



Roundhill well underway
See Page A10

No paper next week

There will be no *Mount Vernon Signal* next week, December 30th. The *Signal* office will be closed December 23, 2004 until January 3, 2005 for the Christmas and New Year's Holidays.
Have a Merry Christmas and a Happy New Year from the Signal staff.

Weather

Rockcastle County residents saw the first snowfall of the winter season on Sunday.
Local weatherman Bud Cox said the first snowfall accumulated to a total of 5 inch. The temperatures also sank to a low of 2 degrees on Monday morning. The combination of the snow accumulation and the freezing temperatures made for very icy conditions Sunday and Monday.
Fortunately, the school system had already adjourned classes on Friday, the 17th for Christmas Break.

Burton elected to top office of student body

At Georgetown College, student government elections were recently held. Travis T. Burton, of Broedhead, who ran for the top office of student body President, was successful in his bid for the office.
Burton, a 2003 graduate of Rockcastle County High School and a sophomore at the college, was elected to serve as the 2005 Association of Georgetown Students President. Burton faced off with two opponents, both juniors at the college.
According to Burton, actual campaigning began at the end of October. All candidates also participated in a school wide forum in which they responded to various questions concerning campus issues.
"I am very honored to have-

(Cont. to A-12)

Local man charged with first degree sexual abuse

A Rockcastle County man was arrested last week and charged with sexual abuse in the first degree of a 12-year-old girl.
Don Roberts, 46, of Broedhead, appeared at an arraignment on Monday. Special District Judge William T. Cain continued the case, which will be presented to the Rockcastle Grand Jury on January 26th.
Roberts is a physical therapist's assistant for Cumberland Valley District Home Health. He has also been a volunteer as both a Junior Pro base-

ball coach along with a Little League baseball coach for several years. However, he is not affiliated with the Rockcastle County Board of Education.

Assistant Commonwealth Attorney Jeremy Bartley will handle the prosecuting. He said on Monday that the charge at this time was sexual abuse in the first degree. However, more charges could be forthcoming from the Grand Jury.

Roberts is lodged at the Rockcastle County Detention Center under \$50,000 cash bond.



Don Roberts



Leroy Moore, Jr., 32, of Conway was driving the above 1994 Oldsmobile, which was involved in a wreck on U.S. 25 Thursday night. William Kelly, 21, of Mt. Vernon and James Mink, 25, also of Mt. Vernon was driving the other vehicle involved in the wreck. Police said Moore pulled into their path, causing the wreck. Mink was flown from the scene to the University of Kentucky Medical Center.



Approximately 145 children turned out for this year's "An Evening With Santa" held at the Senior Citizens Center Saturday night. In the above photo, Kristi Rabe was assisted in decorating her ornament at "An Evening With Santa" by her mother, Nancy Rabe and her grandmother, Fannie Brown-Dus. At left, Santa Claus, aka John Holbrook, heard from Jacob Crowley and Makayla Robbins as to what they expect under the tree this year.

145 children attend "Evening with Santa"

Approximately 145 children attended this year's "Evening With Santa" held Saturday night at the Senior Citizens Center in Mt. Vernon and sponsored by Citizens Bank.

According to Lynn Gilbert, one of the volunteers at the event, the number tripled from last year's attendance and, with parents, she estimated there were between 225 and 250 on hand.
As a special treat this year, children received gifts from a drive held by the Dollar General Store in Westgate Shopping Center, headed by the store's manager, Carol Toler, who also assisted at the event. Some RCHS football players also donated toys for the children.

Of course, Santa (John Holbrook) was a hit as usual and this year was assisted by Mrs. Claus.

In addition to their visit with Santa, which included a photo opportunity, the children were treated to storytelling by Rockcastle County Librarian Pam Chaliff, Christmas Carols by the RCHS Acapella Choir, a chance to decorate ornaments and a gingerbread man and cookies and ice cream for refreshments.

"Everyone was wonderful," Mrs. Gilbert said, "especially our volunteers, Jerry Remmer and Troy and Becky Hansel and, of course, we appreciate Sherry Mowbray, director of the Senior Citizens and her staff for their facility and assistance."

Three hurt in wreck Thursday

Three Rockcastle County men were involved in a head-on collision on U.S. 25 Thursday night.

William Kelly, 21, of Mt. Vernon, was driving his 1997 Nissan pick-up truck north on 25 when Leroy Moore, Jr., 32, of Conway reportedly pulled his 1994 Oldsmobile in front of Kelly while attempting to pull in his (Moore's) driveway.

Kelly's passenger, James Mink, 25, was flown to the University of Kentucky Medical Center where he was treated for a broken pelvis. Kelly and Moore were both treated and released at the Rockcastle Hospital.

According to deputy sheriff Joe Rush, the wreck is still under investigation.

\$1.16 million

Rockcastle Sheriff's office presents budget to fiscal court

At a special meeting of the Rockcastle Fiscal Court Tuesday, the Rockcastle County Sheriff's Department presented their 2005 budget.

The court discussed the budget but took no action at this meeting since they have until January 15, 2005 to approve the budget.

The budget shows a total estimated receipts for the year of \$1,163,482.58. However, this figure includes \$712,000 expected from federal drug-related forfeiture funds. The funds are restricted in their use and, County Treasurer Joe Clontz felt the funds should not be included in with general funds for the sheriff's office.

Other large items of estimated income for the Sheriff's office shows \$206,338.54 commissions on taxes collected, \$51,941.61 from security services and \$92,542 for reimbursements for deputies detailed to other agencies through which their salaries are paid.

Total Disbursements of \$391,461 include: \$262,280 for deputies' gross

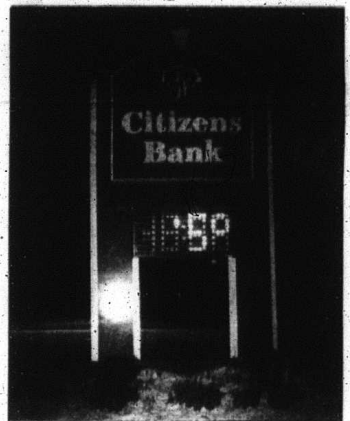
salaries and \$62,134.38 for Sheriff Darrell Doan's gross salary.

The court is still trying to determine if the fee pooling agreement they entered into with the sheriff's office is working out. Clontz told the court that when they are repaid the approximately \$50,000 they advanced the sheriff's department for vehicles, the amount received and disbursed should be close to even. The \$50,000 will be paid from the drug forfeiture money when it is received.

Chief Sheriff's Deputy Nathaniel Price told the court during the meeting that his last report on the over \$700,000 expected was that a question about a piece of land, that might or might not should have been included in the seizures, was holding up disbursement of the funds. Price said he expected the funds sometime within the first quarter of 2005.

The court also approved the payment of \$1,200 to Rhino Lining for spray-on beds on three new trucks

(Cont. to A-12)



Old man winter finally landed on Rockcastle County this week when the mercury dropped to two degrees. At 6:30 a.m., the bank clock at Citizens Bank read five degrees. There was also half of an inch of snow on the ground. Luckily, the bad weather started after Rockcastle County School dismissed for the Christmas holidays.



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



It has only been a few days ago, at Thanksgiving, when Stanley and I got together for a meal with his family...

They played and sang a song I had never heard before called "Sing Me Back Home" that I found out was sung by Merle Haggard originally...

I'm sure there wasn't one of us who wasn't thinking of holidays past, and the love and joy that we experienced with our parents and other relatives at the old homeplace...

It seems that the Christmas season inspires the fondest memories of all. Even if one doesn't celebrate Christmas, there are usually a lot of fond memories surrounding this season...

You know, days/years are funny. The people, places, things, and even smells are just as bright and vivid as

they were in the original state. One example is when the character of Rose Dawson in "Titanic" began to recall when she was a young woman aboard the "ship of dreams"...

At this time of year, I recall quite a few memories of Christmas. As a matter of fact, my very first memory is of Christmas when I was eleven months old...

I can recall our family driving around the various neighborhoods in London to admire the Christmas lights, and then drinking old-fashioned homemade hot chocolate upon getting back home...

Thank you for your assistance and your support to the Seniors of 2005. Executive Committee. RGHS Project Graduation 2005

Our Readers Write

Graduation 2005

Dear Editor, On behalf of the Rockcastle County 2005 Project Graduation Committee, we are accepting contributions for the successful implementation of a safe and drug-free night for our 2005 graduating seniors...

There are approximately 187 seniors who will be participating in Project Graduation. We, as parents, are hoping to make this an unforgettable, fun-filled evening for the students...

Monetary donations and/or other items you or your company might like to contribute will be greatly appreciated. The Mt. Vernon Signal will list your sponsorship of our worthy cause...

Thank you to all who were involved in making this a memorable event for all of the veterans. American Legion Post #71

Dear Editor, As we approach the end of 2004, we want to thank everyone for their support this year. Many of you gave food, furniture and clothing as well as small appliances and those who gave money...

less. We want to reach everyone. If you need a coat, hat and gloves, please call us. If you know of someone who needs these items, let us know...

Thank you for caring enough to share. We would love to hear from businesses also. Thank you. Kathy Brez, Rock of Ages Mission P.O. Box 490, Mt. Vernon, Ky. 40456

The American Legion Post #71 would like to thank the students, faculty and staff at the Rockcastle County Middle School for the reception and ceremony provided for our local Veterans on Veteran's Day...

The Leadership Rockcastle Committee of Robert Lawson, Wayne Combs, Connie Hunt, Charlie Napier and Larry Hammond would like to thank the following sponsors for making our first annual Cruise in the Valley a tremendous success...

Each of these sponsors contribution helped make possible a one thousand dollar check presentation to each of the country Mayors. Our Mayor was asked to choose a project in their community that the money will be spent on...

ramblings....

As another year ends, we thought it would be appropriate to take a few moments to thank everyone who helps us, on a daily basis...

It would be impossible for us to keep up with everything that is going on in our community and several people help us do this. Jerry Renner, director of the Rockcastle Industrial Development Board, keeps us abreast of what is going on to promote our county...

ahead of their activities, the businesses who support us, the list could go on and on. We have been here since January of 1966, four of our children were born here and all seven were reared here...

We will not be in the office from December 23 through January 3. Most of that time will be spent recuperating from the holidays...

Points East By Ike Adams

There's not much beauty in a fireplace if you're 12 years young and the every daily, two-hour chore throughout the winter months has to do with packing in buckets of coal...

It's an especially unkind chore when you live in a huge old house where three fires have to be kept going pretty much around the clock...

I even had to carry out the bucket loads of blankety-blank ashes, a scoresome chore that somehow was always assigned to first-born boys...

Three weakling brothers who off-put, to kids they're fostered, how tough if it was growing up there on Blair Branch...

first-born and to this day, I find no glory in that fact. I have to give Keeter, my oldest younger brother, credit, because he worked his little tail off, and in fact, taught me how to run a chain saw...

Any way we hung up stockings there on Blair Branch but I was the (Cont. to A-12)

Mount Vernon Signal Publication Number 366-000 Periodical Postage Paid in Mt. Vernon, Ky. 40456 606-256-2244 Published every Thursday since November, 1887. Offices in the Mt. Vernon Signal Building on Main Street in Mt. Vernon, Ky. 40456...



Marshall Fish III and Andrew Saylor wish everybody

Merry Christmas from the Anderkin Family Cafe Main Street • Mt. Vernon • 606-256-0409

Merry Christmas 10 Presents All Pregnant Women Deserve 1. JACUZZI TUBS - At Fort Logan Hospital each birthing suite has a relaxing Jacuzzi tub to relieve the discomforts of labor and reduce postpartum pains...

Obituaries



Jackie Hayes

Jackie Ray Hayes, 61, of Mt. Vernon, died Monday, December 13, 2004 at Central Baptist Hospital in Lexington. He was born in Berea on February 15, 1943, the son of Ray and Hazel Turner Hayes. He was a retired Federal Government Employee, an Air Force veteran and a member of the Pine Hill Baptist Church.

Survivors are his wife, Brenda Jones Hasty; his father and step-mother, Ray and Ann Hayes of Mt. Vernon; one brother, Henry (Rita) Hayes of Brodhead and a sister, Brenda Gayle (Coy) Taylor of Brodhead.

He was preceded in death by his mother, Hazel Hayes.

Funeral services for Mr. Hayes were conducted Thursday, December 16 at the Dowell & Martin Funeral Home Chapel by Bros. Ova Land and Bob Turner. Burial was in Elmwood Cemetery.

Pallbearers were: Kenny Harper, Mathew W. Hayes, Danny Jones, Shannon Jones, Jeff McGuire and Joey Tucker.

Condolences to the family of Mr. Hayes may be made by visiting his online register book at www.DowellMartin.com.

Signal office closing for holidays

The Signal office will be closed December 23, 2004 until January 3, 2005 for the Christmas and New Year's Holidays.

Have a Merry Christmas and a Happy New Year!



Omer Payne

Omer Payne, 75, of Rt. 3, Brodhead, died Tuesday, December 14, 2004 at the Rockcastle Health and Rehabilitation Center in Brodhead. He was born in Rockcastle County on September 3, 1929, the son of Arthur and Lela Mae Norton Payne, was a farmer and an Army Veteran of the Korean Conflict.

Survivors are two sons, Phillip (Kathy) Payne and Omer Payne, Jr., all of Rt. 3, Brodhead; one sister, Bessie Cromer of Sand Springs; three grandchildren and one great grandchild.

He was preceded in death by his wife, Geraldine King Payne and four brothers, Lloyd, Carlos, Dellard and Clyde Payne.

Funeral services for Mr. Payne were conducted Friday, December 17 at the Dowell & Martin Funeral Home by Bro. Shannon Franklin. Burial was in the Freedom Cemetery.

Condolences to the family of Mr. Payne may be made by visiting his online register book at www.DowellMartin.com.

Wade Dermon

Wade Dermon, 81, of Brodhead died Tuesday, December 21, 2004 at the U.K. Medical Center in Lexington.

Funeral services for Mr. Dermon will be held Thursday (today), December 23 at 10 a.m. at the Marvin E. Owens Home for Funerals.

Condolences to the family may be made to Mr. Dermon's online registry at www.marvinowensfuneralhome.com

Obituaries courtesy of local funeral homes

Martha Hickman

Mrs. Martha Faye Ping Hickman, 64, of Plainfield, IN, passed away on December 17, 2004 at her residence.

She was born March 19, 1940 in Maple Grove to the late James and Emma Brown Stevens. She was a homemaker and loving and kind friend to all that knew her. She was a member of The Baptist Church in Indianapolis, IN.

Survivors are her husband, Robert James Hickman; her children, Roger (Becky), Sandy, Randall, Robby and Bobby Ping; her sisters, Marie Goff, Gusta and Geneva Elder, Juana McHargue, Beulah Hart, Jean Cook, Deloris McClure and Shirley Thompson and nine grandchildren.

Funeral services were held December 21 at the Hampton-Gentry Funeral Home in Plainfield, IN. Burial was in Maple Hill Mausoleum.

This obituary courtesy of the Marvin E. Owens Home for Funerals in Brodhead.

Carl C. Wilson

Carl C. Wilson, 62, of Fountain City, IN died Saturday morning, December 18, 2004. He was the son of Ronald and Retha Allen Wilson, formerly of Rockcastle County.

Mr. Wilson was an active member of the Fountain City Wesleyan Church where he served as head usher for over 20 years. He was employed at Masterbrand Cabinets, Inc. for 42 years, and also served as a deputy of the local police department for 16 years.

Survivors include his wife of 35 years; Jeanne Davis Wilson; his mother, Retha Wilson-Johnson; two daughters, SueAnn (Chris) Wallace of Ellsworth, MI and Karen Jo (Marty) Hoelscher of Fountain City, IN; a son, Kenny Wilson of Lexington; four grandchildren and seven brothers, William, Dale, Gaylan, David Allen, Darrell, Terrell and Larry.

He was preceded in death by his father, Ronald; a son, Ron and brothers, Gary and Dan.

Funeral services for Mrs. Wilson were held Wednesday, December 22 at the Fountain City Wesleyan Church with Rev. David Anderson,

Rev. Joel Heyon and Rev. Rob Muldoon officiating. Burial was in the Willow Grove Cemetery.

Memorial contributions may be made to the Fountain City Wesleyan Church Building Fund or Reid Hospice.

Smith and McQuiston Funeral Home was in charge of arrangements.

In Memory



In Loving Memory of Edna Stephens

Feb. 26, 1918 - Dec. 21, 1989
It has been fifteen years since the Lord called you home and it still seems like yesterday. We miss your smiling face and long to hear your sweet laughter. We know you watch from above and see how your family has grown. You would have spoiled the little ones more than we have.

It is always hard on us at this time of year, but our hearts are eased somewhat by knowing that you and Pap are now together in Heaven. We love and miss you both, even though you are not with us here on earth, you will forever be in our hearts. Merry Christmas Mam and Pap.

Sadly missed by your children, grandchildren, great grandchildren and great great grandchildren.
Written by granddaughter Michelle Coffey

In Loving Memory of Joyce Bullen

We know that you are happy now, And we have to let you go. Although it will not be easy, A cheerful smile we'll show.

Christmas just won't be the same Because you are not here. Yet I just seem to know somehow, That we will feel you near.

We wonder how it is with you Spending Christmas up above. Listening to the celestial choir Singing carols that we love.

You know we will always love you

Especially on Christmas Day. Something will always remind us Of your sweet and loving way.

One thing that we do ask of you, You'll know just what to say. We'd like to send a message, And wish Jesus Happy Birthday!

Cards of Thanks

Brian Patrick Northern
The family of Brian Patrick Northern would like to acknowledge everyone who was so kind to us through our terrible loss. It would have been unbearable if not for the Lord's help and all our family and friends. Thanks for the phone calls, kind words, visits, food and flowers and all the prayers that we know so many of you prayed for us. We do appreciate everything.

A special thanks to our church family, Crossroads Assembly of God. Thank you so very much and may God bless each and everyone of you.

The Northern's
Jerry, Evonda, Stephanie, Sandy and Tyler

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Pam Martin and Roy Martin

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

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

Mt. Vernon and Brodhead hold Christmas parades



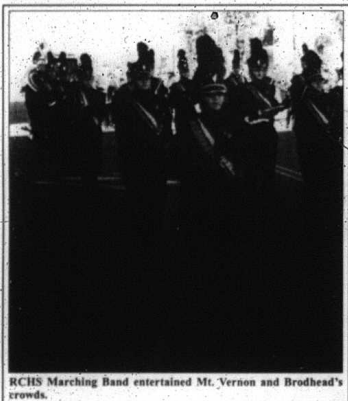
Brindle Ridge Fire Dept. took part in Brodhead and Mt. Vernon's Christmas parades.



Western Rockcastle Fire Department.



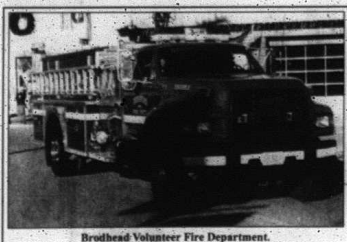
Kentucky Utilities show their community spirit in Brodhead and Mt. Vernon's parades.



RCHS Marching Band entertained Mt. Vernon and Brodhead's crowds.



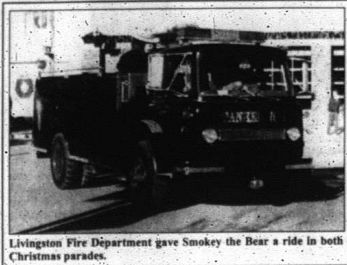
Gene Philbeck rides his horse Lightning in Mt. Vernon's parade.



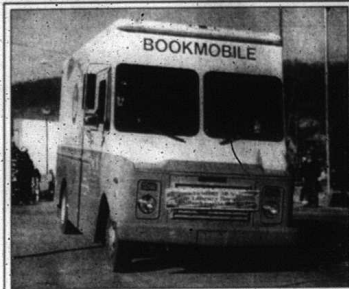
Brodhead Volunteer Fire Department.



Mt. Vernon Volunteer Fire Department.



Livingston Fire Department gave Smokey the Bear a ride in both Christmas parades.



Pam Chaliff drove the Bookmobile in Mt. Vernon's parade.

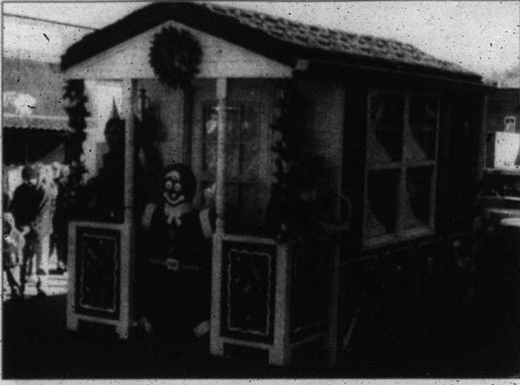
Hark!
The Herald Angels Sing;
Glory To The Newborn King

And the angel said unto them, Fear not: for, behold, I bring you good tidings of great joy, which shall be to all people. For unto you is born this day in the city of David a Saviour, which is Christ the Lord.
 Luke 2: 10-11

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

From the families and staff of
William D. Reynolds
County Attorney

Front row from left: Julie Adams, Josh McKibben and Amanda Clark.
 Back row from left: Deanna Carpenter, Brandy Thomas, Casey Miller and Bill Reynolds.
 Not pictured were Kathy Robinson and Brittany Blair.



Tammy Cox and Gertha Mink pass out candy from Mink Builders' float in Mt. Vernon's Christmas parade. They received the Best Commercial Float in Mt. Vernon's parade.



Parents waited in line with their children to visit Santa and Mrs. Claus after Mt. Vernon's Christmas parade.



Shari Proctor, Scherrie Crumer, Gail Hardin, Regina Rice, Joe Hardin, Kayla Hurt and Courtney Eversole perform with the Bittersweet Cloggers.



Calvary Apostolic Lighthouse washed everyone a Merry Christmas from their float in Mt. Vernon's parade. They received first runner-up for Best Themed Float.



In This Season of Giving...

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

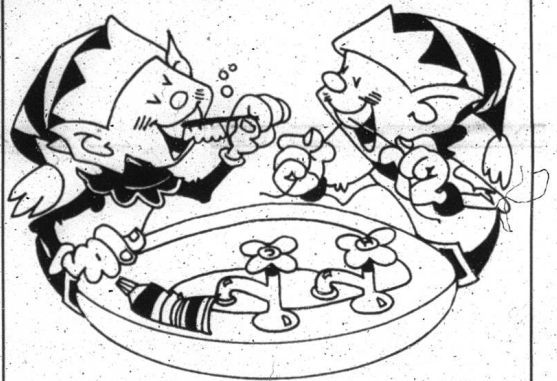
from Danny and Gaylen Settles and all the employees at

Wendy's/Citgo

Wendy's Citgo will close at 6 p.m. Christmas Eve and remain closed Christmas Day. We will also close at 9 p.m. on New Year's Eve and Wendy's will re-open at 10 a.m. and Citgo will reopen at 8 a.m. on New Year's Day.



1250 Richmond Road
Your One Stop Shopping Center



Have A SPARKLING SEASON!

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



Front-row from left: Dr. John H. Parsons, Christi Cahill and Tabitha Saylor. Back row from left: Linda Wilson - RDH, Cheryl Brown and Brendy McKinney.

Dr. John H. Parsons & Associates
Family Dentistry
Main St. • Mt. Vernon • 256-5123



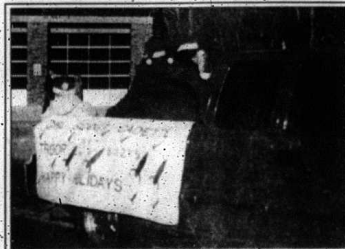
Pine Hill Holiness Church brought a float to Mt. Vernon's Christmas parade.



Cub Scout Pack 263 rode their float in Mt. Vernon's Christmas parade. They received the Most Participants award.



Tahatha, Elijah and Tammy-Nicole wait for Mt. Vernon's Christmas parade to begin.



Girl Scout Cadette Troop 625 rode in Brodhead's Christmas parade.



Jackie McKinney drove a tractor from Brodhead Farm Equipment in Brodhead's E.J. Taylor Memorial Christmas Parade.



Holly Bryant, Grant Bryant, Heather Weaver and Keaton-McClure enjoy Mt. Vernon's Christmas parade.



RCIS JROTC Color Guard marched in Mt. Vernon and Brodhead's Christmas parades.



Layne Nicely came out to enjoy Brodhead's Christmas parade.

NOTICE TO CUSTOMERS OF KENTUCKY UTILITIES COMPANY RECOVERY BY ENVIRONMENTAL SURCHARGE OF KU'S 2004 ENVIRONMENTAL COMPLIANCE PLAN

PLEASE TAKE NOTICE that on December 20, 2004, Kentucky Utilities Company ("KU") filed with the Kentucky Public Service Commission ("Commission"), in Case No. 2004-00426, an Application pursuant to Kentucky Revised Statute 278.183 for approval of an amended compliance plan ("KU's 2004 Environmental Compliance Plan") for the purpose of recovering the capital costs of and operation and maintenance costs associated with new pollution control facilities, and the cost of emission allowances by way of assessment of an environmental surcharge on customers' bills beginning July 1, 2005, through KU's existing rate mechanism known as the environmental cost recovery surcharge or "Electric Rate Schedule ECR".

Compliance with all federal, state and local environmental regulations requires KU to continually build and upgrade equipment or facilities required to continue to operate in an environmentally sound manner. Specifically, beginning in 2005, KU will begin to build new Flue Gas Desulfurization systems ("scrubbers") at the Ghent Generating Station at Ghent, Kentucky and the E.W. Brown Generating Station at Burgh, Kentucky to meet current environmental SO₂ emission limitations, and modify the existing ash handling facilities at Ghent and expand the existing ash storage facilities at E.W. Brown to meet by-product disposal and water quality standards. The total capital cost of these new pollution control facilities is estimated to be \$102.5 million. In addition to the construction of these new pollution control facilities, KU expects, beginning in 2005 and continuing through 2006, to purchase emission allowances at market prices to continue to comply with current federal and state environmental regulations. The cost of these emission allowances, based on KU's current forecast, is estimated to be a total of \$58.1 million from 6005 through 2008.

The estimated impact on a residential customer using 1,000 kilowatt hours per month is expected to be an initial increase of \$0.81 for KU customers in 2005, with the maximum increase expected to be \$7.05 in 2009.

The Environmental Surcharge Application described in this Notice is proposed by KU. However, the Public Service Commission may make an order modifying or denying KU's Environmental Surcharge Application. Such action may result in an environmental fee for consumers other than the environmental surcharge described in this Notice.

Any corporation, association, body politic or person may, by motion within thirty (30) days after publication, request leave to intervene in Case No. 2004-00426. That motion shall be submitted to the Public Service Commission, 211 Tower Blvd., P.O. Box 615, Frankfort, Kentucky 40602, and shall set forth the grounds for the request including the status and interest of the party. Intervenor may obtain copies of the Application and testimony by contacting Kentucky Utilities Company at 220 West Main Street, Louisville, Kentucky, 40202. Attention: Kent W. Blake, Director, State Regulation and Rates. A copy of the Application and testimony is available for public inspection at KU's offices where bills are paid.

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

Marvin and Judy Owens, Rick Reynolds and the staff of
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American Legion Post
 American Legion Post #71 will start holding regular meetings on the second Tuesday of each month at the VFW Post at Lake Linville. The next meeting will be Jan 11, 2004 at 7 p.m. All members are urged to attend.

Bookmobile Schedule
 Mon., Dec. 27: Calloway, Red Hill, Livingston, Lamer, Pine Hill, Tues., Dec. 28: Maple Grove, Orlando, Climax, Three Links. *Happy holidays to all our bookmobile patrons.*

Courthouse offices closing
 All courthouse offices (except 911) will be closed Friday, Dec. 24 through Dec. 27th for the Christmas holidays. The Circuit Clerk and PVA offices will be closed Fri., Dec. 31 through Jan. 3 for the New Year's holiday. All other courthouse offices (except 911) will be closed Sat., Jan. 1st through Jan. 3rd for the New Year's holiday. The road test and permit test will not be given on Fri., Dec. 24th, nor on Friday, Dec. 31st due to the holiday closings. The license examiner will be offering the road test and permit test on Wed., Dec. 29th.

Narcotics Anonymous
 Tired of drugs and/or alcohol controlling your life? Come join us at Narcotics Anonymous, every Thursday at 8:00 p.m. behind Our Lady of Mt. Vernon Church, located on Williams St. in Mt. Vernon. For more information, call 256-2345-9263.

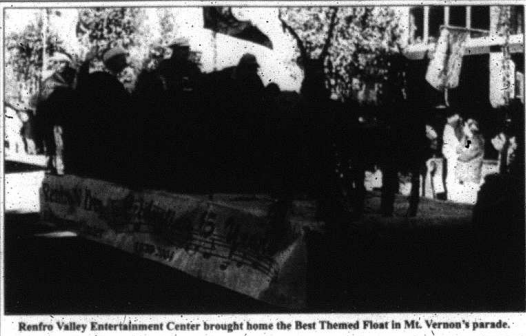
Circuit Clerk Notice
 Due to the Circuit Clerk's office being closed Friday, Dec. 24th and Friday, Dec. 31st for the holidays, the license examiner will offer testing Wed., Dec. 22 and Wed., Dec. 29th (road tests at 8 a.m. and permit test at 1 p.m.).

Library Holiday Hours
 The Rockcastle Library will be closed for the holidays Dec. 24th, 29th and Jan. 1st. We will also be closed Jan. 3rd through the 8th for inventory. Please stock up on books now. No overdue fees will be faced during this period. Sorry for any inconvenience.

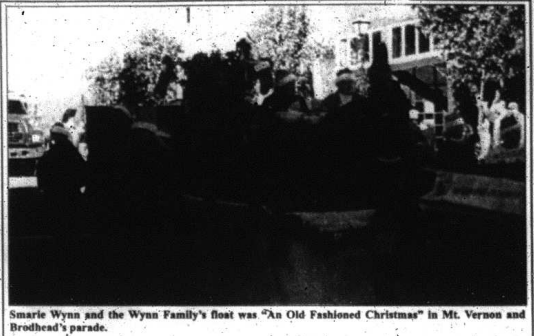
Alcoholics Anonymous
 Alcoholics Anonymous meets Tuesday nights at 9 p.m. behind Our Lady of Mt. Vernon Church on Williams St. in Mt. Vernon.

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

GED on Computer
 CAP Adult Learning Center is offering a program for you to study online using your computer or the internet. Choose your own time. We can teach you to use the computer. FREE! For more info, call Janet at 256-2345-9263.



Renfro Valley Entertainment Center brought home the Best Themed Float in Mt. Vernon's parade.



Smarie Wynn and the Wynn Family's float was "An Old Fashioned Christmas" in Mt. Vernon and Brodhead's parade.



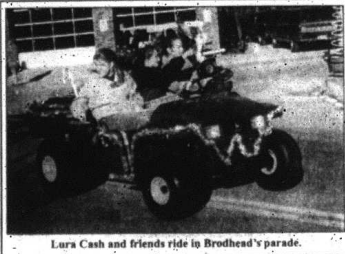
Freda Renner passes out candy from Sylvia's Cut and Curl float in Mt. Vernon's parade. The float won for Most Original.



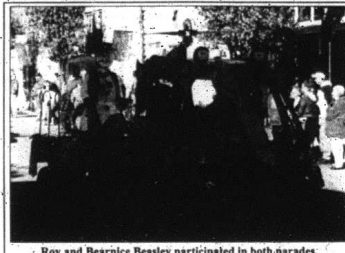
Cub Scout Pack 409 marched in Brodhead's parade.



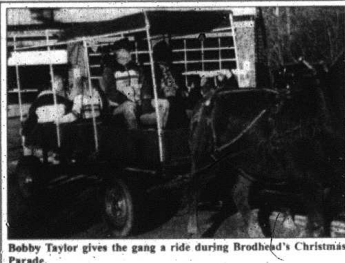
Brodhead Mayor Walter Cash drives his Chevy in the parade.



Laura Cash and friends ride in Brodhead's parade.



Roy and Bearnice Besley participated in both parades.



Bobby Taylor gives the gang a ride during Brodhead's Christmas Parade.

"TJ's Journal"
(Cont. from A-2)

daylight on Christmas morning. I would sneak to the living room to the dark to see if Santa had been there, and squint my eyes through the shadows, trying to make out the outlines and shapes of items he had left. By that time, my heart was ready to burst with excitement! One year, my Aunt Lucille had made me a pair of red flannel pajamas for Christmas with a felt Santa and reindeer on each pocket. They arrived in the mail just a few days before Christmas. This was probably the first mail I had ever received. I was probably no more than four or five years old, but I can even remember how they felt against my skin. I can remember virtually every toy or other gift I ever received for Christmas.

There were wonderful stories Mom would read to me, such as "The Night Before Christmas" as well as stories told to me of Christmases from the childhoods of not only Mom, but my grandparents, and others in the family. During that era, an apple, orange, or piece of candy in a stocking hung by the fire was quite a treat. If you were very fortunate, you might get a doll, ball, or pair of skates.

As you can see, a lot has changed through the years. Christmas has gone from apples to Apple computers. I only hope that the Apple computer generation has as much happiness and true family values to recall as past generations.

In any case, it's nice to take out our fond holiday memories, dust them off, and handle them like fine pieces of crystal as they are indeed precious. They are to be savored, and hopefully passed to younger generations. They are things that can't be bought at any price, never fade or are outgrown. They are uniquely ours, and nobody can steal them from us.

They won't rust, tear up, break down, or become obsolete. As each year passes, they only increase in value, as the ones who wove these memories with us have ceased to weave, and the loom is gone. There is forever the vacant spot at the holiday table, but thankfully, they will always have a spot in our hearts where they are yet real and vibrant, and the holidays are just as merry, the old homeplace is just as cozy, the aromas are just as fragrant, and their gifts are more dear even if it's only in my dreams.

mas that mixed with the fragrance of the Christmas tree, the assortment of packages under the tree, warm holiday wishes from family and friends written inside the Christmas cards, (the kind with glitter on the front they don't have anymore), visitors stopping by, and singing carols in church. I even remember the excitement of Christmas Eve, and the anticipated arrival of Santa Claus. Just before

"Letters"
(Cont. from A2)

registering cars and anything else that day that needed done. All of you share in the credit of an awesome day in our community where we were able to give something back. I hope we have not left anyone out. We encourage you to check into Leadership Rockcastle, a great community program, by contacting Jerry Renner at the Rockcastle Economic Development Board. Thanks again!!

