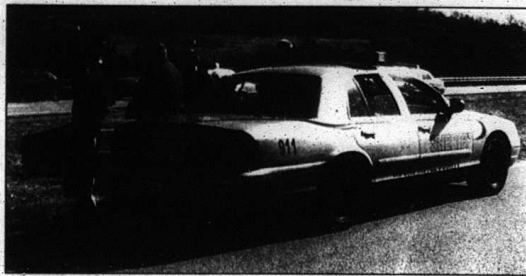




Mon Signal

Serving Rockcastle County Since 1887

Monday, January 22, 2004



Interstate closed for three hours on Thursday

Last Thursday morning Kentucky State Police Trooper Lela Owens was attempting to stop a Green Toyota Camry which had been reported stolen, the driver attempted to evade the stop.

Rockcastle County Sheriff Department Deputies Ronnie Bradley and Joe Rush assisted Trooper Owens in stopping the vehicle on I-75, approximately 2 miles north of Mt. Vernon.

As the officers approached the vehicle they observed a strong smell of ammonia coming from the vehicle, according to Kentucky Public Affairs Officer Craig Sutton.

Further investigation led to the discovery of seven tanks containing anhydrous ammonia, which is a major component in the manufacturing of the illegal drug, methamphetamine.

Sutton said police determined that one of the tanks was leaking ammonia, at which time I-75 was closed between Berea and Mt. Vernon to prevent vehicles from traveling through the area.

The interstate was closed for approximately three hours while officers from several agencies destroyed the chemical and decontaminated the area.

Three subjects were arrested at the scene and lodged in the Rockcastle County Detention Center.

Arrested were: Darrell N. Eversole, 40, of London, charged with Fleeing and Evading 1st, Possession of Anhydrous with the Intent to Manufacture, Seven counts of Possession of Anhydrous in an Improper Container and Receiving Stolen Property; Steven D. Eversole, 23 of London, charged with Possession of Anhydrous with the Intent to Manufacture, Seven counts of Possession of Anhydrous in an Improper Container and Receiving Stolen Property.

Investigation determined that the Toyota Camry had been reported stolen from Amarillo, Texas on January 2, 2004. Kentucky State Police Troopers Lela Owens and Coby Smith are conducting the investigation.

Assisting at the scene besides KSP officers, were members of the Federal Drug Enforcement Agency, Kentucky State Police Hazardous Materials, Rockcastle County Sheriff's Department, Region 11 Haz Mat Task Force, Mt. Vernon City Police Department, Mt. Vernon Fire Department, Rockcastle County EMS, Kentucky State Police Sheriff's Department, Region 11 Haz Mat Task Force, Mt. Vernon City Police Department, Mt. Vernon Fire Department, Rockcastle County EMS, Kentucky State Police Sheriff's Department, Kentucky Department of Emergency Management, Kentucky Department of EPA, and Rockcastle County Emergency Management.

Rockcastle County Attorney Jeff Burdette, said all three men entered no-guilt pleas Wednesday and will have a preliminary hearing on Monday and are still being held under a \$50,000 cash bond each.

The incident also caused a major traffic problem for Rockcastle motorists and motorists in southern Madison County, after traffic was rerouted to U.S. 25.

Interstate 75 was closed for three hours last Thursday after a traffic stop turned up seven tanks containing anhydrous ammonia, one of which was leaking. Many law enforcement agencies responded to the scene including the Kentucky State Police and the Rockcastle Sheriff's Department. Three men from London were arrested at the scene.

Lady Rockets to play #1 Sacred Heart at Louisville

Fans of Lady Rockets basketball are in for a treat this Saturday night as the team will travel to Trinity High School in Louisville to take on the #1 ranked team in the state, Sacred Heart.

The game will be part of the Republic Bank Ky Preps Plus Classic and will begin at 8:39.

After a 40 point win over Pulaski Southwest and a 29 point win over Whitley County, the Lady Rockets dropped to sixth in the Dave Cantrell ratings published weekly in *The Lexington Herald* but retained their #3 place in the AP Poll.

Prior to Saturday night's game, the Rockets will host a return match with the Clay County Lady Tigers on Friday night -- the Rockets won big in their first meeting at Clay County.

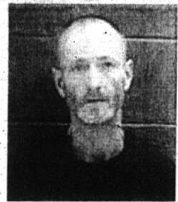
The boys team will also play in the double-header.

Against Whitley County, the girls jumped out to an early lead and never looked back in the 65-46 win.

Junior Johnna Abney had 20 points for her team to lead the scoring. Tara Rowe got 17; Heather Hammond 12; Lauren Clontz 5; Sarah Parsons 4; Ashley Lunsford 3; and Ashley Kimberl and Rachel Stocker, 2 each.

The boys hosted Cawood last Friday night and came up on the short end of the scoring, losing 65-71.

The score was all tied up at the end of the first quarter, 18 all but the Rockets had a weak second quarter to give Cawood a 36-29 half-time lead. At the end of the third period, the Rockets had come back to within two at 49-47 but Cawood took the



Darrell Eversole



Robert Harris, Jr.



Steven Eversole

UNITE Tip Line is ready for your call

U.S. Congressman Harold "Hal" Rogers (KY-5) announced last week that the Drug Tip Line for Operation UNITE is up and running and ready to take calls. Citizens throughout southern and eastern Kentucky are encouraged to call 1-866-424-4382 (toll free) to report illegal drug activities such as growing, manufacturing or selling drugs.

"We've got a terrible drug problem in this region," Rogers said. "Our only chance for putting an end to this plague is if we all take a personal interest in getting drugs out of our communities. I want to encourage anyone with information about illegal drug activities to call the tip line so our detectives can investigate."

The Tip Line is manned from 8:30

a.m. to 4:30 p.m. EST, Monday through Friday. Anyone calling after hours may leave a message. Complaints are forwarded to the nearest UNITE officer for investigation. Callers may remain anonymous when reporting illegal drug activity or leave their contact information if they want to speak directly to a UNITE detective. The Tip Line is operated in conjunction with the Appalachian High Density Drug Trafficking Area Task Force (AHDTA).

Operation UNITE, which stands for Unlawful, Narcotics, Investigation, Treatment & Education, serves 29 counties in southern and eastern Kentucky. The region-wide grant program focuses on three main tasks: creating regional drug task forces for

interdiction, confiscation and undercover operations, organizing local citizens' groups and coordinating drug treatment programs and working with educators to expand drug awareness and education programs. Rogers has included \$16 million in the federal budget over the last two years to create and operate this new counter-drug initiative.

"I hope this will help us all, especially those of us who deal with drug offenders on a daily basis," said Rockcastle County Attorney Jeff Burdette. "We have to do whatever it takes to help members of our society with an apparent growing drug problem."

Nominating committee to give Fletcher three names Thursday

The Kentucky Judicial Nominating Committee will meet Thursday, (today) at the Rockcastle County Courthouse in Kentucky Supreme Court Chief Justice Joseph Lambert's office to pick three names to submit to Kentucky Governor Ernie Fletcher.

Gov. Fletcher will have 60 days to appoint someone to replace long-time Circuit Judge William T. Cain, who retired from the bench on January 1st.

Cain was appointed special judge on January 8th in order to keep a backlog of cases from occurring, according to Chief Justice Lambert.

According to Rockcastle County Clerk Norma Houk, if only two people file for the office, there will be no race in the May Primary, but if three or more file for the unexpired term, there will be a run-off of the

two top vote-getters in November. Whoever is appointed and who ever is eventually elected will serve through 2006.

The filing deadline for May's Primary for the Circuit Judge's race is Monday.

School Board Special Session

The Rockcastle County Board of Education will meet in special session Thursday, January 22 (tonight) at 6 p.m. at the Rockcastle County Board of Education Administration Building.

The session will consist of presentations by RCHS, RCMS and RAS on instruction and School Improvement Communication. The public is invited to attend.

Jones speaker at annual banquet

The 44th annual Farmers-Businessmen's Banquet will be held on Monday, February 9th, beginning at 6:30 p.m.

The annual banquet will be held at the Rockcastle County Middle School.

The guest speaker will be noted author and humorist on Appalachian Culture, Loyal Jones.

There will be food, prizes and awards.

Advance tickets can be purchased at Community Trust Bank, Citizens Bank or from Rockcastle Kiwanis Club members.

The banquet is also being sponsored by the Rockcastle Conversation District.

Two charged after Sunday robbery

Two people have been charged with numerous crimes, following the reported theft of nearly \$3,000 in jewelry on Sunday.

Rockcastle Deputy Sheriff William Harris arrested Christopher Scott Jones, 31, of Mt. Vernon and Satica Vance, 23, also of Mt. Vernon were arrested after Harris stopped them on

Water districts say to beware

Rockcastle County water districts are warning customers to be aware of a possible scam.

Officials said this week to notify your respective water district office, if anyone calls and says they are with the water company and need to check the quality of the water in your home.

"If someone should show up at your home, please ask for identification," said Randy Corry, head of Eastern Rockcastle Water Association.

For more information call Eastern Water at 256-5480, Western Rockcastle Water Association at 256-8283, the City of Mt. Vernon at 256-3437 or the City of Brodhead at 758-8635.

Green Fish Hill. (Cont. to A-12)

Police looking for burglars

Mt. Vernon Police Chief Terry Jackson is warning residents this week to beware of possible break-ins at their homes and/or businesses.

Jackson said he was most concerned by the fact that someone has made numerous attempts to break-in at homes where people are in the house.

"I feel like the person or persons doing this are dangerous," he said. Jackson is asking residents to call (606) 256-5372 or 911, if they have any information that could help police.

Jackson said that most of the complaints were coming from the West Main Street area of Mt. Vernon.

Jackson and his officers are also investigating an incident at Days Inn Saturday in which a Dayton, Ohio woman was arrested for possession of marijuana and drug paraphernalia.

Candace Collins, 25, is also being investigated for fraud and other federal agencies have been called into the investigation, Jackson said.



Members of the "Country Cupboard" cookbook committee at Citizens Bank in Brodhead, presented Bobby and Clara Proctor with a \$5,000 check representing the profits from the sale of the book. The money will be given to the Cystic Fibrosis Foundation in memory of the Proctor's granddaughter, Suzanne Graves who died from the disease. In the photo are, front row, from left: Bobby Proctor, Clara Proctor, Blanch Johnson, who made the presentation and Glenda Gentry. Other members of the committee are, back row, from left: Kelly Bullock, Delores Phelps, Carol Sims, Tonya Branson, Genevieve Reppert, Virginia Lee Hamed and Violet Cash. "This program has exceeded our expectations and we are so pleased to have put together such a wonderful collection of favorite recipes," Mrs. Johnson said. "Thank you to all who supplied a recipe for the book and to all those who purchased a cookbook." Johnson also said there is still a demand for the cookbooks and more money will be presented to the Cystic Fibrosis Foundation in the future.



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

Sometimes things come along in life that make you feel older than dirt. Know what I mean? You'll just be sitting around minding your own business watching the History Channel on TV and they are having a topic about something that you remember like it was yesterday.

When I was growing up, I would remember the civil rights marches and speeches, usually led by Martin Luther King. I even remember the "I have a dream..." speech on the mall at Washington DC by Dr. King.

All of this seemed a world away from London, KY where I was. I wondered what all of this was about anyway. I had never seen anything such as a "whites only" bathroom, drinking fountain, lunch counter, or entrance to a business. The black population of Laurel County was rather small, only twenty or thirty families. Maybe that was the reason. I guess in all actuality, I was just too young and unaware to notice even when traveling out of Laurel County to the cities.

To look back now, it was to my advantage to have never remembered seeing these things. Otherwise, I would have a lot of overcoming to do. Luckily, I was raised in a somewhat liberal family for that era. I was always taught to respect all people and treat them with kindness.

Then too, I remember the fateful day Martin Luther King was killed. The TV showed the hysteria that gripped most of the nation. Some people were very sad and others were very angry. Riots broke out in some cities. This seemed a world away from London, too.

Personally, I believe Dr. King has done more to advance civil rights than he did all during his life. Who knows, if he had lived, the civil unrest could have continued for decades. I guess people really take notice when you're willing to lay down

your life for something you believe. Malcolm X and others died for this cause, too. For all they knew, they were on the way to be drowned. A lot has changed since the days of the 1960's civil rights movement. Dr. King's dream is coming true, slowly.

Later in life, I worked as a medicine technician in two nursing homes in Rhode Island. Upon moving back to London, I worked at a nursing home there. One thing I noticed in all of the nursing homes where I worked was that the elderly black patients were actually fearful of the white aides who were there only to help them.

After decades of mental and physical abuse at the hands of the white population in general, and after terrorizing stories passed along to them by generations before, who

could blame them for not being trustful? They had a lot of stigma and overcoming to do. They couldn't be too sure about going for a bath. For all they knew, they were on the way to be drowned.

Today is the day we celebrate the birthday of Martin Luther King and reflect on the values for which he stood. I guess, to sum it up, he just wanted human life to be valued, loved, and respected. That doesn't sound like a bad idea. I think they call it "The Golden Rule".

It's only been a few years since Dr. King's birthday has been declared a national holiday. What should one do to observe this day, one might wonder. I guess one could attend some march, speech or candlelight remembrance service as many do. Then one could do something that really comes from the heart like doing a kindness for someone; perhaps a call to cheer a lonely widow, do a chore for an elderly couple, meet friends with an enemy, give a contribution to a charity, or taking a needy person to lunch. There are a lot of things we could do. It's just too bad we have to wait for a national holiday to do it.



Mrs. Adams

For well over 20 years I had packed the little single-blade, rosewood handled pocketknife when I was out and about in situations where you don't worry much if you lose a knife or find it necessary to perform a chore that you wouldn't want to put your main draw through.

"China" was stamped on one side of the blade back beside the handle. "Stainless" was stamped on the other side. Overall length was about three inches with a two and a half-inch blade. The kind of knife that you expect to turn into a mass of rust the first time it gets wet.

It was a Christmas present from one of the kids back when they were under 10 and on meager allowances of a buck a week or less (calculated on how well and diligently they did their chores and homework). The kind of knife you rave over on Christmas morning, take a glance at later, allow that it's the thought that counts and feel genuinely appreciative that you have kids who recognize your priorities.

Anyway, at some point in the early 80's I managed to lose a little two-blade, elk-horn-handled CASE brand pocket knife that my Dad had given me in the sixties. The same knife today routinely sells for \$200 to \$1,500 depending on condition. Suffice to say, I squandered that inheritance.

So I vowed that I would never again routinely pack a pocket knife worth more than a pittance and promptly stuck the little no-name, rosewood, made-in-China, stainless in my pocket without believing that the "stainless" claim was anything more than some thin alloy sprayed onto cheap steel.

In the interim, I have waded mucky, yucky, slimy, farm ponds and the shores of big lakes on countless occasions during the last half of May and throughout June over the last 20 odd years hunting buffaloes in water at least waist-deep and often shoulder deep, concerned mainly about keeping my Browning 22 out of the water with no concern for my knife. It's always been in my pocket. It has been soured a thousand times and never a hint of rust.

