



Lady Rockets beat North & South Laurel; Rockets lose to North Laurel & Corbin
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Volume 119 Number 11 - Feb. (606) 255-2244 - 50 a copy - Thursday, February 17, 2005

Rockcastle Fiscal Court actions

Cromer reinstated as truck driver, but resigns

Rockcastle County now has an updated and revised Administrative Code. The Fiscal Court accepted the code after a second reading by County Judge/Executive Buzz Carlolffis at last Wednesday's regular meeting.

The code sets out, holidays, an increase from seven to 11 1/2; changes vacation days and sick days to personal leave -- at the rate of two weeks per year after the first year and more clearly defines overtime work, bereavement leave and compensatory time.

The new code takes effect March 1st and each employee will be furnished with a complete copy.

The court also went into executive session to discuss the reinstatement of former Road Supervisor Jack Cromer.

Following the executive session, the court, in open session and on a

motion by Judge Carlolffis, seconded by Magistrate Bill McKinney, voted to appoint Everett Renner as Road Supervisor with all voting eye. On a motion by Magistrate Ralph Allen, seconded by Magistrate Fred Mullins, Cromer was reinstated as a truck driver/laborer on a three to two voice vote.

However, on Wednesday, Cromer submitted his resignation, effective February 24, to Judge Carlolffis.

Cromer was suspended for thirty days in January, without pay, for numerous wildlife violations, ranging from shooting from the roadway to illegal taking of White-tail Deer. Cromer was in a county truck furnished for his use at the time of the violations.

In other business, the court gave tentative approval of a Public Solicitation ordinance.

County Attorney Billy Reynolds presented the first reading of the ordinance which regulates solicitation on public highways in Rockcastle County. The ordinance actually bans all solicitation.

Three visitors to the meeting, Celia Baker, Norma Radar and Ruth Holman, asked the court to leave the name in place of the Nelson Jones Road off Copper Creek. The women

said because IAD's Cemetery was located on that road, they would rather the road name not be changed. Carlolffis said the court would try to work with their request but that there could no duplication of names and that would have to be determined at a later date.

County Clerk Norma Houk presented the court with her settlement statement listing receipts, disbursements and excess fees for calendar year 2004. The settlement showed excess fees of \$7,213.76 to be returned to the court. This figure is less than in year's past, according to Houk, primarily because of a change in the collection of sales tax on vehicles from book value to actual purchase price reported.

Bruce Nelson, District Eight Maintenance Engineer for Transportation, reported to the court the funds allotted to the county for the Rural Secondary Road Aid Program. Nelson reported a total allotment for the county of \$703,200. After a reduction of \$324,000 for routine maintenance, three roads were presented for improvement. They include: one inch bituminous resurfacing for KY 1505, beginning at the junction of the Mt. Zion Road to Brodhead for a distance of 5.48 miles at a cost of \$203,027. One inch resurfacing of KY 1617 beginning at the end of the new surface to the Madison County line for a distance of 3.564 miles and at a

cost of \$126,128 and one inch bituminous resurfacing of KY 1787, beginning at its junction with Shearer Hollow Road to the junction of KY 1617, for a distance of 1.187 miles and at a cost of \$41,543.

The court voted to accept the recommendations and the magistrates were asked to provide other requests for road improvements within ten days.

A request to place Breezy Hollow Lane into the county's road maintenance program was tabled until the road was reviewed by the magistrate and the road supervisor to make certain it is in compliance with the county's requirements.

The court also voted to donate \$300 to the local chapter of Operation UNITE for the purchase of anti-drug t-shirts to be distributed to all school children.

Tobacco transition payments

Agriculture Secretary Mike Johans announced Wednesday that sign-up for the Tobacco Transition Payment Program (TTPP) will begin March 14, 2005 and continue through June 17, 2005.

"We are pleased to be able to announce the beginning of the sign-up period for this historic program," Johans said. "The Tobacco Transition Payment Program will end the

(Cont. to A-12)

Mayor Kirby is recuperating at home

Mt. Vernon Mayor Clarence Kirby is recuperating at home after undergoing surgery recently at the UK Medical Center in Lexington.

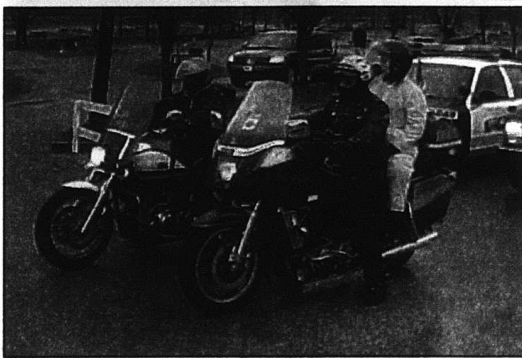
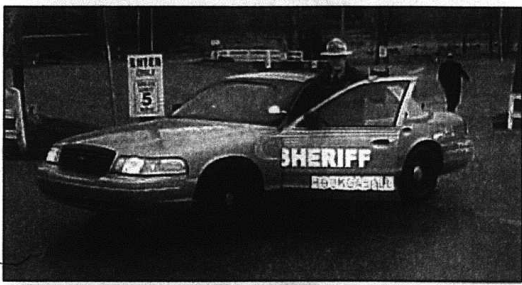
Mayor Kirby said Monday she was feeling a lot better and should be able to resume her duties at city hall probably within the next week.

Lincoln Day Banquet tickets still available

Tickets for the Rockcastle County Republican Party's Lincoln Day Banquet are still available.

The banquet will be held Friday, February 25 at the Renfro Valley Lodge.

Tickets may be obtained from officers of the party. John For, chairman; Juanita Davis, co-chairman; Janet Vaughn, treasurer and Brenda McKnight, secretary.



Well over 1,000 people left the Renfro Valley Entertainment Center's parking lot on Monday for a rally in Frankfort to support a bill which will make it harder for "weed" producers to buy the ingredients for the illegal drug. The rally was sponsored by UNITE, a group made of private members of the community, law enforcement officials and public officials. At right is U.S. Congressman Harold Rogers speaking during the rally. In the top photo is Rockcastle Deputy Sheriff Mike Bryant, who led the convoy to Frankfort and in the middle photo is William and Peggy Stewart, Berna, who braved the rain on their motorcycle to participate in the convoy.



Local man convicted on drug charges

A Brodhead man was convicted by a Rockcastle Circuit Court of Possession of a Controlled Substance, first degree, and as a Persistent Felony Offender, second degree on Tuesday, according to Edly F. Montgomery, Commonwealth Attorney for Lincoln, Rockcastle and Pulaski Counties.

Assistant Commonwealth's Attorney Jeremy Bartley, who prosecuted the case, said Steve Stamper, 35, while testifying admitted to possession of methadone, but claimed that he was merely returning the bottle to a friend. Stamper told the jury that said friend had left the bottle containing methadone, in the back of his

vehicle. The jury, who deliberated only about 18 minutes before returning a guilty verdict, obviously rejected his claim that the drugs belonged to someone else. After finding Stamper guilty, the jury then heard evidence of Stamper's previous felony conviction for Possession of Cocaine. They then convicted him of being a persistent felony offender and recommended a sentence of five years imprisonment.

The case stemmed from Stamper's arrest by Rockcastle County Sheriff's Detective Matt Bryant and Barry Adams at the Castle Village Apartment. Montgomery and Bartley said

they were pleased with the jury's verdict and recommendation of a sentence and they commended the Rockcastle County Sheriff's Department for a job well done.

Judge Robert E. Gillum has set a sentencing date of March 25th. Stamper is lodged in the Rockcastle County Jail pending sentencing.

Board members attend conference

How did some Kentucky districts raise their CATS scores 10-20 points in a single year? How are school boards in Iowa contributing to student achievement? What are students in other countries learning in math and science classes? How can Kentuckians help champion adequate funding necessary to keep public schools on the progress track?

Answers to these and other questions flowed freely in Louisville last

weekend during the 69th annual conference of the Kentucky School Boards Association (KSBA). Among those listening and learning were school board members and administrators from the Rockcastle County school system.

According to Rockcastle County School Superintendent Larry Hammond, the group heard from contributing educators from around

(Cont. to A-12)

Rockcastle man sentenced to 10 years on marijuana charge

A Rockcastle man was sentenced to ten years in prison on a charge of manufacturing 1,223 plants or more of marijuana.

Steven Miller, 37, of Mt. Vernon, was charged in October of 2004 with the violation. The ten years will be followed by five years of supervised release. He was also fined a \$100 special assessment and had to forfeit assets including real property, Honda Fourtrax ATV, utility trailer, heater, lights and scales.

Miller's sentence was announced

by Gregory E. Van Tatenhove, United States Attorney for the Eastern District of Kentucky; Supervisory Agent in Charge Wendy Hanes; United States Forest Service; and Gilbride, Special Agent in Charge, Drug Enforcement Administration; Karen Engle, Executive Director, Unlawful Narcotics Investigations, Treatment and Education (UNITE) and Appalachia High Intensity Drug Trafficking Area in London.

The case was prosecuted by Assistant United States Attorney, Stephen C. Smith.

RCHS will present "ZORRO'S BACK!"

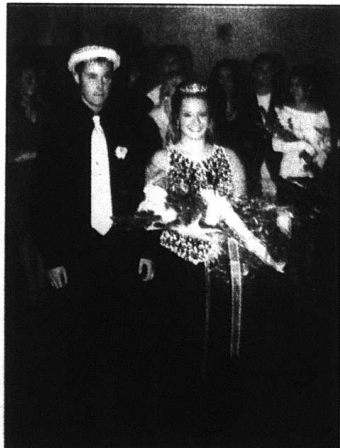
On Thursday, February 24, 2005 beginning at 7:00p.m. in the Rockcastle County High School Auditorium the Rockcastle County High School Musical Theatre will present "Alast Alack! Zorro's Back!". This musical melodrama contains all the elements remembered from the days of old time comic westerns.

Buck Badum owns everything in Old New Mexico from the Hotel Cucaracha, the bank, property deeds and even Sheriff Toady. Along with his diabolical accomplice Conchita, he cheats and deceives the townspeople of everything they own. That is until Henry and his Uncle Vic arrive. They hold the deed to the Tooting Mine Shaft and must present it to Alice Sweeps, heiress to the mine and slave at the Hotel. Buck persuades Conchita to pretend to be Alice but Conchita decides to double-cross Buck and keep the mine for herself. But, never fear! Henry's hero! Henry's hero is Zorro and he

decides to impersonate the legend to protect the downtrodden and rescue Alice. Through festive songs and chase scenes, Henry saves the town, only to have love blossom between he and Alice. As for Buck and Conchita, they are assigned Alice's menial tasks as punishment.

Cast members for the production include Courtney Hale, Danielle Savage, Harold Bardette, Drew Davidson, Randy Bussell, Zac Pensol, Bill Burdett, Cody Howard, Neal Dewey, Cody Moore, Josh Blair, Beth Coleman, Kyia French, Scarlet Frederick, Dustin McGuire, Tyler Vaughn, Candace Bussell, Laynah Vega, Vanessa Adams, Jessica Newcomb, Rebecca Cummins. The technical crew includes Director H. Allen Penrod, Musical Director Letha Hembre assisted by Samantha Ginn and Booth Technician Anna Cummins.

Admission is \$5.00 per person and \$2.00 for children 10 years old and under.



Rockcastle County High School seniors Scott Cromer and Whitney Danielle Lee were crowned Homecoming King and Queen during homecoming festivities on Friday night. Scott is the son of Dennis and Desiree Cromer of Mt. Vernon and Whitney is the daughter of Danny and Marsha Croser of London.

A Closer Look

By Alan L. Hammond

"George wouldn't even make Colonel!"

I have watched Patton from beginning to end, by my best recollection, at least twenty times. I will see it at least that many more. George C. Scott did a masterful job at portraying one of our country's greatest warriors. That movie was one example of Hollywood almost getting it right. A tough old warhorse tasked with winning a bitter war, General George Patton deserves his place among our historical heroes.

Had he come of age in the past twenty-five years, the old general wouldn't have even made colonel. He would be too opinionated for today's tastes. His tactics would be too "warlike" for today's tastes. His words would be too harsh for today's easily bruised feelings. Of course, I am being a little facetious in my description, but make no mistake, he would not be in the history books if subjected to today's scrutiny. And that is a shame.

General Patton is just an illustration of how good people are now put through the ringer when seeking elected or appointed positions of power. Take the recent confirmation of Secretary of State Condoleezza Rice. Yes, she was well-meaning and has taken office, but only after being subjected to rigorous questioning of not only her record, but her personal integrity. She is quite intelligent, impeccably educated and skilled in foreign policy, a near world-class musician, loves football and has a

character that cannot successfully be challenged. What more could this country want in a cabinet member? Yet partisanship muddied the process and showed its ugliness, all because in this case, she was the choice of George W. Bush. His opponents tried to hate him, and anyone on his side.

If a person of the high quality of Secretary Rice has to endure being dragged through the mud, why would anyone want to seek high office? Who knows how many of the best and brightest of our country have decided not to risk suffering such humiliation. Such bitter quarrels, aired in such a public manner, do our governmental system, as well as every single American, a great disservice. In peaceful times, and especially in the times in which we now live, we need our finest people to occupy our highest offices. Each time the contemptible public questioning by a power hungry opponent drives a top quality person from seeking to serve, our country is weakened a little bit more. The sad thing is this: we would not know just how many we have already lost. George Patton would be glad he came along when he did.

I would like to take a moment to thank everyone who has written to me with comments regarding this column. They have all been well taken and much appreciated. It has been fun and I look forward to continuing.

Questions or comments? Alan Hammond can be reached in care of this publication or e-mail to: acloselook@earthlink.net.

Benefits of Cardiac Rehab

Presented by Dr. Kevin Rowe

Cardiac rehab is walking on a treadmill and pedaling an exercycle. And much, much more. It involves a full evaluation of heart disease risk factors and often a significant change in life style.

Millions of Americans qualify for cardiac rehab because they have had a heart attack, angioplasty or bypass surgery. Millions more who have angina or are at a high risk for heart disease would also benefit from a cardiac rehab program.

Following a medical evaluation, a person begins a supervised, graded exercise program with a variety of exercises using different muscles groups and physical activities. The length of exercise and the degree of exertion are gradually increased.

Dietitians and educators can evaluate your risk factors, such as high cholesterol or high blood pressure, and recommend changes in your diet. Diabetes is often a factor in heart disease, and tight control of the blood sugar is important.

Often the most important life style change is to stop smoking. It is one of the most significant risk factors and is entirely unnecessary. Smoking cessation classes are highly recommended and medicines may help. Counseling about stress and resolving conflicts can be very important. The basis of cardiac rehab, however, is a graded exercise program which safely trains the heart, blood vessels and musculoskeletal system to work more efficiently and tolerate greater exertion without precipitating symptoms. The benefits a person attains include an increased exercise tolerance, an improved sense of well-being, a decrease in symptoms, less stress, and a longer life.



T.J.'s Journal

by: Tonya J. Cook

Valentine's Day has come and gone for another year. About this time of year, people usually focus more on love, the subject of the day, more than at any other time of the year. However, it's unfortunate that in many cases, that is the only time of year love is expressed to those most dear to us. We usually focus on our spouse, but it's not unusual to send a greeting or do something special for other family members or even friends. It's sometimes the only day in the year that a wife or girlfriend receives roses and a husband or boyfriend is made to feel special. What a shame that an date on a calendar dictates an excuse to send some flowers, give a card, a piece of jewelry, a box of candy, or prepare a special meal for our loved one. Wouldn't it be great for every marriage or relationship if we treated every day like Valentine's Day?

"How did Valentine's Day begin?" It goes way back to the pagan days of ancient Rome and revolves around Athena, the goddess of love. It's been around for hundreds of years and has

been celebrated in a variety of fashions. I'm sure the modern-day merchants and restaurant owners are ecstatic because they sell untold thousands of dollars worth of merchandise or services during Valentine's Day every year.

I've been told that there are three kinds of love as noted in the Greek language. Ancient philosophers probably pondered for days defining each kind. "Eros", the sensual type of love is defined in the attraction between a man and a woman. This is the type most celebrated on Valentine's Day. Then there's the "philia" type of love. It is a brotherly love, as one has for family or even close friends. Lastly, but certainly not least, is the "agape" love. That is the type of love between God and man. It is probably the most difficult for man to express, as man is hindered by Satan and worldly thoughts. Love in any of the three forms is the true outgoing concern or passion for the one our attention is directed to the point that their needs and desires are put above those of our

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Our Readers Write

Dear Editor,

Please allow me to update you on the cookbook fund-raiser that I have been working on for some time. Some things have had to change since beginning this fund-raiser. Due to legal guidelines, that I was not informed of at the start of this project, I am not allowed to use the organization's name that I originally intended to benefit from this fund-raiser.

Upon receiving the guidelines, and seeking legal advice, it has been decided that it is in the best interests of all parties involved to redirect the profits from this venture.

Money raised prior to receiving these guidelines will go to the original organization as promised. Money raised after that point, will go to benefit Project Graduation 2005 in Rockcastle County.

I apologize for any inconvenience this may have caused and do regret the changes that I was forced to make.

I originally began this fund-raiser with heartfelt intentions to help a wonderful cause and do not discourage anyone from helping them. I, however, do recommend you seek legal advice before starting any fund-raiser that involves publishing

material. I do highly support Project Graduation. Our seniors worked hard to get to this point and deserve this. Not only does it reward them but it also keeps them safe on a night when before Project Graduation, someone might otherwise be killed due to someone driving impaired.

If you would like to purchase the cookbook, the cost is \$10 (plus \$3 for shipping, if necessary) per book. You may contact me, or any member of the Project Graduation committee to purchase a book. There are approximately 314 copies in the cookbook.

Matthew Shane Faulkner
RR 1, Box 261-1B
Brodhead, Ky. 40409
606-758-9637

Points East

By Ike Adams

I went outside just now, before the nightly news came on at 11, and was sniffing. The rain has come down all day and the so-called "streetlight" mounted on the power pole here behind the house has been on for what seems like forever.

I call it a booger light because the only reason I can think of that you need one is to scare the bogeers off. It's been so dark here for so many days, that the thing hardly ever gets a chance to turn itself off and cool down.

But it's February in Kentucky and what do you expect?

You think God, or at least I do, every time the sun pops out for just a minute and that happened on a Sunday back in January. In the meantime all that you can do is dream of April and hope the tulips look as pretty as they did last year.

Or at least I do, while I wish the aggravating booger light would blow a fuse or just burn out altogether. We buy light bulbs by the dozen for lamps and fixtures throughout the house. Seems like every time I go to the store, Loretta is yelling, "Don't forget to get some light bulbs!"

But the thing on the power pole behind my house has been on for thirty years and never flickered. It gets struck by lightning and comes

right back on. So why can't we buy smaller versions for the kitchen and the bathrooms?

Sometimes, lately, it's lighter here in the back yard at midnight than it was at noon and that's actually somewhat of a blessing.

I've never shot a street light out but I've often had the urge. I have a 22 and a box of shells here on the porch and the only reason I ain't shot it out is because they have me on standby for Circuit Court jury duty here in Garrard County. It would be terribly embarrassing to Loretta if I got in trouble with the law when I'm supposed to be rendering justice on short notice.

I just read, here in the paper, so you know it had to be the truth, that they wouldn't let a guy get off the jury in a nearby County even though he was a convicted felon who'd just gotten of prison and found a job that he really needed to get to. His first job out of jail, however, was jury duty. He said he'd like to go on back to prison because they paid him more in there for making license plates than he was apt to earn for serving on the jury.

I'm not betting that he's all that objective, but, hey, I'm not a Judge

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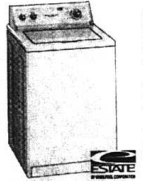
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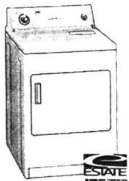
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Obituaries



Dorothy Stewart

Mrs. Dorothy Lorena Stewart, 70, of Orlando, died Tuesday, February 8, 2005 at the Central Baptist Hospital in Lexington. She was born in Rockcastle County June 2, 1934, the daughter of Oscar and Clara Ethel McNew Mason. She was a homemaker and a member of the Maple Grove Baptist Church. Survivors are three sons, Darrell (Liz) Stewart of Brodhead, Tim (Kathy) Stewart of Mt. Vernon and Dennis Stewart of Orlando; two daughters, Trish Stewart and Debbie (Kenny) Higgins, all of Orlando; two sisters, Artie (Lois) Stevens of Mt. Vernon and Evelyn (Billy) Cameron of Jackson County; six grandchildren; five great grandchildren and a special family friend, Timmy Lartart. Besides her parents, she was preceded in death by her husband, Lloyd Stewart; a sister, Maureen Coffey and two brothers, Fred Mason and Bill Mason. Funeral services were held Friday, February 11 at the Maple Grove Baptist Church by Bro. Jerry Ballinger, Billy Joe Cameron, Eddie Nation and Matt Getsi. Burial was in the Briar Field Cemetery. Pallbearers were: Jim Cameron, Billy Mason, Anthony Reams, Lois Stevens, Jonas Stevens and Corey Stewart. Honorary pallbearers were: Andy Pigg, Charles Stewart and Ray Stewart. Dowell & Martin Funeral Home was in charge of arrangements. www.dowellmartin.com to view Mrs. Stewart's online obituary.