Merry Christmas
Phillip Kirby
We love & miss you
Dad, Donna, Angie,
Jennifer, Tim and Dale

Merry Christmas
Uncle Phillip
Love You - Ashley & Shelby

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Office Manager Shari Proctor

Mattie Miller, April Day, Tammy Carpenter, Bill Likens,
Katelyn Cash, Gina McClure, Kathy Jones, Tammi Jamison

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Kentucky Transportation Cabinet implementing new state traffic lights

In an effort to reduce operational cost, improve efficiency and safety for motorists and employees, the Kentucky Transportation Cabinet (KYTC) has partnered with the Finance and Administration Cabinet's Division of Contracting and Engineering to procure an Energy Savings Performance Contract to retrofit every traffic and pedestrian signal, school flasher and flashing beacon on state-maintained routes with GELcore Light Emitting Diode (LED) modules. This contract will allow KYTC to make these upgrades with no capital expenditures by allowing the Cabinet to finance the funds necessary to complete this project. Payback for the financed funds will be made exclusively through the energy cost savings resulting from the upgrades within the first four years.

KYTC anticipates LED modules will be installed in every traffic and pedestrian signal, flashing beacon and school flasher on state-maintained routes in six months, with installation beginning in early January of 2005. KYTC Secretary Maxwell C. Bailey stated, "Once this project is complete, it will result in a tremendous savings for the taxpayers of Kentucky. This is one of many projects in our effort to become more efficient and cost-effective as directed by Governor Fletcher." Once complete, Kentucky will be only the second state to utilize LED modules in all their traffic and pedestrian signals, school flashers and flashing beacons. Currently, Delaware is the only state

that has completed the statewide conversion.

Currently, a standard traffic signal bulb burns 168 watts of energy per bulb each time a bulb is illuminated. In comparison, LED modules burn between 6-20 watts of energy per module. LED modules will reduce yearly energy consumption at signalized intersections by 80-90% versus the current standard traffic signal bulb, resulting in an approximate savings of \$1.7 million per year. A typical utility bill for a signalized traffic intersection on average, costs taxpayers approximately \$65.00, once the LEDs are installed we anticipate the bills to drop an average of \$12.00 per intersection. Energy use statewide will drop more than 30,000,000 kilowatt hours every year; this is enough energy to power approximately 3,000 homes. The reduction in energy use is the equivalent of planting 2,200 trees every year, or removing 4,000 cars from the road every year.

Through a competitive selection-committee process, KYTC selected Siemens Building Technologies, Inc. to manage the equipment purchase and timely installation of the LED modules. Siemens, who will install the modules in approximately 2,500 intersections across the state in 180 calendar days, is also guaranteeing the \$1.7 million dollars a year in energy savings over a six-year period.

There are additional maintenance savings related to the use of LED modules. The average life span of

(Cont. to A-12)



Broadhead Elementary held the annual BES PTA Holiday Celebration last week. Thanks to Mrs. Kathy McKibben, from the Rockcastle Library for reading *The Night Before Christmas*, the Hunt Sisters for playing Christmas carols, bluegrass band *Never On Time* for entertaining the crowd, BES music teacher Mrs. Kim Woolums, BES students for singing and signing Christmas songs and John Holbrook for being the special guest.



Five make KTCCCA All-State

The Kentucky Track and Cross Country Coaches Association recently released the 2004 cross country All-State and, among the list, were five of Rockcastle County's Class AA State runner-up team.

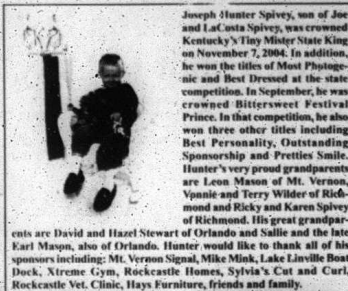
Juniors Kayla Hayes and Jessie Asher were named to the First Team All-State. Seventh grader Laura Dollins was named Second Team All-State and the two youngest members of the historic team, fifth grader Michaela Hunter and sixth grader Sara Hammond received Honorable Mention All State.

All but Jessi Asher, are busy training for indoor track and field. Jessi is a member of the highly-ranked Rocket basketball team.

Subscribe to the Signal



Sixth grader Sara Hammond is shown finishing a state race. Her time of 21:59 helped the Rockets to a state runner-up. Sara was named Honorable Mention all state. She was among several classmates nominated to participate with People to People Sports Ambassadors in Holland next summer.



Joseph Hunter Spivey, son of Joe and LaCosta Spivey, was crowned Kentucky's Tiny Mister State King on November 7, 2004. In addition, he won the titles of Most Physique and Best Dressed at the state competition. In September, he was crowned Bittersweet Festival Prince. In that competition, he also won three other titles including Best Personality, Outstanding Sponsorship and Pretties Saille. Hunter's very proud grandparents are Leon Mason of Mt. Vernon, Spivale and Terry Wilder of Bledmond and Ricky and Karen Spivey of Richmond. His great grandparents are David and Hazel Stewart of Orlando and Sallie and the late Earl Mason, also of Orlando. Hunter would like to thank all of his sponsors including: Mt. Vernon Signal, Mike Mink, Lake Elnaville Boat Dock, Xtreme Gym, Rockcastle Homes, Sylvia's Cut and Curl, Rockcastle Vet. Clinic, Hays Furniture, friends and family.

Hammond wins first collegiate event

WKU junior Andrew Hammond helped the Hilltoppers men's swim team improve to 4-1 in dual meets on the season with an easy victory at Evansville University. After having finished second and third in some events, Andrew captured his first victory with a win in the 100 free. His time of 48.72 was his best time in the individual event. His fastest 100 free, 47.99 came in a relay event and he also swam 4:48.28 in a time trial at Missouri Valley Invitational last year.

Andrew leaves with WKU on December 28 for two weeks of winter training in Ft. Lauderdale, FL. The next home meet is January 29 against Sun Belt Conference foe, Louisiana-Monroe. The Hilltoppers will complete the regular season against the University of Louisville on February 5, before heading to conference championships in Arkansas, February 17-18.

Signal office closing for holidays

The Signal office will be closed December 28, 2004 until January 3, 2005 for the Christmas and New Year's Holidays.

Have a Merry Christmas and a Happy New Year from the Signal staff



Robyn Leanne Suffridge, an eighth grader from Rockcastle County Middle School, is one of the top students to make it on the National Honor Roll list. Robyn is an outstanding student and is always out to give it her best. If you know Robyn, then you know she is always smiling and loves everybody. Robyn will have her name and picture published in the National Honor Roll Commemorative Edition 2004-2005. Robyn is the daughter of Floyd and Lorene Suffridge. She has a younger brother Casey, age 8, and a young sister Hannah, age 2. We are all very proud of you Robyn. Keep up the good work. Keep Smiling Robyn! Love - Dad, Mom, Casey and Hannah



KHSAA Class AA state runners-up are shown above, front row from left: Jessi Asher, first team all state; Kayla Hayes, first team all state and Ashley Bullock. Second row from left: Laura Dollins, second team all state; Kristen Bullock and Michaela Hunter, Honorable Mention all state. Back row from left: Sara Hammond, Honorable Mention all state; Coach Mark Brummett, coach of the year finalist and Courtney Bullock.

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Rockets lose on last second shot to Clay

The rivalry between the Rockcastle and Clay County boys' basketball teams certainly lived up to its hype on Thursday night.

The Tigers handed Rockcastle County only their second loss of the year in a nailbiting finish. A turnover by Rocket junior Colby Brown with the score tied and one second remaining was the deciding factor. Clay County senior William Jones intercepted a Brown pass with one second on the clock and hit a six-foot jumpshot to be the hero.

The game was virtually deadlocked with the Tigers going to the lockerroom with just one-point lead at the half. The Rockets rallied at the start of the third quarter to take a nine-point lead behind the hot hand of junior Jaymes McCowan. Clay County then battled back on a string of three-point shots to tie the game just a few seconds into the fourth quarter.

It was definitely a score and answer game after that with Clay County getting the last laugh.

Mr. Basketball candidate Aaron Cash led his team with 23 points and 6 assists. Jaymes McCowan added 14 points on 7 of 9 shooting from the field. He also grabbed 6 rebounds. Brown hit consecutive three-pointers in the first half to add 6. Blake Roberts' also had 6. J.C. McClure 4 and Kyle Mullins 4.

Rocket veteran head coach Clayton Cash commented on his team's effort after the game. "We played well enough to win, we just didn't capitalize on opportunities late in the game that would have pushed us over the top. We had some costly mental mistakes that must improve and our three-point shooting; also must get better if we are going to win basketball games, like this," he said.

The Rockets only shot 15% from the three-point line.

The Rockets were ranked at the top of the 13th region in virtually every credible poll. They could possibly retain that top spot since Clay County lost to Oneida Baptist and Rockcastle County beat Oneida.



Colby Brown and Kyle Mullins trap a Clay County player in the Rockets 61 to 59 loss last Friday night at home. Both the Rockets and Lady Rockets have been busy over the holiday break playing in tournaments and traveling to Florida and Georgia.

Rockets drop two in King of Bluegrass

After a heartbreaking loss to Clay County on Thursday, the Rockcastle County boys' basketball team sought to make a statement at the King of the Bluegrass tournament this past weekend.

Clayton Cash's Rockets faced two teams that were ranked nationally in the pre-season and gave both a run for their money. The first round game featured the Rockets against a New Savior America team from New York. Rockcastle County took a 23-9 lead at the end of the first quarter and they led 33-25 at halftime behind a strong 14 points from Junior Jaymes McCowan.

However, New Savior America game back with a vengeance in the second half and their third quarter rally gave them a one-point edge at the end of the third quarter. Rockcastle County never could put together a rally and fell in defeat 68-55.

McCowan ended the game just one rebound short of a double-double. His 20 points and 9 rebounds led the Rockets in both categories. Aaron Cash scored 19 points and dished out three assists. Senior forward Blake Roberts put up 8 points and grabbed 8 rebounds. Colby Brown had 5 points and 5 boards and Weston Riddle added 3 points in the scoring column.

Rockcastle County had dropped to the lower bracket of the tournament after their first-round loss to New

Savior America. However, the level of competition still proved to be a challenge for the Rockets as they faced Miami Senior High School from Miami, Florida.

In a reverse role from the first game, the Rockets battled from behind the entire game. They put together a comeback in the second half to make for a very interesting finish.

The Rockets found then selves down nine points at the end of the first quarter trailing 20-11. Miami Senior extended their lead to 35-22 at halftime. However, whatever Clayton Cash said to his Rockets at halftime registered with his team. They cut the lead to five, 50-45 at the end of the third quarter. The fourth quarter was back and forth and Rockcastle County just never could seem to push themselves over the top. They were eliminated after two games of the King of the Bluegrass tournament. Aaron Cash hit a three-pointer as time expired to make the defeat a very respectable one-point loss.

Cash did a little of everything in the loss. He scored 21 points, grabbed 6 rebounds, had 5 steals and dished out 4 assists. Junior guard Kyle Mullins came up big in the game, contributing 11 points. Senior forward Blake Roberts put up 10 points and had 9 rebounds while junior forward Colby Brown scored 10 points and had 6 rebounds. Junior Jaymes McCowan had 9 points and 5 boards and junior Weston Riddle got 4 points.

Lady Rockets beat Clay; advance to quarterfinals of Fifth/Third classic

The Rockcastle County girls' basketball team kept pace in their quest for a 49th district title repeat with an impressive 62-41 victory over arch-rival Clay County on Thursday night.

The Lady Rockets never trailed in the game. They led 30-18 at halftime thanks to 11 points each from seniors Heather Hammond and Tara Rowe. There was a 16 point spread at the end of the third quarter.

Every starter got in the scorebook for the defending 13th region champions. Rowe finished the game with 23. Heather Hammond added 17. Seniors Johnna Abney and Katie Parsons both scored 7 each. Ashley Lunnsford had 6 and Sarah Parsons contributed 3 points.

Clay County's Jamie Gilbert scored 22 for the Lady Tigers. The Lady Rockets cruised through the first two rounds of the Fifth Third Bank Classic in Lexington.

The Lady Rockets jumped out to a 20 point lead at the end of the first quarter and then a 34 point lead at halftime put the game out of reach for Pike County Central. Rockcastle County ended the game with a 50 point victory, 98-48.

Twelve Lady Rockets got in the scoring column in what turned out to be a very top-sided affair.

Senior Tara Rowe held scoring honors for the Lady Rockets with 23. Senior Heather Hammond scored 17 to go along with Johnna Abney's 12. Ashley Lunnsford scored 8 points. Freshman Sarah Rowe, senior Allison Durham and freshman Tonya Lunnsford all contributed 6 points. Senior Sarah Parsons had 6 and sophomore Ainsley Bussell and freshman Lura Cash each had 4 points. Senior starter Katie Parsons had 3 points and junior guard Jessie Asher added 2.

Although the Lady Rockets never trailed in the second round game, it was still more interesting for Rockcastle than the Pike County Central game.

Rockcastle County took a 23-18 lead at the end of the first quarter and then held a 40-26 advantage at halftime. They kept pace in the third quarter as they held a 23 point lead at the stop. They advanced to the quarterfinals of the tournament with a 73-57 victory.

Tara Rowe came up huge for her squad as she put up a stellar 31 points

in the game. Heather Hammond continued her impressive tournament play by contributing 22. Johnna Abney had 9, Sarah Parsons 4, Ashley Lunnsford 2, Katie Parsons 2, Sarah Rowe 2, and senior Ashley Mize scored 1 point.

It was a battle of two unbeaten in the quarterfinals of the Fifth Third Bank Classic on Monday night. No. 4 ranked Rockcastle County squared off against No. 7 Clinton County and twin sensations, Amber and Paige Guffey. At game's end, the twins had combined for 47 of their team's 61 points to hand the Lady Rockets their first loss of the season.

Although the Lady Rockets trailed throughout the game, a late fourth quarter charge led by seniors Johnna Abney and Heather Hammond did make things interesting.

It was a 16-10 Clinton County lead at the end of the first quarter. They doubled their lead to 12 at halftime and had the same advantage at third quarter stop.

"That is when Clayton Noble's veteran squad battled back and exemplified why they are a top 5 team in the state. Hammond's lay-up, with 25 seconds remaining got her team within 2. But that is as close as the Lady Rockets would get. Clinton County advanced to the semi-finals with a 61-57 win. Noble commented on the play of the opposing Guffey sisters' after the game saying, "They have great court sense. They are hard to get a handle on." Noble said:

Abney had 24, 12 in the fourth quarter, in the losing effort. Hammond was closer behind with 21. Following a 31 point showing the day before, Georgetown College signee Tara Rowe contributed just 4 points in the game. Ashley Lunnsford and Sarah Rowe each had two points.

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NRCS taking applications for WHIP thru Feb. 18th

USDA's Natural Resources Conservation Service (NRCS) is accepting applications for the Wildlife Habitat Incentives Program (WHIP) signing. Landowners may apply for WHIP at any time however, applications received by February 18, 2005 will be evaluated and considered for the 2005 program year. Applications received after that date will be held until the next evaluation period.

WHIP provides landowners an opportunity to improve wildlife habitat. The program allows up to 75% cost-share assistance for eligible practices on land they own or control.

In Kentucky, the primary focus of WHIP is to restore and create native successional habitats. Planting native

grasses, shrubs and wildlife-friendly introduced grasses are eligible practices under Kentucky's 2005 WHIP cost-share assistance.

Other eligible practices for cost-share assistance include filter strips, forest stand improvement, field borders, tree plantings, riparian buffers, wildlife watering holes and fencing to exclude livestock from streams, woodlands, wetlands and wildlife lands.

WHIP applications are evaluated and ranked to determine which applications provide the most beneficial habitats.

To apply for WHIP, please contact Randall Templeman, District Conservationist, USDA Service Center at 606-256-2525 Ext. 3.



The American Legion Post #71 of Rockcastle County has received their permanent charter. All new officers were sworn-in at the last monthly meeting. Officers are shown above, from left: Marcus Turner, chaplain; John E. Hixon, post service officer and post adjutant; Bobby Kendrick, finance officer; Roger McClure, historian and vice-commander; Karl Phillips, Sargent At Arms and publicity officer; and Steven R. Isaacs, commander.

Conservation service accepting GRP applications

USDA Natural Resources Conservation Service (NRCS) announces the FY 2005 Grassland Reserved Program (GRP) signing. Landowners may apply for GRP at any time however, applications received after January 21, 2005 will be considered for the next evaluation period.

The GRP is a voluntary program that helps landowners and operators restore and protect grassland, while maintaining the areas as grazing lands. The program places heavy emphasis in protecting grasslands under the greatest threat of conversion. Conversion issues include the loss of grassland to urban land, cropland, or grassland being lost to invasive species.

In Kentucky, eligible land for GRP include grasslands; land that historically has been dominated by grasslands and forbs, and certain lands that are in planned rotations.

There are no maximum limitations on the amount of land that may be offered for GRP. However, landowners with eligible land must submit a minimum of 40 contiguous acres to be considered for GRP, according to the provisions in the law.

Primarily, land enrolled in GRP would be prohibited from being cropped or developed. Prohibited crop production includes commodity and non-commodity crops, such as vineyards and fruit trees. Prohibited development includes: housing,

upgrading existing farm roads, construction of new buildings or structures, placement of billboard signs and installing new utilities.

The payment process for GRP depends on the enrollment option. Payments for rental agreements are based on 75 percent of the grazing value in an annual payment.

Payments for easements are based on appraisal values. One appraisal value is based on the "best economic use." The local economy will have an effect on what is the best economic use of the land.

The second appraisal value determines the "grazing value." The grazing value is then subtracted from the best economic use value and an offer is made from the government to the landowner for a permanent easement. For a 30-year easement, the amount offered will be 30% of the permanent easement value.

The 2005 funding level for GRP in Kentucky is \$685,000.

Interested landowners are encouraged to visit their local NRCS district conservationist and review the application and ranking criteria. GRP applications are evaluated and ranked to determine which applications provide the most environmental benefits and best meet program specific goals.

For more information regarding GRP in Kentucky, please consult the following Website: <http://www.ky.nrcs.usda.gov/programs>.

Local students attend national leadership conference

Youth from the Rockcastle County High School Chapter of Family, Career and Community Leaders of America (FCCCLA) recently participated in a weekend leadership conference held November 19-21 in Nashville, TN.

Attendees participated in a weekend of trainings and sessions that challenged, informed and motivated members and their advisers to become leaders through FCCCLA. Along with over 6500 other members and advisers, Rockcastle County High School's FCCCLA chapter adviser, Carla Parsons, accompanied Brittany Kincaid, Amanda Rice, Rebecca Lawrence, Tausha Bryant and Rachel Denney to the meeting.

The "FCCCLA: Anything But Ordinary" theme was reinforced in the opening session by guest speaker Josh Shipp who made a meaningful and empowering connection with young audiences while inspiring them to rethink and react.

Saturday's trainings involved in FCCCLA's peer education programs of Career Connection/Leadership, Community Service, FACTS-Families Acting for Community Traffic Safety, Families First, Financial Fitness, Improve Exchange Program, STAR Events, STOP the Violence, and Student Body. Other trainings included presentations about FCCCLA's membership campaign, *Be Part of It*, and teaching members how to spread the word about FCCCLA: The Ulti-

mate Leadership Experience by using the new *Brand FCCCLA Kit*.

Members also had the opportunity to attend a viewing of the IBBQ Family documentary, "SMASHED: Toxic Tales of Ice, and Alcohol." This film reminds youth, in heartbreaking detail, about the devastating impact of teens drinking and driving and/or underage drinking. Attendees participated in pre- and post-viewing evaluations and were encouraged to take this cautionary tale back home to the youth in their communities. Keynote speaker Rhett Laubach closed out the meeting with a high impact motivational message, "Extraordinary Leadership!" designed to kick personal leadership IQ into high gear.

The information that the members learned at the National Cluster Meeting will be brought back into the community. They will be teaching the information that they learned to the Rockcastle County High School chapter. The chapter can then begin to use the information to make a difference by their community by using the peer education programs in the school and community.

Nashville is one of four FCCCLA nationally sponsored training conferences this fall. National Cluster Meetings are designed to allow local students and teachers to take advantage of high-quality training opportunities. Meetings were also held in Washington, D.C., Omaha, Nebraska and Salt Lake City, Utah.



Zack Smith, age 8 of Mt. Vernon, killed his first deer (button buck) during Muzzle Loader season on Copper Creek.

Church News

Watch Night Service
Climax Holiness Church will hold Watch Night service Friday, December 31st beginning at 9 p.m. Pastor Robert Miller and congregation welcome all.

Watch Night Service
Watch night service at Sand Hill Baptist Church will be held Friday night, December 31st beginning at 8 p.m.

Christmas Eve Mass

Our Lady of Mt. Vernon Catholic Church, located across from Mt. Vernon Elementary School, will hold their Christmas Eve Mass beginning at 10 p.m. Join us in praise and worship in celebration of our Lord's Birth.

Happy Holidays

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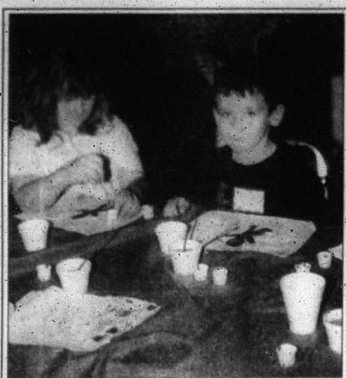


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Samantha Holden, left and Elijah Jones, were two of the 145 children at "An Evening With Santa."



A table containing Christmas figurines and fake snow proved one of the highlights of "An Evening With Santa" (possibly not in the way the organizer intended). In the above photo, Nathan Bradley and friends enjoyed seeing how high they could throw the fake snow.

"Points East"

(Cont. from A-2)

there, tacked into the pastel plunk with rusty nails, on either side of the fireplace grate. And let them hang for days because Christmas Time was coming.

Dad worked deep underground in the coal mines and made his work boots he wore long, thick, gartery cotton socks with legging tops that came nearly up to his knee caps.

No more perfect stocking has ever been made if you want it stuffed full of goodies on Christmas Morn. But your never looked in a sock for the good stuff.

We'd go down to Minnie's store, just a short walk down the holler, and we'd buy brand new socks, ten cents a pair, sized just for Dad and we'd hang them there, smelling oh-so new and looking oh-so-brown and pretty as they dangled off the mantel waiting to be filled.

Dad would, sometime in the wee hours of Christmas Morning, stuff his new socks full, as Daddies always did back then, with hands-full of red and white-striped pieces of pepper-

mint candy and an apple and an orange and maybe a couple of tangerines.

One year—I'm thinking I must have been at least six years old, I remember pulling my stocking down off the mantel. I had just about run out of pistol caps and any other way to make noise and I thought an apple might taste good.

Dad pulled me over his lap and told me that he thought there was something else that needed to be removed from his brand new sock.

I buried my hand down in the sock and sure enough, I grasped what I thought to be a pencil.

And there he was, Roy Rogers, catching up to the bad guy. Hat in hand and pushing Trigger on, riding, too, the handle of a brand new tooth brush pulled from Dad's new sock. You couldn't have made me happier or more excited with a real, live palomino.

So please don't be telling me that there is no Santa Clause.

You never knew my Dad nor how much he loved Roy Rogers. But as I sign this column off, I wish you had a big long brown cotton sock that might hold half a bushel of real good stuff. And I wish you had a genuine Roy Rogers tooth brush.

"Fiscal Court"

(Cont. from Front)

recently purchased by the court. The trucks, 2005 F350 one ton Fords, purchased with money from Justice James Miller's commissary fund cost between \$26,000 and \$28,000 each. The trucks are four wheel drive diesels with a crew cab and long bed. They will be equipped with snow blades and salt beds to augment the county's salt truck fleet. The jailer's commissary fund must be used for something that benefits inmates and the trucks will also be used to transport inmates, particularly with work-release projects.

Judge Executive Buzz Carlotta also handed out a list of the roads in each Magistrate's district. The magistrates must ream the roads, cutting out any duplications, before the county can install an Enhanced 911 system. After this system is installed, the county will receive an approximate \$40,000 additional yearly to help operate the system. These funds are presently going to the State Po-

lice Post at London.

The court will have one more meeting before the end of the year for the second reading of an ordinance dealing with year-end budget amendments. Magistrates were requested to have their list of new changes for roads ready for this meeting.

Amendment to the county's administrative code were also discussed, at length. Most of the discussion centered around paid holidays and how to set up vacation and sick days. The court tabled the amendments to a future meeting.

"Traffic Lights"

(Cont. from A-9)

incandescent bulbs is approximately 10-11 months. KYTC estimates that it spends \$1.5 million in salaries and equipment usage annually replacing "burned-out" traffic signal equipment a failure rate of less than one percent since state personnel began installing LED modules over two years ago. The personnel and equipment hours that have been previously spent changing "burned out" bulbs can now be spent taking a more proactive approach to preventive maintenance and better operation of our systems and infrastructure.

Said Siemens Business Development Manager Michael Azzara, "The Commonwealth of Kentucky should be commended for proactively using LED technology to reduce energy consumption and lower maintenance cost."

With the installation of LED modules, motorists should notice improved traffic flow resulting from reduced lane closings caused by KYTC personnel and maintenance contractors changing "burned out" light bulbs. Naturally, this also improves safety and working conditions for KYTC personnel and maintenance contractors. In addition, the increased visibility of the LED modules will allow motorists to better recognize the traffic signal at greater distances and in adverse weather conditions.

"Burton"

(Cont. from Front)

ceived the vote of support from so many of my fellow students," Bur-

ton said, concerning the election.

"It was no easy race, but I had so many good people standing by me that in the end we did prove to be successful. The campaign process was an experience of a lifetime and I look forward to stepping up and performing the duties the office holds," he went on to say.

Burton, served as the 2004 student government Secretary. He is also a member of the Georgetown chapter of Pi Kappa Alpha, where he is currently over Public Relations and will soon take the office of Internal Vice-President. Burton also serves as Vice-Chairman for the College Republican group.

According to the Student Life Department at the college, the student voter turnout in this year's student election more than doubled from last year's.

Outgoing President, Landon Williams commented, "It was great to see so many more students taking an interest in who would represent them in the upcoming year."

He went on to say, "This past year, Travis has gone above and beyond the duties of Secretary to serve the student body and so I know that he is going to be a great President."

Travis T. Burton was sworn in as "AGS" President on December 5, 2004. He will effectively begin his duties on January 1, 2005. Burton's official inauguration will take place January 25 at the college's Founders Day celebration.



Travis Burton

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| <p>2005 Dodge Dakota Club Cab</p> <p>MSRP \$17,538</p> | <p>2004 Dodge Ram 4x4</p> <p>MSRP \$19,354</p> | <p>2005 Chrysler Town & Country LX</p> <p>MSRP \$21,942</p> <p>OR 0.0% AVAILABLE</p> | <p>2005 Chrysler P.T. Cruiser</p> <p>Starting at \$13,882</p> | <p>2005 Jeep Wrangler SE 4x4</p> <p>MSRP \$17,995</p> |
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| <p>2004 Dodge Ram 2500 Quad Cab 4x4</p> <p>MSRP \$30,688</p> | <p>2004 Dodge Dakota Club Cab 4x4</p> <p>MSRP \$18,673</p> | <p>2004 Chrysler Concorde</p> <p>MSRP \$19,245</p> | <p>2004 Jeep Grand Cherokee Laredo 4x4</p> <p>MSRP \$23,595</p> | <p>2004 Jeep Grand Cherokee Laredo 4x4</p> <p>MSRP \$21,130</p> |
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Mount Vernon Signal

Second Section

Thursday, December 23, 2004

Roadside PRIDE results for Rockcastle County

Rockcastle County residents showed they care about clean roads during Roadside PRIDE month in October. During the month, 439 volunteers collected 2,402 bags of trash along roads in the county. These are the combined results of cleanup ef-

orts organized by the City of Livingston, City of Mt. Vernon and Rockcastle County.

Livingston Mayor J.C. Griffin reported that 50 concerned citizens of the city volunteered to pick up trash. The Livingston volunteers spent

208.5 hours cleaning 30.4 miles of roadway, working within the city and along U.S. 25 to the Laurel County line. They collected 482 bags of trash, 18 tires and eight appliances.

224 volunteers cleaned roads within Mt. Vernon during October, according to Mayor Clarice Kirby. The city's volunteers included several student groups from Rockcastle County High School, including the FFA, Key Club, National Honor Society and PRIDE Club. They collected 1,405 bags of trash, 10 tires, two wheels, a stove, a car hood and what looked to be a pick-up truck load of duct work.

165 people volunteered 331.75 hours through the Rockcastle County Solid Waste Department. They collected 515 bags of trash and six tires along 31 miles of roadway, mainly along U.S. 25. The groups of volunteers who worked during the month were from:

- Appalachian Science in the Public Interest
- Brindle Ridge Volunteer Fire Department
- C.J.'s Nursery
- Concerned Appalachian Project
- Concerned Citizens of Burr
- Concerned Citizens of Pongo/Cleft Rock
- Conway Baptist Church
- Dogwood Crafts
- Fairview Baptist Church
- Grace Baptist Church
- Great Salt Peter Cave Preserve
- House of Refuge Church
- North Side Baptist Church
- Pine Hill Missionary Baptist Church

The county's cleanup efforts were coordinated by James Renner, the county's Solid Waste Coordinator and PRIDE Coordinator, and members of the Rockcastle County PRIDE Committee. The committee hosted a Volunteer Appreciation Dinner on October 26, and about 50 volunteers attended.

This was the second annual Roadside PRIDE campaign, which is sponsored by Eastern Kentucky PRIDE. During October, cities and

(Cont. to B-4)



Members of the RCHS Key Club volunteered during the PRIDE cleanup.



Members of the Conway Baptist Church took part in the PRIDE Cleanup. Others taking part were: ASPI, Brindle Ridge Fire Dept., C.J.'s Nursery, Christian Appalachian Project, Concerned Citizens of Burr, Cleft Rock and Livingston, Fairview Baptist Church, Grace Baptist Church, Great Salt Peter Cave, House of Refuge Church, Northside Baptist Church and Pine Hill Missionary Baptist Church.



Richard Thomas, PRIDE Executive Director, congratulated leaders of Rockcastle County's Roadside PRIDE effort. Left to right are Livingston Mayor J.C. Griffin, Richard Thomas, Mt. Vernon Mayor Clarice Kirby, Mt. Vernon PRIDE Coordinator Wayne Billock and James Renner, Rockcastle County Solid Waste Coordinator and PRIDE Coordinator. Judge-Executive Buzz Carlotts was unable to attend.

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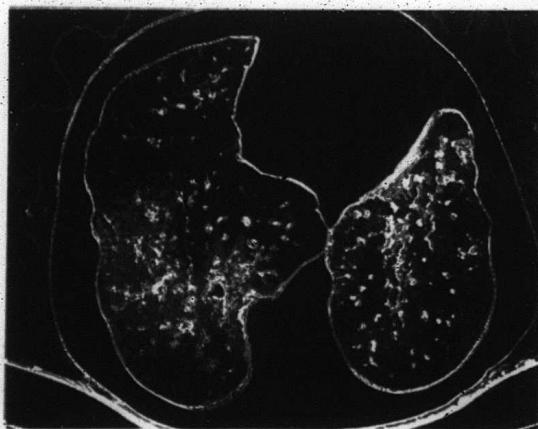
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News from the Rockcastle County Courthouse

Circuit Civil Suits

Cabinet for Health and Families, ex rel Tammy L. Wright vs. Martin D. Wright, complaint for medical support. CI-00397.
Greentree Servicing, LLC vs. Rick McClure, et al, \$28,517.67 plus claimed due. CI-00398.
Cabinet for Health & Family Services ex rel Gretchen Collins vs. Dance Morrison, complaint for child support and medical support. CI-00399.
Cabinet for Health & Family Services ex rel Larry Clouse, Sr. vs. Kimberly Hill Geisen, complaint for

child support and medical support. CI-00400.
Ford Motor Credit Co. vs. James Gabbard, \$1,147.70 plus claimed due. CI-00401.
Ernest Singleton vs. Elvin Bowman, complaint. CI-00402.
Judy Elaine Duerson vs. Winfred Elmore Duerson, petition for dissolution of marriage. CI-00403.
Sherman-Porter vs. Tasha Lee Foster Campbell, complaint. CI-00404.
Carla Antoinette Roberts vs. Donald Lawrence Roberts, petition for dissolution of marriage. CI-00405.
Mortgage Electronics Registration Sys. vs. Ronald Coffey, et al, \$68,177 plus claimed due. CI-00406.
John Wayne Lunsford, Jr. vs. Ashley Nicole Rader, complaint. CI-00407.

Deeds Recorded

Irma Gale Smith, real property located in Rockcastle county, to Carl Jinor and Linda S. Mosley. Tax \$157.50.
Donald Tompkins, Sr. and Linda Tompkins, real property located in Rockcastle County, to Mark Smith. Tax \$67.

Estate of May S. Rogers, real property located in Rockcastle County, to Joyce Sparks. Tax \$48.
Matthew J. and Holly L. Bryant, real property located in Mt. Vernon, to Barin D. and Marsha K. Bojin. Tax \$64.50.
Peggy Mills and Johnny and Brenda Meadows, real property located in Rockcastle County, to Sylvester Kirby and Elizabeth Renner. Tax \$5.00.

Freddie Lee Renner, real property located in Rockcastle County, to William and Tara Boone. Tax \$6.50.
James Coburn and Angela D. Smith, real property located in Rockcastle County, to Glennis and Ellen Miller. Tax \$71.00.
Larry Goff, real property located in Sunnyside Estates, to Victor Chad Francisco. Tax \$8.00.

R&L Development, real property located in Rockcastle County, to Roger and Rebecca Isaacs. Tax \$16.00.
R&L Development, real property located in Sunnyside Estates, to Roger and Rebecca Isaacs. Tax \$18.00.

District Court

December 13, 2004
Donnie Barron: Disorderly conduct, \$100 plus costs.
Jeremy S. Berkowitz: Speeding and failure to produce insurance card, license suspended for failure to appear.
Daniel L. Bond: Cultivation of marijuana, and other charges, li-

cence suspended for failure to appear.
Kermit R. Bowling: DUI, \$200 fine plus costs, \$250 service fee, \$10-victim compensation fund (VCF), 90 day license suspension.
Marty Bassell: No/expired registration plates and no insurance, bench warrant issued for failure to appear.

Speeding: Anthony Eugene Cheltho, Sr., paid \$185.50 total fine and costs; Ronnie D. Cronser, \$34 plus costs; Mona P. Farmer, paid \$129.50 total fine and costs; Anthony V. Marra, Jr., paid \$185.50 total fine and costs; Roberts M. Merrodith, paid \$185.50 total fine and costs; Kenneth B. Reamps, state traffic school authorized on payment of costs only (\$125.50); Penny S. Williamson, paid \$185.50 total fine and costs; Howard H. Young, Paul R. Hart, Troy S. Howell, Nigel O. Kendi, Brian M. Kyle, license suspended for failure to appear; Nicole Ann Vandewalker, paid.