It has always been easy to main-

tain razor sharp. Heck, I've been known to pull off my shoes and trim my toenails at particularly boring movies. Somewhere along the line I just assumed that it was my companion and would always be.

Then along about two weeks before the Christmas of '93, I did my routine Post Office and Banking stuff here in downtown Paint Lick and about the edge of dark when I needed to clean the dirt out from under my nails, I discovered that my knife was gone.

I'd been wearing a pair of corduroy pants so old that the pockets were rotted out but I'd had them sewn up. Raged around the cuffs and all that, they were remarkably comfortable. But I got home and my knife was gone and I was dripping small change down my pants' legs.

I rushed back down to the Post Office and the bank around dark and used a flashlight to search for my knife. I started where I knew I had parked and worked the sidewalks,

oblivious to any scanners the bank might have turned on. Bit no knife. I came home and threw the old cords into a garbage can, cursed myself for hanging on too long and promptly told Loretta that I had lost my knife and burned my britches.

So Loretta got me a nice little single-blade Schrade with the alloy handles and it holds an edge like a razor and it fits nicely into my pocket while I grieved over my real knife and my old corduroys.

And then today I go into the Post Office at Paint Lick to do the money order thing that we Ebayers who do not trust the online pay scans face, and when I am finished doing business, Betty, my friend and absolute favorite Post Mistress of all time came out to the counter with a small pocket knife.

She didn't even ask a question. She just laid it on the counter.

I looked at it in awe. My old knife. "You must have left it lying on the counter and I've had in my desk drawer wondering who it might belong to —"

I'm sure I cried even though I tried to hide it.

God I love you Betty. Call the knife retired. I have a few old name brand pocket carriers in my hand right now but not one so precious as my old made in China/stainless.

In the meantime the Schrade should last a while even with plastic handles.

Our Readers Write

Dear Editor,

I would like to thank the following businesses who donated to the Community Habilitation Program at Comp Care in Mt. Vernon for Christmas, 2003 and some throughout the year.

Cox Funeral Home, Doyell & Martin Funeral Home, Mt. Vernon Signal, Hiatt's 5&10, Young's Pharmacy, Ford Bros, Community Trust Bank, Mt. Vernon Drug, Carter's Market, RCHS, Ag. Dept., NAPA Radio Shack, Appliance Service Center, Apollo's Pizza, John's Appliance, Food World, Sparks Flower Shop, Main St. Flowers & More, County Sam's Furniture, Saylor's Furniture, Owens Greenhouse, Gabbard's Greenhouse, Sigmon Farms, Fattal's Dollar Store, Godfather's Pizza, Save-A-Lot, Duham's Greenhouse, Hilltop Produce, Wendys.

McDonald's, Pizza Hut, Dairy Queen, The Cutting Edge.

If anyone was left out, please let us know. Again, a special thank you for all your help and support. You are greatly appreciated.

Lyla Powell

Dear Editor,

I want to recognize the following people who were so generous with donations to help purchase Christmas gifts for the children in Kentucky IMPACT program at Cumberland River Comprehensive Care Center's Mount Vernon office:

Dowell & Martin Funeral Home, Aethel's Flowers and Gifts, NAMI Resources, Cutting Edge, Appliance Service Center, Ford Bros, Realtors, inc., Mt. Vernon Drug, Powell's Singleton Insurance, Jerome Fish II, Attorney at Law.

Thank you on behalf of all the children in the Kentucky IMPACT program.

Charlene Petrey
Service Coordinator

Dear Editor,

I would like to publicly thank County Attorney Jeff Burdette and State Representative Danny Ford for helping the Rockcastle County High School IARS (Teenage Republicans) Club attend the historic Governor's inauguration on December 9, 2003.

As this was the first inauguration of a Republican governor in 33 years, getting to experience this event first

(Cont. to A-5)

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Infectious Mono

Presented by Dr. Kimberly Cortelias

Infectious mononucleosis, or "mono," is an infection caused by a virus similar to herpes. It is well known for the rather severe symptoms it causes in teenagers and young adults.

It often starts out much like strep throat with a sore throat, swollen glands and a fever. Severe tiredness usually becomes the predominant symptom and the person may be bed-ridden for days or even weeks.

About half the time the spleen enlarges along with the lymph glands of the neck. The enlarged spleen can rupture and bleed internally, especially if there is any trauma such as skiing falls.

An enlarged spleen needs to be followed by your doctor until it improves. Occasionally the liver is involved with hepatitis-like symptoms. The skin may develop a rash. If antibiotics, such as penicillin, are used, this rash is much more likely to develop. Antibiotics should not be used unless there is a definite bacterial infection.

Mono is spread through body fluids, especially oral secretions. Thus, the virus is usually spread through kissing or communal use of eating utensils, but mono is not particularly contagious. We are all exposed to mono numerous times in our lives, but do not develop the infection unless the conditions are right: people who have had the illness will frequently continue to excrete the virus for years and can expose others for years. There is no specific treatment for mono. Antibiotics do not help, but in more serious cases steroids may be used to alleviate the symptoms. Other helpful steps are to get plenty of rest, use pain pills and throat lozenges, and treat the symptoms until they resolve.

It has always been easy to main-

ROCKCASTLE COUNTY 44TH ANNUAL FARMERS-BUSINESSMENS BANQUET

MONDAY FEBRUARY 9TH 6:30

ROCKCASTLE COUNTY MIDDLE SCHOOL

GUEST SPEAKER-LOYAL JONES
AUTHOR AND HUMORIST ON APPALACHIAN CULTURE

FOOD-PRIZES-AWARDS-

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Eagle Echoes

The Holiday Musical Wish List was performed for family and community on Friday, December 12th with two performances. The students did a wonderful job and attendance was once again overwhelming!

Thank you for supporting this event. Students performed the following activities: Kingergarten and first grade students performed songs with movement and dance; second grade students performed an instrumental

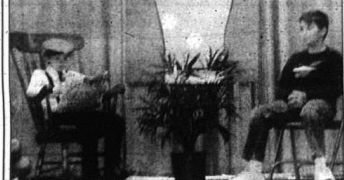
with "boomwhackers," partner singing and hand bells were used by the third grade; fourth grade students played an instrumental using recorders and the Gift percussion band; and choir was performed by fifth grade students. There was also a drama production by fourth and fifth grade students and a special 3rd, 4th and 5th grade choir. Ms. Hurst did such a wonderful job in working with the students. Thanks also to Ms. Midkiff and Ms. Reams for their help.



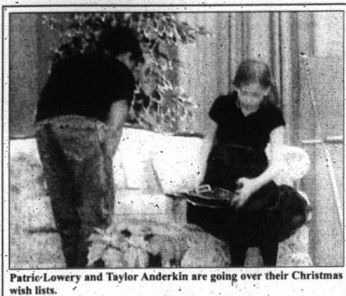
First grade students singing and dancing to "Snow is Falling Today."



Fifth grade students getting ready to perform "Christmas is Joy."



Dakota Williams and Casey Miller discussing what they would like for Christmas during the holiday musical.



Patrie-Lowery and Taylor Anderkin are going over their Christmas wish lists.

RCMS clubs join in The Wishing Well project

By Christy Olivia Napier
RCMS Y-Club President

The Rockcastle Middle School Y-Club, Fellowship of Christian Athletes, Junior Beta Club and Builders Club have joined together in a fundraising program for the Make-A-Wish Foundation of Kentucky.

The Wishing Well is a school fundraising program that encourages students to collect spare change to support the foundation's mission to grant wishes to children with life-threatening medical conditions to enrich the human experience with hope, joy and strength.

We, at RCMS, are fortunate to be able to participate in this important educational program which will run through January 30th.

The state goal for the 2004 Wishing Well is \$60,000. Our goal at RCMS is \$3,000. This is an ambitious goal but we believe it is very possible with everyone's support.

Our wish-child is a 10-year-old boy from Somerset named Clayton. He suffers from Friedreich's Ataxia -- a heart condition. When he was asked that very important question -- if you could have one wish what would it be? He wished to meet Jeff Gordon.

Last September, Clayton was able to meet Jeff at the "Magic Mile" Speedway in New Hampshire. The Make-A-Wish Foundation of Kentucky gives a child, like Clayton, hope when all hope has vanished, strength when limbs no longer function, and

joy when the glimmer of happiness has all but disappeared.

Collecting change over the next few weeks will help make wishes like Clayton's come true. It is with the support of our school and community that the Make-A-Wish Foundation will be able to continue enriching the human experience with hope, joy and strength.

Everyone is a winner with this event! At the conclusion of the program on January 30th, the top class in our school will receive an all-expense-paid luncheon at a local restaurant. Our school will also be eligible for gift certificates to Wal-Mart toward the purchase of school supplies and other educational materials.

The school that raises the most money in Kentucky will win one ticket for each student to Six Flags Kentucky Kingdom!

If anyone in the community would like to participate with us at RCMS in this very worthwhile project, you may contact any of our advisors for further information -- Mrs. Lesha Cromer, Mrs. Nancy Hale, Mrs. Melissa Singleton, Ken Mattingly, Mrs. Kathy Bobo or Tracy Gabbard.

Thank you in advance for your support! Checks should be made payable to The Make-A-Wish Foundation of Kentucky. You may also request that your donation count toward a specific classroom's total.

Youth Yak at RCHS

By Myra Childress

The RCHS newsletter should be in your mailboxes this week. Thanks to the Gear Up Program for helping put these together. Please take the time to read yours when it arrives. It has useful information and articles for both high school students and their parents. Mr. John Hale, Principal is always including a calendar of upcoming events on the back.

Project Graduation meetings have begun. It's never too late to be a part of this. If you missed the first meeting you are still needed. The committee will meet again Monday, January 26 at 7:00 in the Cafe. Enter through the gym entrance please. A letter from the committee was handed out to seniors on Wednesday, January 21. Call The Youth Services Center at 256-4818 for more information about Project Graduation.

The yearbook staff encourages everyone to place their order for the 2004 yearbook. Prices range from \$35.00 to \$40.00 depending on the package you select. Packages are also available for siblings if you have more than one child in school. All yearbooks will be full color. See a yearbook staff member during your lunch or drop by the youth service center for an order form.

Students who will be eighteen years of age before November 1 are eligible to register to vote. Registration cards are available in the front office.

Ms. Stephanie Harmon and the Academic Team will compete in Governor's Cup competition on January 22. This is what's all about team! Do your best.

Students who made the honor roll were rewarded with a certificate which they could turn into the office for a free drink during break. Congratulations to them. (See list below).

The Rockets and the Lady Rockets will take on major rival Clay County this Friday. Bring the whole family and come on out. Clay County usually brings a big crowd and we need to prove that we are the ROCK. Support your teams!!!

Lost and Found: Is your child missing that expensive coat you just bought him or her? We have several items in the lost and found department. Check and see if anything is

your's.

Dates for seniors to remember: January 20 - Deadline for Governor's Scholarships; February 15 - K admissions application deadline; February 15 - EKV Scholarship deadline.

February 27 - Deadline to take April ACT.

Mr. Hale has asked all teachers to submit to him the names of students who have failed their class. Ms. Ponder, Youth Service Coordinator has taken the time to speak with those students and explain the programs available to them. Absences from school continue to be a major stumbling block to high school students. Any day out of class only gets them behind. Credit make-up and after school tutoring are available.

The teachers are also willing to take the extra time needed to help a student catch up. The recent flu bug affected both students and staff. Even though we are into second semester, some students haven't completed assignments from first semester. If this is true in your case, see your first semester teacher and see what you need to turn in. If you have an "I" on your report card this stands for "incomplete". Usually everything can be worked out. That's what the counselors and support staff are here for. Take advantage of the help offered to you.

On these dark, gloomy and long days, just remember spring break is coming soon. April 5 - 9 can't come soon enough!!!

Freshman Honor Roll: Jamie Alexander, Danielle Alexander, Thomas Amara, Jessica Abrams, Lance Baldwin, Kayla Bishop, Josh Blair, Kami Bryant, April Bullock, Mercedes Burdette, Curtis Burton, Anxley Bussell, Lura Cash, Coty Childress, Victoria Clontz, Brandon DeBorde, Drew Davidson, Rebecca Cummins, Laura DeKaewe, Bradley Durham, Steven Eversole, Josh Garrison, Justin Hensley, Leta Holden, Harry Hunsucker, Chandler Hunter, Chris Hurst, Billy Jones, Jacob Jones, Stephanie Mason, Mackenzie Marrie, Morgan Kincer, Billie Jo Martin, Kellie Martin, Jesse McCauley, Brittany McFadden, Erica McKinney, Casey McClure, Izak McQuary, Leanna Mink, Josh Nation, Lisa Northern, Jill Owens, Douglas D. Pender, Jerrica Poynter, Becky Frowitt, Hillary Froctor.

(Cont. to A-5)

Minds In the Middle

Tuesday morning marked the 100th day of the school year. We have had a great year thus far and look forward to finishing off the school year just as well.

The Y-Club, Builders Club, Beta Club, and FCA are continuing their fundraiser for the Make-A-Wish Foundation. During their first week, RCMS students raised \$1,152.50!!! We are well on our way to our goal of \$3,000.

Mr. Whitaker and Mrs. Miller, counselors at RCHS, will be meeting with our 8th graders on February 2nd to discuss scheduling for high school. The students will not actually register until February 4th.

Congratulations to Jackie Alexander. Jackie is the student of the week for the Enterprises team. Congratulations also to Brandon Roberts. Brandon was the MVP of the Comets team for the week.

The deadline for the 4-H poetry contest is February 13th. Students interested in entering may obtain information from their language arts teachers.

Students who have overdue books need to turn those into the library as soon as possible. Also, if you have several lunch charges, we request that those are paid.

Thursday will begin a new exploratory class rotation. A new health/PE rotation began on Monday.

The academic team will begin Governor's Cup competition on Thursday. We wish them the best of luck.

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“Youth Yak” (Cont. from A-4)

Megan Rader, Emily Reddington, Jacob Rennir, Steven Renner, Anna Reynolds, Ashley Ridner, Brandy Scalf, Cody L. Robinson, Kelsey Slemp, Heather Spires, Ashley Stewart, Kayla Stewart, Bethany Taylor, Michael VanWinkle, Clint Walker, Emily Whitaker, Rachel Wright, Elisha York.

Sophomore: Martin Abney, Derek Adams, Nicole Adams, Jeff Alexander, Megan Anderkin, Samantha Angell, Danielle Arnold, Jessica Asher, Elizabeth Bobo, Ty Bottoms, Claudia Brock, Christine Bryant, Ashley Bullock, Melanie Bullock, Sarah Bullock, Candace Bussell, Michael N. Campbell, Allison Carter, Angela Coffey, Courtney Cordier, Aron Crooner, Charles Cunagino, Hillary Davis, Amber D'Onato, Kelli Grant, Rebecca Ovas, Zach Hale, Carter Hammond, Ashley Harrison, Kayla Hayes, Allison Hedrick, Maria Hesley, Heather Hopkins, Britany Kinser, Victoria Kirby, Cody Lester, Melinda Lindsey, Michael Lovell, Ashley Lunsford, Cassie McGuire, Lorri Miller, Karen Mink, Kyle Mullins, Sarah Myers, Heather Penderly, Leslie Robbins, Jessica Robinson, Tressie Robinson, Ashley Smith, Shawnetha Smith, Leslie Stewart, Gabe Stallworth, Renee Taylor.

