

Mount Vernon Signal

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No paper next week

The *Mount Vernon Signal* will not publish an issue next Thursday, December 29th. Our next issue will be January 5, 2006.

Our offices will be closed December 28th through January 2nd.

In 28th Judicial District John Gillum files for Judge

John Gillum, Rockcastle's Assistant County Attorney and Assistant Commonwealth's Attorney, filed last week to run for the office of District Judge in the 28th Judicial District. The district encompasses both Rockcastle and Pulaski Counties.

Gillum, a Pulaski County native, met with Secretary of State, Trey Grayson, on Monday, December 12, 2005, at which time he filed his petition to run for the judicial seat. The position became available in the summer of this year when then-District Judge, David Tapp, was appointed to the Circuit Court bench to succeed Gillum's father, Circuit Judge Robert Gillum, who passed away in April of 2005.

"My parents taught me at a very

(Cont. to A-11)

In Phase II

Final cash for tobacco payments

The Phase II payments that will be mailed to Kentucky tobacco farmers this month will be their last.

Farmers are expected to receive the remaining \$16.5 million in 2004 payments from the tobacco companies before year's end. The bulk of the 2004 payments—\$114 million of \$124 million (\$10 million was paid by the Burley Growers Cooperative)—were made by the state in June while tobacco company payments were held up by a North Carolina court. In October, the courts ordered the companies to make the payments.

The state has recouped its \$114 million by order of the court. A total of \$94 million was sent to the state by the settlement trust in November, and \$19 million was expected to be transferred to the state this week.

There will be no more Phase II checks sent to farmers after the remaining \$16.5 million in checks are mailed this month. The Phase II program ended with the federal tobacco buyout passed by Congress last year.

Under the Phase II settlement trust agreement, companies would cease

(Cont. to A-11)



Kentucky Utility workers had to use a crane and several employees to restore power to the Fairground Hill sub-station on Friday. Power was knocked out in Mt. Vernon for about six hours. Many businesses were shut down.

37 have filed for county office

As of early Wednesday morning, 37 Rockcastle residents have filed as candidates for county offices.

35 of the 37 filings are Republicans with two Democrats filing for Magistrates.

Only two of the five Magistrates are unopposed thus far. Bill McKinney in District 3 and Ralph Allen in District 5.

Five of the major county offices have no opposition thus far. County Attorney William D. Reynolds, County Clerk Norma Hoak, PVA Administrator Margaret Offutt, Jailer James Miller and Circuit Clerk Teresa Vanzant are all unopposed.

Of the two other major county offices, County Judge Executive Buzz Carlotta has opposition from William K. Bullen and Angela Stallaforth and Sheriff Darrell Doan has two opponents, Cecil E. Rucker and Michael D. Peters.

Five, four Republicans and one

Democrat, have filed for District 2 Magistrate, a seat presently held by William S. Denny. Denny will be opposed by Gary "Seymore" Barnett, Larry Renner, Dean McClure and Harold Miller.

David Gibbs, incumbent Magistrate in District 1, has opposition from three Republicans in the May primary. Cecil Ray Abney, Billy

(Cont. to A-11)

Kiwanis Club presents Everett C. Brown award

By Martha Cox

While working in his garden one day, St. Francis of Assisi was asked what he would do if he were suddenly to learn that he would die at sunset that day and he answered with these words: "I would finish hoeing in my garden." This is the answer I would expect of this year's recipient of the Everett C. Brown Award, Kathy McCasley.

Over time, her love of gardening has taken her out of her own beau-

tiful garden and placed her in several wonderful community projects. In the last few years the Rockcastle Garden Tour, that she has masterminded with the help of the Rockcastle Band Boosters Club, has been outstanding. The accomplishment of these tours, that showcase the best of Rockcastle's Flower Gardens and raised thousands for the RCHS Band, would be enough to receive this honor, but that is not all Kathy has achieved.

Those who know her best realize the many back-breaking hours she has put in planting flowers and shrubs at First Christian Church, at the Senior Citizen Center and the city park. With help from her husband, David, and others, she transformed an enclosure at the Middle School to a wonderful work of garden art and didn't stop there.

The next year she tackled a much needed area at the high school, spreading her magic with a beautiful and interesting garden for the students and teachers to enjoy.

She does these things not because she feels she has to or not that she might receive praise or public acclaim. She does these things because she realizes the need and because she possesses a great love for gardening and her community.

These two things coupled with a wonderful sweet and giving spirit makes Kathy the perfect candidate for this year's Everett C. Brown Award for Community Service.

Kathy lives in Mt. Vernon with her husband where they operate McCasley Egg Company. They have three children: Cindy, Luke and Jesse.

For about six hours

Squirrel puts out electricity Friday in Mount Vernon

By Richard Anderkin

Rockcastle County schools were called off for the first time this winter on Friday when black ice was everywhere.

"There was no way we could have had school on Friday," said Rockcastle County School Superintendent Larry Hammond. "It was just too slick for our buses."

Kentucky Governor Ernie Fletcher was scheduled to be at the high school but that event was cancelled when school was called off. A doubleheader basketball game between the Rock and Somerset was also called off.

Hammond, however, had a smile on his face Friday after reluctantly calling off school because of the black ice said, "We have ESP, I guess." He was referring to the fact that even had school been in session, children would have to have been sent home when power was knocked

out in Mt. Vernon around noon and not restored until 6:30 p.m. "The Governor would have been in the dark anyway and that would have cancelled his appearance," Hammond added.

"However, we regret missing the Governor's visit. It would have been a very educational experience for our students," Hammond said.

A spokesperson for Kentucky Utilities, Cliff Feldman, confirmed that a squirrel climbed into a substation on Fairground Hill on Friday, knocking out power to a majority of KU's customers in Mt. Vernon. KU has 3,120 customers in Rockcastle County.

The courthouse offices had to close, except for 911 which has a backup power supply, and Community Trust on Main Street and Citizens Bank both had to shut down children would have to have been sent home when power was knocked

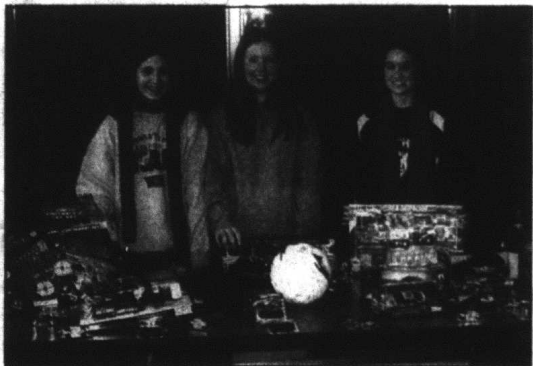
(Cont. to A-11)



RCHS band member Murphy Ramsey plays the flute while the RCHS Chorus performs during the combined Christmas Concert, "Home For The Holidays", held last Thursday at the high school. See more photos on Pg. A12



Kiwanis Club president Gertha Mink presents Kathy McCasley the Everett C. Brown Award.



Many local families benefited from the local Toys for Tots program on Saturday, which was held at the Rockcastle County High School. Many local youth helped in the Christmas event, including, from left: Robeson and Genna Cummins and Allison Carter.

Merry Christmas from our families to yours

James and Perlina Anderkin, Richard and Vonda Anderkin, Spencer and Paige Bengé

Our Readers Write

Missing a dog?...

If someone is missing a black, brown and white Beagle dog, with an orange collar, I would be glad to check the collar for a name. I didn't check the collar for a name. I was afraid I'd fall in the ditch.

Just wanted to let someone know, if they was missing a Beagle, where it was.

Maezill Rice
Brookhead, Ky.

Help make 2006 great...

I want to wish everyone a blessed Christmas and a great New Year! We also want to thank everyone who gave to us this year. By doing so, we were able to feed and clothe thousands from Rockcastle and surrounding areas.

We are also thankful for those who came to us for help. Many needed a little and many needed a lot. We are still needing a building for the needy to come to. We have items stored but they won't help anyone if they can't get to them.

Since Christmas is the time that everyone wants to give a special gift, or would like to give but they don't know what to give because they don't know what others need, I will tell you what we would like to have. First of all, we always need to walk closer to God. We need your prayers daily for the Mission. And, we need someone to donate a piece of land, large or small so we can plant a nice place for Mission work and we won't have to move out of it.

If you have such a place, please call us for help. Many need to be right in town. Maybe you can't have any property but would like to help with a donation to go toward a place, or maybe you have a building. Whatever the situation, we need you to help us prepare for 2006! Our outreach has provided food and clothes for homeless folks as well as the sick and those who were facing divorce or loss of work. Many needed furniture and we helped. But this doesn't happen because of us, it happens because of you.

you gave. Many of you had little yourselves but you gave your best.

Someone gave you blankets and quilts. These are keeping someone warm. Some gave food, this filled a child as well as an adult, or let me change that to many children as well as adults. Someone donated us a pick-up truck, this is what we needed to pick up items for the needy families. You gave more than you could imagine. You gave a little hope and a lot of love to people.

I thank each and everyone of you from my heart for your kindness. Please, if you will, help me to make 2006 a great year at the Rock of Ages Mission by giving your support now. If we can help you, call us. Thank you all again.

"In His Service"

Kathy Brezic
P.O. Box 490
Mt. Vernon, Ky. 40456
758-854 or 758-4203

Supporting our troops...

Dear Editor,
Just a while ago a young man around Eastern Kentucky, as far as I know, was fired from his job because his employer found it too inconvenient that this young man should be sent to duty in the National Guard, thus being absent from work. It has also been brought to my attention that he is not the only one. He, along with others, was called to duty to assist in the Katrina aftermath. Upon returning, these many well-end soldiers were dismissed from their jobs because of this interruption of the necessary times off from work.

I have some questions for those people having done the firing. Do you people fly the Red, White, and Blue at home? If so, then you must not really mean it. How any of you people had a family member, relative, or friend that has served in the military? If so, then that must be a slip in their face. Do any of you people go to church or are religious? If so, then you may have re-evaluated your ethics.

Were any of the Minutemen during the Revolutionary War done that way? No. Were any of our soldiers done that way when they returned?

(Cont. to A-4)

Car Seats Save Lives

Presented By: Dr. Callie Shaffer

Car seats save infants' lives. And the lives of young children too, if they are used correctly. Statistics show that there is a dramatic decrease in accidental deaths when children use well-designed car seats and proper restraints.

Children aged 4-6 have not fared as well as infants because parents are less likely to use proper seat belt restraints at this age. The adult-size seat belts do not protect children of this age as effectively as they should. At this age, children are becoming more independent but using a proper restraint in the car is not one of the choices that is negotiable.

Infants and young children suffer the trauma of car accidents poorly, even when the accidents appear to be minor. Their heads are proportionately heavy compared to their bodies and can be bounced around uncontrollably on their small, weak necks. This results in increased injuries to both the head and neck. Air bags can contribute to increased risk to infants and young children if the children are not properly restrained. The risk of airbags comes both from the direct impact of the air bag and also from the head bouncing back and forth on a weak neck after the impact.

Children should be in the back seat of a car if at all possible, and always wearing a seat belt. The back seat is the safest place in case of an accident. It also avoids the risk of injuries from air bags. Infant car seats should be facing backwards to work properly. This gives the greatest protection against injuries to the head, neck, and chest. Buy the correct equipment for your children, and take the time to learn the proper way to use it. It can save their lives.



Points East

By Ike Adams

Forty short years ago on Blair Branch we'd have been killing hogs there on the holler this time of the week and packing meat to the "smoke houses".

Actually we didn't smoke much meat but we had outside storage "smoke" houses that had been used for that purpose in generations past before we discovered that salt and sugar would cure out pork a lot faster than hickory smoke and that the eating product didn't have that old bitter-smoky flavor.

My uncles and my mom and aunts would still insist on finding some place where they could do a smoking, for old times sake, of fat back (middlings), they called the meat off a hog, and jaw meat (jowls).

Actually, it was not that different from modern bacon but we sure got tired of it awfully fast. Dad used to say that the best way he knew to ruin a mess of eggs was to fry them in smoked bacon.

To make a little Christmas money, we'd kill a couple of hogs and piece them out and have a shooting match. You had, per hog, two hams, two shoulders, tenderloin. Backbone for pork chops, ribs and a tub of leftovers including head, liver, heart, feet etc. and shoot them off one item at a time (the tub being one item and usually the most popular shot).

The way this worked was you took your best shot gun to the match and shot at a small piece of paper 40 yards away. Everybody had to buy shells out of the same box.

It cost a dollar a shot and targets

were precisely mounted.

The winner was the shooter who put the most shots in the paper. In case of a tie, you had to shoot off. This is not nearly as complicated as it sounds unless you were the one hanging the targets.

I was never wounded but I know some guys who were. A number 4 shot in the hind end is painful though not deadly at 40 yards.

Anyway, if you wanted to turn a hog into real money, a shooting match was the way to go. It was big fun and oh so profitable if you had a good hog to spare.

Bottom line, a bunch of families had fresh pork roasts for Christmas. A bunch of men had huge fun and nobody went away hungry.

In the meantime Jimmy Robinson the President and master sausage maker at Robinson's Premium Meats in London just personally made sure that I had personally taken delivery of the country ham we will have for Christmas. No shooting match involved.

I'm putting in an order for some sausage and some steaks to stock the freezer. In the meantime, we don't even think about buying breakfast meats unless Robinson's is on the label. This old company will soon be fifty years old and it's right here in our midst.

Robinson Sausage, now Robinson Premium Meats, is already a local treasure known to everyone in central Kentucky. Lets keep it that way and live healthy.

Null said.

L.J.'s Journal

by Lorna J. Cook



It's been about a year since I began going to my chiropractor. I was resistant about going in the beginning. I was certain he couldn't help me in any way, so I figured why waste my time, as well as his? I'd had arthritis for a few years, and it seemed to affect my back, legs, and hands the worst. Arthritis is the kind of thing you can't help very much.

Stanley had been going to him for over two years, and said that he had helped him tremendously. His name is Dr. Donald Miller. His wife Christine is his receptionist, who is also the queen of a Red Hat chapter. About my third visit, she asked me to join.

Reluctantly, I agreed to go to the chiropractor. On my first visit, he made an x-ray of my spine. I have had problems for years walking, and had developed what I called the "Frankenstein Shuffle." I kind of shuffled along, rocking from side to side, and I had a noticeable limp, none of which was improving.

After reading the x-ray, he told me that I had a fractured spine that had been damaged years ago, and even showed me the x-ray. This caused one hip and leg to be about an inch or more shorter than the other, however, I was unaware of the situation.

He worked with me until I could walk normally. I still have pain from the arthritis, but at least I can walk. I now go to the chiropractor for back maintenance, and I don't want to lose what I've gained.

