpled dollar bills in his grimy hands. The girl's clothing resembled her brother's. Her head was a matted mass of curly hair. Reminders of an evening meal showed on her small face. She carried a beautiful pair of shiny, gold house slippers. As the Christmas music sounded in the store's stereo system, the girl hummed along off-key but happily.

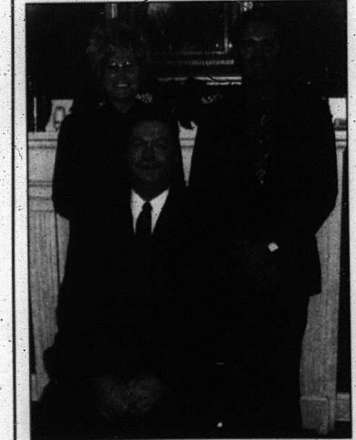
When we finally approached the checkout register, the girl carefully placed the shoes on the counter. She treated them as though they were a treasure. The clerk rang-up the bill. "That will be \$6.09," she said. The

boy laid his crumpled dollars atop the stand while he searched his pockets. He finally came up with \$3.12. "I guess we will have to put them back," he bravely said. "We will come back some other time, maybe tomorrow." With that statement, a soft sob broke from the little girl. "But Jesus would have loved these shoes," she cried. "Well, we'll go home and work some more. Don't cry. We'll come back," he said.

Quickly I handed \$3.00 to the cashier. These children had waited in line for a long time. And, after all, it was Christmas. Suddenly a pair of arms came around me and a small voice said, "Thank you Sir." "What did you mean when you said Jesus would like the shoes?" I asked. The small boy answered, "Our mom is sick and going to heaven. Daddy said she might go before Christmas to be with Jesus."

The girl spoke, "My Sunday School teacher said the streets in heaven are shiny gold, just like these shoes. Won't mom be beautiful walking on those streets to match these shoes?" My eyes flooded as I looked into her tear streaked face. "Yes" I answered, "I am sure she will." Suddenly I thanked God for using these children to remind me of the true spirit of giving. Christmas is not about the amount of money paid, nor the amount of gifts purchased, nor trying to impress friends and relatives. Christmas is about the love in your heart to share with those as Jesus Christ has shared with each of us. Christmas is about the birth of Jesus whom God sent to show the world how much he really loves us. Please show this love as we think of the upcoming season.

To wish you the gift of faith, the blessing of hope, and the peace of His love at Christmas and always.



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Merry Christmas

Seated: Dusty Wright. Back row from left: Danetta Allen, Sam Ford, Roy Adams, Clarissa Hodge, David Henderson and Danny Ford.

Happy New Year

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Autism and ADHD linked to Addictive Food Additive

For the last fifty years, the medical community has been baffled by the rise in cases of Attention Deficit/Hyperactive Disorder and Autism. These two diseases, unheard of before 1950, have been striking an increasing number of children. Physicians have been unable to explain to parents why their children are suffering from these maladies despite their not being any family history of the disorder.

Finally these parents will know the answer. Thanks to John Erb, a developmental disorder researcher and author of the book *The Slow Poisoning of America*, the cause of ADHD and Autism is no longer a mystery. "These diseases appear to be caused by a food additive commonly known as MSG or Monosodium Glutamate," John Erb explains. "MSG is added to food because of its addictive qualities; it's nicotine for food. It is highly reactive in the human brain and other organs."

MSG and its related ingredients have been found in increasing amounts in processed and fast foods. Almost every restaurant and most processed foods from snacks, and soups to ready-made meals have glutamate in them in some form or another. MSG has no nutritional value. Scientific studies have shown that food laced with the MSG cause people to eat more of it, and faster, than food without it.

"Corporations use this knowledge to sell their products. Their competition uses MSG, so they keep adding it in larger amounts to keep up with them," John Erb comments. The FDA has no limits on how much MSG can be added to foods, even though as little as two tablespoons of MSG has been shown to cause epileptic convulsions and death in animals such as dogs.

MSG is a highly reactive amino acid. It is used by scientists in studies to purposely cause death to areas of the brain and is fed to rodents to make a strain of obese and pre-diabetic test subjects. MSG is classified as a neurotoxin, too much of it introduced to the brain can cause rapid cell death. It is this kind of destruction that John Erb states is the cause of ADHD and Autism. He came to this conclusion after reviewing hundreds of medical journal articles detailing the ways in which glutamate affects organs such as the brain. According to John Erb, "When a woman becomes pregnant, the placental barrier is not fully formed in the first month of fetal development.

The chemicals the mother eats go directly to the developing child. The glutamate stimulates rapid growth in the brain, creating ADHD symptoms. Too much glutamate over-stimulates areas of the brain, resulting in neuronal cell death. This destruction to the neurons results in the symptoms categorized as Autism."

MSG is used in almost every institutional setting across the country. From hospitals to school cafeterias to elderly care facilities, MSG is being added to mass produced food to increase its palatability. Women are being exposed to a major toxin that can cause irreparable damage to their child even before they discover they are pregnant.

Shocked by his discovery, John Erb met with Dr. Thomas Ward, Nova Scotia's Deputy Minister of Health, a pediatrician who specialized in Neonatology. When Mr. Erb explained to Dr. Ward about the dangers of MSG, Dr. Ward replied, "I would never touch it." When John Erb pressed the Deputy Health Minister to remove it from all food products, Dr. Ward said that it was an issue for the federal government, and suggested that Mr. Erb take his book *The Slow Poisoning of America* to the federal government and "hit them over the head with it."

John Erb took his discovery to Dr. Susan Bryson, head of the Autism Research Center in Halifax, and one of the leading Autism scientists in Canada. She was amazed by his findings, and confirmed that current studies being done by the National Institute of Health show that the cause of Autism has been linked to a toxin invading the embryo's brain stem as early as twenty days after conception. The NIH had not yet identified the toxin, but thanks to John Erb's discovery, they now know the direction in which to focus their research.

"The sooner people know that MSG can cause ADHD and Autism in their unborn children, the sooner they can take steps to avoid being another victim of the steadily increasing numbers of these disorders," John Erb states.

"Autism, unheard of before 1950, (MSG was introduced to the American diet in 1948) has now risen to epidemic proportions, with one in every 200 children born with the affliction."

"There may be a genetic component deciding who is stricken with



Shophead Queen Ashley Cottrell announced on December 6 that Betty's New and Used Clothing of Brodhead was the Brodhead Business of the Month for December. Betty's is located on Hwy. 150 right outside Brodhead. She has a wide array of clothing for the entire family! Great items for Christmas gifts! According to the Queen, Betty's not only has a great selection of fine clothing, but is extremely supportive of the community, making the store "an asset to Brodhead." Helping the Queen make the presentation are Brodhead Mayor, Walter Lee Cash, and Santa Claus.

ADHD and Autism, otherwise when you consider the rampant use of MSG in today's diet, every child would be born with either ADHD or Autism. But if the growth curve keeps going the way it has, it won't be long before this is the case."

MSG has been hidden in food ingredient lists as hydrolyzed vegetable protein, autolyzed yeast extract, soy protein isolate, and many other names. Every year, the amount of this substance hidden in foods rises astronomically. Just because the name MSG does not appear on the label, does not mean that the food does not contain the excitotoxin glutamate.

"People should demand that the food industry, food restaurants and food manufacturers, remove the added glutamate in all its forms from anything we ingest," John Erb states emphatically. "The fact that they add it to make us addicted to their food is appalling enough, but considering it is doing terrible damage to our children, for that there is no excuse. The sooner these corporations are held accountable for poisoning us, the sooner we can eradicate ADHD and Autism from the maternity wards across the nation."

Have a safe New Year!!!

New Year's resolution: Quit smoking for real

Every January smokers across America pledge to quit smoking. But by February, many have given up the effort and are back in the habit, saving that New Year's resolution for next year. How can people really make 2004 the year they quit smoking?

According to Frederic Grannis, M.D., a lung cancer specialist at City of Hope Cancer Center in Los Angeles, "The most important ingredient in successful smoking cessation is for the individual smoker to make a personal decision to stop smoking in order to avoid the risks to future health. Having said that, it must be

understood that it is very hard to stop smoking. The smoker is addicted to nicotine and also has a complex behavior pattern and habit of smoking. Although some people can quit 'cold turkey,' without any help, most people fail on their own and need help."

When people quit smoking the body reacts to the absence of nicotine, resulting in withdrawal symptoms that can include depression, feelings of frustration or anger, irritability, difficulty sleeping, restlessness, headaches, tiredness and increased appetite.

Nicotine substitutes and prescrip-

tion oral medicines, such as bupropion, can help ease withdrawal symptoms. There are many types of nicotine replacements including nicotine patches, nicotine gum, nicotine nasal spray, nicotine inhalers and nicotine lozenges.

Once the physical symptoms of quitting are under control, it is time to focus on the psychological challenges. For many people, smoking is a strongly linked to daily activities such as waking up, eating a meal, watching TV or drinking coffee. To cope with cravings that come at these moments, it is necessary alter your behavior.

"For example, if you usually have a cigarette when you drink coffee, try taking a brisk walk instead of a coffee break, or consider drinking water or juice instead of coffee," suggests Dr. Grannis.

Other tips: "Get rid of smoking related items such as lighters and ashtrays. Let your friends and family know you are quitting so you have a strong support system, or consider attending a smoking cessation class."

"Avoid people and places where you are tempted to smoke until you are more confident about your ability to avoid the temptation."

"After habits to perform activities that you don't associate with smoking."

"Try alternatives such as chewing gum, hard candy or sunflower seeds. Find ways to keep your hands busy to distract you from the urge to smoke."

Quitting smoking is difficult, but 46 million Americans have successfully quit and therefore reduced their risk of lung cancer. For more information about lung cancer research and treatment, contact City of Hope Cancer Center at 1-800-826-HOPE or visit www.cityofhope.org.

News deadline is Noon Tuesday

Merry Christmas

May peace and joy come to you during this holy season

Angie Eaton, Mary Mathis, Tracey Abel

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Have A SPARKLING SEASON!

Wishing you lots of smiles and laughter, throughout the holidays and after! Thanks for giving us so much to smile about this year.

Front row from left: Dr. John H. Parsons and Cheryl Brown.
Back row from left: Linda Wilson - RDH and Brenda McKinney.

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Hodge living his lifelong dream

Office James Scott Hodge, born in Hamilton, Ohio and raised in Mt. Vernon, has always had a love for animals. They've always been a part of his life.

After graduating from Rockcastle Co. High in 1989, Hodge mapped out a course for a career in the military. He always envisioned himself working with military police as a dog handler. It was something he had always been interested in and the one career dream that had outlasted all the rest.

Unfortunately, Uncle Sam had other plans sending him instead in a deployable unit traveling the world to Panama twice, to Saudi Arabia, Cuba and other areas. During his military stint, fate intervened in Hodge's life in a way he could not have imagined, but such a way that set a series of events in motion to bring him full circle to the place he always wanted to be.

While stationed at Fort McClellan, Hodge met and married Delane Trantham of Jacksonville, AL. The Hodge's opted to start their life close to her family. They bought a house in Calloway Co.

Little did Hodge know that he took one giant step closer to the destination when he joined the Jacksonville Police Dept. six years ago. "It was basically what I had done in the Army," explained Hodge, "it

gave me a chance to help others and make a difference in their lives." "When Chief Thompson asked me if I wanted to work with a drug dog, I jumped at the chance. This was after all the one thing I had always wanted to do. It was what I felt most comfortable doing," he added.