Junior: Johanna Abney, Vanessa Adams, Jessica Alcorn, Gena Allen, Matt Allen, Amanda Ballow, Brooke Bradley, Jackson Bray, Mary Branson, Kayla Bryans, Harold Burdette, Daniel Bustle, Josh Bustle,

Leigh Ann Caldwell, Aaron Cash, Katelyn Cash, Brent Clontz, Scott Crozier, Regina Cummins, Rachel Denney, Gabe Guilfoili, Dae-fon Graves, Ryan Graham, Kyla French, Tasha Harris, Heather Hammond, Brandi Hasty, Derrick Hensley, Ashley Himes, Gina McClure, Stephen Long, Kara Martin, Danielle Martinez, Emily McKimney, Allison Mink, Ashley Mize, Cody Moore, Britany Offutt, Amy Parsons, Sarah Parsons, Zach Pensol, Britany Perkins, Stephanie Proctor, Stacy Purcell, Tara Rowe, Max Taylor, Tim Simpson, Eric Stallworth, Surprise Stallsworth, Delle Sower, Benjamin Stiwel, Rachel-Stockner, Casey Taylor, Justin Taylor, Matthew Whitaker, Nicholas Williams, Amanda Wright.

Senior: Heather Adams, Cody Alexander, Tamer Allen, Allison Anderkin, Tara Barnett, Caleb Blair, Bonnie Briggs, Samantha Bullock, Jonathan Burdette, Audrey Burke, Devon Bussell, Brandon Cronner, Rachel Childress, Lauren Clontz, David Crooner, Chastity Deborja, Cassie DeWit, Jenifer Durham, Amy Elliott, Abby French, Sheena Fry, Amy Gilliland, Anna Guilfoili, Britney Himes, Josh D. Hayes, Britany Himes, Tiffany Hopkins, Jennifer Kidwell, Britany Mison, Jason Legier, Elijah Lunsford, Claudia Schmidt, Shonda King, Tricia Beth Laswell, Jerilyn Mink, Kirbie Mink, Sarah Mullins, Jenna Owens, Krystal Parsons, Tasha Parsons, Traci Parsons, Bonnie Patterson, Maggie Phillips, Joshua Prewitz, Stephanie Price, Jessica Riddle, Amanda Rogers, Torre Reynolds, Indi Ruhe, Veronica Renfio, Devin Taylor, Britany Thomas, Jeff Todd.



Marty Crowder, center, with the Educational Opportunity Center at Somerset Community College, provides assistance for college enrollment to Gina and Eric Payne of Mt. Vernon. The Paynes both plan for college enrollment in the fall to hopefully improve their future career opportunities. Staff members with the Educational Opportunity Center will provide free assistance with admissions and financial aid for adults wishing to enter or re-enter a program of higher education. Anyone who needs these services can call toll free 1-877-629-9722 to receive help.

Tiger Pause

It's SOUPer Bowl time again! BES' PTA is having a soup drive. Please bring a can of soup to school on January 30th. All soup donations will go to the FBC Mission to help feed the hungry in Rockcastle County. The class with the most cans of soup will win a special treat. Thanks to all who participate.

Tutoring will begin at BES' the week of January 26. A snack will be served. Please remember that it is the parent's responsibility to be at the school at the designated ending time that has been given to pick up your child. Also remember that weather conditions may change throughout the school day and tutoring will be canceled if the weather becomes inclement.

Parent/Teacher conferences and Festival will be held February 12th. PTA needs volunteers to help with the festival. Please call Amy Nicely at 256-8700 if you can volunteer.

Teacher report cards were sent out last week. Please remember to fill the report out and send it back to school with your child.

The following students were recognized in the Counselor's Corner last week: Haylen Barker, Ty Ritchie, Rylan Crooner, Heather Adams, and Cody Ross. These children were noticed for their good behavior and/or good deeds. BES is proud of them.

Mt. Vernon Message

Upcoming Events

Our next parent/teacher conference is scheduled for February 5. Please watch your child's backpacks for specific times.

Special Projects:

Fourth grade teachers have scheduled portfolio conferencing with their students for January 26-30.

Project Wisdom readers for last week were as follows:

William Milburn, Jordan Gast, Alexandra Martin and Courtney Hasty; students, May Arnold, nurse's assistant was our mystery reader.

Our quote for this week is: "There is no failure except in no longer trying."

Reynolds on Dean's List

Brandy Reynolds, daughter of Gary Reynolds of Crab Orchard and Regina Hull-Brown of Mt. Vernon, was named to the Kentucky Wesleyan College Dean's List for the 2003 fall semester. She is a senior mathematics major and a starter on the Panthers basketball team. Reynolds is a 2000 graduate of Rockcastle County High School.

To be eligible, students must attain a grade point average of at least 3.5 on a 4.0 scale while carrying at least 12 semester hours. Kentucky Wesleyan College is a four-year, United Methodist Church affiliated, co-educational institution offering a wide range of majors in the liberal arts, as well as specialized programs in communication arts and criminal justice.

“Letters” (Cont. from A-2)

hand was something that I will, personally, always remember and also be able to tell my children that I was there? Without the generosity of the Rockcastle County Republican Party this would not have been possible.

I was especially proud of Rockcastle County when I saw our great ROTC and Band marching in the parade, as well as getting to see Supreme Court Chief Justice Joseph Lambert and his family riding in the procession. We really have a lot to be proud of.

Again, I would like to thank the Rockcastle County Republican Party for helping make my attendance at this historic event a reality. I will always remember that I was there! Sincerely, Justin Albright RCHS TARS member

Upcoming dates: January 22, Girl Scouts; Jan. 27, Parent Involvement meeting at 4 p.m.; Feb. 12, parent/teacher conferences and festival and Feb. 16, President's Day - no school.



State Rep. Danny Ford of Mt. Vernon (second from left) greets constituents during the Caleb-Haley Act rally and press conference in the Capitol Rotunda. The group was there to show support of the legislation, which would join Kentucky with 36 other states in defining fetal homicide as a crime. The group includes (from left to right) Travis Burton, Jessica Lunsford, Ben Taylor, Eric Kirby and Britany Asher.

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Bookmobile Schedule
Mon., Jan. 26: Orlando, Maple Grove, Chman, Three Links, Williams. Jan. 27: Sprou, Level Green, Willisville.
Wed., Jan. 28: Possible make-up route - weather permitting.

Clothing Donations Needed
The Rockcastle County Migrant Program is in need of fall/winter clothing to replenish the clothing closet. Donations can be dropped off at the Migrant Office across from the Central Office building on Richmond St. or call for a pick-up at 256-2157.

Donations needed by First Baptist Mission
First Baptist Church Mission needs monetary and food donations, as well as maternity clothes, jeans of all sizes, plus-size for females and coats of all sizes (male and female). Only accepting winter clothing. Please bring clean clothing and other donations to the mission on Mondays and Wednesdays from 10 a.m. to 1 p.m. and on Saturdays 10:30-11:30 a.m. Thank you for helping us to help others.

Narcotics Anonymous
Tired of drugs and/or alcohol controlling 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 appearing to be in Bulletin Board each week will be placed as many times each month as space permits.

Alcoholics Anonymous
Alcoholics Anonymous meets Tuesday nights at 8 p.m. behind Our Lady of Mt. Vernon Church on Williams St. in Mt. Vernon. For more info, call 256-2129.

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 Greenhill Hill. For information, call 606-256-5307.

Extension Notes
Jan. 23: 10 a.m. Free class at the Extension Office, "The Dash Diet." If you have been told to reduce your salt intake due to health conditions, this class will give you valuable information on sodium, cooking without salt and hypertension. Call 256-2403 for more information.

Jan. 26: 10 a.m. The Mt. Vernon Extension Homemakers Club will be offering a class on beginning sewing at the Extension Office. The class is free and materials for a pillow top are provided. Call 256-2403 for more details.

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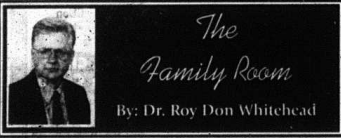
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The Wayne Stewart Adult Health Center would like to thank all of our volunteers at the center. Karen Robinson, middle photo, from The Cutting Edge, made this client happy by donating a cut and perm. Brad Spears, bottom photo, brings music to our clients' ears every month as he sing favorite hymns of their's. Heidi Brecker Buford Parkerson donates his time twice a month to preach God's word to our clients. And lastly, thank you to Mink's Nursery and Garden Center in London for donating seeds and other gardening supplies. We truly appreciate our volunteers and helpers. We couldn't do it without you.



The Family Room
By: Dr. Don Whitehead

Weight Loss Can Be Slow
"I was asked to be interviewed for this column and asked me to change my name. He said, "I don't want people to think I'm bragging." (Of-ten characters in this column are fictitious, but Jay is not. He is a real person.) Here is a transcript of our interview.

Don: I can tell that you have lost weight. Tell us about it.

Jay: In the past two years I have lost 22 pounds.

Don: Twenty-two pounds in two years is less than a pound a month. Some people would say that is too slow.

Jay: It is slow! I wish it had been faster, but that is all I could manage. I have read that a person is more likely to keep weight off if he loses it slowly. I hope that is true, because this sure has taken me a long time.

Don: How and when did you gain weight?

Jay: Over the past 15 years I had gained 30 pounds. It sneaked up on me.

That's only two pounds a year and I was not really aware of it, until one day I looked in the mirror and saw how big my stomach was.

Don: What kind of diet have you been on?

Jay: I haven't been on a diet. I've tried not to eat too many calories or too much fat, but if I wanted a piece of pie then I ate it. I never was very good at dieting.

Don: Then how did you lose the weight?

Jay: I started walking. I walk three, and a half miles four or five times a week on the indoor track at Rocky Hollow Recreation Center in Wiserish. I like walking indoors

because there is no rain, no snow, no humidity, no cars, no bugs and no hills. I have been walking for more than two years now and that is why I have lost the weight.

Don: I guess that you would recommend walking to everyone who wants to lose weight.

Jay: No, I wouldn't. Just because it works for me doesn't mean it will for anyone else. Weight loss is a very individual thing. Some people have a much harder time with it than others. I would not try to tell anybody how to lose weight.

Don: How do you keep yourself motivated to walk?

Jay: Sometimes I am really anxious to walk. Some days I just don't feel like going to it, but I remind myself of the benefits and usually manage to go ahead. I almost always feel better after I walk. It relaxes me. My job can be stressful so I need something like that.

Don: Any advice for someone beginning an exercise program?

Jay: You have to marry your exercise. First, you date it and see how you like it. Second, you become engaged to it and get serious. Finally, you marry it and make it a regular part of your life.

Don: Do you know other people who have lost weight walking?

Jay: Many of those who walk at the track have lost weight. Lots of them walk much further than I do and some walk seven days a week. I know they must have lost more weight and faster than I did.

Don: Any more advice for prospective walkers?

Jay: Yes. Get your doctor's permission first, then start slowly, and I wish you good luck!

Landscaping done at Outreach for the Blind

During 2003, much landscaping was done at our local camp for the blind and handicap. It began with Trish and Clifford Collins of Collins and Son bringing in top soil in preparation for bulbs. Numerous work camp groups prepared the ground for planting.

Sharing the vision, Susan Coffey was instrumental in getting people to donate bulbs and labor. Nancy Mullins brought a variety of plants from her garden and planted them in several places at Christ's Outreach for the Blind. Betty and David Henderson have donated dozens of irises, day lilies, and angel trumpets.

In the meantime, the Christian Appalachian Project (CAP) received a donation of day lilies, Asiatic lilies, and Easter lilies. As a non-profit par-

ticipant in the CAP Operation Sharing Program, we were able to have some of these beautiful flowers (which turned out to be thousands since they had been donated by the club.)

This is where the Master Garden Club came in. In particular, Christ's Outreach for the Blind extends their appreciation to Tom Mills for offering this course. The following people volunteered to plan, prepare, and plant the prayer garden at the camp: Martha Cox, Cathy McCauley, Debra Owens, Ann and Cecil Hampton, Barbara Congleton, and Cora Dameron (of Renfro Valley and Ohio).

Also, Bob Coffey volunteered his time and labor for a day rero-tilling the ground.



Master Gardeners have been busy helping out at Christ's Outreach. Above, Cecil Hampton Myrna Gates, Cora Dameron, Martha Cox, Ann Hampton and Barbara Congleton are hard at work.

The landscaping and planting of the donated bulbs were continued by church members of Poplar Grove Baptist Church. One Saturday during the fall, Stephanie Hurst, Holly Kirby, Cathleen Brock, and Jennifer Brock arrived at Christ's Outreach and planted bulbs. On that same day, Deb Owens from the Master Garden Program planted flowers at the base of the cross in the prayer garden.

In addition to all of this, Deb Coffey was able to spend a couple of hours one afternoon planting bulbs. To our surprise, she was able to plant an entire crate which is about 200 bulbs!

All in all, we were able to get all the bulbs planted except for two crates or about 400 bulbs! We are planning to finish planting them this spring. We, at Christ's Outreach for the Blind, are so appreciative of all the support that our local community has shown. The flowers that were planted are supposed to bloom at different times throughout the year. These beautiful flowers will be a reminder to us, everytime we see them of how a small community such as ours can come together to make a difference. Christ's Outreach for the Blind is proud to be part of Rockcastle County. Thank you.



Ann Hampton, Lori Gates, Myrna Gates and Barbara Congleton discussing ideas.