Last week, I got a rather amusing version of "The Night Before Christmas" from Dr. Miller and his staff. It was a hoot, so I thought I'd share it with you. Enjoy!

"Old Saint Nick Had A Crick"
'Twas the day before Christmas, but there was no cheer,
No jingle bells jingled, no sound of

reindeer,
The word had got out that Santa was sick.
There'd be no friendly visit from good ol' Saint Nick.

The people were sad; no gaiety sounded,
For Christmas had come, but Santa was grounded.

He walked down the street, and what should he see?
On a sign was printed, "Donald E. Miller, D.C."

Now, Santa was not one to like a new tactic,
But all else had failed, so he'd try

Chiropractic.
In a very short time, to judge by the clock,
He was in the adjustment room, talking to Doc.

"It must be the hurry, the tension and all,
I simply can't seem to get on the ball,
Life used to be easy, just toys, guns,
(Cont. to A-5)

VIEW FROM THE BENCH

A Christmas Wish

Each year I listen as my children tell their Christmas desires. I read their lists. We "mock shop" and wander the malls. And I listen as spouse drops oh not so subtle hints about a gift which would be welcomed on Christmas. I think of my friends and co-workers, and not often enough, I try to help the less fortunate.

I still make a Christmas list every year, the same as in my childhood. This is the list I give to my wife—the materialistic list, the list of things. I read a second list, a list of intangibles, a hybrid of Christmas and New Year's desires.

The contents of this second list are pretty unrealistic. But the holidays won't pass without thoughts and concerns about larger issues—issues of government, society and people. Every now and then, one or two wishes come true, but usually none.

This year, I don't have too many wishes, really just a few. I wish that this holiday passes without the tragic taking of another's life. I hope that these slow days away from the courthouse are not broken by the call from the police indicating the need for a warrant because of some senseless act of violence or the excessive consumption of alcohol.

I wish that people would not use violence either to gain possession of a child or resolve some holiday dispute over visitation, or to retaliate against a former spouse or lover, but rather only for the purposes for which they were intended.

I wish that the mess in Frankfurt would resolve itself in some legal, logical and dignified fashion so that the affairs of the people of the Commonwealth can receive the attention they deserve without the day-to-day distraction that the last few months have wrought.

I wish that our soldiers abroad have at least a few moments of peace

(Cont. to A-4)

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Merry Christmas

from

William K. & Betty Sue Bullen and family

Happy New Year!

Obituaries



William Morris

William Henry Morris, 47, of Rt. 3, Mt. Vernon, died Wednesday, December 14, 2005 in Mt. Vernon. He was born in Rockcastle County August 24, 1938, the son of William Burdick and Stella Hurley Morris. He was an employee of NAACO in Berea and a deacon at Pleasant Run Missionary Baptist Church.

Survivors include his wife, Brenda Kirby Morris, a son, William Jasper (Dee) Morris of Mt. Vernon; a daughter, Leslie A. Morris of Mt. Vernon; six sisters, Pauline (Harold) Jones and Imogene (Oscar) McQueen, both of McKee, Judy (Eddie) Carpenter of Livingston, Rosemary (Donald) Allen of Seymour, In, Linda (Joe) Robinson of Mt. Vernon and Gail (Glen) Vaughn of Annville and one grandson.

Besides his parents, he was preceded in death by a brother, Jasper Morris.

Funeral services were conducted Saturday, December 17th at the Dowell & Martin Funeral Home by Bros. Gary Browling and Wayne Henson. Burial was in the Red Hill Cemetery.

Pallbearers were: Donnie Adams, Donald R. Allen, Eddie Barnett, Eddie Carpenter, Jim Clark, Jr. and Robby Thomas.
Please visit www.DowellMartin.com to view Mr. Morris' online obituary.

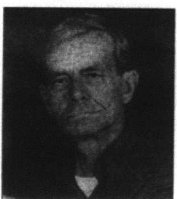
Skyler Garrison

Henry "Skyler" Garrison, 68, died Monday at his residence.
Mr. Garrison was maintenance supervisor for the Clay County Board of Education, a former teacher and Clay County High School Basketball

Cousin.

Survivors as his children: Henry Garrison, Laura Garrison, James Ed Garrison and Jennifer Garrison, all of Manchester and Joshua Skyler Garrison, Mt. Vernon; nine grandchildren; one step grandchild and his brothers and sisters, James Garrison, Monroe Garrison, Paul Garrison, Norwood Garrison, Mona Burchell, Sallie Bowling and Sandra Lagdon, all of Manchester.

Funeral services will be held Thursday, December 22 at Britton Funeral Home with Ken Bolin, Charlie Murphy and Jimmy Burchell officiating. Burial will follow in the Garrison Cemetery.



William Owens

William Robert Owens, 66, of Brodhead, died Sunday, December 18, 2005 at his home.

He was born January 25, 1939 in Rockcastle County, the son of Dalmas and Ethel Owens and was a member of the Brodhead Baptist Church.

Survivors include two brothers, Richard Harold (Doris Jean) Owens and Maroon Thomas Owens, both of Brodhead and one sister, Elizabeth Burdette Owens Brumett of Waynesburg.

Besides his parents, he was preceded in death by one brother, Granville Chester Owens.

Visitation for Mr. Owens was Wednesday, December 21, 2005 at the Marvin E. Owens Home for Funerals Chapel with Bro. Allen Hensley officiating. Burial followed in the Piney Grove Cemetery.

Casket bearers were: Paul, Mark, Richard, Chase Brumett, Richard Northern and Shannon Owens.
Condolences to the family at www.marvineowensfuneralhome.com



Mildred Wilmott

Mildred Wilmott, 81, of Somerset died Wednesday December 14, 2005 at the Lake Cumberland Regional Hospital. She was born on May 9, 1924 in Estesburg, KY the daughter of the late Walter and Lela Griffin Floyd. She was retired from Westinghouse and Palm Beach Company, enjoyed reading, sewing, being with her family, and was a member of the Estesburg Church of Christ.

Survivors are: three brothers, Wendell Floyd of Somerset, Dean Floyd of Eubank and Carl Floyd of Foley, Alabama; two sisters, Doris Decker of Somerset and Doretta Meece of Nashville, TN. Several nieces and nephews also survive. She was preceded in death by her husband, Logan "Buster" Wilmott and two brothers, Thomas Floyd and Walter Floyd, Jr.

Services were held Saturday, December 17, 2005 at the Cox Funeral Home Chapel with William Ramsey officiating. Burial followed in the Piney Grove Cemetery.

Pallbearers were Ray Meece, Joe Floyd, Arron Glover, Jeff Meece, Randy Meece and Jeff Warner

View the complete obituary, sign the guest registry, or send condolences to the family online at www.coxfuneralhome.com

Lillian Renner

Mrs. Lillian Naomi Cummins Renner, 70, of Rt. 5, Mt. Vernon, died Friday, November 18, 2005 at the Rockcastle Hospital. She was born in Rockcastle County December 22, 1934, the daughter of Ernest H and Ersie Clifford Cummins. She was a homemaker and a member of the Bible Baptist Church.

Survivors are: six daughters, Carol Renner, Lori (Mark) Parsons, Kim (William) Denny and Lisa (Ethan) EveSOLE, all of Mt. Vernon, Diane (Bryan) Boggs of Clinton, SC and Janet (Anthony) Rader of Versailles; four sons, Mike (Cecelia) Renner, Dale (Elizabeth) Renner, Bill Renner and Jeff Renner, all of Mt. Vernon; two sisters, Bethel Falin

Hensley and Elizabeth Baker Deborde, both of Mt. Vernon; 18 grandchildren and three great grandchildren

Besides her parents, she was preceded in death by her husband, Sherman Renner; a son, Tim Renner; a sister, Sybil Smith and two brothers, James H. Cummins and Bluford Cummins.

Funeral services for Mrs. Renner were conducted Tuesday, November 22 at the Dowell & Martin Funeral

Home by Bro. Don Stayton. Burial was in the Pine Hill Cemetery.

Pallbearers were: Mrs. Renner's grandsons Ronnie Renner, Joseph Renner, John Renner, Ricky Ashcraft, Jeremy Neal, Wesley Boggs, Logan Boggs, Charlie Rader and Jeffery Renner

Please visit www.DowellMartin.com to view Mrs. Renner's online obituary.

Doyle Estill Bullock

Doyle Estill Bullock, 67, of Mt. Vernon died Thursday, December 15, 2005 at his home. He was born on May 10, 1938 in Rockcastle County the son of late Cecil and Pearl Chaney Bullock. He was a farmer, enjoyed wood working and hunting, and was a member of the Baptist faith.

Survivors are: his wife, Mrs. Lillian Kirby of Sand Springs; two sons, Kenneth Bullock (Betty) and Kevin Bullock (Denita), all of Mt. Vernon; one brother, Wayne Bullock of Freedom; three sisters, Mrs. Bonnie Mullins of Livingston, Mrs.

Cards of Thanks

Georgia Mullins

The family of Georgia Mullins would like to express their thanks for the outpouring of love from everyone during her illness and death. The her wonderful neighbors Dr. Arvin, Rockcastle Hospital and Home Health for the special care, Bro. Ralph Reynolds for the excellent ministry, Ercel Cromer for the beautiful songs, Dowell & Martin Funeral Home for the special way you served and those who sent flowers and food, the pallbearers and all who spent the last visitation with us.

The Family
Oscar Lee, Jerry, Gilbert Naomi, Louise and Kathy

Thank You

I want to express my thanks and appreciation to the senior citizens center for their support of Santa at the "Evening With Santa." Also, a special thanks to the Mt. Vernon businesses for their help and support.

From Santa
Also, my wife and I would like to thank everyone for their prayers for the surgery for our granddaughter, Sierra Robinson. Her surgery Tuesday was a success and Lord willing she was scheduled to come home Wednesday.

Ed and Lois Booth

Cuba Kirby of Scaffold Cane and Mrs. Lois Cox of Greenwood, Ind. Two grandchildren also survive. He was preceded in death by sister Jean Fleischer and one infant brother. Services were held Sunday, December 18, 2005 at the Cox Funeral Home Chapel with Bros. Eugene Gentry and Robert Miller officiating. Burial followed in the Bullock Cemetery.

Pallbearers were Matthew Bullock, Bentley Miller, Jeff Miller, Jimmy McKinney, Johnny McKinney and Bill Kirby.
View the complete obituary, sign the guest registry, or send condolences to the family online at web address www.coxfuneralhome.com

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Bert Thompson

Bert Thompson, 80, husband of Ardella Thompson, died Tuesday, December 20, 2005.

Funeral services will be Thursday, December 22, 2005 (today) at 2 p.m. at Marvin E. Owens Home for Funerals, Brodhead with visitation from 10 a.m. to 2 p.m.
www.marvineowensfuneralhome.com

Obituaries courtesy of local funeral homes



Pam Martin and Roy Martin

DOWELL & MARTIN FUNERAL HOME

Sparks Flowers & More

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

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

Local man holds new state record for typical bull elk

Kentucky has two new state records for bull elk. Paul Cummins of Mt. Vernon, now holds the record for a typical elk for a bull he took Oct. 1, 2005. The bull's antlers scored 319 6/8 in the Boone and Crockett Club scoring system after being officially measured Dec. 15 at the Kentucky Department of Fish and Wildlife Resources. The old record of 310 3/8 was held by Rita Tharp of Bedford, Ky., for a bull she took during the 2004 season.

Kentucky's other bull elk record is now held by Matthew "Train" Hall of Middleboro, Ky. Hall's bull, which had non-typical antlers, scored 320 2/8 in the Boone and Crockett Club system after being measured alongside the Cummins antlers Dec. 15. Hall took the bull Oct. 1, 2005.

A non-typical antler rack has two or more times growing from the same location on the main antler beam. A typical rack has only one tine growing from the same location. The Boone and Crockett Club system is based on the length, symmetry and mass of the antlers.

Kentucky has not previously recognized a non-typical record for elk. Department officials decided to begin doing so because the antlers on Hall's bull were far larger than any non-typical antlers recorded previously.

Photos of both hunters with their record elk antlers are posted on the department's Internet site at fwy.ky.gov.

Cummins, a veteran elk hunter, was one of 100 people drawn this year for a quota elk hunt in Kentucky. His hunt occurred in Knott County. Cummins said the quality of his Kentucky elk hunt was better than his experiences in the western United States. "We've never taken one this

big anywhere else," he explained. "There's no comparison of hunting out West and hunting here."

Hall, who took his bull in Bell County, is a first-time elk hunter. He believes the records established this year will fall in 2006. "Both of these records will be broken," he said. "I've already seen a bigger bull than these the other day."

Only two of the 50 bull elk hunters drawn for the 2005 quota hunt have not taken a bull. Department officials are not aware of a hunter taking a bull with bigger antlers than those harvested by Cummins and Hall. The state also issued 50 permits for cow elk for this year's drawn quota hunt.

Kentucky began its elk restoration project in Eastern Kentucky in 1997. Biologists estimate the state now has more than 5,000 free-ranging elk. Limited hunting for elk began in 2001.

"That both of our new state record bulls were born right here in Kentucky is a testament to the success of Kentucky's elk restoration program," said Tina Brunjes, the department's elk and big game coordinator. "These are the caliber of animals that folks can expect to hunt in Kentucky in the future."

Quota hunt applications for the 2006 elk hunt are now available wherever hunting and fishing licenses are sold, online at fwy.ky.gov, or by calling 1-877-598-2401. It costs \$10 to apply. Those wishing to buy an application as a Christmas present for another person can do so by providing that person's name, date of birth, and driver's license number or social security number. In 2006, Kentucky will issue 200 elk permits through its quota hunt drawing.



Mt. Vernon resident Paul Cummins, left, watches as elk biologist Charlie Logsdon, right, and wildlife technician Travis Neal, center, measure the antlers from a bull that Cummins took during Kentucky's 2005 elk season. The bull, which scored 319 6/8 in the Boone and Crockett Club scoring system, is the state's new record for a typical elk.

"Bench"

(Cont. from A-2)

and safety this Christmas and that we at home focus our concern on them, and not on the politics of military perseverance or withdrawal.

I wish that Pulaski County continues to make progress towards the construction of a new judicial center so that jurors' needs may be accommodated and that our courts can more effectively meet the needs of this community in a fashion which recognizes the importance and dignity of every litigant's case.

I wish that people would all celebrate their holidays with tolerance for the beliefs of others, rather than with criticism and rhetoric. I hope that all faiths and denominations are true to the meaning of Christmas, and refuse the opportunity of Christmas as a justification for attack on others.

Most of all, I wish to truly feel the holiday spirit, the invigorating sense of compassion and generosity which allow me to be—at least for a few hours or weeks—a better man than I am on most days. And, I wish you the holiday spirit as well.

