

J.J.'s Journal

by Tanya J. Cook

This is the time of year that the sky is a bleak shade of gray and dark clouds hover just above the mountains tops. The air is cold and damp... the kind that sinks right into your bones. The precipitation comes in the form of a cold rain, sleet, or snow. The trees are bare, the grass is dead, and there's not a flower in sight. When the sun does shine, its warming rays seem to be of little effect. The warm days of spring and summer are only a distant memory.

This is also the time of year that we stay inside as much as possible and make our main mission in life to stay warm. We huddle close to the heat source, and wish for the days when we had fireplaces or old coal- or wood-burning stoves so we could warm our backsides. In the old days, the old timers would have a big fire going with a big kettle of soup beans and a "pome" of cornbread to eat as they huddled ever closer to the stove on a cold wintery night.

Let's not forget the aches, pains, colds, and flu this time of year brings. We usually spend at least a week or two of winter lying flat on our backs in bed trying to recover from such ailments. I wish winter could be like some of those Currier & Ives paintings that we see. You know, they're the ones where the snow is always so beautiful, the homes are so "homey" and cozy looking, and everyone seems to be getting along so well. The people in the paintings look happy, except for those looking outside chores. I wish winter could be like this as it is my favorite season. It's Stanley's favorite season, too. We're hoping for at least a foot of snow before the winter is over.

Usually by this time of year, many people have what is known as "cabin fever." What is "cabin fever"? It's probably best described as a gradual depression accompanied by the lack of interest in activities. One may stay in bed more, find one's self just "sit-

ting around the house", and sleeping more than usual. We may either eat more or less, depending on how depression acts on the individual.

Cabin fever is a recognized seasonal condition noted in the patients of many doctors. It is thought to be caused by the lack of sunlight as the sun sets early in the winter. Also due to the weather, people don't get out and do the warm weather activities such as gardening, fishing, picnicking, swimming, biking, or a wide range of activities that we love to do. The combination of the lack of sunlight and inactivity leads to cabin fever.

What could we do to combat this seasonal fog? I suggest trying to get as much light as possible. Open the drapes and blinds or pull them back the light even during the day. You might want to try going to a tanning bed, but only a couple of times a month. Be careful, as they do cause skin cancer. Enter in the worst cold and snowy days, try to go outside for ten or fifteen minutes at least for a short walk or brief activity. If depression continues into the spring, you might want to seek professional help.

One of the worst things that can happen during the winter is weight gain. In my case, it doesn't have to be winter. It can be spring, summer, or fall. I just have to walk past food to gain weight. Since I married Stanley, I've gained over sixty pounds, and he has gained over fifty. The food and exercise I hate both. Stanley wants to try the new Atkins diet. Personally, I don't see how it can work, but we'll try it and see.

Before anyone diets, they need to get a goal weight in mind and divide it into several plateaus. It's easier to continue into the spring, you might want to seek professional help. We have decided that we must lose some weight for our health. The sad thing is that the only diet that I've ever found that works is starvation and exercise. I hate both. Stanley wants to try the new Atkins diet. Personally, I don't see how it can work, but we'll try it and see.



Points East
By: Ike Adams

Dangling from the lower limbs of the so-called maple in my front yard are two feeders. The kind that have a magazine wherein you can stash a quart or so of millet, cracked corn, sunflower, and whatever else is contained in those hefty 25 lb. packs of bird feed they sell at farm supply, big grocery and discount stores these days. I had two finch feeders but high winds deposited them somewhere in Madison County a few weeks ago and I haven't gotten around to replacing them.

In the back yard I have mounted on a sturdy post, the Rufus Harrison Redbird Resort; feeder nearly big enough for a small child to sleep in and the feed chute will easily hold 25 pounds of bird seed. The Rufus condo is made of several shingles that I had left over when we covered the house a few years back. The patio on which the birds

feed when the seed drops down a 30 X 30 inches square. Anytime we have the slightest dusting of snow, the feeders are jam packed with songbirds jostling for a bite to eat. Sparrows, Jays, Robins, Wrens and several migrating species that I can't even call by name frequent them even in warm weather. Phoebe's, Chickadees, Cardinals, Nuthatches and even Purple Finches show up at dusk and dawn almost every day no matter what the weather is like. Devil Crackles and Barabian Blackbirds attempt to take over several times a year but they have developed a healthy respect for my shotgun over the years. I consider anything of the cowbird, grackle, blackbird ilk to be vermin. They are worse than rats and the darn things hang around.

The big back-yard feeder has become built-up by my buddy, Rufus

Harrison, who lives on Woods Creek Lake there in Laurel County and he ain't really looking for any new business even though The Resort is a joy to behold on frosty mornings or when snow is on the ground. Rufus is retired but he is not beyond taking on special projects he truly believes in, of which my feeder was one. We spent weeks designing this project a couple years back and we ought to be applying for patents.

Like the two feeders that I have hanging on long lengths of weed eater string in the front yard, The Resort is virtually squirrel proof because Rufus wrapped the post with thin sheet metal, about a foot deep, just under the feeding deck and squirrels have no traction when they try to climb it. I have seen many a one try without even coming close to success. To be absolutely sure, I rub Crisco on the metal once a week. But they don't even bother trying anymore.

The dangling feeders are situated such that a squirrel has to jump down on top of the feeders from the wispily limbs on which they are suspended, at which point the feeders turn upside down and spill only a thin film of seed to the ground in the process of dumping the invading squirrel but I swear that I've seen one big fox squirrel repeat the process half a dozen times in rapid order until she thought she was stuck as sick gets.

the ground and then heard her chuckle as sat beneath the feeder and piggied out.

Anyway, we have not had much snow this year. Lots of rain, just like the Woolly Worms called for, but it's a long time until the middle of April and, according to National Association of Woolly Worm Winter Weather Watchers (NAWWWW) the worst is yet to come.

(Actually I thought the worst was happening last Sunday when the ice storm hit, but, Thank God, it tapered off into less than half an inch on the trees and power lines and we only had a minute here and there of power shortages. You Go RECCI)

But the storm did hit and it was absolutely impossible here on Lowell Branch, the least populated suburb of Pain Lick, to go anywhere in a motor vehicle. Even getting to the bird feeders was pure trepidation because the front porch steps and the walk from driveway to the kitchen were as slick as slick gets.

Between watching The Bob Hope Classic Golf Tournament, several college basketball game, (Tubby, why do you think it's not a game unless the difference is one point with a minute to go?) (Tubby Smith is UK head coach for you out-of-towners and his forte' is getting 25 points ahead in the first half and letting it dwindle down to a 1 point game in the final seconds by)

(Cont. to A-9)

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<p style="text-align: center; font-weight: bold; font-size: x-small;">2000 FORD RANGER XLT X-CAB 4X4</p> <p style="font-size: x-small;">Auto, A/C, tilt, cruise, cass, pwr wnds, pwr locks, V-6, stepside, alloy wheels, bedliner, extra sharp! STK#15688.</p> <p style="text-align: center; font-weight: bold;">\$198⁹⁵ /month</p>	<p style="text-align: center; font-weight: bold; font-size: x-small;">2003 OLDSMOBILE ALERO GL</p> <p style="font-size: x-small;">Auto, A/C, tilt, cruise, CD, pwr wnds, pwr locks, V-6; aluminum wheels, rear spoiler, remaining factory warranty! STK#15693.</p> <p style="text-align: center; font-weight: bold;">\$198²⁵ /month</p>	<p style="text-align: center; font-weight: bold; font-size: x-small;">2003 SUZUKI AERIO GS</p> <p style="font-size: x-small;">Auto, A/C, tilt, cruise, Cd, pwr wnds, pwr locks, 24,000 miles, remaining factory warranty! STK#15615.</p> <p style="text-align: center; font-weight: bold;">\$169⁹⁹ /month</p>
<p style="text-align: center; font-weight: bold; font-size: x-small;">1999 CHEVROLET CAVALIER</p> <p style="font-size: x-small;">Auto, A/C, cass, dual air bags, 49,000 miles, excellent condition, low monthly pmts, warranty available! STK#15710.</p> <p style="text-align: center; font-weight: bold;">\$120¹⁹ /month</p>	<p style="text-align: center; font-weight: bold; font-size: x-small;">1999 CHEVROLET S-10 LS</p> <p style="font-size: x-small;">5 speed, A/C, cass, alum wheels, excellent condition, 58,000 miles, local trade, sharp! STK#15710.</p> <p style="text-align: center; font-weight: bold;">\$156²⁹ /month</p>	<p style="text-align: center; font-weight: bold; font-size: x-small;">2001 CHRYSLER PT CRUISER LTD</p> <p style="font-size: x-small;">Auto, A/C, tilt, cruise, CD, pwr wnds, pwr locks, pwr sunroof, leather, alum wheels, extra clean!</p> <p style="text-align: center; font-weight: bold;">\$199⁹⁹ /month</p>

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Our Readers Write

Dear Editor,

Going into Iraq is not the first thing uninformed administrations have done.

Fidel Castro was our man you know, we furnished him needed equipment and money to overthrow the dictator of Cuba unaware that he worked for the dreaded Russian KGB, and had received his higher education in Moscow, big shock when he made his announcement that Cuba was now a communist nation!! Now here we go again, what is

Bush going to do with Saddam? Will he go on public trial? Will Saddam tell that he was "Reagan's man"? that we also back him in his war with Iran? That Reagan gave him the bio-chemicals to spray the Iraqis? And his own unruly Kurds in the north? will they spray the mass graves after Saddam's testimony? I doubt it!

Bush didn't want Saddam alive to begin with, interesting problem here good TV, let see how this plays out.

Jim Norton
Mt. Vernon

Febrile Seizures Are Seldom Harmful

Presented by: Dr. Karen Saylor

Having a sick child is bad enough, but if he has a seizure, it is very alarming. But about 3% of children from ages 6 months to 3 years will develop a seizure when a fever suddenly goes too high.

Fortunately, these febrile seizures usually last only a short while—less than a couple minutes—and seldom harm the child.

It is important to bring the child to his doctor for an evaluation if he has a febrile seizure. Often there is an ear infection or pneumonia which needs to be treated, and there are other medical illnesses which should also be ruled out as a cause of seizures. A seizure may indicate a more serious problem, such as an infection around the brain called meningitis or abnormal blood chemistry.

Your doctor will do an exam, lab tests and a spinal tap, especially if it is the first seizure. The spinal tap is a safe procedure which checks for infections or bleeding around the brain and for abnormal pressures within the head. Other tests, such as a CT scan, may be necessary.

At a later date it may be wise to do a brain wave test to check for an underlying seizure disorder. When the tests are normal, a child usually does not need any medicines. Children who get recurrent febrile seizures or have other risk factors for seizures may benefit from a medicine such as phenobarbital. This medicine works well to prevent the seizures, but occasionally has side effects of hyperactivity, irritability, lethargy and rashes.

If your child has a seizure, first aid includes protecting him from injury, keeping his airway open and bringing him to the hospital as soon as possible.

Mount Vernon Signal

Publication Number 366-000
Periodical Postage Paid in Mt. Vernon, Ky. 40456 • 606-256-2444

Published every Thursday since November, 1887. Offices in the Mt. Vernon Signal Building on Main Street in Mt. Vernon, Ky. 40456. Postmaster, send address changes to P.O. Box 185, Mt. Vernon, Kentucky 40456.

James Anderson, Jr., Publisher Emeritus • Richard F. Anderson, Editor
Perrina M. Anderson, Managing Editor
Paige Benge, Advertising Manager

SUBSCRIPTION RATES

In County - \$16.75 Yr. Out-Of-County In State - \$21.75 Yr.
Out-Of-State \$30.00 Yr.

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Obituaries



H. Lee Durham

H. Lee Durham, 88, of Mt. Vernon, departed this life to be with the Lord on January 24, 2004 at the Rockcastle Hospital. "And we are not afraid, but are quite content to die, for then we will be at home with the Lord." II Cor. 5:8.

Mr. Lee was born June 24, 1915 in McKinney, the son of Joseph Montgomery and Vida Ethel Baugh Durham. He graduated from McKinney High School and received a BS degree from Berea College and a Master's Degree in Agriculture from the University of Kentucky. He was a member of the U.S. Army, having served for over three years during World War II as part of the Eighth Air Force in the European theater.

He is survived by his wife, Laura Ruth Whitaker Durham; a daughter, Laura Lee Durham; a son, Larry Durham; and a grandson, Lee Hamilton Durham. Mrs. Durham speaks of her husband as a devoted man.

Mr. Lee devoted his career to agriculture as a vocational teacher in Lincoln County and as a county agriculture extension agent in Rockcastle County. He served as an Area Specialist for the University of Kentucky Extension Service for Rockcastle, Southern Madison and the Wilderness Trail. He was the first full-time agent in Rockcastle County, serving from 1953 to his retirement in 1980. Both farmers and 4-H members in Rockcastle County benefited from his strong leadership in agriculture.

During his tenure as an extension agent and specialist, H. Lee received numerous local, state and national awards, including: Distinguished Service Award from the National Association of County Agriculture Agents in 1970; Epsilon Sigma Phi Certificate of Recognition for Outstanding Extension Service in 1954; FFA Honorary Chapter Farmer in 1969; Honorary Commissioner of Agriculture from the Kentucky Dept. of Agriculture in 1969. He received recognition plaques for dedicated ser-

vice from Rockcastle County Livestock Development Improvement in 1970; Service to Agriculture Citation from the Kentucky State Development of Agriculture in 1971; Producer Credit Association Advisory Council, 1974; Kentucky Livestock Improvement Association Award for Outstanding Service to the Livestock Industry, 1974; Outstanding Achievement in Forest Fire Prevention activity from the Kentucky Division of Forestry, July 1980; Meritorious Service as an Extension Worker in Kentucky from Epsilon Sigma Phi, March 1980 and the Production Credit Association in recognition of Outstanding Contribution to the Dairy Industry. The U.S. Dept. of Agriculture awarded a plaque for thirty years of service as a federal employee in March 1979. In July 1980, he was awarded the U.K. College of Agriculture U.K. Alumnae Award. In May of 2000, 20 years into his retirement, he and other colleagues were honored for 21st Century Outstanding Leadership and Service in Promoting and Developing Rockcastle County.

Mr. Lee was a lifetime member of the First Baptist Church in Mt. Vernon where he served as deacon, member of the choir, and Sunday School teacher. At First Baptist Church, he also served as chairman of the Constitution Committee; chairman of Deacons; Church Moderator; chairman of Long Range Planning Committee; Parsonage Committee; Pastors Search Committee; and chairman of the Library Committee. He was frequently a tenor soloist for special services in the church and community. Lee and Laura had provided music for many wedding banquets in the community during the past forty years.

He held life-time memberships in the national Association of County Agricultural Agents, the Omega Chapter of Epsilon Sigma Phi, National Association of Retired Federal Employees and member of the Order of Squanto. He was a former member of the Berea Kiwanis Club and the Mt. Vernon Lions Club. He was a member of Gideons International and served as chaplain for the Rockcastle Chapter.

During his retirement, some of his special interests included his family and their activities, extensive reading and keeping a detailed daily diary. He once said that two highlights of his retirement was a trip to the Holy Land in 1982 and serving as Grand Marshal at the McKinney Station Days in his hometown in July 1992.

H. Lee will be sadly missed by his family, friends, church and community.

Funeral services were held Tuesday, January 27 at First Baptist Church in Mt. Vernon with Dr. Charles Hedrick, Bro. Kevin Griggs, Dr. Maynard Head and Rev. Wendell Romans officiating. Graveside services and burial were conducted later in the day at the Buffalo Springs Cemetery in Stanfield by Rev. Johnny Adamson.

Funeral arrangements were by the Dowell & Martin Funeral Home.

Palbearers were: Lee H. Durham Sr., Samuel Clark, Noel George Spowse Munday, Timothy Hill Atkinson, Tim Atkinson, Ted Munday, Dr. Kenneth Wall, Dr. Sam Whitaker, Dr. William O'Wesley and Will Hammett.

Honorary palbearers were the First Baptist Church deacons. Condolences to the family of Mr. Durham may be made by visiting his online register book at www.dowellmartin.com.

Obituaries
courtesy of
local funeral
homes



John Wesley Asher

John Wesley Asher, 80, of Hwy. 3245, Crab Orchard, died Monday, January 12, 2004 at the VA Hospital in Lexington. He was born September 16, 1923 in the Marcum Community of Clay County to Beldon "B.G." and "Maude" Langston Asher, was a member of the Community Worship Church of God, and an Army veteran of WWII.

Survivors include his wife of 48 years, Shirley June Hendrick Asher of Crab Orchard; five children, Michael (Phyllis) of Richmond, IN, Sandra Hampton (Jim) of Pikeville, Keith (Geneva) of Broadhead, Wesley Keith (Sandra) of Louisville and Kevin (Lisa) of Elizabethtown; four sisters, Helen Wilson of Richmond, IN, Callie Howard and Norma Floyd, both of Broadhead and Marion Byrd of Lynn, IN; three brothers, Raymond Asher of Crab Orchard, Beldon Asher, Jr. of New Salisbury, IN and Waldo Asher of Georgetown, 20 grandchildren; 16 great grandchildren; one step grandchild and three step great grandchildren.

Besides his parents, he was preceded in death by two sisters, Etta and Mildred Brandenburg and Lois Asher.

Funeral services were held Thursday, January 15 at Community Worship Church of God with Bro. Billy Bryant officiating. Burial, with military rites, was in the Finney Grove Cemetery in Broadhead.