FOOD WORLD

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<p>12 pack Coke & Coke Products \$2.99</p> <p>46 oz. Sel. Var. Red Gold Tomato Juice 59¢</p> <p>1.25 oz. Ass't. Var. Chicken Breast Tender 1.69 / lb.</p> <p>1.25 oz. Ass't. Var. McCormick Chili Seasoning Mix 69¢</p> <p>1.5oz. Chili or Kidney Red Gold Beans 3/5.1 Gallon Laurel Farms Milk \$1.89</p> <p>24 oz. Red Gold Ketchup 99¢</p>	<p>14.5-15 oz. Ass't. Var. Red Gold Tomatoes 4/3</p> <p>10 oz. Cheerios or Wheaties 2/\$4</p> <p>2.4 pk. Ass't. Var. Orville Redenbacher's POPCORN Buy One Get One FREE!</p> <p>1/2 Gal. Ass't. Var. Old Recipe Ice Cream 2/\$7</p> <p>16 oz. Ass't. Var. Hidden Valley Ranch Dressings 2/\$5</p>	<p>13.75-18 oz. Ass't. Var. Tony's PIZZAS 4/\$9</p> <p>20.25-32 oz. Ass't. Var. Ore Ida Frozen Potatoes 3/\$5</p> <p>USDA Western Grain Fed Beef Bld. Bottom Round or Rump Roast 1.99</p> <p>16 oz. Ass't. Var. Vegetable Juice 1.19 4.6 oz. Ass't. Var. Yoplait Yogurt 2/\$1</p> <p>12.4 oz. Shurfresh Cinnamon Rolls 2/\$3</p>
<p>USDA Western Grain Fed Beef T-Bone Steaks 4.99</p> <p>USDA Inspected Boneless Pork Loin Sirloin Chops 1.59</p> <p>Tennessee Pride Sausage 1.99 / lb. Southern Belle Orange Juice 2/5.5 / Gal. Aberdeen Farms Sliced Bacon 2/3.3 / lb. Jennie O Turkey Breast 1.99 / lb.</p>	<p>PRODUCE SALE</p> <p>Dole Iceberg Lettuce 89¢ / 1 lb. bag (medium)</p> <p>Dole Russet Potatoes 1.49 / 10 lb. bag</p> <p>Super Sel. Cucumbers or Ex. Lg. Green Peppers 2/\$1 Calif. Sds. Navel Oranges 2/\$4 Sweet Cantaloupes 2/\$3 Calif. Mineloa Tangerines 3 lb. bag 2/\$4 Green Giant Mini Carrots 1 lb. bag 99¢</p>	

Tax forms available at Rockcastle Library

Once again it is that dreaded time of year. Yes, it's tax time and the public library has tax forms. We have both state and federal forms available along with instruction booklets. We have only the basic 740 and 1040 forms at the library.

You can access the IRS web site 24 hours a day, 7 days a week at www.irs.gov or you can order forms and publications 24 hours a day, 7 days a week by calling 1-800-TAX-FORMS (1-800-829-3676).

The forms that are available are free and are a service of the public library. If you need other forms copied there is a small fee for this service. The library staff cannot give advice on the forms that you may need, since none of the staff are trained tax professionals. The library is open Monday - Friday 10 to 6 and Saturday 10 to 4.



Elliot and Labonte still going strong

By Gerald Hodges/The Racing Reporter

While it's true that most of the NASCAR Winston Cup wins last season were by younger drivers, two of the old guns, Bill Elliott and Terry Labonte showed they still have what it takes to get a checkered flag. Bill Elliott, who at age 48 is as gracefully smooth and fast as ever, when he's got a car that's worthy of him won the next-to-last Cup race of the season at Rockingham, N.C., and would have won the finale at Homestead-Miami if not for a flat tire without a mile left in the race.

Elliott had said earlier in the season that he might drive only 12 races during 2004, but after his strong finish, the Ray Everham driver hasn't formally committed to slowing down. He is expected to announce his plans this Thursday in New York City.

Texas' Terry Labonte isn't ready to hang up his driving helmet, either. After one win, four top-fives, and nine top-10s, the 47-year-old Texan returns to the New York stage for this Friday's NASCAR Winston Cup Award Ceremonies.

Labonte has put the wraps on his best season since 1998.

The two-time Winston Cup champion has set a number of personal single-season records during the year.

School Menu

Jan. 26-30

Breakfast
Mon., Jan. 26: Breakfast pizza or cereal toast/jelly, juice, milk.
Tue., Jan. 27: Egg/Cheese Biscuit or cereal, toast/jelly, juice, milk.
Wed., Jan. 28: Gravy and biscuit, sausage or cereal, biscuit/jelly, juice, milk.
Thurs., Jan. 29: Egg and toast or cereal, toast/jelly, juice, milk.
Fri., Jan. 30: Pancakes and syrup or cereal, toast/jelly, juice, milk.
Lunch
Mon., Jan. 26: Chili Chips & Cheese or sandwich, lettuce/pickle, vegetable sticks and dip, fruit and milk.
Tue., Jan. 27: Hamburger on bun or sandwich, lettuce/pickle, potatoes, fruit dessert, milk.
Wed., Jan. 28: Chicken sandwich, lettuce/pickle, corn chips, California vegetables and cheese sauce, brownie, milk.
Thurs., Jan. 29: Chili and sandwich, veggies and dip, crackers, fruit dessert, milk.
Fri., Jan. 30: Hot dog on bun or sandwich, potato rounds, carrot sticks, fruit dessert, milk.

completing more than 98 percent of all laps run this year, an increase over his current best of 97.88 percent set in 1996.

Other personal single-season marks: Labonte has broken or matched during the 2003 season in total: Total races completed -- Labonte finished all 36 races this season, one of only two drivers to do so (the other being Kevin Harvick). Labonte's previous best was 30 races completed, set just last year.

Consecutive races finishing on lead lap -- His personal best of eight straight was set during the championship season of 1996 and has been matched this year with an eight-race stretch that began at New Hampshire International Speedway in July and, ironically, was halted at the same track in September.

Terry Labonte entered this season with 745 career NASCAR Winston Cup Series starts. The two-time champion broke Richard Petty's record of 513 straight starts in 1996 and continued his "Iron Man" streak until Aug. 5, 2000, when he missed the Brickyard 400 at Indianapolis while recovering from injuries suffered a month earlier at Daytona Beach, Fla. Labonte's mark of 655 consecutive events was surpassed in 2002 when Ricky Rudd started his 656th straight race.

With his 1996 Winston Cup crown, Labonte became the fifth driver to win multiple championships in the sport's modern era (post-1971), joining Petty and Dale Earnhardt (seven each), along with Cale Yarborough and Darrell Waltrip, who hold three apiece. Jeff Gordon, Labonte's Hendrick Motorsports teammate, has since joined that group with four titles, including back-to-back championships in 1997 and 1998. In 54 years of NASCAR Grand National Division and Winston Cup competition, Labonte is one of 13 competitors with multiple championships -- a list that includes Buck Baker, Tim Flock, Ned Jarrett, David Pearson, Lee Petty, Herb Thomas and Joe Weatherly.

Terry and Bobby Labonte are the only brothers to win Winston Cup championships in NASCAR history. Terry won in 1984 and 1996, with Bobby winning in 2000. They were inducted into the Texas Sports Hall of Fame in February of 2002.

Kenseth is winner, Ford is loser
On his way to this year's NASCAR Winston Cup title, Matt Kenseth led all other drivers for the last 32 races of the 36-race season. There were fans that thought his championship bid lacked luster, because there was no controversy surrounding him like that of Tony Stewart last season.

But the 31-year-old Cambridge, Wisconsin driver did what he had to do -- he kept his No. 17 Dewalt Ford up front. After 13,932 miles of racing, Kenseth had 25 top-10 finishes. That's a pretty good record, in spite of only one win.

The only other driver to win the title with just one race victory was Bobby Allison in 1973.

Kenseth is the 26th and final Winston Cup champion of NASCAR's modern era. Next year's winner will be the first Nextel Cup champion.

Most of Kenseth's races were typical: start near the rear, hang out all day and stay out of trouble, and then move towards the front as the laps run down.

But despite Kenseth's good runs, his title came in a year when Ford won only seven races, and four of those were by Kenseth's teammate Kurt Busch. Greg Biffle and Dale Jarrett were the other two Ford drivers with victories.

Four-time champion Jeff Gordon says the loss won't diminish Kenseth's record.

"I'd take a championship with no victories," said Gordon. "I'm sure he would like to have had more victories, but I think when happened is they had such a lead and needed to hold and maintain that lead that sometimes, you're going to be a little bit more conservative to do that."

"That might keep you from taking more risks, whether it be pit calls, or a driver call, to make sure you get that top-five, or top-10 finish."

During practice and qualifying Kenseth appeared to be relaxed and calm, but during the fall race at Charlotte, he decided to skip the postponed Busch race, which was run just hours before the night Winston Cup race.

"The best way I can explain it is, there's a feeling you get in your stomach when you're leading a race and it's getting towards the end, and you're looking in your mirror and you can see a car behind you," Kenseth said.

"You kind of get this empty feeling in the pit of your stomach, and I had that for about three months. I've felt like I've been leading the race with three-to-go for about three months."

Mark Martin, teammate and co-owner of Kenseth's Ford was considered by many at the beginning of the season to be one of the favorites. But Martin faded to show up in victory lane, and finished in 17th, 1,253 points out of first.

All season Ford drivers complained about their equipment. Ford has received verbal approval from NASCAR that a new cylinder head for its Ford Taurus will be approved in time for the beginning of the 2004 season.

This improved cylinder head could be a key asset in helping more Ford drivers find victory lane in 2004.

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Mt. Vernon now has new Christian Counseling Center

Upper Room Christian Counseling Services, a ministry of Faith Harvest Fellowship, has opened an office at 40 Main Street, Mt. Vernon. The office is located upstairs, above Community House and Faith Harvest Fellowship. Christian counseling is offered to individuals, couples and families. The ministry is designed to provide guidance and healing through God's Word, prayer and the leadership of the Holy Spirit. Biblical help is available for marriage, premarital guidance, family relationships, parenting, anger management, anxiety, depression, grief and loss, fear, addictions, domestic violence and sexual abuse survivors.

URCCS counselors are currently Dr. Michael Bryant, Sr., Rev. Michael Bryant, II and Rev. Matthew Bryant, all pastors at Faith Harvest Fellowship. Carol Bryant also serves part-time on the URCCS staff as an administrative assistant. She is working on credentials that will prepare her to become involved in some special areas of counseling.

Dr. Bryant has extensive training and experience in the counseling field and has been certified in child protective services, adult protective services, juvenile services and is board certified by the International Association of Pastoral Counselors. He is also a member of the American Association of Christian Counselors. In addition to his undergraduate and graduate training, he has also been trained by the American Association of Marriage and Family Therapists, Kentucky Department of Mental Health, Washington D.C. Family Practice Center, Center for Biblical Counseling, Smalley Relationship.

Center and the Center for Professional Development and Continuing Education. He also does a general practice of counseling.

Reverend Michael Bryant, Jr. is an alumnus of Cumberland College and Mid-Western Baptist Bible College. He is Executive Director of the Bennett Center in London and is a member of the American Association of Christian Counselors. In addition to general counseling, he especially brings a level of expertise to the area of financial counseling.

Reverend Matthew Bryant is an alumnus of Eastern Kentucky University and is the Detective for the Rockcastle County Sheriff's Department. He is a member of the American Association of Christian Counselors. Based on his experience and training in the field of finance, he also offers expertise in this area, and ministers counseling in other areas as well.

Mrs. Carol Bryant is an alumnus of Sue Bennett College and Bowling Green University (Ohio) and is a Curator of the Bittersweet Cabin Museum, which is owned and operated by the Mt. Vernon-Rockcastle County Tourist Commission. While she has a number of years of experience in the banking and finance fields, her ministry with URCCS will also include other areas of counseling. She has had training by the Smalley Relationship Center, is presently pursuing additional training and is a member of the American Association of Christian Counselors.

Anyone who has need for Christian Counseling may call URCCS at 606-256-0904.

Sexual abuse survivors group ready to begin in Mt. Vernon

Community House and Upper Room Christian Counseling Services, a ministry of Faith Harvest Fellowship, all located at 40 Main Street in Mt. Vernon, are offering a support and recovery group opportunity for sexual abuse survivors.

This ministry is designed to provide shelter from the story for adult survivors. The group will be led by

Vi Ellis and Dr. Michael Bryant, Sr. If you, or someone you know, needs healing and encouragement and would like to be a survivor rather than continue to be a victim, then please call 606-256-0122 or 606-256-0904.

Your call will be handled with the utmost confidentiality. Sessions will begin as soon as enough people have signed up for the group. The group does not have to be large.

First Annual Books for Bikes Program

Sponsored by Rockcastle County Public Library and Jeffrey T. Burdette

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.

Super Bowl Biscuits



Make these biscuits in a giant football shape for a great Super Bowl snack. They're sure to score with your fellow football fans.

Celebrate the football season's last game with Honey-Nut Biscuits, a new recipe developed by the home economists at White Lily. Since most of us gather around our TV sets to watch the big game, it's important to decide ahead of time what foods to serve for this year's Super Bowl party. Great-tasting foods are sure to score with all football fans, no matter which team they are rooting for.

Honey-Nut Biscuits are easy to make. The first step is to draw a giant football shape on parchment paper. The recipe itself starts with frozen biscuits that are dipped first in milk and then in a cinnamon-sugar mixture. Place the double-dipped biscuits, an inch or so apart on the parchment paper. As the biscuits bake, they will bake in the shape of a football. Meanwhile, make

the Honey-Caramel Sauce in the microwave. Drizzle the sauce over the top of the baked biscuits, then sprinkle toasted nuts over top. Decorate the top to look like the laces on a football by piping on melted white chocolate.

Here's hoping by the end of the game (and the football season), you'll be able to celebrate your team's victory with these sweet and delicious Honey-Nut Biscuits. As the cook, you're sure to be a winner when you serve these biscuits.

Honey-Nut Biscuits

- 1/3 cup granulated sugar
- 1 teaspoon ground cinnamon
- 1/3 cup milk
- 1 bag frozen buttermilk biscuits (12 biscuits; White Lily recommended)
- 2 tablespoons butter or margarine, melted

Honey-Caramel Sauce:

- 1/2 cup packed brown sugar
- 1/4 cup (1/2 stick) butter or margarine
- 1/4 cup pure clover honey
- 1/4 cup light corn syrup
- 1/2 cup sweetened condensed milk
- 1/2 teaspoon vanilla
- 1 cup sliced or slivered almonds or chopped pecans, walnuts, peanuts or hazelnuts, toasted*

1/3 cup white chocolate (vanilla) chips

Preheat oven to 375°. Place sheet of parchment paper over 20x17-inch cookie sheet to cover. Using a pencil, draw the shape of a football on the paper. Spray paper with cooking spray. In small bowl, stir together granulated sugar and cinnamon; set aside. Pour milk in shallow bowl; dip frozen biscuits in milk, then dip in the sugar mixture. Place on parchment paper in the shape of the football. Drizzle biscuits with butter. Bake for 24 to 26 minutes or until golden brown. Cool slightly. Meanwhile, in a 4-cup microwave-safe glass measure or bowl, combine brown sugar, butter, honey and corn syrup. Microwave on High for 3 minutes, stirring every minute. Stir in condensed milk; microwave on High for 2 minutes more, stirring every minute. Stir in vanilla. Drizzle some sauce over biscuits; sprinkle nuts over top. Place white chocolate chips in heavy-duty resealable plastic bag. Microwave on 30 percent power for 2 minutes or until melted. Cut off top from one corner of bag. Pipe white chocolate over top of biscuits to resemble laces on a football. Serve warm or at room temperature. Serve with additional sauce, if desired. Makes 12 servings.

*Toast 1 cup nuts by placing in a microwave-safe dish. Microwave on High for 2 to 4 minutes or until slightly browned, stirring every minute.