All-in-all, not such a bad list. Be reminded this holiday to not only ring out the old and ring in the new, but to also ring in the true. To you and yours, Merry Christmas

"Letters"

(Cont. from A-2)

from World War II or the Korean war? No. I don't know about the Viet Nam war or the others after.

Is the gap between Corporate America and the United States of America becoming more evident and clear? It seems so. Does everyone who feared that our soldiers would be unappreciated if they were to re-

turn from war have reason to feel such? With this happening to just the ones sent to a disaster area here at home just imagine what some employees might do to those Reserve and Guard members having been gone to war for a long while when they finally return home. Does such an act of dismissal because of such an excuse appear to be a repeat of the Viet Nam era, when many of our soldiers received ill response when returning home? This seems quite evident.

Don't you think it is a sacrifice for Reserve and Guard members to be away from their jobs and families when called to duty? You must have not forgotten about that fact. Do you really care? Only your deep conscience can answer that, although your actions appear to prove otherwise. Is this all they get out of serving their country, a thanks for serving our country and thanks for nothing?

Why were such terminations wrong? It is un-American and unethical.

Why do I care? Because I am an army brat, my father served in the military, and a family member spent time in the National Guard and served in the Gulf War. I also have

some relatives who served in World War II.

Why is it my business? Because I am an American and I try to give the military members the support they deserve, whether they are regular or temporary.

Thomas W. Elam
Pikeville, KY

Court system is flawed and unfair...

Dear Editor,

My daughter, Chrystal Lynn Smith Lamb, was killed in a car accident on April 15, 2005 on Hwy 461. She was survived by two daugh-

ters of her own, one age two and one age five.

I was told by a social worker to show up in family court on April 18th to resolve the issue of the custody right of my two granddaughters. One the day of court, all parties showed up, including myself and my lawyer, with the exception of the birth father of my oldest granddaughter and Judge Debbie Lambert. I was told by a court official to come back the next day, which was the day of my daughter's funeral.

My lawyer asked the official why the court date had to fall on the day of the funeral. The official said that was the only day that Judge Lambert could be in court.

On the following day, the 19th of April, I showed up in court without my lawyer because he had to be in court in Lexington to represent another client. On the 19th, both birth fathers were present in court and, on the day, the children were separated. The oldest was placed in the custody of her birth father and the youngest was placed in the care of a representative of her birth father.

I had taken care of the oldest almost all her life. Her father had never went to visit his daughter, nor did he pay any child support. In fact, on several occasions, he attempted to give up his rights to his daughter. The only reason this never took place was that Chrystal would not sign the paper work to finalize the process. The youngest daughter was placed in the hands of two strangers.

I feel, to a certain extent, that the court system is flawed and unfair. I felt that I should have had another court date with my lawyer present. I truly believe that I had no say in how and where my granddaughters were placed. I was given no rights to see either of my grandchildren and, since the oldest was placed in her father's custody, I have not seen her one time.

I miss my daughter a lot and now I miss my granddaughters just the same.

Loretta Smith
Mother of Chrystal Smith Lamb

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Season's Greetings

With warm regards to you and your family this holiday season. It's been a privilege and pleasure serving you.



Richard and Tammy Barnes • Tracie Smith • Keith Bussell

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Merry Christmas

Doctors
 Karen B. Saylor, MD
 David Bullock, MD
 starting full-time July 1, 2006

Physician's Assistant
 Angie Parsons-Woods, MPAS, PA-C

Nurse Practitioner
 Ginger Mink-Cash, ARNP

Nurses
 Haley Swinney, LPN
 Wendy Sowder, LPN
 Kim Harris, LPN

Receptionists
 Ronna Dee Owens
 Sandra Mason
 Regina Hayes
 Tricia Beth Laswell
 Rita Shaffer
 Tonya Stewart

From The Staff of Dr. Karen Saylor

New Kentucky Quit Line will help smokers kick the habit

Governor Ernie Fletcher recently announced that Kentucky smokers will now have one more tool to help them quit smoking. The new 1-800-QUIT NOW quit line will provide smokers with cessation information and one-on-one counseling tailored to their level of readiness to quit.

"We all know that smoking and the use of other tobacco products greatly impact Kentucky's health status," said Governor Fletcher. "Although we are seeing a drop in the number of people smoking, tobacco use is still one of the biggest health issues facing us. The quit line is a new resource to support smokers in the Commonwealth who want to make a healthy change and give up smoking."

Governor Fletcher also announced that data collected by the Department for Public Health (DPH) in the Cabinet for Health and Family Services (CHFS) shows that the adult smoking rate in Kentucky dropped 10.5 percent from 2003 to 2004. This brings Kentucky's adult smoking rate to 27.5 percent, still the highest in the nation. Research indicates that 70 percent of smokers want to quit.

1-800-QUIT NOW is a statewide telephone service that will provide brief intervention and support for people who want to stop smoking or

using other tobacco products. Callers, both smokers and nonsmokers, can receive information about tobacco dependence and treatment options. Tobacco cessation counselors will staff phone lines Monday through Friday 9 a.m. to 9 p.m. The Centers for Disease Control and Prevention funded the quit line through a grant to DPH.

"If we truly want to change the health status of Kentucky for the better, we must reduce the number of Kentuckians who smoke," said CHFS Secretary James Holsinger, M.D. "The prevalence of smoking in Kentucky doesn't affect only smokers. It's a Kentucky problem and it is our hope every Kentucky smoker who wants to quit will call this number for help."

The quit line offers a one-on-one proactive counseling program for tobacco users who are ready to quit. After the initial call, smokers may receive up to five scheduled call backs from their counselor. For smokers considering quitting, the quit line staff will provide information about tobacco use and treatment options. Counselors will provide state and local resources to callers as another option for tobacco cessation. Parental consent is required for callers under 18.

In addition to being a resource for smokers, family and friends of smokers may also call the quit line and receive information to encourage a tobacco user to quit, how best to support a tobacco user's quit attempt, the dangers of secondhand smoke, and other tobacco cessation information. Information is also available to physicians concerning the most up-to-date intervention methods to help patients with tobacco use addictions. 1-800-QUIT NOW is available in English and Spanish. TDD is available for the deaf and hard of hearing. Counseling and materials are provided at no charge to callers.

Quit lines are an aspect of comprehensive tobacco cessation services. Scientific reviews have established that proactive telephone counseling through quit lines is an effective cessation method. Master's-level counselors undergo extensive classroom and practical experience.

Tobacco use remains the leading cause of preventable disease and death in the United States. Nearly 4,000 Kentuckians die prematurely each year of tobacco use. Smoking is a major risk factor for the four leading causes of death: heart disease, cancer, stroke and chronic obstructive pulmonary disease. Kentucky's local health departments also offer tobacco cessation support in communities across the state.

For more information about the quit line, contact RaeAnne Davis at RaeAnne.Davis@ky.gov or 502-564-7996 ext. 3838.

"TJ's Journal"

(Cont. from A-2)

and whistles. Now I have to dodge fall-out, space ships, and missiles. "And Doc, take a look at the size of this pack!"

Have you any idea what it does to my back?" Poor Santa was miserable, just barely able With the help of the doctor, to get on the table.

Dr. Miller was gentle, without fuss or tussle. He examined the vertebrae and relaxed the muscles, He spotted the trouble, and then with a click,

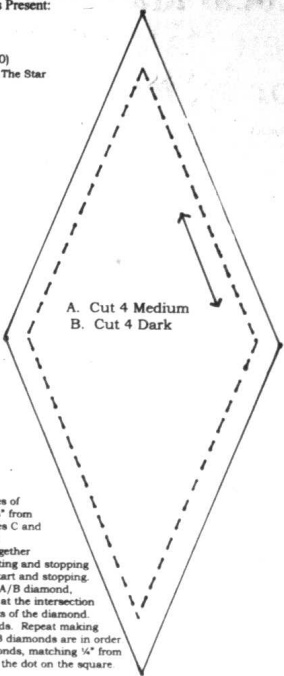
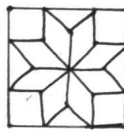
Started aligning the ailing Saint Nick, And Santa felt aches and pains slipping away. In no time at all he began feeling jolly, His cheeks were rosy with a new found glow, And a healthy Kris Kringle was born 'n' to go.

As he went out the door, he threw the recipient a kiss, Why, it had been centuries since he'd felt good as this! Then once more he shouldered the bag full of toys, His heart overflowing with true Christmas joys.

Block of the Month

Star of LeMoyné (prior to 1800)
Also known as Eastern Star, Lemon Star, & The Star

- For a 12 1/2" unfinished block,
Cut from medium fabric:
A. Four diamonds from template
Cut from dark fabric:
B. Four diamonds from template
Cut from background fabric:
C. One 6 1/2" square, then cut twice diagonally to make four triangles
D. Four 4" squares



Stitching Guide:

1. Mark dots at the 1/4" seam intersections on all four sides of the diamonds. Mark dots 1/4" from right angle corner of triangles C and on one corner of squares D.
2. Sew an A and B diamond together from point up one side, starting and stopping at the dots. Backstitch at start and stopping.
3. Sew triangle pieces (C) onto A/B diamond, stitching from the 1/4" mark at the intersection of the diamonds to the points of the diamond. Press seams toward diamonds. Repeat making four units. Be sure A and B diamonds are in order.
4. Sew D squares onto B diamonds, matching 1/4" from intersection of diamonds to the dot on the square. Repeat with all four units.
5. Sew together two A/B/C/D units, stitching from dots toward points of diamond. This makes half the block. Repeat with the second half.
6. Stitch two halves together, stitching from dots out to points of diamond. Stitch center of block together, matching eight points in center. Press toward diamonds. Trim to 12 1/2" square.

Join the Castle Quilters on the third Tuesday of each month at 1 pm for the monthly Meeting and 2 - 5 pm for the monthly workshop at the Rockcastle County Extension Office on West Main Street. Call 256-2403 for more information.

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Buildings closed Thanksgiving and December 25-31 (during star only)

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Talking Tree • Model Trains
Cowboy Displays • Santa Claus
Winners Circle Gift Shop
Arts & Crafts Fair • Area Performers
Holiday Refreshments • Calumet Trophies
Mini Express Train and Trolley

Personal Vehicle - \$15** Extended Van - \$30**
Mini-Bus - \$50** School Bus - \$75
Motor Coach - \$125

*A personal vehicle is designed to carry up to 7 people
**Extended Van is designed to carry up to 15 people
***Mini Bus is designed to carry up to 25 people

for more information on Southern Lights call (859) 255-5727.

Brought to you in part by
National City Bank, Kerr Brothers Funeral Home,
and Kentucky Fried Chicken

BLESSINGS OF CHRISTMAS

When we think of all the faces we've come to know in the past few years, it gladdens our hearts and gives us much to celebrate this Christmas.

So to all of you, who have given us so much joy, we offer our gratitude and best wishes for a very merry season.

Jim and Martha Cox

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AT THE BIRTH OF OUR SAVIOR

On this holy night so long ago, our Savior, Prince of Peace was born, bringing His light and love to shine upon all the world for all time.

For this, and our many blessings, we are deeply grateful and wish all our neighbors a truly miraculous holiday season.

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Linda Gooch wishes everyone a "Merry Christmas"

Mindfulness Meditation Helps Quiet Mind, Reduce Stress

The University of Kentucky College of Medicine Department of Psychiatry offers mindfulness meditation groups that include practices intended to enhance relaxation and attention, decrease anxiety and worry, and increase awareness and acceptance of one's thoughts, emotions and physical sensations.

Diane Dennis, L.C.S.W., has taught meditation classes for the past seven years at UK. Meditation can bring an increased sense of calmness, acceptance and well-being, improve sleep and concentration, and decrease nervousness.

"Life happens to all of us," Dennis said, "and the suffering in our lives is directly proportional to how we respond, and how we respond is determined by our prior life experiences and how we think. The untrained mind is forever reacting to life's ups and downs. Mindfulness meditation gives us a choice in how we respond."

Mindfulness meditation is simply relaxed, focused awareness, and is a skill that most people can easily learn. It trains the mind to focus and let go of the intrusivity of its internal chatter. As the mind lets go and relaxes, so in turn does the body.

Dennis uses the meditation technique of focusing on the breath to teach beginning meditators how to train their mind to focus and pay attention. The breath is perfect for this training because it is always in the present moment. "It is this basic skill of attention to one's breath that can later be transferred to awareness of one's mental, emotional and physical processes," Dennis said.

The effects of meditation on the brain and the psychotherapy process also are discussed in the class. "Mindfulness meditation is believed to bring about neural changes in the part of the brain, the prefrontal cortex, that directly affects the ability to self-regulate," Dennis said. "Meditators can learn to sit and watch their internal processes with detached attention, which ultimately translates into more self awareness and self-regulation."

"Anyone who has difficulty with depression, anxiety or emotional control has difficulty with self-regulation. Mindfulness meditation is a perfect adjunct for those in psychotherapy and wonderful for the rest of us who have repetitive mental and emotional patterns that are unskillful or unhelpful in our lives," she said.

In addition to the six-week courses that she teaches from September to May, Dennis also offers a spring and fall retreat for those who want to experience silence for longer periods of time.

Sessions for practiced meditators who have attended the beginner class will be held on Tuesday evenings from Jan. 10 to Feb. 21 from 5:30 to 7:00 p.m. at a cost of \$90. Sessions for beginning meditators will be held on Wednesday evenings from Jan. 11 to Feb. 22 from 5:30 to 6:30 p.m. at a cost of \$60. The sessions will be held at 3470 Blazer Parkway, Room 314. For more information or to register, please contact Debbie Hanley or facilitator Diane Dennis, L.C.S.W., at (859) 323-6021, ext. 79320.

Church News

Watch Night Service
Watch Night Service will be held at Scaffold Cane Baptist Church beginning at 8 p.m. on Sat., December 31st. There will be refreshments, special singing and fellowship and the public is cordially invited to attend.

Prayer Requests
For all your confidential prayer requests, call 256-1034 or e-mail timeforpraying@aol.com or write Scaffold Cane Baptist Church, Rt. 3, Box 197, Mt. Vernon, Ky. 40456.

Upcoming Events at First Christian Church
On Sunday, Dec. 25, the church will hold regular services in the morning but will dismiss services in the evening.

Watch Night Services
Sand Hill Baptist Church will hold Watch Night Services Saturday, December 31st at 8 p.m. Pastor Tommy Miller and congregation welcome everyone.

Candlelight Service
A Candlelight Service will be held Sunday, December 25th at 7 p.m. at Rose Hill Church.

Service at Cupps Chapel Holiness
Cupps Chapel Holiness Church will hold services Sunday, December 25th at 10 a.m. and 6 p.m. Pastor Dwayne Carpenter and congregation invite everyone to attend and we wish to all a Merry Christmas.