Palbearers were: Anthony Keith, Jr. and Toby Asher, Jay Fletcher, Jim Burson and Larry Nieceley.

Honorary palbearers were: Raymond Asher and Jerry Demney.

Funeral services were held Saturday, January 24 at the Dowell & Martin Funeral Home Chapel with Bro. Eddie Nantz officiating. Burial was in the High Dry Cemetery.

Palbearers were: Billy Barron, Bobby Barron, James Barron, Dale Evans, Tim Evans and Ronnie McCferon. Condolences to the family of Mrs. Evans may be made by visiting her online register book at www.dowellmartin.com.

Pauline Nation

Mrs. Pauline Nation, 80, of Mt. Vernon, died Saturday, January 24, 2004 at the Rockcastle Hospital. She was born May 1, 1923 in Henry County, the daughter of Taylor and Nellie Ethel Gordon Bright, was a homemaker and a member of the First Baptist Church of Mt. Vernon.

Survivors are two sons, Rev. Eddie Nation of Mt. Vernon and Sam Jennings of Finchville, four grandchildren; five great grandchildren and several nieces and nephews.

Besides her parents, she was preceded in death by her husband, William (Bill) Nantz.

Funeral services were held Wednesday, January 28 at the Shannon Funeral Home in Shelbyville with Rev. Jack Hensley officiating. Burial followed in the Grove Hill Cemetery.

This obituary courtesy of Cox Funeral Home. Online guest book for Mrs. Nation at www.coxfuneralhome.com

William Gene Phelps

William Gene "Cisco" Phelps, 76, of Broadhead, died Thursday, January 25, 2004 at St. Joseph Hospital in Lexington.

Mr. Phelps, the husband of Betty Moore, was born September 27, 1927 in Reading, Ohio, the son of William Found and Nell Kirby Phelps.

Survivors are three children, Howard Moore, Jr. (Doris) of Broadhead, Ricky Dale Moore (Marion) of Bedford and Sue Moore of Broadhead; two sisters, Mrs. Geneva Clayton (Bill) of Danville and Mrs. Genevieve Mullins of Mt. Vernon; seven grandchildren; nine great grandchildren; and a host of nieces and nephews.

Funeral services were conducted Saturday, January 17 at the Marvin E. Owens Funeral Home Chapel with Bro. Greg Jakes officiating. Burial was in the Deborn Cemetery on Bowling Ridge Road in Broadhead.

John Wesley Asher

John Wesley Asher, 80, of Hwy. 3245, Crab Orchard, died Monday, January 12, 2004 at the VA Hospital in Lexington. He was born September 16, 1923 in the Marcum Community of Clay County to Beldon "B.G." and "Maude" Langston Asher, was a member of the Community Worship Church of God, and an Army veteran of WWII.

Survivors include his wife of 48 years, Shirley June Hendrick Asher of Crab Orchard; five children, Michael (Phyllis) of Richmond, IN, Sandra Hampton (Jim) of Pikeville, Keith (Geneva) of Broadhead, Wesley Keith (Sandra) of Louisville and Kevin (Lisa) of Elizabethtown; four sisters, Helen Wilson of Richmond, IN, Callie Howard and Norma Floyd, both of Broadhead and Marion Byrd of Lynn, IN; three brothers, Raymond Asher of Crab Orchard, Beldon Asher, Jr. of New Salisbury, IN and Waldo Asher of Georgetown, 20 grandchildren; 16 great grandchildren; one step grandchild and three step great grandchildren.

Besides his parents, he was preceded in death by two sisters, Etta and Mildred Brandenburg and Lois Asher.

Funeral services were held Thursday, January 15 at Community Worship Church of God with Bro. Billy Bryant officiating. Burial, with military rites, was in the Finney Grove Cemetery in Broadhead.

Palbearers were: Anthony Keith, Jr. and Toby Asher, Jay Fletcher, Jim Burson and Larry Nieceley.

Honorary palbearers were: Raymond Asher and Jerry Demney.



Marcus Combs

Marcus Combs, 90, of Baker Ct. Berea, died Thursday, January 15, 2004 at St. Joseph Hospital in Lexington.

Mr. Combs was born in Perry Co., the son of Robert and Emily Combs. He was a self-employed home remodeling contractor.

Survivors are his wife, Leona Semonis Combs of Berea; three children, Robert Combs (Jean), Al Combs and Emma Jean Abrams all of Berea; 10 grandchildren; 10 great grandchildren and one great grandchild.

Besides his parents, Mr. Combs was preceded in death by a daughter, Mildred Louise McCollum; two brothers, Ernest and John Combs and two sisters, Mary Eden (Molly) of Centerville and Vada Combs, Richmond of Flat Gap Road, Berea.

Graveside services were held Friday, July 16 at the Berea Cemetery with Rev. Bill Shelton officiating.

Palbearers were: Rick Bruce, Rodney and Tim Combs, Daniel Duerson, Nathan Lencosky and Jonathan Marcus Walker.

Honorary palbearers were Daniel and Alexander Combs, Dustin and Austin Rose.

Arrangements were by Lakes Funeral Home.

Robert Lee Creech

Robert Lee Creech, 77, former Centerville, IN resident, died Monday, January 26, 2004.

He was born at Joplin, Mo., April 21, 1926, the son of Timothy and Rebecca Mullins Creech. He was a WWII Navy veteran, a tool and die maker and manufacturing engineer, a Wayne County Horse & Pony Show Leader and a member of the Diamond S Saddle Club.

Survivors include his wife, Barbara Hammans Creech; two sons, Daniel W. Creech and Michael S. Creech; two daughters, Patricia Watson and Denise Renee Carter; two sisters, Dora Swinney of Mt. Vernon and Violet Begley and two grandchildren.

Funeral services will be held Thursday, January 29 (today) at Doan & Hills Funeral home in Richmond, IN. Burial will follow in the Crown Hill Cemetery.

Shirley A. Vanhook Brown

Mrs. Shirley Arlene VanHook Brown, 62, died Sunday, January 25, 2004 at her residence on Hwy. 39. She was born October 3, 1941 at Walnut Grove, the daughter of Luther and Susie Baker Deborn.

Mrs. Brown was a member of the Sunrise Baptist Church, enjoyed being a homemaker, was a former secretary at Rockcastle Manufacturing and a cabinet maker.

Survivors are her husband, Donnie Brown, whom she married in 1968; two sons, James VanHook (Debbie) and Perry VanHook (Alice), both of Somerset; two daughters, Caroline Lovins (Joe-Joe) and Michelle Thompson, both of Fabank; three brothers, Clyde Deborn (Nellie) of Eubank, A.F. Deborn (Rose) of Loveland, OH and William Deborn (Ila) of Somerset; two sisters, Joy Godsey (Jim) of Fairfield, OH and Irene Lewis (Johnny) of Norwood and four grandchildren.

Besides her parents, she was preceded in death by her first husband, Curtis VanHook; two brothers, John and Millard Deborn and a sister, Edith Godfrey.

Funeral services were conducted Wednesday, January 28 at the Sunrise Baptist Church with Bros. Kirk Reynolds and Jessie McCoy officiating. Burial followed in the Poplar Grove Cemetery at Willalla.

Palbearers were: Wayne Godsey, David Deborn, Danny Deborn, Milton Deborn, Joe-Joe Lovins, Phil Thompson and Jackson Carter.



Vernon E. Taylor, 82, of Cincinnati, Ohio, and formerly of Broadhead, died December 13, 2003 at his home. He was the son of William E. and Lela Elder Taylor.

Mr. Taylor was retired from General Electric and had owned several businesses during his lifetime. He was a member of the church of Christ in Lockland, Ohio where he served as an Elder for many years.

Survivors are his wife, May Arney Taylor; three children, Dana Moore, Randy Taylor and Shelley Ballou, all of Cincinnati, OH; a sister, Hazel Nantz of Lexington; 11 grandchildren and six great grandchildren and a dear friend since childhood, Lois Long of Cincinnati.

Among those presiding at the memorial service were his son, Randy; grandsons, Scott Taylor and Ron Ramsey; Greg Litterer, Wayne Chappell and Danny McKibben, minister of the Providence church of Christ.

Mr. Taylor was buried at the Rest Haven Cemetery in Cincinnati, OH.

Halaweis Hughes

Halaweis Hughes, 77, of Connersville, IN, died Friday, December 17, 2003 at Fayette Memorial Hospital.

She was born October 31, 1926 in Rockcastle County, the daughter of Cecil and Ethel Hamm Brown. She graduated from Mt. Vernon High School, was a member of the Historic Connersville, Inc., the Blue & Gray Civil War Roundtable and was a credit manager for Montgomery Ward for several years.

Survivors include her husband, Charles E. Hughes, whom she married December 19, 1952 in Connersville, IN.

Funeral services were held Tuesday, December 16 at Urban-Winkler Funeral Home with Rev. Mike Sanders officiating. Burial followed in Daje Cemetery.

Ruby H. Lozier

Funeral services for Ruby H. Lozier, 73, of Findlay, OH were held Friday, January 23, 2004 at Roushon Dickson Chapel with Pastor Gordon Dickson officiating.

Mrs. Lozier was born July 26, 1930 in Mt. Vernon, the daughter of Robert and Antio Overbay Kirby and was an Avon representative for over 35 years. She also worked as a waitress and for the Kuss Corp. for ten years, was a member of the AmVets. Women of the Moose and Calvary Baptist Church in Findlay.

Survivors are a son, Ron Lozier (Monica) of Findlay; a daughter, Pamela Lozier Grimes of Arlington, OH; three sisters, Mrs. Jessie Snyder (Lillian) of Mt. Vernon, Mrs. Edward Stevens (Brenda) of Lexington and Mrs. Robert Barrown (Jewell) of Union City, three brothers, Estel Kirby of Findlay, OH, Camery Kirby (Carol) of Bloomdale, OH and Raymond Kirby (Darlene) of Mt.

Vernon; three grandchildren and two great grandchildren.

Besides her parents, she was preceded in death by a son, Randy Lozier.

Memorial may be made to the American Cancer Society, 110 S. Main St., or to Calvary Baptist Church, 2000 Broad Ave., both of Findlay, OH 45840.



Vernon E. Taylor

Vernon E. Taylor, 82, of Cincinnati, Ohio, and formerly of Broadhead, died December 13, 2003 at his home. He was the son of William E. and Lela Elder Taylor.

Mr. Taylor was retired from General Electric and had owned several businesses during his lifetime. He was a member of the church of Christ in Lockland, Ohio where he served as an Elder for many years.

Survivors are his wife, May Arney Taylor; three children, Dana Moore, Randy Taylor and Shelley Ballou, all of Cincinnati, OH; a sister, Hazel Nantz of Lexington; 11 grandchildren and six great grandchildren and a dear friend since childhood, Lois Long of Cincinnati.

Among those presiding at the memorial service were his son, Randy; grandsons, Scott Taylor and Ron Ramsey; Greg Litterer, Wayne Chappell and Danny McKibben, minister of the Providence church of Christ.

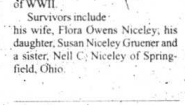
Mr. Taylor was buried at the Rest Haven Cemetery in Cincinnati, OH.

Lewis William Nieceley

Lewis William Nieceley, 83, died December 22, 2003 in Hubert, C.A. He was born May 5, 1920 in Livingston, the son of Hubert E. and Anh Spore Nieceley.

Mr. Nieceley was a graduate of Livingston High School and a veteran of WWII.

Survivors include his wife, Flora Owens Nieceley; his daughter, Susan Nieceley Gruner and a sister, Nell C. Nieceley of Springfield, Ohio.



In Memory

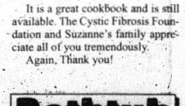
"In Memory of Suzanne"

A great big Thank You goes to the employees of Citizens Bank \$5,000 has been sent to the Cystic Fibrosis Foundation from the sale of cookbooks they made in memory of Suzanne Graves.

Thank you everyone who supplied a recipe or bought a cookbook or sold one and especially the ones who put it together. We realize this task took lots of work.

It is a great accomplishment and is still available. The Cystic Fibrosis Foundation and Suzanne's family appreciate all of you tremendously.

Again, Thank you!



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4H Variety Show

4-H Youth Development

John McQuary
Rockcastle County Extension Office

Now is the time for all 4-H'ers to begin their preparation for the County 4-H Variety Show. The show will be held on March 16, 2004, 6:30 p.m. at Mt. Vernon Elementary School. This event consists of specialty and club acts and is held annually on the county and area level. It provides an opportunity for large numbers of 4-H participants to gain poise and confidence and develop character and sportsmanship while working cooperatively with others. Clubs planning to participate need to carefully read over and follow the following rules and guidelines:

1. Specialty Acts shall consist of four (4) 4-H participants or fewer and have a time limit of four minutes. A 4-H club may have up to 2 specialty acts. Specialty acts will be divided up into junior and senior divisions: Anyone in a specialty act who is 14 years of age by January 1, 2003, will be in the senior division.
2. There must be 5 participants or more for a Club Act. Club acts have a time limit of 8 minutes.
3. Only one person other than 4-H participants, such as a pianist who may accompany the act. Other than the one accompanist, only 4-H participants may appear on the stage during the act.
4. Variety Show participants may only represent one club and must participate within their own grade and home room.
5. There shall be absolutely no pantomiming in any act, club or specialty.
6. Please use good judgment on dance routines.
7. An act exceeding the time limit should be permitted to finish but cannot be awarded Champion.
8. Since participation is of the utmost importance, the combination of clubs for the purpose of presenting a club or specialty act is not permitted.
10. All acts must use the same P.A. system. No act will be allowed to provide their system.
11. Leaders must take care of their own music. (Have tapes or CD set at starting point.)
12. Each school will set permitted until time for their acts. Club leaders are responsible for keeping their group together and quiet. Parents should be recruited to help as chaperones.
13. Admission will not be charged.
14. Clubs must register their act by calling the Extension Office at 256-

2403. Registration deadline is March 12, 2004. Acts that fail to register will not be allowed to perform. Registration information will include:

1. Name of Act
 2. Type of music that will be used (tape, CD, piano, etc)
 3. Number in the Act
 4. Names of participants if it is a Specialty Act
- All acts will receive either a red or blue ribbon, according to their score. (No green ribbons will be given). The First Place Specialty and Club Acts will also receive a Champion Ribbon. First and Second Place acts will receive plaques.

For questions, call the Rockcastle Extension Service at 256-2403.

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

Poet's Corner

Letting Go
By Mark Carpenter
I know you're still here,
Wondering what this could be of this year,
I can feel the pain you hid,
And I've seen the tears you've cried.

It's amazing how feelings can stay hidden,
Only to protect what is forbidden.
I only wish I could take back the years,
And say I'm sorry for causing your tears.

One day I know I will see you again,
But I will always remember the way it began.
All I need now is a friend who knows,
Someone close whose heart still shows.

Forgiveness wouldn't change the way you feel,
And I could never stop from loving you still.
But losing a love and gaining a friend,
Would warm my heart and never let it bend.



Rockcastle County Adult Day Health Care welcomes Leisa Vanhook, at left, to their staff as RN Administrator. Leisa is a graduate of Eastern Kentucky University with a BS in Nursing. On hand to welcome Leisa were Day Health Care Board members Juanita Davis, Buzz Carioftis and Clara Mae Jones.



Jackson Energy District Manager Roger Witt, left, and Bera National Bank Executive Vice President Ken Riley shake hands to celebrate the pay station agreement between the two companies. Jackson Energy members can now make bill payments at Bera National Bank locations in Mt. Vernon and Bera.

Bera National to accept electric bill payments

Jackson Energy members can now pay their electric bills at the Mt. Vernon and Bera branches of Bera National Bank. "The pay station agreement will make it more convenient for our members to make bill payments close to home," said Jackson Energy District Manager Roger Witt.

Payments will be accepted at the Mt. Vernon branch at 350 Richmond St. and also at three locations in Bera, the main branch at 424 Chestnut St. and two branches, located on Glades Road and Prince Royal Drive. The bank branches began accepting payments on Monday, January 26. Bera National Bank locations in Mt. Vernon and Bera are open six days a week - Monday through Thursday: 8:30 a.m. to 4 p.m.; Friday, the lobby is open 8:30 a.m. to 4 p.m., and drive thru is open until 6 p.m. and Saturday, 8 a.m. to noon.

Pay stations will accept current bill payments only. Members can not request service or pay delinquent bills at local pay stations. Other payments due Jackson Energy as presented in the form of coupon booklets or invoices may not be accepted at these locations.

Anyone paying a Jackson Energy bill at a pay station must present the entire bill statement (both portions of the statement) in order for the payment to be accepted.

Jackson Energy is a Toulestone Energy cooperative serving 49,000 customers in Southeastern Kentucky.

New deadline is
Noon Tuesday

Using your slow cooker

Family and Consumer Sciences

Hazel Jackson
Rockcastle County Extension Office

Imagine the tantalizing aroma of chili or chicken soup greeting you as you return home after a hard day's work. A slow cooker and a little advance preparation will make this image a reality.

A slow cooker is best used for foods with a high moisture content such as chili, stew, spaghetti sauce or soup.

There are several advantages to using a slow cooker, or crock pot. It can reduce the time you spend in the kitchen by almost half. A slow cooker takes less electricity than an oven, and produces less heat during the warmer months. It also improves the variety and flavor of foods. Since this appliance cooks foods slowly at a low temperature, it tenderizes the meat and reduces shrinkage.