Mary Singleton

Mrs. Mary Lou Sears Singleton, 63, wife of Ernest Singleton, of Brodhead, died Thursday, Feb. 10, 2005 at her residence. She was born September 10, 1941 in Lexington, the daughter of Harvey Logan and Nannie B. Harg Sears. She was a member of the Old Union Christian Church in Lexington, a ten-year employee of Gold Star Chili and a homemaker. Survivors include her husband, Ernest Singleton, six children, Angela Marie (Michael) Day and Leslie Gail Fain, both of Nicholasville, Terry L. Eades and Clayton S. Eades, both of Berea, Sandra L. Eades of Lexington; one step-son Timothy Ernest Singleton of Lexington; seven grandchildren; four brothers, Jerry (Cindy) Sears of Winchester, Terry Sears of Paris, Larry Wayne (Archie) C. of Winchester and Brenda C. (Lanane) of Paris; one sister, Ellen Carr Simpson of Lexington and close friend, Vivian Harris. Besides her parents, she was preceded in death by a son, James "Jimbo" Logan Hon. Funeral services were conducted Feb. 13th at the Marvin E. Owens Home for Funerals with Bro. Bobby Lakes and Bro. Randal Adams officiating. Burial was in the Lively Cemetery in Brodhead. Casket bearers were: Jerry, Larry Wayne and Archie C. Sears, Michael Day and Ricky Fain. Honorary casket bearers were Elmer Gillis. Memorial contributions suggested to Hospice. Condolences to the family may be registered at Mrs. Singleton's online obituary at www.marvinowensfuneralhome.com.



Charles Mullins

Charles Douglas Mullins, 60, of Brodhead, died Tuesday, February 1, 2005 at his home. He was born in Berea on January 29, 2005, the son of Olie and Etta Anderkin Mullins. He was retired from the U.S. Army, having served during the Vietnam War and was a member of First Baptist Church of Mt. Vernon. Survivors are a brother, Lawrence Randall (Gracie) Mullins of Ft. Smith, Ark and a sister, Ann Sharon Owens of Sevierville, TN. Funeral services for Mr. Mullins were held Saturday, February 5 at the Dowell & Martin Funeral Home Chapel with Bro. Wayne Ward. Burial was in the Red Hill Cemetery. www.dowellmartin.com to view Mr. Mullins's online obituary.



William Holt

William G. Holt, 73, of Dayton, OH, and formerly of Rockcastle County, died Tuesday, February 8, 2005 at the Miami Valley Hospital in Dayton. He was born in Rockcastle County April 30, 1931, the son of Chester and Lilly Robbins Holt. Survivors are his wife, Ruth Holt, five sons, Gary, Mac, Doug, Terry and John Holt; five brothers, Bonnie, Evelyn, Brenda, Helen and Patricia; a stepbrother, Raymond, a stepister, Edith; nine grandchildren and two great grandchildren. Besides his parents, he was preceded in death by a sister, Chessie Lee and a brother, Ralph. Funeral services were held Saturday, February 12 at the Dowell & Martin Funeral Home Chapel by Bro. Melvin King. Burial was in the Red Hill Cemetery. Pallbearers were: Chester D. Holt, Gary W. Holt, Jeremy Holt, Jonathan Holt, Terry G. Holt, William M. Holt and Bobby Singleton. www.dowellmartin.com to view Mr. Holt's online obituary.



Hugh Sargent

Hugh Sargent, 92, of Cincinnati, OH died Tuesday, February 9, 2005 at his residence. He was born February 13, 1912 in Brodhead, the son of Charles and Effie Singleton Sargent. He was a member of the Pentecostal Faith, had been a farmer and factory worker. On May 25, 1935, he was united in holy matrimony to Beulah Rector Sargent, who survives. Other survivors include two children, Sue (John) McGuire of Loveland, OH and Wanda (Kenneth) Cathers of London; two brothers, Sherman "Danny" Sargent and Willie (Frona) Sargent, both of Brodhead; two sisters, Maggie Lear of Brodhead and Iva (Owen) of Richmond, IN; six grandchildren and nine great grandchildren. Besides his parents, he was preceded in death by a child, Marion Sargent; four brothers, Andy, Cecil, Raymond and Edward Sargent; and three sisters, Anna Mae Adams, Myrtle McCubbins and Jewell Shucks. Funeral services for Mr. Sargent were held Saturday, Feb. 12th at the Marvin E. Owens Funeral Home Chapel with Bro. Randal Adams officiating. Burial was in the Saylor Cemetery. Casket bearers were Roy and Wayne Cathers, Byron McGuire, Donna Collins, Carl Sargent and Ray Lear. Condolences to the family of Mr. Sargent may be made to his online registry at www.marvinowensfuneralhome.com.



Rebecca Elizabeth Evans

Mrs. Rebecca Elizabeth Evans, 80, of Mt. Vernon died Wednesday, February 2, 2005 at the Rockcastle Hospital. She was born on April 23, 1924 in Rockcastle County the daughter of the late Mitt and Lillie Mink McFerron. She was a housewife, enjoyed quilting, gardening, the company of her family, and was a member of the First Church of Jesus Christ. Survivors are: two sons, Robert Evans of Mt. Vernon and Earl Evans (Anna) of Brodhead; six daughters, Hazel Barron (Carl) of John Sulphur, Glenna Renner (Junnie) of Mt. Vernon, Bernice Marler (Dennis) of Mt. Vernon, Barbara Graves of Mt. Vernon, Verla Miller (Harold) of Mt. Vernon and Lela Renner (Freddie) of Level Green; one brother, Ralph McFerron of Mt. Vernon; two sisters, Mrs. Alma Evans of Ottawa and Mrs. Laverne Johnson of Minnesota. Sixteen grandchildren, twenty-nine great grandchildren and one great grandchild also survive. She was preceded in death by: one son, Gene Evans; one infant daughter; one infant son; one grandson; five infant grandchildren and one great grandchild; and one brother, Russell McFerron. Services were held Saturday, February 5, 2005 at the Cox Funeral Home Chapel with Bro. Billy Graves officiating. Burial followed in the High Dry Cemetery. Pallbearers were George Miller, Charles Miller, Ricky Miller, Gerald Evans, Pat Bullock and Paul Renner. Honorary pallbearers were Jeff Miller, Robbe Barron and Kenneth Graves.

Charlotte King

Mrs. Charlotte Lucille King, 83, of Mt. Vernon, died Tuesday, February 15, 2005 at her home. Visitation for Mrs. King will be on Thursday, February 17 from 6 to 9 p.m. at the Dowell & Martin Funeral Home. Services for Mrs. King will be Friday, February 18 at 2 p.m. at the funeral home's chapel by Bro. Tommy Miller. Burial will follow in the Sand Hill Cemetery. A complete obituary will appear in next week's Signal.

Verla Hampton

Verla Mae Payne Hampton, 59, of Arlington Heights, OH died Saturday, February 5, 2005 at her residence. She was born October 7, 1945 in Rockcastle County, the daughter of Russell and Christine Payne. Survivors include: four sons, Roger (Robin), Pearl (Kim), Billy (Annetta) and Gary (Tina) Hampton; one daughter, Maria (Lenny) Rees; seven grandchildren; eight brothers and sisters, Elvalene, Wanda, Brenda, Lorene, Robert, Dennis, Claude and Aris. Funeral services were held Wednesday, February 9 at the Schmidt-Dhonau Funeral Home in Reading, OH.

James Reynolds

James Ivan Reynolds, 61, of Rt. 4, Mt. Vernon, died Monday, February 14, 2005 at the Rockcastle Hospital. He was born in Rockcastle County July 14, 1943, the son of Ansel and Arlene McKigney Reynolds. He was a farmer. Survivors are his fiancée, Judy Morgan of Mt. Vernon; two brothers, R.J. Reynolds of Georgetown and Bobby Reynolds of Mt. Vernon and three sisters, Mae Hancock of Eubank, Peachie Reynolds of Somerset and Mazie Poynter of Harrodsburg. Besides his parents, she was preceded in death by two brothers, Everett Reynolds and Charles Reynolds and two sisters, Evelyn Combs and Glossie Lewis. Funeral services were held Wednesday, February 16 at the Dowell & Martin Funeral Home Chapel with burial in the Ottawa Cemetery. www.dowellmartin.com to view Mr. Reynolds's online obituary.

William Baker

William Douglas Baker, 37, of Bud Clark Rd., Mt. Vernon, died Sunday, February 13, 2005. He was born in Madison County on October 10, 1967, the son of Herman and Elizabeth VanWinkle Baker. He was a truck driver for Carpenter Trucking Company and was a member of Maple Grove Baptist Church. Besides his parents, survivors are his wife, Angela Smith Baker; a son, William Jordan Baker; three daughters, Kristin Baker, Megan Baker and Sarah Baker; one brother, Rickey Baker of Orlando and a sister, Mary VanWinkle of Orlando. Funeral services for Mr. Baker will be held Thursday, February 17 (today) at 1 p.m. at the New Hope Baptist Church by Bro. Vester Alexander. Burial will follow in the Johnetta Cemetery. Pallbearers will be: Darrell Bush, Roy Bush, Dennis Clark, Jason new, Charles Smith and James Smith. Arrangements are by the Dowell & Martin Funeral Home. www.dowellmartin.com to view Mr. Baker's online obituary.



Robert French

Robert Lee French, 92, of Shelbyville, and formerly of Broughton, died Friday, February 11, 2005 at Jewish Hospital in Shelbyville. He was born in Rockcastle County March 23, 1912, the son of Johnnie and Laura Ball French, was a farmer and a member of the First Church of Jesus Christ as Sand Springs. Survivors are five sons, Charles B. French and Johnnie French, both of Shelbyville, Dallas H. French of Simpsonville and Joe French and Paul French, both of Crab Orchard; three daughters, Gladys Bryant and Lois French, both of Shelbyville and Zelma Taylor of Simpsonville; 13 grandchildren and seven great grandchildren. Besides his parents, he was preceded in death by his wife, Pearl Blackburn French; four brothers, Lonzo, Charles, Elbert and Linvel French and one sister, Martha Burger. Funeral services for Mr. French were conducted Monday, February 14 at the Dowell & Martin Funeral Home Chapel by Bro. James Nicely. Burial was in the Logsdon Cemetery. www.dowellmartin.com to view Mr. French's online obituary.

Mayme Williams

Mayme Logsdon Williams, 87, of Bowling Green, died Sunday, January 30, 2005 at the Medical Center. The daughter of Merrill and Dora Bratcher Logsdon Mrs. Williams was a native of Madison County, a longtime resident of Mt. Vernon and a member of the State Street United Methodist Church. Survivors include a daughter, Gaal Dycus and a sister, Vena (Ralph) Wiley of Berea. Besides her parents, she was preceded in death by her husband, John P. Williams and several brothers and sisters. Funeral services were held Tuesday, February 1 at Bowling Green Gardens. Memorial contributions are suggested to State Street United Methodist Church, 1101 State St., Bowling Green, Ky. 42101 or Pain Luck United Methodist Church, Paint Lick, Ky. 40361.

Gene Lark

Mr. Gene Lark, 59, of Brodhead died Monday February 7, 2005 at his home. He was born on February 20, 1945 in Lincoln county the son of Mrs. Myrtle Mullins Lark of Brodhead and the late Kyle "Sky" Lark. He was a truck driver, enjoyed taking care of horses and riding. Survivors are his wife, Hazel Bastin Lark of Stanford; three sons, Greg Lark of Lancaster, Dwayne Lark of Owensboro and Phillip Lark of Brodhead; one daughter, Mrs. Janey DeFord of Mt. Vernon; one brother, Dale Lark of Brodhead and one sister, Mrs. Remona Denney of Brodhead; eight grandchildren also survive. He was preceded in death by two brothers, David and Bill Lark and by one grandchild. Services will be held (today) Thursday, Feb. 10, 2005 at the Cox Funeral Home Chapel with Bro. Chad Burdette officiating. Burial will follow in the Piney Grove Cemetery. Pallbearers are Brian Shelton, Dwayne Lark and Greg Lark.

Email obituaries at mvsignal@alltel.net

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Library News



Sara Thomason, Pam Child, Eddy McKibben & Amanda Barber

This month is Love my Library Month at the Rockcastle County Library. All fines are being forgiven for any overdue items you may have in your possession. Make it a point to return these items and wipe the slate clean. This is your library and we want to make available to you the most up-to-date information and books possible. Good things just keep happening to our little county library. We have so many partnerships going with the school groups it has been blessing.

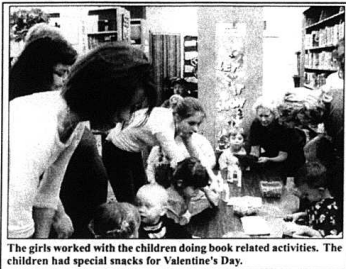
Last Tuesday another great group of students from Ms. Darlene Martins, Child Development Class came to assist with Story Hour. The book that was read to the children was "Franklin's Valentines." The children thoroughly enjoyed the reading and the activities and special snacks. Each child received a treat bag and a valentine pinwheel to take home as an incentive to keep participating in the storyhour events taking place.

Before you know it "Read Across America Week" will be here to be celebrated March 1st, and throughout the rest of the month special events have been planned for

preschoolers. March 8th the Middle School touring Theatre Group will be performing Town Mouse Country Mouse and the children will stay and assist Ms. Kathy through the rest of the storyhour.

The following week, Chris Mullins our Renfro Valley resident musician will be on hand along with Mr. Allen Pensel to present "Berlioz the Bear." Several early childhood groups have been invited to these events. What a wonderful joy it is to know that we are making a difference in the lives of children by promoting literacy, creativity and the arts, especially close to my own heart with music. This country if rich with talented young people, they just need to be given the opportunities to share their talents as much as possible and if we can provide that forum, and relate it to influencing our young, we can certainly make a difference.

Make today the day that you will begin your library experience, the longer that we are here, we have become a family of people wanting to serve the communities needs. Let us know what we can do to help you. The Rockcastle County Library Staff Connect @ your library!



The girls worked with the children doing book related activities. The children had special snacks for Valentine's Day.

Legislative Update

By State Representative
Danny Ford

Legislators spent much of the second week of February in committee meetings to discuss the over 600 bills and resolutions up for consideration during this legislative session.

While the House Appropriations and Revenue Committee is expected to pass their version of a budget out early next week, House Leadership has said openly that they would like the full House of Representatives to vote on the bill before February 18.

The House Banking and Insurance Committee passed HB 278, legislation that should help reduce health insurance premiums for small businesses and farmers throughout the commonwealth. As Kentucky's over 70,000 small businesses and the 752,000 employees who work for them have faced the double digit increases in health insurance costs, this bill will first provide relief to businesses with 2-10 employees. The Small Business Access Plan, as it would be called, would also allow businesses with less than fifty enrolled employees to offer health plans without state-required benefits that have been added in recent years. The plans would still be required to cover diabetes and hospice care.

Banking and Insurance Committee members also approved HB 63, a measure that would fine a driver operating without car insurance.

whether or not he or she actually owned the car. The current law does not apply to the driver if he or she does not own the vehicle. If passed, HB 63 would mean fines of at least \$500 and/or up to 90 days in jail for drivers who drive illegally without insurance.

The House State Government Committee passed legislation that should help keep Kentucky safer from possible terrorist attacks. HB 59 would allow exceptions to the Kentucky Open Meetings Law for the discussion of certain homeland security records. Unfortunately, the attacks on our nation on September 11 and subsequent war on terror were unimaginable when the Open Meetings Law was first enacted and this change has become necessary in order to protect our safety.

HR 16 also passed State Government. The resolution designates Shelby County as the Saddlebred Horse Capital of the World, and will strengthen the overall saddlebred horse industry in Kentucky by helping the pedigree of any foal born in Shelby County and attracting breeders to the area.

The same committee also passed HB 219, legislation that increases the amount of money fire departments are able to receive from the Firefighters Foundation Program Trust Fund if half or more of

(Cont. to A-9)

"It is Written"

In 1 Ti. 3:2 we read, "A bishop then must be blameless, the husband of one wife, vigilant, sober, of good behavior, given to hospitality, apt to teach." It's amazing how in the religious world we have folks who can flat out teach and practice things contrary to the word of the Lord. We have those who say that a bishop can (or must) be a single person, but God said, "the husband of one wife." The forbidding of marriage was foretold to come, "Now the Spirit speaketh expressly, that in the latter times some shall depart from the faith, giving heed to seducing spirits, and doctrines of devils. Speaking lies in hypocrisy, having their conscience seared with a hot iron. Forbidding to marry, and commanding to abstain from meats, which God hath created to be received with thanksgiving of them which believe and know the truth." Such doctrine is influenced by demons. Then we have people who want to have female bishops, but how can woman be, "the husband of one wife" as the text says? This is the problem of human teachings, it runs cross-grain to the bible. Let us know what we can study with you.

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Time of Services: Sunday 10am Bible Study, Worship 10:40 & 6:00pm, Wednesday 7:00pm. Radio program, Sunday, 14:00 AM

Cub Scout News

Submitted

The Brodhead Cub Scouts have started the new year with a bunch of activities. After taking most of December off, due to church and school activities, we started January learning ways to "spread the news." Our cubs and several parents took a Friday afternoon field trip to the Mt. Vernon Signal office. Ms. Paige stayed late to show us around, explain how the newspaper is put together and where the news comes from. We would like to thank Ms. Paige for staying overtime to answer our many questions.

Most of the Cubs spent the second Saturday in January at Lowe's in Danville building bi-planes. This is part of the Build and Grow class at Lowe's, and helps us fulfill requirements for our Wolf badges. Thanks to Miss Terri for her patience and expertise. The planes looked great and we can't wait to see what we're going to build in February.

Our Webelos have been working on several projects. One Saturday they went to Frodohead to visit Mayor Walter Cash. They got the chance to see City Hall and ask a lot of questions about how our city is run. Thanks to Mayor Cash for giving up

his Saturday and spending a UK basketball game to meet with our scouts.

At this month's pack meeting, we had several badges, belt loops and pins to hand out. Congratulations to all our scouts!

Jacob Taylor received his Bobcat badge and now gets to pursue his Bear badge. All our Webelos received pins and belt loops this month. Music, citizenship, computers, showman and communicating are just a few of the awards presented this month. Great job Dylan, Jacob, T.J., Michael Dylan and David. We are very proud of each of you. Keep up the good work!

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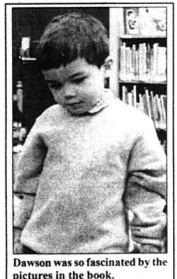
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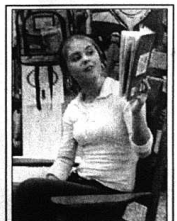
The observers were Samantha Allen, Brandi Cope and Alicia Anglin.



Ms. Sandy brought her group from P.J.'s daycare and they had a great time, the children were so well behaved.



Dawson was so fascinated by the pictures in the book.



Ms. Darlene Martin's girls read to the children. McKayla Bryant, Neisha Taylor, Wendy Stewart, and Leslie Stewart.

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NATIONAL TREASURE Rated PG-13 Fridays, Mondays - Thursdays 6:00 8:20 Saturdays & Sundays 1:00 3:20 5:20 7:20 9:20	STRIPES Rated PG Fridays, Mondays - Thursdays 4:15 6:40 9:10 Saturdays & Sundays 1:15 4:15 6:40 9:10	WEDDING DAVE Rated PG-13 Fridays, Mondays - Thursdays 4:05 5:15 6:30 7:45 Saturdays & Sundays 1:00 3:05 5:15 7:25 9:35	BECAUSE OF WINN DIXIE Rated PG Fridays, Mondays - Thursdays 3:30 5:30 7:30 9:30 Saturdays & Sundays 1:00 3:30 6:20 8:50
SUN OF THE MASK Rated PG Fridays, Mondays - Thursdays 3:25 5:35 7:45 9:55 Saturdays & Sundays 1:10 3:25 5:35 7:45 9:55	WIZARD OF OZ Rated G Saturdays, Sundays, February 18th - 20th FREE		

Tickets for evening shows: Seniors & Children Under 12 - \$5 • Adults - \$6.75
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As Always - Children 2 and under FREE!