Kevin Seidler: Disregarding traffic control device, license suspended for failure to appear.
Melissa Ann Starks: Alcohol intoxication, \$25 plus costs.
Rebecca L. Johnson: Defective equipment, \$25 plus costs.
Harry J. Caldwell: Alcohol intoxication, bench warrant issued for failure to appear.

Michael D. Doan: Alcohol intoxication, \$25 plus cost.
Gary D. Wright: Operating motor vehicle under influence of alcohol/drugs, \$200 fine plus costs, \$25 service fee, time served.

Joshua R. Spoonamore: Operating ATV on roadway, \$25 plus costs; operating ATV w/o headgear, \$25 fine.
David A. Taylor: Speeding, and other charges, license suspended for failure to appear.

Norman E. Foster: Part 391 of Fed Safety Regs and rear license not illuminated, license suspended for failure to appear.
James D. French, II: No operator's/moped license, \$25 plus costs.
Tim P. Garlen: Driving on DUI suspended license and contempt of court, bench warrant issued for failure to appear.

Gary W. Goodman: Careless driving, \$100 plus costs.
Darlene T. Hansen: Operating motor vehicle under influence of alcohol/drugs, \$200 fine plus costs, \$325 service fee, time served; Possession of marijuana, \$100 fine.

Jeremy M. Holt: Disorderly conduct and menacing, bench warrant issued.
Marsha M. Kirby: Alcohol intoxication, bench warrant issued for failure to appear.
Aubrey M. Litteral: Rear license not illuminated, and other charges, li-

cence suspended for failure to appear.
Joshua D. Lopez: Operating motor vehicle under influence of alcohol/drugs and operating on suspended/revoled operators license, bench warrant issued for failure to appear.

Rebecca Lynn McGuire: Alcohol intoxication, 10 days in lieu of fine; Sieve Milburn: Receiving stolen property, and other charges, bench warrant issued for failure to appear.
Tim Denny: Theft by unlawful taking and contempt of court, warrant issued for failure to appear.

David L. Darham: Operating motor vehicle under influence of alcohol/drugs, \$200 plus costs, \$325 service fee; Failure to wear seatbelt, \$25 fine.
Kelly M. Jones: Public intoxication, \$25 fine; Possession of marijuana, \$50 fine; Use/possession drug paraphernalia, \$30 fine.

Mildred E. Clifton: No insurance, license suspended for failure to appear.
Richard D. Coy: Improper registration plate and no insurance, license

suspended for failure to appear.

December 15, 2004
Speeding: Lavina Bowling, \$60 plus costs; James W. Brooks, state traffic school authorized on payment of costs only; Loretta L. Clayton, paid \$186 total fine and costs; Amanda J. Curcio, paid \$181.50 total fine and costs; Timothy L. Edlennas, paid \$185.50 total fine and costs; Jamie M. Helton, \$40 plus costs; Richard C. Moren, paid; Aaron Michael Smith, bench warrant issued for failure to appear; James J. Stasiak, Nicole M. Besuyvais, Tressie C. Easterwood, Vatreece Y. Gray, Crystal B. Harper, Matthew R. Kuepfer, license suspended for failure to appear; Michael W. Thomas, \$32 plus costs; Chad Wesley Tigert, \$125.50 costs paid/state traffic school authorized; James E. Winchester, Cheryl A. Browns, \$76 plus costs; Mary F. Eller, paid \$185 total fine and costs; Donna E. Moore, James E. Wernicke, \$60 plus costs; Bruce E. Mounce, \$25 plus costs; David R. Simpson, \$20 plus costs; Cynthia A. White, state

(Cont. to B3)


| | |
|---|--|
| MEET THE FOCKERS 1:35 4:15 6:55 9:20 11:30 | FAT ALBERT 1:55 4:25 7:15 |
| LEMONY SNICKET 1:45 4:15 7:05 9:10 11:25 | SPANGLISH 1:30 4:00 6:45 9:15 11:30 |

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| FAT ALBERT | PG | 1:55 | 4:25 | 7:15 | | |
| LEMONY SNICKET | PG | 1:45 | 4:15 | 7:05 | 9:10 | 11:25 |
| SPANGLISH | PG13 | 1:30 | 4:00 | 6:45 | 9:15 | 11:30 |
| FLIGHT OF THE PHOENIX | PG13 | | | | 9:05 | 11:25 |
| NATIONAL TREASURE | PG | | 4:05 | 6:50 | | |
| BLADE: TRINITY | R | 1:55 | | | 9:20 | 11:20 |
| CHRISTMAS WITH THE KRANKS | PG | 1:50 | 4:20 | 7:10 | 9:15 | 11:20 |
| OCEAN'S TWELVE | PG13 | 1:40 | 4:10 | 6:40 | 9:05 | 11:20 |

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May the coming year be filled with miracles and the promise of everlasting peace on earth. Noch

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Christmas

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Christmas Poems

Christmas Without You

The lights are blinking merrily
The tinsel's on the tree
It sits there in the window
For all the world to see.
The house is filled with holly
And pinecone scents the air
The Christmas cards keep coming
Each one is hung with care.
The gifts are tied with ribbons red
And topped with pretty bows
I'm done with all the details
As far as Christmas goes,
The fire is softly glowing
I think about your touch
But Christmas isn't Christmas
I miss you oh, so much.
If I could have just anything,
My Christmas wish would be
To wake up in the morning
And find you here with me.
I reminisce our Christmas' past
The joy and love we shared
Little walks and midnight talks
And ways you showed you cared.
Staring at your picture
I long to be set free
Tonight the tears are streaming
As I hold it next to me.
Flakes of snow swirl through the air
I'm braced for stormy weather
I wait for brighter days ahead
I know a place can be forgotten
So hold a place in Heaven Mom
Someday when life is through
I'll be the Christmas angel
Who shares this day with you.
*Merry Christmas to our Mom -
Helen Lamb*
Your are loved and missed by your
children and grandchildren

What Christmas Really Means

A long time ago, in a place so far
away
A child was born on Christmas Day.
He was wrapped in swaddling clothes
And lain in a manger.
God's greatest gift to us
Jesus Our Savior
Three wise men presented Him with
gifts
Of gold, myrrh and frankincense
But their gifts could never touch
The greatest gift that God gave us.
Today people have changed the
meaning of Christmas
But it's not the time for checking your
gift list
Nor for telling the story of Santa
Claus
Nor for wrapping up those Barbie
dolls,
But it's a time for tender, loving care
For that little heart in despair.
So give to the ones that have need
Then you'll know what Christmas
really means.
William E. Lamb

"Don't be a Scrooge This Christmas"

By: William Jerry Ayers

Smile and the world smiles with you,
Frown and you will always go it
alone.
For a nice, cheerful Christmas grin,
Will always get you in.
Where the frowner is never known.
Grown and the New Year will be
dreary,
Laugh and the road is bright.
For a warm welcome smile,
Brings loads of sunshine, while
A frown shuts out the light.
Sing, and the world sings with you,
Crumble and things always go
wrong.
While at Christmas time,
You are out of holiday rhyme,
With the busy, hustling throng.
Gripe and there's trouble brewing.
Whistle and life is happy and gay
and the New Year is in tune
Like a bright sunny day in June.
Don't be a scrooge on Christmas day.
Frowns never get anyone anywhere,
Wear a big smile, show people you
care.
Friends, enjoy life each and every day
And keep sadness and frowns far
away.
Let Christmas be merry and the New
Year be happy.

Christmas in Renfro Valley

By: William Jerry Ayers

Christmas time in Renfro Valley,
When the hearts of the young and old
are aglow.
Holly wreaths, lights and everyone's
favorite Christmas show.
Dolls, trucks, books and all kinds of
other toys.
To place under the trees for good little
girls and boys.
Presents can be bought with love for
both mom and dad.
Christmas time in Renfro Valley,
Too bad it comes around but once
each year.
For us when visitors come from both
far and near
For shows, gifts of love and wishes
for "Peace on Earth."
And most of all to help celebrate baby
Jesus's birth.
So to you and all those you hold so
very dear.
Merry Christmas and a loving
Happy New Year

Classified Deadline
is Noon Tuesday



Dogwood Gifts and Crafts took part in the cleanup.

"Pride"

(Cont. from B-1)

counties competed to recruit volun-
teers and pick up trash. The winners
will be announced in January.
PRIDE provided the county and
cities with trash bags, gloves and
safety vests for volunteers. PRIDE
will reimburse the county and cities
for disposing of the trash collected.
The PRIDE initiative promotes
"Personal Responsibility In a Desir-
able Environment" in 38 counties in
southern and eastern Kentucky.
PRIDE was launched in 1997 by
Congressman Hal Rogers (KY-5) and
the late James Bickford, former Sec-
retary of the Kentucky Natural Re-
sources and Environmental Protec-
tion Cabinet and is funded by the
National Oceanic and Atmospheric
Administration.

"Court"

(Cont. from B-2)

traffic school authorized on payment
of costs.
Rickie Glenn Pittman: Terroristic
threatening, 30 days.
Lenda M. Rogers: Operating mo-
tor vehicle under influence of al-
cohol/drugs, \$200 plus costs, \$325 ser-
vice fee, 30 day operator license sus-
pension.
Jesus F. Carmona: Speeding, and
other charges, license suspended for
failure to appear.
David A. Young: No insurance,
summons issued.
Eric S. Vail: Speeding and failure
to produce insurance card, license
suspended for failure to appear.
Bacilio Velasco: No license in
possession, \$25 plus costs.
Julie A. Spence: No/expired reg-
istration plates, \$25 fine; No insur-
ance, \$500 fine/suspend \$450.
Patricia A. Holmes: Speeding, and
other charges, license suspended for
failure to appear.
Heather A. Jones: Theft by decep-
tion, warrant issued.
Bessie G. King: No insurance,



RCHS students helped out during PRIDE cleanup.

\$500 fine/\$450 suspended.
Louis J. Lambombard: Speeding
and failure to produce insurance card,
license suspended for failure to ap-
pear.
Stacey E. Mason: Operating mo-
tor vehicle under influence of al-
cohol/drugs, \$200 plus costs, \$325 ser-
vice fee, time served.
Ronnie M. Doolittle: Operating
motor vehicle under influence of al-
cohol/drugs, \$200 plus costs, \$325
service fee, 30 day operator license
suspension.
Devin C. Combs: Speeding and
failure to produce insurance card, li-
cense suspended for failure to ap-
pear.
Justin I. Burkhardt: Speeding, \$96
fine; Failure to wear seatbelts, \$25
fine; No/expired Kentucky registra-
tion receipt, \$25 fine.
Matthew Scott Campbell: Speeding
and failure to produce insurance
card, license suspended for failure to
appear.

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Jeans**
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Regular Fit, Loose
Fit, Regular Fit
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Quality Work Since 1966
Free Estimates - All Work Guaranteed
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**Season's
GREETINGS
To You!**
from
**Rockcastle Circuit Court Clerk
Teresa Vanzant**

Front row from left: Austin Miller, Chief Deputy Clerk Brenda McKnight,
Teresa Vanzant and Joyce Allen. Back row from left: Crystal Griffin, Liza York,
Pat Brown, Teresa Amix and Renita Blanton.
Closed Dec. 24th - Dec. 27th and Jan. 1st - Jan. 3rd

Merry Christmas
May peace and joy come to you
during this holy season

Mary Mathis, Tareena Roberts, Angie Eaton
Mathis Insurance Agency
Auto • Life • Home
20 Church St. • Mt. Vernon • 256-0047
Mary Mathis, Agent

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Chimney Sweep. Call weekdays after 5 p.m. 606-561-8748. 7x4

Gilbert & Sons Construction. All types of remodeling and custom work. All types of painting. 606-256-8483. 9x4

Jeff Woodall Hauling, Gravel, etc. Call 453-9622 or 308-2976. 45x20p
Notifier: Will haul oil scrap metal, garbage, etc. 256-4375. 8x4

Monkey Man's Tree Service. Trimming, pruning and complete removal. Lowest prices and satisfaction guaranteed. 606-256-8661. Leave message. 2xntf

Squirrel Tree Trimming Service. Have chopper and chipper truck. Call 808-5534 or 256-0540. 5x12

Keel Garbage Service/Call R.R. Hauling at 308-9068. Low monthly rates or pay by bag prices. Clean-ups by estimate. 50xntf

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

Hedgepath Residential Services - Plumbing and Electric. Bathroom renovation. Great references. Work guaranteed. Floyd Hedgepath, 256-3751. 51xntf

Grave Markers & Monuments. In stock at all times. Also new and old sales. US 25, 4 miles north of Mt. Vernon. Phone 256-2232. 13xntf

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

Levell'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. 11xntf

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

Call's Pampered Pooch 57 West Main St., Broadhead 758-0064
 Professional Pet Grooming
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Sewing Machine Sales & Service: 40 years exp. Yvonne Davis, 407 Crab Orchard St., Lancaster, KY 40444. Phone 792-3149. 42xntf

Jim Sandusky Roofing: Free estimates. Cell 1-859-983-7877. 40xntf

Miscellaneous For Sale

Lots of Little Boys size 12, 18 and 24 month winter clothes, all name brands - Gap, Old Navy, The Children's Place, Gymboree and Ralph Lauren. Also: shoes, bootee and coats. Priced cheap. 256-8728. 10x1

Barnet's Auto Salvage. Used cars, trucks, salvage yard used parts for sale. Mechanic on duty. 256-9018. 2x1

I do not do dinner parties. I have beautiful new 17 pc. sets of heavy, brilliant-surgical stainless steel, 100% waterless cookware. Was \$1600 - Now special \$559. Lifetime warranty. 606-256-9454. 49x12

Case Knives. Large selection. Napier Bros., 35 Public Square, Lancaster, KY. 22xntf

Legal Notice
 Celco Partnership, d/b/a Verizon Wireless has submitted an application to the Public Service Commission (Docket Number 2004-00508) PO Box 6125, Frankfort, KY 40602 to construct and operate an additional cell facility, a 300' self-supporting tower. The facility will be located off Burdette Road, Renfro Valley, Rockcastle County, Kentucky. The Commission invites your comments.

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

Carhart Stonewash denim jeans, relax or regular fit. \$26.50. Large selection of Carhart rough and casual wear. Napier Brothers Clothing Store, 35 Public Square, Lancaster. 859-792-2535. 18xntf

For Sale: Focals page - just in time for Christmas. 606-758-8571. 9x2

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 We will be open
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 For info, call Speed at 606-228-7481

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 Home (606) 256-4885
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 Pages: 606-750-0020

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 25 years experience
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 All work is fully guaranteed!

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 Weekly residential curbside pickup
 \$15⁰⁰ per month with Curb Cart

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 Call 256-9634 days or 256-4650 nights

Commonwealth of Kentucky 28th Judicial Circuit Rockcastle Circuit Court - Division II Civil Action No. 04-CI-00190

TCF National Bank of Minnesota Plaintiff

V. Vernia E. Napper, Defendant
Commonwealth of Kentucky County of Rockcastle, by and on behalf of The Secretary of State Defendants

NOTICE OF SALE

Pursuant to a judgment and order of sale entered in this action on November 12, 2004, for the purpose of satisfying the judgment against the defendants in the amount of EIGHTY-THOUSAND ONE HUNDRED-ELEVEN DOLLARS AND 09/100 (\$80,111.09) plus interest, costs and attorney fees. I will offer at public auction the hereinafter described real property in Rockcastle County, Kentucky.

At the Courthouse on East Main Street
 Mt. Vernon, Kentucky
 on Monday, December 27, 2004
 Beginning at the Hour of 1:30 p.m.

Said property being more particularly bounded, & described as follows:
 Beginning at a half inch conduit with a plastic cap stamped RLS 42773 in the south right of way of the Little Clear Creek Road and going a corner to Wayne Smith; thence going with said right of way South 66 degrees 09 minutes 09 seconds west, 210.00 feet to a found iron pin and cap stamped L5 11837 in the south right of way of the Little Clear Creek Road and being a corner to Darrell Miller; thence leaving said right of way and going with the line of Miller South 37 degrees 22 minutes 35 seconds East, 59.46 feet to a found iron pin and cap stamped LS 11837 in the line of Rude Oulink and a corner to Darrell Miller; thence going with the line of Oulink North 66 degrees 55 minutes 55 seconds East, 209.66 feet to a set half conduit with a plastic cap stamped RLS 42773 (corner to Wayne Smith and in the line of Rude Oulink; thence going with the line of Smith North 37 degrees 16 minutes 44 seconds West, 598.15 feet to the point of beginning and containing 2.79 acres.

Being the same real property which Gilbert H. Napper and Vernia E. Napper obtained by deed dated November 24, 1999 of record in Deed Book 177, page 247 in the Office of the Rockcastle County Clerk.

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

- The real property shall be sold for cash or upon a credit of thirty (30) days with the purchaser required to pay a minimum of ten percent (10%) of the purchase price in cash on the date of sale and to secure the balance with a bond approved by the Master Commissioner.
- The bond shall bear interest at the rate of twelve percent (12%) per annum until paid in full. The bond shall have the force and effect of a judgment and shall be remain a lien upon the property sold as additional surety for the payment of the purchase price.
- Unpaid taxes or liens of record at the time of entry of judgment shall be paid out of the proceeds of the sale.
- The purchaser shall pay the 2004 local, county and state property taxes.
- The purchaser shall have possession of the real property upon compliance with the terms of the sale.
- In the event that the plaintiff is the successful bidder and the sale price does not exceed the amount of the plaintiff's bid, no deposit or bond shall be required.
- The sale shall be made subject to all easements, set back lines, restrictions or covenants of record or otherwise and shall be sold as is.

Willis G. Coffey, Master Commissioner
 Rockcastle Circuit Court

JUG DELIVERY DRIVER AND TANKSETTER
Eastern Kentucky Propane Gas in Lily has opening for a local propane delivery truck driver 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.

Established Truckload Carrier
in the Central Kentucky area, due to expansion is looking for Experienced people in:
• Operations • Dispatch
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Please forward resume to:
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Mt. Vernon, KY 40456

Local Manufacturer in the Richmond area currently seeking experienced
Machine Operator
Qualified candidates must have a minimum of six years experience in mfg. material handling & metric systems. Previous exp. exp. preferred. Must be flexible to work week shift.
Full-time opportunity!
Pay starting at \$8.50/hour.
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Owner/Operators
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• 100% Fuel Surcharge to truck
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Somerset, KY 42501
606-679-0000/1-800-422-4799 ext. 248

ENGINEERING MGR
Jackson Energy Cooperative, an electrical distribution utility located near Annville, KY, seeks Engineering Mgr. to manage the overall functions of design, installation, testing, maintenance and recordkeeping of the cooperative's electrical communications, load management, control and protective systems.
Requires four-year college degree in electrical or electronic engineering. Professional Engineer Certificate is preferred. Must have ten years progressive experience in electric utility systems design, protection and control, with knowledge of relative power systems applications.
Excellent pay and benefits including paid time off, holidays, medical, life and disability insurance, pension plan and 401k. **Deadline to apply is Friday, January 7, 2005. No phone calls please.**
"Jackson Energy is an Equal Opportunity Employer."
M/F/D/V
Send resumes to:
Human Resources Dept.
Jackson Energy Cooperative Corp.
Rt. 8 Engineering Mgr. Position
PO Box 307
McKee, KY 40447

SENIOR DISTRIBUTION ENGINEER
Jackson Energy Cooperative, an electrical distribution utility located near Annville, KY, seeks Senior Distribution Engineer. Duties include preparing coordination studies, developing safety and excellent service designs for industrial, commercial and residential projects, preparing technical and financial feasibility studies, analyzing outage info and making recommendations to improve system reliability, managing standardization of the distribution system construction units, material equipment and tools, and assuring inspection and processing of work orders according to RUS guidelines.
Requires four-year college degree in electrical engineering and a Professional Engineering Certificate. Must have eight years progressive experience in electrical utility system design, construction and operation.
Excellent pay and benefits including paid time off, holidays, medical, life and disability insurance, pension plan and 401k. **Deadline to apply is Friday, January 7, 2005. No phone calls please.**
"Jackson Energy is an Equal Opportunity Employer."
M/F/D/V
Send resumes to:
Human Resources Dept.
Jackson Energy Cooperative Corp.
Rt. 8 Senior Distribution Engineer Position
PO Box 307
McKee, KY 40447

FORESTER
Jackson Energy Cooperative, an electrical distribution utility located near Annville, KY, seeks Forester to manage vegetation control on electrical distribution right-of-ways and to administer right-of-way clearing contracts.
Duties include directing and supervising line right-of-way clearing and maintenance, supervising vegetation management plan for right-of-ways, developing short and long-range work plans and annual budget, and communicating with customers and contractors concerning right-of-way clearing issues.
Requires four-year college degree in forestry or equivalent. Requires five years progressive experience in forestry applicable to the electrical utility industry. Must have knowledge of tree identification, tree growth, strength, insects and diseases.
Excellent pay and benefits including paid time off, holidays, medical, life and disability insurance, pension plan and 401k. **Deadline to apply is Friday, January 7, 2005. No phone calls please.**
"Jackson Energy is an Equal Opportunity Employer."
M/F/D/V
Send resumes to:
Human Resources Dept.
Jackson Energy Cooperative Corp.
Rt. 8 Forester Position
PO Box 307
McKee, KY 40447

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Or Apply at: 1043 Brooklyn Blvd., Berea, KY 40403
Ph. 859-228-0551 • Fax 859-228-0554
The Terrace is non-discriminatory in admissions & Employment, EOE

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Part-Time Position • 20 Hrs. Per Week
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Avon Rep. Needed: Earn up to 50%
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Somerset, Kentucky
Class A CDL Driver
Must have 18 months Tractor Trailer Experience and "clean driving record."
Home At Night
If you are interested call
Cindy at 806-882-0161 10x1

SYSTEM OPERATIONS DIR
Jackson Energy Cooperative, an electrical distribution utility located near Annville, KY, seeks director for its Systems Operations Dept. Duties include directing the Operations Center, directing the operation of the Supervisory Control and Data Acquisition (SCADA) system, directing Outage Management System (OMS), budgeting and scheduling staff.
Requires two years of college or equivalent with specialized training in electric utility operation and maintenance. Requires ten years progressive experience in the operation, construction and maintenance of electric utility systems. Requires supervisory, administrative and SCADA experience.
Excellent pay and benefits including paid time off, holidays, medical, life and disability insurance, pension plan and 401k. **Deadline to apply is Friday, January 7, 2005. No phone calls please.**
"Jackson Energy is an Equal Opportunity Employer."
M/F/D/V
Send resumes to:
Human Resources Dept.
Jackson Energy Cooperative Corp.
Rt. 8 System Operations Dir. Position
PO Box 307
McKee, KY 40447

DISTRIBUTION SYSTEM OPERATOR
Jackson Energy Cooperative Corp. is accepting resumes for Distribution System Operator for the Corporate Office near Annville, KY. This position will be responsible for providing supervision of the distribution system in compliance with operational procedures. Ensures the distribution system performs as designed and changes/updates to the distribution system configuration. Responsible for the day-to-day operation of the distribution system by directing construction, maintenance and outage restoration switching and testing activities during normal and emergency conditions. Ensures timely restoration. Communicates outage, weather, and emergency information to Cooperative management and personnel.
Must be high school graduate or equivalent, with specialized training in electric utility operation and maintenance. Some computer courses preferred. The position also requires: 1) Five or more years of progressive experience in the operation, construction and maintenance of electric utility systems; 2) SCADA/OMS experience preferred; 3) Must have analytical skills, initiative, job knowledge, planning, communication and organizational skills, and technology leadership; 4) Requires availability for emergencies, overtime during outages, storms, etc. and shift work including nights, weekends and holidays.
Excellent pay and benefits including paid time off, holidays, retirement and 401k, medical, life and disability insurance. **Deadline to apply is Friday, January 7, 2005 at 4:30 a.m.** "Jackson Energy is an Equal Opportunity Employer." M/F/D/V. No phone calls please.
Send resumes to:
Human Resources Dept.
Jackson Energy Cooperative Corp.
Attn: Distribution System Operator
PO Box 307
McKee, KY 40447

Short on money? You'll love our low-and-no-money-down financing! Singles and doubles available. Call Chris or Jess, 606-528-6114. 10x1
Great Credit! Bad Credit! No Credit. 99% approval rate. Now taking applications by phone. Call Chris or Jeff, 628-6114. 10x1
Before you buy anywhere else, visit us! You'll save thousands on new and used homes. Lowest down payment, best interest rates, great service. Clayton Homes of Corbin, 606-528-6114. Ask for Chris or Jeff. 10x1
Kent Stopper - Own your own home for payments as low as \$125 a month. Call Chris or Jeff, 606-528-6114. 10x1
Grab the phone. Year end door clearance. Prices so low they won't last long. Call Chris or Jeff, 606-528-6114. 10x1

Lost & Found

Found: Beagle in Negro Creek/ Bryant Ridge area, Sunday morning. Call 758-4904. 10x1p

Posted
Posted: No trespassing on property owned by Shannon Hellard on Cove Branch Road. 10x1
Posted: No trespassing on land belonging to Rodney Cameron at 345 Paul St. Violators will be prosecuted. 10x1
Posted: No hunting, trespassing or ATV riding on Denny Smith's farm at Chestnut Ridge, next to Larry Carr. Not responsible for accidents. 10x1
Posted: No hunting, trespassing or ATVs on land belonging to Victoria Reese at Roundstone. Not responsible for accidents. 45/01
Posted: No hunting or trespassing on property belonging to Donald and Ora Lee Hurst at Willailla. Violators will be prosecuted. 21/01
Posted: No trespassing on property known as C.B. Owens Farm across from Fairgrounds in Broodhead. Violators will be prosecuted. 25/01
Posted: No trespassing on Crawford Place - Old Broodhead Road. Danny Miller, 4/10

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 Sweeney Place, Brock Place, Hensley Farm. 3/01

Notices

Notice is given that James E. Moore, Jr. has filed a final settlement of his accounts as executor of the estate of Margaret Barrett, R. L. Box 525, Mt. Vernon, KY, 40456. A hearing on said settlement will be held on Jan. 19, 2005. Any exceptions to said settlement must be filed before said date. 10x1

COMMONWEALTH OF KENTUCKY TRANSPORTATION CABINET. DEPARTMENT OF HIGHWAYS NOTICE TO CONTRACTORS
Sealed bids will be received by the Department of Highways in the Division of Contract Procurement and the Auditorium located on the 1st Floor of the Transportation Cabinet Office Building, Frankfort, Kentucky, until 10:00 a.m., EASTERN STANDARD TIME on the 21 day of JANUARY, 2005, at which time bids will be publicly opened and read for the improvement of Rockcastle County - NCEP S201 (04-1): 1-75 - Country Music Hall of Fame Road (US 25); 3-lane from I-75 (MP 15.840) to the Country Music Hall of Fame in Kenosha Valley (MP 15.840), a distance of 0.86 miles. Asphalt surface with grade and drain. The Department of Highways hereby notifies all bidders that it will affirmatively insure that in any contract entered into pursuant to this advertisement, Disadvantaged Business enterprises, will be afforded full opportunity to submit bids in response to this invitation, and will not be discriminated against on the grounds of race, color, or national origin in consideration for an award. Bid proposals for all projects will be available at the Division of Contract Procurement until 3:00 p.m. Eastern Standard Time, preceding the day of the letting of Friday, January 21, 2005. Bid proposals for all projects will be available at a cost of \$10 each and remain payable to the State Treasurer of Kentucky must accompany request for proposals (NON-REFUNDABLE). BID PROPOSALS ARE ISSUED ONLY TO PREQUALIFIED CONSULTERS. Specimen proposals for all projects will be available to all interested parties at a cost of \$10 each. (NON-REFUNDABLE)

PKB Bank is accepting bids on the following items: 1996 Fleetwood Mobile Home, 16x80, located at 885 Gosden Rd., Lot #20, Stanford. Can be moved or left on lot, 1994 Jeep Grand Cherokee (rough). PKB Bank reserves the right to accept or reject any or all bids. Bids will be opened Tuesday, Dec. 28th. Please refer any questions, or submit your bid, to: Scott Francis at 420 Frontier Blvd., Stanford, KY, 606-365-7098, Ext. 3022. 10x1
Notice: Will do housecleaning, 256-6774-467

Notice is hereby given that Kelly Bradley, P.O. Box 128, Livingston, KY, 40445 has been appointed executor of the estate of Anna M. Bradley on the 1st day of December, 2004. Any person having claims against said estate shall present them according to law to the said James L. Croucher or to William D. Gregory, P.O. Drawer 220, Mt. Vernon, KY, 40456 on or before June 8, 2005. 9x3

Notice is hereby given that Kelly Bradley or to William D. Gregory, P.O. Drawer 220, Mt. Vernon, KY, 40456 on or before June 1, 2005. 8x3

Notice is hereby given that Elizabeth Whitaker, Rt. 7, Box 567, Mt. Vernon, KY, 40456 has been appointed liquidator/guardian of Whitney Elizabeth Whitaker on the 30th day of November, 2004. Any person having claims against said estate shall present them according to law to the said Elizabeth Whitaker or to William D. Reynolds, P.O. Box 1250, Mt. Vernon, KY, 40456 on or before June 1, 2005. 8x2

Notice is given that James E. Moore, Jr. has filed a final settlement of his accounts as executor of the estate of Margaret Barrett, R. L. Box 525, Mt. Vernon, KY, 40456. A hearing on said settlement will be held on Jan. 19, 2005. Any exceptions to said settlement must be filed before said date. 10x1

Commonwealth of Kentucky 28th Judicial Circuit Rockcastle Circuit Court - Division II Civil Action No. 04-CI-00320

Green Tree Servicing LLC F/K/A Conesco Finance Servicing Corp.

NOTICE OF SALE

Pursuant to a judgment and order of sale entered in this court on November 23, 2004 for the purpose of satisfying the judgment against the defendants in the amount of FIFTY FIVE THOUSAND TWENTY DOLLARS AND 49/100 (\$55,020.49) plus interest, costs and attorney fees, I will offer at public auction the hereinafter described real property in Rockcastle County, Kentucky.

At the Courthouse on East Main Street Mt. Vernon, Kentucky on Monday, December 27, 2004 Beginning at the Hour of 1:00 p.m.:
Said property being more particularly bounded & described as follows:
Being all of Lot #10 of Sunny Side Estates as shown on plat recorded in Plat Book 4, page 228, side 45, in the Rockcastle County Clerk's office.
Also improved with a 2000 Fleetwood Meadowbrook 28'x44' mobile home, Serial No. 1NE177851419M12.
Being the same real property which Johnny McKinney and Jenene McKinney obtained by deed dated July 23, 2000, of record in Deed Book 180, page 353 in the Office of the Rockcastle County Clerk.
The property shall be sold on the following terms & conditions:
1. The real property and mobile home shall be sold together and as a whole.
2. The real property shall be sold for cash or upon a credit of sixty (60) days with the purchaser required to pay a minimum of ten percent (10%) of the purchase price in cash on the date of sale and to secure the balance with a bond approved by the Master Commissioner.
3. The bond shall bear interest at the rate of twelve percent (12%) per annum until paid in full. The bond shall have the force and effect of a judgment and shall be and remain a lien upon the property sold as additional surety for the payment of the purchase price.
4. Unpaid taxes or liens of record at the time of entry of judgment shall be paid out of the proceeds of the sale.
5. The purchaser shall pay the 2004 local, county and state property taxes.
6. The purchaser shall have possession of the real property upon compliance with the terms of the sale.
7. In the event that the plaintiff is the successful bidder and the sale price does not exceed the amount of the plaintiff's judgment, no deposit or bond shall be required.
8. The sale shall be made subject to all easements, set back lines, restrictions or covenants of record or otherwise and shall be sold as is.
9. The purchaser shall be required to purchase fire and extended coverage on any improvements to the real property, from the date of sale until the purchase price is paid in full.

Willis G. Coffey, Master Commissioner Rockcastle Circuit Court

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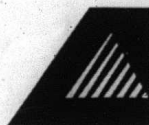
Happy Holidays

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



Front row from left: Julie Pigg, Terina Helton, Karen Bullock, Crystal Cotton, Alice Faulkner and Ina Taylor. Back row from left: Mike Blount, Sandy Durham, Donna McClure, Donna Stayton, Jeannine Lawrence, Cathy Howard, Becky Mays and Matt Cromer. Not pictured were: Murrell Denicy, Kim Denny and Cindy Griffith.

Highway 461 Bypass
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Closing at Noon Christmas Eve • Closed Christmas Day • Closed New Year's Day



4-H Speech Contest held

The Rockcastle County 4H Council held its 4-H Speech Contest on Thursday, December 2, 2004, at Mt. Vernon Elementary School. We want to say a special thank you to all that participated. Also, thanks to the judges: Zack Gentry, Eric Adams, Bryanna Russell, Faith Spies, Kathy Price, Chris Robbins, Mark Dyhouse, Daniel Bustle, Matthew Whitaker, and Dennis Seward.

Listed below are the names of participants and title of their speeches.

9 Yr. Old Division:
 Jay Lawson, Rex; Maranda Didonato, The Tree Commitments; Harley Riddle, The Amazing Gift; Charity Adams, I'm A Big Sister; Hannah Bullock, Caring for Pets; Brittany Hines, Have You Had A Bad Day; Heidi Clontz, What's The Plug; Emily Ann Mink, The Greatest Wish; and Marvin Carpenter, My Dog's Day.

10 Yr. Old Division:
 Casey Hunt, A Wish Come True; Breanna Johnson, Earth Day; Megan Martin, My Loyal Pal; Warren Mullins, This Years First Hunting Trip; Jordan Kelly, Our President Has Been Shot; Sarah Woodall, The Queasy Mean Day; Will Walker, The Wildlife of Kentucky; Caitlin Mullins, My Mammy; Courtney Vanwinke, Sewing; Adam Foynter, Cautions; Wreck; Sarah Martin, The

Big Game; Olivia Caudill, Being a Middle Child; and Laiken Coffey, Where I Come From.

11 Yr. Old Division:
 Morgan Hunt, The Miracle Baby; Mallory Harper, My Memories with Grandma; Abby McClure, Drugs & Alcohol and It's Effect on People; Samantha Hasty, My Hero; Ella McQueary, Keep Your Eye On The Ball; Michelle Weaver, A Caring Aunt; Marie Poynter, Life on the Farm; Sara Hammond, Why I Believe in America; Angie Lawrence, My Biggest Moments in Basketball; Matthew Fields, The Deadly Game; Sarah Baker, My Dog Precious; Kristen Bullock, The Soap Experience With Memaw; Kassie Robinson, The Life of Harriet Tubman; Billy Cameron, Yuck!; Sha Bustle, 1st Place; Jerika Robbins, Baptized; and Carly Asher, The Ferils of a Younger Sister.

12 Yr. Old Division:
 Joanie Alexander, It's A Twin Thing; Cheyenne Hensley, Why Abortion?; Bethany Clontz, What's In Your Water & Where Does It Go; and Jennifer Cox, Friendship. Congratulations to each of the speech contestants on a job well done!