A slow cooker is designed for long hours of unattended cooking so you don't remove the lid until it's time to check food doneness, unless you need to stir during cooking. This is because heat builds up slowly inside the cooker, and every time you uncover the pot it loses enough heat to slow the cooking process by 30 minutes or more.

It usually takes several hours for food to reach 125 degrees Fahrenheit, the temperature at which bacteria begins to destroy any bacteria present. Some bacteria can survive at temperatures up to 140 degrees F. A slow cooker should heat to 125 degrees F within three hours and to 140 degrees F within four hours, according to food safety experts. To kill all bacteria, the temperature must stay at 150 degrees F for at least one hour.

To get off to a safe start, use a clean cooker and utensils. Also, be sure to keep the work area clean and wash your hands before and during food preparation.

Always defrost meat or poultry before you put it in a slow cooker.

Keep perishable foods in the refrigerator until it's time to prepare them. If you cut up meat and vegetables in advance, refrigerate them in separate containers.

Cut food into small pieces or chunks to ensure thorough cooking. Don't use a slow cooker for large pieces of meat like a roast or whole chicken, because these will remain in the bacterial "danger zone" too long due to the slow cooking process.

Fill the slow cooker no less than half full and no more than two-thirds full.

Since vegetables cook more slowly than meat and poultry, put vegetables in the slow cooker first; then add the meat or poultry and cover the food with a liquid such as broth, water, gravy or barbecue

sauce. It's best to turn the cooker to the highest heat setting for the first hour of cooking, and then to low or the setting recommended in your recipe. You may want to use the low setting for all-day cooking or for less-tender cuts of meat.

While food is cooking, and once it's done, it will be safe as long as the slow cooker is operating. However, you shouldn't leave food to cool down in the cooker. Either immediately eat the food, or cool it rapidly and refrigerate in shallow, covered containers within two hours after cooking is finished.

Never reheat food in a slow cooker. Instead, bring it to a boil on the stove or in a microwave oven; then, put it in a pre-heated slow cooker to remain hot until it's time to serve the food.

Remember to carefully handle earthenware pots, and avoid extreme temperature changes that might cause them to break. Follow the manufacturer's cleaning instructions.

For more a free recipe leaflet for a slow cooker, contact the Rockcastle County Cooperative Extension Service at 256-2403.

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

"TJ's Journal"

(Cont. from A-2)

lose five or ten pounds at a time as having to look at losing fifty, seventy-five, or a hundred pounds or more. One also needs to diet for the right reasons. If we diet for the sake of vanity alone, I think one has lost sight of a healthful and sensible reason to diet. I've always felt that the character of a person, that which is the inner self, is more valuable provided that they are as they say a "good" character with high morals. After all, all of the dieting in the world cannot instill morals.

With us a lot of luck dieting. Authors note: Due to a computer error, the sentence "For all they knew, they were on their way to be drowned," appeared-out of context and in the wrong paragraph of last week's TJ's Journal. The sentence did appear in the correct context in a later paragraph.

Greatest apologies for any confusion.

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Harris Bros. Automotive



Shown with Terry and Johnny Harris are Citizens Bank vice-presidents Dolores Phelps and Violet Cash.

Small businesses in the United States are the backbone of our economy. They provide much needed goods and services, but small businesses don't run themselves, it takes a lot of hard work and determination and it takes people like Terry and Johnny Harris who have opened Harris Bros. Automotive. We wish them the best in their automotive business.

Harris Bros. Automotive is located on Hwy. 150 in Brodhead next to Citizens Bank.

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Tiger Pause

Brodhead Elementary PTA was recognized at their January meeting by the Kentucky state PTA for having an 85 member increase this year. Kentucky PTA president, Janice Jackson, presented BES PTA with a Louisville Slugger bat honoring the 85th year for PTA in Kentucky. Mrs. Jackson also conducted a two-hour training seminar for PTA officers.

Mrs. Cindy Ellington's preschool classes performed at the PTA meeting last week. PTA thanks Mrs. Cindy, the students and their parents for participating in the meeting. The afternoon preschool class was featured Monday-morning on 98.1 The Bull radio station. The class said the Pledge of Allegiance and sang Grand Old Flag. Congratulations to them for being selected. They did a great job! It's SQUeR Bowl week! Please bring a can of soup to school by Friday, January 30. Soup donations will be given to the FBC Mission to help feed the hungry of Rockcastle County. The class with the most cans of soup will get a special treat from PTA. Thanks for participating.

Parent/Teacher conferences are February 12th. Please be sure to schedule a time to meet with your child's teacher to learn about your child's progress to date this year. This is especially important if you did not do so last fall. These events are scheduled to help parents stay in touch with their child's academic arena. A time can be worked out for

any scheduled for those who want to participate.

VOLUNTEERS are needed! PTA will be running the festival on February 12th from 10 a.m. to 3 p.m. Volunteers are needed to operate games, run the general store area and sell refreshments. If you can come for 30 minutes or stay all day, PTA can use your help. Sign-up sheets will be sent home or you can call Amy Nicely at 256-8700. Thank you.

Yearbook orders are due on February 20th. The yearbook will be in full color this year. Books are \$10 each and must be prepaid. There will be extras, so send in your order soon.

The following students were selected for Mrs. Jennise Coffey's Counselor's Corner. Cali Parker, Kristyna McKinney, Tyler Harper, Brett Austin Prewitt, Caymen McClure, Tate Clements, Jon Shelton, Emily Ponder, Josh Linville, Ocell Rucker, Alex Hafler, Heather Gregory, Brandon Proctor, Jessica Albright, Shawnda Milburn, Devin

McGuire, Kaitlyn Delph, Cheyenne Davidson and Chelsea Edwards. These students are helpful to others, say "please" and "thank you," have a pleasant attitude and are respectful. They each make a difference.

Important dates: Feb. 12, parent teacher conferences and festival; Feb. 16, President's Day - no school; Feb. 17, 2nd grade dental screenings; Feb. 20, yearbook order deadlines;



Mrs. Cindy Ellington's preschool classes performed at the BES PTA meeting last week.



BES PTA was presented a Kentucky PTA 85th year Louisville Slugger bat in honor of their membership increase. PTA officers accepted the award. From left: president Amy Nicely, vice president Sonya McGuire, secretary Ann Craig and treasurer Tricia Taylor.

Youth Yak at RCCHS

By Myra Childress
Six members of the RCCHS band qualified for the 2004 All-Regional concert and symphonic bands that performed at the Arts Center in Middlesboro, Ky on January 10. The students were: Cody Moore, Scott Cain, Joshua Naiton, Sarah Bullock, Kayla Felmer and Allison Carter. Congratulations to these students.

Rockcastle County High School SBDM committee will hold its regular monthly meeting on January 28. Those interested in attending should call the school for details.

Parents of seniors interested in helping with Project Graduation need to know that the committee meets several times a month. Check the Bulletin Board announcements in this newspaper for dates and times of all the school at 256-4816. During the Clay Co. games Ms. Lisa Hopkins won "Split the Pot" and was good enough to donate the money back to Project Graduation. Thank you Ms. Lisa.

The football banquet has been rescheduled for Sunday, February 1 at 1:30. Players, staffers and their parents are invited to a tasty dinner, awards program and fellowship. Then everyone can go home and enjoy the Super Bowl.

The quarterly progress reports will be available on Wednesday, January 28.

Also on that day students will begin registering for next year's classes.

We're already beginning to think about spring sports. Anyone interested in playing volleyball needs to see Ms. Connie Riddle. Girls interested in playing softball need to see Mr. Jesse McElfatley. Also, anyone interested in attending U.K.'s Engineering day on Saturday, Feb. 28 will need to sign-up with Mr. Patrick Greene ASAP.

The Key Club is sponsoring a blood drive Wednesday, January 28. Students seventeen and under who wish to donate must have a parent note.

Students planning on attending to KUNA need to turn in paperwork and deposit to Ms. Hendrickson on or before January 29.

Guys and gals, start saving your pennies for that special someone. Starting Monday, January 26 thru February 5 FCCLA will be selling Valentine Roses during lunch. Prices range from \$2.00-\$5.00. The roses will be delivered to that special someone during fourth block on February 13.

We still have several lunch debts that are overdue. Please check to see if you owe the café.

(Cont. to A-7)

RCCHS Book Club

The Rockcastle County High School Book Club has had a busy year thus far!

In September, the club hosted award-winning author Donna Jo Napoli as she read from her newest release and answered questions.

In November, the students participated in Scholastic Book Company's campaign to provide books to underprivileged children. The students documented that they had read 100 books; and Scholastic donated 100 books in the RCCHS Book Club's name to this cause.

In December and January, the students gathered canned goods to donate to the First Baptist Church's mission.

In January, the members enjoyed a late Christmas party and exchanged

Secret Santa gifts. Among all of these activities, the members have enjoyed reading a variety of books in reading circles.

Book Club members are: Amber Allen, Samantha Allen, Jonathan Bradley, Michael Campbell, Bobbie Chandler, Jenney Clark, Brandi Cope, Stephan Deaton, Cassie DeWit, Nancy Dickerson, Wesley Durham, Scarlet Frederick, Brandi Harty, Dustin Hazelwood, Jody Howard, Alicia Jackson, Brandy Kirby, Mackenzie Marrie, Keri Mazurek, Justin Miller, Traci Parsons, Corey Powell, Chandra Sexton, Alisha Smith, and Amanda Vann.

Officers for the 2003-2004 year are: Scarlet Frederick, President; Mackenzie Marrie, Vice President; Michael Campbell, Secretary; and Mrs. Janet Wells, Faculty Sponsor.



Members of the Book Club enjoy their Christmas party.



Members of the Book Club collected books and had a Toy Drive.

Minds in the Middle

Each team is in the process of selecting a spelling bee winner. The team winners will compete on Friday, January 30th. Our school winner will then compete at the district spelling bee. The Voyager team held their team spelling bee on Monday. It came down to five students: Aaron Edvester, Kacey Neely, Tanya Sparks, Amanda Swinney, and Tasha Shular. Tanya Sparks emerged as the winner and will compete next Friday.

Our fundraising goal for the

Make-A-Wish Foundation is \$3,000. We have surpassed \$2,000 and look forward to raising the remaining amount in the next few days. Our students are doing a great job with this.

On Friday the Chinese Acrobats will be here beginning at 2:00 p.m. The cost to students is 50 cents.

The counselors from RCCHS will be here on Monday, February 2nd to

talk with the 8th graders about selecting their courses for next year. On Wednesday, they will return to register the students. We suggest that parents and students discuss this together in planning for the future.

The students began their fourth exploratory class on Wednesday.

RCMS newsletters will be mailed out next week. This is another way to keep up with what is going on at school. Every parent should be receiving those. If not, please contact our office so that we can be sure that we have an accurate address.

The Start Something leadership program has begun as part of our Gear-up and 21st Century Community Learning Center programs. The class is held on Monday afternoons. Parents and students may contact Mr. Anthony Coffey for more information.

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Conservation District Cost Share Program

The Rockcastle County Conservation District will be accepting requests for cost share funding under the Kentucky Soil Erosion and Water Quality Cost Share Program, beginning February 2 and extending through February 27, 2004.

The Kentucky Soil Erosion and Water Quality Cost Share Program was created to help agricultural operations protect the soil and water resources of Kentucky. This program is a result of House Bill 377 that was passed in the 1994 General Assembly. This bill established annual cost share funds to be administered by conservation districts with priority given to animal waste related prob-

lems and agricultural district participants where pollution problems have been identified. Initial funding for the program will be provided by the Kentucky Department of Agriculture. Funding for practices will be approved by the Soil and Water Conservation Commission at the Kentucky Division of Conservation, located in Frankfort, as funds are available.

For more information, stop by the conservation district office, located at the USDA Service Center, Rt. 4, Box 374-A, Hwy. 150, Mt. Vernon, Ky. 40456 Monday through Friday from 8 a.m. to 4 p.m. Ph. 256-2525, Ext. 3.



Second 9 week attendance winners were Bruce Botyard and Jacob Bullock.



Kindergarten students Noah Trump and Glenda Jo Lear working on their house sculptures.



Second 9 week Library Assistants, front row from left: Rachel Hensley, Savannah Lamb, Logan Dees, B.B. Bradley and Kara Canterbury. Middle row from left: Josh Trump, T.J. Abrams, Jaclyn Wolfe and Brittany Adams. Back row from left: Matthew Phillips, Benicia Burdette, Victor Coffey, Samantha Gadd, Kaitlyn Burdette and Ben Lake.

Eagle Echoes

Roundstone Kindergarten students have been learning about their homes and community. Students made a three-dimensional model of their home, using a paper bag and paper cut outs.

Each 9-weeks, students from the 4th and 5th grade work in the Library Media Center to assist Kindergarten and first grade students with checking out books and library skills activities. The students from the second 9-weeks period were recognized for their hard work with a reception held in their honor on Friday, January 16th.

Attendance winners for the second 9-week period were Jacob Bullock and Bruce Boyland. Students are eligible for the drawing if they have not missed any school for the period. Each winner gets \$25.

We would like to thank the parents and grandparents who attended the parent conferences on January 16th. It's not too late to schedule an appointment with your child's teacher if you would like to meet to discuss your child's progress report.

Roundstone Elementary School hosted a jump-a-thon on Friday, January 16th. Twenty-five students were present for the event and thirty students raised money. A total of \$1,000 was raised for the American Heart Association. Kadi Cobb was the top fundraiser. We would like to thank those who helped with the event: Paula Cobb, Courtney Cobb, Bobby Coffey, Deb Coffey, Brenda Hyden, Brittany Hyden and army O'Neal. We would also like to thank the students who participated: Megan LouAllen, Macie LouAllen, Brooklyn Blanton, Amanda Doan, Patrick Lowery, Kaitlyn Blanton, Kadi Cobb, Brianna Tillery, Cody Noe, Jaclyn Wolfe, Caroline Green, Casey Miller, Addison Atkin, Briana Burdette,

Austin Tillery, Logan Chaston, Harley Cain, Vicky Hyden, Kara Canterbury, Aaron Gorodetsky, Brian King, Ashley Partin, Jordan Hensley, Caleb Coffey, Victor Coffey, Luke Coffey, Rachel Hensley, Jennifer Hackworth, Kaitlyn Blair, Ben Lake and Jared Lake.

Girl Scout cookie sales have started! There's a new cookie this year called the pinata. If you would like to purchase cookies then feel free to contact Jennifer Case at 256-4841 or Trish Jett at 256-8355.

Please remember how important reading is for your child. Fifteen minutes each night can make a huge difference. We appreciate your support with this at home.

"Youth Yak"

(Cont. from A6)

Our next scheduled day off from school is February 16 when we celebrate president's day.

We extend our sympathy to two staff members. Ms. Laura Durham's husband, H. Lee, passed away January 24 and Mrs. Anita Nation's mother-in-law passed away on January 24 on January 24. Our thoughts and prayers are with the families.

School Menu

Jan. 26-30

- Breakfast**
 Mon., Feb. 2: Breakfast pizza or cereal, toast/jelly, juice, milk.
 Tues., Feb. 3: Egg/Cheese Biscuit or cereal, toast/jelly, juice, milk.
 Wed., Feb. 4: Pancake and Syrup or cereal, biscuit/jelly, juice, milk.
 Thurs., Feb. 5: Gravy in Biscuit or cereal, toast/jelly, juice, milk.
 Fri., Feb. 6: Cinnamon Rolls or cereal, toast/jelly, juice, milk.
- Lunch**
 Mon., Feb. 2: Pizza or sandwich, corn, garden salad, cake, milk.
 Tues., Feb. 3: Chicken pasta or bun or corn dog, potatoe, pickle spear, brownie, milk.
 Wed., Feb. 4: Hamburger on bun or sandwich, french fries, lettuce/pickle, fruit, milk.
 Thurs., Feb. 5: Manager's Choice
 Fri., Feb. 6: Chili-Chips-Cheese or sandwich, potato wedges, glazed carrot sticks, cake, milk.

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Nascar scoring system official

By Gerald Hodgson
Racing Reporter

Under heavy criticism from tracks and some drivers, NASCAR changed its scoring system, setting up a show-down for the Nextel Cup over the season's last 10 races.

After six weeks of hearing about the new changes, many racing promoters and fans are becoming less vocal about it.

"I'm confident it is going to work and the drivers and teams are going to like it after they hear all the details," NASCAR chairman Brian France said.

In the past NASCAR has been criticized for using a points system that rewarded consistency more than winning. Matt Kenseth won the 2003 championship despite finishing first in just one race. Ryan Newman was sixth in the standings despite winning a series-high eight races.

The new system will change after the first 26 races. The drivers in the top-10 and any others within 400 points of the leader will earn a berth in the "chase for the championship."

Those drivers will have their point totals adjusted. The first-place driver will begin the final 10 races with 5,050 points, the second driver 5,045 and so on, with incremental drops of five points.

The drivers not involved in the championship will keep the points they have earned to that point in the season.

NASCAR will award a race winner an additional five points, beginning with the season-opening Daytona 500 on Feb. 15.

A major factor in prompting the changes was the slowdown of interest in the series after Labor Day. NASCAR had said they needed to do something to keep the fans interested, especially those who watch on television once football season starts.

"Humpty" Wheeler is the manager of Lowe's Motor Speedway in Charlotte. Lowe's is one of the tracks that has seen the fan attendance drop during the fall race.

"We have the only sport that tends to slow down as the season

progresses," Wheeler said. "We need to have something at the end of the season and put that drama into it."