Showtimes for Friday, February 18th through February 24th

County Judge speaks out on issues with state

By Buzz Carlolito
Rockcastle County Judge Executive

The state's county judges met in Lexington last week to discuss items of importance to counties. Unfortunately, in my opinion, I discovered that the county judges -- most of whom are new to the job -- were discussing the identical problems that we, as an association, were discussing ten years ago. Illegal garbage dumping, inadequate funding for roads and jail problems.

Again, in my opinion, because we were discussing the same problems, it is obvious that the state legislature has not been listening to us -- the county judges and magistrates -- who have had to contend with escalating costs out of our control. To add insult to injury, I just received an agenda for another meeting to be held in April during which we, as county judges and magistrates, will be hearing from Rep. Jody Richards, Speaker of the House. He will address us on "The State of County Government from a Legislator's Perspective." Huh? In my opinion, the legislators should be hearing a speech from counties, i.e., "The Heavy and Grievous Burden Placed Upon Counties by the Legislature -- and the State's Complete Lack of Understanding of County Government." Unfortunately, we never get their ear. I suppose (tongue-in-cheek) they do know everything. They are, after all, the ones in Frankfort.

Honestly, I'm always amazed at how ignorant (and I said that on NPR during an interview) state legislators seem to be regarding a county fiscal

court's responsibilities. Where I used to be rather awed by the legislature, I am now frightened at its lack of knowledge and inability to act for the local government.

While medical costs have risen for all citizens (including those in jail), there has been no effort at all by the state to keep up with the rising medical costs incurred by counties. Medical allotments sent to counties have remained at the same level for over twenty years and, although a statute passed by the legislature, provides reimbursement to counties for catastrophic medical expenses that exceed \$2,000, the General Assembly has only funded this account with \$400,000 each budget cycle. Therefore, that money is quickly depleted, leaving the counties to pay the costs.

In addition, county jail populations have increased as much as ten-fold since the mid 1980s, while the amount of money received from the state to care and maintain prisoners has remained stagnant. This causes many counties across Kentucky to spend up to 50% of their General Fund for jail costs. This is money that could be used by the magistrates on law enforcement, road construction, refurbishing youth and senior citizens centers, etc.

To add to the dilemma of the counties, when a person is arrested and jailed on state charges, the prisoner becomes a ward of the local county jail and the fiscal court. We must maintain, feed and house that prisoner. When he goes to court, and if he is found guilty of the state charges, the county must then continue to house the prisoner for thirty days after final judgement is passed, at which time the prisoner is usually taken to a state prison. Payment to the county for housing him/her is this point? Nothing. Not a penny.

Furthermore, city government and their police forces can arrest and jail a person for breaking a law within the city limits. Their cost for incarcerating the prisoner? Nothing. Not a penny.

Who picks up the cost? The fiscal court and its jail. What if the county runs out of money to handle this load

of prisoners? The answer is quite simple. The fiscal court gets to pass a new tax to come up with funding. Is something wrong with this picture or am I looking at it the wrong way?

We are paid a per diem for housing state prisoners, however after they have gone through all the other process. That certainly helps our jail stay afloat, but the "free ride" given by the state in the meantime is money lost to the county.

The county judges and magistrates have worked hard to finally get something to the floor of the legislature. It is a six-year plan, as follows:

Year 1: The per diem rate for housing state prisoners will rise by \$4.

Year 2: The per diem rate will rise by an additional \$4.

Year 3: The state shall reimburse all counties all medical costs for housing state prisoners.

Year 4: A 50% reimbursement shall be made by the state to counties to pay for housing all prisoners charged (not just found guilty at a later date) with violating state laws.

Year 5: A 100% reimbursement shall be made by the state to counties to pay for housing all prisoners charged (not just found guilty at a later date) with violating state statutes.

Year 6: The Commonwealth of Kentucky shall take full responsibility for housing all prisoners; jailers are to be incorporated into this state system, but will continue to be elected locally.

This is the goal of the County Judge/Executives' Association.

In my opinion, the state legislature has allowed the state government to get a free ride on the backs of local taxpayers. After all, it has been far easier to speak from the legislative floor telling everyone that state taxes will not go up. (What they fail to say from the legislative floor is that the counties, as an extension of the state at the local level, will have to fend for themselves and pass taxes to keep up state inmates). At least that's exactly the way I see it.

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Youth Yak at RCHS

Submitted by The Youth Services Center
 Congratulations to the RCHS Winterguard on their performance at the Tri-State Winterguard competition this past Saturday at Floyd Central High School in Floys Knob, Indiana. The guard placed Third out of 11 units competing in Regional A, missing first place by 2 points. It was a very strong showing for their first time out during regular season and we wish them luck as they prepare to compete at Campbell County High School on February 26th.

Best wishes to Mrs. Glenna Carter and family. They have a new baby in the house; Miss Jada Koren was born on February 10. She was a little early so she only weighed in at 4 pounds. We wish Ms. Carter and little Jada the best.

Project Graduation News:
 The Project Graduation Committee met on Monday, February 14. They want to remind seniors that Avon orders and monies are due Friday, February 18 during lunch. They also are selling raffle tickets for a Longhanger Inaugural Basket now thru February 28. The basket will be given away at the next Project Graduation meeting on February 28. Remember the February's attendance drive can earn seniors extra Rocket bucks. Coming soon: Tickets for a chance to win a Honda 350 X 4 Racer. Tickets will cost \$5.00. Also, Project Graduation sells "Split the Pot" students at each home basketball game.

Parents and students, take the time to review the dress code rules in the student handbook, pages 3 and 4. Pay close attention to items #7, 8, and 10. If a student is caught violating the code, they will spend time in In-School Suspension.

A reminder-Don't let those unexcused absences slip up on you. Five or more will result in loss of privileges. Juniors and seniors, this will mean no Prom.

Congratulations to Genna Cummins. Genna has been named 2005 Horatio Alger Kentucky Scholar, one of only 42 state wide. Genna will receive a 2500.00 scholarship. Genna, we are very proud of you!!!

Miss Whitney Cross and Mr. Scott

Cromer were named Homecoming Queen and King during last week's homecoming festivities. The Lady Rockets defeated No. Laurel while the Rockets were barely defeated by three points. This past Monday, the Lady Rockets defeated So. Laurel. The Rockets next game will be against the Cobin Redmonds by night (Tuesday). A double-header with Lincoln County will be this Friday.

Last week, during Club Day, we enjoyed a visit from former UK basketball player, Jeff Shepherd. Mr. Shepherd spoke to the Fellowship of Christian Athletes.

The UNITE clubs from RCHS and RCMS traveled to Frankfort on Monday, February 14 to support a bipartisan anti-drug effort. Congressman Hal Rogers, Governor Fletcher, Attorney General Grey Stumbo, House Majority Leader Rocky Adkins, and Kentucky State Historian 101 year old Thomas D. Clark all spoke and called Monday an "Historic Day." The club enjoyed speaking on Saturday. They have worked hard to prepare for this day.

Good luck to our ROCKET cheerleaders as they compete in KAPOS on Saturday. They have worked hard to prepare for this day. Good luck also to our Honor's Band members as they travel to EKU for rehearsals. Members of the band are Allison Carter, Samantha Oglin, Mary Brinson, Harold Burdette, Cody Moore, Teddy Stallworth, Drew Davidson and Josh Nation.

February is Black History month. This tradition was started by a Kentuckian, Dr. Carter G. Woodson after the back in 1926. Students here have studied about Black History this month.

UPCOMING EVENTS
 February 21-President's Day No school.
 February 28-District Basketball games begin.
 March 28 thru April 1-Spring Break

Jr./Sr. Prom: April 16



Present during the FFA Week Proclamation were front from left: Donnie Sowder, Derek Adams, Judge Executive Buzz Carlotia, Kevin Mason and Mark Dyeboose. Back row from left: Karen Mink, Emily Whitaker, Matthew Whittington, Hillary Proctor and Chris Hurst.

National FFA Week

Members of the 145 Kentucky FFA Chapters will join the approximately 460,000 other FFA members in the United States in celebrating National FFA Week, which begins February 19. Governor Ernie Fletcher will be asked to sign a proclamation declaring February 19-26, as the national FFA week in Kentucky.

National FFA Week always includes George Washington's birthday and observance of his leadership in promoting scientific farming practices. Washington is considered the patron saint of the FFA and has come to symbolize the FFA Treasurer.

Early leaders who modeled America came from the farms and plantations. Former statesman of the past like George Washington and Thomas Jefferson has served as models for leadership development. In these times of our nation and beyond, we must inspire FFA members. The FFA theme for 2005 is "Leadership."

For more information, contact FFA OF KY at 606-778-5474.

Matthew Whittaker; Vice President, Daniel Bustle; Secretary, Mark Dyeboose; Treasurer, Derek Adams; Sentinel, Kevin Mason; Parliamentarian, Karen Mink; and Chaplin, Donnie Sowder.

FFA Alumni is very important in every county including ours. Our local Alumni consist of parents of children who are enrolled in FFA and other individuals who want to help and support our local chapter. Our local Alumni has contributed thousands of dollars in scholarships and financial help so others can attend conventions and be able to participate in our activities.

This year alone our local FFA chapter has participated in tobacco grading (which placed 3rd in state), Land Judging (which placed 2nd in the state), Nursing Judging (which placed 3rd in the state), and Livestock Team (which also got 3rd in the state). We also attended State and National Convention, which without the help of our local Alumni we wouldn't have been able to do.

Forward in the fifth invites parents to leadership program

Parents who are interested in improving their leadership skills can participate in a parent leadership program, beginning March 8 at the First Christian Church in Mt. Vernon. Forward in the Fifth is offering this program, called Improving Schools from the Grassroots, to help parents become more proactive advocates of their child's education. The Berea College Gear-Up program, which has been working with middle and high school students and their families, is sponsoring this leadership program cycle.

"We are very pleased to be able to continue our parent leadership work this year," said Michelle Scarberry, interim director of Forward in the Fifth. "Through the sponsorship from the Gear-Up program, we will be able to reach a new group of parents."

Training sessions cover a wide variety of topics, beginning with a look at the participant's individual experiences with education and moving through a study of learning styles and the testing system used in Kentucky schools.

Sessions will be held at the First Christian Church in Mt. Vernon from

5:30 to 8:30 p.m. The meeting dates are: March 8 and 22, April 5 and 25, May 10 and 24 and June 7 and 21. Meals will be provided. There will be travel reimbursements for participants and child care is available. Each participant who attends all eight sessions will receive a \$200 stipend. Because the Berea College Gear-Up program is sponsoring the program, Forward in the Fifth is recruiting only the parents of middle and high school students.

Forward in the Fifth's vision is that members of our communities will have the educational opportunities necessary to live full and productive lives. Our mission is to: raise educational levels in the region; encourage life-long learning by providing opportunities for parents, educators and community members and to foster partnerships between communities and schools. Our Parent Information and Resource Center offers services to parents who want to become a more integral part of their child's education.

For more information, or to register for the program, contact Kate Startzman at 859-986-3666.



Maremma Bandits Pups For Sale
Special - \$55 each
Call Dog Brock

606-758-8621 Days or
 606-256-3171 Nights
 Parents are working dogs on Brock's North Hill farm

Can be seen at Brock Studio Thursday & Friday 1 to 4 p.m.

Producer Meetings Lower Kentucky Watershed



The USDA Natural Resources Conservation Service (NRCS) has selected the Lower Kentucky Watershed as one of the nation's eligible watersheds for the 2005 Conservation Service Program (CSP) sign-up.

CSP is a voluntary program that rewards farmers and ranchers who meet the highest standards of conservation on their land.

Kentucky NRCS is holding eight CSP producer meetings as listed below. Interested producers with land in the Lower Kentucky Watershed are invited to attend and learn more details about CSP and producer eligibility.

- Williamstown - Tuesday, February 22, 6:00 p.m. - Owen County Cooperative Extension Office
- Richmond - Wednesday, February 23, 1:00 p.m. - Madison County Cooperative Extension Office
- Owensboro - Thursday, February 24, 7:00 p.m. - Owen County Cooperative Extension Office

For more information contact your local USDA NRCS District Conservationist.

On link between mercury and illness

UK educator to speak at SCC

A University of Kentucky professor and department chair will discuss mercury and its relationship to Alzheimer's, Autism and other neurological disorders, including Parkinson's, ALS and MS on Tuesday, March 1 at Somerset Community College.

Dr. David Haley, professor and Department Chair of Chemistry at UK, will be speaking at 7 p.m. in the Harold Rogers Student Commons-North Campus, 808 Monticello Street, Room 117. The meeting is free to the public.

Dr. Haley will also be a guest on the *Indiana Show* tentatively scheduled for February 20th, to discuss this same subject.

Dr. Haley developed a diagnostic marker for Alzheimer's, linking mercury as a causal factor. He was the first to propose that mercury preservatives in childhood vaccines was the likely toxic agent involved in Gulf War Syndrome and Autism-like disorders.

He has testified before Congressional committees, the FDA and other government agencies, regarding the effects of mercury toxicity from dental amalgams ("silver" fillings) and vaccines. Dr. Haley is a member of the Autism Association and is on the board of the Swedish Foundation for Metal Biology. He has lectured at interna-

tional conferences in England, Canada, Italy, Switzerland, Australia, Sweden, France, Germany, New Zealand, Mexico and Denmark.

There is currently a bill in the Kentucky Legislature making it illegal to use mercury fillings but the bill is reportedly stalled in committee. CCU credit is available to nurses, social workers and other professionals in health and social service-related fields attending the meeting. For more information, call 606-678-5474 or sign in at the registration table at 6:30 p.m. on March 1st. Visit www.mercola.com for more information on this subject.

Subscribe to the Signal

EAT PIZZA!

Knock-Out your Hunger and World Hunger

When: Monday, February 21st



Where: Pizza Hut in Mt. Vernon

When you pay for your meal you can designate 20% of your purchase to the fight against world hunger.



This fundraiser is sponsored by Northside Baptist Student Ministries & World Vision's 30 Hour Famine

For more information call 256-5577 Northside Baptist Church - Mt. Vernon, KY

Thinking about advancing your career?

Do you want to keep your current job while you earn a new degree and enhance your career? You can with Midway College's accelerated evening and weekend degree program in Healthcare Administration or Human Resource Management.

If you have prior college credit, you can attend class one evening a week or online and complete a Bachelor Degree in 18 to 24 months—not four years.

If a career in Healthcare Administration or Human Resource Management appeals to you, then think Midway College.

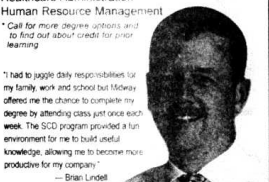
Offering degrees in:

- Healthcare Administration
- Human Resource Management

* Call for more degree options and to find out about credit for prior learning

"I had to juggle daily responsibilities for my family, work and school but Midway offered me the chance to complete my degree by attending class just once each week. The SCC program provided a fun environment for me to build useful knowledge, allowing me to become more productive for my company."

— Brian Lindell



800.680.0999 or visit www.midway.edu

Offered through a partnership with Somerset Community College



Midway College is an Equal Opportunity Institution

Free CNA Classes

Free Certified Nurse Aide classes are offered to qualified applicants, ages 16-21. Start your career in Healthcare and increase your earning power. GED assistance also available.

Bring these items with you on day of application.

- Drivers License
- Social Security Card
- Proof of Income

We will be accepting applications at Rockcastle Co. Senior Citizens & Day Health Care Center on Hwy. 150 in Mount Vernon, Ky. Thursday & Friday, Feb. 24th & 25th from 10 a.m. to 2 p.m.

Education and Training Resources
Somerset Lync
 24 Rowena Drive • Somerset, KY

Funded by Cumberland Investment Board, through U.S. Dept. of Labor, administered by the Lake Cumberland Area Development District, Inc. with Workforce Education. Act moves, an Equal Opportunity Employer Program and auxiliary aids and services available upon request to individuals with disabilities.

Minds in the Middle

Congratulations to the RCMS Quick Recall team. They will be the first to participate in state competition after doing well in the regionals this weekend at Estill County. We also issue special congratulations to John Lambert who will be competing in written composition and social studies written assessment at the state level.

We are also very proud of our RCMS Junior Color guard members. These girls participated this weekend in Floyd County, Indiana at the Tri-State Winter Guard competitions and took first place. This was a great accomplishment, especially considering that this is our first year for a color guard team. Great work!

This Friday will be the 2nd Annual Poetry Celebration at RCMS. In a cafe-type setting, sixth graders will share their original poetry. Also, several RCMS staff members will be reading their favorite poems. Refreshments will be served and parents are invited to attend.

The Girls In Science Club visited the Aviation Museum at Bluegrass Airport in Lexington on Tuesday. Thirty-eight girls went on this trip. We are excited to see this group growing in number and helping to prepare our girls for successful careers.

Congratulations to Regina

Burton's homework for winning last week's attendance race. Her class had 100% attendance. Mrs. Becky Smith's homework came in second place followed by Mr. Tracy Gabbard's group in third place.

The 8th grade boys basketball team earned their 20th win of the season last week by defeating Meece Middle School. This team achieved the second most victories in a season in the history of RCMS. Congratulations to this milestone.

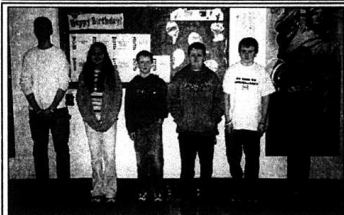
On Tuesday, the RCMS Unite Club sent 36 members to Frankfort to lobby for Senate Bill 56 relating to the sell of over-the-counter drugs used in making methamphetamines. The group had the pleasure of hearing Gov. Ernie Fletcher and Representative Hal Rogers speak regarding their support of the bill. We applauded the students' willingness to support support for this important effort.

RCMS was proud to have Jennifer Cox represent them last Thursday in the district spelling bee. Jennifer placed third in the district after being declared our school winner.

This Friday will be our monthly RAP session. The topic for this month is regarding bullying and harassment. Help us prevent these behaviors by helping your child to build a kind and caring attitude toward others!



The RCMS Quick Recall team placed first in district competition at Jackson County qualifying them to compete in regional competition. In regional competition at Estill County on Saturday, the team placed second and will now compete at the state level. Members of the team are pictured above, front row from left: Kassie Robinson, Charles Alcorn, Andrea Gonzalez, Casey Hassel, Devin Davidson, Jordan Robinson and Nick Shelton. Back row from left: Jasmín Johnson, Starla Clouse, Alisha Doan, Steven Brown, John Lambert, Victor Coffey and Kayla Frederick. This is the first time that an RCMS Quick Recall team has made it to the state level. We wish them the best!



RCMS held their school-wide Spelling Bee on February 2, with winners from each of the six teams competing. Winners from each team are shown above, front left: Spencer Mullins - Challengers; Brooke Martinez - Comets; Ben Whitaker - Enterprisers; Richard Barron - Shooting Stars; Stephen Bond - Adventurers and Jennifer Cox - Voyagers. Jennifer was the winner and participated in the District Spelling Bee last Thursday. Congratulations to all of them on their achievements.

Rockcastle graduate participates in Posters-at-the-Capitol

Katy Powell, along with other EKU students, participated in the Posters-at-the-Capitol in Frankfort on February 3, 2005.

The students prepared and displayed posters to describe projects they are researching. Katy and her partner, Sara Chaplinsky, are exploring how analytical separation techniques play an important role in forensic science.

Their poster, entitled Trace-Fiber Color Discrimination by HPLC-DAD (high performance liquid chromatography-diode array detection) and Using Both Ion-Suppression and Ion-Pairing Reagents, described how

fiber evidence can be analyzed.

Future work will focus on reducing the sample size needed to increase the forensic value of this type of analysis. Faculty sponsors for their project were Dr. Lon Wilson and Dr. Diane Vance.

Earlier in the day, Katy and Dr. Wilson met with Senator Ed Worley in his office at the Capitol to discuss the need for a new science building on the EKU campus. Senator Worley briefed them on the funding process.

Katy is the daughter of Jesse and Loretta Powell of Mt. Vernon Road, Berea.



Pictured from left: Senator Ed Worley, Laura Chaplinsky, Katy Powell, Representative Lonnie Napier and Dr. Lori Wilson.