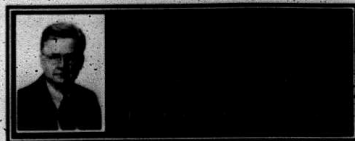
On July 21st, Hodge traveled to Auburn McClellan outpost to attend orientation and training. He was there for a month working at first with all the animals and then more and more with a special dog—Tigger.

Tigger, the dog placed with Hodge and approved as the community drug cleaner, was so named because when he was little he bounced around on his hind legs and tail like his namesake on Winnie the Pooh. Tigger is certified to sniff most drug products.

Tigger lives fulltime with Hodge, his wife Delane and son Bradden, now 2 1/2. They have a specially equipped car to ride in and is treated to only the best food and supplies compliments of the City of Jacksonville, AL. "We want to make sure that he is always ready to do his job at a moment's notice," explained Hodge. "The culmination of the dream has been every bit as good as I expected," he added. "It has really been interesting and I am looking forward to helping Tigger, help me stamp out drugs around town."



Officer James Scott Hodge has partnered with Tigger in the fight against drugs.



The Internet can be dangerous to your marital health. Here are some couples who are having that problem. (All characters are fictitious.)

Couple #1: "I've made a terrible mistake," Joe told me. "I started talking to this girl on the Internet, and then we met just to talk some more. I'm afraid it went a lot further than just talking. I told my wife and now she wants a divorce."

Couple #2: "All I do is surf the web," Ken said. "I'm not hurting anybody. I don't see why she gets so upset."

"I get so upset because that's ALL you do," his wife angrily remarked.

"You come home, eat supper and head straight for the computer. The kids and I would like to see you once in awhile too!"

Couple #3: "I know he is looking at pornography on the computer," Alice said sadly. "We have no sexual relationship and yet he is looking at those women. He stays up until 2:00 or 3:00 every morning and he won't even talk to me about it. He just gets defensive when I say anything."

Couple #4: "I met him in an Internet chat room," Shaaron explained. "When we met in person, I thought he was great. But in the last three weeks he has hit me four times. Now I can't get rid of him!"

The Internet opens the door to a wealth of possibilities. Information that once required a trip to the library is now available online. Exploring that world can be a growing experience, and not everyone who spends time on the computer is an addict. There are however some dangers.

Internet addiction can happen on any one of several levels. First, there is the addiction to the world of web surfing and chat rooms. Both men and women have spent hours in front of the computer screen checking out

web sites, playing games or talking to other people. This addiction may have no sexual context at all. It means sitting in front of the computer screen in a trance, ignoring the real world.

While this does not involve physical contact with another person, it can be harmful to the marriage. The hours spent on the computer are hours not spent with family. Arguments ensue when the spouse who is ignored begins to speak up.

Second, there is the interaction between sexual addiction and the Internet.

While it is true that the Internet brings many wonderful things into the living room, it also brings pornography. Where once the porn addict had to go to a store and buy his material, he can now go online and find a sexual wonderland at his fingertips. Porn web sites are the most lucrative business on the Internet and run the gamut from mild to illegal. Some of the content is free and some requires payment. For the addict their availability can make them nearly irresistible.

Third, there are Internet affairs, some of which involve meeting in person.

The sexual talk in the chat rooms or the personal discourse to a "sex chat pal" breaches the trust of the marital relationship. These online romances can be harmful to the marriage even if the two people never meet. Sometimes they do decide to meet in person, and this is not only dangerous but is a violation of the marriage.

If you recognize that you have a problem with the Internet, find a counselor who can help you unhook before your marriage is irreparably damaged.

Holiday recipes to help accommodate many on restricted dietary plans

Entertaining friends and family on restricted or specific diets can be a challenge, particularly during the holidays. Yet, as 6-7% percent of the American population has a diagnosed food allergy and 1 in 3 Americans modify their diet due to a suspected food allergy (Source: Food Allergy and Anaphylaxis Network), it's an issue many people will face this holiday season. Many of the traditional holiday staples such as wheat, gluten, nuts, dairy and eggs, are among the ingredients that people are most commonly allergic to (Source: Food and Drug Administration).

While many are skeptical that traditional holiday foods can still be delicious and enjoyable without the customary ingredients, Enjoy Life Foods has recipes that even people not on restricted diets will want to eat.

The recipes use some of Enjoy Life Foods' products, which are made in a dedicated gluten- and nut-free facility to prevent the risk of cross-contamination. The products are made with all-natural ingredients, and are certified kosher and vegetarian. Just as important, they taste great.

For a recipe straight from mom, try this traditional apple crisp, using Enjoy Life Foods' granola as a crust: Mama Joy's Allergen-Free Apple Pie For Crust:

- 2 cups Enjoy Life Foods cinnamon crunch granola
- 2 Tbs tapioca or rice flour
- 1 Tbs brown sugar
- 3 Tbs butter, margarine or safflower oil
- dash salt (optional)

Grind granola in food processor or blender until fine.

Add remaining crust ingredients and process until well blended. Press crust into greased 8 or 9" pie plate. Bake in oven at 350 for 5-10 min until golden-brown.

For Filling:

- 6 cups granny smith apples, peeled, cored and sliced thinly
- 2 Tbs butter, margarine and safflower oil
- 2 Tbs brown sugar
- 1 Tbs lemon juice
- 1 1/2 Tbs instant tapioca
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1 tsp vanilla
- 1/2 cup apple juice concentrate
- 1/2 cup water


Melt butter or substitute on stovetop in sauté pan on medium heat. Add apples and sauté for 5 min. Add remaining filling ingredients and cook on medium, stirring occasionally until apples are soft and liquid has thickened. Scoop apple mixture into crust.

Option: top with whip cream, ice cream or non-dairy substitute.

For other allergen-free holiday recipes, please contact: Kelsey Nichols at Backbone Media, Kelsey@backbonemedia.net.


Enjoy Life Foods' products are available at health and natural food stores across the United States, including Whole Foods on the East Coast, in the South, and Midwest. For more information, please go to www.enjoylifefoods.com <<http://www.enjoylifefoods.com>>

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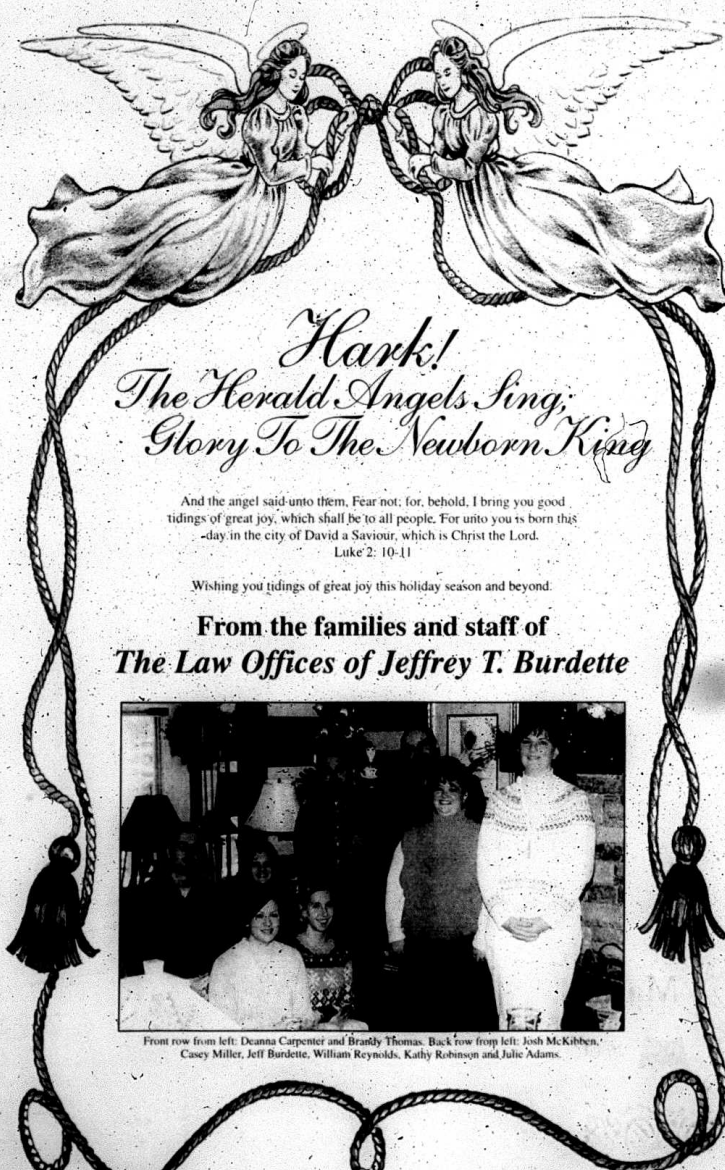


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Hark!

The Herald Angels Sing: Glory To The Newborn King


And the angel said unto them, Fear not, for behold, I bring you good tidings of great joy, which shall be to all people. For unto you is born this day in the city of David a Saviour, which is Christ the Lord.

Luke 2: 10-11

Wishing you tidings of great joy this holiday season and beyond.

From the families and staff of

The Law Offices of Jeffrey T. Burdette



Front row from left: Deanna Carpenter and Brandy Thomas. Back row from left: Josh McKibben, Casey Miller, Jeff Burdette, William Reynolds, Kathy Robinson and Julie Adams.

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Didn't get the Christmas gift you wanted, exchange it for a NOAA weather radio

If you're thinking about returning a gift, maybe you should consider a gift that could save you and your family a life. In this age of nifty gadgets, NOAA Weather Radio is a definite must! The National Weather Service wants NOAA Weather Radio to become as common as the smoke detector in your home. This is especially true if you live in a manufactured home. Severe weather can strike at any moment of the day or night. Advance warning can spell the difference between life and death.

Did you know that you could be in your home, sound asleep in your bed at 2AM, and the National Weather Service (NWS) can wake you up, tell you that severe weather is moving in your direction, and help you find a place of safety to move your family? It is true: NOAA Weather Radio (NWR) is one of the most valuable pieces of electronic equipment that you can have in your home because it can save the lives of you and your family. It can assist you in making decisions that can minimize property damage, and can give important information during national emergencies, and it is the fastest means of receiving warning or updated weather information: NWR is like having your own personal tornado siren.

Known as the "Voice of the National Weather Service," NWR is provided as a public service by the National Oceanic & Atmospheric Administration (NOAA), which is part of the Department of Commerce. NWR includes more than 750 transmitters, covering all 50 states, adjacent coastal waters, Puerto Rico, the U.S. Virgin Islands, and the U.S. Pacific Territories. NOAA Weather Radio broadcast over 7 frequencies, so if you are anywhere in the country, you can find a station from a nearby NWS office.

Weather Radio is an "All Hazard" radio, meaning that it will broadcast information for much more than severe weather watches and warnings. It will also alert you to civil emergencies such as a chemical spill, a

nuclear accident, volcanic or earthquake information, and a dam failure.

In Kentucky, NOAA weather radios will also respond to the "Amber Alerts" which are designed to assist in locating missing children. Specially built receivers that have a "tone alert" feature will automatically sound a loud tone similar to a loud alarm clock, and begin broadcasting the emergency message. It is this feature that can wake you from a sound sleep and allow you to take action to protect the lives of your loved ones. These receivers are available at many discount department stores, electronic stores, and many mail-order catalogues for a reasonable price.