"With all of the great games that have been going on in the football playoffs, who would have been saying a doggone thing about Nextel Cup racing if there hadn't been all of this squawking about the points thing."

"The past few years we've had two races each week, the points race and the real race. I was getting a little concerned about the points race part of it. Why we are where we are today is the result of fabulous racing and competition on the track. It wasn't until a few years ago people cared anything about finishing third through 10th in the points."

"My concern is I've seen some situations, particularly at some of the intermediate tracks, where a guy was running third or fourth and had an awfully fast race. This would be denied by any driver you ask, but maybe he was thinking, 'I could take the lead if I wanted to but the track is slick and it's going to be tough getting up there. I've got to finish in the top 10 here so I am just going to sit here and run.' I really think that happens."

"We didn't give the fan what he bought the ticket for that day, and that's close competition where people are up there passing under green, where there's a real fight between drivers. That competition produces drama and that drama is why people buy tickets. They don't buy tickets to see people run around and around."

While Wheeler and France are concerned about numbers of fans both at the speedways and those watching on television, very little has been said about what effect this playoff system will have on teams.

Where are the Travis Carter, Andy Petree, and Brett Bodine teams? They're gone because they lost their major sponsors. Other teams like the Wood Brothers are having to align themselves with other, large multi-car operations to survive.

"I feel this is entertainment driven

and it definitely is nothing like what it was when racing started for most of us," said Matt Kenseth, the 2004 Winston Cup champion. "I understand the need to keep people interested and understand there has to be entertainment value, but from my vantage point as a competitor I'm disappointed."

All the racing promoters enthusiastically support it. The new 26-10 system will add additional excitement during the last 10 races, especially to the points leaders.

Television cameras are only going to devote so much time to each team, and if the focus is on the top-10 teams, then the back-of-the-pack teams are going to be less than after 26 races.

It almost seems like there will be two seasons, a 26-race season and then a second, 10-race season. Will sponsors sign on for just 26 weeks, with an option for the remaining 10 races, only if the driver makes the playoff?

I agree with many of the racing know-it-alls that NASCAR probably has the best intentions and have spent countless hours figuring out a way to make it work, but I do not think the new changes are good for the drivers and teams, and neither do most of my readers. If I am wrong, then I will admit it, and tell the highest ups at NASCAR what a fine idea they had.

Racing Trivia Question: Which is the oldest track on the NASCAR circuit?



R.J. Smith, age 8 of Copper Creek, killed this non-typical buck on November 15, 2003 and his fall turkey on December 2, 2003. R.J.'s cousin, Dylan Moore, which is in the photo also, would like to congratulate him on a good hunting season. Thanks Melanie and Eddie.



For Rent: Three bedroom house, fenced-in yard on Scaffold Cane area. \$300 per month. Call 256-9900-1561. Rural Transit Enterprises Coordinated, Inc. (RTEC) has an immediate opening for the position of Data Entry/Reservationist. Applicant must have computer and data entry experience. Good communication skills and the ability to communicate in the English Language are essential. Applicant duties include filing, typing, data entry, as well as other clerical duties. Applicant must have pleasant personality for professional telephone usage. The starting rate of pay for this position is \$7.87 per hour with excellent benefits. Interested applicants should bring two forms of identification, along with proof of a high school diploma, or equivalent, to complete an application at 100 E. Main St., Mt. Vernon, Ky. RTEC offers a drug and alcohol-free workplace and is an Equal Opportunity Employer. Closing Date is February 13, 2004. 15x2

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"It is Written"

We have been studying the past few weeks about religious people who will be renounced in the day judgment. For working iniquity, lawlessness, doing things not authorized by Jesus, Mat 7:21-23. Let's look further.

Another common practice in the religious world today is, the use of instrumental music in worship. The problem with this, is that there is no divine authority in the N.T. to offer such to the Lord. Sure, one can cite passages in the O.T. like Psalm 150 to show where the instrument was used in praise to God, but he is not under O.T. law. Matt 17:1-5, Rom 7:1-4. God never asked for us to worship and praise him with instrumental music today. He did ask for vocal music, singing, Eph 5:19, Col 3:16, Acts 16:25. When it comes to worship, who are we trying to please, ourselves or God? Why can we not simply give God what he asked for? Jesus said that God is seeking true worshippers. "But the hour cometh, and now is, when the true worshippers shall worship the Father in spirit and in truth: for the Father seeketh such to worship him." John 4:23-24. "And they that worship him must worship him in spirit and in truth." In 4:23-24. No doubt many sincerely want to give praise to the Lord, with the instrument, but they are sincerely wrong. Godly people want to please God, not self."

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TORQUE PG13 4:20 9:20 11:15	CHEAPER BY THE DOZEN PG 1:45 6:55	ALONG CAME POLLY PG13 1:40 4:15 7:00 9:15 11:15	WIN A DATE WITH TAD HAMILTON PG13 1:50 4:10 7:05 9:05 11:15
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Cards of Thanks

one after the funeral. We wish to thank all of you.

"We especially want to thank Bro. Wayne Henson, Bro. Raymond Offutt and Bro. Kenneth Ponder for conducting the service. Thank you Billy Wayne Bryan and Behind the Cross singers for providing the music. Thanks to Cox Funeral Home, they were so helpful to us. We were so proud to look on our mother and see how beautiful she looked. For all who have sent flowers, we regret not getting to send thank you cards to everyone but we do not have a lot of addresses. For those that sent cards, they mean so much to us. You that sent money for the Bales Cemetery in memorial to mom, we thank you. The prayers of people since the 17th of December when Mom took really sick were felt by us all. Mom's grandsons who were pallbearers, thank you. I know how much you loved your grandmother and that had to have been hard.

Thank you Kelly McClure for coming to help out on the fifth and for singing to Mom, it was so beautiful. Thank you Dr. Kevin Rowe, the Rockcastle Hospital, Rockcastle home Health and Mom's special nurse, Deanna Burdett and Hospice for all they did for Mom.

We had church services for Mom the Sunday night before she died. Mom's family, the Penders, all have wonderful voices, along with Billy Bryant, Barbara Fain and the rest of the family sang like I have never heard them before. All were gathered around Mom's bedside and, even though she was in a coma, I know she had to have heard them. God and his Angels were special guests at this service. I will never forget it. Some of the Behind the Cross singers came and sang as well.

I know I have probably left out many who were so kind to us in our

hour of need, I am sorry. It has been such a trying time for us all. God bless all of you.

Children, Eddie and Donna Mahaffey, Rita Mae, Peggy and Ronnie Hurley, Caroline and Richard Kunkel

Moore

The family of Bill "Shorty" Moore would like to thank the friends, family and community for all the food, flowers, prayers, support and donations during his illness. We all mourn the loss of a great person, dad and papa.

Daddy never saw a stranger. He love everyone and he was always there when you needed him.

A special thank you to Dowell & Martin Funeral Home and Mrs. Pam Martin foga beautiful spray. Bro. Jack Weaver and Kathy for being there during it all and for all his comforting words. Randall and Kim Reynolds, you will never be forgotten by us.

Daddy will be missed by all.
*Sincerely, The Moores
Tobo, Buck, Sis
(Estill, Donnie, Lyda)*

Cotton

We, the family of Ernest Cotton, would like to thank everyone that sent food, flowers and gave money during the loss of our loved one. We also thank Elzie, Mary and Vernon Doan for their kind words and beautiful songs and Home Health for the nurses and aides for helping Ernest while was with us. Thank you very much, it is deeply appreciated.

The Cotton Family

In Memory

In Loving Memory of Eugene and Liddie Keppert and other family members
We little know that day that God was going to call your name. In life we loved you dearly, in death

We do the same. It broke our hearts to lose you, you did not go alone. For part of us went with you. The day God called you home. You left us peaceful memories. Your love is still our guide. And though we cannot see you, you are always at our side. Our family chain is broken and nothing seems the same... But as God calls us one by one, The chain will link again. *We love you, we miss you
Your Loving Children*

"Points East"

(Cont. from A-2)

I had a thrilling afternoon.

But my real thrill was feeding the birds. Several times I ran outside to chip ice, caused by the freezing rain, out of the feeding trays of the small feeders. I spilled food all over the front porch in the process of filling up the quart cups I use to get birdfeed from sacks to feeders on the slippery ice. And I watched the birds outside my window getting the nutrition to

keep on keeping on and giving me the joy they bring to my soul year round. I even piled up some peanuts and sunflower seeds on the ground for Mama Squirrel and rejoiced as she raced up and down the tree, to and from her den, while squawking angrily at the Jays who were trying to raid her stash.

Bird feeding is not a hand out. It's a hands up. It's a way of thanking my feathered friends—a way of making it easier for them to survive the winter and be with me next spring. It's a pittance to pay for that joy. And it's a chance to be up close and personal

with them.

At dusk, within a foot of my front door last Sunday evening, there were birds galore—name your favorite—making sure that nothing went to waste of the feed that I had spilled while dipping into the sack propped just beside the front door. This morning the porch was clean as a whistle. Come another snow, and I will dump more seed on the porch, but I will faithfully fill the front tree feeders and the Rufus Harrison Redbird Rebert, because that was the action is

Words of Hope

One of the hardest experiences to suffer in this life is betrayal from someone to whom you are close. The fact is our relationship with that person may never be the same. This is why it is crucial we forgive that person even if forgiveness has never been sought. Jesus taught us to forgive others of their trespasses just as God has forgiven ours. Gain strength today by forgiving those who have hurt you. God will bless you for it.

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

Thank You

The children of Rubie Mahaffey has so much to be thankful for. In the sickness of our precious Mom, who we all loved dearly, people came from every direction to help us out.

We are so grateful to our Aunt Tevis, Uncles Dell and Gwen, Kenneth and Mary Ann, Paul and Patty and Bill and Barbara Fain for coming to our aid and sitting with us from Thursday till Tuesday, the sixth of January, when the Lord called Mom home. Aunt Gwen did not get to come and be with us but she did a lot of work, cooking big meals and sending them so we could eat. Thank you, Laverne Henson, for sending us food and thank you Jacki for the great stew, Melissa for the wonderful soup and Barbara Fain for all you brought in to us and Barbara Moore and Flo for the great food she brought and Linda North, Gayle Hurley and Henry and Brenda Morris for the tons of chicken and fixings that you brought. Pleasant Run Baptist, Bible Baptist and Grace Baptist who sent food, Oscar Fain, Jennie Howard and Gladys Carpenter, Barbara Fain and all those who brought food for every-

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The confining walls of domestic violence

By Donna Boggs-Randall

The psychological dynamics of domestic violence can be as confining as prison walls. Just as domestic violence convinces the victim she is to blame for the assault, she can also be convinced that the perpetrator is protecting her from outsiders. To better understand these dynamics, one might take a look at the psychological phenomenon, Stockholm Syndrome. This syndrome was developed to explain the bond that develops between hostages and captors in which the hostages come to see their captors as protecting them from the police. This phenomenon gives great insight into why people (especially women) remain in abusive relationships. For Stockholm Syndrome to develop, four criteria must be met:

1. Threat: The victim must have a perceived threat to her survival with the belief that the abuser will carry out the threat.

2. Isolation: There must be control of who the victim sees or talks to, where she goes, how much she spends, how she performs tasks, etc. This forces a nurturing, thought distorted, dependence on the abuser.

3. Kindness: The most confusing stage is the mix of cruelty and kindness (love and hate). Because of the frightening horror of the abuse, small acts of kindness take on a greater significance than the abuse she suffers. She ignores his bad side and bonds with the positive for psychological survival.

4. Escape: She has a perceived inability to escape without serious injury or even death. She may also fear loss of means of support or her reputation.

A distorted bonding then develops between abuser and victim in order to endure the violence. As bizarre as it seems, this complex behavior is a defense mechanism of human survival that works well. When faced with traumatic events with no escape in sight, it is human nature to look for coping strategies to put the mind at ease. To accomplish this, a domestic violence victim will emotionally distance herself and deny the abuse is happening. She begins to see the world from the abuser's perspective, because keeping him happy may be her only means of safety. Since the victim feels that her survival is dependent on his being happy, her fear of losing her life (or something of value, i.e. family members, pets, etc.) in the crossfire keeps her from encouraging help from the outside.

By developing an understanding of the way the abuser thinks, the

abused woman has the ability to anticipate his moods, which helps protect her from the terror that would drive her over the edge of insanity. She sides with the abuser and resists rescue attempts. She now believes she needs him to survive. The problem is (and what makes this work so well) he also needs her to control, to have power over. So, they have become dependent on each other. She loses her self-identity. She identifies, and self-worth. She identifies obsessively with his likes and dislikes.

When she feels free from the threat of death, it generates feelings of intense gratitude and fear. It is this very dynamic that causes domestic violence victims to minimize the severity of the abuse and the reluctance to cooperate with prosecutors. Her need to survive requires the avoidance of reaction to the abusive treatment.

It requires one to become highly attuned to the abuser's reactions of pleasure or displeasure. It is no wonder that abused women can tell much more about their partners than about themselves. She feels the abuser is a good man whose problems cause his actions. She feels she can help him with these problems. Most abused women have the perception that the partner is omnipotent (has an unlimited power of authority), which keeps them psychologically attached. Anxiety is high and blocks the victim from seeing available options.

With the understanding of the dynamics of domestic violence comes the realization that victims deserve compassion, not ridicule. It calls for incredible strength to adapt to a situation in which one is terrorized with no end in sight. This brings to mind a statement made by Thomas Szasz in which he indicates that there is no such thing as insanity; it is sane behavior in an insane environment. The human mind is certainly an astonishing wonder.

To further help victims, Donna Randall works as a Domestic Violence Victim Advocate/Counselor in this county. Victim Advocate services include (but not limited to): crisis counseling, emotional support, legal advocacy, community referrals, assistance in filing Emergency Protective Orders, attend court, assist in filing Victim Compensation claims, housing referrals and emergency services. Donna can be reached at 1-800-755-5348 (victims only). Service providers please call business line: 606-256-9511.

"UNITE"

(Cont. from front)

take a personal stake in getting drugs out of our communities. I want to encourage everyone in Rockcastle

County to come out for this town meeting and get involved in efforts to fight drug abuse."

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 the new counter-drug initiative. For more information on Operation UNITE, contact Karen Engle at 606-677-6179. Operation UNITE needs your help. Come see what you can do! Rockcastle County Town Meeting Thursday, January 29, 2004 1 p.m. Kastle Inn - Mount Vernon

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Serve Wrap-Ups as the football season wraps up

As football wraps up for the season, many of us gather 'round our television sets to watch the biggest game of the year—the "biggest," at least, for football fans. The Super Bowl is mostly a spectator sport enjoyed from the comfort of our favorite family-room chairs. The culinary professionals at Pioneer Brand suggest serving "Football Season Wrap-Ups" at this year's Super Bowl party.

These easy sandwiches start with flour tortillas and Barbecue-Bacon Spread, a unique combination of cooked (chilled) gravy mix, barbecue sauce, bacon and green onion. Grill or roast chicken breasts and cut them into cubes for the filling. To make the "wrap-ups," simply spread tortillas with Barbecue-Bacon Spread, top with chicken and chopped romaine lettuce—and wrap them up. Serve

with assorted chips, cheese and crackers, and raw vegetables. In fact, the Barbecue-Bacon Spread makes a great dip for vegetables, too.

"Football Season Wrap-Ups"

- Barbecue-Bacon Spread:**
1 1/2 cups water (divided)
1 package (2.75 oz.) country gravy mix (Pioneer Brand recommended)
1/2 cup prepared barbecue sauce
1 package (3 oz.) cooked and crumbled real bacon pieces (about 3/4 cup)
1/4 cup sliced green onion
1 package (8 oz.) 6-inch flour tortillas (10)
1 to 1 1/2 lb. boneless skinless chicken breasts, grilled or roasted*
1 small bunch romaine lettuce, washed and chopped

To make Barbecue-Bacon Spread:
In medium saucepan, heat 1 cup water to a full rolling boil. Meanwhile, dissolve gravy mix in remaining 1/2 cup cool water; pour gravy mixture into boiling water. Stir vigorously with a whisk until thickened. Refrigerate until completely chilled. Stir in barbecue sauce, bacon and onion.

To make Wrap-Ups:
Spoon about 1/4 cup of the spread over a flour tortilla. Top with some of the chicken and lettuce. Roll up from one side to the other. Fasten with a wooden pick. Repeat with remaining tortillas, spread, chicken and lettuce. Serve with raw vegetables. Makes 10 wrap-ups.