Tiger Pause

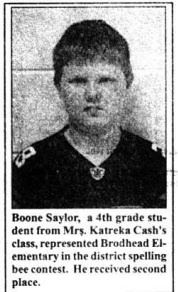
The School Mall program at Brodhead Elementary School was a great success. Our students turned in 250 completed booklets and were each given a small participation prize. Each teacher also received an incentive prize. Kaci Bussell, a student in Mrs. Tammy Stevens' second grade class, won the drawing for the remote control inflatable robot. PTA

thanks everyone who participated in this fund raiser.

Congratulations to 4th grade student Boone Saylor. He represented BES in the district spelling bee contest and earned second place.

Lost and Found. Parents, please remind your students to check the lost and found box in the front of the cafeteria if they have lost a coat, hat, backpack, etc. These items will be donated to the clothing closet or charities if they are not claimed.

Important dates: Feb. 21, no school-President's Day; Feb. 23, Crusaders 1:30; Feb. 24, 4H sewing class; Mar. 2, spring pictures.



Boone Saylor, a 4th grade student from Mrs. Katreka Cash's class, represented Brodhead Elementary in the district spelling bee contest. He received second place.



BES student Kaci Bussell, from Mrs. Tammy Stevens' 2nd grade class, won the drawing in the school mall contest.

Help Wanted

Wayne Stewart Adult Health Care, Kentucky's premier provider of Adult Day Health Care, has the following administrative position available.

Patient Care Coordinator: Qualifications: LPN or BSW. Successful applicant will play key administrative role in client care management. Must be able to work independently and exhibit self-motivation. Home Health and geriatric experience helpful. Must be willing to travel within Rockcastle County. Resumes may be sent to Wayne Stewart Adult Health Care, c/o Kendra Tallent, Rt. 4, Box 624-K, Mt. Vernon, Ky. 40456. EOE.

Rockcastle County Fiscal Court Ordinance Administrative Code (Revised Edition, Effective March 1, 2005) Second Reading and final Adoption

An Ordinance pertaining to the administration of general government of the County of Rockcastle, including General Administration of the County's affairs, Financial Management, Personnel Policies and Procedures, Affirmative Action Plan and Goods and Services Procured by the County and Services Provided by the County. First Reading and Tentative Approval was made by the court on January 11, 2005. Second Reading and Approval was made by the court on February 9, 2005. A full copy of the ordinance is available for public viewing in the Ordinance Book of the County Clerk, Norma Houk.

/s/ Buzz Carlifoux
County Judge Executive

Jackson Energy offers scholarships, trip to area students

Some extra funds for college and a week-long trip to Washington, D.C. may be as close as your local cooperative office.

If you have a son or daughter planning on attending college this fall, it's not too soon to begin applying for financial aid.

Jackson Energy is just one of several area groups and companies to award scholarships. Applications for the co-op scholarship contest are now being accepted.

Since the scholarship program began in 1992, over \$58,000 has been awarded to area students. "We want to improve the quality of life in the region we serve," said President & CEO Don Schaefer, "and helping students continue their education is an investment in the student and the region."

This year, Jackson Energy will award eight \$1,000 scholarships to students from the co-op's service territory. The scholarship contest is open to high school seniors and college students, as long as the student is not over 21 years of age. The student, their parent or their guardian must be a member of the cooperative.

Jackson Energy also offers a program for area high school students, the Washington Youth Tour. Students who are juniors in high school are eligible for the program, which includes a week-long trip to Washington, D.C. and the surrounding area. Students must learn about the federal government, as well as visit with legislators and other officials during the trip.

The deadline for entries for both the scholarship and youth tour programs is March 1. For more information, contact Karen Combs, 1-800-262-7480, ext. 9223.

School Menu

- | | |
|---|--|
| <p>February 21 - February 25
Breakfast
Monday, February 21st: No school.
Tuesday, February 22nd: Pancakes & syrup or cereal, toast/jelly, juice, milk.
Wednesday, February 23rd: Breakfast pizza or cereal, toast/jelly, juice, milk.
Thursday, February 24th: Sausage biscuit or cereal, biscuit/jelly, juice, milk.
Friday, February 25th: Egg and toast or cereal, toast/jelly, juice, milk.</p> | <p>Lunch
Monday, February 21st: No school.
Tuesday, February 22nd: Sub sandwich, California vegetables w/ cheese sauce, lettuce/pickle, chips, pudding, milk.
Wednesday, February 23rd: Taco salad, potato wedges, fruit dessert, milk.
Thursday, February 24th: Hot Dog on bun or sandwich, potato rounds, carrot sticks, fruit dessert, milk.
Friday, February 25th: Chili chips & cheese or sandwich, lettuce/pickle, vegetable sticks & dip, fruit, milk.</p> |
|---|--|

Mt. Vernon Message

School News
There will be no school on Monday, February 21 in observance of President's Day.
4th and 5th grade students will have a special guest speaker on Tuesday, February 22. Mr. Roger Bingham, "Kentucky Joe" from Survivor will speak.
The Crusaders will be here on Wed., Feb. 23 at 8:20. They will present an Anti-Drug and Alcohol program.
Children's Portraits
Mt. Vernon P.T.G. will be selling children's portrait certificates. Each certificate is \$9.95 and will entitle you to a package consisting of one 8x10, two 5x7s and eight wallets. Children over 10 must have a younger sibling in the photo. The proceeds from each certificate will go to Mt. Vernon P.T.G. Gowns and taxodols will be provided.
Project Widom:
Readers for last week were: Victoria Griffith, Dylan Stewart and Harley Riddle, students.
Our quote for this week is "When we see people of worth, we should think of equaling them."

Citizens Bank

15 Month Certificate of Deposit

3.04% APY

No Penalty for Early Withdrawal

Mount Vernon 606-256-2500	Brodhead 606-758-8212
Annnville 606-364-2918	McKee 606-287-8390

24 Hour Infoline
1-800-530-8561

- APY 3.04%
- Minimum \$1000.00 Balance
- No Penalty for early withdrawal
- Interest paid monthly

Church News

Youth Rally at Ottawa Baptist

There will be a Youth Rally at Ottawa Baptist Church on February 19th, beginning at 6 p.m. The theme is "Living Pure." Former UK Wildcat Jeff Sheppard will be speaking. "Living Pure" is a presentation of the Rockcastle Association of Kentucky Baptists.

For more information, call 758-8453 or 256-5577. All students in grades 6-12 and adults are invited to attend.

Bro. Pearson at New Hope

Bro. Paul Pearson will be preaching during the month of February at New Hope Baptist Church in Orlando. The church invites everyone to attend. Service times are: Sunday morning, 11 a.m., Sunday evening 6

o'clock and Wednesday evening, 7 o'clock.

Hicks preaching at Livingston Pentecostal
Bro. Wade Hicks will be preaching at Livingston Pentecostal Holiness Church the weekend of February 19th and 20th. Services will begin at 7 o'clock Saturday night and 6 o'clock on Sunday night.

Chad Scalf and congregation welcome you.

Third Saturday Meeting at Climax Holiness

Climax Holiness Church's third Saturday of the month meeting will be held Sat., February 19, at 7 p.m. with special singing by Called Out. Pastor Robert Miller and congregation welcome all.



The members of Flat Rock Baptist Church of Orlando want to congratulate our new Sweethearts for 2005. They are Mark and Betty Jo Laswell of Mt. Vernon. The Laswells have been married for 10 years and have two children. They recently became members of our church and Mark has announced his call to the ministry. We wish them both the very best.

Mt. Vernon Teens are starving to fight world hunger

On February 25-26, more than 60 young people from Northside Baptist Church plan to participate in the annual World Vision 30 Hour Famine.

"29,000 children die every day from hunger and other problems, but it only takes \$30 to feed and care for a hungry child for a month and \$360 to feed a child for a whole year," says RCHS senior Brittany Anderson. "When I do the 30 Hour Famine, I know I can make a difference and change the lives of children forever. My goal is to feed at least two children for a year. I'm determined to bring that 29,000 number down."

During the 30 Hour Famine event, students ask for sponsor donations as they go 30 hours without food to experience real hunger and participate in activities that help them better understand life in a developing country. The students also take part in contests, games and community service projects to help others here in Mt. Vernon.

On Monday, February 21, you can join the fight against world hunger by eating at our local Pizza Hut. When you dine-in or carry-out, you can fill out a ticket to designate 20% of your purchase to the 30 Hour Famine. Special thanks to Pizza Hut for hosting this "Famine Fundraiser."

The students participating with Northside Baptist Church also are planning a worship service on "Famine Friday," February 25 at 7 p.m. It will include praise and worship music with the Northside Praise Band and Interpretive movement from the Northside youth. Everyone is welcome to attend. On Saturday, they will be out in the community providing information about world hunger, World Vision, and how anyone can help. Anyone interested in participating can contact Jon Burdette at 606-256-5577 or World Vision at 1-800-7-FAMINE or www.30hourfamine.org.

The funds raised during the 30 Hour Famine will be used to help feed hungry children and families in countries such as Tanzania, Zambia and Malawi, which have been devastated by the HIV/AIDS pandemic, as well as countries in South America, Asia, Eastern Europe and the United States.

In 2003, more than 600,000 teens across the United States raised more than \$8 million through community

(Cont. to A-9)

Cards of Thanks

Thank You!

Jerry and Louise Sparks would like to thank Cupps Chapel Holiness church for the pouring and benefit service they held for us February 4th.

A special thanks to Allen Hensley, the Willis Family, Ralph Allen, Jr. and Faye Chasteen, David and Bronny Steel and Rick Hold and his church.

The singing and service were uplifting and encouraging.

Words cannot express how grateful we are for the prayers, offering and food, during this time of sickness.

We are looking forward to the time God has appointed for Jerry's healing to take place. We pray God will bless all who gave their time, money, food and prayers.

We ask that everyone just keep believing with us that Jerry will be healed soon.

We pray God bless a hundred fold. Thank you again.

Jerry and Louise Sparks

Thank you!

To each and every person who has taken time to show their love and concern after my recent surgery, thank you!

To all of you who have phoned, sent flowers, food, cards, gifts, who visited or did anything to show my family and me that you cared when I became sick, thank you so much. It has meant a lot to know also that so many prayers have been said on my behalf and those prayers have been answered because I could not have received better news after the lap results came back from the biopsies. The cancer had not invaded the lymph nodes or other parts. With an insurance marker of radiation, we are all in belief that God answered prayer and things will be okay.

Again, I want to say I love each and everyone of you and I appreciate all of your concerns.

With Love and Prayers,

Mayor Clarice R. Kirby and family

Births and Birthdays



80th Birthday Celebration

On Sunday, January 23, 2005, family and friends gathered in celebration of Marguerite Hunt Poynter Robinson's 80th birthday. Approximately 55 guests attended. She also received many cards.

Thanks so much for all of you that came to my birthday celebration and all of you who sent cards. It was wonderful to see everyone. May God bless each one of you. Marguerite Hunt Poynter Robinson, and children Judy, Jill, Joan, Jennifer, Matthew and Christopher

In Case You Missed It Last Week



She's fast and furious and also nifty, can you believe it this fine RTEC driver will soon be sixty? Happy Birthday February 15th Bonnie Sue Barron



Happy Birthday Judy You're 53 on February 18th. We've laughed and cried together and God has always helped us through. Love you - Your Sister Carol

In Memory Special Dad

In Memory of David Spires

He was very special. He was like chocolate. Always comforting. There was an ugly pair of yard shoes. He always liked to wear. Oh! you can't forget the shirt. The green-striped one I love him very much. People say he's gone. But he's still here in my heart. His part really whispers. Comfort into my soul. Even though he's not visible, I know he's always here. Heather

B&M Liquidators

Hwy. 150 • Between Mt. Vernon & Brodhead • 256-0231

~ ~ New Shipment ~ ~
Just Arrived!
Sheets, Comforters & Curtains

February is....

Love My Library Month

During the month of February all late fines will be forgiven!

Castle Village Apartments
1-BR Garden Apartments and 2 & 3-BR Townhomes
IMMEDIATE OCCUPANCY

Section 8 assistance to qualified applicants, pending application approval. Certain income limits apply. Beautiful, quiet country setting. Private entrances & patios. Kitchen appliances, central air. A MUST SEE!

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Equal Housing Opportunity

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State Licensed Hearing Specialist

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Financing Available

\$75,000. SPECTACULAR!

No steps in this ranch home, 3 BR, large family room, spacious master bedroom. Has two closets, attached garage, BIG home for the price.

Listed at \$75,000.
City close and country quiet.
Call today for more information
(859) 661-2607 or (859) 893-0877.

Rector Hayden

End of Season SALE

Thursday, Friday and Saturday
February 17, 18 & 19

off all Clothing, Houseware, Books and Shoes...

50%

Scrapbooking, Green & Red Tickets Excluded

BEREA ATTIC

U.S. 25 South
505 Mt. Vernon Rd.
Berea
(859) 986-8358

Mountain Missions Development Corporation
WE ARE NOW CARRYING SCRAPBOOK SUPPLIES

REGISTER TO WIN

Two(2) Tickets To See
Kentucky Headhunters
In Concert at Renfro Valley
Saturday, February 26, 2005

Register at the following locations:

Deadline for entry: Wednesday, February 23, 2005
Drawing will be held Thursday, February 24, 2005

Dispatcher Needed For Evenings

Rural Transit Enterprises Coordinated, Inc. (RTEC) has an immediate opening for a dispatcher to work from 2 p.m. to 10:30 p.m. Applicants must have safe driver requirements. Other requirements include high school diploma or equivalent, good communication skills in the English language and have working knowledge of computers. Experience in transit or related field plus. Interested applicants that seek benefits and starting rate of pay at \$8.27 per hour may apply at RTEC, located at 100 E. Main St., Mt. Vernon, Ky. Previous applicants need not apply. RTEC operates a drug and alcohol free workplace. EOE 1753

Mechanic Wanted

Rural Transit Enterprises (RTEC) is now interviewing for Automotive Mechanic in Mt. Vernon. Previous applicants need not apply. Requires thorough training in the repair and maintenance of automotive equipment and may include some welding; high school diploma or equivalent and must have own hand tools. Salary commensurate with experience and certification. Tool allowance. Excellent benefits. Apply at 100 E. Main St., Mt. Vernon personnel office. 606-256-9835. 1753

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Man's Says
Yes We Can

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Man's
CHRYSLER DODGE Jeep

859-625-1422

"Update"

(Cont. from A-4)

firefighters are certified. As first responders to the scene of many dangerous situations, I was glad to see the committee take this step towards recognizing their need for better pay.

Kentucky members of the National Guard and the military reserves killed while called up for duty would be eligible for a death benefit under a bill passed by the House Seniors, Military Affairs and Public Safety Committee. House Bill 222 would give \$75,000 to the relatives of Guardsmen and reservists killed while serving their country. A similar death benefit already exists for Guardsmen killed while serving within the state. The current federal death benefit for Guardsmen and Reservists who are killed in action is \$9,000.

Kentuckians who falsify a diploma would be guilty of forgery under a bill passed by the House Judiciary Committee this week. The legislation, HB 13, would penalize those who get caught lying about any education received from a licensed institution, from elementary to graduate school.

In the meantime, I joined my colleagues in passing HR 21, legislation that would create a temporary work group to design an electronic organ and tissue donor registry. A statewide registry would ensure that a donor's wishes are known and give health care providers quick access to critical donor information, according to his resolution and are currently used in 31 states. Today there are over 700 Kentuckians on the transplant list waiting for organ donations in Kentucky.

Over the next few weeks I will continue to update you on our progress. In the meantime, I can be reached here at home anytime, or through the toll-free message line in Frankfort at 1-800-372-7181.

Those with hearing impairments may leave messages for me by calling the TTY message line at 1-800-896-0305. If you have internet access you can e-mail me at danny.ford@lr.ky.gov or keep track through the Kentucky Legislature Home Page: <http://www.lrc.state.ky.us>.

"TJ's Journal"

(Cont. from A-2)

own. Each kind of love will require a certain amount of self-sacrifice on our part. There are too many individuals who say that they are "in love" with the idea of only "What can I gain from this relationship?" In many relationships one always plays the role of "giver" and the other being the "taker". It is rare that you ever see a "give/give" relationship. However, after reviewing the various kinds of love, in my opinion there

is one not clearly defined, but it is just as strong and as important as those noted. It is the love between a parent and a child.

Who can measure the kind of love between a child and a parent? It may be the strongest love of the physical type. I know we love our spouse, and we love God (which is a spiritual love), but a parent/child relationship is unique and on a plane all its own. With every generation, it repeats itself. Is there any limit to the sacrifice a parent will make for their child, and as the child grows and reaches maturity, is there a limit to what the child will do to repay and honor the parent? I don't know why, but the great philosophers had no term that could possibly cover all of the aspects of this relationship.

But now to re-focus on the "eros" type of love briefly. I'm so fortunate that Stanley and I have such wonderful relationship. Every day is like Valentine's Day. We are each other's "soul-mate". He said once during a portion of our wedding ceremony that he hoped that one day our lives would blend as one, never knowing where one ended and the other began. I think we've accomplished that.

"Teens"

(Cont. from A-8)

donations. Worldwide, similar famine efforts involved more than one million participants in 21 countries, who collectively raised more than \$22 million to fight hunger through World Vision projects.

Founded in 1950, World Vision is a Christian humanitarian organization, serving the world's poorest children and families in nearly 100 countries. World Vision maintains health, education, agriculture, water, sanitation and small business projects that help millions of people in their communities, helping transform the lives of children and families in need without regard to their religious beliefs, gender, race or ethnic background.

To sign up for the 30 Hour Famine, call 1-800-7-FAMINE or visit www.30hourfamine.org

"Points East"

(Cont. from A-2)

and he'd surely meet the definition of a peer group. That's what it says there in the Constitution, "a jury of your peers" and I'm betting most of the defendants on any trial that he may sit, are already doing serious jail time.

And I'm betting that if I was the defendant's lawyer, I'd be grinning and humming YESSSSSS!!! beneath my breath and figuring the worst thing that could happen would be a hung jury. But like I said, I'm not a Judge nor trial lawyer, and it's never really crossed my mind to be

one. It's hard enough to be a bonafide hillbilly.

I'm not about to shoot the RECC light off the pole even though I really want to. In the first place it would take a much bigger gun than the one I have here in my lap. And besides, it's all comes in handy, the booger light that is, once in a while. I just wish I could switch it off and on and just sit when we had some trouble.

I'd sleep much better in total darkness unless the moon was full and I was outdoors snoozing in a hammock. I'm not sure that the mercury vapor coming through the blinds on my bedroom windows at night is healthy. I expect to read it on the front page of the paper any day now, that street lights do cause cancer. I'm already living proof that the one in my back yard contributes to brain malfunction.

If we had a little darkness around here, maybe the dogs would stop barking, and that's really why I have the gun out. I've been aiming at the light and thinking about how much trouble I'd be in for shooting some idiot dogs that bark all night. But I just shoot into it at a stump to make them quieten down. I'm out of bottle rockets and firecrackers so I just sit here wasting shells.

You'd have to live here on Charlie Brown Road to know how loud a dozen or more low-struck dogs can sound in the middle of the night when you don't know the warden's name or number. Or even if there is one in our county.

But I'm not going to shoot any dogs either, even though I'd like to. Because they have me on the jury list in Garrard County. And if I have to be in a trial, I think I'd much prefer to be in the jury box than up there on the stand on the witness stand.

So, for the next few weeks I have to be an upstanding citizen. Not that I am nor ever seemed nor acted nor portrayed nor otherwise exhibited nor even been incapable nor culpable, nor inculpable, nor inordinate, nor unreasonably obstinate nor ridiculous, nor ever told a lie in rendering justice properly and according to the law when I was called upon as best that I recall. Etc.

Soon as I get home I'll probably have to hold up my right hand and swear to that, but I may have to cross the fingers on my left hand.

I can't wait for spring. It's still something here tonight. But, at least and at this writing, it ain't sticking much.

And it would be so peaceful if the dogs would hush and the booger light would blow its bulb.

America's cookies are almost here

The wait is almost over for America's favorite cookie, the Girl Scout cookie! These famous cookies have been a tradition since the 1920s. Girl Scouts in Rockcastle Co. are involved in the cookie sales from planning, to selling and deciding how the money is spent. In the process, the girls learn some valuable life skills. Cookies will arrive the last week of February. It is not too late to get your boxes of Thin Mints, Caramel deLites, Peanut Butter Sandwiches, Shortbread, Animal Treasures, Lemon Pastry or Pinatas -- a strawberry filled cookie.

Call one of the Girl Scout leaders in Rockcastle Co. to get your order placed with one of the Girl Scouts. Several troops at each school in Rockcastle Co. are selling cookies. To find out who a Girl Scout leader is near you, call Vicki Chasteen, Service Unit Manager at 256-4817.