Most of the time, the weather conditions are not hazardous, so NWR normally broadcasts local forecast, daily climate statistics, river stage information, and current conditions for the local area. During periods of potentially severe weather conditions, this broadcast cycle will take on a different tone, with increasing emphasis on the weather threat. It will contain advice as to what actions are recommended for the threat, and advise you what to look or listen for if the potential threat becomes a reality. If actual warnings are required, then the alert feature will be activated, and as much information as possible will be broadcast to you as to what the threat is, where it is, and where it is moving toward.

So, if you're looking for something to give you and your family when you exchange a gift, consider obtaining a NOAA Weather Radio which are available at department stores, discount stores, specialty electronic stores, and over the Internet. The National Weather Service does not sell or profit from weather radios. We simply provide the broadcast.

For more information on NOAA Weather Radio, the tone alert feature, programming codes, or other radio questions, visit the NWS Internet home page for weather radio at: <http://www.weather.gov/nwr/>



The Cumberland College Office of Student Services announces that Amber Thacker, of Mt. Vernon, recently completed a 10-session Leadership seminar. The seminar is part of a four-year leadership project at Cumberland College. Its purpose is to teach students how leadership is effectively exercised for the enhancement of personal skills. The seminar is designed to strengthen leadership skills, analyze characteristics of good leadership and assess leadership style and potential. Upon completion of the course, students were presented with a certificate of completion by Michael Colégrove, vice president for student services at Cumberland College, and Debbie Harp, director of career services at Cumberland College. She is shown here with Debbie Harp, director of career services at Cumberland College.

Help KSP

The Kentucky State Police at London are asking for information to make our highways and communities safer. One way for us to make these safer is with the help of the citizens living in our counties.

Unfortunately, our Troopers can't be everywhere at all times. We must depend on the residents of our area to be watchful for unsafe traffic and illegal drugs, which can destroy the area we live in. Behaviors such as speeding, reckless driving and impaired driving are only a few of our problems.

That is why we're enlisting the assistance of everyone. You can help make a difference. If you see problems in your community that you want report such as drug related offenses or traffic concerns then let us know by returning the form below to the State Police Post in London. We will make every effort to will address your concern.

"The ultimate goal is to systematically bring down the traffic fatality and drug problems in the London Post area. These are problems we're committed to addressing," said Paul Hays, Post Commander for Post 11. "In partnership with our citizens, we believe we can make a significant difference by working together."

You can also contact the Kentucky State Police in London on the internet and download a reporting form at: www.kentuckystatepolice.org or www.kentuckystatepolice.org/posts/post11.htm all information can remain anonymous.

Imported pine cone products recalled

State officials urge Kentucky consumers to be on the lookout for imported pine cone products that are infested with a wood-boring pest.

The federal Animal and Plant Health Inspection Service (APHIS) issued a limited recall on the products Dec. 5 and expanded the recall nationwide on Dec. 12.

The decorative products, which are mixed with pine cones imported from India, are infested with long-horned beetles that feed on pine cones, lowering seed production, according to APHIS. Two species of beetles have been discovered in nine states, including West Virginia. John Cotton, director of the Kentucky Department of Agriculture's Division of Value-Added Wood, said the pest has not reached Kentucky to the knowledge of the state Division of Forestry. Cotton is working with state forestry officials to monitor the situation.

"We lost approximately 100 million board-feet of pine to the Southern pine borer beetle between 2000 and 2002," Cotton said. "That pest caused fire hazards and environmental damage as well as economic loss. This beetle has caused significant damage to pines in India and has the potential to harm our conifer forests, Christmas tree farms and ornamental plant nurseries."

Retailers and consumers can help prevent a potentially devastating infestation.

Signs of infestation in pine cone products include exit holes in the cone, a sawdust-like material balled frass or egg sacs in the crevices between the scales of the pine cones.

APHIS officials urge consumers to either return the contaminated

products to the stores where they were purchased or dispose of them properly. Infested products should be double-bagged, tied securely, and either frozen for two days or disposed of in the trash. The recall applies to infested pine cones sold in Target, Wal-Mart, JoAnn Fabrics, Lowe's, Dollar Tree, Safeway Frank's Nursery, and K-mart stores nationwide.

The UPC numbers for the affected products are: 009134052930, 024709122182, 071716018702, 076001708344, 076001708337, 076001708269, 076001708245, 076001708252, 076001707415, 076001707408, 076001707422, 076001708309, 076001708320, 076001708559, 076001708542, 076001708560, 076001708566, 643727307450, 721366827680, 750197869675, and 82621400241.

Similar items that do not bear a listed UPC code are not affected by the recall.

Consumers who purchase a product with a matching UPC code are asked to notify the Kentucky Department of Agriculture at (502) 564-4983 or the Kentucky Division of Forestry at (502) 564-4498 so appropriate agencies can be notified. Consumers are at no fault or risk. Please be prepared to give contact information and the store where you purchased the product. Neither the Kentucky Department of Agriculture nor the Kentucky Division of Forestry is responsible for reimbursement of any contaminated product that you may have purchased.

Happy Holidays!!!

Best Wishes

from the
Signal Staff

For God so loved the world that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life

John 3:16

Our thanks for the many kindnesses you've shown us through the year. We join with you in praying for a world filled with peace and joy.

Young's Pharmacy
Main St. Mt. Vernon Ph. 256-4613

Pharmacists Joe and Tim Young
Trish Harmon, Sandy Durham, Lisa Hayes,
Scott Barnes, Renee Barnes, Shirley Cromer,
Tara Burton, Ashlee Jones, Tracy King, Alma Hoggard.

SEASONS Greetings



James, DeeAnn and Austin Miller

from
Rockcastle Jailer James Miller
& Rockcastle Detention Center staff

Asst. Jailer Howard Haddix, Chief Wilmer Robinson, Class D Coordinator Jennifer Mason, Transport Officer Bill Lawrence, Major John Guilfoil, Chief John Adams, Chief Elmer Robbins, Chief Investigator Charles Gray and Deputies Renee Barron, Jake Adams, Becky Mink, Scottie McFerron, Rissie Ballinger, Mammie Vickers, Stephanie Krajca, Sharon Brown, Ernie Graves, Vickey Bingham and Donnie Barnett



Delivering Our Thanks

We're ho-ho-hoping a bundle of good news and glad tidings lands in your mailbox during the holiday season.

We appreciate your loyal readership.

Mount Vernon Signal

*James and Perlina Anderkin, Richard Anderkin,
Spencer and Paige Benge
Jimmy Perrin*

The perfect stocking stuffer for Christmas

Each Christmas, the hustle and bustle of finding the right gift, getting them wrapped, delivering them to the right people or hiding them from prying eyes amplifies. One of the Christmas time tasks is to find a small, affordable and useful gift for a stocking stuffer.

A hunting or fishing license is easily purchased and fits perfectly into a stocking for a family member who likes to hunt or fish.

Unlike a tie, socks, gloves or a scarf, this is something they would purchase for themselves. These licenses provide a tremendous bang for the buck. A fishing license is good for 365 days a year and a hunting license may be used during any open hunting season. The price per day for a fishing license is just under a nickel and a combination hunting and fishing license costs just over six cents a day. For those over 65, the daily cost for all fishing and hunting opportunities is barely over a penny per day.

There are many different options for buying a license. Those on your shopping list who turkey hunt, deer hunt, waterfowl hunt, fish, dove hunt and rabbit hunt may be best served by the sportsman's license. This license includes all licenses and permits, except the federal waterfowl stamp, bonus deer and WMA user permits for hunting and fishing in Kentucky. A combination hunting and fishing license saves considerable money, more than \$35, opposed to being purchased separately.

Licenses are available at most county clerk offices throughout Kentucky. Stores that specialize in sporting goods or a department store that has a sporting-goods section can sell licenses. Tackle and bait shops usually sell licenses.

You can also buy licenses without ever leaving your home. You may log on to fw.ky.gov and purchase all your licenses on-line with a credit card. Or, you may pick up the phone and call (877) 598-2401 and use your credit card to buy Kentucky licenses through Bass Pro Shops.

While thinking of all of those gift licenses to buy for Christmas, don't forget to buy one for yourself. The license year runs from March 1 through February 28 and the spring fishing season will be here before you know it.

Local student attends WKU Super Saturday

More than 550 first- through sixth-graders participated in Fall Super Saturdays sponsored by The Center for Gifted Studies at Western Kentucky University.

The 43 hands-on, minds-on enrichment classes encouraged children to explore their interests in a challenging, yet nurturing environment. Children from 45 school districts in Kentucky and Tennessee (plus six private schools, two Catholic dioceses and home schools) attended the two-hour classes for five Saturdays in October and November. Hundreds of parents attended the Parent Seminars to learn more about the needs of their children.

Participants from Rockcastle County included: Megan Martin of Mt. Vernon, a student at Mt. Vernon Elementary School whose parents are Grant and April Martin.

Winter Super Saturdays will be Jan. 31-Feb. 28. For information, contact The Center for Gifted Studies at (270) 745-6323, by email at gifted@wku.edu or visit the Center's webpage at www.wku.edu/gifted



Benny Lou York, Renfro Valley entertainer and WRVX personality, read "The Night Before Christmas" at the December PTA meeting at Broadhead Elementary. The students led a sing-a-long of Christmas carols and hot chocolate was served. Santa Claus (Pete Stamper) came by to greet the kids and hand out candy canes.



Best Wishes from the Signal Staff

Subscribe to the *Signal*

Temperatures above normal in November

November 2003 saw both the National Weather Service Office near Jackson and the London Corbin Airport end up with temperatures over three degrees above normal. In fact, Jackson was over four degrees above normal and also established the warmest November temperature ever recorded since the Weather Office opened in 1981. Even though Jackson saw a very warm November, it only ranked 6th on the warmest November list, well behind November 2001. London and Jackson got back on track with normal precipitation. Jackson has seen wetter than normal conditions six out of the last eight months, while London has only been drier than normal one month since April. From April 1st through November 30th, Jackson is 6.28 inches wetter than normal, while London is an incredible 17.52 inches above normal.

The National Weather Service Office near Jackson ended November 2003 with average temperature of 51.8 degrees, which is 4.1 degrees above normal. The average daily high was 61.1 degrees, and the average daily low was 42.5 degrees. The highest temperature for November 2003 was 82 degrees, which occurred on the 4th and is also the warmest November temperature on record. The lowest temperature from last month was 24 degrees which happened on the 25th. Daily record high temperatures were also recorded on the 2nd and 3rd with readings of 81 degrees on both days. Three Maximum low temperature records were also set in November 2003 on the 4th, 5th and 18th, with readings of 58, 61 and 57 degrees, respectively. No record low temperatures were set or tied at Jackson.

At the London-Corbin Airport, the average temperature for November 2003 was 50.4 degrees, which was 3.5 degrees above normal. The average daily high was 61.4 degrees, and the average daily low was 39.3 degrees. The highest temperature for

the month was 80 degrees, which happened on the 2nd and 4th. The lowest temperature was 22 degrees and occurred on the 25th. No high or low temperature records were set or tied at London last month. Although there were two maximum low temperature records established, with readings of 54 degrees on the 12th, and 56 degrees on the 18th.

The Jackson Weather office received 5.49 inches of precipitation in November 2003, which is 1.29 inches above normal. There were 14 days when a trace or more of precipitation fell, and 4 days when at least one half inch of rain was recorded. There was one day when more than one inch of rain fell. That day was with 5th of November, with 1.56 inches of rain fell, which established a new daily precipitation record for that day.