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Jason, Jason you look so fine,
But never more to be
twenty-nine.....
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Sarah and Ashton want to wish
a very merry first Christmas to
their baby sister Jenna, children
of Elizabeth Rumsey. Jenna
would also like to say hello to
her dad, Justin Prewitt, and his
family including his other chil-
dren, Justin, Bobby and
Lauren.



Tim and Cindy Ham, of 920
North Main Street Somerset,
would like to announce the
birth of their second child, a
daughter, Emily Rae Ham,
born August 14, 2003 at Cen-
tral Baptist Hospital in Lexing-
ton. She weighed 7 lbs. and was
19 1/2 inches long. Maternal
grandparents are John and
Cheryl Witt of Mt. Vernon;
great grandparents are Pauline
Schimpf of Marion, Kansas
and Tom Witt of Mt. Vernon.
Paternal grandparents are
Brenda Ham of Somerset and
the late Benny Ham; great
grandmothers are Thelma
Ham of Somerset and
Omogene Strunk of Pine Knot.



A family that prays together, stays
together. I know you are in
Heaven, I know you are watching
over me, you will always be in my
heart. We spent a wonderful thir-
teen years together, memories I
will treasure forever. We had our
ups and downs but we always over
came them, our love kept us to-
gether. But God needed you and
took you to a much better place
where I know you are much hap-
pier. We will never forget you you
will live in our hearts forever. We
love you Papaw Frank. Mamaw
loves and misses you so. Your
memories are with us everyday.
Love you, Louise & grandchildren
Some people go to church almost
every Sunday but still don't do
good or would not hurt or say
things to someone they know. God
forgive and forget, God bless them
all. I learn something new all the
time. I won't give us on you Frank.
Love you always, Louise

News deadline is
Noon Tuesday

Poet's Corner

True Love

By Angela Chasteen
For a love so dear and sweet
You're a person to make life com-
plete.
You're joyous and thoughtful, this is
true.
This is a reason I know I love you.
You smile as bright as can be
and thoughts of those words brighten
my day.
I also want to let you know
You make me feel comfortable
enough to let my feelings show.
You really mean so much to me .
I want to let everyone know how spe-
cial you can be.
I want to tell them you're bright,
cheerful, kind and fun,
And you warm my heart like a day
in the sun.
Feelings like this only come true
When a person's heart feels the way
mine feels for you.
Sometimes it's hard to express feel-
ings like this,
But with you this is an opportunity I
just won't miss.
The more I get to talk to you, the bet-
ter it seems to be
That with everything I say to you,
you seem more interested in me
I love the way you listen to what I
have to say.
I bet you see my eyes glimmer every
time I look your way.

The love you send out to me,
everytime you look my way
Is so full of care and warmth just like
a warm sunny day.
I really believe if given a chance
This is a relationship that could be
enhanced.
One more thing I want to add:
You smile as bright as can be
How about sharing one of those
kisses with me?
*"Is there anyone left out there that
believes in true love anymore?"*

Friends

By Angela Chasteen
There's nothing as nice as someone
who shares,
Your laughter, your secrets, your
wishes and cares.
Someone who's there through your
good times and tears,
Who stays by your side as your friend
through the years.

Your Name

By Angela Chasteen
I wrote your name in the sky,
But the wind blew it away.
I wrote your name in the sand,

But the waves washed it away.
I wrote your name in my heart,
And forever it will stay.

Too Late to Classify

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ing, hunting dogs or trespassing on
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Smith on Hwy. 1249. Violators will
be prosecuted. 14x1p
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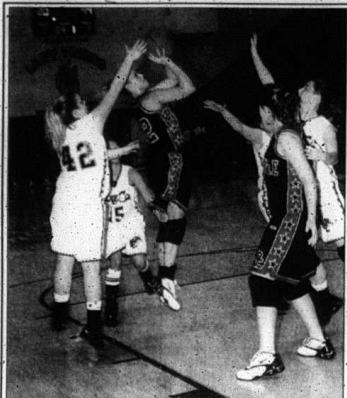


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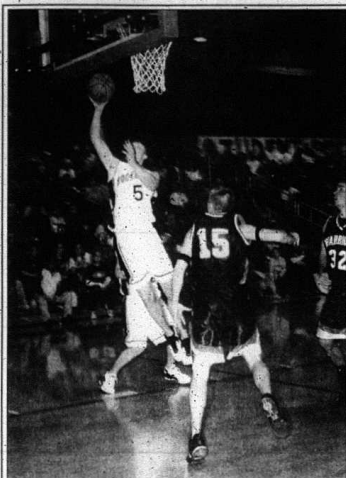
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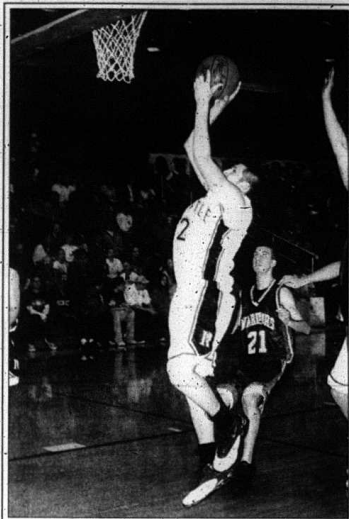
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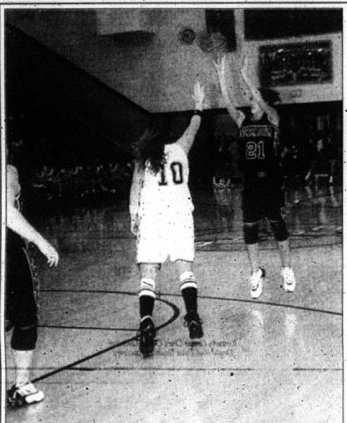
Junior Tara Rowe drew the defenders but got the shot off at a recent Rockets - Clay Co. game. The Lady Rockets will play #1 Sacred Heart Academy Saturday night in the Republic Bank Ky. Prep Plus Classic in Louisville. Game time and location is 8:30 at Trinity High School. Rowe scored 17 points in the Rockets most recent win over Whitely County to help her team to a 65-46 victory.



Junior center Blake Roberts goes for a lay-up against the Southwestern Warriors. Roberts scored 18 points against Cawood Friday night in a losing effort for the Rockets. (photos by Allison Anderkin)



Big J.C. McClure gets free of Warrior defenders in a Rocket win last Tuesday night. The Rockets will play Clay County Friday night at home and will then host Madison Southern on Tuesday night. The Rockets finish out the month with an appearance in the PRP Classic in Louisville.



Junior Katie Parsons canned a three in the Rockets easy win over the Clay County Lady Tigers. The Rockets will have a rematch with Clay Co. this Friday night at home in a doubleheader with the boys team, will then play Sacred Heart in Louisville and take on region foe Bell Co. next Thursday night.

Nascar takes a page from NFL playbook

By Gerald Hodges/the Racing Reporter
The new rules for determining future Nextel Cup champions is a page out of the National Football League's playbook, and designed by the NASCAR marketing and research department.

According to Jim Hunter, NASCAR's vice president of corporate communication, the rules are being changed so the sport can go head-to-head with the NFL.

"Late in the year, NASCAR Cup races generally face increased competition for television viewers from college football and the National Football League," said Hunter. "We have the longest schedule in sports. We go from February to November. Once we get past Labor Day, the interest level starts to drop."

"The bottom line is we want to create a chase for the championship that adds some drama and excitement, particularly after Labor Day when the interest seems to flatten out."

Like all companies, NASCAR would like to maintain their fan and viewer base throughout the entire 36-race schedule.

Forget about what the drivers and sponsors might want. The way I see it, maintaining high television ratings is the real reason behind the rules change.

Officials with new series sponsor Nextel Communications have expressed concern, fearing fans would link the company to unpopular changes, but the new NASCAR chairman Brian France is the person responsible for the playoff change.

"Everybody questions change, but we've put a lot of thought in this," said Hunter. "I am firmly convinced

this will add some drama and some excitement to our season. We think we need to provide a new model for our points championship. Consistency is a big part of it, but winning is also an over-arching part of it." Sounds great, doesn't it?

We'll just have to wait and see. Although the total package won't be unveiled for 2-3 weeks, here are several of the new rules changes.

Race winners in each of the three national series - Cup, Busch and Craftsman Truck - will receive a points bonus for a race win.

The Cup series will adopt a version of a "playoff format" that will encompass the final 10 races of the season. That system will be used to determine the series champion.

The biggest question marks remaining involve how drivers would become eligible for the playoff in Cup. Regardless, the final 10 races will be used to determine the champion.

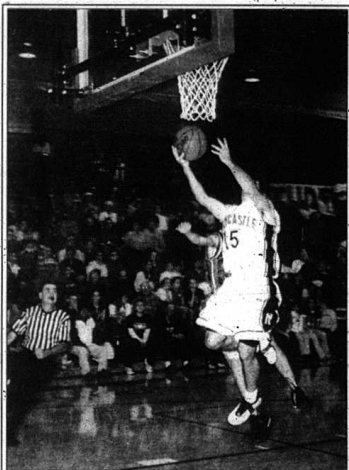
The most common scenario offered so far locks in the top-10 drivers in points following the 26th race. Only those drivers would be eligible to compete for the championship.

However, Hunter said, any driver within a certain number of points of the leader might still be eligible for the playoffs.

Once the number of drivers involved in the playoff is set, they will start the final 10-race stretch with a certain number of points, based on their standings in the first 26 events.

NASCAR is examining models from the 28 years the current points system has been in place to help determine the number used, but it could range from 300 to 600 points.

(Cont. to A-12)



Junior Aaron Cash goes to the basket in action against Pulaski Southwestern last week. Cash scored 15 points in the Rockets six-point loss to region foe Cawood Friday night. The Rockets next opponent will be Clay County on Friday night at home in a doubleheader with the Lady Rockets.

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All The World Is Glenn's Stage, But He Loves Mt. Vernon

This article first appeared in the Greensville Sun and was written by Bob Hurley. Just about the time that I think all is lost in the music of my childhood, a real country boy picks up a guitar and hits me right in the heart.

His name is Glenn Thompson. He picks mostly on weekends because, like a lot of the rest of us, he has a day job that keeps him busy.

He lives and works in a little town called Mt. Vernon, and if you've ever heard of Mt. Vernon, then perhaps you know about the charm it holds for country boys and how it keeps calling us back.

Before Renfro Valley got its own post office and ZIP code, all the mail for the Country Music Capitol of Kentucky landed in Mt. Vernon. I hope they never change Mt.

Vernon. It is still a little town, filled with little mom and pop shops like the one Glenn runs. The small-town flavor is so delicious that it is all I can do to keep from breaking out in a song every time I go there.

But the Mt. Vernon Chamber of Commerce would not want me breaking out in song. Nor would anyone else for that matter.

I would not only ruin all the tourists out of Mt. Vernon, I would do irreparable damage to the reputation of the place with my singing.

See, I can't sing, and trying to carry a tune is such an unpleasant burden to bear that the mere thought of having to join in the singing of "Happy Birthday" keeps me away from most parties.

But if I could sing, I would move to Mt. Vernon and be Glenn's neighbor.

If I were the least bit musical, I would hang around his guitar shop and talk to all the other musical types who frequent his friendly door.

But since I am none of those things, I will continue my very low-keyed, unannounced visits to Mt. Vernon, and stick my head in Glenn's door only long enough to swap howdies and make sure the old boy is still the best guitar picker in the land.

Are you paying attention here? Did you really grasp the last part there about the best guitar-picker in the land?

Or, at least he is to me. There are no framed documents on the wall of Thompson's Guitar Shop, 240 West Main St., Mt. Vernon, that make it official, but Marilda and I long ago concluded that, since the death of Chet Atkins, this picker named Glenn is indeed the best in the land.

You might be thinking of someone else as the best picker in the land, and that's perfectly all right. You have the other right to be wrong.

If he wanted to, Glenn could pick just exactly the way Chet used to pick, but he could never do that. For Glenn, you've got to be your own man and have your own style in the music business.

It was not until the year that just bowed out that I took the time to get to know Glenn a little better. I've been a fan for years because once you've heard this man pick at the Renfro Valley Barn Dance on a Saturday night in the fall in the Kentucky mountains, you are going to remember him for a very long time to come, with this simple question: How does he do that?

"Do what?" he asked me back when I finally confronted him with the question that eats away at me every time I try to sing in the shower.

"Pick the way you pick," I said. "How can you make a guitar sound that good?"

"Why, I just pick it and go like this," he said before filling his little shop with the sound of the Renfro Valley stage.

It was back in the fall when Marilda and I were last in his shop, and the man is so busy that we just knew we were imposing.

But there is always time to talk to

fans in Mt. Vernon. "I've been picking on the old guitar just about as long as I can remember," Glenn told me after I asked how long it might take me to get the hang of picking out a tune or two myself.

"My mom and dad got me my first guitar just after I learned to walk, and I've been walking around with a guitar ever since," he said.

"Does that mean I'm too old to start?" I asked.

He is too kind to respond to such a question, but he did give me this really big smile that indicated there might be a chance, or, at least, that's what I think the big smile was indicating.

"I don't think that I'm tone deaf, but I just don't sing well," I explained to him.

"I have spent a lot of time in front of a mirror, mouthing the lyrics, and I know all the gestures, but the sound is just so awful," I went on.

"Even the dogs bark and carry on like they are in pain when I break out in a song. Is there any hope for me?"

"I know some other folks like that," he smiled.

"Some of my friends have told me they would rather go to the dentist than to hear me sing," I told him.

"What do you think they are trying to tell me?"

"Maybe they have a lot of cavities," he said.

"Are all humans born thinking they are musical?" I just had to ask the best guitar picker in the land.

"Well, I don't know," he said. "I just work on guitars, so I've never studied the really deep stuff much."

"A man who knows his way around a guitar the way you know your way around a guitar just has to have the answers to some of life's most puzzling questions," I jibed him.

"I appreciate the kind words," he said, "but really, I just work on broken guitars in the back room."

Maybe it is just me, but the world grew a little colder and a lot more impersonal during the year just ended, and maybe that's why I find such a comfort in the Glenn Thompsons that are still around to help me cope with it all.

He is so talented on the one hand, and he is such a regular Glenn on the other. Maybe that doesn't do a thing for you, but it helps me to see that

the world is not as scary as the people on all those cable news shows make it out to be.

For those of us who regularly visit Renfro Valley, Glenn is a Saturday night hero, a man who reminds us of where we came from in subtle, yet profound ways. And he makes it sound so pleasing, so reassuring, so downright beautiful.

If you were to call up the Renfro Valley web page on the internet, you would find a very formal portrait of this man named Glenn.

In the portrait, he is so dressed up that I barely recognized him. Because, see, I'm used to the guy in the jeans and T-shirt in Thompson's Guitar Shop on West Main in Mt. Vernon.

The little bio on the web page will tell you how Glenn first came to the Renfro Valley stage in the 1960s, and how he left to tour for a couple of years with some of the biggest names in the history of country music.