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WRVK 1460 am Radio Station
Call 256-0128

March 4 -- 3 to 6 p.m.
Mar. 5 -- 9:30 a.m. to 1:30 p.m.

Live from the Technology Center on the third floor of the Rockcastle County Courthouse

Items to be auctioned include:

- One night stay at Cedar Ridge
- Numerous tools and other accessories
- Weekend Getaway to Gatlinburg, TN
- Autographed Boys & Girls Rocket basketballs
- Items too numerous to mention!

Anyone interested in donating money or an item to be auctioned, may contact any Kiwanis member or come to the Technology Center during the auction.

All proceeds will be used to fund various projects throughout Rockcastle County.

Lots of GREAT BARGAINS

Words of Hope


Joy. As we continue our study on producing good fruitful qualities, let us now look at the character trait, "joy". What is joy? Is it something we feel only when we are happy? Not always. Joy is an expression of the soul that surfaces in our behavior. We think of joy in times of celebration like winning a game. However, joy can be a constant emotion regardless of the circumstances. The Bible tells us to be joyful always and pray continually. If you lack joy call on God and allow Him to help you find what is missing.

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


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'03 Dodge Ram ST 14,000 miles, Carfax certified	'01 Chev Cavalier 1.6L, extra clean, 39K miles, Carfax certified
'02 Honda Accord 4 dr. SE, roof, 35K miles, Carfax certified	'02 Lincoln Town Car Coach roof, 30K miles, Carfax certified
'04 Chev Impala 19K miles, loaded, Carfax certified	'02 Chev. Trailblazer A must see, 41K miles, Carfax certified
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Girls take "The Laurels"

Both Laurel County schools might be 4A but they were no match for the Lady Rockets who defeated both North and South Laurel in their last two outings.

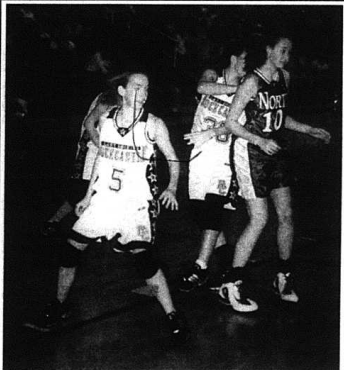
Last Friday night, the Rockets unleashed a 77-37 lashing of North Laurel and, Monday night, they traveled to South Laurel and came away with a 59-47 win.

Senior, and Georgetown College signee, Tara Rowe led the scoring against North Laurel with 17. Heather Hammond got 16, Katie Parsons scored 10, Sarah Parsons and Jessica Asher each got 7; Johanna Abney and Sara Rowe each scored 6

and Ashley Lunsford got 4. At South Laurel Monday night, the girls had to work a little harder, taking the first quarter 21-6 but losing the second 14-16. The third quarter was won by the Rockets 11 to 9 and South took the fourth 16-13.

Hammond led the scoring in that game with 23 points. Rowe got 19; Abney 11; K. Parsons 4 and S. Parsons 2.

After Friday night's doubleheader with the boys against Lincoln County, the girls will finish their season with home games against Bell County next Monday night and Wayne County next Friday night.



Jessie Asher and Lura Cash are shown fighting for a rebound in Friday night's easy win over North Laurel.



Ainsley Bussell is shown going for a basket in the Lady Rockets easy win over North Laurel on Friday night. The Lady Rockets are ranked third in the state and first in the 13th region. The Lady Rockets defeated North Laurel 77-37.

Jayvee Round-Up

RCHS Girls

Against McCreey Central
RC 14 15 14 16 59
Mc 4 0 2 0 6

Sara Rowe, 15; Sonya Lunsford 11; Jessica Asher 8; Lura Cash 7; Ainsley Bussell 6; Rachel Killen; Tonya Lunsford and Jessie Barnes, 4 each.

Against Clay County
RC 8 8 12 11 2 41
CC 4 13 9 13 7 46

Rowe 13; Killen 9; Mary Saylor 6; Asher and T. Lunsford, 4 each; Cash 3 and S. Lunsford 2.

Against Whitley County
RC 11 10 11 11 43
LC 8 9 8 9 24

Asher 12; Rowe 11; T. Lunsford 8; Bussell 5; Killen 3; S. Lunsford and Ashley Robinson, 2 each.

Against Lincoln County
RC 10 14 12 14 50
LC 8 9 8 14 39

Rowe 16; Killen 13; Bussell and T. Lunsford, 6 each; Asher 5 and Cash 4.

Against Mercer County
RC 5 10 5 15 35
MC 7 13 10 6 36

Rowe and Asher, 11 each; Saylor 6; Killen 5 and Sarah Barnett 2.

Against Lincoln County
RC 6 8 5 12 31
LC 15 12 6 17 50

Asher 9; Rowe 8; Saylor 6; Cash 5; Barnett 2.

Against South Laurel
RC 19 8 6 20 53
SL 6 15 12 13 46

Rowe 18; Asher 15; Saylor 8; Cash 6; Bussell, S. Lunsford and Barnett, 2 each.

Jayvee Round-Up

RCHS Boys

Against Pulaski County
RC 9 17 10 2 38
PC 4 16 10 10 40

Obe Stallworth 14; Cory Childress 12; Clint Daugherty 9; Chandler Hunter 2 and Devin Hasty 1.

Against Boyle County
RC 7 9 10 8 34
CC 5 8 11 18 42

Stallworth 12; Childress 9; Lance Baldwin 8; Daugherty 3; Lynn Miracle 2.

Against Cawood
RC 6 10 10 11 37
CW 10 11 13 14 48

Childress & Daugherty, 9 each; Stallworth 7; Baldwin and Jake Woodall, 3 each; Lynn, Hunter and Dakota Smith, 2 each.

Against Madison Southern
RC 7 3 15 6 31
MS 6 10 12 6 34

Chris Hurst 9; Stallworth 7; Childress & Daugherty 4 each; Hunter 3; Miracle and Baldwin, 2 each.

Against Whitley County
RC 12 10 5 19 47
WC 6 10 12 6 34

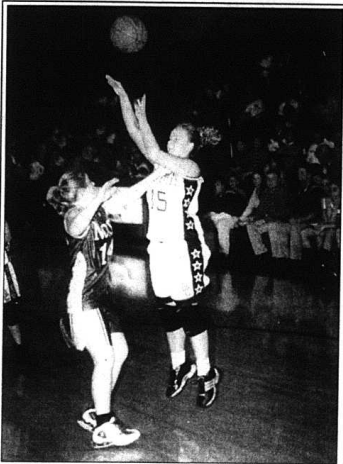
Childress 11; Smith 10; Stallworth 9; Baldwin, Miracle and Daugherty, 4 each; Hasty 3; Woodall 2.

Against Oneida Baptist
RC 17 12 10 3 42
OBI 7 3 8 8 26

Miracle and Daugherty, 11 each; Smith 7; Childress 4; Stallworth and Hurst, 3 each; Hunter 2; Hasty 1.

Against Corbin
RC 10 10 7 11 38
Corbin 10 15 12 12 39

Childress 14; Stallworth 11; Baldwin 7; Miracle 4; Daugherty 2.



Junior Lady Rocket Rachel Killen puts up a shot during the Lady Rockets win over North Laurel on Friday. The Lady Rockets won while the boys lost. Both teams play at home on Friday against Lincoln County.

Hammond named to Athletic Board

Submitted by Eddie Hammond

Junior sprinter, Andrew Hammond, of Western Kentucky University and Mt. Vernon was named as the student athlete to the Hilltoppers Athletic Board. Andrew had previously been one of several athletes on an Advisory Board that met with the Athletics board periodically. The Athletics Board oversees all of Western Kentucky University's sports programs. This is not only a great honor, but awesome responsibility. WKU is one of the top programs in the Sun Belt Conference and is considering a move to IA football and the Mid-American Conference.

Andrew's appointment came at the recommendation of "Doc" Brown who is Western's representative to the NCAA.

Andrew has had a very good junior season and with wins over the

University of Louisville on February 4th and conference foe, Louisiana-Monroe on Saturday, February 5th, finished the 2004-05 season with an 8-3 dual meet record. (WKU is 29-6 in duals meets during Hammond's three years). Two of the losses were by one point each; at Michigan State and home vs. number 1 ranked (Mid-major) Southwest Missouri. He's had some great times, 47.9 in the 100 free and 21.3 in the 50 free, were his first every collegiate race vs. Evansville and capped off the year with an 48.3 in the anchor leg of the 4x100 free relay, coming from behind to finished 2nd and help secure the victory vs. ULM.

Andrew will travel with the team to Little Rock, Arkansas this week for a very competitive Sun Belt Conference championship.

Clontz provides spark for Centre Colonels

Submitted by Eddie Hammond

Down, 0-16, the Centre Colonels Lauren Clontz entered the game 6 minutes into the first half. Her presence was felt immediately. With a great deal of hustle, enthusiasm and playing more like a veteran, she scored the first two points on the game for Centre and 12 in the first half to help lead the Lady Colonels to a 30-13 run and halftime lead of 30-29.

Lauren finished the game with 16, however, Centre fell in a good college basketball game 60-68 to Thomas More, a vast improvement over an earlier 20-blow out. It was good seeing her play again. I've watched the box scores for most of the year and Lauren has scored in double figures in several games. It was obvious she is the most skilled inside player on Centre's roster and her intelligent, determined play was learned and honed at the Rock.

Her leadership, skill and determined play are sorely missed by this year's Lady Rocket team. A lot of times, sports writers and fans think that losing only one starter from the previous year doesn't mean much. It's true that the Lady Rockets have had a great year in 2004-05 season, 18-4 in the year, 7-4 against top-25 teams, a national ranking, but after having watched Lauren play again, it's obvious how good this team could be with her in the line-up. The four losses are to very high quality teams and almost all of them are due in large part to lack of depth on this year's team. The three players who saw 90 percent of post play last season are gone. Lauren, of course, graduated and then Ashley Kimbrel transferred and is a key part to Somerset's season and Rachel Stocker transferred back to Madison Southern and chose not to play this season. Having any one of those on this year's team would have made a huge difference.

The Lady Rockets being is tal-

ented, but young and inexperienced. They should do very well, possibly even a 20 win season next year in a new district and region, but when you have as many seniors as this team does, playing time has been very limited for most.

The Lady Rockets have only 3 home games remaining, this Friday night against Lincoln County in a boy girl double header and on Monday, February 21 against Bell County and senior night is Friday, February 25th. This is a team that people will talk about for many years to come. They've done some amazing things, like living over 100 games, a 30 win season, Sweet Sixteen, state and national rankings and perhaps the greatest of all is they've helped create an enthusiasm for basketball for hundreds of little girls.

District play for the Lady Rockets begins on Monday, February 28 at 6:00 PM vs. OBI at Jackson County, with the Regional Tournament scheduled for the following week at Cawood.

Before, closing let me say a couple of words about Cindy McCauley. I saw Cindy just last weekend. She had driven home from Virginia to attend the funeral of another Lady Rocket, Suzanne Brown. In a recent game, her all-time girls scoring record was broken by Senior, Johanna Abney. Cindy finished her career with 1,863 points and went on to set 3 point records and an outstanding career at Marshall University, helping lead her Thundering Herd team to the NCAA tournament her junior year. She holds many other records that will be hard to break, but most of all Cindy set a standard of play that all Lady Rockets have fought hard to meet. Cindy was a pioneer, a standard bearer and much of what has happened to Lady Rocket basketball can be attributed to her example. Thanks, Lauren and Cindy for helping our little girls think big.

Rockets fall to North Laurel and Corbin

The last two outings have been rough ones for the Rockets -- two losses, by a total of seven points, to North Laurel and region foe Corbin.

Against North Laurel Friday night, the Rockets' Mr. Basketball candidate Aaron Cash was held to 11 points and the other Rockets weren't able to take up the slack.

The Rockets were down 8 to 7 at the end of the first quarter but managed a comeback in the second period to go up 20 to 16. The score was tied at the end of three quarters of play 33 all but North Laurel pulled out a 19 to 15 fourth quarter for the win.

Besides Cash's 11, Colby Brown and Jaymes McCowan each got 10 points, Kyle Mullins had 9 and Blake Roberts 8.

Tuesday night, the visiting Corbin Redhounds, fought and scratched their way to a final 65-62 win.

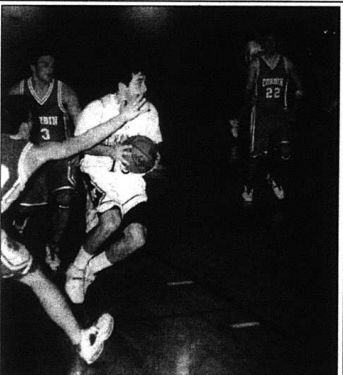
The score was tied at 15 all in the first quarter before a three by Kyle Mullins at the buzzer gave the Rockets a 20-15 lead. The score was tied at 25 all in the second, with 2-04 to go, when the Rockets put on a 7 to 2

run to take a 32-27 lead to the locker room. The score was three times in the third period but Colby Brown scored the last five points of the period for his team, with a two point basket and three free throws to put his team up 50-46 at the end of the third.

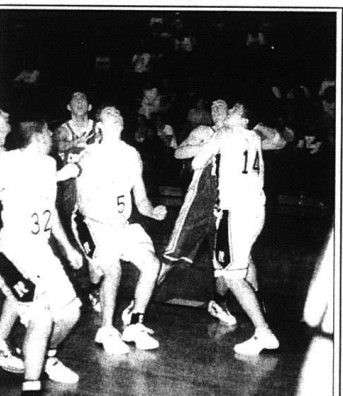
In the fourth quarter, the score was tied three times at 55, 57 and 59 and the Redhounds were up 63-61 with 60 ticks left on the clock. Cash went to the free throw line at 31 seconds and brought his team to within one at 63-62. Two free throws by Corbin made it 65-62 and, with 3.9 seconds on the clock the Rockets had one last chance but a three point shot failed and the Rockets had lost their 10th game of the season against 13 wins.

Cash led his team with 27 points; McCowan got 16; Mullins 10; Brown 8 and Roberts 1.

Both the girls and boys teams will play Lincoln County Friday night at home and the boys will finish their season by hosting Somerset next Tuesday and the last regular season game will be at McCreary Central next Friday night.



Kentucky Mr. Basketball candidate, Aaron Cash, had 27 points against Corbin on Tuesday and 11 in Friday night's game against North Laurel. The Rockets dropped both games. Cash is Rockcastle County's all-time leading scorer with well over 2,700 points.



J.C. McClure, Blake Roberts and Jaymes McCowan are shown blocking out on Tuesday night's contest against Corbin. The Rockets, who are now 13-10 on the season, lost the home game 65-62.

49th District Basketball Tournament at Jackson Co.

Rockcastle County	GIRLS
Monday, February 28th • 6 p.m.	
Oneida Baptist	Friday, March 4th • 7:00 p.m.
Clay County	
Tuesday, March 1st • 6:00 p.m.	
Jackson County	
Clay County	
Monday, Feb. 28th • 7:30 p.m.	BOYS
Jackson County	Thursday, March 10th • 100 p.m.
Rockcastle County	
Tuesday, March 1st • 7:30 p.m.	
Oneida Baptist	

Admission: \$4.00 General Admission. No Coaches Cards Accepted. No signs/banners or noise makers permitted. Second game each night will start twenty-five minutes following the completion of the first game.

Email news to the Signal at mvsignal@atttel.net

"Tobacco"

(Cont. from Front)

decades old tobacco marketing quota and price support loan programs with the 2004 marketing year for all quota tobacco. The marketing year for flue-cured tobacco ends June 30, 2005 and Sept. 30, 2005 for all other tobaccos. The payment rate for quota holders is \$7 per pound times the Base Quota Level (BQL) for quota held as of October 22, 2004. Producers receive \$3 per pounds times the BQL, based on the producer's share of the risk incurred for 2002, 2003 or 2004 crops. Payments will be made in 10 annual installments, but may be assigned or a successor-in-interest to the contract may be permitted. If quota holders or producers have interests in farms in more than one county, contracts for each of these farms must be entered into in the appropriate USDA Service Center.

Prior to sign-up, all known quota holders and/or producers will receive a letter providing more detailed information on the program. The letter also will include Farm Service Agency records of pounds of BQL for individual quota holders and/or producers. If the information is inaccurate or incomplete, quota holders and/or producers are requested to provide verifiable information to their USDA Service Center personnel at sign-up. The regulations concerning payments to quota holders and producers for this program will be available in March.

The Act also authorized USDA to use a financial institution to help carry out the program provisions. Following a competitive bidding process, USDA awarded a contract to Wachovia Corporation to help conduct an information campaign to ensure that all potential beneficiaries are made aware of the program and

procedures. The campaign includes sending letters to every quota holder and producer who participates in the program. Particular emphasis is being placed upon efforts to contact small and minority producers. Wachovia also will place magazine and newspaper ads, radio spots and television ads in rural and agricultural media, and provide informational brochures at key gathering places. Town hall meetings will also be hosted in high tobacco-growing states and a toll-free call center will go into service March 1, 2005.

"Conference"

(Cont. from Front)

the country and talked about everything from math and science to language arts.

Many questions were answered and, according to Hammond, the consensus is that the state is on the right path to help all students.

"It is always very helpful to share ideas with other educators and I appreciate the attendance of our board members, who stay on top of the education process in our school system," Hammond said.

Along with Hammond, from the central office, finance officer Richard L. Bray and school system Community Education Coordinator Jenny Sweet attended the conference.

Local board chairman Terry Burton and board members Mike Burdette, Angie Stallworth and Tina Hastay also took part in the continuing education. Vice-chairman Martin Vanzant was ill and did not attend.

"This conference is all about one thing - giving Kentucky's local education leaders the chance to learn about educational success stories from here and abroad," said KSEA President Brenda Jackson, a member of the Shelby County Board of Education.

2,689 students are enrolled in the Rockcastle County school system and they have 500 employees. They are the second largest employer in Rockcastle County.

Last year they had a budget of \$24 million dollars and they ranked 15th in the state in test results of the 176 school districts.

The school board meets the second Tuesday of each month and their agenda is printed in this publication the week before.

Last week the school board set the allocation for each site based council at \$140 per student.

Roundstone has been recognized nationally for their accomplishments in academic success.

4-H Projects Sceduled

Beginning February 22, 4-H Clothing Projects will again be offered after school at each of the elementary schools. At the first meeting, we will go over class schedules, supplies and materials needed. It is essential for anyone who plans to do a clothing project to be at the first meeting. The first meeting will be over at 5:00. This year the sewing projects will be conducted by local leaders and the Family & Consumer Sciences Agent.

Following is the date and location of the first meeting at each school: February 22, Roundstone Elem. Wed., Feb. 23, Mt. Vernon Elem. Thur., Feb. 24, Brodhead Elem. Note: Middle School students may meet with the elementary school of their choice.

After the first meeting, the schedule will be as follows: March 7 - 10, Roundstone Elem. March 14 - 17, Mt. Vernon Elem. March 21 - 24, Brodhead Elem. These classes will be over at 5:00 p.m. You will need to provide fabric and notions for the garment. DO NOT purchase these until after the first meeting. 4-H'ers will choose their pattern at the first meeting, and we will order for a cost of \$1.50.

Parents, you will need to provide transportation home after classes at 5:00 pm PROMPTLY.

During the classes, your child will learn to use a sewing machine, follow a pattern and construct a simple garment. First year students may make pants, shorts or skirt with elastic waistline. Second year students may make a skirt with a waistband or a simple top. Third year students will make a simple complete outfit. Fourth year students, a garment using knits; and fifth year students make a complete knit outfit using a challenging knit.

If your child wishes to participate in this 4-H project, please complete the permission form given to your child at school by the Extension Service and return it to their teacher immediately.

For more information contact John McQueary by calling Rockcastle Extension Service at 256-7403.