*Substitute pre-cooked/grilled chicken breast, if you like.
For more information and recipes, visit the Pioneer Brand Web site at: www.pioneerbrand.com

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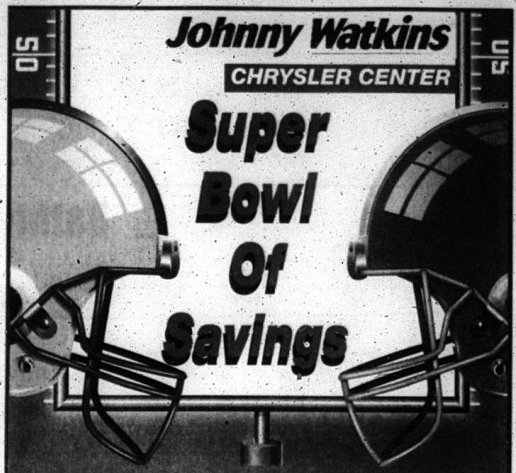
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<p>2000 DODGE DURANGO SLT \$16,995 <small>STK# P2375</small> AUTO, A/C, ALL POWER, MAGNUM VS ENCL, AM/FM CD, LEATHER, REAR AIR</p>	<p>2003 CHRYSLER PT CRUISER \$12,995 <small>STK# P2001</small> AUTO, A/C, ALL POWER, AM/FM CD</p>
<p>2000 CHRYSLER CONCORDE LXI \$10,670 <small>STK# E356A</small> AUTO, LEATHER, ALL POWER, KEYLESS ENTRY, ALUMINUM CASSE, CD</p>	<p>2002 DODGE RAM 1500 QUAD CAB \$17,745 <small>STK# B215A</small> AUTO, A/C, AM/FM CD, BEDLINER, TOWING, MAGNUM VS ENCL, NADA \$20,380</p>
<p>2002 JEEP WRANGLER X \$16,475 <small>STK# P2324</small> AUTO, A/C, A/C, AM/FM CD, ONLY 6,600 MILES - 8 YEAR/100,000 MILE POWER TRAIN WARRANTY</p>	<p>2000 TOYOTA CELICA GT-S \$12,676 <small>STK# M238A</small> AM/FM CD, A/C, LOCAL TRADE</p>
<p>1998 CHEVY CAMARO \$9,940 <small>STK# P2328</small> LOW MILES, SHARP, GROUND EFFECTS.</p>	<p>2001 DODGE DAKOTA QUAD CAB 4X4 \$16,995 <small>STK# B211A</small> AUTO, A/C, MAGNUM VS ENCL, ALL POWER, AM/FM CASSE, CD, 4DR, TRAILER TOW, KEYLESS ENTRY, 1 OWNER</p>
<p>2001 CHRYSLER LHS \$13,895 <small>STK# P2324</small> CASSE, KEYS, KEYLESS ENTRY, AM/FM CASSE, CD</p>	<p>2001 CHEVROLET MALIBU \$7,995 <small>STK# B215A</small> AUTO, A/C, ALL POWER, AM/FM CD, LOW MILES</p>
<p>2000 CHRYSLER CIRRUS LXI \$8,385 <small>STK# K2028</small> AM/FM CD LOCAL TRADE, LOW MILES (LOW PAYMENT)</p>	<p>2002 DODGE DAKOTA QUAD SLT \$15,595 <small>STK# B215A</small> AUTO, A/C, MAGNUM VS ENCL, 4DR, LOCAL TRADE</p>
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<p>2003 DODGE RAM 1500 \$14,485 <small>STK# B215A</small> AUTO, A/C, MAGNUM VS ENCL, TRAILER TOW, AM/FM CD</p>	<p>2001 CHEVY 2500 4X4 \$18,995 <small>STK# B215A</small> NADA \$21,695 8.1 V6, AUTO, A/C, ALL POWER, AM/FM CASSE, CD, BEDLINER, TRAILER TOW, FOOLAMPS, ONLY 10K MILES</p>
<p>2000 JEEP GRAND CHEROKEE LIMITED \$16,995 <small>STK# P116A</small> AUTO, A/C, ALL POWER, AM/FM CASSE, CD, SUNROOF, TOWING, VS</p>	<p>2003 TOYOTA TACOMA \$11,980 <small>STK# B215A</small> AUTO, A/C, AM/FM CASSETTE, ONLY 13,829 MILES</p>
<p>2004 DODGE CARAVAN \$15,990 <small>STK# B215A</small> MSRP \$21,570 AUTO, A/C, 4 DOOR, 7 PASSENGER, ONLY 800 MILES!</p>	<p>2001 NISSAN ALTIMA GXE \$9,947 <small>STK# B215A</small> AUTO, A/C, ALL POWER, AM/FM CD, KEYS, ENTRY, LOW MILES</p>

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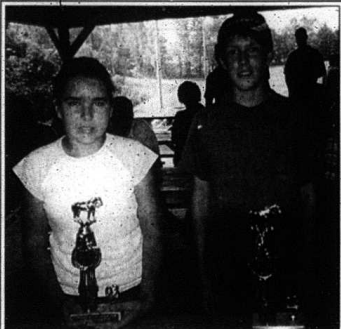
Mount Vernon Signal

Second Section

Thursday, January 29, 2004



Emmett Davis and Evelyn Adams won awards for being the most "Senior" riders.



Angel Barnett Philbeck and Josh Merritt won awards for being the youngest male and female riders.

Rockcastle Saddle Club holds benefit Cancer Ride

The Rockcastle County Saddle Club held their annual Cancer Ride on August 23 at the Red Hill Horse Camp. Proceeds from this year's ride went to Hospice of the Bluegrass.

Receiving awards during the event included Emmett Davis for being the "most hard on the eyes" rider, along with Bobby Durham, whose picture was just too much for the camera.

Thanks for being such good sports, Emmet and Bobby! Bobby Taylor collected the most donations for the Cancer Ride. Emmett Davis and Evelyn Adams won awards for being the most "Senior" riders at last year's Cancer Ride and Angel Barnett Philbeck and Josh Merritt were the youngest riders participating in the Annual Cancer Ride.

The following generous sponsors



Bobby Taylor won an award for getting the most donations for last year's annual Cancer Ride held by the Rockcastle Saddle Club.



Emmett Davis won an award for being the "most handsome" man along with Bobby Durham who was camera shy.

contributed to the cancer ride: Citizens Bank, David's Tire Center, Ronnie D. Smith, Brothead Dari Delite, Sharon Lovins, Bobby and June Taylor, Tri-County Farm Mart, Gene and Rosalind Philbeck, Angel Barnett Philbeck, Tiffany Philbeck, Kathy Dennis, Brian Allen, Chris Buckley, Claire Polly, Glenn Carter, Pat Bullock, Steve Bullock, Boyd Baker, Phyllis McClure, Feneal Meade, C. Daniels, Eral Combs, Debbert Leger, Lori Martin, Bill Pillars, Wilma Moraw, Dewey McGuire, Floyd Kirby, Brad Bowls, Jeff Philbeck, Cayci Beaver, Vickie Arnold, Pat Kirby, Vanessa Bullock, Ona Kay Owens, Regina Burton, Lisa Harrison, Emmett and Althea Davis, Jr., Dabney Feed & Supply, Adams Feed, Rockcastle Vet Clinic, Bill Sexton, David Bullock, Tanya Huff, Carl and Glenda Kirby, Josh and Melanie Merritt, Laddie Garrison, Gene Pike, Everett and Evelyn Adams, Cathi and

Keith Adams, Dorothy and Gene Chidwell, James Sewdler, Marie and Conel Anderson, Caroline and Bobby Durham, Ralph Sebastian, Kenny and Vicki Kinnard, Eddie Abner, Sonya Baker, Ronald Lawrence, Rawi Ravissberber, Vana Nalipitreddy, Neelakshi Uprel, Anthony and Jody Reams, Bill and Ruby Alexander, Kevin Todd, Layne Nicely, Billy Akers, Harris and Wanda Burton, Kentucky Bank and Cox Funeral Home.

The Rockcastle County Saddle Club held the Cancer Ride at the Red Hill Horse Camp, located near Livingston. For more information about the Rockcastle County Saddle Club or the Red Hill Horse Camp, please call 606-758-4706 or to access more information about the horse camp p log onto www.redhillhorsecamp.com. Happy trails!

Taco Bell

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Bookmobile Schedule
Mon, Feb. 2: Brothead and Copper Creek.
Tues, Feb. 3: Green Hill, Conway, Boone, Fairview, Lambert Rd.
Wed, Feb. 4: Otawa and Bee Lick.

WRVFD Supper
Western Rockcastle Volunteer Fire Dept. will hold a Chili and Soup Banquet at the Quail Fire Station. Choice of chili or soup beans for \$5 per person. To go along with the chili or soup beans we will serve pimento cheese sandwiches, cornbread, homemade dessert and drink. It will be all you can eat.

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 a.m. behind Our Lady of Mt. Vernon Church, located on Williams St. in Mt. Vernon. For more information, call 256-9263.

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 7 p.m. at Katie Inn. All visitors welcome.

GED Classes
Christian Appalachian Project

Extension Notes

Mon, Feb. 16, 9 a.m. to 2 p.m. A workday for quilts and blockies will be held at the extension office which will be at the library at 1 p.m. for a charm bracelet craft.

Thurs, Feb. 19, 10 a.m. to 2 p.m. Lectures to be given at Rockcastle during the New England Pottery Week technique used for antique china. Class will be taught at the Extension Office. Cost of \$20 will include the stool and camp. Class is limited. Call 256-2403 for registration for a list of supplies.

March 19, 20 and 21: There will be a hunter education course offered at the Rockcastle County Middle School. The course will begin on Thursday evening, 6 to 9 p.m., continue on Friday, 6 to 9 a.m. and conclude on Saturday from 9 a.m. to 1 p.m. Call 256-2403 for additional information.

Republican Party Note
The Republican Party will meet at Katie Inn the first Tuesday night in February at 6 p.m. Everyone invited.

Are you sick and tired...
of being sick and tired? S.W.A. is a team for alcoholics and drug addiction will meet at Northside Baptist Church Thursdays at 7 p.m. Beginning Feb. 2nd, meeting Monday through Saturday at noon, as well as Thursday night.

		JFG Bonus Blend Coffee 34.5 oz. 2⁹⁹
Fresh Ground Round 1⁵⁹	Center Cut Pork Loins 1⁷⁹	This Week's Hot Buy 9-10.9 oz. asst. var. Totino's Pizzas 2/\$1

12 pk. Pepsi & Pepsi Products \$2⁹⁹	25.2 oz. 541 Var. Heinz KETCHUP 69¢	15 oz. Asst. Var. Hormel Chili w/Beans 89¢	6 Ct. Double Rolls or 12 Ct. Single Rolls Asst. Var. Northern Bath Tissue 2⁹⁹	12 oz. Asst. Var. 5pm 2/\$4	Bunch Dole BROCCOLI 69¢
6-10 pk. asst. var. Capri Sun Fruit Drinks 2/\$4	7.5-8.75 oz. asst. var. Bugles or Chex Mix Snacks 2/\$3	28-46 oz. Asst. Var. Del Fratelli Tomatoes or Tomato Juice 99¢	8 oz. Asst. Var. Kraft Philadelphia Cream Cheese 99¢	12 oz. 541 Var. Kraft American Cheese Singles 1⁷⁹	6.8 oz. Asst. Var. Breyers YOGURT 2/\$1
9-10 oz. Asst. Var. Celentano's Pockets, Lean Pockets or Hot Pockets 2/\$4	8-20 oz. Stouffer's Homestyle Entrees 3/\$7	16 oz. Asst. Var. Kraft Salad Dressings 2/\$4	32 oz. Asst. Var. Kraft Miracle Whip or Mayonnaise 1⁹⁹	4 oz. Asst. Var. Family Pak Ice Cream 3⁹⁹	PP 11.99 2 Lb. Yelvetta Cheese Loaf 3⁸⁹

<p style="font-size: small;">Fresh Bone-In Young 'n Tender</p> <p style="font-size: 2em; font-weight: bold;">1¹⁹</p> <p style="font-size: small;">Asst. Var. Eckrich Franks 99¢ Asst. Var. Eckrich Bologna 99¢ Neptune Shrimp (sold in 2lb. Bags) \$5.49/lb. 41-50 ct. 10⁹⁸ Center Cut Pork Chops 2⁷⁹</p>	<p style="font-size: small;">Blue Grass</p> <p style="font-size: 2em; font-weight: bold;">2⁹⁹</p> <p style="font-size: small;">Virginia Baked Ham "Sliced the Way You Like It!"</p>								
<p style="font-weight: bold;">PRODUCE SALE</p> <table style="width: 100%;"> <tr> <td style="width: 50%;">1 lb. Pkg. Red Ripe Florida Strawberries 2/\$5</td> <td style="width: 50%;">Green Giant Mini Carrots 99¢ /lb. bag</td> </tr> <tr> <td>Assorted Quality Peaches/Plums/Nectarines 99¢ /lb.</td> <td>T. Marzetti's Vegetable Dips 2⁹⁹</td> </tr> <tr> <td>Calif. Sds. Navel Oranges 2/\$4</td> <td>Sunkist-Limes or Lemons 3/\$1</td> </tr> <tr> <td>Hampton Farms Peanuts in the Shell 1⁹⁹</td> <td>Hass Variety Avocados 69¢</td> </tr> </table>		1 lb. Pkg. Red Ripe Florida Strawberries 2/\$5	Green Giant Mini Carrots 99¢ /lb. bag	Assorted Quality Peaches/Plums/Nectarines 99¢ /lb.	T. Marzetti's Vegetable Dips 2⁹⁹	Calif. Sds. Navel Oranges 2/\$4	Sunkist-Limes or Lemons 3/\$1	Hampton Farms Peanuts in the Shell 1⁹⁹	Hass Variety Avocados 69¢
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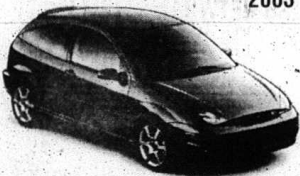


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- '99 Chevrolet Camaro \$8,980
- '01 Ford Ranger XLT S/C, 4x2 \$12,980
- '01 Ford Mustang Convertible \$13,980
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Library News

Last Tuesday January 20th we had some special visitors for Story Hour. P.J.'s Day Care preschoolers came out with the regular story hour kids to enjoy Allison Carter portray Mary Cassatt, an impressionist painter. Allison was in costume and did a wonderful job.

Skin Ain't The Color Of Your Heart by Michael Phillips. Also some new non-fiction books are *The South Beach Diet* by Arthur S. Agatston, *Dr. Atkins new diet revolution*, *Dr. Atkins age defying diet*, *Atkins for life* by Robert C. Atkins M.D.

Mr. Allen Pensol Basic Arts Coordinator for Rockcastle County Schools was on hand to introduce Allison. We appreciate Allison and Mr. Pensol taking the time out of their schedule to come to the library and promote reading, creativity and the arts.

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The month of February is "Love My Library Month." During the whole month patrons are invited to return any and all overdue books and the fine forgiven. Come and participate. Get the slate wiped clean! Also February 4th Ms. Hazel Jackson will be on hand at 1:00 p.m. to do a charm bracelet craft with any who would like to come. We appreciate Ms. Jackson for having these classes once a month in the library.

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The preschoolers from Story Hour and P.J.'s Day care listen as Allison does her presentation.



Mr. Allen Pensol introduces the storybook character Mary Cassatt.



Allison Carter, a sophomore at Rockcastle County High School, portrays Mary Cassatt, an impressionist painter most well known for her mother and daughter portraits from the 1800s.

"Court"

(Cont. from B2)

- James C. Kirby: Speeding, license suspended for failure to appear.
- Ronald Lake: Overweight on AAA Highway, license suspended for failure to appear.
- Joseph L. Shelton: Overweight on AAA Highway, license suspended for failure to appear.
- Andrew R. Potter: Speeding, license suspended for failure to appear.
- Melissa D. Thomas: Speeding, paid.
- January 14, 2004
- Willie J. Ashley: Improper start from parked position, \$25 fine and costs/suspend fine.
- Chris L. Caldwell: Fines/fees due (\$325.50 and \$130.85), 30 days in jail or payment.
- Biron Mullins, Jr.: Restitution due (\$35.30).
- Robert Lewis Abney: Operating on suspended license, \$100 fine and costs; Disregarding stop sign, \$25 fine.
- Christopher D. Adams: Operating on suspended license, \$100 fine and costs.
- Phillip B. Barnett: Possession of marijuana, bench warrant issued for failure to appear.
- Ricky Dale Barron: No/Expired Registration plates, \$25 fine and costs.
- Erin J. Bell: Speeding and other charges, license suspended for failure to appear.
- Aaron L. Blackburn: Public intoxication, bench warrant issued for failure to appear/contempt.
- Gregory Ryan Bradley: Public intoxication, \$50 fine and costs; Possession of marijuana, \$100 fine and 10 days in jail/conditionally discharged two years.
- Darrell Brown: No/Expired Registration Plates, \$25 fine and costs; No insurance, \$500 fine/suspend \$450; License not in possession, \$25 fine.
- Jimmy Bulfinch, Jr.: Criminal mischief, \$100 and costs; Operating on suspended/revoked operators license, \$100 fine; Reckless driving, \$100 fine; Fleeing or evading police (vehicle), 30 days in jail, conditionally discharged two years.
- Jason Burkhardt: Operating on suspended/revoked operators license and other charges, license suspended/bench warrant issued for failure to appear.
- John D. Sams: Overweight on AAA Highway, \$200 fine and costs.
- Susan St. Fey: Speeding, \$28 fine and costs.
- Charles Tharpe, Jr.: Speeding, license suspended for failure to appear.
- Holly M. Todd: Speeding, license suspended for failure to appear.
- Sean M. Tunich: Speeding, license suspended for failure to appear.
- Priscilla D. Brock: Operating contrary to law, \$50 fine and costs.
- Brock E. Bradley: Speeding and Failure to produce insurance card, license suspended for failure to appear.
- Timothy W. Calvert: Speeding, license suspended for failure to appear.
- Christine L. Cooper: Speeding, license suspended for failure to appear.
- Edith R. Duggan: Speeding, license suspended for failure to appear.
- Vernon E. Haase: Speeding, paid.

First Annual Books for Bikes Program

Sponsored by Rockcastle County Public Library and Jeffrey T. Burdette

Registration ends Saturday, January 31st

Ends Saturday, February 28, 2004

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

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

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



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Agriculture News

Crop Disaster Program

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

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

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

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

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

+45 percent of the established price to producers for crops that could have been insured but were not.