Through November 30th, Jackson has received 51.22 inches of precipitation for the year, which is already above the annual normal. Jackson typically receives 49.38 inches per year. The first measurable snow occurred at Jackson last month, when 0.3 inches of snow fell at the Jackson Weather Office.

The London Corbin Airport recorded 4.87 inches of precipitation in November 2003, which is 0.97 inches above normal. There were 13 days when a trace or more of precipitation fell. There were 11 days when a hundredth of an inch or more of rain was recorded, and 9 days when a tenth of an inch or more fell. There were 4 days when at least one half inch of rain was recorded and one day when more than one inch of rain fell. The greatest daily amount was 1.14 inches, which occurred on the 5th. No precipitation records were set or tied at London last month.

Weather records at the National Weather Service near Jackson, KY date back to January 1st, 1981, while records for the London Corbin airport began on the 11th of November, 1954.

Happy Holidays

Warm wishes to all of you for a joyous holiday season
Many thanks for your continued patronage

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Closing at Noon Christmas Eve • Closed Christmas Day • Closed New Year's Day



Mt. Vernon Lions Club holds awards banquet



Mt. Vernon Lions Club held their regular meeting and special awards banquet December 4th. Above, president David DeBoard presents the Lions Club Business Owner of the Year to Roy Martin. He was nominated by all Lions Club members.



District vice-governor Cledith Thacker, right, presents president David DeBoard the "Lion of the Year" award.



Barbara Thacker was the first lady "Lion" Club member.



David DeBoard presents Bill Dowell with an award for helping with vision screening.



David DeBoard presents Bobby Kendrick with an award from Carquest for taking care of a cemetery.



Ruth Ann DeBoard, wife of David DeBoard, is one of the newest female members of the Lions Club. Pam Martin and Peggy Foster are also new members.



David DeBoard presents Steve Still with an award for helping with vision screening. Not pictured was vision screener Clyde Burdette.



Lion Alfred McNew, right, received an award for being a past president and also David DeBoard's assistant.



David DeBoard presents Mike DeBora with an award for helping with vision screening.

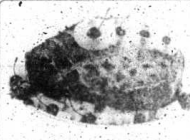


David DeBoard presents William Foster with an award for helping with vision screening.

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Kraft Miracle Whip or Mayonnaise
1.99

16 oz. Sel. Var. Ocean Spray
Cranberry Sauce
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6 oz. Planters
Pecan Halves or Pieces
2.99

6 oz.
Shurfine Graham Pie Crust
99¢

20 oz. Ass. Var.
Dole Pineapple
99¢

7 oz.
Jet-Puffed Marshmallow Creme
99¢

14 oz. Carnation
Sweetened Condensed Milk
1.59

6 oz. Ass. Var.
Stove Top Stuffing
99¢

10.75 oz.
Campbell's Soups
79¢

12 oz. Ass. Var.
Helen's Gravy
1.29
16 oz. Ass. Var. Blind Eye
Frozen Veggies
1.29

18 oz. 30-32
Pet Ritz Pie Shells
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24 hour Notice Please!
Turkey Dinner
2 Lb. Cole Slaw, 2 Lb. Mashed Potatoes
2 Lb. Dressing, 12 Dinner Rolls
Pumpkin Pie
39.99

24 hour Notice Please!
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2 Lb. Mashed Potatoes, 12 Dinner Rolls
Pumpkin Pie
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How to survive holiday hazards

The holiday season, despite its reputation as a time of good cheer and well-being, can have many hidden dangers. Anthony Greenleaf, author of **THE BOOK OF SURVIVAL** (Hatherleigh Press, \$15.95), has these tips for making it safely through the holidays:

Fire
Tree lights can overheat a flammable decoration or a candle can slip sideways (a good reason not to use candles).

If a fire does start, pull out the plug of the tree lights before you do anything else. Unlike as it seems, water hitting a live electric wire could throw a lethal shock back at you. Use water only if it's not possible to smother the blaze with a rug or a piece of clothing.

If the fire is out of control, get everyone outside. Close windows and doors so drafts won't fan the flames, and phone 911.

Poisoning
Holly berries, are, unfortunately, attractive to children and can have dire effects when eaten.

If a child doubles up with violent stomach pains and starts vomiting, suspect the worst. Take him straight to the nearest hospital.

If only a few berries have been swallowed and there is no hospital nearby, make the child drink lots of water or milk while a doctor is called.

Choking
The risk of choking to death on your food is greatest during the festive season, when alcohol can blur judgement and slow reflexes.

Quick thinking is vital. There are only four minutes, in which to save the casualty's life.

Choking is so frequently mistaken for a heart attack that it has become known in America as the "cave coronary." If the casualty cannot speak, it's safe to assume they are choking. In fact, in most cases an individual who is choking will be completely silent.

First, remove any false teeth. Then bend the casualty over with the head lower than the legs. Snack sharply between the shoulder blades with the heel of your hand, repeating several times if necessary.

The last resort—because of the possible danger it causes to internal organs—involves applying sudden sharp pressure with a bear hug from behind to the upper part of the abdomen.

Gifts
Heavy baggage, laden with gifts, is always a problem for families on the move during the holiday season.

The strain of shifting heavy luggage can cause any number of problems, from pulled muscles to heart attacks.

In fact, it's NOT the weight but the way you carry it that makes the difference. Many people, for example, don't know how to properly swap suitcases from one hand to the other. Struggling to cross over arms is the wrong way. Instead, face the opposite way to the one in which you are walking before you put the suitcases down. Lower them to the ground, rub your wrists to restore circulation, then turn around to face the way you are heading. Pick up the cases—and you will have changed hands without effort.

Turkey
Taking a 20 pound bird out of the oven could put between 200 to 300 pounds of extra pressure on the lumbar spine (lower back). That's the equivalent of two bags of cement.

The secret is to keep the turkey close to your body. Go down on one knee when you pull the turkey from the oven. Before you actually lift, actively set your back muscles, then raise your head, back in your chin and neck. Keep your knees apart to keep the load close to you, and use your leg muscles to help lift.



The One Voice crew and John and Sandy Hensley from the 11th Annual Singing at the Holler Christmas Party would like to thank the Rockcastle High School V-Club for their drive and donations. The Christmas party was a success with 288 present. In the photo above are, front row: Caleb Wright. Second row from left: John and Sandy Hensley, Rhonda Bray and Joama Allen. Back row from left: Greg Bullock, Linden Stocker, Dennis Bray and Rodney Wright.

Yards to Paradise

By Max Phelps
Don't Let the Cold Stop Outdoor Entertaining

If you have grown fond of spending time outdoors but don't enjoy the cold, if you are tired of raking leaves, if you miss the green everywhere, here are a few ideas to encourage you back outdoors.

For a stroll you need a path and if you are a regular reader of this column, you probably have one already. But, if not, stroll around the yard anyway. Maybe some ideas for a meandering walkway will come to mind. You know, good exercise, a chance to appreciate nature, a healthy lawn mowing, and certainly more privacy than walking down the street.

Seating is recommended. For the notion to pause and enjoy, or share a moment with a friend or loved one, it'd be a shame to miss the moment for lack of a place to sit, a spell.

For the colder days, a chimenea on the patio, an outdoor fireplace or oven (even a bonfire pit), may enable you to turn off the shivers and create special moments with your sweetie or to entertain guests outdoors. A place to grill, roast hotdogs or marshmallows would be very welcome at this time of year.

Evergreen trees and shrubbery can be wonderful to look at anytime; but for sure on cold gray days, And,

you'd be surprised how efficient some well placed hedge plants or trees are at keeping the howling winds away from your outdoor area. Hemlock, fir, spruce, pine trees come to mind.

Water always adds to a yard. Be it a hot tub, a stream, or a man-made waterfall. Not only will you enjoy water, so will your dogs and cats and neighborhood squirrels and birds.

While a shady spot is the place for outdoor seating in summer, a chair in the sun may be the missing ingredient to wintertime enjoyment of your yard. I might add, no chair is more comfortable than an Adirondack chair; you may find yourself taking a catnap while sunning!

Outdoor patios and "rooms" extend the size of the home. You get a lot of new useful "floor space" for a lot fewer dollars than building a room onto the house. (And usually you don't need a building permit either.)

Please feel free to share your own ideas. E-mail: max@rockcastle.com and receive personal attention. Or maybe you would like to suggest some future topics for everyone to enjoy?

To all you folks who just gotta stay in where it's air conditioned in summer now's your chance to enjoy your yard!

Holidays are a time for safe celebrating

Holidays are a time for celebrations and a time for joy. Shoppers, travelers, and partygoers crowd the highways eager to join in the festive season. Sadly, the heavy traffic also brings a rise in accidents, injuries, and fatalities.

Too often accidents are the result of drivers being under the influence of alcohol or drugs. The National Highway Traffic Safety Administration reports that traffic fatalities in alcohol-related crashes rose slightly by 0.1 percent from 17,400 in 2001 to 17,419 in 2002. The 17,419 alcohol-related fatalities in 2002 account for 41 percent of total traffic fatalities for the year, representing a 2 percent reduction from the 18,290 alcohol-related fatalities reported in 1992 or 47 percent of the total.

Below is some of the National Highway Traffic Safety Administration's 2002 data on traffic accidents involving alcohol.

- An alcohol-related motor vehicle crash kills someone every 30 minutes, and non-fatally injures someone every two minutes.
- After more than a decade of declining rates in alcohol-related fatal crashes, rates have begun to climb. Since 1999, rates have increased slightly by 4 percent to 10 percent for all age groups except those ages 16-17.

- Alcohol was involved in 31 percent of fatal crashes and in 9 percent of all crashes in 2002.

In addition, below are some more facts about impaired driving from the National Institute of Alcohol Abuse and Alcoholism:

- Alcohol-related car crashes are the number one killer of teenagers in the U.S.

- A driver of an automobile makes more decisions driving one mile than a pilot of a 747 flying coast to coast.

- A person who drinks until they are ruled impaired will have alcohol in their blood for seven hours.

- The withdrawal effects of a person who drinks heavy on weekends can last through Monday and Tuesday.

Many organizations are working hard to prevent harm and provide safe, happy, healthy holidays. For instance, the Kentucky Mothers Against Drunk Driving chapter is gearing up for safer holidays by promoting its "Tie One On!" holiday campaign. MADD red ribbons are available at the Frankfort State Office for people to pick up and tie on

their cars to promote safe, alcohol-free driving.

Mike Riley, MADD state victory assistant coordinator, is proud of the December 6 Candlelight Vigil taking place at the Capitol. "It is an incredible opportunity for victims of drunk drivers to fellowship and grieve together," Riley says. "It is a busy time of the year for MADD, which offers tips; alcohol-free celebrating tips; including recipes for "mocktails"; non-alcoholic drinks; and prevention information for holidays year-round.

With DVDs, board games, and video games there are activities that encourage adults and children to stay at home. Many parties feature non-alcoholic drinks and flavored coffee and teas. The holidays are becoming a time to create new traditions.

Unfortunately, there are still some people who think that a gathering isn't complete without alcohol. Most people are getting the message that alcohol doesn't have to be the mainstay of a celebration, especially with the change in the DUI law which says that a blood alcohol level of .08 indicates illegal intoxication, according to Karyn Haezel, acting director of the Division of Substance Abuse in the Department of Mental Health and Mental Retardation Services.