But, thank the Lord, Glenn came back home to Mt. Vernon, unpacked his suitcase for the last time, and announced that the road was no place for him.

Down through the years, I've talked to a lot of musicians about the life on the road, and while I love their stories, I feel sorry for them when they talk about waking up every morning trying to remember what town they are in.

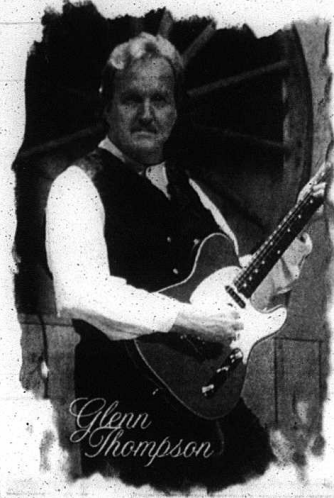
When you can't sing a lick and when you don't know one chord from another on the guitar, like me, you don't get to know a lot of really fine musicians on a first-name basis.

And, besides, I'm sure most gifted musicians don't have time for the likes of me.

It is very comforting to be able to stick my head in Glenn's shop and see such a familiar face and watch his surgeon-like hands work on a guitar that has been brought in by a kid from up the street.

He breaks into a little "Tennessee Waltz" to check the guitar's sound. From another room, a sound system is playing Eddy Arnold's "Cattle Call."

If that isn't enough to light your country fire, then perhaps you have stayed away from Mt. Vernon too long.



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Member FDIC



Rockcastle County's newest restaurant, Asian Buffet, opened its doors to the public last weekend. The Chinese restaurant offers a full menu along with a buffet. They are open Sunday through Thursday 10:30 a.m. to 9:30 p.m. and Friday and Saturday 10:30 a.m. to 10:00 p.m. They are located on Richmond Street in Mt. Vernon in the former Richmond Street Eyecare building across from the post office. Their phone number is 256-0299.

"Lady Rockets"
(Cont. from Front)

last quarter 22-18.

Colby Brown led the scoring for the Rockets with 19 points; Blake Roberts got 18; Aaron Cash 15; Devin Taylor had 7; Dereck hurst 4 and Kyle Mullins 2.

On Tuesday night, Jan. 27th, the boys will host Madison Southern and Whitley County will come to town on Friday night. On Saturday night, the 31st, the boys will travel to Louisville to play in the PRP Classic.

Following Saturday night's game, the Lady Rockets will travel to Bell County on the 29th and will host Coward on the 31st.

"Nascar"
(Cont. from A-10)

Waltrip is fastest driver at Daytona testing
Michael Waltrip led all other drivers in testing at Daytona this year. Waltrip, a two-time Daytona 500



Kristen Baker, an 11-year-old 6th grader at RCMS, recently completed her first half marathon in Memphis, Tn. Kristen was the youngest of over 3,700 runners from across the country. Completing the 13.1 mile race in just over two hours, Kristen placed fourth in the 15 and under class. Kristen is the daughter of Don and Carla Roberts of Brodhead.

winner, completed the first three-day Nextel Cup preseason test at Daytona International Speedway by posting the fastest one-lap qualifying speed each day.
He saved his best lap - 187.731 mph - for Thursday, which was also the best one-lap speed of the entire session.

Three of Waltrip's four career Cup wins have come at Daytona, including his first series win in the 2001 Daytona 500.

"We have had a terrific test even though it got off to a rocky start when we crashed one of our cars on Tuesday, but it just shows you how prepared this team is," Waltrip said.

"They had two cars here that were going to be strong, but we'll go home and fix the other one and go to Talladega for more testing with it." Dale Jarrett, winner of the 1994, '96 and 2000 Daytona 500 also finished strong with the second-fastest lap of the test (187.426 mph).

Grissom tops truck testing
The best one-lap qualifying speeds from NASCAR Craftsman Truck Series preseason testing test at Daytona International Speedway (with truck number, driver, truck make and speed): 1. (59) Steve Grissom, Dodge, 182.994, 2. (10) Terry Cook, Ford, 182.760, 3. (99) Carl Edwards, Ford, 182.382, 4. (4) Chad Chaffin, Dodge, 181.594, 5. (67) Streadman Martin, Ford, 181.583, 6. (1) Andy Houston, Dodge, 181.528, 7. (8) Chase Montgomery, Dodge, 181.426, 8. (50) Jon Wood, Ford, 181.057, 9. (08) Ken Weaver, Chevrolet, 180.883, 10. (6) Matt Crafton, Chevrolet, 180.785
Racing Trivia Question: Which driver won the most Winston Cup



Hunter Hines shows off the 10 point buck his dad, Ralph, killed at Fort Knox.

in 2003?
Last Week's Question: He won 26 races and was called "Fast Freddy." Who was this Elmhurst, Illinois driver that retired after the 1972 season? Answer: Fred Lorenzen.
If you would like to read additional racing stories by the Gerald Hodges' Racing Reporter, go to: www.race500.com

"Two Charged"
(Cont. from Front)

Vance was charged with possession of a controlled substance, prescription drugs not in proper container, no operators license and no insurance.

Jones was charged with public intoxication, possession of a controlled substance, third degree and prescription drugs not in proper container.
The report of the stolen jewelry prompted the stop according to Harlis and the jewelry was returned to Vance's sister, from whose home it was reportedly stolen.
Both were to be arraigned on Wednesday afternoon.

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**9th Annual Prayer Service
for Christian Unity**

To celebrate Jesus, the source of our unity, we invite you to the 9th annual Service for Christian Unity.

This celebration will be held on Friday, January 23rd at 7:00 p.m. The service will be held at Our Lady of Mt. Vernon Catholic Church on Williams Street. The church is located across the street from Mt. Vernon Elementary.

The service will feature several local ministers and musicians. If you cannot attend we ask that you pray for the service and the churches of Rockcastle County in order that the lost be saved and the will of the Lord be done in all our lives.

Refreshments and fellowship will follow the service.

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<p>2004 Chrysler Pacifica STKA C0875 Auto, AC, All power, 3 seats, 3rd row seat rear heated, AM-FM, CD, Cassette \$28,775 PLUS 0.0% FOR 48 MO*</p>	<p>2004 Chrysler Town & Country LX STKA C0848 Auto, AC, All power, 3.3 V6 Engine, AM-FM-CD, Tinted windows, 4 Door \$21,995 PLUS 0.0% FOR 72 MO*</p>
<p>2004 Chrysler PT Cruiser STKA C0871 Auto, power windows, rear defogger, deep steel wheels, high interior \$16,295 PLUS 0.0% FOR 48 MO*</p>	<p>2004 Chrysler Sebring LX STKA C0849 Auto, AC, All power, 4 Door, AM-FM-CD \$15,995 PLUS 0.0% FOR 60 MO*</p>
<p>2004 Chrysler 300M STKA C0823 Auto, AC, All power, leather, heated seats, AM-FM-CD-Cass, power moonroof \$26,574 PLUS 0.0% FOR 60 MO*</p>	<p>2004 Chrysler Concorde LX STKA C0824 Auto, AC, All power, AM-FM-CD \$19,850 PLUS 0.0% FOR 60 MO*</p>
<p>2004 Dodge Ram 1500 4x4 STKA D0804 Auto, AC, Magnum V8 engine, 40/20/40 split bench seat \$18,495 PLUS 0.0% FOR 48 MO*</p>	<p>2004 Dodge Ram 1500 STKA D0804 Auto, AC, Magnum engine, 40/20/40 split bench seat \$15,879 PLUS 0.0% FOR 48 MO*</p>
<p>2004 Dodge Ram Quad Cab 4x4 STKA D0803 Magnum V8 engine, AC, 40/20/40 split bench seat, bedliner \$21,995 PLUS 0.0% FOR 48 MO*</p>	<p>2004 Dodge Ram 2500 4x4 STKA D0806 Hemi, Magnum V8 engine, AC, 40/20/40 split bench seat \$22,575 PLUS 0.0% FOR 48 MO*</p>
<p>2004 Dodge Dakota Club Cab STKA D0808 Magnum V8 engine, AC, 40/20/40 split bench seat \$15,995 PLUS 0.0% FOR 48 MO*</p>	<p>2004 Dodge Dakota STKA D0808 Magnum V8 engine, AC, 40/20/40 split bench seat \$12,781 PLUS 0.0% FOR 48 MO*</p>
<p>2004 Dodge Dakota 4x4 STKA D0811 Magnum V8 engine, AC, 40/20/40 split bench seat, AM-FM-CD, cloth interior \$15,995 PLUS 0.0% FOR 48 MO*</p>	<p>2004 Dodge Dakota Sport Club Cab 4x4 STKA D0806 Sport, Magnum V8 engine, AC, 40/20/40 split bench seat \$18,985 PLUS 0.0% FOR 48 MO*</p>
<p>2004 Dodge Durango 4x4 STKA D0807 Auto, AC, All power, Magnum V8 engine, AM-FM-CD \$26,990 AND 1.9% AVAILABLE*</p>	<p>2004 Dodge Caravan STKA D0811 Auto, AC, 4DR, 7 passenger, AM-FM-CD \$15,783 PLUS 0.0% FOR 72 MO*</p>
<p>2004 Dodge Neon SXT STKA D0808 Auto, AC, AM-FM-CD, Splitter \$12,579 PLUS 0.0% FOR 48 MO*</p>	<p>2004 Dodge Intrepid STKA D0802 Auto, AC, All power, AM-FM-CD, Splitter \$16,595 PLUS 0.0% FOR 60 MO*</p>
<p>2004 Dodge Stratus SXT STKA D0806 Auto, AC, All power, AM-FM-Cass-CD \$14,787 PLUS 0.0% FOR 60 MO*</p>	<p>2004 Chrysler Cross fire STKA D0809 Auto, AC, AM-FM-CD, Splitter \$30,995 PLUS 0.0% FOR 60 MO*</p>
<p>2004 Jeep Liberty Sport 4x4 STKA J0808 Auto, AC, All power, AM-FM-CD \$19,845 PLUS 0.0% FOR 48 MO*</p>	<p>2004 Jeep Grand Cherokee Laredo 4x4 STKA J0810 Auto, AC, All power, AM-FM-CD \$23,995 PLUS 0.0% FOR 60 MO*</p>

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Mount Vernon Signal

Second Section

Thursday, January 22, 2004



Collins - Sexton

Kenneth and Patty Collins of Calloway wish to announce the engagement of their daughter, Lora Collins to Ellis Dale Sexton, son of Marion and Octavia Beverly Sexton of Orlando. Ellis is a performing artist and Lora is in foodservice. The couple plan a summer wedding.



72nd Birthday Celebration

All family, friends, neighbors and church family please join the children and grandchildren of Edith Lunsford in celebration of her 72nd birthday. The event will be held Sunday, January 25, 2004. Come and celebrate anytime between the hours of 2 to 5 p.m. at the Hickory Grove Pentecostal Church Fellowship Hall located outside Broadhead on Hwy. 1505. Birthday cards are welcome, no gifts please.

Words of Hope

I once read a quote that stated, "There are two tragedies in life: not getting what one wants, and the other is getting it." Can you relate to this? I sure can. We spend way too much time wishing our life's away, and not enough time appreciating what God has given us. Psalm 23:2 declares, "He (God) leads me beside quiet waters. Instead of being frustrated by what you don't have, look around and see the beautiful things God has placed in your life."

—A message of hope from your friends at Mt. Vernon Pentecostal Church

Rockcastle Steak House

invites you out to try one of our Winter Evening Specials
5:00 - 8:00

Tuesday Evening

Homemade Italian Style Spaghetti
Toss Salad and Garlic Bread

\$6.95

Don't forget our Daily Luncheon Specials

Monday

Homemade Vegetable Soup
Served with corn bread muffins

\$4.25

(This one is great if you are outside country!)

Tuesday

Oven Baked Pork Chop with Country Gravy
Whipped Potatoes and Southern Fried Apples
Homemade Biscuits \$5.95

Friday

Hearty Bowl of Chili served with choice of Grilled Cheese Sandwich or Side Salad

\$5.95

(Cooking school? Try this one)

Make healthy choices! Remember our Delicious Salad Bar!

Exit 62 • Mt. Vernon

Thursday Evening

Delicious Southern Fried Cattlefish
French Fried Potatoes, Cole Slaw and Hush Puppies

\$7.95

Wednesday

Pinto Beans & Greens
Our own special corn relish
slice of onion
Cornbread muffins \$4.95

Thursday

Country Fried Steak
Fried potatoes and Cooked Cabbage served with
Homemade Biscuits or
Cornbread Muffins \$5.95



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~ Luke Gooch



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2003 Dodge Neon
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\$7,995/\$149 Mo.



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\$11,995/\$223 Mo.



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\$29,995



2000 Toyota Solara
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\$7,995/\$159 Mo.



2000 Mercedes E430
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- *04 Dodge Stratus, Loaded \$12,995/\$239 Mo.
- *03 Toyota Echo, 4 Dr., Auto, 9K \$9,995/\$182 Mo.
- *03 Ford Mustang, Convertible, Auto, Leather, Loaded \$15,995
- *02 Nissan Maxima, SE, Pearl Whip \$16,995/\$285 Mo.
- *02 Hyundai XG350, Leather, Loaded \$13,995/\$259 Mo.
- *02 Pontiac Sunfire, 4 Dr., Auto, AC, 40K \$6,995/\$129 Mo.
- *02 Ford Focus, ZX3, Sunroof \$8,995/\$165 Mo.
- *02 Mercury Sable, Loaded \$8,500/\$165 Mo.
- *01 Ford Escort, ZX3, 2 Dr., 17K \$5,995/\$125 Mo.
- *00 Lincoln Town Car, Signature, Loaded \$15,995
- *99 Mazda Miata, Loaded, CD, Alloys, 40K \$10,995/\$215 Mo.

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- *03 Chevy Trailblazer, 4 Dr., 4x4, Loaded \$22,995
- *03 Chevy Venture, Van, Frontal, Power Side Door, Rear Air, 16K \$15,995
- *03 Dodge Dakota, SLT, Double Cab, V6, Auto, 4x4 \$22,995
- *03 GMC Sonoma, 4K \$9,995/\$182 Mo.
- *02 Suzuki XL7, 4x4, Alloys, Loaded, 21K \$15,995/\$276 Mo.
- *02 Chevy C1500, X Cab, V8, Auto, 4x4, 31K \$21,500
- *02 Ford E350, 15 Passenger Van, XLT, Rear Air, Loaded \$16,995
- *01 Chevy C1500, Auto, Fiberglass Topper \$11,995/\$215 Mo.
- *01 Pontiac Montana, Passenger Side Door, Rear Air, On Star \$12,995
- *01 Ford Ranger, XLT, Sport Side, 25K \$7,995/\$149 Mo.
- *00 Ford F150, Lightning, Every Possible Option, 29K, Perfect \$20,500
- *00 Ford Windstar, 4 Dr., Loaded, Local \$7,500/\$156 Mo.
- *97 Dodge Caravan, Local, Excellent \$4,500

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News from Rockcastle Courthouse

Deeds Recorded

Joe Martin, real property located in Rockcastle County, to Gwen Watson. No tax.