Eligible producers who did not have crop insurance or Noninsured Crop Disaster

Assistance Program coverage during the year of the disaster must agree to purchase coverage for each of the

next two crop years.

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

Marketing Cards

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

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

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

Burley Tobacco Auction Sales

John P. Duncan III, Deputy Administrator of the AMS, Tobacco Programs, will suspend auction sales for burley tobacco after sales on January 12, resume sales on February 9, and conclude sales for the season on February 20.

The burley tobacco marketing area covers auction markets in the states of Kentucky, Tennessee, North Carolina, Ohio and Indiana. Sales of burley tobacco at non-auction receiv-

ing stations will not be affected by the sales suspension.

After consultation with affected segments of the tobacco industry, the suspension of burley tobacco auction sales will provide more preparation time and allow additional time for the industry to better assess the amount of production remaining to be sold.

Inspection and price support services will not be available at designated auction markets during the two-week suspension period.

Spousal Signature

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

Disaster Leasing

Producers who have suffered a 20 percent loss from a natural disaster with burley tobacco may be eligible to disaster lease by the deadline of February 15, 2004. To be eligible for a disaster lease the transferring farm must have filed a crop acreage report, planted sufficient acreage to produce the farm's current year effective quota, produced the tobacco in a workmanlike manner, suffered more than a 20% crop loss and met all price support eligibility. If the producer has not previously filed for disaster credit, the producer may file a late file application which must be approved by the Kentucky State FSA Office.

New Growers Applications

Applications will be accepted until February 17, 2004 for new growers' quota or allotment. Farms which do not have a tobacco quota or allotment and the owner does not own any land with a quota or allotment are eligible to apply for a new grower's quota or allotment. Eligibility requirements include experience raising tobacco requested in 2 or the past

5 years, equipment availability and farm income. Interested persons should contact their local FSA County office immediately to meet the deadline.

For more info on these and other FSA programs; please contact your local FSA office.

Office Closure
Rockcastle County FSA and NRCS offices will be closed: Monday, February 16th in observance of Washington's Birthday.

Important Program Dates
Returns marketing cards when sales are final

Crop Disaster Program (CDP) ends January 30, 2004

Disaster Leasing of Burley Tobacco ends February 15, 2004

Loans or Loan Deficiency Payments for 2003 small grains applications end March 31, 2004

Loans or Loan Deficiency Payments for 2003 corn and soybean ap-

plications end May 31, 2004
Direct and Counter Cuyler Program sign up ends June 1, 2004
Grassland Reserve Program applications being accepted for 2004 funds

Milk Income Loss Contract (MILC) Program-sign-up continues
Farm Storage Facility Loan Program-signup continues

Conservation Reserve Program-sign-up continues

The US Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability,

political beliefs, sexual orientation, and marital or familial status. (Not all prohibited basis apply to all programs) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc) should contact USDA's Target Center at 202-720-2600 (voice and TDD) or call (202) 720-5964 (voice or TDD). USDA is an equal opportunity provider and employer.

Bullock is PRIDE coordinator

Charles Wayne Bullock will serve as PRIDE Coordinator for Mt. Vernon for 2004, as he has since 2000.

"Mayor Clarice Kirby has been very helpful," Bullock said. "She has obtained more PRIDE grants and we have been able to make headway in keeping trash and litter off our roadways and clean up several dump sites."

Bullock reminds Mt. Vernon residents that April is PRIDE Clean-Up Month.

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The CAP Corner

Adult Learning Center

Hi, my name is Barbara Hall. I've got great news for anyone that has dropped out of school. Did you know you can go to the Adult Learning Center and get your GED? I know this is true, because 38 years ago I dropped out of school. I didn't realize how important a good education

was. Over the years it seemed like the jobs I really wanted required a High School Diploma or GED. I didn't have either. I missed out on a lot of good jobs. I decided to make that call and begin preparing for a GED. I had a great teacher, and in

October of 2002 I got my Diploma. It's not too late for you! With determination, I succeeded and you can too! Call today and start making your dreams come true. Then you can feel the excitement I felt when I got my Diploma.

For more information, call the Adult Learning Center at 236-5307. The Adult Learning Center is a program of the Christian Appalachian Project and the Kentucky Department for Adult Education and Literacy.

Take that step. You will be so glad you did!

Have you ever noticed that we believe the worst about the motives of others but almost always credit ourselves with good motives? Consider the following situations. (All characters are fictitious.)

Jennifer and her friend had a falling out over something her friend did. "She just did it to embarrass me," Jennifer claims. "I would never do that to her. She is jealous of me and can't stand to see me have other friends."

Jennifer is assuming that she knows why her friend acted as she did and she is actually witnessed the event herself. Jennifer sees her own actions as just and honorable and does not believe that she intended any harm.

What would we hear if we talked to Jennifer's friend, whose name is Vi? Vi probably has very different impressions about what happened. "I can't believe Jennifer got so upset about nothing," Vi might say. "She has always been a nice girl like so I guess I shouldn't expect her to act any differently. I certainly did not mean to hurt her feelings."

Who is right? That is very hard to tell unless we actually witnessed the events ourselves. Each of the women believes that the other intended harm to her, while each claims for herself only the highest motives. "Assuming" is a dangerous game to play, especially when it comes to the motives of others. Assumptions may be correct or they may be very mistaken.

To believe that we know why someone acted as she did is to believe we can read her mind. That we cannot do. Sometimes we are right when we think others meant to harm us, but sometimes we are totally off base with that conclusion. Assuming is dangerous business in which it is easy to be wrong.

Myra believes that her husband Hank meant to hurt her when he told her he was leaving. "He only did it to get back at me for what I said to his mother," she complains. "He's always doing things to get even and hurt me."

Hank tells a very different story. "I told her I was leaving because I can't stand any more of her griping," Hank said. "She nags me about everything, even little stuff that makes no difference. I am not going to live with a woman whose goal in life is to make me miserable."

Myra believes Hank wants to hurt her, and Hank believes Myra wants to make him miserable. Hank and Myra are going to get a divorce based on what they assume about each other's motives, and both are wrong in those assumptions.

They might avoid the divorce if they could see beyond their assumptions to the truth of the matter.

I first learned the danger of assuming many years ago when I was working for Pilgrim Airlines, a regional carrier in New England. A scheduled

job had not been completed. When asked why I did not do it, I replied, "I assumed that it had already been done." My boss then proceeded to teach me about the danger of assumptions. I got the point quickly. Do not assume. Ask and find out for certain.

"Ask and find out for certain" is good advice on the job or in relationships. Both of the situations above might be resolved if the two parties talked to each other rather than acting based on assumptions.

Assumptions almost always lead to problems, especially when we believe the worst about others.

Hiatt's Annual Quilting Sale

<p>Quilt Blocks Set of 6 5²⁹ Reg. 6⁷⁹</p>	<p>Quilt Batting 81 x 96 5⁹⁹ Reg. 7⁹⁹</p>	<p>Quilt Batting 90 x 108 6⁹⁹ Reg. 8⁹⁹</p>	<p>Pre-Cut Quilt Kits 17⁹⁵ Reg. 21⁹⁵</p>
<p>3 Pound Bag Quilting Fabric 4¹⁹ Reg. 5⁹⁹</p>	<p>Muslin Bleached - Unbleached 90" 3⁹⁹ Reg. 4⁹⁹</p>	<p>Pillow Cases to Embroider 4⁹⁹ Reg. 6⁹⁹</p>	<p>White Thread 300 Yards 1²⁹ Reg. 1⁹⁵</p>
<p>Quilting Thread Dual Duty Plus 1²⁹ Reg. 1⁹⁵</p>	<p>Embroidery Floss 4/100 1⁴⁹ Reg. 8⁹⁹</p>	<p>Poly-Fil 24 oz. Bag 3³⁴ Reg. 3⁹⁹</p>	<p>Promotional Thread Assorted Colors 5/\$1 Reg. 9⁹⁵</p>
<p>Glue Sticks Large Size 6[¢] Reg. 10[¢]</p>	<p>Quilting Fabric 100% Cotton 1⁴⁹ Reg. 2⁹⁵</p>	<p>Fleece 4⁹⁹ Reg. 6⁹⁵</p>	<p>Hiatt's 5&10 Main St. Mt. Vernon 606-256-2691</p>

Sale runs through Wednesday, February 4th

Legislative Update

By State Representative Danny Fland
 These first weeks of the 2004 session of the Kentucky General Assembly have state lawmakers bustling in the halls of the State Capitol. Legislators are keeping a brisk pace as we try to move bills of interest to our citizens through the committee process. The earlier the bills are passed out of committee, the better chance they have for passage by session's end.

Two of four ethics bills also passed the House last Thursday. HB 1 would tighten the state's ethics laws by prohibiting relatives of all state-elected officers from being employed by the executive branch, limiting practices such as double-dipping, in which retired state workers receiving retirement pay from the Kentucky Employees Retirement System return to a state job to collect additional pay; requiring former state workers to wait two years before lobbying state government; extending the probationary period for non-merit employees moving into merit positions; and, limiting the number of principal assistants in the Governor's Office to 50.

The second measure, HB 49, would require the state budget director to publish an "Annual Report to Kentucky Taxpayers." The report would be brief and contain clear language so the average Kentuckian would understand how the state is spending its money. That measure passed 96-0.

A resolution requesting that the U.S. Supreme Court overturn a lower court's ruling that the phrase "under God" in the Pledge of Allegiance is unconstitutional passed the House last Tuesday. If passed by the General Assembly, House Concurrent Resolution 14 would ask the Supreme Court to overturn the California federal appeals court's ruling that the phrase violates the separation of church and state.

Also passed by the House in recent days was HB 7, a consumer protection bill that would increase penalties for thieves who use electronic devices to steal information from credit cards during a transaction. The date is then used to make counterfeit cards. HB 7 would make this crime a Class D felony for the first offense and a Class C felony for repeated offenses. A Class D felony carries a penalty of one to five years in prison, while a Class C felony carries a prison term of five to 10 years.

Each of these bills were approved unanimously and will now go to the Senate for consideration, as will all bills approved by the House in the following weeks. House Committees have also been working. A parental notification bill

that would change current law allowing a pregnant minor or a minor involved with a pregnant woman to marry without the child's parent's or guardian's knowledge passed the House Judiciary Committee in recent days.

HB 146 would require that the parent or guardian be notified of the minor's request for a marriage license by the court from which the minor has requested permission to marry. Once notified, the parent or guardian would have a chance to be heard by the court on the request, but the court would still have discretion on whether or not to grant the marriage license. HB 146 now goes to the full House for its consideration.

While these bills are important, the House has yet to take up any of the difficult issues that face us this session. On Tuesday, January 27, Governor Fletcher will introduce his first budget to a joint session of the House and Senate. After that speech, we will begin work on the budget.

However, while we have been taking up bills that pass unanimously, the State Senate has passed at least two pieces of legislation, the medical malpractice bill and a fetal homicide bill.

SB 1, the Medical Liability bill, would help our state of health care and prevent our cost from losing more physicians because of the effects that court rulings have had on the cost of medical liability insurance. According to the Kentucky Medical Association, more than 70% of medical liability physicians saw their medical liability insurance premiums increase in 2002 alone. Emergency physician saw increases greater than 200%, while general surgeons and orthopedists saw increases between 87-122%. Obstetricians and internists saw increases between 40-64%.

SB 4 would define a fetus as a person starting at the moment of conception. Current state law does not recognize a fetus as a person and does not allow a fetus that dies as the result of a crime against a pregnant woman to be recognized as a homicide victim.

Neither of these pieces of legislation, and they are both very crucial to our state, have even had a hearing in a House Committee. We only have a limited time to work on these issues and I have urged House Leadership to allow committees to start hearings.

You may have an issue or specific legislation that you want to comment on to the Kentucky General Assembly this session. I invite you to contact me to discuss issues or legislation of interest to you. You may leave a message for me in Frankfort by

calling the legislative toll-free Message Line at 800-372-7181, and you can check the status of legislation this session by calling the Bill Status Line toll-free at 866-301-9004. You can

also reach me or any other state legislator through the Legislative Research Commission's website at www.lrc.state.ky.us.



Tom Tyler, left, Human Resource Assistant at Mt. Vernon Plastics and Doug MacMurdo, right, general plant manager, presents Mike Gates a \$3,000.00 grant from the Alcoa Foundation.

Mt. Vernon Plastics Corporation helping Christ's Outreach

The Alcoa Foundation awards grants to non-profit organizations in communities where Alcoa has a presence. Mt. Vernon Plastics is a division of Alcoa. During the spring 2003, Christ's Outreach for the Blind decided to contact Tom Tyler, Human Resource Assistant, at the plant to find out more information about Alcoa grants. Tom Tyler said that MVP had never received a grant request from this area but would be glad to review one.

Within a week of the initial contact, Mr. Tyler did a site visit at Christ's Outreach for the Blind. He was encouraged by what Christ's Outreach was attempting to accomplish. Christ's Outreach is a local camp for blind and/or handicapped youth and young adults. It will be offering a variety of activities including but not limited to aquatics, horse back riding, rock climbing, fishing, and bow hunting.

When asked Gates said, "We really didn't think we stood a chance of getting this grant, but within six months Tom had called and said that we had been approved." On behalf of the Alcoa Foundation, Doug MacMurdo, general plant manager, and Tom Tyler presented a check to Christ's Outreach for the Blind in the amount of \$3,000.00 on December 30, 2003. This \$3,000 has already been allocated for a steam pot in a steam room and a hydrolift for a wheelchair. These are two of the

rooms located in the activity center at Christ's Outreach for the Blind.

Alcoa's President and Chief Executive Officer, Alain Belala, has been quoted as saying "To be the best company in the world, we must also be the best company in our communities." Mt. Vernon Plastics is trying to get more involved in community projects. MacMurdo has invited Gates to speak to staff and workers at Mt. Vernon Plastics in order to recruit volunteers to help at the camp. Alcoa has the ACTION program - Alcoans Coming Together in Our Neighborhoods. This program recognized the efforts of a team of Alcoans who provide a day of service by providing a \$3,000.00 grant in their name to the organization at which they worked.

Gates said that the year of 2003 was one blessed year. The amount of friends and volunteers that COB has received in 2003 is miraculous. We pray that 2004 is even better.

**Classified
 Deadline is
 Noon Tuesday**

Church News

January Bible Study
 January Bible Study, with Bro. Greg Pierce, will be held at the Ottawa Baptist Church January 26-30 at 7 p.m. Everyone welcome!!!

Time Change for Services
 Church of the Nazarene, 40 Fair Street, is changing the time of their services. Morning worship will still

be at 11 a.m. Sunday School will begin at 6 p.m. on Sunday evening. This new time will take effect February 1.

Singing at Philadelphia Baptist
 Bill and Mary will be singing at the Philadelphia Baptist Church on Bryant Ridge Road, Brodhead Feb. 7th at 6 p.m. Everyone welcome.

In donation to organ donor program Rockcastle drivers are "above average"

Waiting lists for organ transplants are shorter in Kentucky than many other states because there is a higher percentage of organ donation here than in most other states. This heightened awareness of organ and tissue donation is partly due to the efforts of the Kentucky Circuit Clerk's Trust for Life and the generosity of many Kentuckians who donate an extra \$1.00 to the Trust when they renew their licenses.

Many Rockcastle County drivers again proved their support of organ and tissue donation by donating an extra dollar to the Trust when they renewed their Kentucky driver licenses in 2003.

According to the Trust for Life office in Frankfort, Rockcastle Circuit Clerk Teresa Vanzant's office received donations from 66.8% of those renewing their drivers licenses last year. The average number of drivers who donated \$1 when they renewed their licenses in the state last year was 44.51%.

"Rockcastle Countians should be proud of their above average participation in this very important effort," said Trust Executive Director Berkeley Scott, "and Teresa Vanzant and her staff should be commended for their support of this program."

The Trust for Life was created by the Kentucky Circuit Court Clerks Association and the state legislators in 1992 to collect donations at license renewal time to fund a year-round information and promotion effort to encourage Kentuckians to donate their organs and tissues at death so that others may live. According to the Kentucky Organ Donor Affiliates (KODA), the federally-designated organ procurement organization, the organ donation rate has risen significantly

in the state since the establishment of the Trust while elsewhere across the nation it has dropped.

On the back of each Kentucky drivers license is a place where drivers can note their desire to have their tissue and organs donated. Special "donor dot" stickers are also available at Circuit Clerks' offices that drivers can place on the front of their licenses that designate the same desire. It is very important, according to Scott, that individuals talk to their families about this decision because the final consent for donation rests with the next-of-kin.

For more information about the Trust and its organ donor awareness program, Kentuckians may call toll-free (866) 945-LIFE or connect to the Trust's web site at www.trustforlife.org.



David and Vanessa Shumann would like to announce the birth of their child, Gwendolyn Ewynn Shumann, born December 12, 2003. She was welcomed home by sister Katherine Elise Shumann. Grandparents are Curtis and Mae Vanzant of Orlando. Great grandparents are Joe and Farris Coffey of Berea.