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



Participants in the 11-year-old division of the 4-H Speech Contest are front row from left: Kassie Robinson, Angie Lawrence, Matthew Fields, Jerrika Robbins, Sha Bustle, Ella McQueary, Kristen Bullock, Marie Poynter and Sarah Baker. Back row from left: Samantha Hasty, Billy Cameron, Carly Asher, Morgan Hunt, Sarah Hammond, Mallory Harper and Abby McClure.



Participants from the Rockcastle Co. Middle School in the 12-year-old division are Cheyenne Hensley, Bethany Clontz, Jennifer Cox and Joanie Alexander.

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



Dale - Laverne - Roy Scott - August - Tristan
Merry Christmas & Happy New Year
 from
Appliance Service Center
 U.S. 25 - Mt. Vernon - 606-256-2626



Champions of the Rockcastle County 4-H Speech Contest were: Breanna Johnson, Earth Day; Megan Martin, My Loyal Pal; Warren Mullins, This Years First Hunting Trip; Jordan Kelly, Our President Has Been Shot; Sarah Woodall, The Queasy Mean Day; Will Walker, The Wildlife of Kentucky; Caitlin Mullins, My Mammy; Courtney Vanwinke, Sewing; Adam Foynter, Cautions; Wreck; Sarah Martin, The



4-H youth who participated in the 10-year-old division were front row from left: Olivis Caudill, Will Walker, Sarah Martin, Casey Hunt, Megan Martin, Sarah Woodall and Courtney Vanwinke. Back row from left: Adam Foynter, Laiken Coffey, Jordan Kelly, Warren Mullins and Breanna Johnson.



In the 9-year-old division of the 4-H Speech Contest, participants were: Harley Riddle, Maranda Didonato, Charity Adams, Jay Lawson, Brittany Hines, Hannah Bullock, Marvin Carpenter, Heather Clontz and Emily Mink.

Holiday Blessings From Our Family To Your Family

Christmas

Our Favorite Time of All!

Here's hoping all your times are good times this holiday season.

We loved every minute of serving you this past year.

We look forward to serving you in the future!

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As we celebrate the birth of Jesus, may you and your family be blessed with hope, joy and peace and may your New Year be filled with health, happiness and prosperity.

Thank you for placing your confidence in our family for over 90 years.

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 visit us at www.coxfuneralhomeky.com

Deadline for energy assistance extended

The deadline for Kentucky families to apply for heating assistance this year has been extended. Subsidy applications for help from the Low Income Home Energy Assistance Program (LIHEAP) will be accepted through Friday, Dec. 31. The original deadline was Dec. 10.

"We've extended the application process to make sure Kentucky families in need of help staying warm and healthy this winter know about the program and can sign up for assistance," said Eugene Foster, undersecretary for Children and Family Services at the state's Cabinet for Health and Family Services. LIHEAP helps qualified families pay their energy bills and is especially vital during extreme weather.

Natural gas prices have risen up to 15 percent this year, according to the Kentucky Public Service Commission. Paired with forecasts for a cold winter, that can mean a struggle paying hefty bills for some families. In Kentucky, LIHEAP is operated by the Kentucky Association for Community Action (KACA) through a network of the state's 23 community action agencies (CAAs) under a contract with the cabinet. Every county has at least one CAA, but many CAAs may be closed Dec. 31 for the New Year's holiday.

Kentuckians may apply for LIHEAP benefits at their local CAA.

Applicants must bring the following items:
 • Proof of income for all household members for the previous month.
 • Social Security numbers for all

household members and
 • The most recent heating bill or proof that heat is included in the rent.
 Families with incomes at or below 110 percent of the federal poverty level are eligible for assistance, which goes directly to customers' utility providers. Maximum monthly income for a family of four is \$1,729.

Many of the families who benefit from LIHEAP include children, senior citizens and people with disabilities. Kentucky's share of the program's \$1.2 billion federal budget is \$24 million.

The winter LIHEAP program has two phases: subsidy and crisis. During the subsidy phase, funding is intended to help families afford a winter heating expense during the coldest months, said Glenna Reed, the cabinet's LIHEAP coordinator.

Last fiscal year, 99,000 households got LIHEAP subsidy assistance.

The second part of the program, the crisis application phase, is from Jan. 10-March 31, 2005, or until available funds are gone.

During the crisis component, applicants must meet subsidy requirements and within four days of coming out of fuel or have received a disconnect notice from their utility. For more information about LIHEAP or a list of CAAs, log onto <http://www.kaca.org/> or call the Kentucky Association for Community Action at (800) 456-3452. Operators there cannot take applications over the phone; they can only direct callers to their local community action agencies.

Remembrances of Christmas Days past at Jackson weather office

The Jackson weather office started keeping climate records on January 1st 1981. This means that 23 Christmas days have come and gone. Let's take a look at the history of weather for December 25th.

The coldest Christmas occurred in 1983, when the mercury dropped to 12 degrees below zero. This was the only Christmas when sub-zero readings were recorded at the Jackson weather service office. In fact, the high temperature only reached 6 degrees that day, which is the coldest high temperature for December 25th.

In contrast, the warmest Christmas happened on the previous year in 1982. The temperature soared to 78 degrees with the low reading only 59 degrees that day, which is the warmest minimum temperature for Christmas day.

The snowiest Christmas was back in 1993, when 3.6 inches of snow blanketed the ground. There were also three other Christmas occurrences when over an inch of snow fell, 2.1 inches in 1995, 1.5 inches in 2002 and 1.4 inches in 1992. Nine Christmas days saw at least a trace of snowfall over the last 23 years.

The greatest Christmas morning snow depth was two inches, which

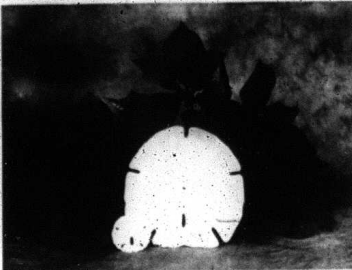
happened in 1985 and 1989. There were also three Christmas mornings that had a snow depth of one inch: 1993, 1995 and 1998. In total, at least one inch of snow was on the ground for 10 of the last 23 Christmas mornings.

The wettest Christmas happened in 1987 when 1.93 inches of rain was recorded at the Jackson weather office. There have been 11 Christmas days when measurable precipitation occurred between 1981 and 2003.

Here is some other miscellaneous Christmas weather information.

There have been 19 Christmas days when the mercury was equal to or dropped below the freezing mark. There were also 10 days when the high temperature was 32 degrees or below. Thirteen Christmas days had average of 32 degrees or less. Over the last 23 Christmas days nine have been dry.

The age-old question of will we have a white Christmas? The early outlook for Christmas 2004 indicates that it will be dry and cold with high around 20. Christmas morning temperatures will be in the single digits to around 10 degrees, and with snow expected on Thursday, there could be some snow leftover on the ground by Christmas morning.



Legend of the Sand Dollar

The sand dollar fascinates most people. Vacationers comb the beaches in hopes of finding an unbroken sand dollar that has washed ashore. Some say the sand dollar brings good luck while others believe the delicate shell has a more profound meaning.

Legend has it that these strange shells Tell the story of Christ's suffering and his glory. The five holes represent the five wounds of Christ.

On the front of the shell is the Easter Lily - Its center, a five-pointed star representing the Star of Bethlehem which led the shepherds from afar. On the back is the outline of the Christmas Poemistria Which reminds us of His birth day. When the shell is broken open, Five Wives of Peace and Good Will appear.

KU increases WinterCare match to benefit customers

In an effort to help its customers cope with higher energy costs, Kentucky Utilities Company (KUC) is increasing their donation to the WinterCare program that helps customers in financial crises pay their utility bills.

For the second consecutive year, KU will match residential customers donations to WinterCare on a dollar-for-dollar basis through April. That is an increase over the traditional 25-cent match throughout the year.

WinterCare is a nonprofit program promoted by the utility and managed by an independent third party. In 2004, the program raised more than \$70,000 and served over 705 families in the 77 counties KU provides service to in Kentucky. WinterCare expects to assist more families in 2005 due largely, in part, to KU's increase in matching customer donations.

"We encourage our customers to make their tax-deductible donations in order to help their neighbors this winter," said David Vogel, LG&E Energy's Vice President of Retail Services. "KU's dollar-for-dollar match will make customers' donations go even further in 2005; making utility costs more bearable to those who are most at risk."

Residential customers may donate to WinterCare by rounding their monthly utility bill up to the nearest dollar, by making a monthly pledge or through a one-time contribution. WinterCare funds are distributed based on income, however, income guidelines are generally less restrictive than other programs. Donations are tax-deductible. For more information on WinterCare and other heating assistance programs, visit www.kuenergy.com.

Among high school students AAA's third Travel Challenge improves geographic literacy

High school students throughout the country have just a few weeks to touch up on their travel knowledge. If teens can answer questions like, "If you're visiting the National Cowboy Museum, what state are you in?" "Which country is called the 'Land of the Golden Fleece'?" and "Where will you find the gateway to Acadia National Park?"; then they might be well on the way to winning an expense-paid trip for two to Orlando to compete for more than \$100,000 in college scholarships.


The trip and scholarships are part of the AAA Travel High School Challenge, a contest that begins with a 40 question online competition January 10-19. The contest aims to increase teens' travel knowledge and geographic literacy while creating awareness of career opportunities in the travel and tourism industry. Students can pre-register now, take a sample quiz and find full rules at www.aaa.com/TravelChallenge. As an incentive, students who enroll for the AAA Travel High School Challenge before December 31, 2004, and complete the test in January 2005, will automatically qualify for a random drawing to receive one of two \$500 U.S. Savings bonds.

The national contest is open to all U.S. students in grades 9-12 (public, private or home schooled) with winners from all 50 states and the District of Columbia traveling to Universal Orlando May 7-10, 2005 to compete for one of three \$25,000 first-place scholarships or three \$10,000 second-place scholarships. The AAA Travel High School Challenge is more than just a geography contest - it sharpens students' travel literacy by focusing on many aspects of travel and tourism, destination, including culture, transportation and history," said Lilla S. Mason, AAA's spokesperson. Designed by AAA Travel and travel industry educator Dr. Marc Mancini, the challenge encourages teens to study destinations and to consider careers in the travel and tourism industry. Corporate sponsors for the contest are Continental Airlines, Holland America Line, Marriott, MBNA America, Pleasant Holidays and Universal Orlando. AAA Travel's more than 1,000 full-service travel agency locations serve members and other clients across the United States and Canada. With more than \$3 billion in sales in 2003, AAA North America's largest motor and leisure travel organization, AAA provides its more than 47 million members with travel, insurance, financial and automotive-related services, and member-only savings. Since its founding in 1902, the not-for-profit tax paying AAA has been a leader and advocate for the safety and security of all travelers.

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Irakli C. Lives, M.D.
Is a Board Certified Allergist, Graduate of Johns Hopkins University

Housing loans available

USDA Rural Development offers housing loans to low and very low income applicants in Madison, Estill, Garrard, Jackson and Rockcastle counties. Under this home ownership program, loans can be made up to 100 percent of the appraised value for a 31-year-term and payments can be subsidized as low as one percent.

Some eligibility guidelines are as follows: have an acceptable credit history, adequate repayment ability,

a steady source of income and meet the income guidelines for a low or very low income family. That adjusted annual income for a one-person family cannot exceed \$22,450. A family of five cannot exceed \$34,650.

The above counties are served by the Richmond local office of USDA Rural Development. To inquire about a housing loan, you may contact the Richmond office at 2150 Lexington Rd., Richmond, Ky. 40475, telephone 859-624-1982.

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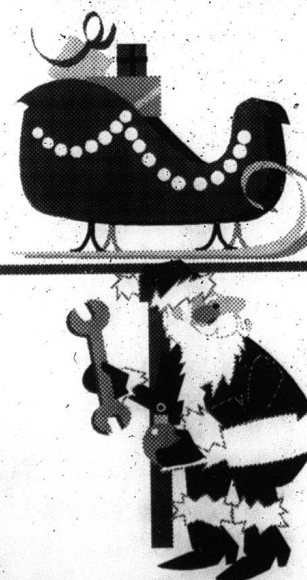
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Danny Mink

Holiday feasting is bad for your waistline and your sleep

Each year, half of most American's annual weight-gain occurs between Thanksgiving and New Year's days. Aside from waistline devastation, there are two more reasons to hold off at the buffet table during the holidays: overeating can cause you to be drowsy while driving and can disrupt your nighttime sleep.

As the almost four million Kentuckians celebrate this holiday season, with food and drink, the Sleep Disorders Center reminds them that what they consume at these gatherings can impact their health, safety and sleep.

"Research shows that what and how much we eat and drink affects our sleep," said Dr. Tom Westfield of the Sleep Disorders Center of Lexington, Danville, London and Corbin. "Too much of certain types of foods cause us to be overly sleepy when we want to be awake or even prevent us from getting a good night's sleep."

Holidays mean more time spent at gatherings, increasing the temptation to overeat and drink. So, it is no surprise that the recent study by USDA Human Nutrition Research Center at Aging at Tufts University found that half or our annual weight gain is between Thanksgiving and the New Year. About 65 percent of Americans are more overweight or obese, according to the Centers for Disease Control and Prevention, which contributes to many health and sleep problems -- including sleep apnea.

"Our research has found the more solid food you eat, the more your stomach has to work to break it down. Due to nerve connections between

the stomach and the brain, this "extra digestive work" can make you feel sleepy. And, you'll feel sleepier eating solid foods over liquid foods like soup or Jell-O," says board certified sleep specialist, Dr. James Thompson of Sleep Disorders Center of Lexington. "If you don't want to feel drowsy driving or have disrupted sleep because you're eating late in the evening, it's best not to drive or go to bed until at least two hours after you finish your meal."

Another sleep-buster that can be avoided by eating less or waiting at least two to three hours to go to bed is nighttime heartburn.

To avoid heartburn, the Sleep Disorders Center recommends trying to:

- Limit spicy, condiments and citrus juices that irritate the esophagus to cause indigestion.
- Cut back on foods like chocolate, peppermint, fatty or greasy foods, fried foods, cream sauces, butter, margarine, mayonnaise, pastries, salad dressing and whole-milk dairy

products because they relax the sphincter valve between the stomach and the esophagus, allowing acid to flow back.

"Throughout the day, curb your consumption of carbonated and caffeinated beverages such as coffee, tea and sodas to no more than 250 mg. of caffeine. Especially avoid caffeine and alcoholic drinks in the hours before bedtime."

As far as the commonly discussed chemical triptophan being a sleep inducer - the jury is still out. Some investigators suggest foods high in the naturally produced amino acid, such as turkey and milk, can cause your

brain to release the sleep-promoting chemical serotonin, however, others call it myth.

The bottom line for your "bottom" and your sleep is that healthy holiday eating makes for healthy holiday sleep. Unlike many stresses the holiday days, this is one you can control. To arrange an interview with Dr. Tom Westfield or Dr. James Thompson about eating for healthy holiday sleep, please call Tracey Crawford at 859-223-9990.

Rogers Scholars program seeks high school sophomores

"The best week of my life" is how several teens have described the exciting learning opportunity that will be available for 60 current sophomores this summer. For the eighth consecutive year, The Center for Rural Development will be conducting the Rogers Scholars program, an intensive one-week summer session that emphasizes technical skills development while fostering an entrepreneurial spirit, leadership and a commitment to rural Kentucky. Applications are now being accepted for the 2005 program.

The mission of the Rogers Scholars program is to ensure, "that no young person will need to leave home to find his or her future." These words, spoken by the program's namesake, Congressman Hal Rogers, frame its goals to encourage youths to become leaders in their communities while increasing their skills in technology and entrepreneurship.

Besides learning about the latest in technology, students will participate in exercises designed to build leadership and cooperation. "There will be serious instruction, but it will be presented in a fun, exciting learning environment," says President & CEO Lonnie Lawson. "Students will develop bonds and relationships that they can carry throughout their lives." 2004 Scholar, Cory Geards of Monroe County enthusiastically agreed, saying, "It's been the most amazing experience of my life and I wouldn't trade it for anything."

Students will also have a unique opportunity to interact with dynamic speakers who are leaders in their respective fields, both at the state and national levels. In addition, students will get to choose from one of three major areas of concentration: video production, engineering and information technology.

"The Rogers Scholars program gave me an in-depth look at a profession that I normally wouldn't have looked into," said Wesley Chaffin, a

Rogers Scholar graduate from Lawrence County. "I learned more during one week than I could have with many hours of independent study and can now make an informed decision whether engineering is an area I want to pursue."

Being selected for Rogers Scholars involves a highly competitive process. An original essay, community and extra-curricular involvement, grade point average and reference letters are used as the criteria to score applicants.

One student will be selected to participate from each county in The Center's service area, along with 18 at-large Scholars from across the region. Eligible counties include: Adair, Bath, Bell, Breathitt, Casey, Clay, Clinton, Cumberland, Estill, Floyd, Garrard, Green, Harlan, Jack-

son, Jessamine, Johnson, Knott, Knox, Laurel, Lawrence, Lee, Leslie, Letcher, Lincoln, Magoffin, Martin, McCreary, Meade, Metcalfe, Monroe, Morgan, Owsley, Perry, Pike, Pulaski, Rockcastle, Rowan, Russell, Taylor, Wayne, Whiteley and Wolfe.

Except for transportation to and from Somerset, the program will cover all expenses including food, lodging and instruction. Selected scholars will participate in the program June 19-24 or July 17-22, 2005. Applications must be postmarked by January 31, 2005.

If you are a high school sophomore, are interested in leadership and technology, and would like to spend a week of your summer vacation being motivated and challenged, check with your school's guidance counselor for an application; call The Center toll free at 888-248-9438 or visit www.rogersscholars.com. You can also send inquiries to rogersscholars@centertech.com

There's no business like "Snow Business"

With winter just around the corner, the Kentucky Transportation Cabinet's District Eight has completed preparation for the snow and ice season.

All salt storage facilities, liquid calcium tanks and salt brine tanks have been filled. All snow and ice equipment has been inspected and

calibrated to insure it is working properly. Our equipment operators have been trained in snow and ice removal methods and procedures.

District Eight covers Adair, Casey, Clinton, Cumberland, Lincoln, McCreary, Pulaski, Rockcastle, Russell and Wayne counties. The state transportation cabinet is responsible for approximately 5,000 lane miles of roadway.

Cabinet personnel are on call 24 hours every day and are called out at the first sign of inclement weather. Roadways are cleared on a priority system based on traffic usage. Priority A includes all interstates, parkways and primary routes. Priority B includes secondary routes with an average daily traffic count over 500. Priority C consists of all routes not designated in the Priority A or B groups.

The Transportation Cabinet recognizes how important the roadways are to Kentucky industries and motorists, therefore, we are dedicated to keeping these roads clear and safe to travel.

Motorists are encouraged to "Drive Smart" this winter, especially around snowplows.

Driving tips, roadway conditions and priority maps are available on the Cabinet's web site at www.transportation.ky.gov under "traveler information" or a motorist can call 511 to get the most current traffic information for interstates, parkways and major routes.

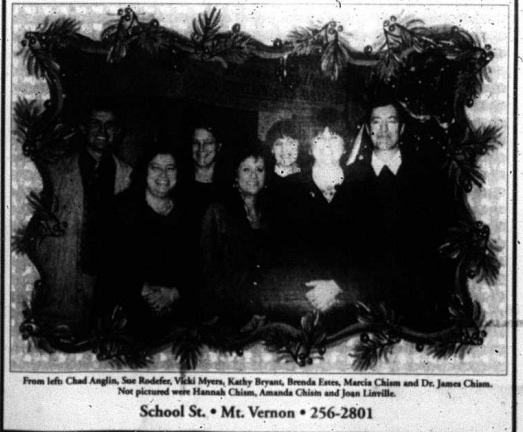
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Service After The Sale



Happy Holidays

Here's hoping your Christmas is sheer purr-fection!
It's been great having you as our customer.
Merry Christmas from everyone at
Rockcastle Veterinary Clinic



From left Chad Anglin, Sue Radford, Vicki Myers, Kathy Bryant, Brenda Eates, Marcia Chiam and Dr. James Chiam. Not pictured were Hannah Chiam, Amanda Chiam and Jose Livelle.
School St. • Mt. Vernon • 256-2801

Season's Greetings

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

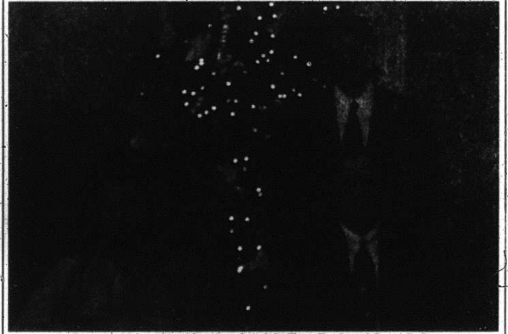
Coffey & Ford, PSC
Attorneys At Law
Willis Coffey and John D. Ford
Leah Lucas, Tracy Mink, Tasha Dillingham and Megan Parker
Main St. • Mt. Vernon • 606-256-4405

Seasons Greetings

from our families to yours



Board of Directors - from left: Sam Ford, Bobby Proctor, Corey Craig, Ted Frith and Joe Young.



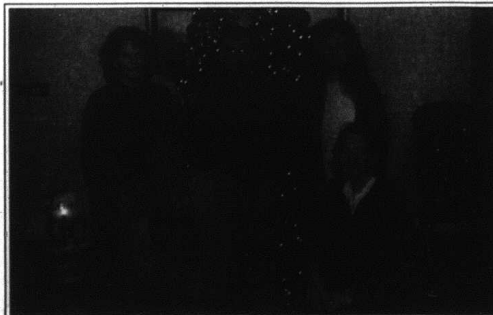
Executive Management - front row from left: Shane Tavin and Corey Craig. Back row from left: Clady Wesley and John Hopkins.



Brodhead Branch - front row from left: Beverly Harrison, Violet Cash and Joshua Hampton. Back row from left: Skyler Bishop, Genieve Keppert, Glenda Gentry and Delores Phelps. Not pictured were Sheila Lovell and Elaine Vann.



Mt. Vernon Branch - front row from left: Jeremy Reynolds, Cathy Smith, Sabrina Hensley, Tara Thompson and Anthony Asher. Back row from left: Kim Daugherty, Freda Renner, Shanda Stamper, Renee Bullock, Dana McKinney, Vicki Petrey, Carol Sims, Joan Edgington and Jenny Bray.



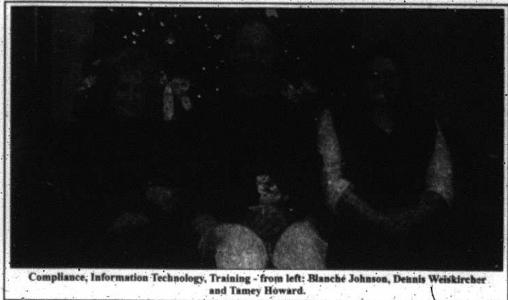
McKee Branch - front row from left: Cheryl Rose and Donna Lynch. Back row from left: Sue Johnson, Charles Russell and Jody Collins.



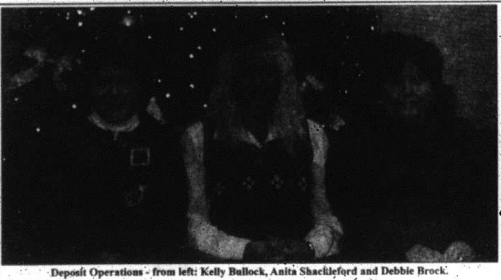
Anville Branch - from left: Garrett Shackelford, Jr., Rhonda Tyree, Marthanna Nichols, Nikki Browning and Hilda Judd.



Loss Operations - front row from left: Virginia Hansel, Robert Minichan and Pam Taylor. Second row from left: Tonya Simpson, Tonya Branscum and Judy Hillingham.



Compliance, Information Technology, Training - from left: Blanche Johnson, Dennis Weiskircher and Tamey Howard.



Deposit Operations - from left: Kelly Bullock, Anita Shackelford and Debbie Brock.



Housekeeping - from left: Pauline McGuire and Wilbur McGuire. Not shown: Sharon Marlow, Kimberly Gay and Connie Bingham.

To Our Valued Customers at Christmas

One thing we know we can always bank on, is the integrity and kindness of the many folks in this community we've had the privilege to serve.

With that said, we'd like to wish you all a very merry Christmas and a prosperous New Year.

Thank you for putting your trust in us.

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McKee
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Do you know? Winter Weather Driving

The season is fast approaching where we need to think about taking whatever precautions that we can to prevent one of the most preventable causes of death and injury during the winter season - winter weather driving related injuries and fatalities. Before the snow begins to fall, the National Weather Service (NWS) in cooperation with the Federal Emergency Management (FEMA) has a few recommendations.

The leading cause of death during winter storms is transportation accidents. Preparing your vehicle for the winter season and knowing how to react if stranded or lost on the road are the keys to safe winter driving. You should check (or have a mechanic check if you are unsure of how to do so yourself) the following items on your car: battery, antifreeze, wipers and windshield washer fluid, ignition system, thermostat, lights, flashing hazard lights, exhaust system, heater, brakes; defroster, oil level (if necessary, replace existing oil with a winter grade oil or the SAE 10w/30 weight variety), and the most important, install good winter tires. Make sure the tires have adequate tread. All-weather radials are usually adequate for most winter conditions.

Other things you should do in preparation for winter weather is to keep a windshield scraper and small broom for ice and snow removal. Never drive your car with small peepholes scraped into the windshield. Always clear all windows, including the side windows, any frost, ice or snow. Good visibility is essential for driving safety. Maintain at least a half tank of gas during the winter season. Plan long trips carefully. Listen to the radio or call the state highway patrol for the latest road conditions. Always travel during daylight and, if possible, take at least one other person. Make sure that someone knows your travel itinerary and that you will call when you reach your destination. If possible, make sure you have a fully charged cell phone whenever driving in inclement weather.

If you must go out during a winter storm, dress warmly, with layers of loose-fitting, lightweight clothing. This can be lifesaving if you become stranded. Carry food and several bottles of water. Keep a supply of high energy "munchies" in your car, along with flashlights with extra batteries, a first aid kit with pocket knife, necessary medications, several blankets or a sleeping bag for each person, newspapers for insulation, plastic bags (for sanitation), matches, extra set of mittens, socks, and a wool cap, rain gear and extra clothes, small sack of sand or kitty litter for generating traction under wheels, small shovel, small tools such as pliers, wrench, screwdriver, booster cables, a set of tire chains or traction mats, cloth to use as a flag, canned fruit and nuts with a non-electric can opener and bottled water.

You can put together this recommended equipment in a plastic box and keep in your trunk for the season.

If you are trapped in your car during a blizzard, stay in the car. Do not leave the car to search for assistance

unless help is visible within 100 yards. You may become disoriented and lost in blowing and drifting snow. Blizzards will not last forever, and wait until visibility improves before attempting to seek help.

If your car becomes stuck during winter travel, display a trouble sign by hanging a brightly colored cloth on the radio antenna and raise the hood. Occasionally run engine to keep warm. It is recommended that you turn on the car's engine for about 10 minutes each hour. Run the heater when the car is running. Also, turn on the car's dome light when the car is running. Be aware of carbon monoxide poisoning. Keep the exhaust pipe clear of snow, and open a downwind window slightly for ventilation.

Watch for signs of frostbite and hypothermia and do minor exercises to keep up circulation, by clapping hands and moving arms and legs occasionally. Try not to stay in one position for too long. If more than one person is in the car, take turns sleeping and for warmth, huddle together. You can use newspapers, maps, and even the removable car mats for added insulation.

Keep in mind that you should avoid overexertion. Cold weather

AAA Bluegrass/Kentucky offers travel tips for kids flying alone

Flying alone to visit relatives can be a thrilling experience for kids, especially with a little advance preparation, says AAA. Children may be nervous at first, but chances are they'll soon be absorbed in the adventure of stretching their own little wings without an adult along.

Most airlines recognize children between the ages of 5 and 14 as unaccompanied minors and allow them to fly alone for an extra fee. Generally, children between the ages of 5 and 7 are not allowed to fly alone on a route that involves a connection and children between the ages of 7 and 14 cannot fly on the last connecting flight of the evening.

AAA offers the following tips to make your child's journey a little smoother.

"Have children leave any toys that may be mistaken as a weapon at home."

"Proof of age may be required so be sure to bring the child's birth certificate or other valid identification that shows the child's date of birth when checking in."

"Leave ample time for checking in - you'll need to complete the airline's "unaccompanied minor" form, show your ID and tell the attendant who will be picking up your child."

"Usually only one adult will be permitted through security to escort children to or from departure/arrival gates."

"On international trips, children must have proper proof of citizenship. Additionally, some countries require special documentation, such as a notarized letter, stating that the child has permission to fly alone."

"As a rule, airline personnel cannot administer medicine to children flying alone. If the child is unable to give himself or herself medication,

puts an added strain on the heart. Unaccustomed exercise such as shoveling snow or pushing a car can bring on a heart attack or make other medical conditions worse. Be aware of symptoms of dehydration.

Also keep in mind one of the great winter hazards "that of wind chill." "Wind chill" is a calculation of how cold it feels outside, where the effects of temperature and wind speed are combined. A strong wind combined with a temperature of just below freezing can have the same effect as a still air temperature as much or more than 35 degrees colder.

When the NWS feels that winter weather will threaten an area, then watches or warnings will be issued. A Winter Storm Watch means that severe winter weather conditions may affect your area within the next 48 hours. This will include the elements of freezing rain, sleet, or heavy snow, which may occur separately or in combination. A Winter Storm Warning means that severe winter weather conditions are imminent. A Blizzard Warning means that considerable falling and/or blowing snow and sustained winds of at least 35 miles per hour are expected for several hours.

For more information on winter weather, visit us on the Internet at: NWS www.weather.gov FEMA www.fema.gov Red Cross www.redcross.org

AAA Bluegrass/Kentucky offers travel tips for kids flying alone

other travel arrangements must be made.

"Give your young traveler money for headsets or other expenses. Provide a prepaid phone card for use when they land."

"It's always a good idea to pack snacks, a couple of books and some quiet games to keep your child busy on the flight," Lilla S. Mason, spokesperson for AAA Blue Grass/Kentucky says.

For more helpful tips, contact your local AAA office or call 1-800-568-3222 to request a free copy of Flying Solo: Handy advice for kids traveling solo.

AAA Blue Grass/Kentucky is a not-for-profit motoring and leisure organization providing 120,000 members in Kentucky, West Virginia and Virginia with travel, insurance, financial and automotive-related services.

Kentucky's Snow and Ice Team is ready for winter

The changing weather means that winter is approaching. But the big question is "What kind of winter will we have this year?" Even though the severity of winter weather is unpredictable, the Kentucky Transportation Cabinet always plans for the worst conditions.

"Preparing for winter weather is nearly a year-round activity, but when it comes time to battle snow and ice, our crews are ready to keep the 77,000 miles of state maintained highways clear of snow and ice," said Acting Deputy State Highway Engineer Chuck Knowles.

During the summer and fall months, KYTC stocks up on all of the needed salt and liquid chlorides so that by mid-November 300,000 tons of salt and 1.5 million gallons of liquid chlorides is stored across the state. Both anti-icing (applying liquid chloride solution to dry pavement) and de-icing (applying dry sodium and calcium chloride solutions to snow and ice already fallen) techniques are used to combat the conditions. Prior to each winter season, KYTC staffers review and make necessary changes to the snow and ice routes and response plans while other employees receive snow and ice removal training. In early fall, snow and ice equipment such as trucks, loaders, spreaders, and plows are inspected and prepared for winter activity. KYTC uses nearly 1,000 state-owned dump trucks, 170 state-owned loaders, and over 200 contract snow and ice trucks to keep the roads clear.

Other snow and ice fighting tools include 40 roadway weather informa-

tion stations, which provide data regarding pavement temperature, air temperature, dew point, wind speed and direction, and precipitation. This information is funneled electronically to an "operations center" in Frankfort that is manned 24 hours a day and this information is shared with the twelve Highway District Offices across the state.

To find out conditions of major roads throughout the state, motorists can refer to the Kentucky Transportation Cabinet's statewide 511-travel information service by dialing 5-1-1 or visiting www.511.ky.gov, <http://www.511.ky.gov/>. The system offers reports on construction, accidents and congestion as well as Na-

tional Weather Service warnings. You can also find your county's snow and ice priority map on-line at <http://transportation.ky.gov/Maintenance/> <http://transportation.ky.gov/Maintenance/>


Cabinet personnel are on call 24 hours and are called out at the first sign of inclement weather. Roadways are cleared based on traffic usage, with the more traveled roadways (interstates, parkways and primary roads) cleared first. Generally, the Cabinet is responsible for cleaning all state-maintained highways. County and city crews across the state are responsible for snow and ice removal on their respective roads and streets.

The Kentucky Transportation Cabinet encourages all motorists to drive safe and smart this winter and be cautious around snow and ice trucks.



Merry CHRISTMAS
and Happy New Year
from
Touch of Class Hair Design

Martha Bolin • Angela Hines • Karah Bowles
May God richly bless you during this very special time and throughout the New Year



Seasons Greetings

As we celebrate the joyous holiday season, my deputies and I would like to wish each and everyone a very Merry Christmas. May your days be filled with joy, peace and the best of health.

Merry Christmas and Happy New Year
from
County Clerk Norma Houk
and Deputies Tina Gibbs Janet Burdine, Sonya McGuire, Anita Moore, Thelma Adams and Becky Smith,

Closed December 24th - 27th and January 1st - 3rd

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

To all we wish a MERRY CHRISTMAS and a New Year filled with health, peace and prosperity.

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606-256-1986

Holiday cooking tips

The Holiday Season presents a number of unique food safety challenges for those preparing, storing, handling, transporting and serving foods.

Fortunately, the United States has the best and safest foods, processors and suppliers found in the world. However, each year some Kentucky families may experience illness from their holiday meal, especially persons at the highest risk of being affected by foodborne illness - the elderly, children, and individuals with weakened immune systems, including pregnant women.

Food is a common feature for most American holiday celebrations. So, the Cabinet for Health and Family Services' Food Safety Branch is offering some food safety precautions to ensure the holiday foods are not only delicious, but also safe. They are as follows:

Clean - Wash hands and food-contact surfaces often. Bacteria can spread throughout the kitchen and get onto cutting boards, knives, sponges, and counter tops.

Separate - Don't cross-contaminate - don't let bacteria spread from one food product to another. This is especially true for raw meat, poultry and seafood. Keep these foods and their juices away from ready-to-eat foods.

Cook - Cook to proper temperatures. Foods are properly cooked when they are heated for a long enough time and at a high enough temperature to kill the harmful bacteria that cause foodborne illness.