Christmas Play at Calvary Holiness
Calvary Holiness Church will

hold their Christmas Play, "Carols Come to Life" on Sunday, Dec. 25th, beginning at 6 p.m. Pastor Todd Hignite and congregation welcome everyone.
The church is located on Main Street in Mt. Vernon.

The Signal office will be closed Dec. 23rd - Jan. 2nd for the Holidays

A Tasty Soup to Start Off the New Year



nutritional value and color. Serve this soup each time you want to have a satisfying meal that is rich in nutritional value but without the extra, unwanted calories.

Low-Fat Italian Vegetable-Beef Soup
This healthy home-style beefy tomato soup will warm your body and soul.

- 1 large onion, finely chopped (about 2 cups)
- 2 cups thinly sliced celery
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- 1 lb. 90% lean ground beef
- 1 can (46 oz.) tomato juice
- 2 cans (14.5 to 16 oz. each) diced tomatoes with basil and oregano
- 1 package (1 lb.) frozen mixed vegetables
- 1 tablespoon granulated sugar
- 2 teaspoons Italian seasoning
- 1 package (1.61 oz.) brown gravy mix (Pioneer Brand recommended)
- 1/2 cup cool water

As a new year begins, we choose our foods more carefully than ever. Many of us resolve to "start over," eat healthy, or take off a few unwanted pounds. This year, make a New Year's resolution to set aside more time to cook healthful meals for your family, and then make Low-Fat Italian Vegetable-Beef Soup. In addition to wanting to eat healthier foods, we also want to eat foods that are easy and quick to prepare. This new recipe

passes the test with flying colors. This recipe is quick to prepare and low in calories, but high on flavor.

The culinary professionals at Pioneer Brand suggest you minimize your time in the kitchen by purchasing canned juice, canned already-diced tomatoes, and frozen mixed vegetables to simplify this recipe. The no-fat gravy mix provides the perfect base, while onion, celery, tomatoes and other mixed vegetables add great

In large saucepan or Dutch oven, cook and stir onion, celery and garlic in oil over medium heat until onion and celery are translucent. Add beef; cook and stir until browned. Stir in tomato juice, tomatoes, mixed vegetables, sugar and Italian seasoning; heat to a boil. Dissolve gravy mix in water; stir into boiling mixture until thickened. Reduce heat and simmer for 15 minutes. Makes 8 to 10 servings.
For more information and recipes, visit the Pioneer Brand Web site at: www.pioneerbrand.com

Don't Overload Circuits!

Holiday decorations and lights often require additional electrical outlets. This can cause overloading of extension cords and electrical outlets and circuits.

Follow these holiday safety tips:
Don't use holiday decorations or extension cords until you inspect them for loose connections and frayed and exposed wires. Discard defective cords.

Choose the right extension cord for the job. A heavy-duty cord is best if you're using several sets of lights. If you're not sure which to use, call an electrician.

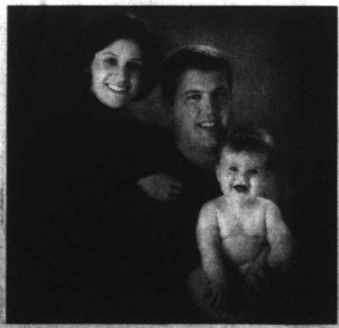
Push the plug completely into the outlet. Exposed prongs can cause overheating and create a shock hazard.

Don't run extension cords under a carpet or tie them together in any manner. They could trip family members or easily overheat. It's the season to put safety first, especially when using electrical cords.



The Signal office will be closed Dec. 23rd thru Jan. 2nd

John Gillum,
Assistant County Attorney
and his family would like to wish you a
Merry Christmas
and a Happy New Year!



Refreshments will be served following Mass.

Everyone is welcome.



Join in singing Christmas hymns of praise.

O, Come all Ye Faithful
and

Join us as we worship and praise our Heavenly Father for the gift of His Son. Let us come together to celebrate the birth of Our Lord and Savior, Jesus Christ.

Christmas Eve Mass

Saturday, December 24

10:00 PM

at

Our Lady of Mt. Vernon Catholic Church
Williams Street
Mt. Vernon, Kentucky

The people of Our Lady of Mt. Vernon Catholic Church wish each and everyone a Blessed and Holy Christmas and a Faith Filled New Year.

KSP boosting highway enforcement efforts during Holidays 17 die on Kentucky roadways last week

During Christmas-Holiday Period Preliminary statistics* indicate that 17 people died in separate crashes on Kentucky's roadways from Monday, Dec. 12 through Sunday, Dec. 18. Of the 15 fatal crashes, preliminary data* indicates alcohol was a suspected factor in five of the crashes and 11 of the victims were not wearing seat belts. The seat belt status of three of the victims is unknown at this time. One of the victims was a pedestrian.

Lincoln County and Perry County each reported one double fatality crash. Single fatality crashes also occurred in Bracken, Butler, Fayette, Fleming, Floyd, Franklin, Jefferson, Laurel, Lawrence, Mercer, Montgomery, Pike and Webster counties. "Through Dec. 18 of this year, Kentucky has experienced 940 highway fatalities," reports Kentucky State Police Commissioner Mark Miller. "That number is five fewer than last year for the same time period. Five hundred and thirty-six of those fatalities were not wearing seat belts and 226 were related to alcohol."

With holiday travel and Christmas celebrations in full swing, the Kentucky State Police is stepping up its efforts to save lives on the state's highways. To boost the chances of surviving this dangerous season on the road, KSP offers the following advice: slow down, buckle up and don't drive impaired.

Starting Monday, Dec. 19 and continuing through Saturday Dec. 31, the agency will begin airing "You Drink and Drive. You Lose" television commercials throughout the state. Sponsored by The Governor's Highway Safety Program, the messages are designed to focus public attention on the risks of driving under the influence of alcohol or illegal drugs.

Increased KSP traffic enforcement efforts, which include saturation road patrols and safety checkpoints, will begin at 6:00 p.m. on Friday, Dec. 23 and continue through 11:59 p.m. on Monday, Dec. 26. During this time period, KSP troopers, in conjunction with local police and sheriff's offices, will be using all possible resources

in their enforcement efforts including video, radar, laser, unmarked vehicles and passive alcohol sensors.

During last year's three-day Christmas holiday period, there were 628 motor vehicle collisions on Kentucky's roadways, resulting in 141 injuries and two fatalities.

Kentucky law makes the driver responsible for assuring that all occupants in their vehicle are properly restrained. A citation may be issued only if a motorist is stopped for reasons other than violation of the seat belt law. However, no warnings will be issued to drivers found not wearing a safety belt as a secondary violation. They will receive a citation.

Kentucky law also requires that all children 40 inches in height or less must be buckled into an approved child safety restraint seat that meets federal standards. Children over 40 inches tall must wear a seat belt.

"Unfortunately, whether they're driving across town or across the state, impaired drivers pose the greatest threat to motorists on the state's roadways during the holidays," says KSP Lt. Eric Walker, commander of the Governor's Highway Program. "However, these needless tragedies do not have to happen. Those who endanger themselves and others should know they will pay a serious price. Kentucky has a zero tolerance policy for impaired driving and penalties are severe. Violators will be spending their money on bail, court costs, lawyers and towing fees instead of buying presents. Refuse a sobriety test and you can lose your license on the spot and have your vehicle impounded. That's not a great way to end the year."

Citizens can contribute to highway safety during the holiday period by reporting erratic drivers to the KSP toll-free hotline at 1-800-222-5555. Callers will remain anonymous and should give a description of the vehicle, location, direction of travel and license number if possible.

"Don't let the joys of the season be ruined by a vehicle crash or an impaired driving arrest," advises Miller. "Adjust your driving behavior to stress safety. Give a gift of life this holiday season."

New Year's Resolutions: Super Success Strategies

By Bryan Golden

*Almost 90% of Americans will make at least one New Year resolution.

*Less than 20% will succeed in accomplishing even one.

The beginning of the year is a great time for life improving resolutions. Common resolutions include losing weight, giving up smoking, maintaining a budget, saving money, finding a better job, getting healthier, becoming more organized, and spending more time with family.

Whatever your resolutions, here are some specific strategies to help you succeed. First and foremost is to take the first step, which is to start. Without action, there will be no success. Action creates results. Intention alone will not work.

Have written goals stating what you want to accomplish. If you want to lose weight, how much and by when? If you want to live within a budget, what is the amount? If you want to continue your education, what school will you go to and which classes will you take?

Take small but consistent steps. Habits are formed by frequent repetition over time. Change occurs by the same process. A resolution is not all or nothing. Partial change is okay. Any progress in the desired direction, regardless of how small, is a success. Accomplishing a resolution is a process, not a one-time effort.

Positive goals are more effective than negative ones. Rather than saying you will eat less, resolve to have a healthier diet. Instead of spending less time at work you can endeavor to spend more time at home. Bad habits can't just be eliminated, they have to be replaced by good ones. Identify potential obstacles so they don't surprise you. If you experience a setback, don't give up. Don't blame yourself if you stumble. Failure only occurs when you stop trying. Difficulties are an opportunity to learn. If you slide backwards, get back on track, get back in gear, and resume your progress.

Don't keep your plans a secret. Develop a support system utilizing friends and family. Visualize how great you will feel as you succeed. Take credit for all accomplishments. It doesn't matter if your progress is slower than you would like.

Don't try to change too many things at once or you risk becoming overwhelmed and discouraged. You can have a long list of resolutions so long as you realize all of the items don't have to be addressed simultaneously. Each accomplishment can be followed by another. Change can begin at any time, not just on January 1.

Believe in yourself and your ability to change. Change can feel difficult, uncomfortable, or painful, but you can do it. Become determined to succeed. Don't procrastinate. Although doing nothing is often an appealing alternative, it leads to frustration.

Each day is a new opportunity to work on your resolutions. If you were successful yesterday, fantastic keep going. If yesterday was a disappointment, today is a new chance to make progress. Replace the work "try" with "will." Do whatever it takes to get the results you want.

You can email Bryan at info@BryanGolden.com

See America's national symbol during tours in KY

If you've never been any closer to an eagle than the back of a quarter, then we've got a treat for you.

The Kentucky Parks Department, in cooperation with the Kentucky Department of Fish and Wildlife Resources and the U.S. Army Corps of Engineers, are offering opportunities to view America's majestic national symbol, the bald eagle, up close and personal during tours in January and February.

The tours will be held at Kentucky's three western parks, Kenlake State Resort Park in Hardin, Ky., Kentucky Dam Village State Resort Park in Gilbertsville, Ky., and Lake Barkley State Resort Park in Cadiz, Ky., as well as at Dale Hollow State Resort Park in south central Kentucky.

For more than three decades, Kentucky's Parks have held "Eagle Weekends" devoted to the observation, education, and conservation of our national symbol. Although still protected, the American bald eagle has made a strong comeback from near extinction. During Kentucky's relatively mild winters, eagles fly down from their habitats in the north-east United States and Canada to wait until the spring thaw. They cut an imposing figure with wing spans of up to 8 feet.

Participants in the tours are encouraged to bring warm clothes, rain gear and binoculars. The eagle tours can take place under extreme weather conditions, including rain, snow and gusty winds.

Tour details, dates and locations are as follow

Dale Hollow Lake - Eagle Watch Weekend - Jan. 20-21, Jan. 27-28

Join other eagle watchers on open barge tours to view the bald eagle in its natural wintering habitat. Evening programs provide information about these birds of prey. Registration fee is \$15 per adult, \$12 per child. For more information or to register, call the park at (270) 433-7431

Kentucky Dam Village - Gathering of Eagles - Jan. 20-22

The weekend includes field trips by van or boat, viewing of an eagle nest, and educational programs. Land Between the Lakes and Ballard County Wildlife Refuge Management Area offer unique chances to view eagles and other wildlife. Different tour options are available. Registration fees vary based on selected tours. For more information or to register, call the park at (270) 362-4271.

Lake Barkley - Eagles Weekend - Jan. 27-29

Different tour options are available. Registration fees vary based on selected tours. For more information or to register, call the park at (270) 924-1131

Kenlake - A Visit with the Eagles - Feb. 3-5

Tours will be by van and boat. Different tour options are available for both days. Registration fees vary based on selected tours. Each guest must provide a Coast Guard life jacket. For registration and lodging availability, contact the park at (270) 474-2211.

Tours are filled on a first-come, first-served basis.



Merry CHRISTMAS

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Search for Foster/Adoptive parents

The Cabinet for Health and Family Services, Recruitment and Certification Unit, is conducting a search for Foster Adoptive Parents with lots of love to give.

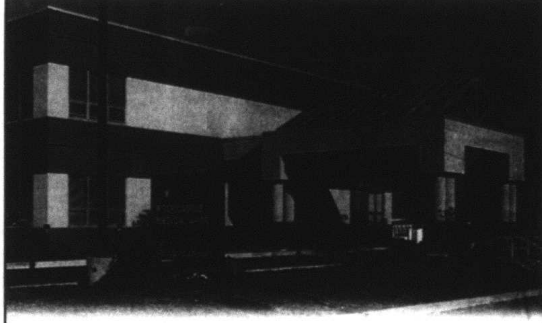
The cabinet is looking for parents interested in children ages birth to 18 years and parents who want to become medical fragile homes.

For more information, please contact Arlena Hicks at 606-878-6608 or Terry Nelson, 1-888-350-6807


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KENTUCKY EQUINE EDUCATION PROJECT

Since January 1997, Dr. Michael Hamilton has served our community as a physician. As of January 2006, he will no longer be practicing at the Rockcastle Medical Arts Building. He would like to thank the community and the Rockcastle Hospital for their support. Any patients of Dr. Hamilton will have access to their medical records and can request that they be sent to another physician. If you have any questions or need additional information on having medical records transferred, contact Dr. Hamilton's office at 606-256-4148.



Michael Hamilton, M.D.

ROCKCASTLE MEDICAL ARTS BUILDING

Drug Endangered Child network to be created in southern and eastern KY

A network of Drug Endangered Child (DEC) teams will be created throughout southern and eastern Kentucky to help ensure the safety of children exposed to drug use and production.

An announcement about the awarding of a \$362,128 grant from the Appalachian Regional Commission to the University of Kentucky for this project was made on behalf of U.S. Congressman Harold "Hal" Rogers (R-Somerset) by Bob Mitchell, his district administrator, at the Lord's Gym in McCrory County Monday, December 19.

"I can't think of a more worthwhile project," Mitchell said, reading from a prepared statement by Rogers, who had to stay in Washington for critical votes in Congress over the weekend. "The living conditions these children are subjected to are unimaginable to most of us. Many of them go hungry, are ignored, live in toxic, filthy homes and witness things a child should never witness."

"This is a life or death situation for these kids," Mitchell continued. "Beside the fact that moon or dad is on drugs, these kids are made of dangerous, deadly chemicals that are harmful when a child breathes the air in their own home or touches contaminated surfaces."