Roger L. Pierce, real property located in Livingston; to Brady Durham and Donna Montgomery. Tax \$10.00.

Mildred A. McCollum, real property located in Rockcastle County, to Joe and Rita McInosh. No tax.

Anthony and Tonya L. Frederick, real property located in Rockcastle County, to Patrick T. Smith. No tax.

Oneida Baptist Institute, real property located on Skeggs Creek, to ClefRock Christian Ministries, Inc. Tax \$50.

Larry R. Shepherd and Shelvie Shepherd, real property located in Rockcastle County, to Larry R. Shepherd. No tax.

James and Debra Larkin Pope, real property located in Rockcastle County, to Paul Nicely and Jeffrey Nicely. Tax \$4.00.

William M. and Janet C. Barnett, real property located in Quail Acres Subdivision, to Carolyn F. Barnett. Tax \$5.00.

Jerry Warren and Betty Jo Carter

and Larry Dale and Linda L. Carter, real property located in Cedar Point Subdv., to Corey and Joyce Stewart. Tax \$150.

Jerry Warren and Betty Jo Carter and Larry Dale and Linda L. Carter, real property located in Cedar Ridge Subdv., to Corey and Joyce Stewart. Tax \$100.

Gary and Heather Mink, real property located in Houston Point Estates, to William D. and Rebecca M. Reynolds. Tax \$14.50.

Marion and Donna Powell, real property located in Rockcastle County, to Andrea Ann Powell and Marion Floyd Powell. No tax.

Diann Joy Callahan, real property located in Mt. Vernon, to Hershel D. Callahan II and Brenda Ann Callahan. Tax \$45.00.

Everett Overbay, real property located on Rockcastle River, to Bobby Allen Overbay. No tax.

Cecil and Elaine Bowles, real property located in Rockcastle County, to Bobbie E. Walker, and others. Tax \$50.00.

M.S.P.C. Development, Inc., real property located in Sunny Side Estates, to Kevin S. Wolfe. Tax \$8.00.

Thomas Stoots and Debra Stoots, real property located in Rockcastle County, to Debra Stoots. No tax.

Wilma L. and Teddy Pugh, real property located in Valley View Subdv., to Richard and Lontonia

Thiller. Tax \$8.00.

Cumberland Real Estate Investments, L.L.C., real property located near Level Green, to Novin V. and Glenna M. Stanton. Tax \$40.00.

Marriage Licenses

Britney Nicole Edwards, 18, Rt. 5, Mt. Vernon, unemployed, to Kenneth James Eugene Roberts, 19, Rt. 5, Mt. Vernon, Tokico. 1/17/04.

Priscilla Ann Dixon, 20, Paint Lick, housewife, to Samuel Edward Miller, 24, Paint Lick, Richmond Scrap. 1/12/04.

District Civil Suits

Equity One, Inc. vs. Randy Thompson, et al, \$1,439 plus claimed due. C-90003.

Circuit Civil Suits

Thornton Capital Advisors vs. Lloyd H. Bennett, et al, \$11,951.39 plus claimed due. CI-00008.

Jason Debold vs. Evelyn Burkhardt, complaint. CI-00009.

Stephen M. Reynolds vs. Sabrina K. Bowles, complaint. CI-00010.

Clarence Shelton vs. Heartland Express, Inc., complaint. CI-00011.

Bank of New York as Trustee for certificate holders of CWARS vs. Cheryl Palm, et al, \$42,298.39 plus claimed due. CI-00012.



Gall's Pampered Pooch has been named January's Business of the Month by Brodhead Queen Ashley Cottrell. The business is located on Main Street in Brodhead. "It has everything a person would need to keep their pet well groomed and happy!" according to Queen Ashley. For more information please call 758-0064. Please visit the Queen's website at <http://hometown.ao.com/brodheadqueen>

The CAP Corner

Elderly Program

Prescription Assistance Program
By: Zayda Flanery

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 middleman 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.

The Prescription Assistance Program is a program of the Christian Appalachian Project. Our program serves Rockcastle, Whitley, Powell, Owsley, McCreary, Lee, Knox, Jackson, Estill, Clay, Breathitt and Bell counties. If you need help or know of someone who does, call Peggy or Anita at 606-287-3039 Monday - Friday 8:00 a.m. - 4:00 p.m.

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Auction

of Rockcastle Homes LLC

4 Modular Homes

FRIDAY, January 30, 2004 at 11:00 a.m.

Mt. Vernon, Kentucky

Location: From Interstate I-75 take Exit 62 and turn South on Hwy 25 toward Mt. Vernon. Just past Wendy's turn left and proceed to the auction site. From Somerset take Hwy 461 into Mt. Vernon. Auction site is just past McDonalds. Auction signs are posted.

Rockcastle Homes LLC is changing business direction and have therefore authorized our firm to liquidate their current inventory through absolute auction.

Unit #1 is a 2002 Clayton Narris modular home. Measuring approximately 28'x80' this home features great rooms: formal living room w/decorative stone fireplace, kitchen, dining area, four bedrooms, two full baths, plus a utility room. The master suite has walk in closet, sitting area, and garden tub in master bath. This is a new unit and has not been occupied.



Unit #2 is a 2002 Clayton Lakeshore Measuring approximately 32'x44' this home features spacious living rooms, kitchen and dining combination accented with beautiful oak cabinetry, three bedrooms, two full baths, and utility room. This is also a new unit and has not been occupied.



Unit #3 is a 2002 Bluegrass Housing model modular home. It measures 24'x60' and is also a three bedroom with two full baths. It also has kitchen/dining combination, spacious living room and utility room, ceiling fans, garden tub in master bath and walk in closet in master bedroom. This unit is also new and has not been occupied.



Unit #4 is also a Bluegrass Housing model modular home. It measures 28'x68' and has living room w/decorative fireplace, kitchen w/island and skylight, three bedrooms, two full baths, and a large utility room. It also has sliding glass doors, vaulted ceilings, garden tub in master bath, and walk in closets in master bedroom.



Open House Friday, January 23, 2004
From 12:00 noon to 5:00 p.m.

AUCTIONEERS NOTE: These are the finest modular homes that we have had the opportunity of offering for sale! Quality built, beautifully designed, spacious living and at your own price! Be sure and mark your calendar now to attend this absolute auction on Friday, January 30th, 2004 at 11:00 a.m.

Terms: 20% down the day of the auction with the balance due within 15 days. The buyer will be responsible for any title transfer charges and for transporting the mobile homes from the auction site.

POSSESSION: Possession of all mobile homes will be granted upon payment in full and transfer of title at the local county office. All mobile homes must be moved within 15 days.

SALES TAX: 6% Kentucky Sales tax will be collected on all mobile homes and any applicable personal property item.

Auctioneer/Broker/Seller Disclaimer: The information contained herein is believed to be correct to the best of the auctioneer's knowledge. The information is being furnished for the bidder's convenience and it is the responsibility of the bidder to determine the information contained herein is accurate and complete. The property being sold is being sold in it's as is condition. No warranties express or implied.

For additional information contact Ford Brothers, Inc. Auctioneers & Realtors.

Announcements day of the auction take precedence over printed matter.

FORD BROTHERS, INC.

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Cure the House-Hunting Blues! Come see the exception to all the rest! This lovely vinyl-sided home is situated on 10 acres, just outside of Brodhead! The home features 3 bedrooms, 2 1/2 baths, kitchen, dining room, large living room and a basement. The house has a heat pump and gas logs. The property is also improved with a double carport, 16x32 inground pool and a large combination barn. All this for only \$184,900, plus additional land is available. Rush for the remedy that works! M1797



The Winning Move! Give yourself a trophy for scoring with this three bedroom, 2 bath doublewide. Located just off Highway 461 between Mt. Vernon and Somerset, this home also has living room, dining/kitchen combo with dishwasher and utility room. Priced at \$149,900. It all starts by calling our office 100M171709



What's Missing From This Picture? Absolutely nothing but you! 18 acres m/l, lovely home, 2 barns, the list goes on and on. The home features living, dining/kitchen, 4 bedrooms, bath and utility plus has gas heat and city water. Barns measure 30x50 and 120x20. All this priced at just \$95,500. Call today and ask to see the beauty of M1809!




Home with Heart! Embrace the good times together in this cozy two bedroom home! Conveniently located on Joyce Street in Mt. Vernon, this home also offers living room, dining room/kitchen combo, one bath, utility room plus city water, sewer, central heat and air, some appliances and KU electric. Ideal for a starter home or rental investment. Call today to see -- priced at only \$59,900.



Storybook Charming! This home is IDEAL if you're seeking in-city convenience and a lot of features! Living room, dining/kitchen combo, two bedrooms, bath and utility room and has heat pump, power and KU electric. Large back yard w/chain link fence, garage and storage building -- all situated on 1 acre, m/l on Cox Lane (old U.S. 25) in Mt. Vernon. M1771

SOLD



Like A Storybook! many happy endings await you in this charming home, located at 100 Silver Street, Brodhead. The home features living room, dining room, kitchen, 2 bedrooms and bath on the main floor and a family room on the second floor. The basement offers an additional family room and basement. Amenities include: hardwood and carpeted floors, electric heat, city water and sewer. In addition, there is a block multi-purpose building. All of this situated on two nice lots and priced at \$59,900. For a happy beginning, call today about M1769.



Sweet As Honey! Lick your fingers after this juicy deal in this 1998 Fleetwood home. This comfortable home features living room, dining/kitchen, 2 baths and utility room. Includes new carpet, new lawn, new porch and a back deck. Don't spend a day away! For directions to the honey pot, call NOW!

SALE PENDING



Tip of the Iceberg... Quality and value run deep at 25 Mill Street, Mt. Vernon. This charming home offers a floor plan of 3 bedrooms, living room, dining/kitchen with dishwasher, family room and bath. Extras include gas furnace, baseboard heat and a fireplace to warm up this winter. Price reduced to only \$59,900. Don't sail anywhere till you call about this gigantic bargain. M1793.



Got Cash? Be in your "new" home for the holidays! This country home on Highway 1249 (Sand Spring) features living room, dining/kitchen, 2 bedrooms, bath and utility room. Amenities include metal roof, city water, heat pump and central air. Motivated owners say "Make Offer." Come check it out TODAY! M1723

SALE PENDING



A Great Gateway! or a full time residence, right here in this wood-sided one story home, located in the Copper Creek section. Features bedroom, bath, living room, dining/kitchen w/oven range and utility room. This home is unfinished and has a front porch as well as a vester and city water is available. Priced at \$35,000. M1749



Hot Deal for Cold Weather! The sizzling reduced price of \$62,500 on this vinyl-sided home and its efficient oil-fired hot water heating system is ready to warm up your winter. The home has living room w/fireplace, dining/kitchen, 3 bedrooms, bath and utility room. Located on Main Street in Livingston, this home is situated on a nice lot, improved with a 24x30 storage building. M1691



So Very! Inventing! Irresistible! Stunning! And Best of all -- AVAILABLE NOW! This brand new brick home offers 1,660 sq. ft. and features living room, dining room/kitchen combination, 3 bedrooms, 2 baths and utility room as well as city water and sewer. Trane heat pump, central air, storm doors and washer/dryer hookup. Located on Wallin Street, Brodhead, this home is priced at \$119,900. So call NOW! Fast! M1820



Nestled in a Beautiful Wooded Setting this brick ranch style home is situated on approximately ten acres! This home also features a 3 car detached garage, central heat and air, brick fireplace and has three bedrooms/two baths! \$129,000. 5879




The Affordable Dream... Wake up to beautiful living for a real world price in this charming one story home, located at 120 Lewis Street, Mt. Vernon. Features living room, kitchen/dining combo, family room, 3 bedrooms and 1 1/2 baths, plus a basement. Has fuel oil heat, central air, wall to wall carpet, chain link fence, plus city water and sewer. Priced at \$94,900. This dream can come true if you call today. M1800A



Country Cutie! This vinyl-sided home features living, dining/kitchen combo w/some appliances, family room, 3 bedrooms, bath and utility. Has both electric and gas heat plus central air, 2 car detached garage and 10x18 storage building. Situated on 1 acre m/l with plenty of shade trees on Copper Creek Road and just reduced to \$74,900. M1806



The Complete Christmas List! Everything you've always wanted is in this spacious vinyl/rock-sided home in a perfect country setting! Features living room, dining, kitchen w/appliances, utility and foyer on main floor, plus has 3 bedrooms and 2 baths upstairs, as well as a basement with family room. Has heat pump/central air, thermopane/wilt windows and marble flooring in kitchen, foyer, bathrooms and patio. Also includes storage building, workshop and cellar. Situated on an immaculately landscaped one acre lot and located in the Orlando section. Priced at just \$98,000. See a wish list come true! Call today about M1808.



Don't Wait! Take Immediate Possession of this 14x70 mobile home on Bowling Ridge Road in Brodhead! This home has living room, dining/kitchen with range and refrigerator, 3 bedrooms, bath and utility room w/dryer included. It also has fuel oil heat, carpet, drapes and blinds. Situated on 1/2 acre, more or less, on Bowling Ridge Road in Brodhead. Priced at \$15,000. An additional 1/2 acre is available for \$5,000. Call today before it's gone. M1803



All Aboard! Next stop in home ownership when you call for free ticket to see this six bedroom home! Features living room, dining/kitchen combo, bath, utility room and four bedrooms on first floor, as well as two rooms upstairs, with fuel oil/gas heat, central air and city water. Also has a 2 car detached garage and is situated on 2 acres m/l in the Pongo/Cleft Rock section. Priced at \$65,000. M1768.



World's Largest Ribbon should be wrapped around this lovely, and recently remodeled home. This super spacious vinyl-sided home has living room, dining/kitchen, utility room, computer room, 2 bedrooms, bath and utility, 2 car garage and a storage building. All of this situated on 3 acres m/l. Located on Highway 1505 in Brodhead 0. M1777

SALE PENDING

FUTURE AUCTIONS

Absolute Auction of Cumberland Market's Deli, Grocery, Storage Building and Doublewide Sat., Jan. 24, 2004 at 10:30 a.m. Highway 90, Pulaski County, Ky.

Absolute Auction of Rockcastle Homes LLC's 4 Modular Homes Friday, January 30, 2004 at 11 a.m. Corner of Highways 25 and 461, Mt. Vernon, Ky.

Absolute Auction of Ms. Ernestine Bracy's 25 Acres, more or less, in 8 Tracts Saturday, January 31, 2004 at 11:30 a.m. Highway 934, Somerset, Ky.