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Luke Gooch

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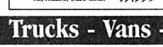
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'02 Mercedes C-240, all options, like new	\$22,995	
'02 Mercury Sable, GS, power package, nice	\$7,995	
'03 Cadillac, CTS, all options, low miles, sunroof	\$23,995	
'04 Chevy Corvette, coupe, 6-speed, 2 yrs, all options, 2,000 mi	SAVE \$9,995	
'01 BMW Z-3, roadster, convertible, V-6, nice	\$9,995	
'03 Toyota Echo, 4 dr auto	\$9,995	
'04 Mazda 6, sedan, grand touring, leather roof, all options	\$18,500	
'02 Subaru Legacy Outback, 4WD, loaded	\$14,995	
'97 Nissan Altima, GXE, low miles, auto, local	\$3,995	
'01 Pontiac Grand Am, 4 dr. GT, V-6, sunroof, local, 90,000 mi	\$9,995	
'00 Chevy Cavalier, 4 dr. auto, low miles, like new	\$5,500	

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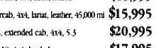
'01 Pontiac Bonneville SE, loaded, extra clean \$9,995



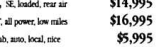
'03 Chevy Cavalier 1.8 door, automatic, 18,000 miles \$8,995



'02 Chevy Venture Van LS one local option, loaded \$11,995



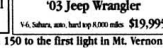
'04 Ford Freestar Van SEL, rear air, loaded \$15,995



'04 Ford Explorer XLT 4dr, 3rd row seat, rear air, 1st owner, selling \$17,995



'03 Jeep Wrangler V-6, 4x4, auto, leather, 4000 miles \$19,995



'04 Ford Explorer XLT 4dr, 3rd row seat, rear air, 1st owner, selling \$17,995

From Stanford take U.S. 150 to the first light in Mt. Vernon, turn left, we're one mile on the right. Every vehicle is under at least a 90 day warranty.

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The Spurs were the Rockcastle Jr. Pro Champs and had an undefeated season. Team members are shown above, front row from left: Logan Lear, Ricky Harris, Amelia Eversole, Raven Davis and Caymen McClure. Middle row from left: Lindsey Northern, Jay Lawson, Ben Allen, Blaine Amyx and Bryson Amyx. Back row are coaches Robert Lawson and Darrin Allen.

DATE INCORRECT!!

The date on an advertisement for "Zorro's Back!!" which appears on page B1 of this week's Signal contains an incorrect date for the performance at the high school auditorium. The correct date of the performance is THURSDAY, FEBRUARY 24TH.

CATHOLIC HEALTH INITIATIVES

Berea Hospital

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Audrey A. Narducci, M.D. F.A.C.S., General Surgery

Berea Hospital Welcomes Audrey A. Narducci, M.D., F.A.C.S., General Surgery

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- Breast Surgery
- Thyroid Surgery
- Hernia Repair
- Mole and Skin Growth Removal
- Pediatric Surgery
- Vascular Surgery

To schedule an appointment, please call (859) 625-1940 and ask for Berea scheduling. New clinic location at Specialty Clinic A, Berea Hospital Medical Services Building.

305 Estill Street • Berea, Kentucky 40403 (859) 986-3151

Berea Hospital is part of Catholic Health Initiatives, a national system with operations in Kentucky that include Saint Joseph HealthCare; CARITAS Health Services; Flagler Memorial Hospital; Mountmart Medical Center; and Our Lady of the Way Hospital.

NEW CLINIC

Mount Vernon Signal

Second Section

Thursday, February 17, 2005



65th Wedding Anniversary

Owen and Iva Josephine Burdette, formerly of Rockcastle County, are celebrating their 65th wedding anniversary. Vernon Owen was born to Jim and Rebecca Burdette and Iva Josephine Sargent was born to Charlie and Effie Sargent. They were married February 29, 1940 in Mt. Vernon by Judge Charlie Carter. Owen is retired from Richmond State Hospital and Iva is retired from Reid Memorial Hospital, both in Richmond, Indiana.

They are the parents of Eugene Burdette of Williamsburg, Ind., Kathleen McKee of Lynn, Ind. and Caroleen Lambert of Melbourne, Fla. They have seven grandchildren, 10 great grandchildren, three step great and one great great grandson.



34th Wedding Anniversary

Happy 34th wedding anniversary to two great parents, Orvil and Sharlene Childress. God has truly blessed us.



Five Generations

Picture are Jones Bennett Hant, his daughter Nancy, his grandson Troy, his great granddaughter Brooke and his great great granddaughter Kyle.



Taco Bell

Chicken Quesadilla 2⁰⁹

Now Taking Applications

Open Monday - Sunday
10 a.m. to 10 p.m.

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Rockcastle Community Bulletin Board

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Bookmobile Schedule
Mon., Feb. 21: Scaffold Cane, Disputanta, Anglia Falls, Clear Creek and Wildie.
Tues., Feb. 22: Buffalo, 461 and Negro Creek.
Wed., Feb. 23: No service.

American Legion Meeting
The regular meeting of American Legion Post 71 will be Tuesday, March 8th at 7 p.m. at the VFW club house at the lake.

Offices Closed
The following courthouse offices will be closed Monday, Feb. 21, 2005 in observance of President's Day: County Court Clerk, Circuit Court Clerk, Sheriff and PVA.

Project Graduation
The next project graduation meeting will be Monday, February 14th at 6 p.m. at RCHS.

WVVED Fish Fry
Western Rockcastle Volunteer Fish Fry will hold its monthly fish fry Saturday, February 19th at 6:00 p.m. at the Department Hwy. 70, Comm. start at 7 p.m. All carryouts are 36 each. Dinner starts at 5 p.m. with all you can eat fish. Dinner is \$6 for adults and \$2 for children under 12. Menu consists of three pieces of fish, three french fries, coleslaw, baked potato, ranch fix, dessert and drink. Thank you for your continued support. All proceeds benefit WVVED.

Narcotics Anonymous
Narcotics Anonymous meets Tuesday nights at 8 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 5:30 p.m. Online GED computer classes are also available. The Adult Learning Center is located on Hwy. 25, north of Mt. Vernon on Greenfield Hill. For information, call 606-245-5307.

GED on Computer
CAFA Adult Learning Center is offering a program for you to study

online, using your computer or the center's. Choose your own times. We can teach you to use the computer. FREE! For more info, call Janet at 256-5307.

HOPE Meetings
HOPE (Hearts of Peaceful Expectations) group support meetings for dealing with drug or alcohol issues in family members on Thursday, 7 p.m. at Northside Baptist Church.

SWAT Team Meetings
SWAT (Servants with a testimony) group support meeting for anyone dealing with addiction or alcoholism on Thursdays, 7 p.m. at Northside Baptist Church, Mt. Vernon.

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

Yearbooks are here
If you ordered a Rockcastle County High School yearbook last year, it is now available for pick up at the school. See Mrs. Henderson.

County Winner
The winner of the 2005 Toyota Camry, raffled off by the softball and baseball teams was John Gillespie from Richmond. The teams would like to thank everyone who purchased a ticket.

Parent/Teacher Day at RCHS
Rockcastle County High School Parent/Teacher Conference Day has been set for February 24th from 3:15 to 6:15. Mid-term progress reports will be available for parents to pick up.

Tsunami Scrapbooking Benefit
A Tsunami Scrapbooking Benefit will be held Feb. 19th in the basement of First Christian Church from 9 a.m. to 3 p.m. There will be sit. hours of scrapbooking, gifts for attending, door prizes, new techniques taught and much more. Please call 508-2904 to register. The regular \$5 charge will not apply. Profits will go to the First Christian Church Tsunami Relief Fund.

Conservation district cost share program announced

The Rockcastle County Conservation District will be accepting requests for cost share funding under the Kentucky Soil Erosion and Water Quality Cost Share Program, beginning February 1, 2005 and extending through Feb. 28, 2005.

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

Rockcastle County High School Musical Theatre presents

Alas! Alack!

Thursday, March 24
7:00 p.m.
Admission
\$5.00

\$2.00 10 and under
NEW! CUCARACHA

Lorro's Back!

Rockcastle County High School Auditorium

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News from the Rockcastle County Courthouse

Circuit Civil Suits

Community Trust Bank, Inc. vs. Bill Graves, et al, \$43,642.41 plus claimed due. CI-00030.
 Alvin Knuckles vs. Melissa Riley Knuckles, petition for dissolution of marriage. CI-00031.
 Everett Vanzant vs. Judy Vanzant, petition for dissolution of marriage. CI-00032.
 Dabney Feed Supply, Inc. vs. Rockcastle Farm Supply, Inc., et al, \$15,674.81 plus claimed due. CI-00033.

District Civil Suits

State Farm Fire & Casualty Co. vs. Jerry Lebo, \$2,921.10 plus claimed due. C-00012.
 Mt. Vernon Financial Holdings, Inc. vs. Timothy Kirby, et al, \$2,739.59 plus claimed due. C-00013.
 Monogram Credit Card Bank of Georgia vs. Belinda R. Sparks, \$840.67 plus claimed due. C-00014.

email news to mvsignal@alltel.net

Marriage Licenses

Melissa Ann Farrell, 27, Rt. 5, Mt. Vernon, homemaker, to Marvin Keith McGuire, 35, Rt. 5, Mt. Vernon, construction. 2/10/05.
 Sharon Harris Elder, 49, Crab Orchard, Dollar General Store, to Gary Lee Cuddihill, 43, Brodhead, retired. 2/08/05.

Deeds Recorded

Keith Cromer, real property located in Rockcastle County, to Melinda Dykes. No tax.
 Bradley D. and Judy G. Asher, real property located in Rockcastle County, to Luther Cromer, Jr. and Eva Cromer. Tax \$40.
 Robert E. and Martha M. Evans, real property located in Rockcastle County, to Mark A. and Vickie A. Teague. Tax \$2.
 Tammy R. and James Comstock, and others, real property located in Rockcastle County, to Robert Earl Newcomb. Tax \$70.
 Creshaven Cemetery, Inc., cemetery plots, to Otha and Edna Marcum. Tax \$1.

Cecil and Bert Eva Clark, real property located in Madison County, to George and Jennier Clark. No tax.
 Karen Moore Johnson, real property located in Rockcastle County, to Danny and Sue Ford and Sammy and Judy Ford. Tax \$30.
 Bank of New York, real property on Newcomb St., to Rick Cole. Tax \$32.

District Court

February 7, 2005
 Speeding: Terrell J. Armstrong, paid \$185.50 total fine and costs; Kerri D. Bell, paid \$155.50 total fine and costs; Lena D. Hall, paid \$145.50 total fine and costs; Jeffrey R. Millikan, paid \$155.50 total fine and costs; Jonathan K. Palmer, \$120 plus costs; Robert L. Slaven, Gregory S. Anglin, Tonya M. Kinnett, Frank E. Wilson, paid, Rex Templeton, paid \$185.50 total fine and costs; Edward T. Wilson, Justin J. Fiebigler, Anthony T. Lindon, license suspended for failure to appear; George N. Hodde, paid \$125 total fine and costs; Mark A. Carpenter, \$46 plus costs; Matthew S. Mullins, state traffic school authorized on payment of costs.
 Bobby Douglas: Giving officer false name or address, 30 days/concurrent with time served.
 Darrell W. Hoskins: Resisting arrest, 90 days to serve 20 concurrent/balance probated for two years, \$100 fine; Fleeing or evading police, \$100 fine, 90 days to serve 20 concurrent/balance probated two years.
 Francis L. James: Operating motor vehicle under influence of alcohol/drugs, and other charges, bench warrant issued for failure to appear.
 Johnny C. Todd: Defective equipment, \$25 plus costs.
 Michael D. Withers: Operating motor vehicle under influence of alcohol/drugs, \$200 plus costs/time served.
 Brian Ramsey: Fines/fees/restitution due, bench warrant issued for failure to appear.
 Kim Russell: Reckless driving and license to be in possession, license suspended for failure to appear.

Kelly Lees Simler: No operators license, paid \$151 total fine and costs.
 Mark A. Odle: Speeding, and other charges, license suspended for failure to appear.

Lisa Hasty: Theft by unlawful taking, \$250 plus costs; Criminal possession forged instrument, 180 days to serve 90 on weekends; Receiving Stolen Property, 180 days/probated two years.
 William M. Holt: Disorderly conduct, bench warrant issued for failure to appear.

Gina Howard: Fleeing or evading police, and other charges, bench warrant issued for failure to appear.
 Joseph R. Lauch: Speeding, \$70 plus costs; Possession of marijuana, \$100 fine; Operating motor vehicle

under influence of alcohol/drugs, 4 days/concurrent, \$200 fine.
 Derek P. Lawson: Alcohol intoxication, paid \$154.50 total fine and costs.

Kevin McClure: Theft by deception, \$20 plus costs plus restitution.

Mark Bradley: Possession of Marijuana, \$100 plus 30 days; Use/possession drug paraphernalia, \$100 fine plus 30 days/concurrent.

Michael S. Bullock: Theft by deception, \$20 plus costs plus restitution.

William C. Dusenberry: License to be in possession, and other charges, bench warrant issued for failure to appear.

William R. Foley: Speeding, and other charges, license suspended for failure to appear.

Coy R. Berg: Public intoxication, \$50 plus costs; Failure to wear seatbelt, \$25 fine.
 Shaun A. Beisler: No insurance, 90 days/probated two years and restitution.

February 9, 2005
 Speeding: Patricia G. Blevins, \$34 plus costs; Kristi M. Caldwell, \$30 plus costs; Derrick C. Hymon, paid \$165.50 total fine and costs; Ajaz Ahmad, paid \$177.50 total fine and costs; Gary L. Berg, Daniel C.

Ritchie, license suspended for failure to appear; Ginger L. Hester, prepaid;

David Smith: Alcohol intoxication, bench warrant issued for failure to appear.
 Jason W. Howard: Fines/fees due (\$181.50), bench warrant issued for failure to appear.

Amy C. Jones: Speeding, and other charges, license suspended for failure to appear.
 Kolvan K. Miller: Alcohol intoxication, paid \$25 fine plus costs/fees.

Melissa L. Owens: License plates not legible, \$25 fine; Controlled substance prescription not in original container, \$100 fine, 30 days/probated.

Kathy M. Price: Failure to give right of way to emergency vehicle and no insurance, license suspended for failure to appear.

Roy W. Revel, Jr.: Reckless driving, \$50 fine; No license in possession, \$25 fine.

David Lee Smith: Alcohol intoxication, bench warrant issued for failure to appear.

(Cont. to B-4)

	BECAUSE OF WINN DIXIE 1:45 4:20 6:55 9:05 11:15	CONSTANTINE 1:30 4:00 6:45 9:00 11:15		SON OF THE MASK 1:40 4:10 7:00 9:15 11:15		HITCH 1:35 4:05 6:50 9:10 11:15	
BOX OFFICE OPENS MON. - THURS. 3:30 P.M.							
FRI. - SUN. 1:00 P.M.							
	CONSTANTINE R 1:30 4:00 6:45 9:00 11:15		SON OF THE MASK PG 1:40 4:10 7:00 9:15 11:15		HITCH PG13 1:35 4:05 6:50 9:10 11:15		BOOGYMAN PG13 1:55 4:15 7:10 9:15 11:15
	ARE WE THERE YET? PG 1:50 4:20 7:05 9:05 11:15		POOCH'S HEFFALUMP MOVIE G 1:55 4:25 7:15		HIDE AND SEEK R 9:10 11:15		

1:00 - 1:15 SHOWTIMES
FRI - SAT - SUN

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Extra Savings Cheez-It Crackers 1.79 10 oz. box	Extra Savings Aberdeen Bacon 1.99 1 lb. Pkg.	Extra Savings Farm Rich French Toast Sticks 1.99 10 oz. box
Extra Savings Produce Red or White Seedless Grapes 1.29 lb.	Extra Savings Produce Fresh Broccoli 99¢ lb.	Extra Savings Produce California Cauliflower 1.49 lb.
	Extra Savings Produce Sweet Onions 69¢ lb.	

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National Wild Turkey Federation

Submitted by Gerald Alexander
The Wildcat Mountain Longboards Chapter, in Rockcastle County, would like to start a new trend in wildlife conservation. Periodically during the year we would like to contribute extra to the Mt. Vernon Signal from the state and national newsletters, plus put in any information needed by the local chapter members. As members contact businesses and individuals alike in the coming weeks to help raise money for the NWF, I would like to give you some ideas as to how part of the money will be used.

This year members of the local chapter will be given seed to plant for wildlife plots later in the Spring. The chapter will also pay for as many students to be a youth member (Jakes) as we have funds. We only need the student's name and address from but not limited to an organization such as 4H, Cub Scouts, or those taking the Hunter Safety Course. Next is the college scholarship fund, which is close to my heart, because it helps deserving youth with the rising cost of higher education. In 2003 the chapter gave two scholarships of \$500 each. One scholarship came

from the National Wild Turkey Federation funds, and the other given from local funds. The 2004 scholarship was only for \$400 from National funds. This year we will give one scholarship from the National funds and possibly one or two from local funds, if those funds are available. The money the chapter has to work with is mainly generated at this time of year when we start asking for members to renew through membership and the gaining of new members, plus banquet underwriters and sponsors.

I will finish this article with some facts about Kentucky's commitment to our youth from the Kentucky National Wild Turkey Federation website at kentuckyntwf.com. You may go on the Internet and read this article in its entirety in the newsworm at the above website.

A big part of the hunting heritage is our youth. In Kentucky, we know that the youth are our future and we need to nourish our seeds and there is no better organization in the state than the NWF. Because of the commitment of our local chapters and State Chapter, we are No. 1 in almost every category when it comes to

JAKES programs.

A prime example is the Scholarship program. The national average for a scholarship is \$250. Several years ago, under the leadership of former President Schuyler Olt, we doubled that amount in Kentucky to \$500. We remained there for about 3 years, and with last year's budget running in the red, the State Board had to make a tough decision and lowered the amount to \$400. That is still \$150 above the national average and if you cross the border into any state surrounding Kentucky, it is \$250.

Each Regional Director received a national scholarship banner to display at banquets. On the banner are photos of 294 high school seniors who received scholarships from all over the nation. Of the 294 seniors, 44 of those photos belong to local chapter recipients from Kentucky. Kentucky has the largest number of seniors represented than any other state. Why? Because Kentucky had the highest number of scholarships given in the nation in 2003! Seventy-seven of 86 chapters (85 local + the State Chapter) gave a scholarship in 2004, which means that 90% of all Kentucky chapters participated in the Scholarship program.

If you have followed along, you know now that since Kentucky has given more scholarships than any other state plus has given more money per scholarship than the national average, Kentucky is the #1 state in the nation with scholarship dollars given. And I don't mean #1 by just a little.

The scholarship banner also displays the amount each state has given for 2003 in scholarship dollars. When people walk up and look at it, their expressions and comments say it all. There is Kentucky at #1 with \$40,250. As I said, "I don't mean by just a little." The #2 state is Minnesota at \$20,750. Kentucky almost doubled the lead on its nearest state! That's the kind of commitment you have made in Kentucky to our youth.

To comprehend this even more, these figures are only Super Fund dollars, not counting some chapters who gave more than one scholarship. I'd guess that with all scholarship dollars, Kentucky was probably around \$50,000 before all was said and done. Even at \$40,000, is there another conservation organization in the state putting this much money into the future of the youth as the NWF? And this is just ONE program.

Kentucky is leading the way, but all states are doing their part too. As a nationwide program, the scholarship dollars for 2003 was \$297,650!

Top that off with the \$10,000 National Scholarship given by the NWF and the entire scholarship program nationwide contributed \$307,650!

Classified deadline is noon Tuesday



The Mt. Vernon Morning Glory Homemaker Club "Behind the Scenes" recognition for the month of February goes to Patricia Allen. She was presented with a gift, and thank you card for her dedication above and beyond her work as a worker at Mt. Vernon Elementary School. Patricia's name was presented to us from Extension Agent Hazel Jackson. Pictured are Patricia with her flowers, and club members Lydia McElmore, Janice Hager and Marie Faulkner. If you would like to have someone recognized send a letter stating why they deserve recognition to Mt. Vernon Homemaker Club, 1050 West Main St., Mt. Vernon, KY 40456.

"Court"

(Cont. from B2)

vehicle under influence of alcohol/drugs, \$200 fine plus costs/time served.

Leonard S. Cheshire: Speeding and failure to produce insurance card, license suspended for failure to appear.

Lewis Edward Davis: No operator's/moped license.

Chandra B. Borel: Operating on suspended/revoked operator's license, \$100 plus costs; No insurance, \$500 fine; Possession of marijuana, \$100 fine; 10 days probated.

Steven K. Dooley: Public intoxication, \$50 plus costs; Use/possession drug paraphernalia, \$100 fine and 30 days/probated.

Jeress H. Cash: Operating motor

vehicle under influence of alcohol/drugs, \$200 fine plus costs/time served.

Leonard S. Cheshire: Speeding and failure to produce insurance card, license suspended for failure to appear.

Lewis Edward Davis: No operator's/moped license.

Chandra B. Borel: Operating on suspended/revoked operator's license, \$100 plus costs; No insurance, \$500 fine; Possession of marijuana, \$100 fine; 10 days probated.

Steven K. Dooley: Public intoxication, \$50 plus costs; Use/possession drug paraphernalia, \$100 fine and 30 days/probated.

Douglas Brandon Gross: No operator's/moped license, bench warrant issued for failure to appear.