Chill - Refrigerate promptly. Refrigerated foods quickly because cold temperatures keep most harmful bacteria from growing and multiplying. Refrigerators should be set at 40 de-

grees F and the freezer at 0 degrees F, and the accuracy of the settings should be checked occasionally with a thermometer. Pot-Luck dishes are common during the holiday season and care should be taken to ensure that foods are transported and held to assure cold foods remain cold and cooked foods remain hot.

In addition, here are some tips for specific food items often prepared during the holidays:

Baked goods - The Cabinet for Health and Family Services advises consumers not to eat uncooked cookie dough, homemade or commercial, or batters made with raw fresh eggs because raw fresh eggs may contain bacteria that can cause an intestinal infection called salmonellosis. Thorough cooking kills the bacteria that cause the infection.

Egg Nog - Traditional eggnog made with raw eggs also presents the same risk to consumers - salmonellosis. While cooking can destroy the disease-causing bacteria, consumers can still become ill when the eggnog is left at room temperature for several hours before being consumed. Safe alternatives are pasteurized eggnog beverages sold in grocery, dairy cases; these products should also be kept refrigerated.

Apple Cider and Other Juices - Apple cider is often served during the holiday season. Most apple cider and juices are pasteurized or otherwise treated to destroy harmful bacteria. Treated juice is shelf-stable. Unpasteurized cider or juice must have this warning on the label: "WARNING: This product has not been pasteurized and therefore, may contain harmful bacteria that can cause serious illness in children, the elderly,

and persons with weakened immune systems."

Turkey - Thawing the turkey completely before cooking is important and necessary to reduce the risk of foodborne illness. If a turkey is not properly thawed, the outside of the turkey will be done before the inside, and the inside will not be hot enough to destroy disease-causing bacteria. Allow the correct amount of time to properly thaw and cook a whole turkey. For example, a 20-pound turkey needs two to three days to thaw completely when thawed in the refrigerator at a temperature of no more than 40 degrees F.

A stuffed turkey needs 4 1/2 to 5 1/2 hours to cook completely. To check a stuffed turkey for doneness, insert a food thermometer into the inner thigh area near the breast of the turkey but not touching bone. The turkey is done when the internal temperature reaches 180 degrees F. The stuffing reaches 160 degrees F. The turkey should be held at 140 degrees F, until served.

Leflovers turkey and stuffing should be stored separately in shallow dishes or platters. To reheat turkey or serve in a hot dish, rapidly heat to an internal temperature of 165 degrees F, assuring it is heated thoroughly.

Raw fruits and vegetables - All raw fruits and vegetables must be thoroughly washed prior to preparation and serving. Unclean hands are often the sources of food contamination - wash hands often and thoroughly.

Oysters and Seafood - Be sure to cook oysters thoroughly at home or have them cooked thoroughly when eating out. Buy only fresh seafood that is refrigerated or properly iced. Always cook fish thoroughly. Cooking fish until it is opaque and flaky helps destroy any bacteria that may be present. People with liver disorders or weakened immune systems are especially at risk for becoming ill and should avoid eating raw oysters or shellfish.

Mail order food gifts - Care should be taken with mail-order food gifts which can include meat, poultry, fish and other perishables like cheese, fruit, and cheesecake. The gift giver should alert the recipient to the pending arrival of the food gift; the recipient should open the package immediately to make sure that, foods requiring refrigeration arrives in a chilled state.

Additional food safety information for consumers is available through the Food Safety Branch at 502/564-7181 or your local health department. Also, visit the Cabinet for Health Services, Food Safety Branch web page at <http://chs.ky.gov/publichealth/Food-Program.htm>.

Dialing 511 can help make your Holiday trip smoother

Want to choose the best route this holiday season? By dialing the easy-to-remember 511, you can receive information about accidents, construction and weather conditions that affect the roadways. The National Weather Service also post warnings and advisories for major cities on 511. The call may save you more than just your time!

More than one million calls have been made to the Kentucky Transportation Cabinet's 511 Traffic and Travel Information Line since it was launched statewide in November 2002.

An interactive voice recognition system allows callers to "speak" their desired information, rather than pushing buttons. Callers can request specific information on 8,217 miles of major Kentucky roadways.

Information on the phone line and Web site (www.511.ky.gov) is current and updated 24/7 as conditions change. When traveling outside Kentucky, the same information on our highway system is available by calling 1-866-737-3767.

Major road projects that could affect your travels during the holiday season are as follows:

Painting on the Kennedy Bridge in Jefferson County will be suspended during the holidays.

KY 53 north of I-64 in Shelby County, pavement repair.

I-265 in Jefferson County, between mile point 15.6 and 18.8, pavement reconstruction for blasting.

KY 15 in Perry County, south of Hazard; there will be lane reductions from two lanes to one lane in each direction. This work zone is between MP 6.45 and 10.96.

KY 7 between US 460 and KY 519 in Morgan County. Traffic may be halted periodically for blasting.

Maintenance work on the US 68/KY 80 bridge over the Cumberland River/Lake Barkley at Canton will be suspended through the holidays.

I-75 in Rockcastle County, MP 68.9 to MP 71.4 will have two lane traffic north and south with a reduced speed limit for the installation of guardrail. The right shoulder will also be closed in both directions.

Blacktop work will be done on some turn lanes on US 25E in Knox County at Gray.

US 119 over Pine Mountain in Letcher County is open with no delays and the bridge has been lifted on vehicles over 30 feet in length on this road.

There is a short detour on US 119

in Pike County from the south side of Bent Mountain to Bent Branch and reduced speed limits are in effect in this area.

There is a major widening and reconstruction project occurring between mileposts 95.1 and 97.6 at Van Meter Road on I-64 in Clark

County. No lane closures will occur during the holidays.

Construction work will be suspended during the holidays on US 127 at Bluegrass Parkway in Anderson County. All lanes of US 127 are now open.

Do your part in making your holiday travels safe: Keep your car properly maintained; obey speed limits; don't drink and drive; drive carefully and slowly around snow removal vehicles and always use seatbelts.

Attention -- Homeowners

The Richmond local office of USDA Rural Development in Kentucky announces funds are available for very-low income homeowners to make general repairs to their homes.

Basic qualifications for the type of assistance are as follows:

- Applicant must own and occupy the home being repaired.
- Have an adjusted annual income not exceeding the very low income limit set for the area.
- Have an adequate and dependable income to repay all planned obligations.

• Without sufficient resources to provide the necessary repairs with-

out the loan.

• Be a citizen or be legally admitted to the United States for permanent residence.

The maximum loan assistance cannot exceed \$20,000, the interest rate for all Section 504 loans is one (1) percent per annum. Loan terms cannot exceed 20 years and will be based upon the borrower's repayment ability.

Madison, Estill, Jackson; Garrard and Rockcastle counties are served by the Richmond local office of Rural Development. To inquire about a housing loan, you may contact the Richmond local office at telephone number 559-624-1982 ext. 4.

Words of Hope

Can you imagine having a perfect child? One that always reacts to difficulties in the right way. It sounds impossible. Yet, that was what Mary and Joseph experienced with their son Jesus. Even though Jesus was perfect in every way, his intention was not to just to show us up. He came to help us discover our true human nature that was intended by God. Because of Jesus our imperfections can be corrected and our weaknesses can be made strong. This Christmas allow Jesus to bring your life back into God's intended design.

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

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We wish everyone a very Merry Christmas and a healthy and prosperous New Year!



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We will be closed December 23rd, 24th and 25th for the holidays.

GREETINGS OF THE SEASON

May you and your loved ones enjoy all the splendor of this very special time of year. It's been a pleasure serving you.

From Danny and Gaylen Settles and all the employees at



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

2004 Weather Summary

When 2004 ends, it will rank among the top 10 wettest years on record for the contiguous United States, and it is expected to be warmer than average, according to scientists at the National Oceanic and Atmospheric Administration's National Climatic Data Center in Asheville, N.C. The findings are based on preliminary data, and historical records dating back to 1895. While parts of the West remained in drought, rainfall was above average in 33 states, especially in the South and East, partly due to the effects of tropical storms and hurricanes, which impacted 20 states. NOAA, The National Oceanic and Atmospheric Administration, is an agency of the U.S. Department of Commerce.

A variable year for temperature in the U.S. — NOAA scientists report that the average temperature for the contiguous United States for 2004 (based on preliminary data) will likely be approximately 33.5 degrees F (11.9 degrees C), which is 0.7 degrees F (0.4 degrees C) above the 1895-2003 mean, and the 24th warmest year on record. Based on data through the end of November, the mean annual temperature in two states (Washington and Oregon) is expected to be much above average, with 30 states being near average and no state below the long-term mean.

Alaska's annual temperature is expected to be approximately 1.8 degrees F above the 1971-2000 average for 2004, one of the warmest years for the state, since reliable

records began in 1918, Alaska had a record warm summer with a statewide temperature of 4.6 degrees F (2.6 degrees C) above the 1971-2000 mean. May, June, July and August were all record breaking for the state. Much of the west coast also had record or near record temperatures for the summer of 2004. In contrast much of remainder of the contiguous U.S. was relatively cool during June-August, including several cities in the Upper Midwest that had afternoon high temperatures in the low 50s during the middle of August.

Spring temperatures across the U.S. were above average in all states, except Florida, which was near normal for the season. Fall was warm across much of the mid-section of the country, but the West remained near average. Winter began relatively warm in November and early December for states from the Upper Midwest to the East Coast.

Hurricanes in the South and East — A major feature of the climate in the U.S. in 2004 was the number of landfalling tropical systems. Nine systems affected the U.S., including six hurricanes, three of which were classified as major on the Saffir-Simpson scale of hurricane intensity. Four of the six hurricanes affected Florida, making it the only state since 1886 to sustain the impact of four hurricanes in one season (Texas also had four hurricanes in 1886). Hurricane Charley in August was the strongest hurricane (category 4 at landfall) to strike the U.S. since Andrew in 1992 and caused an estimated \$14

billion in damage. Hurricanes Frances, Ivan and Jeanne quickly followed Charley in September.

Hurricane Gaston also impacted the U.S. in August making landfall in South Carolina. In total, the hurricane season cost the U.S. an estimated \$42 billion, the most costly season on record. That record has been calculated back to 1900. While there was extensive wind damage in Florida and other coastal locations, flooding was the major impact further inland. Frances impacted the Southeast and southern Appalachians after a wetter-than-average summer, causing millions of dollars in flood damage to the region. Shortly thereafter Ivan traveled a similar path through the mountains and led to widespread flooding, loss of power and landslides.

Drought and Snowpack — In contrast to the excessive rainfall in the East, much of the West began the year with a long-term rainfall deficit: A four-to-five-year drought in parts of the West intensified during the first half of 2004 as precipitation remained below average. Drier-than-average summer conditions coupled with warmer than normal temperatures in the West exacerbated the drought conditions still further during June-August. Short-term drought relief occurred in the fall as two large storms impacted the West during October. The first major snowfall of the season war

as precipitated with these storms for the Sierra Nevada. As of early December, snowpack is above average in Utah, Arizona and Nevada, but significantly below average throughout much of the Northwest as well as the

eastern slope of the Rockies. Near Year's end, moderate to extreme drought continued to affect large parts of the West, including Montana, Idaho, Washington, Oregon, Wyoming, California, Arizona and Colorado.

Wildfires — Although the wildfire season got an early start in the western U.S. and record warm temperatures combined with less-than-average precipitation raised fire danger across the West through the summer, the season concluded as below average for the contiguous U.S. However, a record number of acres were burned in Alaska in 2004. Alaska and the adjacent Yukon Territory of Canada saw a rapid increase in fire activity in June, which was sustained through August consuming over 6.6 million acres in Alaska. In Fairbanks, on 42 of the 92 days of summer, visibility was reduced from smoke associated with the wildfires. This compares to the previous record of 19 days in 1977.

Global Conditions — The average global temperature anomaly for combined land and ocean surfaces for January-December 2004 (based on preliminary data) is expected to be 0.55 degrees F (0.31 degrees C) above the 1880-2003 long-term mean, making 2004 the 4th warmest year since 1880 (the beginning of reliable instrumental records). Averaged over the year, land surface temperatures were anomalously warm throughout western North America, southern and western Asia and Europe. Boreal fall (September-November) as well as November were warmest on record for combined land and ocean surfaces.

Other notable climate events and anomalies across the world in 2004, include an active-tropical season in the Northwest Pacific, with Japan sustaining ten tropical storm landfalls, exceeding the previous record of six; below-normal monsoon rainfall for India, especially in the Northwest part of the country; flooding in Northeastern India from monsoon rains in June-October; a rare hurricane in the South Atlantic in March; and an extensive and severe heat wave in Australia during February.

Sea-surface temperatures in much of the central and east-central equatorial Pacific increased during the latter half of 2004 as weak El Niño conditions developed. Though global impacts have been slow to develop, NOAA's Climate Prediction Center expects the current El Niño to persist through early 2005, bringing drier-than-average conditions to Indonesia, northern Australia and southeastern Africa.

The National Climatic Data Center is part NOAA Satellite and Information Services, America's primary source of space-based oceanographic, meteorological and climate data. NOAA Satellite and Information Services operates the nation's environmental satellites, which are used for ocean and weather observation and forecasting, climate monitoring, and other environmental applications. Some of the oceanographic applications include sea-surface temperature for hurricane and

weather forecasting and sea-surface heights for El Niño prediction. NOAA is dedicated to enhancing economic security and national safety through the prediction and research of weather and climate-related events and providing environmental stewardship of the nation's coastal and marine resources. To learn more about NOAA, please visit: <http://www.noaa.gov>.

Make your body "fat proof" this holiday season

This holiday season Americans will gain over 200 pounds of fat and try desperately to diet those unwanted pounds away. Little do they know that the very tool that they think will lead to fat loss - dieting, will actually make them fatter. "The worst thing that anyone can do this holiday season to lose weight is to go on a diet. Every time you 'eat less and gain more' you are killing your metabolism and ensuring that everything you eat will be turned directly into fat that you will be powerless to lose," says Josef Branden, one of America's leading experts on exercise and author of *The Body You Want*. "Metabolism is

the key to being able to eat whatever you want - even a burgeois and decadent holiday meal - without having to worry about getting fat. Metabolisms aren't just for "naturally skinny people any more - anyone can create a fast metabolism if they just learn how."

Call Joseph Branden, an experienced media personality, at 310-936-1745 for an exciting, eye-opening and fun interview and he will teach your audience how to fat-proof themselves for the holiday by eating more. And where to get a 100% Free, 10 page, comprehensive fat-loss guide with 20 delicious, quick and fat-burning recipes.

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"It is Written"

I hear people say things like: folks have missed the true meaning of Christmas, that Jesus is the reason for the season, but Christ back in Christmas. The problem with all this, is that they are ignorant of the true historical development of Christmas. The word Christmas is an abbreviated form of the phrase Christ's Mass. This should give insight that Christmas has roots in Roman Catholicism. I do not celebrate "mass" at Christmas nor any other time of the year, our religious friends from Rome are wrong! How did this apostate church come up with Christmas as the celebration of the birth of Christ? Pagans who were "converted", brought their pagan customs of festivals with them. So the apostates "Christianize" these events to things like Christmas and Easter, giving them "Christian meaning", thus accommodating those pagan "converts". God does not give any authority for the religious celebration of Christmas, Matt. 7:23, "And then will I profess unto them, I never knew you: depart from me, ye that work iniquity." (You who do things unauthorized). Paul said in Gal. 4:10-11, "Ye observe days, and months, and times, and years? I am afraid of you, lest I have bestowed upon you labour in vain."

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| '99 Dodge Ram 1500 | '01 Ford F150 | '02 Jeep Liberty | '02 Ford F150 | '04 Lincoln Town Car | '00 Lincoln Town Car |
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The Rockcastle Co. High School football team held its 2004 banquet on Sunday, December 12th. The banquet was held in the cafeteria with the awards program in the auditorium. Members of the Academic All-State Team are shown above, from left: Phil Boreing, honorable mention; Nick Nolan, honorable mention; Donovan Pigg, honorable mention; Brad Durham, first team; Gabe Guilfoil, Most Academic Senior Award; Graham Fay, first team; Brittany Perkins, first team; Josh Garrison, first team; Izak McQueary, first team; Max Saylor, first team; Megan Rader, first team and Gabe Stallworth, first team. Not pictured was Charles Cunagin, honorable mention.



Members receiving letterman awards are pictured above, front row from left: Chris Croucher, Derreck Hurst, Max Saylor, David Robbins, Mikey Denny, Donovan Pigg, Phil Boreing and Graham Fay. Second row from left: Dusty Miller, Izak McQueary and Shawn Childress. Back row from left: Gabe Guilfoil, Alex Centers, Matthew Burkhardt, Justin Taylor, Gabe Stallworth, Adam Hensley, Brad Durham, Travis Smith and Lynn Miracle. Not pictured were Jared Brown, Bucky Skinner, Scott Daugherty and Charles Cunagin.



Members of the freshmen team are pictured above, from left: Nick Nolan, Jon Marietta, Jason Radar, Willie Martin, MVP Zach Burkhardt, Josh Cromer and Andrew Thomas. Not pictured were Abraham Kirby, Brian Mize, Cody Shepherd and Tremidy Coffey.

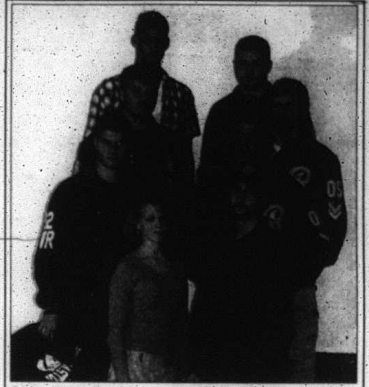


Members of the Junior Varsity are shown above, front row from left: Offensive MVP Gabe Stallworth and Dusty Miller. Second row from left: David Robbins, Adam Hensley, Travis Smith and Izak McQueary. Third row from left: Josh Renner and Willie Martin. Back row from left: Adam Mink, Josh Garrison, Zach Burkhardt, Lynn Miracle and Alex Center. Not pictured were Abe Kirby, Jared Brown, Brian Mize, Defensive MVP Charles Cunagin, Charles Lovell and Josh Gilbert.

Football banquet held



Members of the All District Team are shown above, front row from left: Max Saylor, first team defensive end and Phil Boreing, second team defensive back. Second row from left: Brad Durham, honorable mention and Matthew Burkhardt, first team defensive back. Back row from left: Chris Croucher, first team linebacker and linebacker of the year; Derreck Hurst, first team wide receiver and defensive back of the year. Donovan Pigg, honorable mention; Shawn Childress, second team wide receiver; Graham Fay, first team defensive tackle and Mikey Denny, first team center. Not pictured was Bucky Skinner, second team running back.



Seniors honored are pictured above, front row from left: Brittany Perkins and Max Saylor. Second row from left: Phil Boreing and Gabe Guilfoil. Third row from left: Chris Croucher and Derreck Hurst. Back row from left: Justin Taylor and Graham Fay.

Merry Christmas



Seated: Sam Ford. Back row from left: Dainetta Allen, Jeff Cromer, Teresa Stevens, Charissa Hodge, Roy Adams and David Henderson.

Happy New Year

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HANDY HOLIDAY Greetings

At this busy time of year, when everyone is sprucing up for Christmas, goodwill and gratitude would certainly come in handy, and we've got plenty to spread around!

To all those who've passed through our doors this year, we offer our best wishes and thanks. It's always a pleasure serving you.

from the staff of
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RCHS Book Club has busy first semester

The Rockcastle County High School Book Club has had a busy first semester with several activities and projects. The members have collected canned food and children's books for the Mt. Vernon Mission. This is the second year for the club to participate in this project.

The members are also continuing their second year for making cards and bookmarks for the residents at the local respiratory care center. The students enjoy using their creativity for the various holidays throughout the year.

The students also enjoyed refreshments at the annual Christmas party. They combined work with play by creating the cards while enjoying snack foods at the December meeting.

The club also participated in Scholastic's "Read 100 Books for Underprivileged Children" for the second year. In return for students reading 100 books, Scholastic will make a donation of books in the club's name for elementary children in poverty-stricken areas of the United States. This has been a popular project as the members worked

to meet the December 31 deadline. The second semester promises to be a busy time as well. The January meeting will feature book discussions with members of the local DAR. The RCCHS Book Club was one of 500 groups nationwide chosen to receive a set of books on the theme of "Courage" to discuss with a local community group. Tentative plans are also being made to have a Book Buddy meeting with a group of elementary students for the March meeting.

Book Club members are: Vanessa Adams, Amber Allen, Samantha Allen, Kris Amaral, Karen Barber, Michael Campbell, Bobbie Sue Chandler, Isaac Coffey, Nancy Dickerson, Wesley Durham, Brandon Dykes, Scarlet Frederick, Renee Gevedon, Amber Hasty, Dustin Hazelwood, April Johnson, Brandy Kirby, Keri Mazurek, Sasha McHone, Corey Powell, Kasey Powell, and Amelia Woodall. Officers for 2004-2005 are: Scarlet Frederick, President; Corey Powell, Vice-President; and Michael Campbell, Secretary. Mrs. Janet Weib, Library Media Specialist, is the faculty sponsor.



Book Club Member Vanessa Adams (left) and Book Club President Scarlet Frederick (right) present canned food and children's books to Mrs. Polly Abney for the Mt. Vernon Mission.



Isaac Coffey, Dustin Hazelwood, Renee Gevedon, and Kris Amaral enjoy the Book Club Christmas Party.

Email news to the Signal at mvsignal@alltel.net



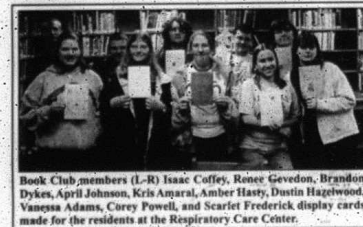
Michael Campbell and Karen Barby display the poster and the certificate showing RCCHS Book Club members read 100 books.



Book Club members (L-R) Nancy Dickerson, Brandy Kirby, Amelia Woodall, Karen Barber, Amber Allen, Samantha Allen, Bobbie Sue Chandler, and Sasha McHone show their creativity with cards made for the Respiratory Care Center residents.



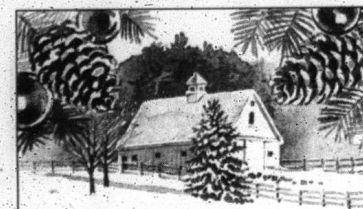
Amber Allen & Amelia Woodall work on Christmas Cards for the Respiratory Care Center residents.



Book Club members (L-R) Isaac Coffey, Renee Gevedon, Brandon Dykes, April Johnson, Kris Amaral, Amber Hasty, Dustin Hazelwood, Vanessa Adams, Corey Powell, and Scarlet Frederick display cards made for the residents at the Respiratory Care Center.



Book Club members Corey Powell, Sasha McHone, Scarlet Frederick, Renee Gevedon, Nancy Dickerson, and Amelia Woodall gather some of the canned food collected for the Mt. Vernon Mission.



With You In Mind At Christmastime

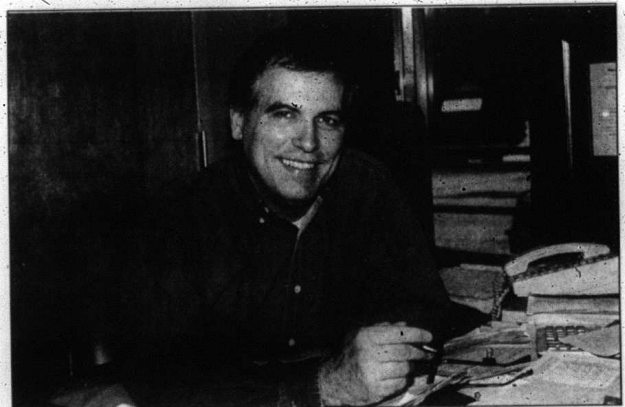
May you and your family enjoy the many blessings that give true meaning to the holiday season. We feel privileged and blessed to have you as our neighbors.

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Merry Christmas



May this great season find each of you in health and good will for your neighbors and families. My personal wishes for a Merry Christmas and Happy New Year.

County Judge-Executive Buzz Carloftis

Deck The Halls!

Wishing you all the trimmings of a beautiful holiday season.

Your presence has been the best present for us this year. Thanks!



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KSP will be aggressive during Christmas-New Year's Holiday period

Auto travel is expected to reach record levels throughout the nation during the Christmas-New Year holiday according to the National Highway Traffic Safety Administration (NHTSA) and the American Automobile Association (AAA). The organizations predict that about 81 percent of the 63.7 million holiday travelers will choose motor vehicle transportation this year.

As a result, the Kentucky State Police is starting its highway enforcement efforts early to combat a possible surge in traffic deaths. The Governor's Highway Safety Program will begin airing "You Drink and Drive. You Lose" television commercials today in support of the holiday enforcement activities. Increased KSP traffic enforcement efforts, which include saturation road patrols and safety checkpoints, will begin today and continue through Sunday, Jan. 2. Approximately 943 KSP troopers, in conjunction with local police and sheriff's offices, will be using all possible resources in their enforcement efforts including video, radar, unmarked vehicles and passive alcohol sensors.

"Through Dec. 19 of this year, Kentucky has experienced 931 highway fatalities," reports Kentucky State Police Commissioner Mark Miller. "That's already equal to our 2003 total and there are still 12 days left."

During last year's four-day Christ-

mas holiday period, six people lost their lives in six separate crashes on Kentucky roadways. One of those fatalities involved the use of alcohol and four were not wearing seat belts.

"Unfortunately, whether they're driving across town or across the state, impaired drivers will pose the greatest threat to Kentucky motorists during the holidays," says Miller. "However, these needless tragedies do not have to happen. Those who endanger themselves and others should know they will pay a serious price. We will be aggressively enforcing the law to save lives and penalties will be severe."

"We urge all motorists to exercise added caution and flexibility in their travel plans during this peak period," says KSP Capt. Lisa Rudzinski, commander of the Governor's Highway Safety Program. "Three actions can significantly increase the chances of surviving holiday road travel: slow down, buckle up and don't drink and drive."

"Kentucky has a zero tolerance policy regarding driving while impaired by alcohol. Impairment begins with the first drink.

"Your best defense against a drunk driver is your seat belt. In 2003, 57 percent of highway fatalities in Kentucky were not wearing seat belts. (Kentucky law makes the driver responsible for assuring that all passengers in their vehicle are properly restrained.)

"Speeding reduces a driver's ability to steer safely around curves or objects in the roadway. It extends the distance required to stop a vehicle and increases the distance a vehicle travels while the driver reacts to a dangerous situation.

Rudzinski offers the following additional tips for safe highway travel during the holidays:

"Get enough sleep. Sleep deprivation and fatigue can cause lapses in attention, slowed awareness and impaired judgment.

"Obey speed limits. Excessive speed reduces your ability to avoid a crash, extends your vehicle's stopping distance and increases the severity of a crash when it occurs.

"Slow down in roadway construction zones. Watch for flaggers, signs, lane closures and merge well before the actual closure.

"Don't tailgate. Follow other vehicles at a safe distance. If you find yourself being tailgated, don't hit the brakes. Slow down gradually and let the other vehicle pass you.

"Expect the unexpected. Watch traffic around you and be prepared to react.

"Watch for road debris such as tire treads, garbage, lumber, gravel, tree limbs, mufflers and exhaust parts.

"Avoid or minimize in-car distractions such as cell phone use, changing tapes or CDs, eating or other activities that can remove your attention from the road.

"Take extra care on rural roads with 35 mile per hour speed limits.

"Don't use cruise control. Keep your body involved and active in the driving process.

"Slow down when driving on icy or snowy roads where stopping distances are longer.

"Turn on your headlights any time you drive. This increases visibility and decreases risk.

"Avoid smoking when you drive. Nicotine and carbon monoxide can hamper night vision.

Citizens can contribute to highway safety during the holiday period by reporting erratic drivers to the KSP toll-free hotline at 1-800-222-5555.

Callers will remain anonymous and should give a description of the vehicle, location, direction of travel and license number if possible.

"Holiday travel should always be taken seriously. Don't let the joys of the season be ruined by a vehicle crash or an impaired driving arrest," advises Miller. "Adjust your driving behavior to stress safety. It's an alternative you can live with."

The holiday season doesn't have to be a "bummer"

Cabinet for Health and Family Services

Each year, as the holiday season approaches, we are reminded of the holiday events of years past -- good or bad. We may also be dealing with the adjustments in our lives from the preceding year such as job changes; the birth, illness or death of loved ones; moving away from family or friends; the stress of having a family member in military service overseas or a myriad of other possibilities that lead to stress, anxiety and depression.

For some people, these changes have a more intense impact during the holiday season. This may manifest itself in self-examination, consideration of the unknown future for the coming year or even in bouts of depression.

If you are experiencing a high level of anxiety or emotional stress, consider making small changes in order to make the season more manageable -- emotionally and physically. To avoid being "bummed out" and to have a more enjoyable time during the holidays this year consider:

Tradition - Some families have traditions which have been in place for years. Others may be very new. Either way, these traditions may be changed or put on hold if they are difficult to maintain this year. There is no rule book that requires a family to do the same thing each year so feel free to change if that will work best for you and your family. On the other hand, if traditions are soothing and comforting, by all means continue them. Yet remain sensitive to their impact upon you and your family and be open to changes needed by each of you. Be open to trying something new.

Expectations - Keep your expectations realistic. Make a list of things to be done. Are there tasks which are unnecessary or that you could have others help to complete? Then complete the remaining tasks as time and finances allow.

Time for Yourself - Spending time with others who are special and supportive is very important during the holidays. Yet it is also vital that you spend time taking care of yourself.

Care for yourself by eating well, exercising, getting adequate sleep and taking time to do something nice just for you. And most importantly, breathe and take the time to relax.

The Good News - The stress and intensity of holidays if generally short-term and subsides as daily routines are resumed. And, remember to seek the listening ear of a family member, friend, physician, clergy or professional counselor when additional support is needed.

In the event that you or a loved one is overwhelmed to the point of depression due to the fact that a loved one is not present due to death, extreme illness or military service, here are some coping tips:

- Acknowledge their absence and the feelings you have. Grief is possible in the case of death or absence. It is important to recognize grief as a normal and natural process.

Avoiding the fact that someone or something is missing will not eliminate the feelings.

"Find a way to include the memory. Plan some activity that will honor the absent person. This could be as simple as a moment of silence or displaying a picture."

"Choose good holiday companionship. It is important to plan ahead and avoid isolation during the holidays. Choose people with whom you feel safe and comfortable to spend time with during the holidays.

"Avoid excessive alcohol consumption. Alcohol and drugs are used as a way of trying to avoid. However, they only increase negative feelings.

If you or someone you know is coping with feelings of grief, helplessness, hopelessness or isolation, help is available from anywhere in the state by calling your local community mental health center (visit http://mhmr.ky.gov/files/CMHC_Crisis.pdf) or by dialing 911. For further information on mental health, visit <http://mhmr.ky.gov/MH>

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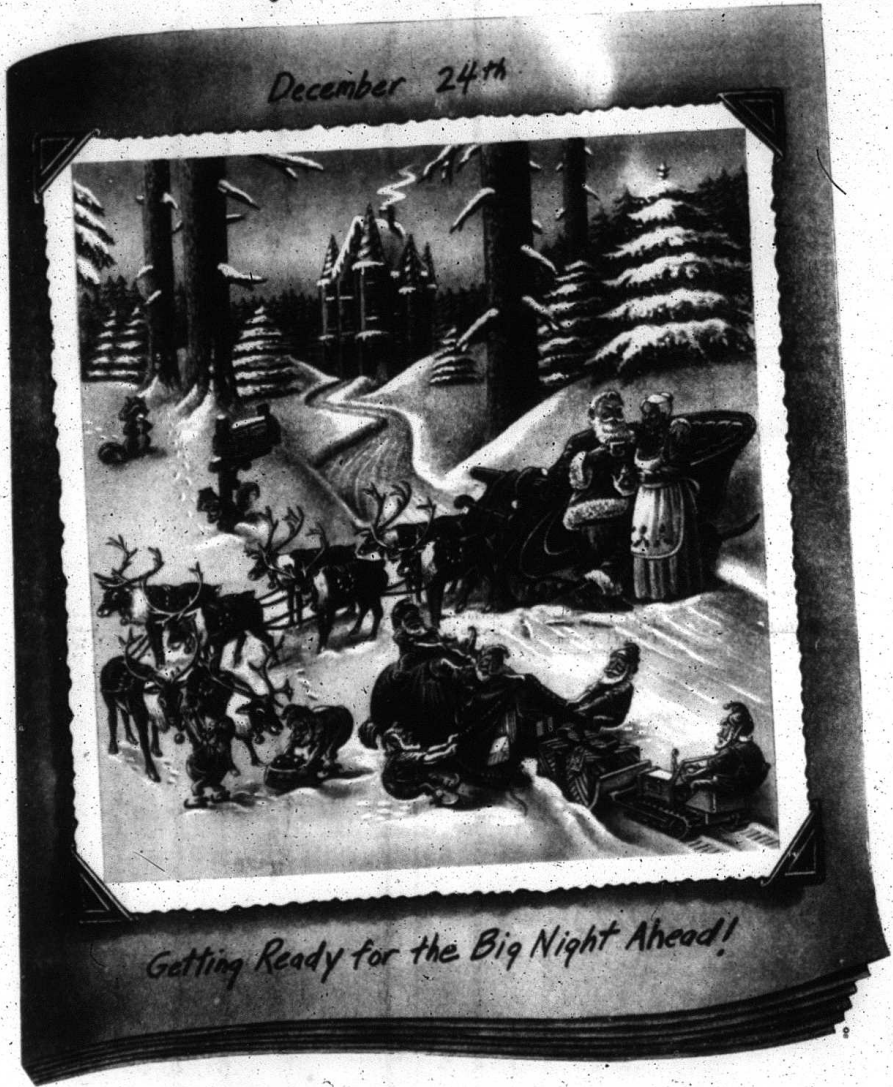


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Merry Christmas



Getting Ready for the Big Night Ahead!

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Merry Christmas and thanks.

from the staff of

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Victoria Eaton
Worth Ann Harris
Robin Surrh
Kathy J. Wright

Medical Arts Building

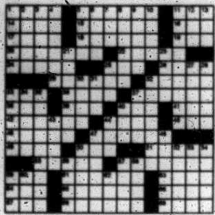
Donna Behar
Dobbie Bussett
William Bruner
Brenda Cabbie
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Kimberly Cornelius, MD
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Lisa Shaffer
Lana Shelton
Lisa Smithern
Tonya Stewart
Haley Swinney
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Adam Woodall



Wishing you and
your family a
holiday season
filled with peace,
love and joy.