Following are some of the physical effects that alcohol consumption may have on a person according to the National Institute of Alcohol Abuse and Alcoholism:

- Double vision, slurred speech, and impaired sense of distance, causing poor judgment calls when behind the wheel.
- Narrowing of the field of vision and decreased peripheral vision such as steering and braking which may occur even at very low alcohol blood alcohol concentrations.
- Inability to concentrate on two activities simultaneously such as steering and braking which may occur even at very low alcohol blood alcohol concentrations.

For more information about substance abuse, visit <http://www.niaaa.nih.gov/> or <http://mhmr.chs.ky.gov/sa/>.

Classified deadline is Noon Tuesday

Walking shown to reduce Diabetes risk

American Diabetes Month has brought to light some disheartening statistics about America's health. Of the over 17 million Americans afflicted with diabetes, over 90 percent from the type 2 form of the disease, which is highly associated with obesity and a sedentary lifestyle.

Researchers have found that being overweight can interfere with the body's ability to properly use insulin, leading to the development of this potentially deadly disease.

Despite soaring diabetes rates, there is an important step that people can take to lower their risk of developing the disease: exercise.

According to Andrew Flach, author of **WALK THE WEIGHT AWAY!** (Healthy Living Books, 2003), an eight-week workbook-based walking program, walking is the perfect form of exercise for people worried about their risk of developing diabetes.

He points out an article in the October 1 issue of the American Journal of Epidemiology, that states that physical activity can reduce the risk of developing diabetes, regardless of a person's weight.

Subjects in the study who started a routine of brisk walking for 30 min-

utes a day were less likely to develop type 2 diabetes than those who were sedentary.

"This report reinforces the need for people to get moving," says Flach. "They mention walking specifically because it's one of the easiest forms of exercise around—we've been walking since we were small."

Flach points out some other reasons why walking might be right for those at risk for developing type 2 diabetes: "Many people who know that they need to get in shape and lose some weight are afraid to join a gym—they're embarrassed about their physical condition."

The great thing about walking is that you can do it anywhere. You don't need to join a gym or buy expensive equipment. You can walk alone or with like-minded friends.

He goes on to offer this tip for people who want to start walking for health: "The best way to get started and stay motivated is to join a walking group. Get some friends together, or check at a local church or community center for existing groups. Chances are, there will be plenty of people in your community with similar concerns."



Joyous Noel

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Nine secrets to help you achieve your New Year's resolutions

By Bill Deuse
It's that time of year where many people list New Year's Resolutions. Most people list a whole host of New Year's Resolutions with high hopes and aspirations to get them done in the coming year. Yet, studies have shown that the average person abandons his or her resolutions within 6 weeks. The feelings of failure and disappointment resulting from not completing your resolutions do not even occur. In fact, if you follow the following 9 steps, you will not only feel better about yourself, but you will see the personal rewards of actually accomplishing your New Year's Resolutions this year.

1. Turn your Resolutions into future goals. Set positive goals that represent future accomplishments, as opposed to referring to the past or being negative. For example: set the goal of reaching a weight of 158 pounds, as opposed to I will stop gaining weight. Another example would be: set the goal of getting your ideal income position, as opposed to: I will stop complaining about my job.

2. Set goals that have an unmistakable target. You want your goals to be clearly defined so you will know exactly when they have been accomplished. Avoid open ended or vague goals. For example: set the goal of being free from smoking for 100 consecutive days, as opposed to I will stop smoking.

3. Set goals that mean the most to YOU. Make your goals very personal and very valuable to you when achieved. Set goals that have the highest personal priority to you. Avoid setting goals to please others or because you feel you should. Goals set to appease others are really tasks and are best left off your resolutions list.

4. Commit yourself to achieving your goals. If you are not committed to achieving a goal, drop it. If a goal is not worthy of your full commitment, it is not worth the bother. Dropping a goal because you are not committed is not a failure or a reason to be disappointed. It is a very practical and responsible thing to do. You will release more energy and time to accomplish the more important goals you ARE committed to.

5. Grow your goals into two groups.
A. Group A includes goals that require you to improve and grow as a person to achieve them. Some examples would be: improve as a leader to direct your team to a 75% growth, or Discover and get your ideal income position where you "Go to Play" every day, or Organize your life to attend all of your sons baseball games.

B. Group B includes goals that do not require you to improve or grow as a person to achieve them. These are goals that are external to your personal growth, but can still be important. Some examples would be: Complete your tax returns by March 30, or build a personal web site by

August 15, or have the house painted by September 3.

6. Connect with someone you trust to accomplish Group A Goals. Growing and improving, as a person is not a self-help process. You will need assistance from another person to achieve your goals in Group A, but not just any person will do. Get the best assistance you can find by connecting with a partner who will care enough about you to be objective, who you trust enough to reveal your struggles to find positive solutions, and who respects you enough to constantly keep you accountable to assist you to accomplish your goals in Group A. By having such a strong partnership, you will be virtually assured of achieving these goals.

7. Consider (very strongly) in getting expert help to accomplish the goals in Group B. Since you are not required to change or improve as a person to accomplish the goals in Group B, you may want to have experts accomplish them for you, and probably do it better than you would. Remember it is the completion of the goals in Group B that counts, not that YOU have personally accomplished them. If one of your goals is to paint the house, you might consider hiring an expert house painter to paint the house for you, so you can focus on your goals that need your personal involvement (like those in Group A).

8. Personally celebrate the achievement of each goal. Rejoice with someone who cares about you and who understands the importance of each goal. Do so immediately when the goal has been completed. Your goals mean a lot to you and you want to maximize the rewards and feelings of accomplishment when each are completed. For example, celebrate 60 smoke free days by treating yourself to a fine meal with someone you celebrate what it meant to you; celebrate the painting of your house with a house party, even though it was done by your expert house painter.

9. Feel free to add new goals to your list. You will want to add new goals (resolutions) as you complete old ones, or you will want to adjust the goals you have to meet new circumstances. Why wait until the beginning of each year to plan and achieve your most important achievements? Make goal settings and achievements a year round successful and enjoyable process.

This year, have fun with your New Year's Resolutions and enjoy the rewards of actually achieving them.
Provided as an educational service by Bill Deuse of The Coach Connection, where "connecting great people with great coaches" is their goal. You may receive a free copy of the article "The Ten Paths to Human Improvement" by contacting The Coach Connection at 800-887-7214 or 239-491-1777, or coaches@findyourcoach.com, or www.findyourcoach.com/00-career-coach.htm.



At the November 20th meeting of the Lions-Club district vice-governor Cleo Thacker, at right, welcomes district governor Jack Conte, left, of Richmond and the Lions Club International, to his first visit to Mt. Vernon since he took office as governor. Also at this meeting he presented a very prestigious award to president David DeBoard, below, the 100% President's Pin. He was nominated by Thacker and other Lions Club members for the award. DeBoard would like to thank all the members who were involved in nominating him for this award. "It has been a special and honorable time of my life to be able to help our kids and our community in every way possible. I have more in trying to serve our community. With your help and support we will be able to follow through because our motto is 'we serve.'" DeBoard said.



Holiday season deadliest for impaired driving fatalities

With more people expected to travel on America's highways during this extended holiday season, this week could be one of the deadliest periods ever for impaired driving fatalities. To protect Kentucky families during this holiday period, the Kentucky State Police will support efforts to protect citizens from impaired drivers.

Motorist will see an increase in the presence of traffic checkpoints throughout the holiday period in an attempt to keep the intoxicated driver off the highway. These checkpoints are utilized to enforce laws relating to the operation of a motor vehicle while under the influence of intoxicants, licensing of drivers, registration of motor vehicles, and motor vehicle equipment safety. Other violation of suspected violations of state law observed at the checkpoint will be investigated and enforced. The determination of where and when a traffic checkpoint will be held will bear a relationship to a public safety

or traffic-violation problem, which has been experienced or is anticipated in a particular location. Traffic checkpoints will be established on roadways with clear visibility in all directions of travel.

There will be no warnings! Our message is simple - You Drink and Drive. You Lose. Violators can lose their licenses, time from their jobs, and lose money in high fines and court costs as well as possibly face imprisonment for repeat offenses, assault and vehicular manslaughter. Refuse a blood alcohol concentration test and you can face more severe penalties. You'll be spending your money on bail and towing fees instead of holiday gifts.

After a decade of gradual success, fatalities in alcohol-related crashes have not significantly improved nationally in the last three years. The National Highway Traffic Safety Administration (NHTSA) estimates that alcohol-related fatalities rose slightly

(Cont. to D6)

Holiday Season not a time of joy for some

There are millions of people in America that aren't exactly looking forward to the Holiday Season. These are people that have an addiction to drugs or alcohol.

Drug and alcohol addiction affects everyone in one way or another, whether as an addict, a friend or family member, or an everyday citizen that is charged with carrying some of the burden through tax dollars. Without a doubt addiction is the world's number one health problem, and is the underlying cause for many other societal ills, including accidents, diseases, abuse and other criminal activities.

Guilt is a major component in the life cycle of addiction. Most addicts are basically good people before they become addicts and have some sense of right and wrong with no intention of hurting others. As they become dependent on the chemical, they begin experiencing situations where they are doing and saying things they know deep down aren't right. They begin to lose their ability to control themselves. They become trapped in a vicious circle of using drugs, lying about it, stealing to support more drug use and at each turn the addict is accumulating memories of each these negative incidents.

The addict commits a negative action and he records a memory of that moment, which includes whom ever he was involved with at the time. The addict knows these negative actions are wrong and so feels bad about them after the fact. These memories of guilt can get triggered in the present or future when he sees the people and places that were involved when the transgressions were committed in and feels bad about it.

In time these transgressions are committed more and more often and the people in the addict's life where these transgressions have occurred become "triggers" of the dishonest act or deed. The people, family members, loved ones and friend's appear-

ance to the addict triggers the guilt. Family or friends don't necessarily have to say a word to the addict; just the sight of them can trigger the guilt.

To avoid these unpleasant guilt feelings, the addict will use more drugs to insulate himself from the guilt. Addicts will also begin to withdraw more and more from friends and family as the transgressions committed increase in number. They will eventually pull away from the family, exclude themselves and/or become antagonistic towards those they love.

This is a scene that is far too often played out during the Holiday Season, which is when families often reunite. The display of negative emotions and the guilt from the past transgressions typically drives addicts to use drugs heavily during or directly after time spent with family, attempting to chase away the guilt.

According to Luke Catton, President of Narconon Arrowhead, "We see a substantial increase in number of people reaching for help this time of year and during the immediate weeks after the Holidays. We have experienced counselors, many of whom have overcome an addiction themselves, that can now effectively help others do the same."

As the coming weeks unfold, we will look at many of the factors of substance abuse and how this time of year has an impact, and visa versa.

Narconon Arrowhead is one of the nation's largest and most successful residential drug and alcohol rehabilitation centers and uses the drug-free social education methodology developed by American author and humanist L. Ron Hubbard, achieving a success rate many times higher than the national average.

To get help for a loved one battling the dwindling spiral of drug or alcohol addiction, contact Narconon Arrowhead today. Log on to www.stopaddiction.com or call 1-800-468-6933. Drug addiction can be overcome.

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\$10/Session *****

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Happy Holidays!