February 10, 2005

Steven A. Haling: Theft by unlawful taking, \$250 plus costs, 30 days/probated 24 months.

Anthony Martin: Operating motor vehicle under influence of alcohol/drugs, \$350 fine plus costs, 30 days/to serve 7 balance probated one year.



Congratulations to Alyssa Jade Martin on winning Novice Supreme, Most Photogenic, Best Valentine Wear and Most Beautiful at the Natural Bells Valentine Pageant in Richmond on Saturday, February 12, 2005. Alyssa got the third highest score of everyone in the whole hold/dmgs. \$350 fine plus costs, 30 days/to serve 7 balance probated one year.

Subscribe to the Signal

Rockcastle County Republican Party
The 2005 Lincoln Day Banquet

When:	Friday, February 25, 2005
Where:	Renfro Valley Lodge
Cost:	\$20 Per Person

Tickets may be purchased from the officers of the Rockcastle Co. Republican Party: John Ford - chairman, Juanita Davis - co-chairman, Janet Vaughn - treasurer and Brenda McKnight - secretary.

DAR News

The Rockcastle Chapter of the Daughters of Revolution met Tuesday, February 8th at First Christian Church with ten members present. Regent Young was assisted in the ritual by Chaplain Laura Durham. Following the business meeting, Norma Eversole presented the lesson on Literacy in Kentucky. Mrs. Eversole used several pamphlets and photographs created by local artists; she also displayed the writings and gifts of local students. With government grant money and the support of the Kentucky Music Hall of Fame these students have already published two books and have a third book in the process of publication at this time.

Following Mrs. Eversole's presentation, the members enjoyed delicious Valentine cupcakes provided by Molly Belcher and Sarah Fay Hamm.

At the March meeting the Rockcastle Chapter will join the Berea Laurel Ridges Chapter to honor the 4th District Director, Mrs. Mary Jo Gibson. This luncheon will be held at Boone Tavern on Saturday, March 12 at 11:30 a.m. At the April meeting Mrs. Mary Singleton, Hospice Board Member, representing Rockcastle, Madison, and Jackson will present a program on Women's Health Issues.

Homemakers to meet 21st

The Quail Homemakers Club members will be meeting at the home of Kay McKibben February 21st at 7:00 P.M.

The lesson for February will be AGENESS FASHION HINTS FOR WOMEN. Sounds interesting and all of us probably need hints and help.

A reminder to all the members to bring school supplies to send to the children in a Montana Indian Reservation. These may also be collected at next month's meeting or dropped off at the County Extension Office.

School supplies are being collected state wide and will be taken to the Kentucky Extension Homemakers Association Annual Meeting in April. From there they will go to the Indian Reservation. In years past we have donated baby clothes, quilts and blankets for the children and adults.

Visitors are always welcome to attend the club meeting.

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Hiatt's 5 & 10
Feb. 21st, 2005
3 to 5 p.m.

Where Hazel Jackson - Extension Office - will be demonstrating and have instructions for working with fleece.

Demonstrating...
No-Sew Fleece Blanket

Instructions for:
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The Kentucky Music Hall of Fame & Museum Presents live in concert
The Kentucky Headhunters
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In the New Barn Theater in Renfro Valley, Kentucky
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www.KyMusicHallofFame.com

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For Rent
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BEREA. We have many nice homes listed in Berea. Call one of the above agents for a showing.
HWY. 150 BRODHEAD - 3 acs. Very desirable property for building of a home or could be divided to build home for resale. Very good property for many types of commercial bldg. or other things. City water and electric available. Partially fenced. Call Lloyd Cain 256-2818.
C. VALLEY DR. - Residential lot with 1.87 acs in newer development. Water and electric on the property. Plus available. New doublewide welcome. \$21,900.
114 BRIAN LANE. Brand new single wide home. 2 bedrooms, 1 bath, partially wooded and very private. \$29,900. MLS 16187.
124 TERESA LANE. New single wide home on 3/4 ac lot, 2 bedroom, 1 bath partially wooded and very private. New front porch, deck and appliances. \$34,500. MLS 16186.
DEER VALLEY ESTATES. Scenic 29.857 wooded acreage. Utilities available. Restricted. Additional 30 acre tract is available that joins this property. Perfect private setting for a home or cabin. Doublewide under 3 years old may be considered on solid block foundation. MLS 16211. \$50,000.
DEER VALLEY ESTATES. 30.108 scenic wooded acreage that is a perfect private setting for a home or weekend retreat. Restricted utilities available. Doublewide manufactured home or under 3 years old may be considered on solid block foundation. \$60,000. MLS 16212.
LAKE LINVILLE RD. 6.973 acs. Beautiful site for home or lake view cabin. View overlooking the lake. Will sell all together or will divide. \$75,000.
133 TERESA LANE (6 LOTS) Priced at \$8,000 each. Doublewide or singlewide welcome. Call James Bowman at 902-3123. 986-5645.
PLEASANT VIEW 0.6 acre lot with septic. \$8,500. MLS14497
TREES, WILD FLOWERS, WILDLIFE - They're all here on this scenic, secluded, acre setting. Rustic, cedar sided cabin featuring hardwood floors, living room with fireplace, loft plus modern kitchen with appliances. Central heat and air, covered front porch plus much more! Approx. 8 miles from Berea and I-75. Great weekend retreat! \$83,500. MLS16670
5645 COPPER CREEK RD. 2 bedroom, 1 bath singlewide home on 2.3 acs on mostly level land. There is another smaller singlewide home on the property recently remodeled. Large garage (20x45) with electric as well as small outbuilding. Larger home rents for \$250 per month, smaller home rents for \$200 per month. Creek runs through property. \$53,000. MLS 17113
US HWY 25 SOUTH - Nice level lot with 150 ft. of road frontage on US 25. Great lot for commercial possibilities or nice lot for new home. More acreage available. \$19,900. MLS17429
HWY 490 - Nice wooded lot approx. 3 miles east of Livingston. Beautiful view of Rockcastle River. Walking distance of Rockcastle River. Price \$45,000.
MOBILE HOME and good, rolling lot in Bullock Subdivision Mt. Vernon. 2 bedroom, 1 bath, living room, kitchen and dining room. SOLD new carpet. Propane gas heat, city water. 2 outbuildings. Riding lawn mower and SOLID stay including washer and dryer. Priced at \$10,800.
US HWY 25 SOUTH - Nice level lot with 645 ft. of road frontage on US 25. Utilities are at the road. This 4+ acre tract could be either commercial or residential. No restrictions. \$35,900. MLS17827
CITY LIMITS - Large level to rolling lot. Sewer available. \$17,000.
339 BREEZY HOLLOW RD - Nearly new home on 2.5 acs has so much privacy! Features include granite work with rock fireplace, 2x6 exterior walls, tip out thermopane windows, 3 bedrooms, 2 bath doublewide with wrap around porch partially covered. Plug ins for most homes. Tasterful landscape. \$111,000. MLS18164
29 BREEZY HOLLOW RD - Nice lot for new home. Doublewide available. Good recreational in place. Just off I-75 in Mt. Vernon. Several nice home sites. Lot backs up to wooded area. 3.12 acs. \$19,900. MLS18163
FREEDOM SCHOOL ROAD (MT. VERNON) - Nice doublewide mobile home with 8.5 acres of land. Home features 3 bedrooms, 2 baths, living room, dining room and kitchen. The property also has an older home that could be fixed up for a rental home. Priced at \$70,000.

For Rent

For Rent: Stone house. Two bedrooms and two bathrooms. NO PETS. \$500 per month/\$450 deposit. Exit 59, old U.S. 25 South. Call 606-682-7474. 17x2p
For Rent: 3 bedroom house and 3 bedroom trailer. No pets. 758-4729. 17xmf
For Rent: 2 bedroom, 2 bath mobile home in country. \$375 month plus deposit. No pets. 859-582-8384. 16x4
For Rent: 2 bedroom house at 115 Quarry St. \$300 month/\$300 dep. Trailer at 10 Locust St. \$350 month/\$350 deposit. Absolutely no pets. 256-5770. 17x1
For Rent: Trailers. 256-9183. 15x4
Trailer For Rent: In Scaffold Cane area w/some restrictions, including no pets. \$200 month/\$200 deposit. 256-2610. 16x2
For Rent: Trailer. 758-8922. 17x2
For Rent: Duplex for rent - Castle Ridge Subd. in Mt. Vernon. 2 bedrooms, all appliances furnished. Call 256-8700. 13xmf
For Rent: 2 and 3 bedroom trailers. For Rent: 2 and 3 bedroom trailers. 256-9889 or 256-4928. 15x4
For Rent: Duplex in Brodhead. All appliances furnished. Call 758-9666. 11xmf
Accepting Applications: For 2 and 3 bedroom units at Valley View Apartments. Rent based on income. Call 256-5912. Equal Housing Opportunity. TDD for hearing impaired only. 1-800-247-2510. 36fn

Property For Sale

For Sale: 3 bedroom house on Scaffold Cane Rd. with bath, basement, small lot. \$25,000 firm. May consider land contract with down payment. 864-5594. 14x2p
For Sale: 2.243 acres on C Valley Dr. off Copper Creek Rd. \$4,000. 758-0011. 11xmf
Lots For Sale: About 1 mile off 150 on Freedom School Road. Go to Breezy Hollow Lane and turn right. 5 lots about 3/4 acre each, 1 lot about 1/2 acres - one lot 5 1/2 acres - 1 lot 7 1/2 acres. Priced right. 256-3213. 16x8p
For Sale: 2002 Ford Focus ZX3, blue, tinted windows, sunroof, power windows and locks, automatic, 22,000 miles, loaded. Also 1998 Buick LeSabre. Call Vic at 453-2831. 14x4
For Sale: 1996 Toyota Camry LE, 4 Dr., 4 Cyl. \$3,900. 606-453-2541. 16x2
For Sale: 2000 Pontiac Sunfire SE coupe, 2 Dr., red, 4 cyl., 2.2 litre, auto, front wheel drive, \$3K, a/c. Power steering, premium sound CD player, dual front air bags, ABS, rear spoiler, new tires. Excellent condition. \$5,995 ob. Private owner. 606-308-5623 or 606-256-0038. 15x3

Motor Vehicles For Sale

For Sale: 1999 Ford 250 diesel, 4x4, super duty, automatic, vinyl interior, tinted windows, tilt wheel, a/c, power windows and door locks, CD player, chrome push bar, fiberglass topper, aluminum wheels. \$11,500. 256-5442. 13xmf
For Sale: 1999 Yamaha golf carts. For info and pricing, call 606-758-0008 or 308-1064, ask for Frank. 51xmf
For Sale: 1998 Lexus LS 400, loaded, low mileage, excellent condition. Priced below low book value at \$14,000. 256-5451. 13xmf

For Sale: Cemetery lots, Cresthaven Cemetery, Mt. Vernon. Call 256-5648. 31fn
Carhartt stone wash denim jeans, relax or regular fit. \$26.50. Large selection of Carhartt rough and casual wear. Napier Brothers Clothing Store, 35 Public Square, Lancaster. 859-792-2535. 18fn

Lost & Found

Lost: Keys. Maybe around Save-A-Lot parking lot, at city park, Rite-Aid parking lot or Subway parking lot. Call 606-308-2144. 16x2


Miscellaneous For Sale

For Sale: Firewood. 606-758-0011. 11xmf
For Sale: ARK White German Shepherd pups. \$225. 606-877-9587. 16x1
For Sale: Bunk beds, twin, red metal finish with two twin mattresses. \$100. 758-9718. 16x1
Call Ken Krives. Large selection. Napier Bros., 35 Public Square, Lancaster, Ky. 23xmf

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ORDINANCE NO. 20
An Ordinance relating to the regulation of solicitation on or near street or highway.
Be It Ordained by the Fiscal Court of the County of Rockcastle, Commonwealth of Kentucky:

Section I. Purpose and Findings
(a) Purpose. It is the purpose of this ordinance to prevent dangers to persons and property, to prevent delays and to avoid interference with the traffic flow. Roadways that have center medians often are designed to deal with specific traffic flow problems. Any delay or distraction may interfere with the traffic planning. Sometimes persons stand near intersections and near traffic lights to contact drivers or passengers in cars that are passing or that are stopped temporarily due to traffic lights.
(b) It shall be unlawful for any person to solicit employment, business, contributions or sales of any kind, or collect monies for the same, from the occupant of any vehicle traveling upon any street or highway in Rockcastle County, when such solicitation or collection either:
1) Causes the person performing the activity to enter onto the traveled portion of a street or highway.
2) Involves the person performing the activity to be located upon any median area which separates traffic lanes for vehicular travel in opposite directions.
3) The person performing the activity is located such that vehicles cannot move into a legal parking area to safely conduct the transaction.
(c) It shall be unlawful for any person to solicit or attempt to solicit employment, business, contributions or sales of any kind, or collect monies for the same, from the occupant of any vehicle on any highway including in the interstate system including any entrance to or exit from such highway.
(d) For the purpose of this chapter, the traveled portion of the street or highway shall mean that portion of the road normally used by moving motor vehicle traffic.
(e) A violation of this chapter is a criminal offense, punishable by a fine up to Two Hundred Fifty Dollars (\$250.00) or imprisonment up to ninety (90) days, or both fine and imprisonment.

Section II. Effective Date
This ordinance shall take effect upon its passage and approval.
/s/ Buzz Carlolias
Rockcastle County Judge/Executive
Attest:
/s/ Norma Houk
County Clerk

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Pressure Washing Available. Houses, decks, driveways, etc. Ph. 256-9992. 17x4

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Eugene's Welding & Repair. Small welding jobs. Lawnmower decks, go-carts, etc. On Grace Baptist Church Road. Call 606-256-3727 daytime only. Reasonable rates. 15x3p

Monkey Man's Tree Service. Trimming, pruning and complete removal. Lowest prices and satisfaction guaranteed. 606-256-8661 - leave message. 24x7

Need Garbage Service? Call R&R Hauling & Complete Removal. Low monthly rates or pay by bag prices. Clean-ups by estimate. 50xmf

Notice: Will haul off garbage and other items. 256-4375. 14xmf

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. 7xmf

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. 7xmf

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

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Beginner Obedience Classes starting February 24th. Call 256-4737 to sign up. 17x2

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Posted

Posted: No hunting, trespassing or dumping on land belonging to WYNCO LLC and Ed and Joann Wilkerson located at Livingston on Gaudley Branch. Violators will be prosecuted. 17x3p

Posted: No trespassing on property located at Fairview and owned by Sarah Harris. Signs are posted. 17x3p

Posted: No hunting, trespassing or ATVs on land belonging to Victoria Reese at Roundstone. Not responsible for accidents. 45xmf

Posted: No hunting or trespassing on property belonging to Donald and Ora Lee Hurst at Willalla. Violators will be prosecuted. 21xmf

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

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

Posted: No hunting or trespassing on property owned by Doug and Jessy Brock known as Brock's North Hill Farm at Mareburg consisting of the Swamy Place, Brock Place, Hensley Farm. 31xmf

Email the Signal at mvsignal@alltel.net

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HEALTH

Signals

Volume 1 • Issue 1

WELCOME

to the first edition of Health Signals, a quarterly publication of
Rockcastle Hospital and Respiratory Care Center, Inc.
Rockcastle Health and Rehabilitation Center, Inc.
Rockcastle Hospital Home Health
Rockcastle Medical Area

Boosting Rockcastle's Economy

Need a Breath of Fresh Air?

How Does Your Child
Hear and Talk?

And more!

February 2005

FEB 11 2005

Boosting Rockcastle's economy

Hospital, long-term care facilities provide an economic shot in the arm

Anyone who has juggled a family schedule with visits to a loved one in a long-term care facility knows: the closer, the better. Frequent visits are good for the loved one and give the caregiver peace of mind.

On the other hand, few people stop to consider how beneficial it is to their economic well-being to have such local health care options. It often is on the minds of many healthcare administrators and board members, however, like those of Rockcastle Hospital and Respiratory Care Center, Inc. (RHRCC), a multi-facility organization in Mt. Vernon.

"We believe the community's economic health goes hand in hand with access to excellent health services," Steve Estes, President/CEO of RHRCC, said. "We think about the role this organization plays in the economic, social, spiritual and physical well being of the region every day."

In fact, when the organization's volunteer board of directors has made decisions on adding or expanding services, they considered the economic growth of the community with the improved health of the area always being given the greatest weight.

RHRCC's 2002 acquisition of Sowder Nursing Home in nearby Brodhead is a prime example of the progress a well managed long-term care facility offers communities, particularly those with smaller populations.

Now called Rockcastle Health and Rehabilitation Center, Inc.,

Sowder Nursing Home began as a 12 room motel. Two years later, in 1957, the motel was purchased by a local businessman and transformed into a home for the elderly. With an addition in 1962, it became a 19-bed nursing facility and a full-time nurse was hired.

By the time the hospital purchased the facility from the original owner's daughters, it had expanded to 43,600 square feet and 114 beds. Its reputation as a quality operation also had grown. Within a year of RHRCC assuming management, the nursing facility became one of the few long-term facilities in the state to be granted national accreditation through the Joint Commission on the Accreditation of Healthcare Facilities.

Roger Durham, whose mother, Mary, is a patient at the Rockcastle Health and Rehabilitation Center, personally has seen the quality and benefits.

"It's always had a good name," Durham said. "The staff members are friendly and helpful and the patients get good care."

Managers know quality care must come first, or demand will dwindle. That philosophy has kept the Center's census high, along with patient satisfaction.

Mayzell Ries recently spent



Peggy Carroll, Unit Coordinator, assists residents at Rockcastle Health and Rehabilitation Center

some time at the Rockcastle Health and Rehabilitation Center in an effort to control her diabetes.

"I love this place," she said. "This is a great place to be when you need help. My time spent here has really been enjoyable. I'd recommend it to anyone."

Exceptional service has also been a hallmark of the long-term respiratory care program the organization started in 1981 with the addition of a 32-bed skilled nursing facility. In 1992, Rockcastle Hospital and Respiratory Care Center expanded this specialty unit to care for 60 people on ventilators.

Today it is fully accredited and recognized as one of the nation's top six long-term care facilities for respiratory services.

Both long-term care facilities are part of a healthcare system that helps keep local dollars in Rockcastle County, pulls new dollars into the community, attracts and retains other businesses, and contributes to a healthy and productive workforce.

The organization opened in 1956 as Rockcastle Baptist Hospital, an acute care facility. It has grown steadily throughout its history and, since 2002, its employment figures have surpassed all others in the county, including the Rockcastle County School Board, which had been the biggest employer for many years.

Providing much needed job opportunities for young people in the area has been an important role for these local healthcare facilities. Additionally, since residents' healthcare dollars can be spent in their community, it has a ripple effect on other businesses and services.

For example, as the number of long-term beds grew, the local vocational school recruited teachers to train nurses, respiratory therapists and others in health related vocations. And, it allows community leaders looking to attract industry to include in their packages one of the most valued assets a region can offer—quality healthcare nearby.

“We believe the community's economic health goes hand in hand with access to excellent health services”

By the numbers...

Following are additional facts about the impact of RHRCC's presence on the community:

- ☉ 505 well paying jobs at RHRCC.
- ☉ 32 jobs for other businesses.
- ☉ More than \$24 million in annual sales in Rockcastle County (KY Rural Health Works, 2003 data).

- ☉ For every dollar of income generated by the organization, an additional 0.16 cents of income is generated in the rest of the county's economy (KY Rural Health Works, 2003 data).
- ☉ Employee spending creates an additional 67 jobs in the county.
- ☉ Labor income is estimated to be

- 12,592,606 annually.
- ☉ In total, 604 jobs are directly or indirectly tied to RHRCC.
- ☉ More than 75 percent of these workers reside, bank, rent, purchase and recreate in the county.
- ☉ Rockcastle Hospital and Respiratory Care Center and Rockcastle Health and Rehabilitation

- ☉ Center provide 13 percent of the county's labor income and 10 percent of local jobs.
- ☉ Employees are involved in local events and civic organizations, helping create a stronger, healthier community.



Need a Breath of Fresh Air?

RHRCC celebrates Cardiac Rehab Week February 13-19

Heart disease is the leading cause of death in the adult population and therefore it should be no surprise that many of us know someone who has suffered a heart attack or has required a heart bypass surgery. Following a heart attack or heart surgery the patient is released from the hospital when they become stable, however many people find themselves weak with very little endurance to accomplish tasks that were once routine. These patients may be unable to shop at the grocery store or even walk to their mailbox. A majority of people do not know how much activity they can safely

perform. The Breath of Fresh Air Cardiac Rehabilitation program at Rockcastle Hospital addresses these issues and many more.