Kentucky Crossword

See answers in next week's edition



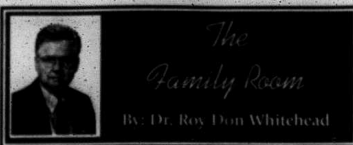
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- Across
- 1 Suffer
 - 5 Element, evoking pity
 - 11 Wager
 - 15 Famous jockey that rode five Derby winners
 - 16 Precedes an alias
 - 17 Spruce
 - 18 Stalwart
 - 19 Kentucky Derby, aka "for the Roses"
 - 20 Actor Johnny Dapp's native KY county
 - 22 Boy Scouts of America founder (from Kenton Co.)
 - 24 Cleverly
 - 25 Pelt
 - 26 Avals
 - 28 Perry Co. area, adopted the reverse spelling of its intended name, meaning burrow
 - 32 Pepper plant
 - 33 Knock
 - 36 Kentuckian, infamous "hanging judge"
 - 37 Roy
 - 38 Felt hat
 - 39 Unrefined metal
 - 40 WKYT-TV (Lexington) sports anchor
 - 41 Bromley
 - 42 Government worker
 - 43 Johnson Co. area, or be victorious
 - 44 Writer Joe Creason called it "the only town in Kentucky where I was born"
 - 45 Loller
 - 46 Fisherman's tool
 - 47 Empower

- Down
- 1 Root beer brand (3 wds.)
 - 2 Sunny
 - 3 Dense
 - 4 Kentucky's 50th county formed, from Clark and Madison
 - 5 Elapse
 - 6 KY's include pottery, quilts, woodcarvings
 - 7 Tasm UK upset in 1952 Cotton Bowl
 - 8 Man's War's famous groom
 - 9 Arrange
 - 10 Soybean
 - 11 City of My Old Kentucky Home
 - 12 State univ. at Richmond, KY
 - 13 Sunburn
 - 21 Ballard Co.'s working _____ or type of hat
 - 23 Regretted
 - 25 Mirth
 - 27 Uncanny
 - 28 Tilt
 - 30 Lighted sign, or Letcher Co. hamlet
 - 31 Apprehend
 - 32 Trimble
 - 33 County's seat
 - 34 UK teammate of Olvens, Phillips and Macy
 - 35 US Bank - Cincinnati or Rupp
 - 36 Lexington
 - 37 Legend claims KY's first tobacco grown in this county
 - 38 Dread
 - 40 Pro
 - 43 Touchad
 - 44 Dawdle
 - 47 Track obstacle
 - 48 Kentucky author of "Highland Annals"
 - 50 Express joy
 - 52 Lasso
 - 53 Asian nation, or Menfies Co. community
 - 54 Dnaub
 - 56 Taylor Co. hamlet, Black _____ or ridge
 - 57 Famous Kentucky bourbon family
 - 58 Writer Bornbeck
 - 59 Landing in Lee Co. or Olga in Russell
 - 60 Berea College founder
 - 62 Harden



KY 210



By Dr. Roy Don Whitehead

(In December 1998 a baby was born to a resident of Bethany House. Abuse Shelter in Somerset. This is the column I wrote at that time, and I share it with you again as my Christmas card to you.)

There is a baby in Bethany. This is the time of year for babies, so his timing was very good. This is a time for carolers who sing of joy and celebration. And the time of year for angels. Ah, yes, angels. They come to announce the birth of a King.

The baby is small and cute as babies usually are. Ten little fingers and ten little toes. I have forgotten how small newborns are. After all it has been several years since I spent much time around little ones. They are tiny, especially those toes. Perfect miniatures of adult toes, just without all the wear and tear.

No, the baby is not at my house, but I get to see him regularly. I am sort of an uncle, or, let's face it, I'm old enough to be his grandfather.

This baby also had a problem finding a place in which to be born. A lot of the inns and relatives' houses had no room for him or his momma. They did find a place, though, a place in Bethany.

Sunday School stories still linger in my mind about Bethany. The great story about Jesus teaching Mary and Martha. The even greater story about Jesus raising Lazarus, their brother, after he had been dead for days.

Bethany is a famous place. There is another Bethany, though, and this is where Momma and baby Caleb found a place. This Bethany is not a city but a house. This house has held Marys, Marthas and many of their sisters who have been abused. It is a place where a woman can go when there is no other place to run. The inn is full at Bethany House.

these days. There is a full house with residents sharing one kitchen and three bathrooms. Not a lot of extra space, but there is always room for a baby and his momma.

Momma was alone and concerned. No help seemed to be forthcoming from any quarter. The father was definitely not interested in the child, and others were busy with their own lives. At first she cried because she would be bringing her baby home to a "shelter" and not a real home. Later she grew more comfortable with the idea of bringing a baby to Bethany House.

Upward of fifteen aunts watch the baby's every move and vie to hold him.

Only one uncle thus far (me!), so I can get almost unlimited holding time.

There is a lot of support in Bethany for a new momma. Experienced moms are all around for advice and counsel. Momma is deciding it may be an OK place to bring a baby.

Bringing a new baby into the world almost always brings anticipation and joy. A new baby brings total strangers closer, sharing with each other that common bond of concern for the young one. One resident stayed with Momma in the labor room until they chased her away. What a wonderful gift!

A new baby means hope. There is always hope for a new generation. At Bethany House this hope is an antidote to the despair that many of the residents feel. Even in the midst of abuse, a child is born, a son is given. And his name shall be called Caleb.

Whether in Bethlehem or Bethany, join us in welcoming a new birth. Both babies deserve extra special care.

Arts Council offers opportunities for artists to work in KY schools

January 15th is the deadline for artists to apply to the Kentucky Arts Council's Arts Education Artist Roster. Acceptance on the Artist Roster enables artists to be eligible for participation in the Kentucky Arts Council's Teacher Initiated Program. Inclusion in this roster is also beneficial to artists interested in working in other Arts Council Arts Education programs: the Alternative Connections Program for youth-at-risk (formerly Youth Center Initiated Program (YICIP)), ArtsStart! for residences in early child hood education, and the Renewed School-Communities-Arts-Partnership Program.

The criteria for selection includes evidence of high-quality artistic work in visual or performing arts (including theatre, dance and music), literary arts, folk and traditional arts, and media arts or any combination of art forms. Prospective artists must also demonstrate that they have the skills and competencies needed to work with teachers and students in designing and implementing arts programs. The Artist Roster helps place professional artists into residencies in Kentucky Schools to work, demonstrate their art forms, and share their ideas, creativity, and talents with students of all ages. Professional artists from both within and outside Kentucky, age 18 or older, may apply.

Guidelines, instructions and application for the Artist Roster can be found on the KAAS Web site at www.kyarts.org.

Under Arts Education. For more information regarding artist residencies and other Arts Council arts education programs call Arts Education Program Director John S. Benjamin, toll free at 502-564-2676.

Blessings of the Season



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from your friends in the
Rockcastle County P.V.A. Office

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Giving the gift of safety this holiday season

Giving and receiving toys during the holidays is supposed to be fun, but buying toys that are not age appropriate for a child can turn play time into an unpleasant experience.

"Younger children can get frustrated by playing with toys and games that are not suited to their physical or mental capabilities and they may have small parts that are dangerous for the younger child," said Birka Kravie, R.N., Children's Hospital Foundation, Office of Child Advocacy of Kosair Children's Hospital.

When purchasing toys and games this holiday season remember to look for toys that are:

- Well-constructed, durable and safe for the child's age

- Suited to the physical abilities of the child

- Appealing and interesting to the child

- Suited to the child's mental and social development

Kravie recommends that parents look for and read age and safety labels on toys and explain or show children how to use toys properly and safely. It also is a good idea to keep toys intended for older children away from younger children and to check toys periodically for breakage and potential hazards.

Even innocent-looking toys --

such as marbles and balloons -- can present dangers to children. When selecting a toy for your child, avoid the following:

- **Toys with small removable parts.** The small parts that can be removed from the toy can pose a choking hazard to children under age 3. Use a small parts tester (which can be purchased at a toy or baby specialty store) to measure the size of the toy or part. If the piece fits entirely inside the tube, then it is considered a choking hazard.

- **Toys with sharp points or edges.** Children may unintentionally cut themselves or another person.

- **Propelled toy darts and other projectiles.** Propelled toys can cause cuts or serious eye injuries.

- **Toys with strings, straps or cords longer than 7 inches.** They could wrap around a child's neck and unintentionally cause strangulation.

- **Electrical toys.** They are a potential burn hazard. Avoid toys with a heating element -- such as batteries or electrical plugs -- for children under age 8.

- **Toys painted with lead paint.** Exposure to lead can result in lead poisoning, causing serious damage to a child's brain, kidneys and nervous system.

- **Toy cap guns.** Paper roll, strip or ring caps can be ignited by the slightest friction and cause serious burns.

- **Toys that have been recalled.** Check the Web site of the U.S. Consumer Product Safety Commission (www.cpsc.gov) regularly to obtain information on recent toy recalls. Return to manufacturers the warranty and product registration forms for new toy purchases to ensure that you will be notified of any recalls.

It also is important to select gifts appropriate for a child's age. Many toy-related injuries occur when parents think a child can play with or operate a toy intended for an older age group. For instance, when a label says, "This toy is not appropriate for children under 3," it isn't because the manufacturer thinks the item might be too tough for a 24-month-old to figure out, but because the toy may pose a choking hazard for younger children.

While shopping for holiday gifts, use the following age-specific description of appropriate toys and games to purchase presents for kids on your shopping list:

Newborn to one-year-old - Choose eye-catching toys that appeal to a baby's sight, hearing and touch.

1-to-2-Year-Olds - Buy toys that will withstand a toddler's curious nature, such as stacking toys or sturdy dolls.

3-to-5-Year-Olds - Look for toys that are experimental and imitate activities of parents and older children.

5-to-9-Year-Olds - Find toys and games that help children promote skill development and creativity.

10-to-14-Year-Olds - Purchase scientific activities or toys and games that encourage hobbies.

When giving bicycles, in-line skates, scooters, skateboards or sleds, always include protective gear. In 2001, 134 children were killed in bicycle-related incidents and injuries resulting from bicycles, scooters, skateboards and in-line and roller skates accounted for well over half a million emergency room visits for children ages 14 and under.

Give a gift to hungry Kentucky families this holiday season

In one of the world's most prosperous countries, 13.5 million children were hungry in 2003. In Rockcastle County, more than 23 percent of the population lives with food insecurity.

This holiday season, you have the opportunity to make a difference and help hungry families by teaming up with God's Pantry Food Bank. With a financial donation, God's Pantry will send holiday greetings to your friends, loved ones and associates.

"For a \$1 donation, God's Pantry Food Bank can distribute \$10 worth of food," said Marian Blanchard, executive director. "I don't know where else you can have such a profound impact on someone's life with your generosity than by helping them simply put a meal on the table for their family."

Individuals or corporations can make a tax-deductible gift by sending a donation and a list of names and addresses to: God's Pantry Food Bank, 1685 Jaggie Fox Way, Lexington, Ky. 40511, fax 859-254-6330.

Gift cards will be sent that include the message, "God's Pantry Food Bank has received a gift in your honor from (donor's handwritten name). We hope your holiday will be blessed knowing this gift will help feed the hungry of central and eastern Kentucky." VISA, MasterCard or American Express donations are accepted by phone at 859-255-6592. (Minimum donation of \$5 per card accepted).

"For that person on your Christmas list who has everything and it's difficult to buy for, you can make a \$25 gift in their honor to God's Pantry and provide 137 meals to Kentucky families in need," said Blanchard. "What a great gift to embody the true meaning of the holidays."


Last year in Rockcastle County, God's Pantry and its member agencies distributed more than 19,600 pounds of food valued at more than \$31,000 to families in need. This year God's Pantry is operating its Mobile Pantry program in Rockcastle County. Each month the program brings emergency food boxes to 100 needy families that have been referred by local social services agencies.

The mission of God's Pantry Food Bank is to reduce hunger in Kentucky through community cooperation making the best possible use of all available resources. We serve 49 counties in central and eastern Kentucky. Last year, God's Pantry Food Bank and its member agencies distributed more than 10 million pounds of food to more than 120,000 individuals.

God's Pantry Food Bank is a member of America's Second Harvest, the Nation's Food Bank Network. Through community partnerships and distribution of food to 50,000 agencies, America's Second Harvest collectively works to assure that people in need have access to a balanced diet. For more information visit us at www.godspantry.org or www.secondharvest.org

God's Pantry Member Agencies in Rockcastle County:

- CAP Family Life Abuse Center
- CAP Family Life Child Development Center
- CAP JobStart West
- CAP Manager of Volunteer Houses
- CAP Mount Vernon Volunteer House
- CAP Outreach Services
- CAP Rainbow Respite Care Center
- CAP Renfro Valley Volunteer House
- CAP Rockcastle Youth Center



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To Our Good Neighbors At CHRISTMAS

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Happy Holidays and heartfelt thanks!

Rockcastle Sheriff Darrell Doan & Patricia

Deputies Nathaniel Price, William Harris, Joe Rush, Kenny Holt, Rick Brummett, Derrick Price, Bill Mink, Mike Peters, Matt Bryant, Barry Adams, Jason Kirby, Bo Harris, Ronnie Bradley, Ronnie Bradley, Jr. Connie Bullens and Sue Robinson

Central Body Service

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Meeting challenges, helping families in 2004



My Richie Farmer,
Commissioner of Agriculture

My first year as your commissioner of agriculture has been challenging and educational. I have had the privilege of meeting many wonderful people across the Commonwealth. Along the way, the Kentucky Department of Agriculture has accomplished many great things and has set the stage for more accomplishments in the years to come.

The Department made great strides toward establishing an animal identification system that will enable us to trace an animal to its point of origin within 48 hours in the event of a disease outbreak. We are on schedule to begin identifying every agricultural premise in the Commonwealth, a crucial first step to creat-

ing a workable animal identification system. The need for this system really hit home when the U.S. Department of Agriculture reported an inconclusive test for mad cow disease in an American cow in November. At the Paris Stockyards, buyers heard about the announcement by cell phone literally minutes before that day's cattle auction began. The news immediately dampened prices at the sale. The incident made it clear that our livestock industry could suffer serious and long-lasting damage if we are not prepared. That damage would ripple into every corner of Kentucky's rural communities as farm families would have less money to spend on food, clothing, housing and everything else.

We simply must have the tools in place to contain a disease outbreak and assure consumers that our food supply is safe. Along with our work in animal identification, we took steps in 2004 to get our staff the equipment and training they need to respond to a disease outbreak or other agricultural emergency.

It seemed like plant and animal health were at the top of our agenda throughout 2004. We acted in response to outbreaks elsewhere in the United States of vesicular stomatitis in livestock and sudden oak death in plants. We kept up the fight against West Nile Virus. If soybean rust attacks our crops next year, we'll be ready.

The KDA's marketing office had another great year helping our food producers sell their Kentucky Proud products. Governor Fletcher and I in August announced a new program for state resorts to buy Kentucky Proud produce. Our marketing staff helped Washington County pork producers sell 12,000 pounds of pork to Churchill Downs on Kentucky Derby week. With our international marketing staff leading the way, Kentucky led the Southeast Region in agricultural exports.

It's been said that if you don't notice a basketball referee, then he's doing a good job. If that's true, then our consumer and environmental protection office had a great year. The Department touches consumers every day through our regulatory activities, which include inspections of gasoline pumps, scales and amusement rides, just to name a few. Regulatory compliance is our goal, and our regulatory people work hard to protect the safety and well-being of the public. Like referees, our employees don't always get the credit they deserve, so I want to publicly thank them for all their hard work on behalf of you, the consumer.

The KDA is in the food business, so it just makes sense to me that we should do all we can to get food to the people who need it the most. We participated in benefits for Kentucky food banks and diverted USDA commodities to help hurricane victims in Florida.

I'm proud of our professional, conscientious staff for everything they accomplished this year to keep our farmers on the farm, lift the standard of living of our rural communities, and protect the consumers of Kentucky every day.

We face some serious challenges in the months and years to come. With the tobacco quota buyout, the state's rural economy will never be the same. I like to look at challenges as opportunities that are waiting to be found, and the buyout is going to create all kinds of opportunities for rural Kentucky. The Kentucky Department of Agriculture is leading the way to help our farmers succeed and our rural communities prosper.

Thoughts on Holiday grief

For many people who have lost a loved one, the holiday season can be a very painful time. Instead of the warmth, love, and excitement we may have been accustomed to experiencing during the holidays, we now may face this time with a sense of dread. As Linda, whose husband died earlier this year said, "I wish I could cut November 15 until January 2 out of the calendar."

Theresa Hildebrand, Bereavement Coordinator at Hospice Care Plus, provides some tips on ways to help make it through the holidays. She says, "Remember it's okay to feel whatever you are feeling. It's okay to cry or not cry, to laugh, to be sad, to be jealous, to enjoy parts of the holiday. In short, feelings are neither good nor bad, they just are." There are steps you can take to help give the holidays new meaning. It can become a time to cherish the gift your loved one has been, and continues to be, in your life and the life of your family.

Many families plan together to find ways to remember the person that died. A Richmond family cooks their dad's favorite food each Christmas Eve. Another family puts up a Christmas stocking and family members write down favorite memories they had with their grandmas. Then together they read them at the end of the holiday season. Some families get a beautiful candle and light it at various times throughout the season. Other families have a special ornament they hang on the tree in remembrance of their deceased family member. Many people make donations to their favorite charity in memory of their loved one.

Ms. Hildebrand reminds people that it may be necessary to change your usual traditions for this year. She encourages families to talk to each other as honestly as possible and

together try to find ways that will make the holidays bearable and meaningful for everyone. In addition, it is important to take good care of yourself physically. Try to eat wisely and get plenty of sleep. If sleep is difficult, make time for plenty of rest. Consider taking a multi-vitamin. Don't force your energy. A sick body will only add to your difficulties.

Finally, be gentle with each other. People grieve differently and hurt in different ways. Try to be tolerant and open minded of others. Cut each other some slack. Ms. Hildebrand notes, "Perhaps the best gift of the season is the gift of love, companionship, and gentleness towards another grieving person."

Feel free to call Hospice Care Plus with questions: 859-986-1500, or 1-800-806-5492.

a load of thanks

It's time to deliver our message of goodwill and gratitude to the many kind folks who have visited us this year. Have a very merry season!

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

John 3:16

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

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Red Glare

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Volume XXI

Issue Number 3

The Red Glare is yours monthly,
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What's Inside:



*Interview
with Santa

*What to
buy a boy
for Christ-
mas



*Your favor-
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*Christmas
Organiza-
tions



Students look forward to European experience

By: Amy Parsons

The Louvre, a former palace, is one of the most beautiful and well-stocked museums in the world. Located in Paris, France, it's a spot where thousands of people from all over the world visit everyday. Vatican City, set in the middle of Rome, Italy, is the world's smallest country, not to say one of the wealthiest and most highly guarded. Soon a few students from RCHS will be experiencing these wonders first hand.

From June 6-16 10 students and art teacher Les Scalf will be touring Europe studying the fine art the areas have to offer.

The students were selected by Mr. Scalf.

"I extended an invitation to serious art students, students that have shown a gifted ability in the arts," Scalf said.

Some of the highlights of the trip include Big Ben, Eiffel Tower, St. Peter's Basilica, and the Colosseum.

"I thought it would be a good opportunity for [the students] to get a visual art instruction outside the classroom. The art and art history they'll see will be more meaningful because they can see the techniques and applications," Scalf commented. "Paintings in a book are dull and you can't see the rich quality of the paint."

This trip will open the students to a new world and they are very excited.

"I'm most looking forward to seeing all the different parts of the world that

See "EUROPE" on
page 19

Holidays changed as war in Iraq rages

By KYLA FRENCH & MEICHA LINDSEY

Christmas is about family, but several families will be separated for reasons out of their control. For Jeff Stevens, currently serving in the military in Kuwait, this Christmas may be a lonely one.

As Stevens won't be able to come home this Christmas, the family that he left behind is coping the best they can.

"The holidays are very depressing," said Stevens' sister Jill Ponder, who is also coordinator for Youth Services at RCHS. "It's just not the same."

Stevens' daughter Katie, a senior at RCHS, has found her own ways to make the holidays special.

"This is the first time our family has been separated over the holidays," said Katie. "So, we had a



RCHS Football Coach Tom Larkey stands in front of a case lined with trophies from his twenty year career.

It's official

Coach Larkey retires

By: TRESSIE ROBINSON

The rumors have circulated and many RCHS students, teachers and football fans have been asking themselves the same question: Is Coach Tom Larkey really going into retirement?

After 20 years as head coach, it is official: Tom Larkey is retiring, effective this week.

"I am hoping to stay at home and relax or maybe do a little traveling," said Coach Larkey. "I still plan on

doing some coaching and possibly some substitute teaching."

There was speculation that Coach Larkey planned on retiring last year.

"I had mentioned retirement last year, but I thought I'd better stick around for another season," he said.

Tom was a coach at Laurel County High School from 1972-1982, and then he went on to coach at Cawood for two years. He was offered the head coaching position

at Rockcastle in 1984 and has been here ever since.

In his 20 years at RCHS, Coach Larkey accumulated 184 wins with only 56 losses. After a losing first season (the team went 4-6 that year), he has had a winning season ever since.

In his twenty years at RCHS, he has won two state runner-up titles.

See "Larkey" on page 4

Christmas party before he left."

The family tries to keep a positive outlook on the holidays, even though they are missing an integral part of their family.

"I just feel it's his job and he gets paid to do it," said Katie. "I worry about him."

With all of the talk about the war, family members are trying to support the troops, even though they may have differing opinions about the war itself.

"I support Jeff's beliefs and devotions, but I don't agree with what's going on," said Ponder. "There are many countries that we could be doing this for."

As Christmas quickly approaches, Stevens' fam-

ily hopes to hear from him, but are not sure they will.

"He has called his mom and tried to call Katie, but we've had no response through any e-mails," said Ponder. "Of course, we imagine the worst."

The media and the news are not helping to comfort them any, either.

"I don't watch the news all of the time," said Katie. "I don't like it. It's sad."

As we all gather with our families over the Christmas holidays, stop to remember those who cannot be with theirs, like the Stevens, and enjoy the time you have with yours.

D
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- 1- A/A Schedule
- 2- Club Day
- 3- BBB@ Knox Central
- 6- GBB Bates Creek @ RCHS
- 7- Academic Team @ Southwestern
- 9- Finals 2nd and 4th blocks; Financial Aid Workshop
- 10- Finals 1st and 3rd; BB Double Header- Jackson @ RCHS (Dance after game)
- 11- BBB @ Warrior Classic; Rifle Team State Competition
- 12- Football Banquet @ 2:00
- 13- Chorus Concert @ 7:00
- 14- BBB @ OBI; Band Concert @ 6:30; Career Expo
- 15- A/A Schedule
- 16- Double Header- Clay Co. @ RCHS
- 29- GBB- Deep South Classic; BBB- Barn Storming Classic



Wow, I might actually go in there if HE was on sale!



What clothing stores are selling now

BY AMY PARSONS

The holidays are hectic. Enough said. The many trips that are taken to the mall searching for that perfect gift seem to become more and more of a "needle in a haystack" search. Every once in a while though, while shopping one stumbles upon something that makes their day go by a little bit smoother and be a little more brighter. Whether it's an additional 25% off, the perfect color stuffed at the back of the shelf, or a free gift with purchase, any unexpected surprises are welcome.

The other day, while my family and I were meandering through a mall, I saw something that surprised me. As I was walking past store after store I lifted my

head, and what to my wondering eyes should appear but a girl in a mini shirt and a boy with a shirt nowhere near. Now I say boy because the model could not have been any older than me. Apparently Abercrombie & Fitch has brought the idea that no clothes sells clothes to the forefront of their stores, literally. When did it come to this? A guy standing chest bare in the middle of a mall full of children and the elderly just isn't right. At first I thought, "Is this legal?" Then I saw that his boxers were branded with the navy logo and blaring the name at any girl passing by. Now I'm not saying I did not enjoy this charade but it

just doesn't seem very logical. Sure, that Abercrombie & Fitch store probably had more girls visit that day than ever before, but most of them just came to gawk and didn't buy a thing; they were too distracted!

When I saw the half naked guy standing in the middle of the mall I was caught off guard, at first by the sight of his less than perfect abs, yes, but then by the fact that marketing strategists have resorted to include such tactics.

Maybe if they were advertising a gym I could understand, but a clothier? If stores are going to continue, this genius practice I would suggest not getting models that are humped over with their arms across their chest with a look of sheer fright across their faces.

The Red Glare

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All letters to the editor should be given to Ms. Norton in room 116 or a staff member. Letters should be limited to 250 words. The staff reserves the right to edit any letter or refuse to print submitted material.

Finally!!! Snow!!!

Christmas movies on T.V.

Going Christmas shopping

Getting schedules changed before the semester begins

Finally getting to watch a video in class



Not enough snow to get out of school

They're the only thing on to watch

Nothing left on the shelves

Not getting a class you want because it's full.

Taking a test over it the next day

DOWN THE HALL

What will you get in your stocking? Candy or coal?

Teens have a lot to fight for

By: ANONYMOUS ME



If you're wondering about my disguise then my explanation is that I am incognito, hiding from those individuals

that saw my last article as an attack against them and the traditions that they participate in. If I hurt anyone's feelings because of what I wrote then I apologize...Not, I meant it and I guess they just misinterpreted it. But now I have bigger fish to fry.

To be a teenager is to be a person constantly in limbo, fighting with yourself, fighting with your family, fighting with your peers. Perhaps the hardest fight, the fight that has the most at risk, the battle that if lost would mean complete destruction of your inner soul, is the struggle to find oneself: to find our inner essence, our spirit, our true calling, our purpose for existence.

Everyone is searching for their place in the world, but teens are in the area of their lives where the search for one's inner-self is most crucial. This time can be compared only to middle age for its importance

to the individuals' mind, body and spirit.

To find our meaning in the world we often look to outside influences. We find our own opinions formed for us by TV, peers, family or sometimes the school system. We let these things influence us because we do not yet wish to speak our own voice because we fear what the repercussions of our actions may be.

We need to learn to stand alone and speak our minds-- actually show that we have been listening all these years, but now we wish and demand to be heard by everyone else.

We must stand up, look our problems in the eyes and say our minds for what is the only true salvation that a soul can feel. To be heard is what every person, no matter their age, race, religion or place in society deserves.

God gifted us with the power of free will; not so we could stand by

and have our decisions made for us by a select few, but to rise above the masses and be heard by those who dare to force us down and spit upon our dreams as if we were nothing more than cattle for them to lead to the slaughterhouse and have their way with our hopes and fortunes.

We must not become lost on our journey to find some form of peace or stability in this world. We must hold fast and not let anything make us waver on our personal paths to our one undeniable destiny. We cannot seek the end but we should cherish the journey.

We need not delude ourselves with such things as drugs, alcohol or other vices that belittle us. Instead, we need to look toward the great books of knowledge or interpretive art or the majestic sports and beautiful music that we may find in our society. We must cherish the knowledge that has been distilled upon us by those that have come before us on this perilous journey through the world.

So I say to you, my peers, hold strong to the parapets of your beliefs and moral codes, for the battle to defend our very individuality that we are in a rigorous struggle to find ourselves has just begun.

We need to learn to stand alone and speak our minds.



"Candy, because I minded my mommy."
—Katie Burdette, freshman



"Coal, because I'm always in trouble."
—Casey Taylor, senior



"Candy, because I can do a standing tuck."
—Kim Cotrell, sophomore



"Coal because I'm a Coleman."
—Mr. Adam Coleman, teacher

A different kind of prejudice

By: ZAC PENSOLO

I would like everyone to meet the most segregated man in the world today. His name is Joe Caucasian. He is an average, white male with no direct ethnicity of his own. He is the regular Caucasian man, and he is bigoted against

What do I mean? How can a white man possibly be the main receiver of discrimination in today's world? But you know it's true, look around you. Gone are the days where African-Americans were segregated, welcome to the current situation on Earth where it's reverse and white men are those picked on, just in a less-direct way.

For example, look at college

scholarships. Many scholarships are offered for people of non-Caucasian ethnicities, like the Jackie Robinson Foundation scholarship, which caters only to minority high school students, but where are the scholarships for white people? Are we less deserving of financial aid?

How about public acceptance of racial slurs and such? If a white guy went on TV and said the N-word or made fun of a black stereotype, he would be blasted and bashed and ripped to pieces by the media. However, comedians like Chris Rock are allowed to call white people "crackers" and "flat-

butts" and make fun of the way we dance and drive, and it's funny.

I think it's a shame that our society today is called fair when it clearly is not. Hopefully, someday we will have an equal-civilization where everyone has the same opportunities and chances as everyone else, as far as race is concerned.

Don't look at my stance on this as being racist itself. I believe in equality for all, but these days, I don't see equality. I see a group of people being discriminated against all because of what our "ancestors did". Should I and my friends have to pay for the sins of our fathers? I think not.

All letters to the editor are welcome. They may be edited for length or mechanics. Please submit letters to Ms. Norton in Room 116.

Local doctors speak at RCHS Several factors contribute to delayed yearbooks



Local doctors Tony Arvin and Callie Shaffer spoke at RCHS Wednesday as part of a program devoted to promoting pregnancy prevention. Students were separated by gender and given the opportunity to ask a variety of questions. Dr. Arvin and Dr. Shaffer visited RCHS at the invitation of RCHS principal John Hale.

By: AMY PARSONS

Yearbooks commemorate school years by documenting sports, clubs, students, and other activities exclusive to high school. Baseball, prom, and graduation are all part of those memories. What would the yearbooks be like if these were cut from the pages? Not nearly as sentimental.

Most people enjoy remembering the past through the yearbooks and want to see them as soon as possible. Lately, students haven't been getting the annuals as quickly as most would like. It was almost one and a half years ago that the yearbooks for the 2003-2004 school year were ordered. There are reasons for the delay, however.

One reason the yearbooks are taking so long is that sports run long through the summer, yearbook staff coordinator Mrs. Angie Hendrickson said.

It's also hard to get students to work on the summer stories and pictures, she added. It's also difficult to get reorganized after disassembling her room for the annual waxing of the floors.

The option of seniors bringing in their own pictures is not a factor in making the yearbooks arrive late. The all color yearbook is not a reason for the timing either.

See "YEARBOOKS" on page 19

Expense not only obstacle to soccer team

By: COREY POWELL

"Every year we have kids who try to start a soccer team but it never gets approved," says RCHS Athletic Director Tom Larkey.

The latest attempt to start a team is led by students Derek Baker and Tressie Robinson. These juniors created a petition that quickly made its way around the high school.

However, starting a team is not as easy as signing a petition. Beginning a new high school sport is an expensive process.

"The school would have to buy equipment (soccer balls, uniforms, cleats), hire a coach, and arrange facilities," he said.

According to Larkey, the necessary equipment would cost about \$20,000. A bus driver for any away games would cost another \$7.50 an hour. Add another \$2,800 a year for the coach.

"The facilities would be the biggest problem. Decisions would have to be made where to play and practice. The school would have to decide whether to build a field or to remodel an existing field," he said. "The

See "SOCCER TEAM" on page 19

LARKEY: continued from front page

three regional titles and three regional runners up titles. "I have coached and been a teacher here for twenty years, thirty years all together," says Tom, "and in that time I have met a lot of people that I will miss. I will miss working long hours and then getting home late."

Coach Larkey's retirement will affect his coaching staff and his players, but it will also affect his family.

"Without my dad here, it will be sad and lonely," said Mr. Chris Larkey, the oldest of Coach Larkey's two sons.

"I used to eat lunch with him every day and I could talk to him whenever I wanted," he said. "Now things are different; I will definitely miss him."

It's been rumored that the retired Coach Larkey plans on moving to Florida. Although this is a possibility, it will not happen in the near future.

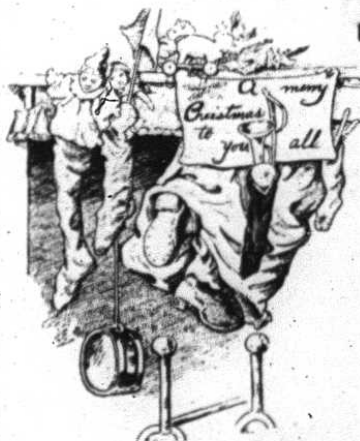
"After I get tired of coaching football, I think I would like to get a job at a sporting goods store selling sporting goods," he said. "That is what I am used to doing so I think I would like that."

Holiday Trivia

Q: What reindeer name is the same as a Valentine archer?

A: Cupid!

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Educational consultants and students participated in a book publishing workshop at the Kentucky Music Hall of Fame. In the back row: Les Scalf (art teacher), Gabe Gullifoli, Scott Cromer, Michael VanWinkle, Zac Pensol, Michael Lovell, Kyla French and Chris Mullins (Project Music Consultant). In the front row: Brandon DeBorde, Nancy Hale (Gifted & Talented Coordinator), Allison Carter, Jill Owens, Rebecca Cummins, Jody Howard, Genna Cummins, and Brandon Cummins.

Students collaborate on book project

By: Amy Parsons

Books: Everyone reads them, especially high school students. But do you know an author of a published book? More than likely you do.

For the past two years Rockcastle County High School students have compiled their work together to make one book. This year will mark the third time one of these books is published.

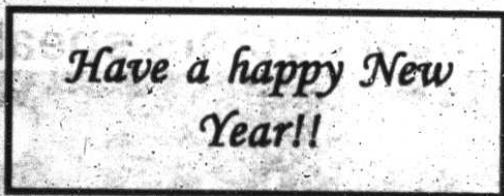
The current book project is entitled *Not What You Find, But What You Leave Behind*.

The previous two books, *There's Music in Kentucky* and *Vanishing Waters, Vanishing Lives*, won the Oasis Award presented by the Kentucky School Board Association in the one time publication category. Over 200 publications were submitted statewide.

Not What You Find but What You Leave Behind has evolved into a book more open to interpretation than the other two books, project director Allen Pensol said.

"We've really had our contributors think about where they are at this point in their lives and what do they see as an

See "BOOK PROJECT" page 15



Key Club sponsors annual blood drive



Key Club sponsored its annual blood drive Monday, November 24. According to club sponsor Mrs. Wendy King, students and teachers exceeded the goal of 49 pints; they donated 53. Above, Mrs. King sits with Key Club member and blood donor Kayla Bryant.



I heard the bells on Christmas Day
 Their old, familiar carols play,
 And wild and sweet the words repeat
 Of peace on earth, good-will to men!

-Henry Wadsworth Longfellow



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Band: Behind the Scenes

BY: MELINDA LINDSEY

What does it take to make an award winning marching band?

Hard work, determination, teamwork, and... *band camp?*

Over the summer, the 52 Marching Rockets worked hard to train for marching season.

Mornings at Camp Crescendo, began with a 6:00 AM wake up.

Once they were on the field, it was time for two hours of exercise: jumping jacks, arm circles, the "Joe" song, toe-bo, arm and leg stretches marching fundamentals, and run laps—all before breakfast.

It takes more than practice to make the band as good as it is. It takes leadership, also.

Section leaders play an important role in preparing for any performance. A section leader is someone who directs a certain section. They have many responsibilities. They include being good role models, helping the band members learn drill, music, and marching fundamentals, and to make sure that their section is doing what they are supposed to be doing.