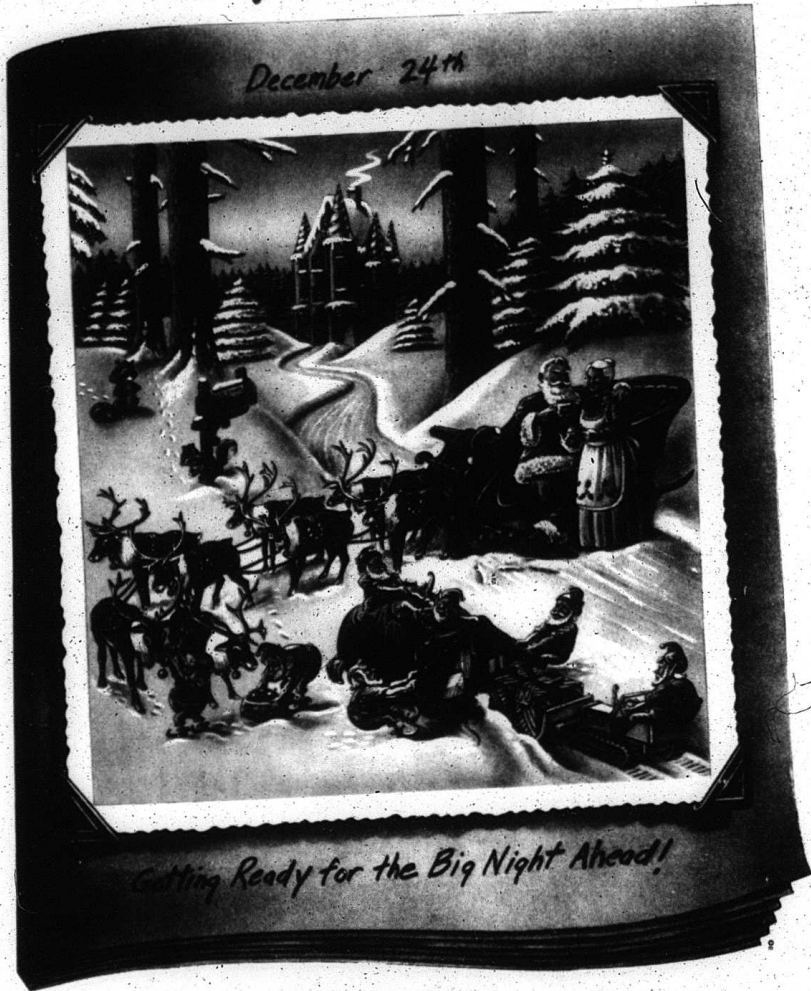
from your friends in the

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Merry Christmas



May all your holiday memories be cherished.

Merry Christmas and thanks.

from the staff of

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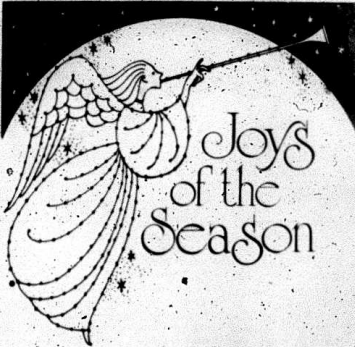
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Holiday cooking tips

The holiday season is near and presents a number of food safety challenges for those preparing, storing, handling, transporting and serving foods.

While Americans enjoy a safe food system, each year some Kentucky families experience illness from their holiday meal, especially persons at the highest risk of being affected by foodborne illness - the elderly, children, and individuals with weakened immune systems, including pregnant women.

Food is a common feature for most American holiday celebrations and the Cabinet for Health Services' Food Safety Branch is providing food safety tips to assure safe holiday meals. They are:

Clean: Wash hands and food-contact surfaces often. Bacteria can spread throughout the kitchen and get onto cutting boards, knives, sponges, and counter tops.

Separate: Don't cross-contaminate - don't let bacteria spread from one food product to another. This is especially true for raw meat, poultry and seafood. Keep these foods and their juices away from ready-to-eat foods.

Cook: Cook to proper temperatures. Foods are properly cooked when they are heated for a long enough time and at a high enough temperature to kill the harmful bacteria that cause foodborne illness.

Chill: Refrigerate promptly. Refrigerate foods quickly because cold temperatures keep most harmful bacteria from growing and multiplying. Refrigerators should be set at 40 degrees F and the freezer at 0 degrees F, and the accuracy of the settings should be checked occasionally with a thermometer. Pot-luck dishes are common during the holiday season and care should be taken to ensure that foods are transported and held to assure cold foods remain cold and cooked foods remain hot.

Baked goods: FDA advises consumers not to eat uncooked cookie dough, homemade or commercial, or batters made with raw fresh eggs because raw fresh eggs may contain bacteria that can cause an intestinal infection called salmonellosis. Thorough cooking kills the bacteria that cause the infection.

Egg Nog: Traditional eggnog made with raw eggs also presents the same risk to consumers - salmonellosis. While cooking can destroy the disease-causing bacteria, consumers can still become ill when the eggnog is left at room temperature for several hours before being consumed. Safe alternatives are pasteurized eggnog beverages sold in grocery dairy cases; these products should also be kept refrigerated.

Apple cider and other juices: Apple cider is often served during the holiday season. Most apple-cider and juices are pasteurized or otherwise treated to destroy harmful bacteria. Treated juice is shelf-stable.

Unpasteurized cider or juice must have this warning on the label: **WARNING:** This product has not been pasteurized and therefore, may contain harmful bacteria that can cause serious illness in children, the elderly, and persons with weakened

immune systems. Turkey: Thawing the turkey completely before cooking is necessary to reduce the risk of foodborne illness. If a turkey is not properly thawed, the outside of the turkey will be done before the inside, and the inside will not be hot enough to destroy disease-causing bacteria. Allow the correct amount of time to properly thaw and cook a whole turkey. For example, a 20-pound turkey needs two to three days to thaw completely when thawed in the refrigerator at a temperature of no more than 40 degrees F. A stuffed turkey needs 4 to 5 hours to cook completely.

To check a stuffed turkey to see if it is fully cooked, insert a food thermometer into the inner thigh area just above the breast of the turkey but not touching bone. The turkey is fully cooked when the internal temperature reaches 180 degrees F and the stuffing reaches 165 degrees F. The turkey should be held at 140 degrees F until served.

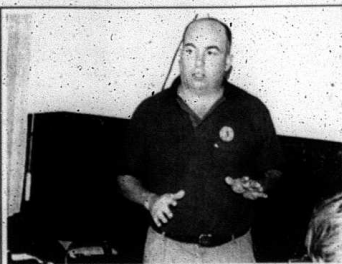
All raw fruits and vegetables must be thoroughly washed prior to preparation and serving. Unclean hands are often the sources of food contamination - wash hands often and thoroughly.

Leftover turkey and stuffing should be stored separately in shallow dishes or platters. To reheat turkey or serve in a hot dish, rapidly heat to an internal temperature of 165 degrees F, assuring it is heated thoroughly.

Oysters and Seafood: Be sure to cook oysters thoroughly at home or have them cooked thoroughly when eating out. Buy only fresh seafood that is refrigerated or properly iced. Always cook fish thoroughly. Cooking fish until it is opaque and flaky helps destroy any bacteria that may be present. People with liver disorders or weakened immune systems are especially at risk for becoming ill and should avoid eating raw oysters or shellfish.

Mail-order food gifts: Care should be taken with mail-order food gifts which can include meat, poultry, fish and other perishables like cheese, fruit, and chocolate. The gift giver should alert the recipient to the pending arrival of the food gift; the recipient should open the package immediately to make sure that, foods requiring refrigeration arrives in a chilled state.

Additional food safety information for consumers is available through the Food Safety Branch at 502-564-7181 or your local health department.



Staff Sgt. David Owens was the guest speaker at the last Kiwanis Club meeting. He stressed the importance of preserving our Civil War burial sites. He also showed and explained many war uniforms and accessories. He asked for any help anyone can give on un-documented Civil War grave sites. Phone 256-9870 if you have any information. Below he is shown at the Burr Hill grave site of Capt. Lewis Myers of Co. 'G'.



Email News to mvsignal@sun-spot.com

Do You Know?

Winter Weather Definitions

When you listen to a typical forecast, and you hear that there is a chance of snow, do you know what the National Weather Service (NWS) is saying? This is a guide that explains the different winter weather terms used by the NWS.

The word snow in a NWS forecast, without a qualifying word such as occasional or intermittent, means that the fall of snow will be of a steady nature, and will probably continue for several hours without letup. Accumulations will be fairly uniform over a wide area, and the expected accumulations will be given in the forecast.

Snow flurries are defined as snow falling for short durations at intermittent periods. Although visibility may be reduced at times, any accumulations will be small, thus accumulations will not be mentioned in the forecast.

Snow showers and snow squalls are brief, intense falls of snow and are comparable to summer rain showers. Squalls are accompanied by gusty surface winds. Accumulations will vary greatly from one area to another, just as summer thunderstorms will drop significant rain in one area, and bypass others. Accumulations will be an average expected for the area, with higher amounts very possible.

Blowing and drifting snow generally occur together and result from strong winds and falling snow, or loose snow on the ground. Blowing snow is defined as snow lifted from the surface by the wind and blown about to a degree that horizontal visibility is greatly restricted. Drifting snow is used to indicate that strong winds will blow the snow into significant drifts.

Blizzards are the most dramatic and perilous of all winter storms, characterized by strong winds of at least 35 miles an hour, bearing blowing snow that will be reducing visibility to less than 1/4 mile for at least 3 hours. This can be new snow, or snow already on the ground being picked up by the strong winds.

Freezing rain or freezing drizzle is rain or drizzle occurring when surface temperatures are below freezing. The moisture falls in liquid form, but freezes upon impact, resulting in a

coating of an icy glaze on all exposed objects. This can range from a thin glaze, to ice of several inches thick. A heavy accumulation of ice, especially when accompanied by high winds, devastates trees and transmission lines.

Sleet (ice pellets) can be easily identified as frozen rain drops which bounce when hitting the ground or other objects. Sleet does not stick to trees or power lines, but sleet in sufficient depth does cause hazardous driving conditions.

Any road-icing condition is, extremely hazardous, as most drivers and pedestrians underestimate. Sometimes, precipitation does not occur, yet icing becomes a serious tragedy. Sometimes, the moisture under a heavy fog will freeze on road surfaces, or snow on roadways may become melted with traffic, which then re-freezes as ice, and is polished by the automobile tires, turning the roadway into a veritable skating rink. This condition is known as Black Ice and any driver during the winter season should be on the alert for its development.

When the NWS feels that winter weather will threaten an area, then watches or warnings will be issued. A Winter Storm Watch means that severe winter weather conditions may affect your area. This will include the elements of freezing rain, sleet, or heavy snow, which may occur separately or in combination. A Winter Storm Warning means that severe winter weather conditions are imminent. A Blizzared Warning means that considerable falling and/or blowing snow, and sustained winds of at least 35 miles per hour are expected for several hours.

For more information on winter weather, visit us on the Internet at: NWS-www.nws.noaa.gov (or www.weather.gov) FEMA-www.fema.gov RedCross-www.redcross.org

Best Wishes from the Signal Staff

Seasons Greetings

Merry Christmas & Happy New Year



As we celebrate the joyous holiday season, my deputies and I would like to wish each and everyone a very Merry Christmas. May your days be filled with joy, peace and the best of health.

Merry Christmas and Happy New Year

from
County Clerk Norma Houk
and Deputies Janet Burdine, Tina Gibbs, Becky Smith, Sonya McGuire and Anita Moore

Closed December 24th - 27th and January 1st - 3rd

"Fatalities"

(Cont. from D3)

from 17,490 in 2001 to 17,419 in 2002. An estimated 258,000 persons were injured in crashes where police reported that alcohol was present - an average of one person injured approximately every 2 minutes.