Public Notice Historic Bridge Offered for Relocation

In Fiscal Year 2005, the Federal Highway Administration (FHWA) and the Kentucky Transportation Cabinet (KYTC) will initiate construction of a replacement bridge on County Road 1037-Preacherville Road in Lincoln County. The existing CR 1037-Preacherville Road Bridge over the Dix River is a one-lane through-truss steel bridge. It is a White-Murphy truss that is pin-connected. The bridge was built in 1884 by the King Bridge Company of Cleveland, OH. The bridge is 105' long and 12'9" wide. It was determined eligible for the National Register of Historic Places by the Kentucky State Historic Preservation Officer (SHPO) in 2002.

In an effort to preserve this historic bridge, the FHWA and the KYTC in cooperation with the SHPO are seeking to locate a city, county or state government, SHPO approved historic preservation organization or SHPO approved individual entity, interested in having this bridge moved to a new site for preservation and reuse. If relocated to an appropriate setting, the bridge may still be eligible for the National Register.

If a recipient agency, organization or individual is found, the FHWA and KYTC will pay all expenses associated with match marking, disassembly, transportation

to the new site, and off-loading of the bridge.

The recipient agency, organization or individual will be responsible for all costs associated with site preparation and re-assembly of the bridge. The recipient will also be responsible for any structural work required for the proposed-use (e.g. new deck or replacement of members), liability and long-term maintenance, and any required permits. Any additional costs that the project might bear will be determined on a case-by-case basis. The recipient will keep intact the historic fabric of the bridge, making no alterations or modifications to it without the written consent of the SHPO. The bridge will be utilized for purposes consistent with its historic character and obtain SHPO approval prior to any alteration, modification or construction.

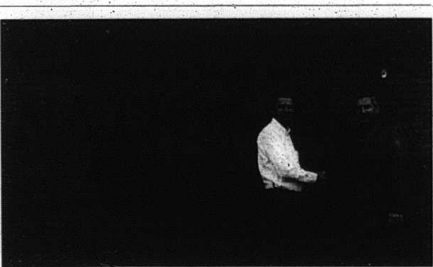
Before submitting a Letter of Interest and Proposal, any interested agency, organization or individuals are encouraged to contact the KYTC, Somerset District Office in order to obtain a Bridge Marketing Brochure and Bridge condition information. Bridge records and inspection reports are available and can be examined by appointment.

Letters of Interest and Proposals for this bridge will be accepted until thirty days after the date of publication. If no recipient is located or selected, the bridge will be documented to Historic American Engineering Record specifications and demolished as a part of the bridge replacement project. For more information, or to submit a written proposal, you may contact the following listed officer:

Ms. Cathi Blair
 Environmental Coordinator
 Highway District 8
 1660 US Hwy 27
 P.O. Box 780
 Somerset, KY 42502



Jackson Energy BERA NATIONAL BANK - MT. VERNON, BERA



Jackson Energy District Manager Roger Witt, left, and Berea National Bank Vice President Ken Riley shake hands to celebrate the new pay station agreement.

Jackson Energy Cooperative members can pay their electric bill at the Mt. Vernon and Berea branches of Berea National Bank beginning January 26. Bank employees will be on hand to assist members with their payments and the following guidelines apply -

1. The pay station will be restricted to the payment of bills only.
2. Only current bills can be accepted at a pay station.
3. Payments for non-payment disconnects cannot be accepted.
4. Payments cannot be accepted at a pay station any later than 17 days after delivery of the bill.
5. Payments cannot be accepted for bills showing a balance carried forward from a previous month.
6. Payments must be accompanied by the bill statement, which includes both portions of the bill.
7. Payments cannot be accepted along with a copy of a delinquent notice or any other documents other than the current bill statement.
8. Payments for returned checks cannot be accepted.

Jackson Energy Cooperative, PO Box 307, McKee, KY 40447
 1-800-262-7480

Classifieds

CLASSIFIED RATES

• Local Rates - \$4 for 25 words or less - 10 each additional word
 • Display Classifieds \$5.00/Inch
Deadline for Classifieds is NOON TUESDAY

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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. 7 acres more or less of privacy. Several homesites. Utilities are at the road. \$15,500. MLS10295.
SUE JOHNSON RD. 2 acres more or less. Land is sloping. Utilities are at road. \$15,500. MLS10296.
SUE JOHNSON RD. 1.5 acres land is mostly level. Utilities are at road. \$10,900. MLS10297.
991 SUE JOHNSON RD. wooded 2 acre tract. Utilities are at road. Road frontage 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
PLEASANT VIEW. Secluded, wood 7.2 acre tract with several home sites. Mobile home sites. Mobile homes allowed. Utilities are available. \$10,500. MLS 12317
HWY. 150 BROADHEAD. 3 acres. Very desirable property for building of a home or could be divided into build homes for resale. Very good property for many types of commercial bldgs. or storage bldg. City water and electric available. Partially fenced. Call Lloyd Cain 256-2818.
BENTON BULLOCK SUBD. (Mt. Vernon) 3 bedroom, 3 bathroom, 2 bath doublewide. Covered 8x16 (one) storage building, deck, etc. \$49,900. MLS13409
ORLANDO (Rockcastle Co.) 135 acs, small stream through property. Some marketable pipes, 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 acs with well kept ranch home. Tenant house, cottage, horse barn with 3 stalls, tack room, hay loft with stairs. \$137,900. MLS 13365. Call Don Foster 986-1200.
LOT 22 PLEASANT VIEW DR. 1/2 acre lot ready for singlewide or doublewide. Priced at \$10,500. Call Janet Bowman 302-3123.
95-FERGUSON ST (Mt. Vernon) 4 bedroom, 2 bath, older home with many improvements. Fresh exterior paint. Hardwood floors. Frsh interior paint. Close to everything in town. Newer interior makes for a cozy home. \$59,900. MLS13409
LITTLE CLEAR CREEK (Rockcastle Co.) 3 bedroom Bedford Stone home with 3 bedroom, living room, kitchen-dining room and bath on 1st floor. Large family room, utility room, 1/2 bath and storage room on bedroom in basement. Carpet with cedar under it. Hrs. 10am-5pm central air all on .83 acs. \$98,500. MLS14200.
207 STEVE ALRIGHT RD (BROADHEAD) beautiful contemporary home on 8 acs of land. Large bedrooms with walk-in closets, new hardwood floors, new kitchen cabinets, new appliances. New computer for CEO thermal heat, 4 bedrooms, 3 baths. Large barn and new fencing. \$179,000. MLS 14358.
HWY 1004 (Rockcastle Co.) Will keep home on 5.5 acs with a barn living room, fireplace, open rooms, large beams and lot of space. Make this home as attractive. Hrs in combie 24x3 with lot. \$108,000. MLS 14362.
HWY 618 (Broadhead) 3 bedroom, 2 bath home on 10.5 acs. New heat pump, new roof and showing 1 year old. Outbuilding has 22x24 new paint. Property fenced all around with pond. Fruit and shade trees. \$106,000. MLS 14436
141 BUREAU HOLLOW - 1999 Clayton Doublewide. 3 bedrooms, 2 bath. Very clean on 1.66 acs. New front porch and 2 storage buildings. Large garden apt. Property has another apt. and water hookup for home or rental income. \$85,000. MLS14541

For Rent: 2 bedroom mobile home. No pets. \$375 month plus deposit. 859-582-8384. 12x4
For Rent: Duplex in Broadhead. All appliances furnished. Ph. 758-9666. 35x17
Accepting Applications: For 2 and 3 bedroom units at Valley View Apartments. Rent based on income. Call 256-5912. Equal Housing Opportunity. TDD for hearing impaired only. 1-800-247-2510. 36x18

Property For Sale

For Sale: Six acre baby farm, Laurel County. Blacktop road. All conveniences. Fenced, city water. Call 606-864-8172. 14x2
For Sale: In Mt. Vernon. 3 bedroom, 1 1/2 bath brick home. Nice lot w/ fruit trees, new roof, remodeled. all appliances, curtains/rods. more 256-8457. 14x5p
For Sale: On Copper Creek Road 7.087 acres, \$28,000; 6.327 acres, \$24,000; 2.243 acres, \$41,000. Also

1990 Chrysler New Yorker, 4 dr., new tires; good condition 606-758-0011. 14x4
Nice Lots For Sale on Freedom School Road. 12 total. .64 to 1 acre, \$5,800 to \$10,300. One five acre wooded lot, \$24,500. One seven acre lot, \$35,000 and two 1 1/2 acre lots, \$12,200 each. Water and electric available. 3 miles to town and interstate. 256-3213. 14x4p
For Sale: Large lot, approximately two acres, more or less. This lot is located on West St. in Broadhead. Also located on lot is a two bedroom, 2 1/2 bath single wide trailer w/city water and sewer. Close to Broadhead Elementary, churches and stores. Ideal for building that new home or for additional trailer lots at Valley View. Call 758-8221 for all Call 758-8221 between 8 a.m. and 4 p.m. Serious inquiries only. 13x17
For Sale: 3 bedroom home with living room, dining room and kitchen at 135 Tevis St. \$56,000. Call 606-256-1285. 15x4p
For Sale: House at 45 Daily Ave., Mt. Vernon. 7 rooms w/bath and one car garage. Will rent for \$400 month

or will sell on land contract for \$32,500 w/\$2,000 down and \$400 month. 256-0492. 15x17
House For Sale: 165 West St., Broadhead, 3 bedrooms, L.R. DR, kitchen, 1 1/2 baths, utility room, full basement, central air and heat, stone fireplace, hardwood floors, new carpet. \$65,000. 758-8758. 13x17

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 Business Opportunity on one acre lot with 370' frontage on Rockcastle's busiest street. Water, sewer, three phase electric on site. Rent to add other business, to operate existing car wash, or lease to build for new business. Available 1/15/04.
Ph. 256-4252

DeBorde Painting

For all your outdoor painting needs. We spray barriers, roofs, fences, bldgs.
**Contact
 Charles or Paula DeBorde
 758-4614 or
 Robert DeBorde at 256-1802**

**For Sale
 By Owner**
 Brick home on 1 acre +/-
 Asking \$129,500



Central heat air conditioning (gas furnace) and electric ceiling heat. 1 1/2 car attached garage, 2 car detached garage, 12x16 outbuilding, 3 bedrooms, bathroom, living room, kitchen with custom oak cabinets, breakfast bar, dining area. Fully furnished walk-out basement with storm shelter, family room with flr for wood stove, bathroom, utility room, bedroom.
 Located one mile south of Roundstone School, 3 miles north of Reno Valley, just off old US 25, off Old Signon Rd., at Green Hill.
 Shown by appointment 606-256-5429

**For Sale
 By Owner**
 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.



Mt. Vernon Car Wash #1 & #2
 The latest technology in Automatic Car Wash
 Come by and check out our Touchless Car Wash
 Along with our new automatic car wash at Mt. Vernon Car Wash #1, we have installed all new equipment in the self-service bay at Mt. Vernon Car Wash #2 and a touchless automatic car wash!
 With two locations in Mt. Vernon we can serve you better. As always, we welcome your direct vehicle including 4-wheeler in our self-service bays.
Mt. Vernon Car Wash #1 & #2 & Coin Laundry
 Locations: Hwy 100, Berea
 Hwy 100, Berea
 Hwy 100, Berea
 Hwy 100, Berea

Helen Abney
 26 Years Experience
INCOME TAX SERVICE
 256-5273

Brodhead Elderly Apartments

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

For Applications call or write:

Brodhead Elderly Apartments
 Rt. 1 Box 10 • Brodhead, KY 40409
 **Phone: 606-758-4506 or 1-800-686-4447** 
 (TDD for speech & hearing impaired 1-800-648-6056)

**On-Site
 Computer Service**
 Tired of sending your computer away to get it fixed?
 Call and let us come to you for all your computer needs!
 Setup, Consultation, Software/Hardware Conflicts Reasonable Rates
Call Spencer Benge at 606-256-5653 or 606-308-5653
 (leave message if no answer)

Newland Construction Co., Inc.

 Asphalt & Concrete Paving, Sealing & Striping Driveways, Streets & Parking Lots
 Free Estimates
(606) 256-0782

Mobley's Electrical Service & Heating & Air Conditioning
 Residential & Commercial State Licensed & Insured
 Lic. # MO4321
 All Major Brand Tires For Cars, Trucks, Farm Tractors
 Jon Mobley, Owner
 Ph. 606-256-0622 or 271-1507

David's Tire Center
 Highway 150 • Mt. Vernon, KY
 24 Hour Towing Service
 Long Distance Towing
 Used Auto & Truck Parts
 David Thompson
 Day - 606-256-6026
 Day/Night Wacker - 606-256-6006
 Mobile - 308-4592, 308-4593
 Pager - 606-736-0620

**CLIFFORD
 Collins
 AND SON**
Septic Tanks & D-Boxes
 "We Make 'um and Install 'um!"

Help Wanted

Customer Service Representative. Part-time. Customer service representative needed by the Mt. Vernon branch of World Finance, Corp. Excellent starting salary. 35 correct work typing required. 37 1/2 hour five day work week. Consumer finance experience helpful but not necessary. Complete fringe benefit package offered. For appointment call Sharon Gault at 606-256-5030. EOE/M/F 15x2

Wanted: Live-in caretaker needed for handicapped male. \$800 month plus free rent. Serious inquiries only. Call 256-2698. Please leave message. 15x1

Taco Bell is now taking applications. Apply in person. 14x2

Barry Queen is now accepting applications. Apply at Days Inn, Exit 62, Mt. Vernon. 14x3

Help Wanted: Wendy's of Mt. Vernon is now hiring. Apply in person. 41th

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

Professional Services

Let Me Clean For You. Office or residential. Evenings only. Call 256-9647 anytime. 15x1p

Handyman will do mobile home repairs. 15 years experience. Also will haul rock and do general repair work. 356-2740. 15x2

Jackie Hayes is now available for full-time servicing, installing, repairing home, commercial heating and AC as well as commercial refrigeration. Specializing in York products and most other makes or models. Call 606-256-2387 or 859-494-2387. 15x2

R&K Builders. Ronald Raider. 606-256-9276. Free estimates. Room additions • new homes • complete remodeling • decks • vinyl siding • metal roofs • shingle roofs • concrete work • footers • slabs, block foundations for trailers • pole barns and metal buildings. 31 years experience. 14x4pntf

Electrical Work. Call us for all your electrical needs. We do new and old repair. Also mobile home hookups. We will save you money. Call 256-4146 or 606-687-6371. 7xntf

Appliance Repair. We service all brands of appliances. Also can get parts for most all brands. We also do plumbing repairs. Call 256-4146 or 606-687-6371. 7xntf

Professional Services

UDG DELIVERY DRIVER AND TANKSETTER
Eastern Kentucky Propane Gas in Lily has opening for a local propane delivery truck drivers and tank set-installer. Must have CDL-Hazmat & Tanker. The best job you will ever have, excellent pay and benefits. Call 523-9195 or (888)758-2994 for details.

NEW PAY PACKAGE

USA TRUCK
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• 3 Payment Options
• Guaranteed Home Time
• Dedicated & Regional Available
Driving School Grads & Owner Ops Welcome
Call 7 Days a Week
800-237-4642
www.usa-truck.com
EOE/M/F/H/V

Request for Bids from Certified Installers for Septic System Installations

BD #16-1175

The Cumberland Valley RCAD Council, Inc. in conjunction with PRIDE (Personal Responsibility in a Desirable Environment) is soliciting bids from installers desiring to install septic systems for southern and eastern Kentucky. The successful bidder will be required to complete installation of the systems within sixty (60) days of the date of the award.

The Scope of Work, Request for Bid, and General Conditions is available upon request.

Interested installers should send statements and proposals to the Rockcastle County Conservation District until February 6, 2004 at 3:30 p.m. Faxed or email proposals will not be accepted. Liability insurance in the amount of \$300,000 and proof of workers compensation insurance or a worker's compensation exemption form is required with each bid.

A selection committee will review, evaluate and rate each bid based on their submitted bid. The Rockcastle County Conservation District will contact the installer with the winning bid and enter into negotiations. If the parties are unable to negotiate a satisfactory agreement, the second ranked bidder will be contacted. Once an installer has been selected, all unsuccessful bidders will be promptly notified. The selection Committee will adhere to the provisions of Title VII of the Civil Rights Act of 1964, Section 5. No person shall be excluded from participation in, denied benefits of, or subjected to discrimination in the implementation of this program on the grounds of race, color, national origin or sex. Females and minorities are encouraged to apply.

The National Organic and Atmospheric Administration provides funding for this project. The formal solicitation of seeking qualified installers is being conducted to fulfill the requirements of the funding agency.

P&P; Gutting: 5 & 6 inch seamless gutters, siding, soffit and window installation.