Counties to be served include: Bell, Breathitt, Carter, Casey, Clay, Clinton, Elliott, Estill, Floyd, Harlan, Jackson, Johnson, Knott, Knox, Lawrence, Lee, Leslie, Letcher, Lewis, McCrory, Magoffin, Martin, Menifee, Monroe, Morgan, Mingo, Perry, Russell, Wayne, Whitley and Wolfe. All are considered "dis-

pressed" by the ARC. UK will partner with Operation UNITE and its community coalition to implement UNITE initiatives in the 31 counties covered by the grant. UNITE, a regional anti-drug initiative focusing on education, treatment and investigations related to substance abuse, serves the 29 counties of Rogers' Fifth Congressional District.

"We believe this program is so valuable that UNITE intends to provide funding for the six additional counties in our service area - Bath, Laurel, Pike, Pulaski, Rockcastle and Rowan," announced Karen Engle, executive director for UNITE. "We are pleased and excited to partner with UK and the ARC to further enhance efforts on the local level." Rogers called the relationship "a perfect partnership."

"Despite some awareness of drug use, methamphetamine production, and resulting issues, many community members and health professionals lack the knowledge necessary to identify and provide care to affected children," said Anne Pope, co-chair of the Appalachian Regional Commission. "Presently, there are severe limitations on the available training of the recommended treatment guidelines for children exposed to drug use and production."

DEC multidisciplinary teams comprised of representatives from law enforcement, children's protective services, emergency medical services, hospital emergency departments, primary care providers, schools, child care providers, family resource centers, dental professionals, health departments, community mental health centers and others will be formed an trained to provide intervention measures in each county. Development of local DEC teams and training for members will be handled by the Health Education through Extension Leadership (HEEL) Program of UK's College of Agriculture.

"An educational component will promote community awareness of the potential danger to children exposed to drug environments, particularly methamphetamine."

"An important part of this project is to implement the National Protocol for Medical Evaluation of Children Found in Drug Labs," Rogers

said in the statement. "The local healthcare workforce will be trained to recognize the indicators associated with drug endangered children and take appropriate action to protect and enhance the health of these children."

DEC team members in the UNITE counties will become active participants on coalition Education, Family Support, Medical Advisory and Youth Activities committees.

"Community coalitions are central to implementing UNITE initiatives," Engle said. "They mobilize individuals within each community and give them ownership in finding solutions to their specific needs."

Currently there are 37 UNITE anti-drug coalitions: one for each of the 29 counties, one in the City of Corbin, six on campuses of the Hazard and Southeastern Kentucky community and technical colleges, and a special multi-county coalition called the UNITE Bikes Against Drugs Motorcycle Association.

Each county will also be part of a public health surveillance system to serve both as a means to provide and evaluate clinical coordination of services to drug endangered children and to direct training in a timely manner to health care professionals. This system will be managed and maintained at the Kentucky Injury Prevention and Research Center.

Through the DEC network, local healthcare workers will be trained to recognize indicators associated with drug endangered children and take appropriate action to protect and enhance the health of these children.

"The positive effects of early intervention for drug exposure and related developmental, medical, dental, mental health and educational needs cannot be underestimated," said Holly E. Hopper, coordinator of the Drug Endangered Child Training Network. "Early intervention can be helpful not only in preventing abuse, neglect and injury but also in maximizing the full potential of any child as a human being."

"This education will lead and empower communities to strive for a greater level of protection and care of the region's children," Hopper added.

For more information: Kentucky Alliance for Drug Endangered Children, www.ca.uky.edu/heel/dec.htm; Holly E. Hopper, MRC Coordinator, Drug Endangered Child Training Network, 859-257-7793

UK-ARC Joint Executive Operation UNITE, 606-677-6179

Kentucky's jobless rate goes up in November

Kentucky's seasonally adjusted unemployment rate increased to a preliminary 6.2 percent in November 2005 from the revised October 2005 rate of 6.1 percent, according to the Office of Employment and Training, an agency of the Education Cabinet. November's rate was above November 2004's rate of 4.7 percent.

The U.S. seasonally adjusted jobless rate in November 2005 remained at the October 2005 rate of 5.9 percent, according to the U.S. Department of Labor. Kentucky was one of 25 states that reported higher unemployment rates in November 2005 as compared to October 2005.

"Kentucky was one of 25 states plus the District of Columbia that reported an unemployment rate above the U.S. jobless rate in November 2005," said Carlos Crafcraft, the department's chief labor market analyst. "In addition to an increase in the state's unemployment rate, November is only the third month during 2005 that Kentucky has recorded a loss (-1,000) in nonfarm payroll employment. However, Kentucky employment has jumped by 21,200 since November 2004," Crafcraft said.

Four of the 10 major nonfarm job North American Industry Classification System (NAICS) sectors had employment increases in November, while five decreased and the remaining one stayed the same. Crafcraft said. A drop of 1,000 workers brought Kentucky's nonfarm employment to a seasonally adjusted total of 1,821,900 in November 2005. The sector's employment has gone up by 5,300 employees. The sector includes arts, entertainment, recreation, accommodations and food services and drinking places industries.

"November marked the first month since August that the leisure and hospitality sector has seen an employment increase. The food services and drinking places industries is responsible for about 80 percent of the over-the-year gain," Crafcraft said.

The state's construction sector added 100 jobs in November 2005.

Since November 2004, employment in this sector has risen by 3,300. Most of the hires have been in specialty trades, such as contractors involved in pouring concrete, site preparation, plumbing, painting and electrical work, said Crafcraft.

Kentucky's financial activities sector went up by 100 jobs in November 2005. This sector, which includes establishments involved in finance, insurance, real estate and property leasing or rental, has decreased by 1,600 jobs over the past 12 months.

Employment in the other services sector, which includes such establishments as repair and maintenance places, personal and laundry services, religious organizations, and civic and professional organizations, increased by 100 jobs from October 2005 to November 2005. Over the past 12 months, the sector has added 140 positions.

The educational and health services sector reported 235,700 jobs in both October 2005 and November 2005. Since November 2004, the sector has jumped by 4,900 jobs. A majority of these 4,900 new jobs have been in the health care industries, said Crafcraft.

On the negative side, Kentucky's trade, transportation and utilities sector recorded an 800-job drop in November 2005. This sector includes retail and wholesale trade, transportation and utilities businesses, and warehousing, and is the largest sector in Kentucky with 375,500 employees. Since November 2004, the number of jobs in this sector has jumped by 2,300.

"The trade, transportation and utilities sector has seen alternating months of employment gains and losses over the past four months. Looking at the whole year, about 60 percent of the over-the-year gain of 2,300 jobs has been in the transportation and warehousing industries," Crafcraft said.

The state's manufacturing sector lost 300 jobs in November 2005 compared November 2004, the sector had 900 more employees in November 2005. The government sector, which includes public education, had 300 fewer jobs in November 2005. Since November 2004, this

sector has gained 900 jobs. Kentucky's information sector employment went down by 100 jobs from October 2005 to November 2005. This sector, which includes firms involved in publishing, Internet activities and broadcasting and news syndication, has 800 fewer jobs since November 2004.

The professional and business services sector had 100 fewer jobs in November 2005 than in October 2005. This sector recorded 4,300 more employees in November 2005 than November 2004.

The U.S. Bureau of Labor Statistics' monthly estimate of the number of employed Kentuckians for November 2005 was 1,893,851 on a seasonally adjusted basis. This figure is down 6,040 from the 1,899,891 employed in October 2005, but up 19,138 from the 1,874,713 employed in November 2004.

The monthly estimate of the number of unemployed Kentuckians for November 2005 was 126,065. This figure is up 2,087 from the 123,978 unemployed in October 2005, and up 34,143 from the 91,922 Kentuckians unemployed in November 2004.

The monthly estimate of the number of Kentuckians in the civilian labor force for November 2005 was 2,019,916. This figure is down 3,953 from the 2,023,869 recorded in October 2005, but up 53,281 from the 1,966,635 recorded for November 2004.

Unemployment statistics are based on estimates and are compiled to measure trends rather than actually to count people working. Civilian labor force statistics include non-military workers and unemployed Kentuckians who are actively seeking work. They do not include unemployed Kentuckians who have not looked for employment within the past four weeks.

Kentucky's statewide unemployment rate and employment levels are seasonally adjusted. Employment statistics undergo sharp fluctuations due to seasonal events, such as weather changes, harvests, holidays and school openings and closings. Seasonal adjustments eliminate these influences and make it easier to observe statistical trends. However, because of the small sample size, county unemployment rates are not seasonally adjusted.

Learn more about the Office of Employment and Training at www.workforce.ky.gov.

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CRIT LUALLEN
AUDITOR OF PUBLIC ACCOUNTS

The Commonwealth of Kentucky's Office of the Auditor of Public Accounts announces the completion of the financial audit of the Rockcastle County Sheriff's Settlement - 2004 Taxes as of May 6, 2005. The following transmittal letter was prepared, on behalf of the Office of the Auditor of Public Accounts, by the firm of Mountjoy & Bressler, LLP to perform the financial audit of the Rockcastle County Sheriff's Settlement - 2004 Taxes and worked closely with Auditor A. Bressler during our report review process.

Mountjoy & Bressler, LLP

To the People of Kentucky:
Honorable Eric Patcher, Governor
Robbie Radolph, Secretary
Finance and Administration Cabinet
Honorable Buzz Carlisle, Rockcastle County Judge-Executive
Honorable Darrell Doan, Rockcastle County Sheriff
Members of the Rockcastle County Fiscal Court

Independent Auditor's Report
We have audited the Rockcastle County Sheriff's Settlement - 2004 Taxes as of May 6, 2005. This tax settlement is the responsibility of the Rockcastle County Sheriff. Our responsibility is to express an opinion on this financial statement based on our audit. We conducted our audit in accordance with auditing standards generally accepted in the United States of America, the standards applicable to financial audits contained in Government Auditing Standards issued by the Comptroller General of the United States, and the Audit Guide for Sheriff's Tax Settlements issued by the Auditor of Public Accounts, Commonwealth of Kentucky. These standards require that we plan and perform the audit to obtain reasonable assurance about whether the financial statement is free of material misstatement. An audit includes examining, on a test basis, evidence supporting the amounts and disclosures in the financial statement. An audit also includes assessing the accounting principles used and significant estimates made by management, as well as evaluating the overall financial statement presentation. We believe that our audit provides a reasonable basis for our opinion. As described in Note 1, the Sheriff's Office prepares the financial statement on a prescribed basis of accounting that demonstrates compliance with the modified cash basis, which is a comprehensive basis of accounting other than accounting principles generally accepted in the United States of America.

In our opinion, the accompanying financial statement referred to above presents fairly, in all material respects, the Rockcastle County Sheriff's taxes charged, credited, and paid as of May 6, 2005, in conformity with the modified cash basis of accounting. The above transmittal letter accompanied the audit report presented to the fiscal court. KRS 43.090(2) requires that this letter be published in this newspaper. Copies of the complete audit report, including the accompanying financial statement and additional information, are available in the reports section of the Auditor of Public Accounts' website at www.auditor.ky.gov or upon request by contacting the Auditor of Public Accounts, 105 Sen Herb Road, Suite 2, Frankfort, KY 40601. In accordance with Government Auditing Standards, we have also issued our report dated September 21, 2005, on our consideration of the Sheriff's internal control over financial reporting and on our tests of its compliance with certain provisions of laws, regulations, contracts, and grant agreements and other matters. The purpose of this report is to describe the scope of our testing of internal control over financial reporting and compliance and the results of that testing, and not to provide an opinion on the internal control over financial reporting or on compliance. This report is an integral part of an audit performed in accordance with Government Auditing Standards and should be considered in assessing the results of our audit.

Based on the results of our audit, we present the accompanying comment and recommendation, included herein, which discusses the following report comment:

• The Sheriff's Office Lacks Adequate Segregation of Duties

Respectfully submitted,
Mountjoy & Bressler, LLP
Mountjoy & Bressler, LLP

Audit followup completed - September 21, 2005
The above transmittal letter accompanied the audit report presented to the fiscal court. KRS 43.090(2) requires that this letter be published in this newspaper. Copies of the complete audit report, including the accompanying financial statements and additional information, are available in the reports section of the Auditor of Public Accounts' website at www.auditor.ky.gov or upon request by contacting the Auditor of Public Accounts, 105 Sen Herb Road, Suite 2, Frankfort, KY 40601.

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Jon M. Strauss, M.D.
Thomas W. Fowles, M.D.

"High Impact" high schools focus of national study

A recent national study sends a strong message about the positive impact that high expectations, quality teaching, targeted instruction and other focused practices can have on the achievement of high school students.

"Gaining Traction, Gaining Ground: How Some High Schools Accelerate Learning for Struggling Students," is the report of The Edu-

cation Trust's study of the practices of public high schools that serve high concentrations of either low-income or minority children and have a strong record of accelerating learning for students who enter high school below grade level.

Researchers compared the practices of such high-impact schools with similar schools that have only an average impact on student performance and found significant differences in several areas—ranging from the way the schools provide remedial support to filtering students to the way they make decisions about teaching assignments.

The study findings reinforce the conclusions reached earlier this year by a task force of the Prichard Committee for Academic Excellence, which made a number of recommendations designed to improve the achievement of Kentucky high school students.

The Kentucky task force found that many of the state's high schools, still operating under an outdated design, are failing to adequately prepare students for life after graduation. Its recommendations ranged from re-

quiring more rigorous coursework for all students to providing improved training, professional development and cultural competency skill development programs for teachers.

The Education Trust study found several major differences between the practices of high-impact schools and those which have only an average impact. These included:

• High-impact schools have early warning systems to help catch students before they fail. Average-impact schools tend to offer support only after students have failed.

• The clear focus in the official policy documents of high-impact schools is on academics. Average-impact schools focus on rules.

• High-impact schools have consistently higher expectations for all students, regardless of students' prior academic performance; principals, teachers and counselors take responsibility for helping students succeed.

• Teacher assignments in high-impact schools are made to meet the needs of the students, rather than the desires of the teachers. In average-impact schools, teaching assignments are more likely to be determined by staff seniority and teacher preference.

• School-sponsored support for new teachers in high-impact schools is focused on instruction and curriculum. Average-impact schools provide

support that is more personal and social in nature.

Robert F. Sexton, Executive Director of the Prichard Committee, said, "this is exciting, encouraging evidence for Kentucky and what we're trying to do to improve high schools. Here is proof that a student's background doesn't mean he or she can't learn. High expectations and good teaching matter. Young people say they would rather be challenged than bored."

The full Education Trust report is available online at www.edtrust.org. The Prichard Committee task force report is available on the committee's web site www.prichardcommittee.org.