Nine out of 10 Americans who participate in social events where alcohol is served feel that people should use designated drivers. The Kentucky State Police suggests that party hosts include alcohol-free beverages and protein-rich foods, along with reminding guest to plan ahead with the following advice:

Don't risk it - if you plan to drive, don't drink.

Choose a sober designated driver before partying.

Take mass transit, a taxi or ask a friend to drive you home.

Spend the night where the activity is being held.

Report impaired drivers to law enforcement.

Always wear your safety belt - your best defense against an impaired driver.

Studies from the NHTSA show that the majority of Americans consider drunk driving one of the nation's most important social issues, ahead of healthcare, poverty/hunger, racism and education. Nearly 97 percent of Americans view drunk driving as a major threat to the community. As a result, the majority of Americans sup-

port increased use of enforcement efforts, the saturation patrols and sobriety checkpoints to protect innocent victims. Furthermore, two-thirds of Americans also strongly endorse the use of stricter and more severe penalties against drunk drivers.

Last year in Kentucky, there were over 8,000 alcohol/drug-related crashes resulting in nearly 5,800 injuries and 267 fatalities. During last year's 2-week mobilization period, there were 347 alcohol/drug-related collisions, resulting in 227 injuries and 18 deaths on Kentucky's roadways. Through the end of October 2003, we have recorded over 220 alcohol & drug related fatalities, putting us on track to match or surpass last year's total-not something to be proud of. Alcohol related fatalities alone, were up 22% last year over 2002, and nearly 1/3 of the 915 people killed on Kentucky roadways last year were involved in an alcohol/drug related crash.

The You Drink & Drive. You Lose. National Mobilization, launched in December 1999, is a comprehensive impaired driving prevention effort focused on highly visible criminal justice-related efforts to deter impaired driving and is designed for use by States and communities to save lives. Thanks to the tremendous efforts of thousands of devoted public and private partners, more than 150 million Americans have been reached through newspapers, the Internet, and from radio and television broadcasts. For more information about the campaign or fatalities in Kentucky, visit NHTSA's web site at www.nhtsa.dot.gov or www.kentuckystatepolice.org.

Make the Holidays a positive experience

Happy Holidays! While the decorations, songs, and traditions of the holiday season bring images of smiling children, tasty food, and merry gatherings, often we must work at keeping ourselves positive. If we are not careful, peace on earth is sometimes forgotten in long shopping lines. Joy to the world can be lost in congested traffic. Decking the halls can create havoc.

Keeping the true spirit of the holidays is the healthy thing to do, but how?

Following are some tips for coping with holiday depression and grief.

General Holiday Blues
Many people seem to suffer from holiday blues as they struggle with the festive atmosphere surrounding them during the season. Many factors can contribute to feelings such as stress, financial limits, unrealistic expectations, fatigue, and absence of family and friends. There are many demands during this time such as shopping, parties, travel, and houseguests.

It can also be a time of reflection, self-examination, and the unknown future of the New Year.

Here are some suggestions to help keep a positive attitude during the holidays.

- Plan ahead. Much of the stress associated with the season comes with last minute preparations. Take stock of priorities and pace yourself.
- Get plenty of rest. This is a busy time for a lot of people. If you are rested, you will enjoy all the activities more.
- Avoid excessive eating and drinking. Such behaviors will only increase the negative feelings, whether at the moment or the next day.
- Set realistic expectations for yourself and others. The fantasy families we see in the media are not good measuring tools. Be honest about what you can and cannot do. Remember this is a season of holidays, not just one day. Spread activities out over time to decrease the stress and increase the enjoyment.

- Reach out to friends you have not seen for a while. Spend time with people that are supportive and caring. Rekindle those positive relationships.
- Do something different. Create a new tradition. Here is a list of possibilities:

- Do something for someone else. Volunteer with a group that represents your beliefs and serve in some way.
- Dreading the family gathering? Take interest in each of your relatives as you speak to them in a much deeper way than ever before. You

may enjoy them for a change.

- Play and be creative. Do something childlike. Better yet, play with a child. You will find it deeply satisfying.
- Instead of making out a wish list help a child make out a "grateful" list. Encourage thinking of all the things for which the child is grateful and list them on paper.
- Find free activities such as window-shopping, school recitals or community events. The good news is that while most holiday blues may be intense and unsettling, they are usually short-lived. They usually subside after the holiday season is over and daily routines are resumed.

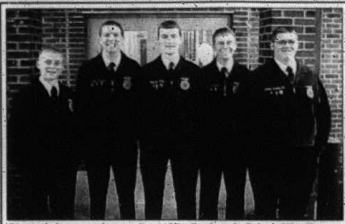
Remember, you may be having a normal response to a stress-filled time of the year, and you don't have to suffer unnecessarily. Find someone to talk with who can help you through this difficult time—a family member, friend, member of the clergy, physician, or professional counselor.

Holiday Depression and Grief
But not all 'holiday blues' are as simple as a reaction to the fast pace of the season. Often intense sadness is felt when someone has recently suffered a significant loss, whether through the death of a person, the loss of a job, or a move that creates distance from friends.

If someone you know is experiencing great difficulty because of a significant loss, here are some coping tips.

- Acknowledge the loss and feelings. It is important to recognize grief as a normal and natural process. Avoiding the fact that someone or something is missing will not eliminate the feelings.
- Find a way to include the memory. Plan some activity that will honor the missing person. This could be as simple as a moment of silence or displaying a picture.
- Do not isolate. It is important to plan ahead and not be alone. Choose safe and comfortable people to be with during the holidays.
- Avoid excessive alcohol consumption. Alcohol and drugs are used as a way of trying to avoid. However, they only increase the negative feelings.

If you or someone you know is coping with feelings of helplessness, hopelessness, or isolation, help is available from anywhere in the state by calling your local community mental health center or dialing 911. For a complete list of comprehensive care crisis lines, visit <http://dmhrs.chr.state.ky.us/files/CMHC_Crisis.pdf>. For further information on mental health, visit <<http://mhmr.chs.ky.gov/MH>>.



Pictured above are the members of the Rockcastle County FFA Chapter, who competed and brought home a first place title for our chapter in the Agricultural Sales Competition. Pictured from left to right: Matthew Evans, Daniel Bustle, Brandon Cole, Matthew Whitaker, and Donald Sowder.

FFA Dedication and Domination

By Rockcastle County FFA Reporter

The Rockcastle County FFA Chapter competed in another day of fall Regional Field Day Competitions at Whitley County High School. The Rockcastle County FFA Chapter competed in the Regional Welding


Contest, the Regional Small Engines Contest, and the Regional Agricultural Sales Competition. Our chapter dominated in the Agricultural Sales Competition, and the Small Engines Contest, our chapter also brought home an excellent third place in the Welding Contest.



Pictured above are the members of the Rockcastle County FFA Chapter, who participated and brought home an excellent first for our chapter in the Small Engines Contest. Pictured from left to right: Josh Mullins, Brian Powell, Nathan Doan, and Matthew Faulkner.



Pictured above are the members of the Rockcastle County FFA Chapter, who competed and brought home a third place title for our chapter in the Welding Contest. Pictured from left to right: Brian Powell, Nathan Doan, Robby Mink, and Shay Mullins.



The Family Room
By: Dr. Roy Don Whitehead

"Peace on Earth" seems an unlikely option this Christmas. War continues in Iraq and in many other countries around the world. People are killing each other even in places where there is no war. "There is no Peace on Earth" seems a more likely conclusion to draw. For those optimistic enough to believe that peace is a possibility, where should they begin?

"Peace on Earth" begins at home. Violence at home is still the most likely reason for a woman to be killed. Violence at home scars the kids and injures the adults. Violence at home spreads fear and anger throughout the household.

As a counselor I have had couples say to me, "Our children don't know we fight." That is denial of the worst kind. The children have most likely overheard Mom and Dad fighting when the parents thought they were asleep.

Even if the children have not heard, they "know." Kids have a sophisticated radar system that is tuned in to Mom and, secondarily, to Dad. When Mom is happy, they know it. When Mom is scared, they also know.

While they may not have seen the actual conflict, they sense that something is amiss. They know that Mom is upset and Dad is angry. Violence at home affects them even if they have never seen it.

It is still true that most of the violent acts at home are committed by men. Yes, women are also capable of violence, but men lead the way.

Approximately five percent of domestic violence is committed by women. Ninety-five percent of the time, the male is the aggressor.

What is it that makes some men so violent? Why is "peace on Earth" simply a pipe dream for many? (Cont'd D8)

Tips for healthy holiday eating for people with diabetes

Cookies, cake, candy - many Americans come face to face with temptation this time of year as they attend parties and family gatherings. Holiday treats abound and it seems everyone is serving large meals. For people living with diabetes, healthy holiday eating is essential because proper weight management and proper blood sugar control is very important to maintaining good health.

"For individuals with diabetes this can be an especially challenging time of year because in addition to rich foods and holiday stresses, people step out of their usual routines," says Fouad R. Kandeel, M.D., Ph.D., director of the City of Hope Gonda Diabetes Center in Los Angeles. "Diabetics People with diabetes must maintain vigilance over their blood-sugar levels, their medication, their diet and exercise."

People living with diabetes can successfully maintain their diets during the holiday season if they take care to adapt traditional recipes to reduce sugar, fats and carbohydrates. Here are two suggested recipes:

Egg Nog
Yield: 8 servings
Serving Size: 6 oz.
4 cup fat-free milk
1 cup egg substitute
Sugar substitute to equal 4 Tablespoons of sugar
3 Teaspoons rum extract or 1 teaspoon vanilla
Ground nutmeg

Combine milk, egg substitute, sugar substitute and extract. Beat with rotary beater or electric mixer until well blended. Chill thoroughly. Stir before serving and sprinkle with nutmeg.
Exchanges: 1/2 carbohydrate exchange, 1/2 milk

Total Carbohydrates: 6 grams
Calories: 50
Pumpkin Bread
Yield: 1 loaf (12 servings)
Serving Size: 1 slice
Nonstick cooking spray
1-1/2 cups sifted all-purpose flour
1 Teaspoon baking soda
1 Teaspoon ground cinnamon
1/4 Teaspoon baking powder
1/4 Teaspoon cloves
1/4 Teaspoon salt
1/3 Cup reduced-calorie margarine, softened
1/2 Cup sugar
6 Packets Sweet One® sweetener
2 Large eggs
1/2 Teaspoon vanilla extract
1 Cup cooked or canned pumpkin
1/2 Cup fat-free milk
1/4 Cup walnuts, finely chopped

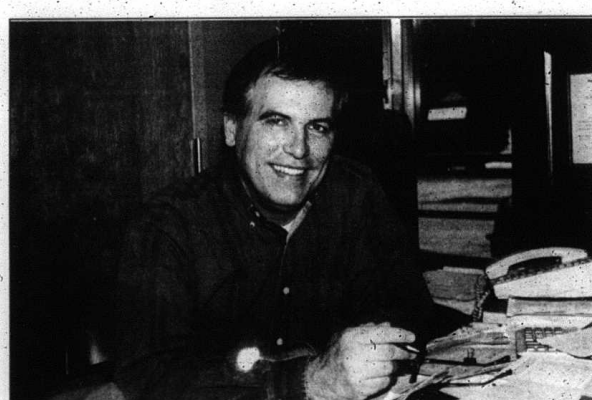
Preheat oven to 350°F. Spray 8-1/2 x 4-1/2 x 2-1/2 inch loaf pan with nonstick cooking spray; set aside.
Sift together flour, baking soda, cinnamon, baking powder, cloves and salt. In a separate bowl, cream margarine, sugar and Sweet One®. Beat in eggs and vanilla; beat in pumpkin.