Call 256-4393. Free estimates. 21th

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

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

Lowell's Gun Sales & Repair: New and used guns for sale. Ammo and gun accessories. Repairs, stock refinishing, hot bluing. Certified gunsmith/licensed firearms dealer. Maple Grove Road. Mon-Fri. 5 to 8 p.m. 256-3539. 11th

Gall's Pampered Pooch

57 West Main St. • Broadhead 758-0064
Professional Pet Grooming plans & Eukanuba pet food plus supplies available. 20th

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

Hayes Hauling: Gravel, etc. Call 256-4695, mobile 544-7730. 26th

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

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

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

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

Jeff Woodall Hauling, Gravel, etc. Call 453-9622 or 308-2976. 50x1p

Hedgepath Residential Services: Plumbing and Electric. Bathroom renovation. Great references. Work guaranteed. Floyd Hedgepath. 256-3791. 51xntf

Bushhogging: "If I can't cut it, you probably need a dozer." Also tree removal. We also haul gravel and dirt. For pricing, call Mr. Durham at 256-3290. If no answer, leave message. 48xntf

UCCall: We Haul! Firewood, water, cars, coal, furniture - anything you need that fits on a truck. Large or small. 256-9222. 49xntf

House Painting, interior or exterior. Call 256-3374. 5xntf

Will do tree trimming. Also, wood for sale. Call 308-5534 or 256-5654. 20x2

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

Class A Tractor Trailer

Paying 28¢ per mile with 3 mos. exp. 30¢ for 6 mos. exp.
Guaranteed Home Time
Great Benefits
Excellent Equipment
800-347-5263
Ask for Aubrey at Ext. 3552

Drivers

CWS OWNER OPERATORS FOR ROUND TRIPS
Louisville, KY to Sumter, SC
1995 or Newer Tractor Class A CLD w/ Hazmat 18 Mos. Experience
Call Jean: 800-832-7036 Ext. 29. 9 a.m. to 3 p.m. CST

REWARD

for the return of a missing Great Pyrenes Dog. Large white male with blue collar missing from Old 461 area. 256-1660 or 256-9280

FOR SALE

Three Suffole Sheep
2 female
1 male
\$50 each
256-1660 or 256-9280

Part-Time Positions

are now available at the Cumberland River Comprehensive Care Center. Persons are needed for a Staffed Residence for three individuals with mental retardation. Position requires overnight stay. Weekend shifts available. Must have high school diploma/GED, clear driving and criminal record. Please contact the Cumberland River Comprehensive Care Center, PO Box 568, Corbin, KY 40702. Phone (606) 528-7010. We are an EOE.

Individual/family needed

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

Motor Vehicles For Sale

For Sale: 1989 Dodge 3/4 ton pickup, 4x4, good condition. \$3,750. Call Corey Craig, 606-256-0133. 13xntf

For Sale: 1989 Chevy pickup, Silver, 350 automatic, \$2,500. 1996 GEO Tracker, 4x4, automatic, 8 1/2 door, hard tops, \$4,000. 1997 Pontiac Grand AM, 2 dr., automatic, AC, CD, \$2,500. 1977 Ford F350, V8, 4 speed, \$1,500. 1978-1127 after 5 p.m. 14x2p

For Sale: 1993 Chevy pickup, V8, short wide bed, 5 speed, 4 wheel drive. Also, 1992 Buick Grand Sport Regal. Black Sharp, clean car. 3.8 nine port engine. Ph. 256-4560 or 256-9403 for both. 16x2p

For Sale: 1993 Pontiac Grand AM, \$1,300. 1992 Ford Explorer, \$1,500. 1984 Yamaha Dirt Bike 600, \$850. Ph. 606-256-0178. 15x4

For Sale: 1983 Toyota, 4x4, great parts truck. Two 22R motors, standard transmission. No title. \$800 for all. 256-1457. 15x1


For Sale: 1997 Chrysler LHS, 143K, \$3,800. 1996 Plymouth Grand Voyager SE, 133K, Captains chair, rear heat and air, \$3,950. 1992 Chevy GEO Tracker, 4x4, automatic, 88K, \$2,000. 1990 Chevy Scottsdale, 1/2 ton pickup, 350, auto, air, 126K, \$1,200. 606-308-3240 anytime. 15x3p

For Sale: 1993 Ford F150, King cab, short bed, 4x4, great running condition. Looks good, everything works. Asking \$3,500. For more info, call 256-0868. 14x1

For Sale: 2002 Kawasaki Prairie 4x4, full automatic, like new, only 2000 miles. More than one year left on warranty. Asking \$4,000. 309-9268. 14x3

College Comes to You

NET. Telecourses let you take college credit classes from home, when it's most convenient for you.



Lost & Found

Found: Large dog last Friday in Mt. Vernon. Call 256-4177 after 5 p.m. to identify.

REWARD

for the return of a missing Great Pyrenes Dog. Large white male with blue collar missing from Old 461 area. 256-1660 or 256-9280

FOR SALE

Three Suffole Sheep
2 female
1 male
\$50 each
256-1660 or 256-9280

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Individual/family needed

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The Terrace Nursing & Rehabilitation Facility

in Berea, Kentucky
A 102 bed long term care and rehabilitation facility located in beautiful Berea. We offer flexibility and a positive work environment in our brand new state of the art nursing facility. We are hiring already certified nurse aides and will be beginning a nurse aide certification class in February/ March 2004.
Positions available for part time and full time:
Evening & Night Shift Nurse Aides
*Flexible Schedules * Paid Holidays
* Paid Vacation Days * 401K Retirement
* Dental Insurance * Paid Life Insurance
* Medical Insurance * Paid LT Disability Insurance
Send resume to: PO Box 1048 • Berea, Kentucky 40403
Or apply at: 1043 Brooklyn Blvd., Berea, Ky. Ph. 859-228-0551 • Fax 859-228-0554
The Terrace is non-discriminatory in admissions or Employment, EOE

News Deadline is Noon Tuesday

College Comes to You

NET. Telecourses let you take college credit classes from home, when it's most convenient for you.



Notes for quality Child Care call COUNTRY CARE @ 256-4105

www.countrycarecars.com

CARPENTER'S DOZER & BACKHOE SERVICE

ORLANDO, KY (606) 256-5370

Mobile Pressure Washing

Decks, concrete, aluminum and vinyl siding, brick and stone, machinery, equipment and more.
Benny Rader, 606-256-3293
606-308-3149 or 606-256-8989

Morgan Plumbing Service & Repair

Fully Insured • All Work Guaranteed
256-4766
leave message
606-232-0666

Part-Time Positions

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A 102 bed long term care and rehabilitation facility located in beautiful Berea. We offer flexibility and a positive work environment in our brand new state of the art nursing facility. We are hiring already certified nurse aides and will be beginning a nurse aide certification class in February/ March 2004.
Positions available for part time and full time:
Evening & Night Shift Nurse Aides
*Flexible Schedules * Paid Holidays
* Paid Vacation Days * 401K Retirement
* Dental Insurance * Paid Life Insurance
* Medical Insurance * Paid LT Disability Insurance
Send resume to: PO Box 1048 • Berea, Kentucky 40403
Or apply at: 1043 Brooklyn Blvd., Berea, Ky. Ph. 859-228-0551 • Fax 859-228-0554
The Terrace is non-discriminatory in admissions or Employment, EOE

Hedgepath Residential Services, Inc.

Plumbing & Electrical Contracting
We offer Plumbing and Electrical Services, specializing in complete bathroom renovations. We have over 20 yrs experience.
Call Floyd Hedgepath at 606-256-3751 or at 606-308-9361
All work is fully guaranteed!

Elam's Transmission

"We Specialize"
• Servicing all American-Foreign • Front Wheel Drive • 4WD
• FREE Inspection Service • FREE Road Test • FREE Estimates
• FREE Computer Diagnostics • 20 Years Experience
Call Billy Elam at 606-355-7258
660 Edwards Rd. between Crab Orchard and Broadhead

Virginia McKinney Income Tax Service

606-256-4804
Electronic Filing Available

Winstead's Heating & Air

107 E. BOX 207
MT. VERNON, KENTUCKY 40456
Fit Winstead (606) 256-1038 (606) 308-4825

Payne's Auto Sales

Hwy. 150 and 2549
Open M-F 9 a.m. to 5 p.m. • Sat. 9 a.m. to 7 p.m.
New and Used Parts also available
256-1012 - Home 256-9795

Karen K. King INCOME TAX SERVICE

Individuals - Partnerships - Corporations
For an appointment Call 256-3976

BEE Garbage

256-2334
Weekly residential curbside pickup
\$130 up to 20 bags

Hensley's Used Cars

U.S. Hwy 150 - Mt. Vernon, Ky
256-9481
Financing Available

MADISON TERMITE and PEST CONTROL

Call Paul Burton - Day or Night
256-2318 - Mt. Vernon
SHOP TERMITES ROACHES WALL BRIBES

Town & Country 24 HR. WRECKER SERVICE

All Types of Mechanic Work
Call 256-9634 days or 256-4650 nights

Miscellaneous For Sale

All New Happy Jack Kennel Dip II kills and repels fleas, deer ticks, mange mites, mosquitoes and stable flies. Economical. Contains NO solvent! Dysthouse Farm Supply, 355-2301, 15x4

For Sale: Chase lounge, golden yellow, \$250, 256-0601, 15x1

For Sale: New idea hay rake: Also Irish potatoes, 256-7770, 15x1

For Sale: Siberian Husky pups. Blue eyes. Had first shots and wormed. \$100. Beautiful and ready to go. 256-3637, 14x4

Baled Hay For Sale: \$2.50 per bale. Barn stored. Call Mike Lovell, 256-3539 after 5 p.m., 12x8

For Sale: Hay, 5 ft. x 5 ft. round bales, 606-758-8181, 12xmf

For Sale: Hoer goats, babies due end of March, 606-758-8181, 12xmf

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

Care Knives. Large selection. Napier Bros., 35 Public Square, Lancaster, Ky, 23xmf

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

For Sale: Carhart stonewash denim jeans, rebar or regular fit. \$26.50. Carhart blue denim rib overalls \$38.00. Large selection of Carhart roughed and casual wear. Napier Brothers Clothing Store, 35 Public Square, Lancaster, 792-2535, 18fm

For Sale: Work boots and shoes. Redwing, Rocky, Wolverine and Doc Martin. Napier Bros. Clothing Store, 35 Public Square, Lancaster, 792-2535, 18fm

For Sale: Maple bedroom suite, box springs and mattress, large dresser, chest of drawers, nice stand. Good condition. \$750, 256-4601, 12xmf

For Sale: China Cabinet, \$90; New couch and chair, \$175; Pedestal table w/6 chairs, \$899; New marble coffee table and two end tables to match, \$275; 4 pc. bedroom suite, \$150, 606-453-2033, 15x1

Classified deadline is Noon Tuesday

Banjo Lessons

Beginner to Intermediate

\$10/Session

One-on-One Sessions are 30 minutes each

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



Mobile Homes

For Sale: 1996 Clayton mobile home, doublewide, 3 bedrooms, 2 baths, kitchen, living room, dining room, utility room. Two years old. Barn w/2 stalls, tack room; hay loft, 24x36, one out building, 12 acres, more or less, \$55,000. Call 256-0262 or 606-422-0467, 12xmf

If you have a deed or \$35,000 cash, you can own your own home, even if your credit is less than perfect. Some restrictions may apply. Call: 606-676-0503, 15x1

Let Freedom Ring: 5 bedroom, 3 bath manufactured home for less than \$450 monthly LUV Homes. 606-676-0503, 15x1

Tax Time Specials: Several repos and used homes, starting at less than \$1,000 down and \$200 monthly, 2, 3 and 4 bedrooms. 606-676-0503, 15x1

For Sale: Three-year-old trailer, 16x30, 3 bedrooms, 2 baths, electric heat and air. Ph. 758-8180 after 4 p.m., 14xmf

For Sale: 12x60 mobile home, 3 bedrooms, 2 baths. \$700, 453-9410, 14xmf

Notices

Notice: Schwann's Frozen Foods Home Delivery is available for Saturday service. If you need Saturday delivery, call 256-1917, 15x1

Reward Offered: for information leading to the arrest and conviction of person or persons burglarizing/vandalizing trailer on Tark Hill. Ph. 256-4953 or contact the Rockcastle County Sheriff's Dept., 15x3

Notice: is hereby given that Dennis Harris, Rt. 4, Box 254, Mt. Vernon, Ky. 40456 has been appointed executor of the estate of Lucille Brown on the 12th day of January, 2004. Any person having claims against said estate shall present them according to law to the said Dennis Harris

on or before April 1, 2004, 14x3
Posted: No trespassing on all land belonging to Irene Clark on Three Links Road, 13x2p

Notice: I will not be responsible for debts may by anyone other than myself. Timmy Kirby, Sr. 14x4p

Notice is given that Lillie Dobbs, Rt. 3, Box 362, Mt. Vernon, Ky. 40456 has been appointed executrix of the estate of Chester Baker on the 5th day of January, 2004. Any person having claims against said estate shall present them according to law to the said Lillie Dobbs or to Clintz & Cox, P.O. Box 1350, Mt. Vernon, Ky. 40456 on or before July 7, 2004, 13x3

Notice is hereby given that James R. Reynolds, P.O. Box 112, Wildie, Ky. 40492 has been appointed Executor of the estate of James E. Reynolds on the 5th day of January, 2004. Any person having claims against said estate shall present them according to law to the said James R. Reynolds or to Willis G. Coffey, P.O. Box 247, Mt. Vernon, Ky. 40456 on or before July 7, 2004, 13x3

Notice is hereby given that Janet Reed Palmer, Rt. 3, Box 300, Mt. Vernon, Ky. 40456 has been appointed executrix of the estate of Carrie B. Reed on the 12th day of January, 2004. Any person having claims against said estate shall present them, according to law, to the said Janet Reed Palmer or to Duerson and Duerson, P.O. Box 523, Berea, Ky. 40403 on or before April 1, 2004, 14x3

Notice is hereby given that Lillian Joyce Hamm, 602 Leslie Dr., Lexington, Ky. 40505 has been appointed administratrix of the estate of Dora Stacy Hamm on the 12th day of January, 2004. Any person having claims against said estate shall present them according to law, to the said Lillian Joyce Hamm or to Willis G. Coffey, P.O. Box 247, Mt. Vernon, Ky. 40456 on or before April 1, 2004, 14x3

The City of Mt. Vernon will be accepting sealed bids on the following items: 1994 Ford Crown Vic VIN#2FALP71W9RX200383 and a 1995 Ford Crown Vic VIN#2FALP71W5SX187542. All bids must be sealed and item name listed on outside of envelope. The City of Mt. Vernon reserves the right to accept or reject any or all bids. All bids must be received at City Hall by 4 p.m. February 2, 2004. Bids will be opened February 2, 2004 at the City Council Meeting at 7 p.m., 14x2

Notice is hereby given that Mattie Miller, Rt. 4, Box 247C, Mt. Vernon, Ky. 40456 has been appointed executrix of the estate of Dener Miller on the 20th day of January, 2004. Any person having claims against said estate shall present them according to law to the said Mattie Miller or to Jeffrey T. Burdette, P.O. Box 1250, Mt. Vernon, Ky. 40456 on or before July 21, 2004, 15x3

Notice is hereby given that Christopher Wayne King, 1095 Brezzy Lane, Berea, Ky. 40403 has been appointed executor of the estate of Wayne Edward King on the 21st day of January, 2004. Any person having claims against said estate shall present them, according to law, to the said Donald S. Parsons or to Michael F. Eubanks, P.O. Box 157, Richmond, Ky. 40476 on or before July 21, 2004, 15x3

Notice is hereby given that Donald S. Parsons, P.O. Box 127, Wildie, Ky. 40492 has been appointed administrator of the estate of Shirley Ballard Parsons, Jr. on the 21st day of January, 2004. Any person having claims against said estate shall present them, according to law, to the said Donald S. Parsons or to Michael F. Eubanks, P.O. Box 157, Richmond, Ky. 40476 on or before July 21, 2004, 15x3

Notice is hereby given that Eunie Christine Taylor, Rt. 1, Box 296, Brodhead, Ky. 40409 has been appointed executrix of the estate of Lloyd Wayne Taylor on the 5th day of January, 2004. Any person having claims against said estate shall present them according to law, to the said Eunie Christine Taylor or to Willis G. Coffey, P.O. Box 247, Mt. Vernon, Ky. 40456 on or before July 7, 2004, 13x3

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

Posted: No trespassing on Crawford Place-Old Brodhead Road. Danny Smith, 47fm

Posted: No hunting or trespassing on property owned by Doug and Judy Brock known as Brock's North Hill Farm at Mareburg consisting of the Swinney Place, Brock Place, Henstley Farm, 31fa

Notice is hereby given that John B. Kelley, 408 Meece Ave., Nancy, Ky. 42544 has been appointed executor of the estate of William F. Kelley on the 12th day of January, 2004. Any person having claims against said estate shall present them according to law to the said John B. Kelley or to Jeffrey T. Burdette, P.O. Box 1250, Mt. Vernon, Ky. 40456 on or before April 1, 2004, 14x3

Notice is hereby given that Janet Reed Palmer, Rt. 3, Box 300, Mt. Vernon, Ky. 40456 has been appointed executrix of the estate of Carrie B. Reed on the 12th day of January, 2004. Any person having claims against said estate shall present them, according to law, to the said Janet Reed Palmer or to Duerson and Duerson, P.O. Box 523, Berea, Ky. 40403 on or before April 1, 2004, 14x3

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Notice is hereby given that Eunie Christine Taylor, Rt. 1, Box 296, Brodhead, Ky. 40409 has been appointed executrix of the estate of Lloyd Wayne Taylor on the 5th day of January, 2004. Any person having claims against said estate shall present them according to law, to the said Eunie Christine Taylor or to Willis G. Coffey, P.O. Box 247, Mt. Vernon, Ky. 40456 on or before July 7, 2004, 13x3

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

Posted: No trespassing on Crawford Place-Old Brodhead Road. Danny Smith, 47fm

Notice is hereby given that Mattie Miller, Rt. 4, Box 247C, Mt. Vernon, Ky. 40456 has been appointed executrix of the estate of Dener Miller on the 20th day of January, 2004. Any person having claims against said estate shall present them according to law to the said Mattie Miller or to Jeffrey T. Burdette, P.O. Box 1250, Mt. Vernon, Ky. 40456 on or before July 21, 2004, 15x3

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