- AGENTS**
- SAMMY L. FORD • 256-4588
 - DANNY R. FORD • 256-4446
 - DANETTA ALLEN • 256-2071
 - ROY E. ADAMS • 758-8400
 - JEFF CROMER • 355-0268
 - DAVID HENDERSON • 256-2034
 - JEFF BURDETTE • 256-3538
 - DALE WHITAKER • 256-4227
 - MARGA UMBARGER • 453-2107
 - HAROLD BUSTLE • 308-5901
 - SANDY BULLEN • 758-8418
 - DEBRA C. SMITH • 256-3262
 - TERESA STEVENS • 758-8051
 - STEVE BULLOCK • 355-2045

COMMERCIAL PROPERTY



Timing's On Your Side... If you act NOW! Owners have dropped the price \$10,000. So, don't delay in seeing the opportunity here! This package includes: three-bay garage building, three racks, all inventory and equipment plus city water. This property is ideally and conveniently located on US 25 between Mt. Vernon and Berea. Now only \$90,000. M1679

Today's The Day -- Tomorrow may be too late to purchase this commercial building and lot, formerly known as the State Highway Garage. This lot contains 1.36 acres, m/l, and is improved with a metal building, containing over 2400 square feet with concrete floor. Located on Maple Drive, Mt. Vernon. M1800B

Location With A Future. Tract 1 consists of 19.138 acres, by survey, overlooking Renfro Valley and is priced at \$100,000. Tract 2 contains 65 acres m/l by the boundary and is improved with some timber. A great getaway for only \$150,000. Call today about M1516.

Opportunity's Knocking in Renfro Valley, Kentucky! This 25 acre tract (more or less) is located along I-75 and just off Highway 25 in Renfro Valley. City water and sewer are available. Priced at \$600,000. Call today before this opportunity passes by! M1807

LOTS

The All New Prestigious Castle Ridge Subdivision - This new development offers 60+ lots, restricted for your protection. Panoramic views, call underground utilities, blacktop streets. These lots range in size from 0.34 acres to 1.11 acres and are priced between \$15,000 and \$22,900. Call today for details. M1625

Pfiffitt Street, Brodhead! Make plans to build your new home on lot 18 of the Mountain View Estates Subdivision in Brodhead. This lot measures approx. 100x175 and is priced at just \$12,900. Call today to see M1795

Large Country Lots ranging from 3/4 to 1 acre in the Brindle Ridge area! Great views, city water, cable tv and restricted to protect your investment. Convenient to Mt. Vernon or Berea. Prices range from \$9,900 to \$13,900. Call for your appointment to see the lots at Holbrook Estates. M1796

Don't Let the Sun Go Down! - before you take a look at this lovely lot, located on Dailey Avenue in Mt.

Vernon. Contains 1.37 acres, by survey, and city water is available. Priced at \$24,900. M1742

Just Listed! Large country lots located on Highway 70 in the Quail Community. One lot measures 97/100 and the other lot contains 1.16 acre. City water is available. Both lots are priced at \$22,500. M1799

Come on over! This friendly neighborhood is the setting for over 100 restricted lots in the Rainbow Ridge Subdivision. The subdivision is ideally located between I-75 and Hwy. 461. Some of the lots have lake frontage and several offer a view of the lake. City water is available. Prices range from \$7,900 to \$16,900 each. Call for details. M1798

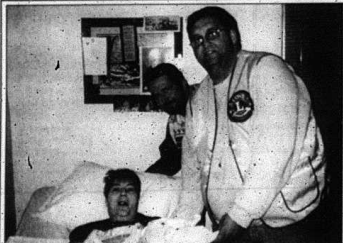
Land

REDUCED! 72 Acres M/L of woodland with walnut, oak and poplar timber. Located on Cove Branch Road in the Orlando section of Rockcastle County. Call for your appointment to see the timber possibilities! Price reduced to \$74,900. M1748

We can take care of all your Real Estate Needs!
Just contact one of our many knowledgeable agents!



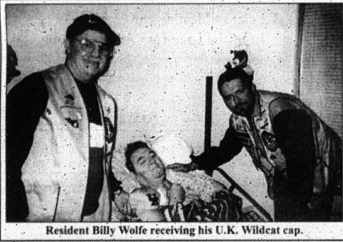
Charlie Smith was just happy to receive a visit from Lions Club members.



Resident Irene Bond receiving her gift.



Resident Marshall Scoggin receiving his U.K. Wildcat cap.



Resident Billy Wolfe receiving his U.K. Wildcat cap.

Lions Club shares joy with residents

Submitted by David DeBoard
Mt. Vernon Lions Club members and president David DeBoard would like to share some happy moments shared with residents of the Rockcastle Health and Rehabilitation Center in Brodhead on Christmas Eve. It was an honor to see their happy smiles on their faces when they received their gifts from the club. Their gifts consisted of gowns, pajamas, housesocks, t-shirts and

socks to keep them warm.
A special thanks to IGA Shoprite of Brodhead, Dowell and Martin Funeral Home, Godfather's Pizza and Wendy's of Mt. Vernon. An extra special thanks to Sharon Cunnigan, employee of Rockcastle Health and Rehab in helping to deliver gifts to the residents. This was a very big success, the best yet. Thanks to everyone who donated and participated.



Resident Judy Alcorn with from left: Cody DeBoard, son of president David DeBoard, Bobby Kendrick, Mike DeBoard, William Foster and Steve Still.



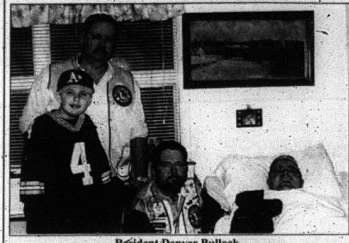
Our one and only David Noe with Lions Club members.



Resident Amy Renner receiving her gifts.



Sharon Cunnigan, far right, helped deliver gifts to residents.



Resident Denver Bullock.



Resident Robert Banks receiving his gift.



Resident Esther Hubbard receiving her Christmas gift.

**Commonwealth of Kentucky
28th Judicial Circuit
Rockcastle Circuit Court - Division I
Civil Action No. 03-CI-00226**

Citizens Bank Plaintiff
James Sandusky, et al Defendants

NOTICE OF SALE

Pursuant to a default judgment entered in this action on December 22, 2003, for the purpose of satisfying the judgment against the Defendants, James Sandusky and Beverly Sandusky, in the amount of ELEVEN THOUSAND SEVEN HUNDRED NINE DOLLARS AND TWENTY-THREE CENTS (\$11,709.23), plus interest, costs and attorney fees. I will offer at public auction the hereinafter described real property in Rockcastle County, Kentucky.

At the Courthouse on East Main Street
Mt. Vernon, Kentucky
on Friday, January 23, 2004
Beginning at the Hour of 1:30 p.m.

Said property being more particularly bounded and described as follows:

Beginning at an iron pin corner to Roger Bray in the west right of way of Floyd Street; thence going with the Bray line S 89 degrees 45 minutes W, 153.0 feet to an iron pin in a stump, a corner to Bray and a new corner to James W. Hurd; thence a new line to Hurd, N 65 degrees 00 minutes E, 191.3 feet to a post corner to Hurd in the line of Gary Reppert; thence going with the Reppert line S 75 degrees 45 minutes E, passing a corner between Reppert and Cossie Isaacs at 33 feet, and going in all 141.0 feet to a corner to Isaacs in the west right of way of Floyd Street; thence with said right of way S 1 degree 00 minutes W, 155.15 feet to the beginning and containing 25,201.704 square feet or 0.579 acres.

There is included a 1979 14x70 Shannon Mobile Home, Serial #24678, Model #38-FXSD-RA.

Being the same property conveyed to James Sandusky and Beverly Sandusky, husband and wife, Deed of Conveyance dated February 15, 1991, from Charles R. Hurd and Ann Hurd, husband and wife, of record in Deed Book 142, Page 128, Rockcastle County Court Clerk's office, Mt. Vernon, Kentucky.

- The property shall be sold on the following terms and conditions:
1. 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 twenty-five percent (25%) of the purchase price in cash on the date of sale and to secure the balance with a bond approved by the Master Commissioner.
 2. The bond shall bear interest at the rate of twelve percent (12%) per annum until paid in full. The bond shall have the force and effect of a judgment and shall be and remain a lien upon the property sold as additional surety for the payment of the purchase price.
 3. Unpaid taxes or liens of record at the time of entry of judgment shall be paid out of the proceeds of the sale.
 4. The purchaser shall pay the County, State and School property taxes.
 5. The purchaser shall have possession of the premises upon compliance with the terms of the sale.
 6. In the event Citizens Bank 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.
 7. 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.
- William D. Reynolds, Special Master Commissioner
Rockcastle Circuit Court**

Correction Notice

Due to a manufacturing problem, the Garnier 100% Hair Color appearing in Sunday's Rite Aid Circular is not yet available. We sincerely regret any inconvenience this causes you, our valued customers.

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- Display Classifieds \$5.00/Inch

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For Rent: Small house in Wildie area. Also, 800 sq. ft. of storage or office space, newly renovated. Call 256-2349 or 256-6369, 13x24

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For Rent: 2 bedroom trailer, \$200 month plus \$150 deposit. 256-9889 or 256-4928, 13x3p
For Rent: 2 bedroom apartment w/ stove, dishwasher and refrigerator. \$300 month/\$300 security deposit. 256-4662, 14x2
For Rent: 3 bedroom house on Hwy. 1505 in Brodhead. \$350 month/\$300 deposit. No pets. 758-8692, 13x24

For Rent: Maple St. Storage of Brodhead 256-2884

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Berea: We have many nice homes listed in Berea. Call one of the above agents for a showing.
SUE JOHNSON RD: 2 acres more or less with lots of privacy. Several homesites. Utilities are at the road. \$15,900. MLS 102795.
SUE JOHNSON RD: 2 acres more or less. Land is sloping. Utilities are at road. \$15,900. MLS 102796.
SUE JOHNSON RD: 1.5 acres land in mostly level. Utilities are at road. \$10,500. MLS 102027.
391 SUE JOHNSON RD: wooded 2 acre tract. Utilities are at the road. Road fronting on Sue Johnson Rd. \$14,500. MLS 10612.
TERESA LANE: Level 1/2 acre lot with utilities at the road. Lot fronts both Teresa Lane and Sue Johnson Rd. 1/2 acre \$7,500. 1/2 acre \$6,500. MLS 9904.
"LIVING VIEW" - Sited, wooded 7.2 acre tract with several home sites. Mobile home sites. Mobile homes allowed. Utilities are available. \$10,500. MLS 12317.
HWY. 150 BRODHEAD: 3 acres. Very desirable property for building of a home or could be divided to build home for a sale. Very good property for many types of commercial bldgs. on storage bldg. City water and electric available. Partially fenced. Call Lloyd Cain 256-2818.
BENTON BULLOCK SUBD. (Mt. Vernon): 3 bedrooms, 2 bath doublewide. Covered \$616 stone porch. Storage building, deck and patio. \$49,000.
ORLANDO (Rockcastle Co.) 120 acre, small stream through property. Some marketable timber, property on blacktop road. Close to Mt. Vernon, Reno Valley and I-75. Call Lloyd Cain 606-256-2818.
LITTLE CLEAR CREEK (Rockcastle Co.) 37 acres with well kept ranch home. Tenant house, tennis, horse barn with 3 trails, rock pool, hay bale with stais, \$137,900. MLS 13365. Call Don Foster 582-1100.
LOT 22 PLEASANT VIEW DR 1/2 acre lot ready for singlewide or doublewide. Priced at \$105,000. Call James Bowman 986-2645.
95 FERGUSON ST (Mt. Vernon) 4 bedrooms, 2 bath, older home with many improvements: Fresh exterior paint, hardwood floors, fresh interior paint. On large city lot. Close to everything in town. Recessed interior makes for a cozy home. \$99,900. MLS 13469.
LITTLE CLEAR CREEK (Rockcastle Co.) 3 bedrooms Bedford Stone home with 3 bedrooms, living room, kitchen-dining room and bath on 1st floor. Large family room, utility room, 1/2 bath and storage room in basement. Carport with cellar under it. Heat pump, central air all on \$93 acre. \$98,900. MLS 14200.
207 STEVE ALBRIGHT RD (BRODHEAD) Beautiful contemporary home on 8 acres of land. Large bedrooms with walk-in closets, some hardwood floors, new kitchen, cabinets, new appliances. New construction for GEI thermal heat, 4 bedrooms, 3 baths. Large barn and new fencing. \$195,000. MLS 14598.
HWY 1004 (Rockcastle Co.) Well kept home on 5.5 acres with a barn living room, fireplace, open rooms, large beams and lots of space. Make this home so attractive. Barn is concrete, 24x32, rock tile. \$108,000. MLS 14562.
HWY 618 (Brodhead) 3 bedroom, 2 bath home on 10.5 acres. New heat pump, new and abating 1 year old. Outbuilding, barn 32x40, new patio. Property fenced all around with pond. Fruit and shade trees. \$166,000. MLS 14456.
HWY 11 BUFFALO HOLLOW - 1999 Clayton Doublewide: 3 bedrooms, 2 bath with vinyl floor on 1.46 acre. New front porch and 2 storage buildings. Large garden spire. Property has another spire and water hookup for home or rental income. \$85,000. MLS 14541.

For Rent: 3 bedroom house, fenced-in yard in Scaffold Cane area. \$300 per month. Call 256-5900, 13x2
 For Rent: One acre trailer lot. Call 859-792-3679, 14x2
 For Rent: 2 bedroom mobile home. No pets. \$375 month plus deposit. 859-582-8384, 12x4
 House For Rent in Mt. Vernon, good location. \$375 month/\$300 deposit. References required. 256-4553, 12x2
 For Rent: 2 bedroom house, partially furnished, central heat and air, garage, large back yard, close to Mt. Vernon Elementary. \$475 month. 606-305-9381, 12x2
 For Rent: Trailers. 256-9183, 12x3p
 For Rent: Duplex in Brodhead, All appliances furnished. Ph. 758-9666.

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 Wanted: Caring, honest lady would like to sit with children or elderly. 758-4473, 14x4
 Wanted: Old farm house w/acreage. Ph. 606-308-9019, 13x2p

For Sale 3 bedroom, 2 bath vinyl siding home located on 1/2 acre lot in Mt. Vernon. Features central heat/air, city water/sewer living room, large dining combo, 1 car attached garage, security system and extra storage. \$77,500. For more details call 606-256-5316.



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'01 Nissan Maxima	\$17,980
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'97 Ford F-150 S/C Lariat 4X4	\$11,980
'94 Ford Aerostar Sport Wagon 60K Mi	\$5,995
'00 Lincoln Town Car	\$19,980
'00 Mercury Cougar V-6	\$13,980
'01 Lincoln Town Car Sign.	\$21,980
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'03 Kia Sorento 4x4	\$19,980
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'00 Ford Ranger XLT s/c	\$11,980
'01 Ford Ranger XLT 4x4 s/c	\$16,980
'02 Ford Ranger XLT s/c, 4x4	\$17,980
'01 Mercury Grand Marquis 26K Mi	\$13,980
'02 Ford Focus Station Wagon	\$11,980
'02 Ford Ranger 4x4 s/c	\$16,980
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