They help band director Greg Daugherty make rehearsals and practices go faster.

Besides the band directors, field commanders probably have the most responsibilities. A field commander has to get the band onto the field, conduct the show, and get the band off the field. In addition, the field commander has to command the band to attention, to the ready, march, etc. This year's field commander is junior Allison Carter.

"Being field commander is a very challenging experience," says Carter. "It's not exactly what I expected it to be, but it's fun and it's different from the other positions in the band."

An "easy A" rumor occasional circulates about band, but low brass section leader, Rebecca Graves, thinks that band is exactly the opposite of easy.

"It's really hard. If you want to be a good instrumentalist, you have to really work hard and have a lot of determination. It's not easy at all."

Of course, senior Harold Burgett, trumpet section leader, thinks band is one of the easiest classes he has.

"All you have to do is know what you're doing and play. You

have to be on your best behavior and then you have an 'A'. There is really nothing else to it except to show up at the performances and that is about it."

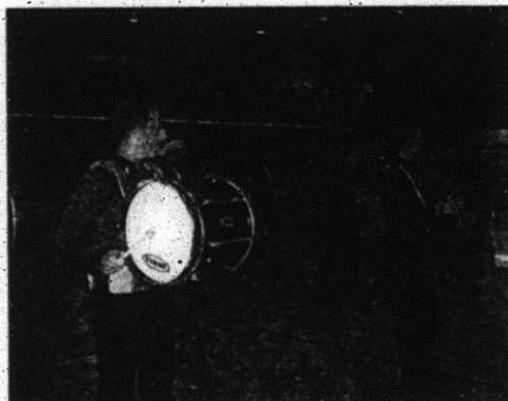
This year, the Marching Rockets impressed RCHS with their field show, La Noubra, which means "live it up." They made it to Regional Marching Competitions for the first time ever. But without the draining practices, they probably wouldn't have made it as far.

Practices consist of rehearsing and marching. The band works during the summer, during the week, and even on some Saturdays.

If all the practices were put together, the field show probably gets a straight month of practice before it is even seen. The usual after school practice is almost four hours, counting the 45 minute class.

Matt Taylor, who is a trumpet section leader said, "[After practice] I feel exhausted, but I feel like I've accomplished something."

"I feel relieved. But it just depends on what happens during practice because some practices are different than others," said



Marching season is over, but the Marching Rockets keep busy. Last week, they performed the street show they performed in the Mt. Vernon Christmas Parade.

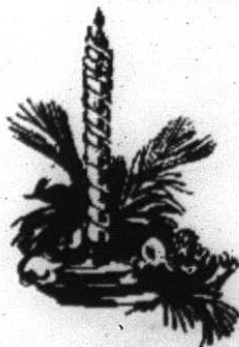
color guard captain, Kasarah Smith.

Some people think that a Marching Competition is the same as a football game performance. In some ways, it does feel the same. According to Mr. Daugherty, the biggest difference is the audience.

"I think that the home crowd really enjoys the shows, but at a marching competition the crowd is

very attentive. When a band starts to play it's really, really quiet," he said. "They're probably more responsive to the music. They get really excited about the bands because they are there just to see the bands where the football crowd is there to watch the football team. [At a football game] the band is mostly entertainment."

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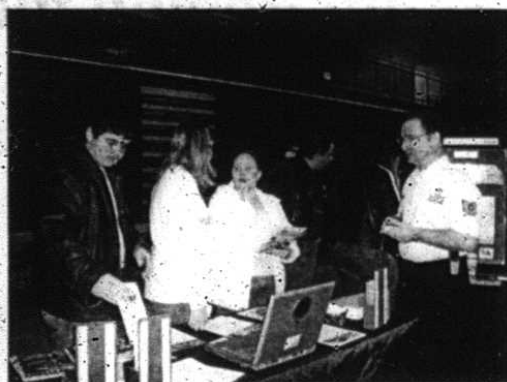
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Chris Mullins, who graduated from RCHS last year, demonstrated his skill on the guitar for several students throughout the morning. Mullins represented the Kentucky Music Hall of Fame.



RCHS students had the opportunity to meet representatives from the U.S. Armed Forces, as well as representatives from Kentucky colleges and universities. They also had the chance to stock up on some giveaway items.

## Face to face with your future

By: BILL BURDETT

Forty five organizations participated in the RCHS Career Fair Tuesday, December 14.

"That's a record. Most representatives said that this is about the biggest crowd they've ever seen," said Mr. Jesse Mahaffey, the fair's organizer.

Representatives from a wide variety of organizations handed out pamphlets, brochures and hopefully opened the doors for many students who are undecided about their future. Students had the

opportunity to visit booths from various universities, technical colleges, the armed forces, and dozens of private organizations.

"I like it," said senior Amy Parsons. "There's a lot more people than there were at the Somerset College Fair. People here are really friendly and helpful."

Tuesday's career fair shouldn't be confused with the job fair that goes on in the spring. The job fair is set up as a chance for local

businesses, like fast food restaurants, to recruit new employees directly from the high school, whereas the career fair focuses on giving students opportunities for their long term future.

"You want to give the students an opportunity," said Bart Blankenship, admissions counselor at Eastern Kentucky University. "If someone doesn't bring the opportunity, some students will never take it."



## Final semester drama productions a success



The RCHS drama class performed their final productions on December 7, with much applause. Shown left, Amy Parsons, Zac Pensol, and Jessica Holbrook prepared for *Cyrano de Bergerac*, the

final play of the production. Candace Bussell, Alicia Zavodny, and Steven Rowe (shown above) performed their play *Heidi*, the show opener. Narrenschneiden, a play about the "narren doom,"

starred Neal Depew and was a definite crowd pleaser.

The drama class will be greatly missed at RCHS, this semester being its last, but it will always be remembered for these productions.

Looking for that perfect gift for your perfect guy?

# These suggestions will make Christmas shopping a breeze

By: NEAL DEPEW

Ah, December. A chill is in the air and the last of the leaves fall from the trees. Snow will soon powder the ground and usher in the holidays. A time of happiness, caring, good cheer and, of course, the frivolous spending of grotesque amounts of money on your loved ones.

Everyone rushes around during the holidays planning parties,

cooking gigantic amounts of food or buying gifts for everyone. However, the problem that most people deal with is what, exactly, to buy for a guy. We're not the easiest to buy gifts for, but the task can be easier.

Perhaps this may seem like a task that is not all that difficult but you probably have never bought for a man that you actually wanted to get something special for. Well, if you do care for your "special guy" and want to get him something nice then this article will help you give him an extra special holiday.

First things first, though. You need to figure out what category your guy is in. Now before you start to defend your guy, this is actually

going to be helpful and not demeaning. Everyone has their interests and to buy a proficient gift for them, you have to identify this interest.

For the purpose of time, guys have been broken down into five categories: Techno Guy (a guy that loves gadgets), Metro Guy (a guy that loves looking good), and Sporty Guy (a guy that loves being active).

They may not be exactly what you want to get your man but they will hopefully send you in the right direction. So let's stop the jabbering and get to shopping.

First, let's hit the techno oriented guy. This guy enjoys buttons and shiny things more than anything else. One thing you can get him is the *Harmony*

*Internet-Powered Universal Remote*.

If he loves technology, but not the pile of remote controls that can come with it, here is the solution. This powerful all-in-one universal remote uses Internet connectivity and user-friendly configuration

tools to learn how your other remotes and infrared-enabled electronics work. Then it

incorporates their functions into one easy-to-use remote.

Use web interaction and activity buttons to "Watch a Movie," "Watch TV," "Listen to Music" and much more since the remote works

with CD and DVD players, TVs, VCRs, receivers, TiVo, HDTV, HDVCR, satellite radio and many other components that use infrared technology.

Interactive media capabilities let you select TV shows, movies or music titles from the display.

Not having to move for days at a time will make any techno junky more than happy. If only it had a refrigerator and toilet...

The next techno guy gift is an awesome mouse for your techno guy's PC. The *Microsoft Wireless Optical Mouse* is made specifically for all your techno guys' computer gaming needs.

Add style and wireless convenience to your desktop with a unique clear scroll wheel and a signature red glow. Its stylish steel blue design offers smooth, precise movement on virtually any surface and includes a clear scroll wheel for easy manipulation. Plus, its 6' range provides clutter-free wireless convenience.

There are no parts to take out or keep clean, it fits comfortably in either hand, plus it has PS/2 and USB connectivity with a 3 year warranty.

Well that takes care of Techno Guy, now let's move onto Metro Guy. A metro guy knows how to look good when it counts. And he can be pretty difficult to buy for. Lucky for you I'm here.

The gifts I've listed are available from Old Navy's website (they're likely to be in the store, too) and are winter wear to keep your guy nice and warm this winter.

Raise the temperature with superbly soft, high quality *Performance Fleece*! At only \$12.99 each you can buy your guy two and still spend less than \$50.

Next up is the Sporty Guy. Well, you might think that you could buy this guy any kind of ball, and he

would be more than happy with you, but s a d l y enough it just isn't that easy.

**V-Optics Digivogue 8 x 22 Digicam Binoculars**  
**Dick's Sporting Goods:**  
**Price: \$89.99**

The first item up to bid is a wonderful pair of binoculars but they aren't just any binoculars. They're the *V-Optics Digivogue 8 x 22 Digicam Binoculars* which combine binoculars with a digital camera.

The camera may be more than enough to satisfy your outdoorsy type of guy, but what about the indoor-couch-coach guy who enjoys nothing more than rooting for his favorite team on game day.

For him we have the *Majestic Nylon Mesh Game Jersey*, available at Dick's Sporting Goods for \$24.99. This customizable jersey will be his very own piece of sports memorabilia. He can place his name on the back and his favorite team on the front. It also comes in basketball and baseball styles.

I hope that you follow my advice and keep these ideas in my mind. But remember, it doesn't matter what is under the tree when he wakes up; it's what is in both of your hearts that make this time of the year so magical. Happy Holidays, everyone.



**Splurge on this universal remote.**  
**Best Buy: \$199.99**



**Microsoft Wireless Mouse**  
**Best Buy: \$39.99**



**Old Navy Performance Fleece Jackets**  
**Price \$12.99**

## HOLIDAY SHOPPING: continued from page 14

like boots, a Nine West watch for only \$29.99, and so much more. I didn't know how to stop at Lazarus. I told you that there is something for everyone there! Total damages: \$245.27. (I know, I know: I went a little over-board.)

9:20 a.m.  
After spending a little too much time and money at Lazarus I decide that we better head back to Richmond if I still want to pick up a few things at Wal-Mart. I have to leave this mall now or I'll never leave!

10:10 a.m.

We're back in Richmond and I'm ready to get this whole shopping experience over with. I have to admit that I did get a lot of my shopping done, but I've been up since 4:30 a.m. and I'm tired! Everywhere I have been there have been arguments over the last pink size medium sweater or the last Sponge Bob house slippers.

10:20 a.m.

We're in the Wal-Mart parking lot near the end of the lot. Once again, we didn't have much choice

as where to park. Just as we're walking in, I see a police officer writing up tickets for people parking in the no-parking zones.

I head first to the toy department to pick up a toy for my little brother and there are grown women fighting over who picked up the last Robosapien robot toy. Things were starting to get violent. Eventually, two women got in a fight over a Barbie doll and had to be escorted out by the police. That Barbie must have been gold plated or something. I don't think that I'd

ever go that extreme in order to get a stupid little toy.

By the time the whole fiasco is over I leave Wal-Mart without my Robosapien, but with a new-found sense of realization. I finally realize that I'll NEVER go shopping on the day after Thanksgiving EVER again. I don't even want to venture out the day after Christmas!

**Trivia Question**  
*Is there a city called Bethlehem in Maryland?*  
SELA

## SANTA: continued from page 14

100,000 of his carvings and has given most of them away. He is commonly featured on television for his crafts and was recently featured on news channel 27 for his visits to Wendy's as Santa Claus.

Some of us may think that we're too old to believe in Santa Claus. Whether this is true or not, you're never too old to respect a man who brings joy to children and adults alike by carrying on a legend.

So, the next time someone ask you if you believe in Santa Claus, just hold your head up high and say, "Yes I do, and his name is John Hofbrook."

# Are you ready for some shopping?

Get ready for the Christmas rush with some tips that you'll be thankful for!

By: BILL BURDETT

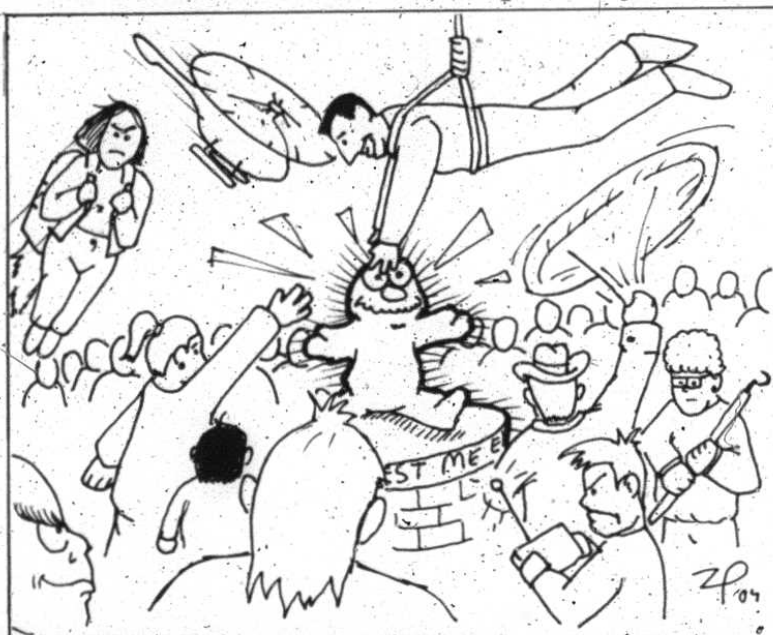
Psst... Hey, over here... do you want the secrets on Christmas shopping? I thought you did. Well, I've got 'em here!

Christmas shopping is a very competitive sport, especially on the mother of all shopping days, the "Day after Thanksgiving," which I like to refer to as D.A.T. Day. This is the day that the serious shoppers show their true colors. People from all walks of life (mothers, farmers, lawyers, even teachers) undergo an overnight metamorphosis into a rough and tumble, plastic toting, list checking, aisle running, shopping machine.

Do the turkey companies work with the toy, clothing, and electronics companies to trick unsuspecting civilians into ingesting shopping inducing hormones? Or is it just that people like to get in on the great day after Thanksgiving sales? Whichever it is, these serious shoppers are hard to compete with, but with a few tips and a little planning on your part, you'll be able to shop with the best of them.

**Tip #1:** You have to start your shopping strategy before D.A.T. Day ever arrives. You can start by making a list of all the people that you want to buy gifts for. You may think you know them well enough in your head but once the hectic planning gets started you'd be surprised at how much can slip your mind.

One great source for information and tips is someone who already knows the shopping business like Mrs. Glenna Carter. You can find Mrs. Carter out shopping in full force before the



break of dawn every year.

"It's a heck of a lot of fun," says Mrs. Carter.

**Tip #2:** You have to watch the sales papers very closely as much as a week before or longer.

Remember, knowledge is power. The more you know about the shopping sites you want to hit, the better. You should consider doing a little surveillance work. Go to the stores beforehand and scope out where everything is, especially any store that you haven't been to in a while. You never know what might have changed: stores are notorious for moving aisles and sections around. When D.A.T. Day comes

you don't want to go looking for toys and wind up in underwear.

**Tip #3:** Don't be a hero and try to do it alone; you're going to need backup. Rally your friends together. There are lots of great strategies you can pull off when you've got people to work with. You should plan with your friends things like what time you're going to meet, which group member's vehicle you're going to take, how many vehicles you're going to take, what kind of suggestions they may have, what stores to target, and any other logistics that you may have concerns about.

**Tip #4:** If you're planning on

doing major shopping you're going to need a place to put it all. Unless you have a magic bag like Santa Claus, you're going to either need a huge vehicle or a place to stash your load. Take a lesson from your dog when it digs a hole and buries a bone to be retrieved later. You may need a place to unload your gifts in order to make room for more. This is something else you should plan out with your fellow shoppers so put your heads together and see if you can think of anywhere you could stash your stuff like a family member's house or office.

**Tip #5:** The Thanksgiving Day newspaper is the most important

one you can get for Christmas shopping. It is crucial that you obtain one. This paper will have information on all the D.A.T. Day sales. You may want to get up extra early to get one of these papers. You may find yourself lost if you don't know what items are marked down where. Imagine how you would feel if you found out you bought Jack a DVD player for \$107 at Best Buy when you could have gotten it for \$27 at Circuit City.

Study this paper closely and go over it with your shopping buddies. Just don't get too carried away and forget to baste your turkey or let your potatoes burn.

**Tip #6:** On the morning of D.A.T. Day you should wake up particularly early. The true shopper's motto is "the early bird gets the worm". The earlier you get there the better the chances are that you'll get every thing you want.

When you get to the store take advantage of having your shopping buddies. Each of you should split up and go raid a different part of the store; the faster you get done in one store the faster you can move on to the next one.

One great tip from D.A.T. Day shopping enthusiast Mrs. Carter, is to have one person get in the check out line to save a space as soon as you get inside the store. The lines will probably be so long that the person will likely still be waiting when you finish your shopping.

You should also watch out, those stores can get kind of rough on D.A.T. Day. You may see people getting in to fights. Don't let yourself get caught up in this kind of immature behavior. You wouldn't want to spend the rest of the holidays in the slammer.

For the most part people get a real kick out of shopping on the day after Thanksgiving, the thrill of the hunt, the challenge of the competition, and not to mention saving money on gifts for people you care about. So now that you know the ropes, start your planning and have fun with your shopping expedition. Good luck out there in the field!

Oh, by the way, don't get too carried away. I mean, after all, you have to save something for the Day after Christmas sales.

## How much money will you spend for Christmas?



\$200

Holly Kidwell-Junior

\$500  
Polly Abney-Staff Member



\$50

Corey Powell-Senior

\$0  
Johnny Mackey



# Local organizations, clubs work



Tabitha Saylor, with the Rockcastle County Migrant Program, prepares gifts for delivery throughout the county.

Imagine waking up on Christmas morning and running to your Christmas tree, only to find that there are no gifts waiting underneath. Imagine looking forward to your family's annual Christmas dinner, only to find that your parents do not have enough money to buy the food. These situations are very real for numerous families in Rockcastle County. However, with help from organizations around the county, many Rockcastle families will have a more plentiful holiday season.

#### A LOCAL SAVING GRACE

In effect for 32 years, The Daniel Boone Development Council helps those in need throughout Rockcastle and surrounding counties. With the help of the federal government, they do everything from financial counseling and emergency assistance to repairing weather-damaged homes and assisting people pay their heating bills.

"We go as long as the funds do," said Betty Bussell, an employee of the DBDC. "If we can't help, we'll refer them to someone who can."

The Daniel Boone Development Council is in charge of Ashlee's House on Main Street in Mt. Vernon. Established in 1995, it is named in honor of Ashlee Carter, an RCHS student who died tragically in a car accident. Her mother, Bussell, and colleague Nancy Meadows, run the organization. It includes a homeless shelter with three apartments.

With offices in Rockcastle, Jackson, Clay and Laurel Counties, people in need can find help at each of the offices.

"We do not find the people," said Bussell. "They seek help themselves."

#### ORGANIZATIONS THAT CARE

When disadvantaged students in Rockcastle are facing a harsh Christmas season, Youth Services is there to help those at risk.

"At risk can mean academically, socially, emotionally...just whatever way a student's struggling," says Jill Ponder, Youth Services director.

# to make every Christmas happy

During the holidays, they take names of students who are in need in the county and cross-reference them. Then, they get a Christmas basket together for the underprivileged students at the high school.

Youth Services does not spend very much on the students out of their own funds.

"We don't have any money in our budget," said Ponder. "We act as a go-between and try to hook them up with a sponsor."

They connect the students with a church or a particular person, and they organize the entire thing themselves. They can buy things for the church or person to give to the student, or they can simply give gifts directly to the students. Due to the fact that Youth Services' money has slowly been cut by the government, they are unable to do as much as they would like.

"There's not a kid that will go without, if we know it. I've even done it [bought presents] out of pocket before," said Ponder. "That's basically how anyone on our staff here is."

Kim Hunter, with the Rockcastle Middle School branch of Youth Services, says that the feeling of giving is very rewarding.

"It gives you a good, warm feeling...we're blessed with so much, we sometimes forget those that are in need," said Hunter.

The Migrant Program also has a successful Christmas program.

"We try to make sure that every child that wouldn't get a gift gets a gift," said advocate Charlie Napier.

This holiday season, the Migrant Program has aided approximately 65-70 families, according to Napier.

"I don't ever see us letting down the children of the county," said Napier. "I have faith in that."

Napier also said that it feels good to know that the Migrant Program is literally making the children's Christmas.

"It's a duty," said Napier. "And it is also a responsibility to take care of our children."

## CLUBS WORKING FOR A CAUSE

Book Club recently conducted a food and book drive for the Mt. Vernon Mission, an organization run through First Baptist Church in Mt. Vernon. Canned food, peanut butter and meat-type items, such as canned ham, were accepted. However, mostly children's books were accepted for the book drive because many of the

families that are served by the Mt. Vernon Mission have small children, according to the advisor Janet Wells.

At the conclusion of the food drive, the Book Club had collected approximately twenty canned food items and thirty children's books.

"We did the food drive last year," said Wells. "The Book Club members liked it so much they suggested we do it again."

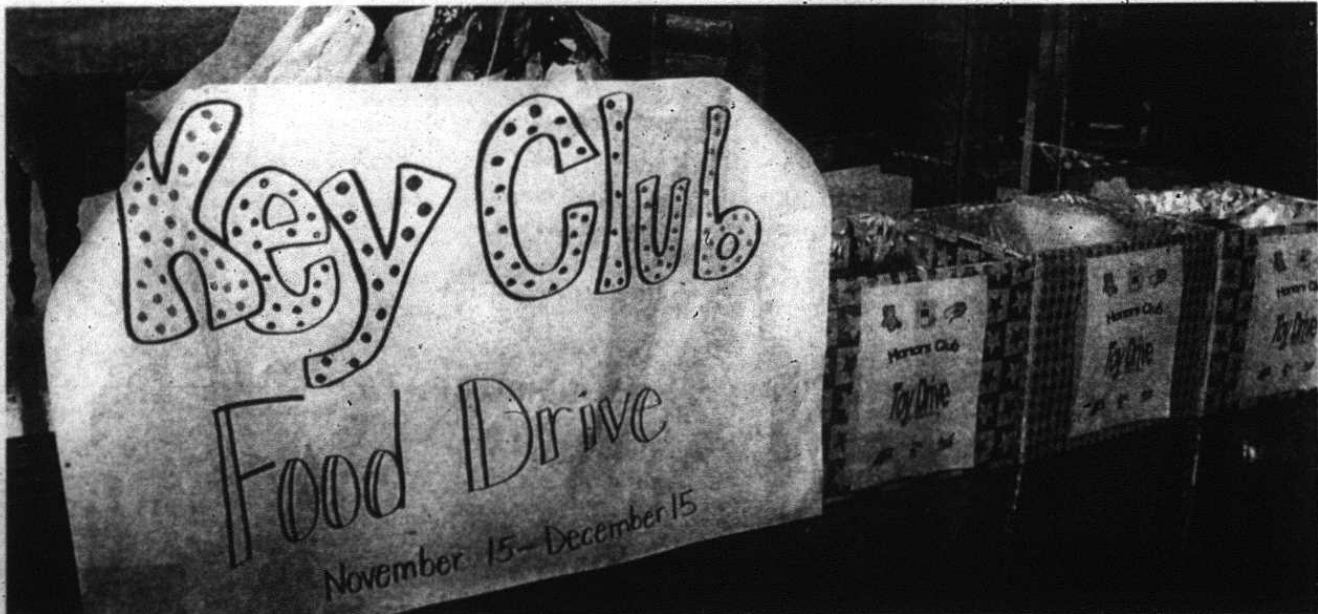
The Key Club collected non-perishable food items for the First Baptist Church in Mt. Vernon, which in turn will give them to the homeless around the county. Local businesses donated money, which will be used to purchase more food. Before school dismisses for Christmas-break, all food will be distributed.

"I think all Key Club-members have proven good citizenship throughout the year and not just throughout the holiday season," said Wendy King, Key Club advisor.

Among the numerous other clubs conducting charity drives this holiday season are the Chess Club, who conducted a canned food drive and the Honors Club, who conducted a toy drive.

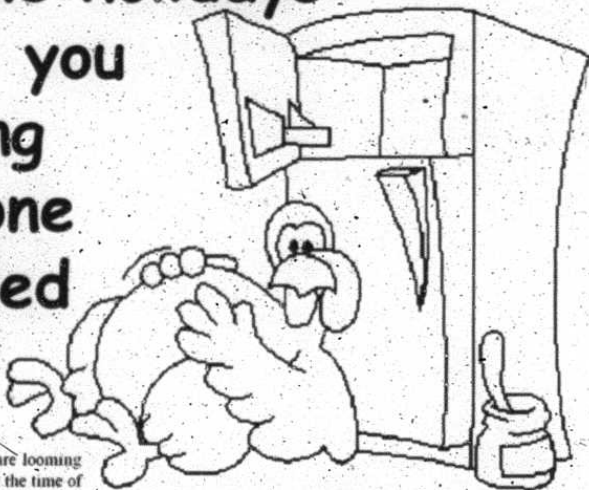


Gifts cover the floor in the waiting room outside the Youth Services Center. Every year, numerous individuals "adopt" a Rockcastle County student from the five schools in the district. These individuals purchase gifts for the child and deliver them to the school.



Several RCHS clubs, including Key Club and the Honors Club held food and/or toy drives during the weeks before Christmas.

# Do the holidays leave you feeling like one stuffed bird?



By: MARGA HENSLEY

Ah! The holidays are looming over us all and it's just the time of year to start shopping, planning parties, and gorging ourselves on a delectable foods. However, what is one to do about eating healthy through all of the chaos and confusion? You may find it difficult to believe, but it is possible to eat smart while still savoring all the delights of the holidays!

#### Make Over Your Meal

Yum... does the sound of glazed ham, buttery potatoes, and warm pumpkin pie make your mouth water? Now consider this: your average holiday meal is most likely over 4,000 calories just for one sitting. One meal is equal to about the average caloric intake for two days!

How can you avoid the double dose of calories?

"Changing the food isn't always necessary; change your portion sizes," said Melody Jones, Dietetic Intern from Rockcastle Hospital.

If you go back to the table for seconds (even thirds!) try to limit yourself to just one helping. Also, don't try to eat everything on the table. Instead, take only your favorite dishes.

What if you like everything on the table? Take only a small serving of each dish.

There are other ways to cut the calories without cutting out your favorite holiday foods. All you have to do is substitute fatty foods and know what foods are the best to consume.

The healthiest foods to eat during the holidays may surprise you.

How about pumpkin? Eating pumpkin provides tons of vitamin A and fiber. High levels of beta-carotene and vitamin C make sweet potatoes a great vegetable for holiday

meals. Would you believe that turkey is actually good for you? Of course, it mustn't be slathered with gravy or have the skin on it, but turkey is a great source of protein. If roasted, it contains basically no fat.

If you're doing some of the cooking this year, try to use low-cal or low-fat products in place of high fat. For example, if a recipe calls for milk, use skim milk instead of whole. If a recipe calls for eggs use an egg substitute. Substituting the little things in recipes doesn't mean that you are substituting the taste. Just because a recipe turns low-cal or low-fat doesn't mean it loses flavor.

#### Curb Your Cravings.

During Thanksgiving are you al-

ways looking for something to tide yourself over until dinner? Why not try drinking water before you eat your big meal. Water can actually make you feel full. This means you probably won't eat as much during dinner, which means you're less likely to overeat.

If you are not much on water try snacking on high-protein, low-fat foods. For example, an apple or a few crackers will keep your cravings suppressed.

Always remember to prevent cravings throughout the day by getting enough sleep, exercising, and not skipping meals.

"Don't skip meals. This can lead to overeating at holiday dinners," stated Jones. "Enjoy your foods in moderation."

#### Diet While You Shop

Who doesn't eat when they're out shopping for the holidays? Just remember to eat within moderation and not to go for the high-calorie items on the menu. Why not try eating a grilled chicken sandwich instead of eating a cheeseburger, or eating baked chips instead of fried at a fast food restaurant? Just remember to keep track of what you eat and try not to splurge just because you are eating out.

"Studies show that most people gain 5-10 pounds from Thanksgiving to January," said Jill Stevens, Director of Dietary at Rockcastle Hospital. "It doesn't have to happen if you plan ahead."

#### Enjoy Yourself

The holidays may seem to be a time of hustle and bustle, but just relax and enjoy yourself. Getting stressed out can cause you to overeat and gain excess pounds, (not to mention making everyone around you think that you're crazy).

"It is a holiday. You overeat a little, it's okay," stated Stevens.

## Guidelines to a Healthy Holiday

### ◆ DON'T DO LOW-CARB OR NO-CARB FOODS

Atkins desserts, recipes, etc. are NOT healthy!

### ◆ FOLLOW THE FOOD GUIDE PYRAMID

Make sure that you include foods from every food group into your meal.

### ◆ DO GO REDUCED FAT, SUGAR, OR CALORIES

Reducing amounts of fat, sugar, or calories in a recipe or foods is definitely a good idea. Reducing amounts of bad-for-you foods is always a plus.

### ◆ WATCH SERVING SIZES

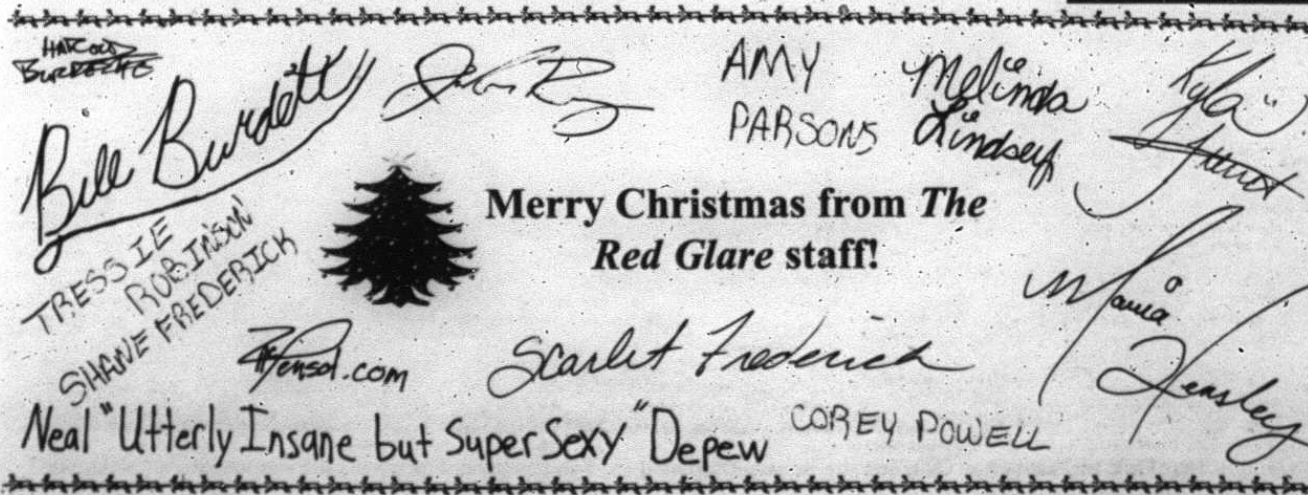
Yes, it is the holidays. Yes, you will probably eat more than normal, just don't become a glutton. Moderate your amounts.

### ◆ GET ENOUGH EXERCISE

Just because it's the holidays doesn't mean that you should cut out important activities. (It's also a good way of relieving stress from the holidays!)

### ◆ AIM FOR A HEALTHY DIET YEAR ROUND

Stay healthy the entire year and you won't have to worry about changing your diet.





It's Saturday night and you're headed to the movies, but where?

# Deciding Which Theater to Choose Just Got Easier

By: Zac Pensol

Winter is setting in and the days are shorter and colder, so there's less to do outside. What's that mean? It means that it's time to find some stuff to do inside. But forget spending quality time with your family; you know it's movies that you want to see. However, this presents a dilemma: what theater to go to? Rockcastle County has no theaters of its own, but there are several in surrounding towns.

The first five that I can think of are the Regency 7 in London, Showplace Cinemas in Somerset, Carmike Cinemas in Danville, Cinemark 8 in the Richmond Mall and Regal Cinemas in Lexington.

But which one to go to? Many factors need to be considered: distance, number of screens, other activities within the same building, etc. So I've made all that easier and broken it down for you into a few, simple categories.

**"WELL ZACH MY MAIN CONSNERN IS DISTANCE!!! I WANNA GET THERE FAST!!!!!!"**

For one, the roads will soon be slick with ice and shielded with snow, so methinks distance is the most important aspect to be considered here. Of the five theaters I named, London is the closest. It's only about a 25-minute drive down the interstate. But if London doesn't tickle your fancy,

the second closest would probably be Richmond. (yeah, I know, Somerset and Danville are actually closer geographically however, think of the roads in the winter.) Then, of course, there's Lexington, a staggering 50-minute drive. I won't even touch that.

**"ZACK!! I HAVE A 4-BY-4 SUV WITH A JET-ENGINE & WINGS & STUFF!!! DISTANCE DON'T BOTHER ME!!!!"**

Perhaps you should consider the availability of different movies at each theater. All of the theaters I named tend to have the most recent movies, but of course, more screens mean more movies that you can see. Regal beats all with its 16 screens (not to mention stadium seating... \*drool\*), then comes Somerset with nine, Richmond with eight, London with seven, and wimpy Danville with four.

**"OK!!! BUT I WANT COMFORT ZACH!!! WHERE WILL MY TUSH BE HAPPIEST SITTING?????????"**

Ok, well, this one is completely opinion-based, but frankly, I've always enjoyed London and Regal the best. As I mentioned before, Regal has that awesome stadium seating, so you don't have to worry about tall people with big hair obstructing your view. London may not have the stadium seats, but I've always found their facilities to be cleaner and in better condition than its rivals. Danville's accommodations are nice as well, certainly a step-up from the broken

seats of Richmond and the falling apart Somerset theaters.

**"BUT WHAT IF I GET THERE AND HAVE EXTRA TIME ZACK????? WHAT THEN????? HUH???"**

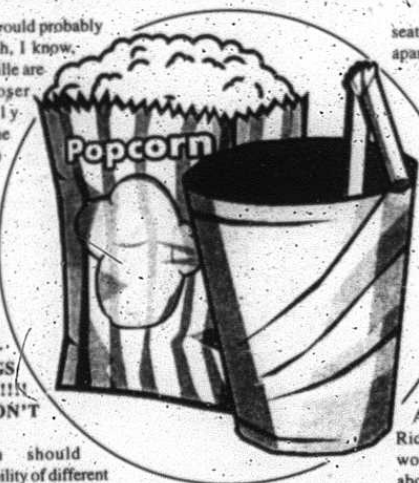
So I guess you're looking for an arcade or something, eh? Well, being winter and thus cold, I'll just rate the available activities within the theater's building, so you won't have to go outside. Richmond and Somerset come to mind first because they are housed in malls.