The Signal office will be closed Dec. 23rd - Jan. 2nd for the Holidays



Save energy this winter with help from ENERGY STAR

The average American household spends \$1,500 annually on energy bills, and that figure may go up as much as 50 percent this year.

Almost half of that energy goes to heating and cooling your home. Lighting and appliances represent about a quarter and home electronic products like computers, TVs and cell phone chargers take a significant and growing share of what is left. Each of us can take steps today to reduce energy use at home this winter, while still staying comfortable. These small steps, taken together, can make a big difference in terms of lowering our national energy bill and reducing greenhouse gas emissions.

According to John Davies, Director of the Kentucky Office of Energy Policy's Division of Renewable Energy & Energy Efficiency, "One of the most cost-effective ways to reduce your energy bills is to seal air holes, cracks, openings in your home and to add insulation to stop the flow of heat through the walls and the ceilings. Weather-strip doors, windows and attic hatches to prevent warm air from escaping." In every degree, Mr. Davies stated that addition of a

home's thermostat is lowered during the heating season would lower the heating bill by five to eight percent.

Find out if your home is ready for the winter by taking the EPA Home Energy Quiz at: http://www.energystar.gov/products/beat_2001/RevisedHEQuiz_110305.pdf.

ENERGY STAR is a government-backed program helping businesses and individuals protect the environment through superior energy efficiency. Energy-efficient choices can save families about a third on their energy bill without sacrificing features, style or comfort. ENERGY STAR helps you make the energy-efficient choice.

For more information about energy efficiency, visit the Office of Energy Policy's Web site at www.energy.ky.gov <<http://www.energy.ky.gov/>>. For more information about ENERGY STAR, visit www.energystar.gov <<http://www.energystar.gov/>>.

Email the Signal at mvsignal@aol.net

Being is nothing to celebrate.

This year, more than 172,000 people will be diagnosed with lung cancer, and more than 163,000 will die—making it America's NUMBER ONE cancer killer.

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Christmas Shopping is in the Bag...Totally Cool Cookies



Here's a great idea for gifts for your friends, neighbors and co-workers or for your child's teachers and coaches. Your children can even help make these gifts. Simply fill cellophane bags with pretty layers of ingredients to make delicious, chewy cookies. Add a colorful ribbon and perhaps a Christmas ornament (or other decoration), along with a card with the simple instructions, and you're set. Best of all, you can buy all of the ingredients you'll need during your regular grocery shopping trip, then stop by your local craft store to

pick up inexpensive bags and decorating supplies. You can make as many Christmas cookie gift bags as needed. In just one evening, you can have many of your Christmas preparations for your friends completed.

The home economists at White Lily have developed two new cookie recipes—one totally white (white chocolate, white coconut and white almonds) and one totally chocolate (semisweet and milk chocolate and baking cocoa). The recipient of these tasty cookies in a bag simply adds butter, an egg, and vanilla to

make 2 1/2 dozen cookies. Friends and acquaintances with little spare time for scratch baking will really appreciate the homemade goodness of these super-chewy cookies. Or, you may want to go ahead and bake the cookies before bagging them—either way these cookie gift bags will be enjoyed by all!

Before you give these cookies as gifts, you may want to "test" them with your family and put your "seal of approval" on them. Once you've tasted how delicious they are, you'll be making plans to share them with everyone on your list. Gather your children or your friends to help you make these great gifts.

Totally White Christmas Cookies

Gift in a Bag

2 cups self-rising soft wheat flour (White Lily Self-Rising recommended)
1 cup granulated sugar
1/2 cup white chocolate (vanilla) chips
1/2 cup flaked coconut
1/2 cup toasted slivered almonds
In 1 quart cellophane bag, layer ingredients in order listed.

Gift Tag

To make Totally White Christmas Cookies: In large bowl or mixer bowl, beat 3/4 cup (1 1/2 sticks) softened butter until creamy, add 1 large egg and 1 teaspoon vanilla. Add contents of bag, stir or beat on low speed until well combined. Chill dough for

30 minutes. Preheat oven to 375°. Spoon tablespoons of dough onto baking sheets that have been coated with cooking spray. Bake for 10 to 12 minutes or until just beginning to turn golden brown. Makes 2 1/2 dozen cookies.

Totally Chocolate Christmas Cookies

Gift in a Bag

2 cups self-rising soft wheat flour (White Lily Self-Rising recommended)
1 cup packed light brown sugar
1/4 cup baking cocoa
1/2 cup semisweet chocolate chips
1/2 cup milk chocolate chips
In 1 quart cellophane bag, layer ingredients in order listed.

Gift Tag

To make Totally Chocolate Christmas Cookies: In large bowl or mixer bowl, beat 3/4 cup (1 1/2 sticks) softened butter until creamy, add 1 large egg and 1 teaspoon vanilla. Beat until smooth. Add contents of bag, stir or beat on low speed until well combined. Chill dough for 30 minutes. Preheat oven to 375°. Spoon tablespoons of dough onto baking sheets that have been coated with cooking spray. Bake for 10 to 12 minutes or until just beginning to set. Makes 2 1/2 dozen cookies.

White Lily Self-Rising Flour is made from 100% soft winter wheat, which makes it a low-protein, low-gluten flour. It's the perfect choice for making soft cookies.

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Lady Rockets win three, lose one in Berea Invitational

The Rockcastle County girls basketball team traveled 15 miles north to participate in the Berea Invitational tournament this week.

At tournament's end, Chrysti Noble's squad received a runner-up trophy in Bracket A for their efforts.

The Lady Rockets rolled off three consecutive wins in the tournament before falling in the division championship game to Warren County.

The Lady Engineers of Estill County were the Rockcastle County's first victim.

The first round game ended 55-39 in favor of Rockcastle County.

The Lady Rockets rode a 20-point second quarter into the second half to secure the first round game.

Senior guards Ashley Lunsford and Jessie Asher turned in 14 and 13 points, respectively. Sarah Barnett came off of the bench to score nine points.

Sarah Rowe got eight points. Sonya Lunsford and Mary Saylor each had four and Rachel Killen added three points.

Rockcastle County then faced Clarksville NE out of Tennessee in the second round. Once again, Noble's squad proved to be too much for Northeast although they had to work harder in this game.

The Lady Rockets trailed for virtually all of three quarters. They were behind 20-13 at the end of the first quarter and 33-22 at the half.

However, it was their 20-point fourth quarter that proved to be the difference. Sarah Rowe scored 15

second half points to lead her team to an eventual 59-52 victory.

Rowe finished the game with a total of 19 points. The senior backcourt of Jessie Asher and Ashley Lunsford maintained their steady play by putting up 14 and 13 points, respectively.

Mary Saylor scored five points in the second round win, Sonya Lunsford had 4; Sarah Barnett 3 and Rachel Killen 1.

They advanced to square off with former 13th region opponent Middleboro in the semi-finals of Bracket A of the tournament and Noble's squad continued their winning ways with a 54-39 victory.

Asher led the scoring with 16. Rowe added 12. Rachel Killen hit three 3-point buckets and finished with 11; Ashley Lunsford had 9 and Barnett and Katy Mattingly added two each.

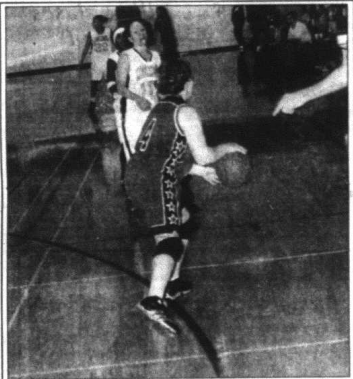
The girls momentum came to a screeching halt in the bracket finals against Warren County.

The Rockets posted a grand total of 28 points in the four quarter contest, failing to defeat 40-28 and claiming the runner-up trophy.

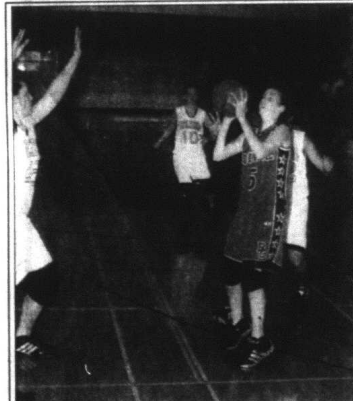
Mary Saylor led the scoring with seven points. Rowe and Asher each had six each. Barnett got three, A. Lunsford and Nicole Locklear had two each.

Senior Rachel Killen said of her team's performance in the tournament after the championship game

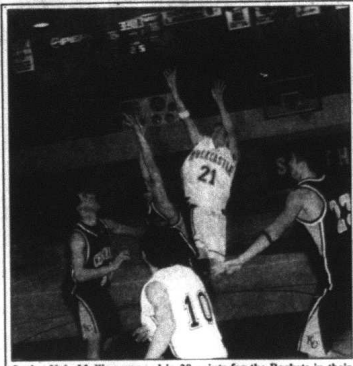
(Cont. to A-11)



Mary Saylor works the ball up the floor for the Lady Rockets against the Lady Jackets of Middleboro. The Lady Rockets won that contest 54-39.



Jessie Asher goes for two of her 16 points against Middleboro Monday. The Lady Rockets finished the tournament runner-up to Warren County in Bracket A.



Senior Kyle Mullins pumped in 28 points for the Rockets in their losing effort against Knox Central Monday night. The Rockets lost 78-75. Also in the photo is #10 Lance Baldwin.

Hammond helps set record in first collegiate meet Former Lady Rockets excel on college level

Two former Lady Rockets are off to great starts in their college athletic career. All-time Lady Rocket leader, Heather Hammond, is the starting point guard for Middle Tennessee State University and is off to a 6-4 start under new coach Rick Inzell (Coach Inzell is a legendary high school coach in Tennessee. His team, Shelbyville Central, was defeated by the Lady Rockets in the Sweet South Classic last December).

Johnna is being called upon to be the team leader in running both of fence and defense. In her very first game, she made 3 of 4 three pointers and is shooting perfect from the foul line. Johnna was among the state's leading free throw shooters in high school.

MTSU lost a heartbreaker Monday night in the finals of the Blazer Classic in Birmingham, Alabama. However, Johnna had her best scoring game with a season's best 11, again going 3 of 4 from behind the arc.

Local fans can follow Johnna and even listen to her games by logging on to gobulldogstv.com.

Former Lady Rocket teammate Heather Hammond is also off to a fast start at Western Kentucky University in track and field. Heather is being trained to compete in the women's heptathlon and, beginning next fall, it will become a decathlon for women. Because of that, she has already been training in several events she never competed in, including shot put, pole vault and 100 meter hurdles.

Head coach Curtis Long and spring coach Eric Jenkins, have high expectations for Heather. Coach Long's comments while recruiting Heather were, "She's the best female athlete in Kentucky." Heather was named Female Track and Field Athlete of the Year in all classes by the Kentucky High School Coaches Association. She is expected to compete regularly in NCAA meets.

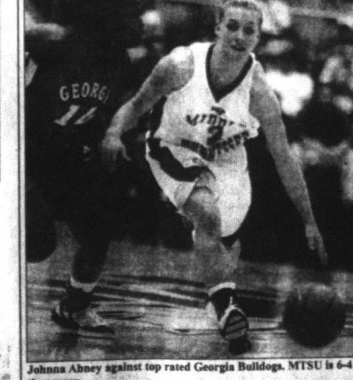
Her first indoor track event took place in the same facility where former teammate and good friend, Johanna Abney plays basketball, Middle Tennessee. Heather was scheduled to compete in high jump, long jump, shot put, 55 meter hurdles and ran the anchor for the 4x400 relay.

In her first collegiate meet, Heather tied one record and helped set another. She tied an indoor high jump record for WKU and took first place in the event at the MTSU Christmas Invitational. Heather had not competed in high jump since her sophomore year in high school. She finished 5th in long jump but was the top WKU finisher and ended the day with a stellar performance and personal best as anchor of the 4x400 women's relay team, which set a Western record for both indoor and outdoor track.

The Lady Toppers, Shanea Wilson, Carria Cole, Tenn Akoye and Heather ran a 3:48.38, eclipsing the previous best of 3:48.65.

Heather's next meet will be January 13th and 14th at Nutter Field House on the campus of the University of Kentucky.

You can follow Heather's progress by logging onto wksports.com.



Heather Hammond prepares to run a time trial at Western Kentucky University.

Rockets lose to Knox Central, beat Cawood

The Rockcastle County boys basketball team is now 3-3 in the post-Clayton Cash era.

The Rockets traveled to London this week, during the holiday break, to take on a couple of former 13th region foes.

On Monday night, Benny Blanton's squad took on a young Knox Central Panther team for the second time this season. Their first encounter wound up a win for the Rockets. In a game that featured multiple unexpected turns and lead changes, the Rockets ended up on the short end of the stick 78-75 despite a 28 point effort by senior Kyle Mullins.

The Rockets led by two at the first quarter stop and by nine points at the half.

However, it was the third quarter that decided the Rockets fate. The Panthers outscored Rockcastle

County 24-10 in the third quarter to take a five point lead at 55-50.

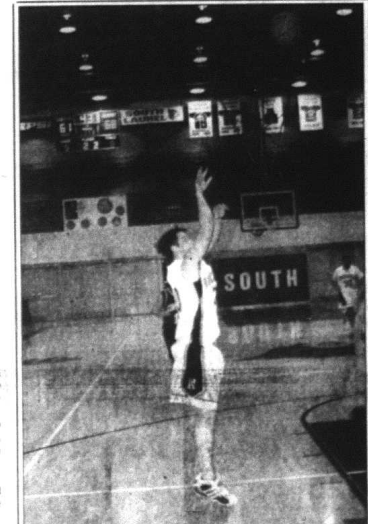
The Rockets were down by as many as twelve points in the fourth quarter before making a comeback that saw them take a five point lead with ninety seconds remaining.

From the 1:30 mark to the 1:00 mark Rockcastle County took three quick shots that missed the mark, followed by three costly fouls that completely turned the game around.

The Panthers hit all six of their free throws in that time span to take the lead. Knox Central never looked back reving their earlier loss to the Rockets.

Other than Mullins' 28 points, in which he shot an impressive 12-13 from the charity stripe, six other Rockets got into the scoring column. Junior Coy Childress scored 15

(Cont. to A-11)



Senior Kally Brown puts up a jumper for the Rockets in their 78-75 loss to Knox Central Monday. Brown scored 10 points in the losing effort. Brown was the leading scorer against Cawood with 25 points.