The patient who enters the cardiac rehabilitation program at Rockcastle Hospital will discover a caring, friendly and motivating staff dedicated to assisting the patient achieve their goals. All patients are evaluated by a physical therapist and a highly trained cardiac nurse to determine their baseline cardiac function. An exercise program will be developed specifically for each patient and based upon their needs and level of activity. The individualized programs will increase

endurance and improve cardiopulmonary function by performing exercises on cardio equipment such as treadmills, bikes, and cross-trainers. Each session will also include strength training with weights to increase strength in the patients' arms and legs.

Throughout the exercise session the physical therapist and cardiac nurse are constantly monitoring heart rhythms, blood pressure, heart rate, blood oxygen levels, and the patient's observable level of exertion in order to safely progress the patient through the program. All patients will be counseled by a dietician to educate about healthy eating habits and a pharma-

cist to ensure that patients are taking their medications properly. Each patient will also have one session of stress management counseling.

Patients involved in the program tend to build friendships and encourage each other. The progress that these patients make in regards to their strength, endurance, and confidence by the time they have completed the program is amazing. They once again feel in control of their lives. Through the patient's dedication and the commitment of the cardiac rehab staff, these patients will enjoy a higher quality of life. If you have any questions in regards to the **Breath of Fresh Air Cardiac Rehabilitation program** call **Nathan Holbrook** at (606) 256-2609.



Nathan Holbrook
Director of Physical
Therapy Department

A survivor's story: A local man experiences cardiac rehab



Albert E. Griffin

On Wednesday, April 14, 2004, I had emergency heart bypass surgery that would be one of the most dramatic things that has ever happened to me. Prior to the surgery, I didn't even know I had a heart problem. The days that would follow would be filled with uncertainty and fear. After six weeks my cardiologist prescribed treatment at the "Breath of Fresh Air" Cardiac Rehabilitation Center at our Rockcastle County Hospital. It would prove to be one of the best decisions he or I could have made.

At cardiac rehab I was introduced to some of the most caring staff I have ever known. From the beginning they assured me that all my activities would be monitored and adjustments would be made to make all my exercises appropriate to my personal needs. Each day, prior

to the exercises, the staff would weigh me to maintain my weight, because it would be important to see if fluid build-up was happening. Prior to exercising they would take my blood pressure and do oxygen-level stats. Then, throughout all the exercises, between each set of exercises, oxygen-levels were checked, as was my blood pressure and heart rate. Each of us wore monitors so that our heart rate was constantly checked...no matter in which room we were working out.

Some mornings I arrived weary and ill-prepared for exercising. The healing process of heart surgery is slow and wearisome. It is difficult to predict how you will feel in the morning when sleep has been more than limited the night before. Maybe it was the anesthesia used during the surgery that upset my sleep habits! Early in the program, many mornings I would begin the regimen of exercise, unsure if I could finish.

But as I would be checked out before starting, the staff would assure me that my "numbers" were good and I would begin to feel more secure. As the exercises would proceed, my apprehension would subside and by the end of the exercises I was feeling much better.

A camaraderie developed among us patients. We learned to laugh at our foibles, at our failures...and our successes. We developed friendships. We shared our deepest fears. We cheered each other on. The trained professionals became our greatest supporters. For me personally, I came to depend upon those trainers. They became my support group, my heroes. At times I was not a model patient because I would arrive hurting, or afraid...in need of their support and their advice. At first it was a life-and-death fear. In time the staff and new friends helped me understand more of the dramatic impact the invasive sur-

gery had on me. At seventy years of age, I had to learn to adjust to a new way of life. I am a Christian. I've been in the ministry for 52 years. I've been a counselor for people who were going through difficult times. Now I was cast into a role of being ministered to. I am so thankful to those people who were there when my needs were greatest. I will never be able to thank the doctors, technicians and nurses who saved my life. Neither will I be able to thank appropriately the staff at "cardiac rehab," nor those who went with me through the program.

I'm now in my second week after "graduation" from the Cardiac Rehabilitation program. My goal is to continue going to the facility. If I can maintain this level of improvement in the weeks ahead, I would like for my future to include a "lifestyle" of rehabilitation/exercises that, I pray, will enhance the remaining years of my life.

Stop Smoking: the Cooper-Clayton Method

Tom Cooper smoked heavily for 36 years, and like many smokers, he often tried to give up smoking. In fact, he decided to stop smoking eight times. But each time he tried he inevitably failed.

Tom would start with an admirable resolve. He would refuse to buy cigarettes, reasoning

that if they weren't in the house he wouldn't smoke. But as the withdrawal symptoms overpowered him, he would begin searching for cigarettes, sometimes even through ashtrays for discarded butts. It didn't matter if all he got was a puff or two. He got the nicotine he craved and started smoking again.

But on the ninth attempt, at age 57, Tom did something different, something that worked—and not just for him but for hundreds

of other heavy smokers since then. What was different this time? The Cooper-Clayton Smoking Cessation Program.

The Cooper-Clayton Smoking Cessation program focuses not just on how to become a non-smoker, but also how to build exercise and better eating habits into one's menu of behaviors, and how to deal with the depression and stress that often accompany efforts to stop smoking. It is a 12-

week program sponsored by Rockcastle Hospital and Respiratory Care Center, Inc. in collaboration with the Kentucky Cancer Program. New classes will be beginning in April, July, and October of this year.

For more information on Cooper-Clayton Smoking Cessation Classes contact Tammy Brock at Rockcastle Hospital and Respiratory Care Center, Inc. (606) 256-7733.

New Year's Resolution...Weight Loss?

Many of us have health and diet related resolutions to start the New Year. Some have added a few extra pounds during the holidays and we vow to get rid of those extra pounds as soon as the holidays are over. Some people have a larger task ahead of them as those extra pounds have accumulated over a period of years to the point that they have become obese. Obesity is an excess of body weight to the point that it carries serious health risks and a decrease in the individual's quality of life.

How do you know if you are obese? There are tools to help you identify the point at which those extra pounds can become a serious health problem. The most common of these tools is the BMI or Body Mass Index (see below). Using the following chart you can determine your health risk based on your weight and height.

If your BMI is 25 or greater you are at increased risk for developing chronic disease, and at a BMI of 30 or greater the risk will become high. Examples of health problems associated with Obesity include:

- Diabetes
- High blood cholesterol
- Coronary artery disease
- High blood pressure
- Sleep apnea (breathing problems while sleeping)

- Muscle & joint disorders
- Depression

Decreasing your risk for these problems which can greatly effect your quality of life doesn't take a magic pill or giving up all the foods you love. Successful weight management is a matter of learning and practicing new skills. Getting rid of some old habits and adopting some new ones can help you look and feel better. Whether you just need to get rid of a few excess pounds or you need to improve your health, there are some simple changes you can make to get the New Year started on the right foot.

Set reasonable goals. Weight loss of 1 or 2 pounds per week with long-term weight control is a reasonable approach. The "diet" of the week or magic pills or supplements that sound too good to be true usually are. Changing one or two habits can produce the desired result. Examples include changing to sugar free soft drinks or increasing fruits and vegetables to at least 5 servings per day.

Weigh only once a week. Small daily weight changes can give false results and cause discouragement.

Take up a hobby. When you keep your hands and mind busy, you're less likely to snack.

Out of sight, out of mind. Serving food from the kitchen instead of keeping it on the table, as well as quickly putting away leftovers can help decrease the temptation for "seconds."

Decrease distractions. Turn off the TV, sit down and enjoy your meal.

Write it down. Keeping a diary of what and when you ate, as well as how you were feeling will help you identify behaviors that could be causing you to eat more.

Chew, Chew, Chew each mouthful of food about 10 times before swallowing. If you take your time eating, your brain will get the message that your stomach is full before you have overeaten.

Don't skip meals. Skipping meals can cause you to overeat at the next meal.

Eat in only one place in your house. Resisting the temptation to eat while watching TV, reading or sitting in front of the computer will decrease mindless snacking. It will also decrease the places that you associate with food.

Brush your teeth after you eat. This will get rid of the taste of food in your mouth and get your mind off of eating.

Eat a low calorie snack before you go to a social function, so you won't be hungry and tempted to eat too much.

Don't stand by the food table at a party or social gathering. Find a place in another part of the room and concentrate on talking to the other guests.

Don't shop when you are hungry! This can be a disaster for your diet and your budget.

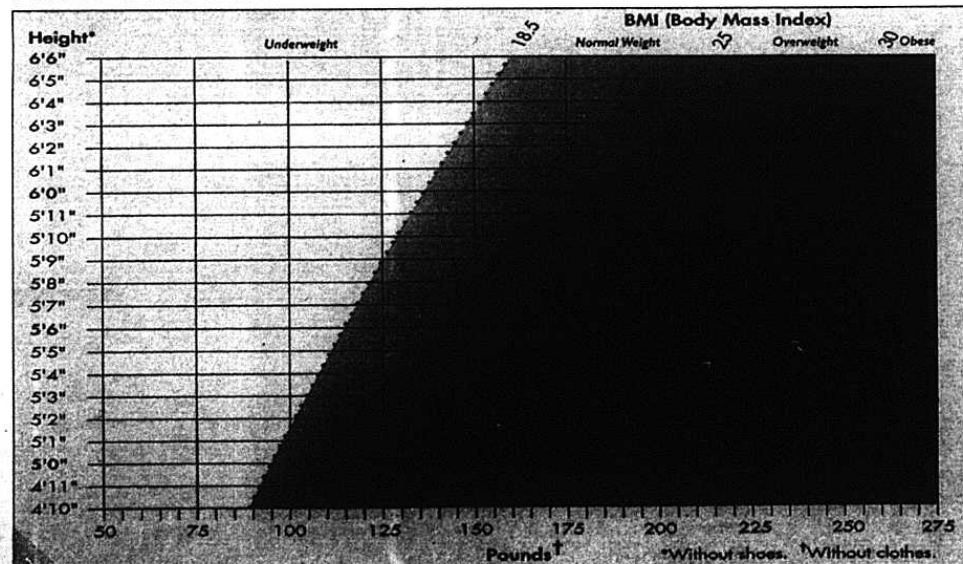
Motivate yourself by finding and writing down a reason you want to lose weight. Concentrate on that reason when you begin to get discouraged.

Take a walk. Exercise can help you burn calories while you are exercising and increase the rate that you burn them the rest of the day. It is also great for stress relief and may help decrease your appetite.

Get help. If you have a lot of weight to lose and have had problems losing weight in the past, the Dietitians at Rockcastle Hospital can help you meet your goals through their weight management program. Call for more information at 256-7718.

Coming March 2005, Diabetes Self-Management Training Program.

Know Your BMI



The Dietitians at Rockcastle Hospital Inc. are certified by the American Dietetic Association in Adult Weight Management.

Jill Stevens, MS, RD, LD
Director of Dietary Services

Teresa Blair, MS, RD, LD, CDE
Certified Diabetes Educator

Lindsay Gabbard, RD, LD
Certified by the American Dietetic Association in Child/Adolescent Weight Management

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How Does Your Child Hear *and* Talk?

Every child is unique and has an individual rate of development. This chart represents, on average, the age in which the children will accomplish the listed skills.

Children typically do not master all items in

a category until they reach the upper age in each age range. Just because your child has not accomplished one skill within an age range does not mean the child has a disorder. However, if you have answered no to the major-

ity of the items in an age range, call Rockcastle Hospital and Respiratory Care Center at 606-256-2195, ext. 7763 for more information or to schedule an evaluation.



Hearing and Understanding	Talking
<p>Birth-3 Months</p> <ul style="list-style-type: none"> • Startles to loud sounds • Quiets or smiles when spoken to • Seems to recognize your voice and quiets when crying • Increase or decrease in sucking behavior in response to sound 	<p>Birth-3 Months</p> <ul style="list-style-type: none"> • Makes pleasure sounds (cooing, gooing) • Cries differently for different needs • Smiles when sees you
<p>4-6 Months</p> <ul style="list-style-type: none"> • Moves eyes in direction of sound • Responds to the changes in the tone of your voice • Pays attention to music 	<p>4-6 Months</p> <ul style="list-style-type: none"> • Babbling sounds more speech-like with many different sounds, including p, b, and m • Vocalizes excitement and displeasure • Makes gurgling sounds when playing with you
<p>7 months-1 year</p> <ul style="list-style-type: none"> • Enjoys games like peek-o-boo and pat-a-cake • Turns and looks in direction of sounds • Listens when spoken to • Recognizes words for common items like "cup", "shoe", "juice" • Begins to respond to requests ("Come here," "Want more?") 	<p>7 months-1 year</p> <ul style="list-style-type: none"> • Babbling has both long and short groups of sounds such as "tata upup bibibibi" • Uses speech or non-crying sounds to get and keep attention • Imitates different speech sounds • Have 1 or 2 words (bye-bye, dada, mama) although they may not be clear
<p>1-2 years</p> <ul style="list-style-type: none"> • Points to a few body parts when asked • Follows simple commands and understands simple questions ("roll the ball," "kiss the baby," "Where's your shoes") • Listen to simple stories, books, rhymes • Points to pictures in book when named 	<p>1-2 years</p> <ul style="list-style-type: none"> • Says more words every month • uses some 1-2 word questions ("Where kitty?" "Go by-bye?" "What's that?") • Puts 2 words together ("more cookie," "no juice," "mommy book") • Uses many different constant sounds of the beginning of words
<p>2-3 years</p> <ul style="list-style-type: none"> • Understands differences in meaning ("go stop," "in on," "big little," "up down") • Follows two requests ("Get the book and put it on the table.") 	<p>2-3 years</p> <ul style="list-style-type: none"> • Has a word for almost everything • Uses 2-3 word sentences to talk about and ask for things • Speech is understood by familiar listeners most of the time • Often ask for or directs attention to objects by naming them
<p>4-5 years</p> <ul style="list-style-type: none"> • Pays attention to a short story and answer simple questions about it • Hears and understands most of what is said in home and in school 	<p>4-5 years</p> <ul style="list-style-type: none"> • Voice sounds clear like other children's • Uses sentences that give lots of detail (e.g. "I like to read my books") • Tells stories that stick to topic • Communicates easily with other children and adults

New facility program empowers employees

"Steps for Success" lives up to its name

One of the greatest challenges facing long term care facilities today is the retention of quality employees. The turnover in nursing staff, especially among state registered nursing assistants, has become a nationwide concern, with studies estimating the number as high as 78% in recent years. Rockcastle Health and Rehabilitation Center (RHRC), which offers both long term care and rehabilitation services, has not suffered the same effects from this trend as other facilities. In 2004, RHRC had a lower turnover rate and a better staff-to-resident ratio than the national average determined by the National Institutes of Health. In order to maintain and improve upon this success, the facility has recently utilized measures created to prevent employee turnover from becoming the issue it has been for other facilities nationwide.

Steve Coy, the administrator at RHRC, chose to proactively address the concern by implementing an enrichment program for the facility's state registered nursing assistants (SRNA). The program, which began this past November, consists of classes addressing such topics as computer skills, death and dying, self esteem, time management, and handling stress. Coy, who has been the administrator since last

February, saw the need for a program that would go beyond clinical training to teach life skills to employees. "I knew that if I could improve and empower their personal lives, they would be better employees," states Coy. "I wanted them to realize that it mattered to me that they were happy and successful in life."

In January of 2004, Rockcastle Hospital became the host site for the Southern Kentucky Area Health Education Center (SoAHEC) which brought greater opportunity for Coy's vision to be realized. "It really helped finalize the program when AHEC joined with the hospital," says Coy. SoAHEC has been a co-sponsor throughout development, contributing educational materials and contacting presenters for the sessions.

The program, known as "SRNA Steps for Success," offers an incentive for participation. Employees are paid for time spent in the classes and SRNAs who complete the program will receive a raise in pay. Involvement has been very strong from the beginning and even though the classes are not yet completed, the response is overwhelmingly positive.

"The topics are on things that we deal with everyday, like the class on death and dying," says Tajuana Lane. Lane is an SRNA on the West

II unit of Health and Rehab. She states that she has felt the benefits of this program in her personal life as well. "My husband even said he could tell I had really been listening because I haven't been as negative."

Patricia Shackelford, an SRNA on East, also mentioned that the Death and Dying class had been very effective. The class was taught by Ann Taylor, a nurse employed by Hospice Care Plus. The presentation discussed different aspects of death and dying, including the best way to deal with families going through the grief process.

Other topics that have been popular among the participants are self-esteem and the session on handling stress.

"The self esteem class was really interesting," says Vicki McClure, SRNA on East. "It made everybody feel better. Sometimes you just need that."

Faye Still, an SRNA on West I, has also seen the effects of the pro-

gram. She states, "It's taught me how to deal with stress and other problems I had been having."

Other employees have even noticed a change for the better. According to Wendy Sower, nurse on West I, "they are getting along good and working good together!" The program also includes sessions on team building and communication.

Coy hopes to see the program implemented for other departments and even other facilities in the future. "I want dietary, laundry, housekeeping, and other departments to go through the program, even at the hospital," states Coy. "The ultimate goal would be to see it adopted as a best practice in the region and to develop a core group of long-term SRNAs at the facility."

Judging from staff response, the program has already proved beneficial and other departments may get an opportunity to participate in the near future.



Bill Bruner, LPCC (standing) speaks to the first session of "Steps for Success" on handling stress

Using education to improve health

Southern KY AHEC quietly contributes to health care

The Southern Kentucky AHEC uses education to improve health in our 15-county region. It is our singular mission and it drives all that we do.

Though our presence in healthcare isn't obvious to everyone, our contributions quietly account for much.

Take for example your last visit to the doctor's office. You probably did not personally encounter any of our staff, but we were there from the moment you walked in the door.

The nurse who took your temperature might well have been drawn to her profession through one of our Health Careers programs, which have the vital purpose of recruiting bright local students into the healthcare professions.

The physician who treated your

illness probably took part in AHEC Student Rotations during his medical education. We have arranged and supported those rotations, which link students with practicing professionals, in our region for nearly 20 years. Many doctors and other health professionals have decided to stay in our area after their AHEC experience.

If your physician had to research your condition before deciding on a course of action, AHEC's Medical Library was a phone call away. Our librarian stands ready to seek hard-to-find information needed by those treating you.

Your laboratory technician as well as nearly every professional in the clinic probably attended a Continuing Education course not long before your visit. The Southern

Ky. AHEC facilitates about 100 of those courses each year, bringing valuable, up-to-date information to the professionals treating you.

Some of the knowledge about healthcare that you took with you to that clinic might have been delivered by AHEC. Our Health Education programs send the message of awareness and prevention throughout the communities we serve.

We at the Southern Ky. AHEC are proud of the work we do, and we are also proud to have as partners



Shawnee Eckert (left) and Emily Dyehouse at RCHS Career Fair

two institutions who share our passion. We are administered through the University of Kentucky and hosted by Rockcastle Hospital and Respiratory Center, Inc., in Mt. Vernon, Ky.

For more information about our services, phone (606) 256-0950.

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LEADING THE WAY...

for better health in our community.

Rockcastle Hospital and Respiratory Care Center, Inc. has made great strides in recruiting and retaining qualified, dedicated physicians. As a result, more than 40 physicians now practice in Rockcastle County.



Top-notch medical services close to home mean you don't have to drive far for most doctor appointments. It's another example of how we're leading the way to better health for you and your family.



Michael Anstead, MD
Pulmonology



Nancy Antonacci, MD
Emergency Medicine



Susanne Arnold, MD
Hematology & Oncology



Jon A. Arvin, MD
Family Practice



Azhar Aslam, MD
Cardiology



David Brabon, MD
Plastic Surgery
Emergency Medicine



Ketan Buch, MD
Pulmonology



James Crager
Cardiology



Kimberly Cornelius, MD
Internal Medicine/Pediatrics



Eduardo Gomez
Radiology



George W. Griffith, MD
Family Practice



Michael Hamilton, MD
Family Practice



Lewis Hicks, MD
Gynecology



John Johnstone, MD
Cardiology



Alam Khan, MD
Neurology



Christian Knecht
General Surgery



Paul Krestik, DPM
Podiatry



Iraklis Livas, MD
Allergy/Asthma & Immunology



Anne Marshall, MD
Pathology/Cytopathology



William McElwain, MD
Family Practice



Tiffany Patrick, CRNA



Raghu Raman, MD
Gastroenterology



Anthony Rogers, MD
Cardiovascular &
Thoracic Surgery



Kevin Rowe, MD
Family Practice



Karen Saylor, MD
Family Practice



Callie Shaffer, MD
Pediatrics



James M. Stern, MD
General Surgery



John Tuttle, MD
Urology



Robert Woods II, MD
Otolaryngology

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