Anyone you ask will agree that Richmond's mall is better, so I would certainly recommend it above Somerset. As far as the other theaters go, Regal has a small arcade with a few fun games and London has a bigger arcade but the games are mostly old and not terribly entertaining. Danville's theater has around six games, so it's kind of small, but hey, something to do I suppose.

Hopefully, you now have a better insight of which semi-local theater suits you best, be it based on its proximity, its movie choices,

See **"THEATERS"**

page 15



Want more information?

Here are the phone numbers to the movie theaters I have been talking about.

Regency 7 Cinema  
London  
(606) 877-7775

Showplace Cinemas 9  
Somerset  
(606) 679-3640

Carmike Cinemas 4  
Danville  
(859) 236-7933

Cinemark Richmond  
Mall 8  
Richmond  
(859) 236-7933

Regal Hamburg  
Pavilion 16  
Lexington  
(800) 326-3264 245

## 'Bridget' not as charming second time

By: Corey Powell



Bridget's opening parachute scene is one of the film's only highlights.

As a lover of *Bridget Jones's Diary*, I was expecting to love its sequel, *Bridget Jones: The Edge of Reason*, just as much. The first movie was a classic, so I eagerly anticipated the sequel from the day I heard one was being planned.

Sadly, I was mistaken. A big letdown, *The Edge of Reason* isn't a terrible movie; it just isn't a terribly good one.

In the first film, Bridget's struggle with her weight and groans about her love life were original and funny; the jokes this time around have all been used and are unoriginal. Everything has been done before, if not by the first *Bridget* film, by other films.

*The Edge of Reason* has much of the same story as the first. Bridget finally thinks she has found love, flubs things

See **"BRIDGET"** on page 19

## Don't turn a blind eye to 'Ray'

By: Zac Pensol



I really don't know how to describe *Ray*, the biopic of the late singer/songwriter Ray Charles, starring Jamie Foxx as the blind Charles.

On one hand, it's a great movie with stunning performances by the actors, especially Foxx.

who, in my opinion, WAS Ray Charles. On the other hand, it's not a very exciting movie. It runs around two and a half hours, which is waaaay more time than needed. Sure, the film covers about 20 years of Charles's life, but still, 2 1/2 hours is a bit much. However, it was a good movie with nice cinematography, great acting, and just an all-out nice story. So if you have a lot of time to kill and want to know more about the early life of the late Ray Charles, definitely see *Ray*.

## Answers to A Charlie Brown Christmas Trivia!

1. a skating rink; 2. "of all the Charlie Browns in the world, you're the Charlie Browniest"; 3. eating dog bones and read the newspaper; 4. a lights and display contest; 5. real estate; 6. "just send money... preferably tens and twenties"; 7. she only wants her fair share; 8. wait until January; 9. needs sugar; 10. 5 cents; 11. he boos; 12. the Christmas Queen; 13. she says he kisses her, but he really just licks her face; 14. the five fingers of her clenched fist; 15. they dance; 16. a big Eastern syndicate; 17. Linus; 18. some of the needles fall off; 19. Jingle Bells; 20. Hark, the Herald Angels Sing

# Yes, RCHS, there is a Santa Claus...and his name is John Holbrook

By: BILL BURDETT

When you're in high school, you might look around and realize that there are not really all that many people who believe in Santa Claus.

It makes you wonder: Why does someone lose faith in jolly old St. Nicholas? Maybe at a certain age you come to depend on your logic and reason, realizing that no matter how much you want to believe in him, it is impossible for things like flying reindeer to exist.

Or maybe the reason that most people quit believing is because they are afraid to. They are afraid of what people will think of them; they just want to go with the crowd whether or not they like the beliefs they follow.

Why shouldn't you believe in Santa Claus? You see him all the time at the mall, on the side walk, even at Wendy's. Granted the Santas you see may not live at the North Pole or have reindeer, and their name may not even be Kris Kringle. However, these men are

what keep the legend of Santa Claus alive.

Here in Rockcastle, the man who keeps the legend of Santa Claus alive is the keychain man himself, John Holbrook.

Mr. Holbrook is the perfect embodiment of Santa Claus. Aside from his long white beard, he has just the right personality: He's the type of man who never meets a stranger; he always seems to have a magic trick nearby or may offer you one of his trademark hand carved keychains.

Mr. Holbrook is a jack of all trades. Here at RCHS most of us know him as Mr. Holbrook, the substitute teacher.

So, you may ask why does he do it? Why would such a well known, community figure take time out of his day to go to Wendy's every afternoon dressed as someone most people don't believe in?

"It makes most children happy, and grown ups," says Mr.

Holbrook. "No matter what age they are they're always glad to see Santa."

"Sometimes kids like to see me but they are afraid to talk to me," he said. "Some kids want to check my beard and pull it."

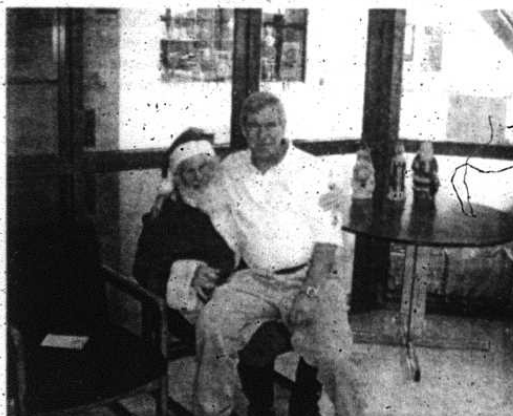
Mr. Holbrook has been bringing joy to local children as Santa for over twenty years now. He started when Wendy's was still Druther's in its old location. He originally had to put shoe polish in his beard to make it white.

The idea to begin the Santa routine came easily enough for John Holbrook.

"Well, I had a beard," explained Mr. Holbrook. "I worked for social services and I started doing it for foster kids."

Mr. Holbrook is so well suited for the roll of Santa Claus it can be difficult to distinguish where Santa ends and John Holbrook begins.

"I don't even have to have the suit on. I see kids in the summer



Football coach Tom Larkey made a Christmas wish on Santa's lap during Santa's recent visit to RCHS.

that recognize me as Santa."

People from all over the state know John Holbrook. He can commonly be found at community functions and around Renfro Valley meeting and greeting tourists. His wood carvings and

tricks are also sold at souvenir shops in Renfro, however he doesn't sell most of his crafts. He estimates that he has made around

**See "SANTA" on page 8**

## Confessions of a Christmas shopper

By: MARA HENSLEY

I love holiday shopping! The joy of buying gifts for loved ones, spending quality time with family and friends, and the beautiful scenery of Christmas décor. Then --poof!-- before you know it, the dream is all over.

People are coming at you from all directions shouting obscenities and reaching for whatever you may have in your arms. They are dangerous, ruthless bargain shoppers armed with walkie-talkies, a stack of sale papers, and the mind set that they are getting what they came for.

I was one of their victims of mad Post-Thanksgiving shopping. Trust me, it wasn't pretty. **Friday, November 26<sup>th</sup>: 4:30 a.m.**

The alarm clock on my bedside table blares at the highest volume that it can. Tired and weary, I sluggishly crawl out of bed. Today I don't care what I look like. I mean come on: I'm not going to be shopping to impress anyone anyway! I really hate early mornings, but I'll suck it up for today and get the good deals while they last.

**5:00 a.m.**

Well, it's time to depart. My plan is to first travel to Richmond Mall before going on to Lexington. The first store on my checklist is Goody's.

**5:40 a.m.**

I'm just entering Richmond and it's time to get into shopping mode. There sure are a lot of cars out for it to be this early! I'll be in the mall in a matter of minutes.

**5:50 a.m.**

After searching the parking lot high and low I finally found a parking space that seems as if it is miles away from the front entrance of the mall.

**5:55 a.m.**

Wow! That sure didn't take long. I'm now at Goody's and am ready to shop. The doors have already been open since 5:00 a.m., so the biggest rush is primarily over, I hope. There are clothes tossed about and people with armfuls of merchandise. From a distant I spy a cute pair of fifty dollar Unionbay jeans for my little sis for only \$22.49, but guess what? They don't even have her size!

They have all the sizes that normally aren't bought very much: like size zeroes. Oh, well. Maybe I'll get lucky and find something good.

As I'm shuffling through the crowd of people, I see the perfect gift for my little brother: a vintage rock t-shirt reproduction of AC/DC's "For Those About to Rock" album. He loves rock music and this will be the perfect gift for him. They actually have his size, and it is only going to cost me \$9.99! I'm going to save fifteen bucks... this day is getting better already.

**6:30 a.m.**

J.C. Penney has been open for about an hour now and the chaos has been lowered a tiny bit, so I think that I'll leave Goody's and head on over. I'm not having much luck here, anyway. As I move to a checkout, I notice they're full so I head to a portable cashier in the middle of the store. After finding a shirt for my bro, a couple of sweaters, and even a pair Reebok shoes, my damage only comes to \$74.96.

**6:35 a.m.**

There are few more people here at J.C. Penney than at Goody's, but the purpose of the shoppers remains the same: grab whatever you see and sort through it later.

I'm definitely having more luck here than at the previous store. Immediately, I spot a couple of items to get my mom, a few things for my dad, and even my friends. I end up grabbing and clutching onto house shoes, purses, picture frames, and even a comforter set for myself. My damage here is slightly more than Goody's. Total damages: \$105.95.

**7:00 a.m.**

I think I'm ready to head on out to the Fayette Mall in Lexington. I really want to make sure that I get to Lazarus. As soon as I find where we parked the car, I'll be well on my way.

**7:45 a.m.**

After finally finding our parking space located on the other side of the world, we finally made our way towards Lexington through all of the monstrous traffic. Now all we have to do is find another parking space here at the Fayette Mall.

**8:00 a.m.**

After at least ten minutes, we finally found a parking space (I am getting a little hungry, but there's no time for that when you're shopping!) As I make my way to Lazarus, I am getting behind slow people the entire way. I just want to get my shopping over with for today!

**8:10 a.m.**

I'm finally here! I love this store. There is always something for everyone. Right away, I don't know where to start. This is always where I spend the most money on holiday gifts. There are numerous great items for anyone: home-made looking antique quilts to perfumes and colognes. I grab a heirloom-like quilt that is usually \$139.99 for only \$29.96. Can you believe that? I'm saving over a hundred bucks! What a deal!

For the over-stressed parent I found a foot spa bath from Homedics for only \$17.96--almost half price! I found tons more gifts

**See "HOLIDAY SHOPPING" on page 8**

## Girls cross country takes second at state meet

By: SHANE FREDERICK

"Well the race is on and here comes..." Rockcastle in the backstretch?

Yes, the girls cross country team finished their season with a Rockcastle County 2nd place finish, behind the mighty Highlands Bluebirds.

The high finish was well-deserved, said teammate Bill Burdett, a senior.

"They're [the girl] great and they deserve it, because they are really talented."

Junior Kayla Hayes, who was ranked third in the state pre-season polls, was disappointed with fifth place.

"I wanted a top 2 finish," she said. "I could have done better. It was my slowest state race ever."

Hayes ended the season ranked fifth in Class AA.

Teammate Jessi Asher, who wasn't even ranked in the top 20 when the season started, completed

the year ranked 10th.

Asher finished the meet ninth. Both girls secured slots on the Class AA All-State Team.

On the boys team, seniors Burdette and Brandon Cole ended their cross country careers at the Kentucky Horse Park after a long middle school and high school tenure.

"I am not satisfied," said Cole, who finished 31st. "I could have done better."

Burdett also thought he could have finished higher.

"I wanted to break the 18 minute mark, and I was so close, I almost did."

Burdett ended his final meet finishing 47th.

The girls cross country team will return all its runners next year; however, the boys team will only have two returning members: junior Derrick Baker and seventh grader Blake Parsons.



Juniors Jessi Asher and Kayla Hayes both placed in the top ten in the state cross-country meet at the Kentucky Horse Park in early November.

## Academic season filled with memories for seniors

By: SCARLET FREDERICK

Being part of any team means a season packed with excellent memories. Rockcastle County's academic team is no exception, especially for the senior members.

Beth Coleman is currently in her seventh year of the academic team. Many often ask her why she has chosen to stay on the team for so many years. Her reason concerns not love of the competition, but a desire to meet new and different people.

"Not everyone on an academic team is the computer-geek, sci-fi freak you might picture," she said. "When I went to state competition last year, we met all sorts of people. There were football players, dancers, chorus members."

While Coleman is a seasoned expert, Genna Cummins is currently in her first and last year of academic team.

"For years, I'd heard friends who were on the team talking

about it," she said. "I suppose I was just curious."

The numerous memories are something which Coleman will not soon forget. In her seven years on the team, one of her most humorous memories centers around a competitor from another school.

"A guy went up to accept his award and they realized they made a mistake," she recalled with a laugh. "When he found out, he cursed in front of Governor Fletcher."

Despite the humorous times, her most truly memorable time happened last year.

"At Governor's Cup regionals, I was waiting to see if I placed high enough to go on to state," she said. "Ms. Harmon wanted me to wait until she called me, but instead I got on the website every fifteen minutes until the scores were posted."

Coleman went on to admit that she "freaked" when she saw that she placed and thought it was a mistake.

Despite this season being her first year, Cummins has some memorable times of her own.

"I loved carrying around my buddy Zeke, our almighty buzzer system, and the bus rides home," she reminisces. "They were a chance for major bonding time among the members."

"My favorite [moment] was when I answered a Sudden Death question on our first home game and we won," Cummins adds.

Like Coleman, her favorite time isn't her most entertaining. It is a simple and proud moment of a team member who has fulfilled her duty.

The wins will come and go, but the memories are what will truly last as they close out their last season with the academic team.



Academic team puts in many practice hours. Senior Beth Coleman and Michael Campbell, a junior practice after school.

*Wishing you a wonderful holiday season!*





The RCHS boy's basketball team plays Jackson County for the win on Friday, December 10.

## Basketball teams blast into new season

By: SHANE FREDERICK

Double, double, regional trouble. That's what the 13<sup>th</sup> region has in store for them this season as the Rockets and Lady Rockets start off their 2004-2005 season, both coming off Sweet Sixteen appearances in 2004.

"The Elite 8 is not out reach," said Rockets' manager Anthony Cook.

The Rockets have a great team but even greater expectations. Last year, the boys team had 19 wins en route to yet another Sweet 16, Regional Champion. Aaron Cash led season.

Cash has not only the team's achievements to be proud of but he is also nominated for the coveted honor of Mr. Basketball by coaches across the state.

Yet Cash says, "Mr. Basketball would be great, but the team's success is more important."

Currently, the Rockets are 3-1, beginning the season with a win over Knox Central by 48 points. Their only loss was against Shelby Valley December 14.

Coach Clayton Cash says his team is a very exciting team to watch.

"They are very quick," he said. One of the players to watch is junior James McCowan, the towering, tremendous new talent from rival Jackson County.

"I believe that I can add another dimension to this team. They will benefit from my strong rebounding," said McCowan.

The season is off to a strong start, and Coach Cash is looking forward to tonight's game.

"I am looking forward to the King Of Bluegrass Tournament and playing some of the best teams in the state."

This game is away but to see teams like Henry Clay and Pleasure Ridge Park the drive will be worth it.

The Rockets are off to a strong start, but the Lady Rockets are off to an even stronger beginning. Currently 3-0, the girls have won by an average of 34 points. Their latest victory came against arch-rival Jackson County. They defeated the Generals by a staggering 51 points.

To win or not to win, that is the question, with the terrific three of Johnna Abney, Tara Rowe, and Heather Hammond the Lady Rockets are sure to cause a stir. You don't believe me ask Coach Christi Noble.

According to Coach Christi Noble, seniors Johnna Abney, Tara Rowe, and Heather Hammond are "serious candidates for Miss. Basketball and deservedly so." "Johnna is known throughout the state for her abilities, work ethic and dedication. Even to be mentioned for such an award is such an honor. For her, the program, and this school," said Coach Noble.

Bluegrass Preps latest poll ranks the Lady Rockets third in the state, just behind top-ranked Lexington Catholic and Sacred Heart.

The Lady Rockets meet Pike County Central December 18 at Lexington Catholic. Tip off is scheduled for 9:15.

### Girls' Scoreboard

Corbin 70 - 41 (W)  
Tates Creek 64 - 43 (W)  
Jackson County 77 - 26 (W)

### Boys' Scoreboard

Knox Central 96 - 48 (W)  
Jackson County 73 - 63 (W)  
Shelby Valley 80 - 85 (L)  
OBI 70 - 68 (W)

The scores for Thursday night's double-header against Clay County were not available at press time.



Jesse Hamm and Jason Leger support the Rockets at a basketball game.

# Derby City



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# 'Tis the season to watch movies

BY: ZAC PENSON

Christmas time is upon us, so you know what that means: it's time to break out the Christmas movies! But which one? There are so many to choose from! Red Glare staff members have their own "essentials" list for holiday viewing. We hope you enjoy.

## A Christmas Story

Just about everyone has seen, or at least heard of, this 1983 Christmas classic. This flick highlights one Christmas through the eyes of a little boy (Peter Billingsley) on a quest for the one thing he wants for Christmas: a Red Rider Carbine Action 200 Range Air Rifle with a compass in the stock and this thing which tells time.

From leg-shaped lamps to kids getting their tongues frozen to poles, it's no wonder that TNT shows it for 24 straight hours on Christmas Day.

A *Christmas Story* is a favorite holiday classic for staff member Neal Depew for several reasons.

"Even though the kid doesn't have the best family in the world, he loves them. And plus, nothing beats getting what you want for Christmas."

It's a *Wonderful Life*. Ever wonder what the world would have been like if you hadn't been born?



This holiday favorite from 1946 takes you through the life of George Bailey (played by Jimmy Stewart), a man who finds himself facing financial ruin. Just as he's about to jump off a bridge, Clarence the angel shows up and shows him just why life is so wonderful.

"Unlike most Christmas movies, *It's a Wonderful Life* doesn't just deal with the regular Christmas stuff that most Christmas movies deal with," said staffer Bill Burdett. "I think it's emotionally enlightening for all people."

## Home Alone

Now I know everyone has seen this 1990 film starring Macaulay Culkin as an eight year old stranded in his home all alone for Christmas when his family, headed for Paris, leaves him behind. A couple of knuckleheaded burglars pick this time to rob his house, but Kevin isn't about to let these losers rob his family of house and home.

Some people may argue that this isn't even a Christmas movie at all, however, as Scarlet Frederick says, "It shows the importance of family around the holidays."

So while it may or may not be a Christmas movie, the deeper meaning is one that applies significantly to the atmosphere of the holidays.

## Charlie Brown Christmas

Charlie Brown is down and out because he feels the true meaning of Christmas has been lost



in its over-commercialism. However, he finds the true meaning of Christmas with the help of his friends and a little Christmas tree that "just needs a little love."

This cartoon originally aired December 9, 1965, and has been shown every year since. It's a favorite of senior Kyla French.

"It focuses on the true meaning of Christmas. It talks about religion, too, whereas other holiday classics do not."

**How the Grinch Stole Christmas**  
I'm talking about the original cartoon, not the live action Jim Carrey version; I'm talking about the 1966 holiday necessity.

Here, atop Mt. Crumpet just north of Whoville, we meet The Grinch, a cranky, hairy green guy, engrossed in his envy of the Whos and their seasonal glee.

He so despises the Whos that he formulates a plan to steal Christmas.

The Grinch is a very famous classic, but why is it special to so many people?

"I've watched 'The Grinch' every year for the past 32 years. I've never missed it," says Red Glare adviser Ms. Susan Norton, who enjoys the cartoon for many reasons.

"Ultimately, it's a great Christmas tradition because it shows how Christmas is not about toys, decorations and presents; it's about the feeling of Christmas."

EX

Released just last year, this 2003 film is sure to be a classic.

Will Ferrell (formerly of Saturday Night Live) stars as Buddy the Elf. Buddy's adventure takes him from the North Pole, where he was raised, into New York City in search of his long-lost father who happens to be on the naughty list!

A personal favorite of mine as well, new staff member Harold Burdette says, "Buddy's happy state of mind is what makes the movies so great, because he's oblivious to what he says. It's fun for all ages and just a good family film."

## Deck the halls with classic holiday tunes

BY: HAROLD BURDETTE

It's that time of year again! And what's one of your first thoughts when you're bombarded with Christmas musicals on TV, with band and chorus concerts at school at the same time? Christmas carols. Personally, I've never been too much of a caroler, but that doesn't necessarily make me a scrooge. I can be festive, and not stray away from my musical taste at the same time. On that note, I introduce you to my top five Christmas songs.

### 1. "Punk Rock Christmas"--The Sex Pistols

Farah Fawcett's going to change her hair for a day, and there will be

anarchy in the UK in a "Punk Rock Christmas." If you want a Christmas song that's really going to make you laugh, then I highly recommend this tune. If you want to know what original punk sounded like, then check out these founding fathers' take on Christmas.

### 2. "Yule Shoot Your Eye Out"--Fall Out Boy

About the only thing Fall Out Boy is known for is coming up with creative titles for their songs (which is a disgrace, because the titles don't even measure up to the quality of the actual songs). This tune isn't like their other songs, because

it's a Christmas-based song. Like in other songs, FOB sings about heartbreak and revenge in this song, named after the reason why getting a Red Ryder BB gun for Christmas is a no-no.

### 3. "God Rest Ye Merry Gentlemen"--Barenaked Ladies

A mellow, acoustic setting of a Christmas favorite. With the harmonizing skill the Ladies use in this song, you're sure to find yourself singing along. This tune also features Sarah McLachlan, whose voice adds to the happiness of the song.

### 4. "Carol of the Bells"--Trans-

### Siberian Orchestra

If you're like me, and not too partial to singing carols, then perhaps you would enjoy the Trans-Siberian Orchestra's take on the instrumental "Carol of the Bells." Guitars slam to the familiar melody of the song and continue through with a strong pulse that's sure to make you want to rock out!

### 5. "The Christmas Song"--Alvin & the Chipmunks

I don't care how old you get; you're never too old to enjoy the adorable little chipmunks singing that monumental Christmas song!

So, how well do you know the perennial classic *A Charlie Brown Christmas*? Try to answer these trivia questions and find out!

- 1) What is the opening shot (scene) of the show?
- 2) What is Lucy's description of Charlie Brown... it starts with "Of all the..."
- 3) When Charlie Brown walks by Snoopy's place what is Snoopy doing?
- 4) What activity does Snoopy engage in later that frustrates Charlie Brown?
- 5) What does Lucy really want for Christmas?
- 6) Sally has an itemized list for Santa... what does she suggest (specifically) might be easier for him?
- 7) What is Sally's statement about what she thinks she wants for Christmas?
- 8) What is Lucy's advice about catching snowflakes on your tongue?
- 9) What is Linus's reaction to catching a snowflake?
- 10) How much does the "psychiatric help" cost Charlie Brown?
- 11) How does Snoopy greet the director of the play, Charlie Brown, his "master"?
- 12) What part does Lucy want to play?
- 13) What does Snoopy do that upsets Lucy?
- 14) What five convincing reasons does Lucy give for Linus to memorize his lines?
- 15) Instead of paying attention to Charlie Brown, what does the cast do?
- 16) According to Lucy, who really "runs" Christmas?
- 17) Who tells Charlie Brown about the true meaning of Christmas?
- 18) What happens when Charlie Brown picks up the tree he selected?
- 19) What song does Lucy want Schroeder to play?
- 20) What song does the crowd sing at the end?

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Pike  
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night at  
Lexington  
Catholic  
in the Fifth  
Third Bank  
Classic

Game Time  
9:15

## If you read Bridget Jones's Diary; you'll love the sequel Go beyond the 'Edge of Reason' with Bridget

BY: SCARLET FREDERICK

Very seldom does a character emerge from literature that many females can truly identify with. However, the title character from Helen Fielding's second novel, *Bridget Jones: The Edge of Reason*, is the most true-to-life heroine to ever be embarrassed by her mother.

Bridget Jones, a self-professed expert on self-help books, is a London woman who cannot seem to be, let alone stay, in a functional relationship. However, she finally lands the perfect man: lawyer Mark Darcy, a rich and handsome man with a house that is larger than Bridget could imagine. For Bridget, Mark is the man she always hoped for.

After attending a dinner with Mark and his colleagues, she realizes not only that her

boyfriend isn't the person she thought he was (he votes Tory, which is the equivalent of the U.S.'s Republicans), but also that the amazingly gorgeous and aggressively snotty Rebecca seems to be after Mark, pouncing upon him at every turn, no matter where they go. What infuriates Bridget even further is that Mark seems to have no idea what is happening. To make matters worse, once she breaks off the relationship, Rebecca shamelessly pursues Mark even more, eventually landing him (or so Bridget thinks).

Through her twists and turns, from waking up deliriously happy to purging her apartment of her beloved self-help books, *Bridget Jones: The Edge of Reason* is not only better than the

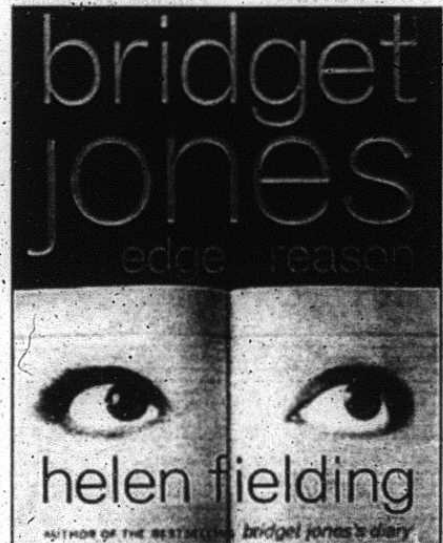
first installment, *Bridget Jones's Diary*, it is also hundred pages longer.

This book is not for everyone, however. It is mostly a book for anyone who's ever: A) overdrawn their bank account; B) ever rationalized that because you've ate nothing that day, it's okay to eat an entire box of chocolates; or C) ever had your boyfriend pursued by another woman.

A hilarious read from cover to cover, Fielding has managed to create something that is so often not accomplished in the world of literature: a sequel that is better than its predecessor.

This book has everything: a stunningly beautiful

See "BRIDGET" on  
page 15



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## Students and Advisers, mark your calendars! Club Day is January 13!

### YEARBOOKS:

#### continued from page 4

"It has no effect," Mrs. Hendrickson said.

She predicts that in the future, all yearbooks will be delivered to students by mid-October. The summer stories will be complete during the fall.

As for the timing of the past two yearbooks, some things just haven't gone well for the annual staff.

"Last year the problem was the cover was wrong," Mrs. Hendrickson commented.

Students should expect future yearbooks to arrive sometime in November.

This year's yearbook was initially expected to arrive and be given out the first or second week of November, but is late because of staffing problems which occurred last year. As for now, it's a waiting game.

"Anytime now," said Mrs. Hendrickson.

### BRIDGET:

#### continued from page 14

"villain" who is proficient at stinging and underhanded remarks, single women who give endless amounts of support, and an embarrassing mother who calls her daughter constantly. ("Oh hello dear, guess what? We've adopted a Zulu! His name's Wellington! We thought he was a Masai but he's really a Zulu! Imagine that!") There is a laugh on every page, and more than often than not you will be laughing aloud.

### SOCCER TEAM: continued from page 4

problem with remodeling an existing field is that the football field is not wide enough for soccer.

Besides costs, there are other problems facing the soccer team. Having a boys and girls soccer team would mean RCHS would have four fall sports: football, volleyball, boy's soccer and girl's soccer. If more sports are offered, players could be drawn away from other teams.

English teacher and long-time football supporter Nancy Busell,

like many others, fears that football players would leave the team to play soccer.

"Right now, we only have thirty-seven football players which is extremely low. We need to keep the players we have," says Busell.

Despite the odds, Baker and Robinson are staying strong. Robinson, who has been trying to start a soccer team since seventh grade, isn't about to stop now.

"We aren't about to give up. This will be the year we get a soccer team."

### BOOK PROJECT: continued from page 5

important part of their lives," Pensol said.

Senior Kyla French, who has participated in all three projects, agrees.

"With the first book we were more [focused on] a topic about our Kentucky home and the second book allowed us to write about a more broad topic of environmental issues," French said. "The third book is pretty much open to interpretation for the students. You can write about things that are important to you and you are not set to a certain topic."

The students who are involved in publishing the books are considered based on recommendations by language arts or art teachers. They then submit sample works and are chosen based on the quality, Pensol said.

"It's a lot of fun to be a part of something like [this]. It has good kids but isn't part of school," senior contributor Genna Cummins said.

After the students are chosen, they take a trip to the Kentucky

Museum of History and Culture to talk about options, according to Pensol. Following that meeting deadlines are set for drafts and consultations. The book is completed in approximately two or three months.

The idea to start this project came to Pensol after a trip to Washington, D.C. and was presented with student publications.

"I thought students at Rockcastle could do this; we've got talented students," Pensol said.

These books are a tribute to the work students are capable of doing at Rockcastle County High School.

"I know this book will be in the school records forever and I will be a part of it. I will have something to tell my kids about," senior participant Gabe Guilfoil said.

"They're a way for Rockcastle to advertise itself, to show it's not just a place for athletics. It's more than that. Football is not the only thing great about Rockcastle."

### BRIDGET:

continued from page 13 up with him and has an affair with Daniel Cleaver (Hugh Grant), her ex-boyfriend.

Even the much anticipated fight scene between Bridget's two suitors (Hugh Grant and Colin Firth) feels forced and unfunny.

The movie has other problems, too.

Renee Zellweger doesn't seem to be having as much fun in this movie. Her performance (including her fake accent) isn't as good the second time around. Her accent sounds like a sad mix of English, Scottish, Irish and Welsh.

There are good points to the *Edge of Reason*, though. Grant and Firth carry the movie. Grant is delightfully wicked as Daniel Cleaver and Firth is charming as Bridget's "Knight in Shining Armor," Mr. Mark Darcy. Gemma Jones and Jim Broadbent, Bridget's quirky parents, are horribly underused. The two light up the screen the little time they are on it.

There really was no point for a sequel. The first film and the books are enough to satisfy any *Bridget* fan. This film could have been great, but with poor direction and writing the film suffers greatly.

### THEATERS: continued from page 13

or just what kind of facilities it has to offer. Frankly (because I know you value my opinion oh-so much), I like London the best. It's a short and easy drive, they always show the good movies that I want to see...and their facilities are very neat and tidy. But hey, whatever your cup of tea is, just remember this when you're out driving on those wintery roads: be careful! Oh, and don't talk during the movie.

### Trivia Question:

*Cry or pout, naughty and nice, sleepin' and awake, bad or good, what song am I?*

Santa Claus is Comin' to Town

### Guess That Tie Answers:

- A. Jackson Bray
- B. Mr. Hale
- C. Mr. Noble

### EUROPE:

#### continued from front

I've only seen in books like the Eiffel Tower, Big Ben, and all of Rome," senior Zac Pensol said.

Fellow senior Bill Burdett agrees.

"I've always been really interested in [the Eiffel Tower] and I think it's just a great monument to ingenuity, culture, and beauty."

Although the trip just sounds like a good time there is some educational value to it. The group will see ancient history in the cities and be face to face with some of the most famous works of art of all time, including Leonardo da Vinci's *Mona Lisa*.

The trip will be a new experience for Mr. Scalf, also.

"I'm looking forward to the opportunity to see the Louvre and actually see the two dimensional and three dimensional work because I've never been," he says. "And to see what I can bring back to help further my instruction here at RCHS."

In addition to Mr. Scalf, two adult chaperones will accompany the students.

Planning for the trip began in April of 2004 and will cost each student approximately \$1,795. Fundraising has been organized to help stipend some of the fee. This includes car washes, candy bar sales, and Great American Fundraisers, according to Scalf.

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## Amy's Useless Facts

- ❖ Peanuts are one of the ingredients of dynamite
- ❖ The average secretary's left hand does 56% of the typing
- ❖ A shark is the only fish that can blink with both eyes
- ❖ Two-thirds of the world's eggplant is grown in New Jersey
- ❖ The longest one-syllable word in the English language is "screeched"
- ❖ "Dreamt" is the only English word that ends in "mt"
- ❖ In England, the Speaker of the House is not allowed to speak
- ❖ The average person falls asleep in seven minutes
- ❖ There are 336 dimples on a regulation golf ball
- ❖ The "X" in X-mas is the Greek symbol for Christ

## Bill Burdett's One on One: This month's guest--the holiday turkey!



**Bill:** So Mr. Turkey, what are your views and opinions on the Thanksgiving holiday?

**Turkey:** Gobble, gobble... well, Bill I feel that it's a fantastic time for families and friends to come together in a time of fellowship, and it gives them the chance to recognize (the blessings that are bestowed upon them throughout the year. Not to mention sharing in

some pretty decent grub, as well. Gobble, gobble, gobble...

**Bill:** Ummm... Really? I mean... But I thought... um...

**Turkey:** What's that?

**Bill:** I kind of thought you would have kind of a biased opinion about the holiday in light of--you know...

**Turkey:** Well Bill, it sounds to me that you're not seeing the big picture--gobble. You see turkey is actually one of the least consumed forms of poultry in the U.S. Sure, people make a big deal about us around Thanksgiving and maybe Christmas, but the rest of the year it's pretty much just a sandwich or two--gobble, gobble.

And if you think about it, one turkey per household feeding an average of six to eight people, not to mention leftovers. Gobble. It's better than being served up at K.F.C. all year long.

**Bill:** Wow, that's a very noble standpoint, Mr. Turkey.

**Turkey:** Ahhh... It's not such a big deal--gobble--especially when you consider the true spirit of the holidays. You know giving of one's self for the benefit of others.

**Bill:** Yeah, that's really generous of you. Thank you very much, Mr. Turkey, this interview has been very enlightening for me.

**Turkey:** You're welcome, gobble. Yikes, I gotta go, I've got a date with a hot hen tonight.

**Bill:** But aren't you going to get eaten in a couple of days?

**Turkey:** Gobble, gobble, gobble... Me? Ha Ha Ha!!! No, I don't actually have anything to do with that--gobble. Did I forget to mention I'm a wild turkey? I live in the Kentucky game reserve--gobble. Ha ha I'm not going to be on anybody's table. Gobble--see ya--gobble, gobble.

## Guess that TIE

Welcome to the second edition of Guess That Tie! Match the tie with the name and win...nothing, but have fun!

Your options are:  
Mr. Noble  
Jackson Bray  
Mr. Hale  
Ms. Harmon



A



B



C