Ranked 4th Nationally in Mid-Major Poll Western men's swim team starts season with 5-0 record

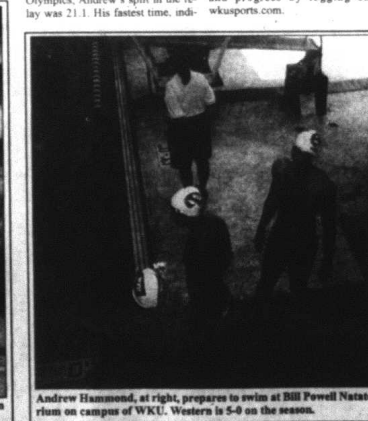
After finishing the 2004-05 season with a win in the inaugural Sun Belt Conference meet and a top five finish in CollegeSwimming.com poll for Mid-Major schools, WKU men's swim team is off to a 5-0 start in dual meets, including wins over the University of Cincinnati, Xavier and a third place finish in the Georgia Tech Invitational, behind only the host school and Florida State.

Senior Andrew Hammond recorded his fastest time ever in the 200 free relay at Georgia Tech. Swimming his fastest time ever in the 2000 Olympics, Andrew's split in the relay was 21.1. His fastest time, indi-

vidually, is 21.4, which was good enough for 8th fastest time in last year's Sun Belt Conference championships.

The team will train in Fort Myers, Florida over Christmas break and be back in action at the Bill Powell Natatorium against rival Southern Illinois on January 28, before closing out the regular season a week later at Louisville. This year's Sun Belt Conference is the second week in February in Denver, Colorado.

You can follow Andrew's season and progress by logging onto wksports.com.



Andrew Hammond, at right, prepares to swim at Bill Powell Natatorium on campus of WKU. Western is 5-0 on the season.

Intramural/Jr. Pro night is January 6th

Lady Rocket Intramural Night and Rocket Junior Pro Night will take place on Friday, January 6, 2006 during the girl/boy doubleheader versus Casey County.

The girls' game begins at 6:00. The Lady Rocket Intramural players and coaches will be introduced at halftime of that game.

The boys' game will start at approximately 7:30, with the players and coaches of the Rocket Junior Pro League being introduced at halftime of that game. Players wearing their jerseys of their respective teams will be admitted free for the games that night.



Clean-up work on the site of the former Casper Williams' home which was located on Main Street in Mt. Vernon for over 100 years, began this week. Wayne Carpenter's Construction Company is doing the work. The historic home and hotel, burned down over two weeks ago.

"Tobacco"

(Cont. from front)

the payments if a company-financed buyout was passed.

A total of \$5.15 billion in payments were scheduled to be made through 2010 by the companies to tobacco-producing states before the buyout. Kentucky's share of the trust was almost 30 percent, second only to North Carolina with nearly a 38 percent share.

Keith Rogers with the Governor's Office of Agricultural Policy told the legislative Tobacco Settlement Agreement Fund Oversight Commit-

tee yesterday that the settlement trust will stay in place for now, although Phase II payments will no longer be made.

"The future of the National Tobacco Growers Settlement Trust is not settled," Rogers told the committee. "At some point, the states will have to decide whether to continue it... However, this does end Phase II payments to our producers."

Thousands of Kentucky farmers who are supposed to receive 2004 payments have not, however, although their checks were mailed. Rogers told the committee that of the more 164,000 checks mailed by the state in June, more than 5,000 checks were returned undeliverable.

In an effort to find the check recipients, the GOAP has placed a list of all producers who were sent an undeliverable check on its website at tobaccostrust.ky.gov/phase_ii/undeliverable. The list is sorted by county and the producer's last name.

Those who find their name on list should call the GOAP call center toll-free at 877-549-2537 to collect. Since the checks will expire on June 20, 2006, the GOAP asks those on the list to call quickly.

"Gillum"

(Cont. from front)

early age about the importance of service to the communities in which you live and work," stated Gillum.

By filing for Division 2 of the District Court, Gillum will run against Kathryn Wood of Somerset, who was appointed to fill the unexpired term of Judge Tapp.



Assistant County Attorney John Gillum has filed for District Judge

"Lady Rockets"

(Cont. from A10)

loss. "We played pretty well. But, we still haven't reached our full potential. By working together and striving to improve, I think we can be a pretty good basketball team."

The Lady Rockets are now 4-5 on the season.

The girls will next see action on Friday, January 6th when they will host Casey County in a doubleheader game with the boys. On Tuesday, January 10th, they will travel to Somerset for a rescheduled game with the Briar Jumpers. That game will also be a doubleheader with the boys and the first game will start at 5 p.m.

"Rockets"

(Cont. from A10)

points in the losing effort. Colby Brown had 10, while seeing limited minutes due to being on the receiving end of disciplinary action for missing practice, along with being in foul trouble.

Lynn Miscare scored eight points, Weston Riddle and J.C. McClure each added six, while Gabie Stallworth had a two point bucket.

Rockcastle County dropped to the losers bracket where they faced another 13th region team in the Cawood Trojans.

Blanton's squad went into the half-time intermission down 30-26. They were still behind 46-43 at the third quarter close.

Then, the Rockets shifted into another gear in the fourth quarter, outscoring Cawood 25-15 in the fourth quarter to escape with a 68-61 win.

Senior Colby Brown led the way in the scoring column with a game-high 25 points. Kyle Mullins continued his steady play with 16 and Gabie Stallworth contributed 11.

Juniors Cory Childress and Lance Baldwin had seven each, while Dakota Smith added two.

Following the boys participation in the Hoopin' It Up Classic, they will play in the Berea Invitational December 26-28 and will resume regular season play at Western Hills Tuesday, Jan. 3.

"Electricity"

(Cont. from front)

since the mainstay of their business, delmeo, were not working and people would have been doing business in the dark anyway.

"There is not much you can do to keep those little animals out of the substations when they are looking for a little warmth," Feltham said.

Most Mt. Vernon residents and businesses were out of power for about six hours on Friday, according to Feltham.

One Rockcastle business, Peg's Food Mart, located at Burr, was out for about 30 minutes but, because KU has another substation near them, they were able to restore power to the store.

Store owner Peg Mills said that by the time the power was turned back in Mt. Vernon, her store was completely out of everything but premium gas.

Danny Settles, owner of Wendy's/Ciigo, a business without power for the entire time, said his businesses, including Kentucky Fried Chicken together lost thousands in gross revenue.

"We understand that things happen, it was just a hardship for our employees," he said.

The Rockcastle Hospital, which has 66 life support patients, was only down for less than one minute before generators kicked in.

"We are well prepared," said facility manager Gary Asher. "We have 14 days worth of gas in the ground to run our generators."



The Third Annual "Evening With Santa" took place Saturday, December 17th at the Senior Citizens Center. Several hundred visitors enjoyed the evening visiting with Santa, decorating ornaments, eating Christmas treats and left with a present from Santa. Citizens Bank was the sponsor for this event. A total of 120 Rockcastle County children attended this year.



The Signal office will be closed
Dec. 23rd thru Jan. 2nd

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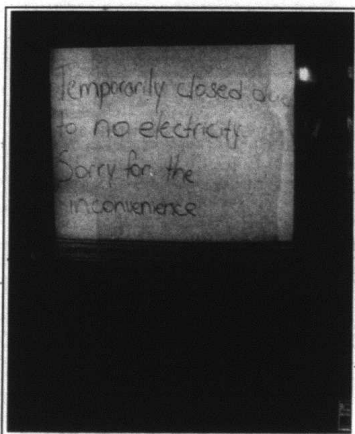
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Like all businesses in Mt. Vernon on Friday, Rite-Aid Pharmacy was closed because of no electricity.

S.W.A.T. and H.O.P.E. groups meet weekly at Northside Baptist

If you are struggling with alcohol and/or drug addiction and do not believe there is freedom, check out S.W.A.T. (Servants with a Testimony) meetings at Northside Baptist Church in Mt. Vernon.

S.W.A.T., a support group for recovering and recovered addicts and alcoholics, holds an open forum meeting at the church every Thursday evening at 7:00 p.m. H.O.P.E. (Hearts of Peaceful Expectations), a support group for families of addicts and alcoholics, also meets on Thursday at 7:00 p.m. at Northside Baptist Church.

You are not alone. Northside Baptist Church S.W.A.T. and H.O.P.E. groups will offer you acceptance and love.

RGHS Revised Basketball Schedules

Rockets

| | | | |
|--------|------------------|------|------|
| Jan. 3 | Western Hills | Away | 6:00 |
| 6* | Casey County | Home | 6:00 |
| 10* | Somerset | Away | 5:00 |
| 13* | Pulaski County | Away | 6:00 |
| 17 | Southwestern | Home | 6:00 |
| 19 | Somerset | Home | 6:00 |
| 21 | Madison Southern | Home | 5:00 |
| 24* | Wayne County | Away | 6:00 |
| 27* | Casey County | Away | 6:00 |

Lady Rockets

| | | | |
|---------|---------------|------|-------|
| Jan. 6* | Casey Co. | Home | 6:00 |
| 10* | Somerset | Away | 5:00 |
| 13* | Pulaski Co. | Away | 6:00 |
| 16 | Somerset | Home | 6:00 |
| 20 | Whitley Co. | Away | 6:00 |
| 24* | Wayne Co. | Away | 6:00 |
| 27* | Casey Co. | Away | 6:00 |
| 28 | Southwestern | Home | 11:00 |
| 30 | Mercer County | Away | 6:00 |

* Denotes Rocket/Lady Rocket Doubleheader
Games in BOLD print are games that have altered start times or altered dates other than traditional times and dates that were listed differently on original schedule.

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J130

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C68

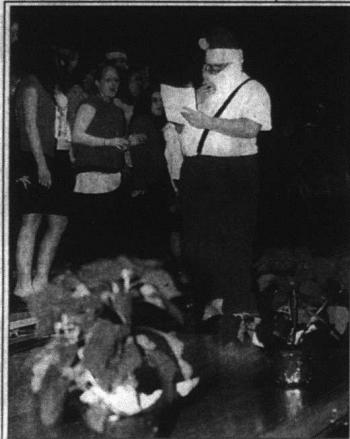
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Lorrie Napier & Family

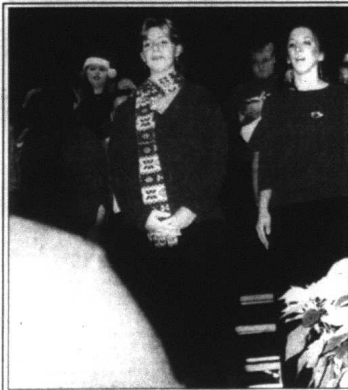
"Home For The Holidays" presented at RCHS



Kenny Gadd, "Santa Claus", took part in the Christmas Concert.



The RCHS Band and Chorus presented their Christmas Concert, "Home For The Holidays" last Thursday night at the high school.



Chorus member Samantha Anglin, center, and Murphy Ramsey, at right, performs during the Choral Christmas Concert.



Director Greg Daugherty leads the RCHS Band during the annual Christmas Concert held last Thursday at the high school.



Chelsea Smith, Christy Napier and Elizabeth Bobo perform during the Band Concert.

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 Call the Appalachia High Intensity Drug Trafficking Area (AHIDA) and Unlawful Narcotics Investigation, Treatment, and Education (UNITE) Task Force Drug Tip Line:
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The Signal office will be closed
 Dec. 23rd thru Jan. 2nd

Thinking of You at Christmas

At this time of year, we reflect on the blessings Jesus has given us.

We would like to thank our customers for making this year a great success.

We look forward to serving you in the coming year.

Merry Christmas and May God Bless Us Each and Everyone!

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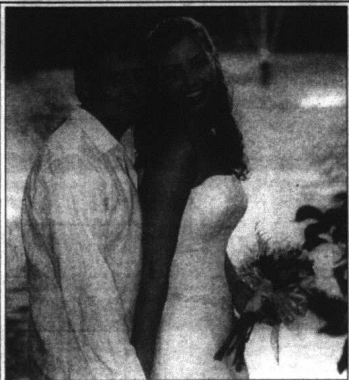
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Mount Vernon Signal

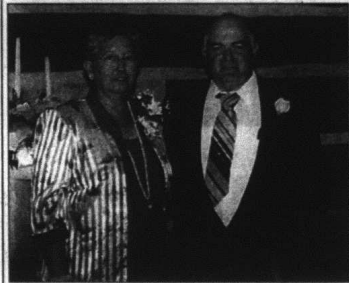
Second Section

Thursday, December 22, 2005



Rogers - Van Winkle

Congratulations to Jessica Amanda Grace Rogers and Troy Lee Van Winkle. They were married December 8, 2005 in the Dominican Republic. Amanda is the daughter of Greg Rogers of Lancaster and Loretta Rogers of Richmond. She is a 2004 graduate of Rockcastle County High School, is employed by Pearson and Associates Realty and plans to attend Eastern Kentucky University. Troy is the son of Randall Van Winkle of Sparta and Margie Van Winkle of Berea. Troy is a custom home builder in Madison County. A reception was held in their honor and was attended by many friends and family. Best wishes to Troy and Amanda on their new life together.



43rd Wedding Anniversary

James and Roberta McClure will celebrate 43 years together on December 22nd. They reside in Mt. Vernon. James is retired from Square D and is a full-time farmer while Roberta is a homemaker and enjoys quilting and sewing. They have one daughter, Krystal Kelley and her husband Neil Kelley. They also live in Mt. Vernon along with one grandson Dalton, Durham and two step grandchildren, Hope and Blayne Kelley. We love you! Happy Anniversary.



35th Wedding Anniversary

Happy 35th wedding anniversary to Gary and Paulette Wilson. They were married December 21, 1970. We love you Dad and Mom from your daughters - Michelle, Tajuana, Gari Sue and families.

We Care! Call for Details

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Offices Closed
All courthouse offices, except 911, will be closed Friday, December 23, Saturday, December 24th and Monday, December 26 in observance of the Christmas holidays.
For the New Year's holiday week end, the Circuit Clerk's and PVA's offices will be closed Friday, December 30th, Saturday, December 31st and Monday, January 2nd. The county offices will be open Friday, December 30th but will be closed on Saturday, Dec. 31st and Sunday, January 2nd.

Extension Office Hours
The Rockcastle Extension Office will be closed December 24, 2005 January 2, 2006 for the holidays. The office will reopen at 8 a.m. on January 3rd.

"Weigh Down Class"
Lose all those extra holiday pounds! Beginning January 12, the Extension Office will begin a "Weigh Down Rockcastle" program, learn techniques for weight loss and exercise in six sessions of classes. For more information, call 256-2403.

Christmas Event at Crab Orchard
The City of Crab Orchard's Community Association Christmas Event will be Friday, Dec. 16th, 6 to 9 p.m. at City Hall. Stalls will serve on the fire truck! Come visit with Santa, have fun caroling, doorprizing contest winners will be announced. Anyone wishing to enter the decorating contest must call city hall to register before 2 p.m. on Thursday, Dec. 15th. This year's theme is "Old Time Christmas." Judging will be at 6 p.m. on Thursday, Dec. 15th.