Stir dry ingredients into pumpkin mixture alternately with milk, stirring until blended after each addition. Stir in walnuts.

Pour into prepared loaf pan. Bake 50-60 minutes or until wooden pick inserted in middle comes out clean. Turn onto wire rack and cool.
Exchanges: 1-1/2 carbohydrate, 1/2 fruit, 1/2 fat
Total Carbohydrates: 28 grams
Calories: 135

For more information about diabetes research and treatment at the City of Hope Gonda Diabetes Center, please call 1-800-826-HOPE or visit www.cityofhope.org.

Merry Christmas



May this great season find each of you in health and good will for your neighbors and families. My personal wishes for a Merry Christmas and Happy New Year.

County Judge-Executive Buzz Carloftis

Safety tips to keep your holiday safer

The holidays are filled with many time-consuming and busy activities such as shopping, decorating, entertaining, traveling and playing, so the Cabinet for Health Services wants to remind people to keep safety in mind to ensure the happiest holidays possible.

The holidays can be made more enjoyable taking some basic safety precautions about outdoor fun, food safety, visiting, and fireplaces, according to the American Academy of Pediatrics and the Consumer Product Safety Commission.

Outdoor Fun
* Make sure children's gloves and shoes stay dry. If either becomes wet, change them right away.

* Prohibit sledging on or into the roadway. Look for shallow slopes that are free of obstacles such as trees and fences.

* Ensure that an adult is in charge of cutting down a live tree for the holiday. Young children can pick out the tree while an adult does the chopping or cutting. Check the tree for freshness. A fresh tree is green, needles are hard to pull from branches and when bent between your fingers, needles do not break. The trunk butt of a fresh tree is sticky with resin, and when tapped on the ground, the tree should not lose many needles.

Food Safety.
* Care should be taken to thoroughly wash all raw vegetables and fruits prior to preparing or serving them. These are foods that are typically grown outdoors and in the soil and possibly exposed to contaminated water or soil.
* Wash hands frequently and thoroughly - foodborne illness is easily spread by unclean hands.

* Always keep raw and cooked foods separate to prevent cross contamination. Thoroughly clean cutting boards between uses, use separate utensils when preparing foods, and always wash a spoon used to taste food before reuse.

* Fully cook all meats and poultry.
* Care should be taken in transporting potluck dishes. Keep hot

foods hot and cold foods cold prior to serving.

Entertaining and Visiting
* Clean up immediately after a holiday party. A toddler could rise early and choke on leftover food or come in contact with alcohol or tobacco.

* Remember that the home you visit may not be childproofed. Keep an eye out for danger spots.

* Keep a laminated list with all of the important phone numbers you or a baby-sitter are likely to need in case of an emergency. Include the police and fire department, your pediatrician and the poison control center.

* Ask your neighbor if they have a gun before sending your child out to play. If the answer is yes, you need to make absolutely sure that all guns are stored unloaded and locked - ideally in a gun safe - with ammunition locked separately. Include the question along with other things you might normally discuss before sending your child to someone's house.

* Plan a safe place for babies to sleep when traveling. Ensure that unfamiliar cribs and playpens meet current design specifications.

* A recent study published in the Journal of Pediatrics shows that babies who sleep in adult beds are up to 40 percent more likely to suffocate than those that sleep in an infant crib that meets current specifications because they can become entangled in openings such as between the bed and wall or suffocate in soft bedding material. * Check cribs and playpens for safety requirements such as the space between side slats (no more than 2 3/8 inches) and materials that could cause suffocation before putting baby down for a nap. You should remove suffocation hazards like pillows, blankets, and stuffed animals.

* Dr. Rice Leach, Commissioner of Kentucky's Department for Public Health. "Just taking a few minutes to ensure safety can make all the difference between a happy holiday and a tragic one."

Fireplaces
* Use care with "fire salts," which produce colored flames when thrown of wood fires. They contain heavy metals that can cause intense gastrointestinal irritation and vomiting if eaten. Keep them away from children.

* Do not burn wrapping papers in the fireplace. A flash fire may result as wrappings ignite suddenly and burn intensely.

For more information on consumer product safety, visit www.saferkids.org or www.aap.org or www.cpsc.gov or call Mike Cavanah or Tammy Warford, Environmental Management Branch, Department of Public Health, 502-564-4856. For further food safety information contact Anita Travis, Food Safety Branch, Department of Public Health, 502-564-7181.

The CAP Corner

Adult Learning Center

Outreach Program

Christmas is the season of joy, peace, love, and exchanging gifts with your loved ones in the name of Jesus Christ, but sometimes it can be more of a burden than a joyful spirit. For some folks, just getting the bills paid is battle won. We all know that Christmas comes once a year and it always comes at the same time - believe it or not, just a little sooner each year, but humans as we are, we wait until the last minute to get things done.

We all have had some hardships in our life at some point or another. The Outreach Program is here to help, in those times of need. We serve low-income families who struggle with just the necessities of life. We want to be a hand-up and not a hand-out.

The Outreach Program wants to help you with your financial burdens. We are offering a 30-day budgeting class with all materials provided. We have had lots of success with this class in several other surrounding

counties. This not only helps you to spread your financial abilities a little further but you actually see where every penny is spent. This is available on an individual basis or in a group setting. The information is only for you and the Caseworker to see, so your information will be kept confidential.

We can help you to be prepared for the unexpected such as vehicle repairs, birthdays, doctor bills, and also help you to spread your money out for those bills that we know are coming each month but are not prepared to pay, such as high electric bills, car insurance, and other household items.

If you are interested in learning more about how to receive financial assistance, please call Janet Glowak at 256-1010. Please take advantage of this free opportunity to help you save money and not to worry if your children or grandchildren will have a Merry Christmas. We would love to help! God bless you all and have a Merry Christmas!

"Family Room"

(Cont. from D7)

...ouples? The culture in which they live gives men permission to be violent. They grow up with heroes like

Arnold Schwarzenegger, the new governor of California, who is The Terminator on the big screen and treats women as playthings in private life. They watch professional wrestling which degrades women and glorifies violence. Their buddies may agree with them that sometimes it is necessary "to discipline the little woman" in the same way that children are disciplined.

The culture however does not make all men violent. Those who do become violent often have themselves been treated violently or have witnessed violence. When Dad abuses them or they see him abuse Mom, they become angry. That anger then comes out later on in life, often at women, the same target that Dad chose.

Men who desire "Peace on Earth" must stand up and say that violence

is not a part of what it means to be a man. The macho, machismo image of a "real man" must be laid to rest and replaced by the picture of a man who is tender and loving with his children and his wife.

Men who want peace must speak up and not tolerate violence. Men who want peace must not sit by while other men abuse spouses and children. Men who want peace must create a society which does not tolerate male (or female) violence.

Some countries have much less violence than the United States. Japan's murder-rate is lower than in the U.S., perhaps due to their strict gun laws.

Canada, which has more guns per person than the U.S., has a lower murder rate. Canadians have the means to kill but they do not, or at least not as often as Americans.

Something is wrong in America, and the problem begins at home. Stopping domestic violence will decrease the number of angry males who need to take their anger out on other citizens.

Tips to ease the pain of grief during the holiday season

For most people, the holidays bring about a time of joy and celebration.

Family get-togethers, home-cooked dinners and family traditions are just a few of the many cherished activities. Yet, for those who have experienced the loss of a loved one, the holidays are often robbed of their joy.

Instead, these other important days, become a time of loneliness and sadness. What's more, throughout these seasons, we are constantly bombarded with happy family images through cards, television, commercials, movies and magazines. The contrast between what we see and how we feel, only amplifies the loneliness within.

Brook Noel, co-author of the noted book *I'm Not Ready to Say Goodbye: surviving, coping and healing with the sudden death of a loved one* (Champion Press) and author of the new book, *Surviving Holidays, Birthdays and Anniversaries: a guide to grieving during special occasions* (Champion Press) offers these tips for easing grief's grip during the holidays:

Be prepared for the ambush: Deep pain and sadness, as if the death had just occurred, can surface at odd intervals. Anticipating these ambushes is half the battle. Know that they are part of the grief process.

Talk, talk, talk: With all the celebrations and happiness that surround us, we may feel awkward bringing up anything that isn't equally festive. But we must restate our feelings through talking to others. If we don't, our feelings will lodge within us creating a dark sadness. The only way to get past our sadness is to write through it. If you do not have someone you can talk to, consider free online support, like that which is found at www.griefsteps.com.

Grieve in your own way: Sometimes societal and religious beliefs rules like time limits for grief, what we should wear, how we should behave, when and where we should talk about the death and to whom.

It is important not to weigh ourselves down with social expectations.

We must find our own way through to embrace life again.

Hold a grief session: The goal of a Grief Session is simple. Set aside 20 minutes each day where we are safe to experience our feelings. When we don't do this, we let our feelings build inside our hearts and they cause sadness and depression.

Create a support group: Changes are that other family members and friends who were close to your lost loved one will be having equal difficulty with these difficult days. Consider asking one or more people who are facing similar emotions, to gather for a support group.

Choose activities wisely: During holidays and other busy seasons, not only do we have to face our grief, but we often have many other commitments and people that need our attention. As you look at the upcoming difficult days, take a personal "emotional inventory." Decide ahead of time how much you can handle during the holidays. Then make sure you don't take on more than feels right to you.

Do not try to outstep grief: As you face your holiday shopping, beware of the common pitfall of trying to "outstep" your grief. When we are feeling a hole or ache inside, human nature often leads us to purchase items to fill that hole.

Let your body lead you: Grief affects us all differently. Let your body lead you. If you feel tired-sleep. If you feel like crying-cry. If you are hungry-eat. Don't feel you need to act one way or another. There are no "shoulds" right now, simply follow the lead of your body.

Make new traditions: This new phase in your life deserves some new traditions. Hold onto the traditions that still offer comfort, but create new traditions as well.

Light a candle: Select a beautifully scented candle. Throughout the difficult days, light the candle as a reminder of your bond with the person you have lost.

Spread the gifts: Use the money that you would have spent on gifts for your loved one to make a special donation to charity in his or her honor.

Be an Angel.

Become a Kentucky organ & tissue donor. For information contact 1-800-525-3456, or www.livestforlife.org

Due to property damage by ATVs and trucks, all our property is now posted. No hunting. Please do not ask.

Charlotte Carrera and Sons

Good Boys & Girls

We're Checking It Twice...

And you're at the top of the list of people we'd like to thank this year!

It's always a pleasure seeing you.



Richmond Street Eyecare

Zee Margon Sheila
Marcia Lida Teri Ryne

Located at 205 Richmond Street • Mt. Vernon • 256-3937

Season's Greetings from State Auto.

All of us at State Auto would like to wish you a safe and happy holiday season.

Your best insurance is a good agent.

STATE AUTO
Insurance Companies

"Friends you can depend on"

Singleton Insurance Agency

Main Street - Mt. Vernon - Ph. 256-2611

Donnie Singleton, Agent

Janice Adams • Tara Boone • Heather Adams

We will close at noon December 26th and be closed through December 28th. Also closed January 1st & 2nd