NAMI Meeting
The next meeting of NAMI Cumberland River will be December 22 at noon at the Cumberland River Comprehensive Care Center, 25 Carolyn Ruppert Morris, NAMI Consultant, plans to present the program, "It Came Upon the Midnight Clear."

Young Republicans Membership Drive
The Rockcastle County Young Republicans are conducting a membership drive. If interested, contact Aaron Aedekin at aaedekin09@uray.edu or call 606-536-3116.

Free Bible Courses
Free Bible Correspondence Course.

Send your name and address to Rt. 4, Box 297, Mt. Vernon, Ky. 40456

Kiwanis Club Meetings
The Rockcastle Kiwanis Club meets every Thursday at noon at Renfro Valley Lodge. Everyone is welcome.

Bookmobile Schedule
The Library will close at 4 p.m., Dec. 23rd and will be closed Dec. 24th, 25th & 26th.
Bookmobile Service will resume Dec. 28th.
Wed., Dec. 28th: Brothead and Cooper Creek.
Thurs., Dec. 29th: Green Hill, Conway, Boone, Fairview & Lambert Rd.
Schedule may change due to weather.


Alcoholics Anonymous
Alcoholics Anonymous meets Tuesday nights at 8 p.m. behind Our Lady of Mt. Vernon Church on Williams St. in Mt. Vernon.


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

Support Group
The Stolen Innocence Support Group meets each Tuesday at 7 p.m. at 40 Main Street, Mt. Vernon. This group consists of a group of adults who were sexually molested as children. If you, or someone you know, needs healing and encouragement, please attend. Call 606-256-1593. You will be assured strict confidentiality.

GED Classes
Christian Appalachian Project Adult Learning Center holds GED classes Monday through Friday from 9 a.m. to 4:30 p.m. Call for evening hours. Online GED, computer classes, college preparation and tutoring are also available. The Adult Learning Center is located on Hwy. 25, south of Mt. Vernon on Green Fish Hill. For information, call 606-256-5307.


 Holiday Blessings From Our Family To Your Family



Keith Rigby, Shirley Cox, Buddy Cox, Sheradyn Cox, Sherry Cox, Allyson Washburn and Lewis Cox.

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

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News from the Rockcastle County Courthouse

Circuit Civil Suits

Timothy E. Taylor vs. Danna R. Taylor, petition for dissolution of marriage. CI-00317.

District Civil Suits

Palisades Collection, LLC vs. Emma D. McKinney, \$672.35 plus claimed due. C-00176.
Capital One Bank vs. William L. Mason, \$1,476.70 plus claimed due. C-00177.
Blueridge Diagnostic Imaging vs.

Karen R. Huff, \$837.34 plus claimed due. C-00178.
National Check Bureau, Inc. vs. Della S. Reams, \$172.47 plus claimed due. C-00179.
National Check Bureau, Inc. vs. Edward Cromer, \$502.28 plus claimed due. C-00180.

Marriage Licenses

Theda Renea Rose Taylor, 21, Berea, Rockcastle Hospital, to John Denver O'Neal, 32, Berea, factory. 12/19/05.
Ashley Nicole Dammrell, 20, Berea, nurse aid, to Johnathan Andy Wayne Coffey, 18, Rt. 3, Mt. Vernon, tool and die. 12/13/05.
Angela Beth Howard, 22, Berea,

Affinis Brake Parts, Inc. to James Dallas Woodall, 28, Rt. 3, Brodhead. 12/13/05.

Deeds Recorded

Danny Clark, to Lomnie Roberts, real property located on Ky. 1505.
Phillip Derrick and Kimberly Cromer Singleton, real property located in Rockcastle County, to Jennifer Lawson Snyder. Tax \$165.

Edgar and Verlene Wesley, warranty deed for real property located in Rockcastle County, to Nancy M. Wudtke, Robert N. Altman and Bobbi W. Altman. Tax \$60.

Juanita Witt and Gary W. Witt, real property located on Hwy. 1009, to Gary W. Witt. No tax.

Perry and Verla Bowman, real property located in Owens Subdiv., to Perry Bowman and James Bowman. No tax.

C. Jasper Carpenter, real property located at Livingston, to Andrew D. Gehret. Tax \$93.

William Terrill Chandler, Jr., real property located in Lear Crest Subdiv., to Gerald and Vera Woodall. Tax \$7.50.

Jack R. Craig, real property located in Rockcastle County, to Gerald and Vera Woodall. Tax \$7.50.

Melissa and George Mendoza, real property located in Brodhead, to Melissa Mendoza. No tax.

Carol and James Lowhorn, and others, real property located in Rockcastle County, to Donald Adams. Tax \$1.

District Court

Dec. 12 - 15, 2005
Hon. Jeffrey S. Lawless
Donald B. Abney. Noexpired Ky. Registration Receipt. \$25 fine plus costs.

Phillip B. Barnett. Fines/fees due, (\$258), 5 days.

Connie F. Blevins. No operators/moped license, \$25 fine plus costs.
Benjamin D. Burdette. Fines/fees due, 10 days.

Daryl Lane Cromer. Drinking alcoholic beverage in public, \$25 fine plus costs.

Jeffrey D. Ellison. Operating motor vehicle under influence of alcohol/drugs, and other charges, bench warrant issued.

Kevin L. Goff. Rockless Driving, \$100 fine plus costs, Possession open alcohol beverage container in motor vehicle, \$100 fine.

Adam C. Higgins. No/expired registration plates, \$25 fine plus costs; Failure to produce insurance card, \$50 fine; No operators license in possession, \$50 fine.

Misty N. Holt. Operating on suspended/revoked operators license, bench warrant issued for failure to appear; 4 days or payment; No operators/moped license and Operating motor vehicle under influence of alcohol/drugs, bench warrant issued for failure to appear; 20 days or payment; Fines/fees due (\$960.50), bench warrant issued for failure to appear; 20 days or payment.

Steven W. Ruffner. No insurance, \$500 fine/suspend \$450 on condition; Permit unlicensed operator to operate motor vehicle, \$50 fine plus costs.

Elmer L. Stewart. Operating on suspended/revoked operators license, \$100 fine and 30 days/probated 12 months on condition; Failure to wear seat belts, \$25 fine.

Chad R. Allen. Fines/fees due (\$203), bench warrant issued for failure to appear; 5 days or payment.

Burnace Bowers. Assault, bench warrant issued for failure to appear.

Pamela Jean Couch. Operating on suspended/revoked operators license, \$100 fine and 30 days/probated 12 months conditionally plus costs.

Mark A. Delaney. Giving officer false name or address, \$250 fine and 30 days/probated 12 months, plus costs.

Kelly Denny. Failure to produce insurance card, \$25 fine plus costs.

Kelsea S. Dills. Faulty equipment, \$25 fine plus costs.

Speeding. Brandon S. Campbell, state traffic school authorized on payment of costs only. Jeffrey N.

Cornett, James A. Day, Merris Carole Long-Dixon, Jason S. Nadell, Lisa D. Perez, Cynthia A. Shannon, David L. Scott, III, license suspended for failure to appear; Charles B. Falin, John M. Yager, Vergara Zamudio, paid; Kevin McCoy, 5 days in lieu of fines/concurrent.

Dewayne D. Stanley. Giving officer false name or address, bench warrant issued for failure to appear.

Jimmy E. Thornton. Alcohol intoxication in public place, \$50 fine plus costs.

Javier V. Valle. Operating on suspended/revoked operators license, \$100 fine and 30 days/probated plus costs; No insurance, \$500 fine/suspend \$450 on condition plus costs.

Francisco J. Villegas. Overlength and overweight, license suspended for failure to appear.

Mike L. Woodall. No/expired registration plates, and other charges, bench warrant issued for failure to appear.

Lee B. Hammond. Fines/fees due (\$1040), 90 days/concurrent.

Samuel Lawson. Fines/fees due (\$355.50), 10 days in jail/concurrent.

Joseph L. Lewis. Operating on suspended/revoked operators license,

\$100 fine and 30 days/probated conditionally 12 months.

Michael Joe McFerron. Carrying concealed deadly weapon, dismissed/weapon forfeited.

Wendall G. Russell. Fines/fees due (\$258), 5 days in jail.

Joanna Sowder. Public intoxication, \$50 fine plus costs.

Shirley Mae Argenbriht. Driving on DUI suspended license, \$20 fine plus costs and 90 days to serve.

Anthony E. Crain. Terroristic Threatening, 150 days/probated two years plus costs.

Daryl Lane Cromer. Alcohol intoxication in public place, \$100 fine and 60 days/probated 12 months.

John R. Dunn. Violation of Ky EPO/DVO, \$100 fine and 90 days/probated 12 months plus costs.

Daryl Cromer. Alcohol intoxication, 60 days/probated on condition/consecutive.

Brandon D. Saylor. Theft by deception, summons issued.

Merry Christmas and Happy New Year from everyone at

Renfro Valley ENTERTAINMENT CENTER



Thank You For Your Patronage

Last Minute Gift Ideas!

Carhartt Quilt-Flannel Lined Duck Jacket
100% cotton, water resistant. #J-140
Irregular - **\$54.99** First Quality \$69.99

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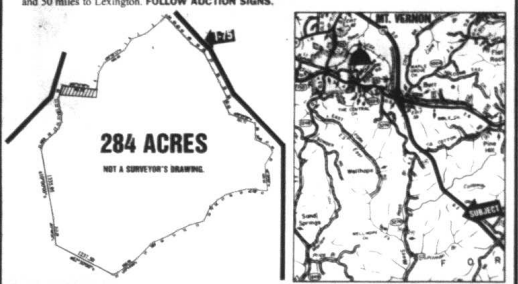
ABSOLUTE AUCTION

SATURDAY, DECEMBER 31TH • 10:00 A.M.

284 ACRE TIMBER TRACT

SELLING FOR: JOE & SANDY CAUSEY

LOCATION: from exit 59 off I-75 going into Mt. Vernon, take Hwy #1550 west for about 1/2 mile to Ky Hwy 3274. Turn onto 3274 and go about 5 miles to Pitman Road. 7 miles from I-75 at exit 59 and 50 miles to Lexington. FOLLOW AUCTION SIGNS.



Go to www.auction.com for pictures & information.

BUYER BROKERAGE: a commission will be paid to the broker/agent of a successful bidder/purchaser per the terms and conditions of our company.

AUCTIONEER'S NOTE: Joe and Sandy Causey have contracted our firm to sell at absolute auction this tract of timber as a part of their dissolution of marriage. The tract consists of 284 +/- acres per a survey of Charlie Mullins. The timber was taken off the majority of the land in 1992. There is a good stand of young timber on most of the tract. A lot of the beech and hickory appears to have not been cut in 1992. There are creeks running thru the property and some outcroppings of coal can be noted in several locations. The property has frontage on a county gravel road known Pitman Road or Jamie Kirby Road approximately 6 miles from Exit 95 off I-75 at Mt. Vernon. This tract of land would make an excellent hunting tract and a long term investment for the growing timber. For a copy of the timber cruise, aerial photo, and other information, contact agent or visit our website.

AUCTIONEER/SELLER DISCLAIMER: Information herein was obtained from sources believed to be reliable; however accuracy is not guaranteed. Prior to bidding prospective purchasers are invited to inspect to their satisfaction the property being offered in this auction. All properties selling "As is, where is." Not responsible for accidents.

TERMS: 20% down day of sale, balance due on or before Jan. 31th, 2006. Seller will pay real estate taxes for 2005.

Announcements day of sale take precedence over written material.

PARTNERS
Auctioneer Paul Playforth
Office 236-8200
Cell 583-7788

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Storing holiday decorations

Hazel Jackson
Rockcastle County Extension Office

Many seasonal decorations represent fond memories and often a large financial investment. To maintain your decorations and make it easier to trim your home next season, properly care for and store them. Decorations should be cleaned and organized. You will appreciate these efforts when getting them out again next year.

Be sure to disconnect any electrical replicas before cleaning them. Also, replace burnt-out bulbs before storing tree lights, window candles and the like.

Carefully wipe clean dusty lights and ornaments.

Fragile decorations should be well packed and stored properly. Remove hooks and hangers from each ornament. Wrap delicate items in tissue paper, use a paper towel or wrapping paper tube to protect long ornaments, stack the remaining decorations on layers of tissue paper. You can store angel hair and tinsel between the tissue paper to further protect decorations.

Store them in sturdy cardboard boxes, preferably containers that are fairly shallow but large enough that several boxes will hold them. Label the outside with the contents of each box.

Ribbons and bows require careful storage from season to season. Store them in a large plastic container or shoe box. You may want to stuff tissue paper in some paper rolls. To keep rolls of wrapping paper from

being crushed or torn, store them in a long cardboard box, or an extra-long plastic container made especially for this purpose.

If you reuse wreaths, store them in a large plastic bag. Apply a coat of clear acrylic spray to help preserve pine cones and other natural materials.

Designate a dry area away from excessive heat for holiday storage and use the same location every year. To keep moisture out, do not put boxes on the floor. Thoroughly clean the area every year before putting decorations back into storage.

Storing dirty holiday linens will attract insect pests and set stains. Remember to launder washable decorations such as tablecloths, hand towels, placemats and napkins. Check to be sure that all stains have been removed and the items thoroughly dried before storing.

Putting holiday decorations away gives you an opportunity to "declutter" your home. You can use the time to reevaluate and reorganize your possessions, rather than simply putting things back in their usual places.

Begin by doing a room-by-room analysis, starting with surface items and then moving into drawers and closets. Eliminate things that do not pass the "use it" or "love it" test. Grouping together things you decide to keep will make it easier to decide where to store them. Keep accessories.

(Cont. to B-5)

Farm Bureau Recognized

The Rockcastle County Farm Bureau was recognized for its women's program with the 2005 Gold Star Award of Excellence, during the recent 86th Kentucky Farm Bureau Annual Meeting in Louisville. Here, Castle Lital, left, accepts the award from Cathy Bessant, Kentucky Farm Bureau state women's chair, during a December 9 recognition and awards program.



KSP offers

Winter driving tips

With winter weather fast approaching, here are some driving tips to follow:

Be Cautious About Travel

*Listen for radio or television reports of travel advisories issued by the National Weather Service.

*Avoid traveling on ice-covered roads if at all possible.

*If you must travel, let someone know your destination and when you expect to arrive. Ask them to notify authorities if you are late.

*Check and restock the winter emergency supplies in your car before you leave.

*Never pour water on your windshield to remove ice or snow; scattering may occur.

*Never rely on your car to provide sufficient heat; the car may break down. Always dress warmly.

*Always carry clothing appropriate for winter conditions.

What To Do If You Get Stranded

Staying in your vehicle when stranded is often the safest choice if winter storms create poor visibility or if roadways are ice-covered. These steps will increase your safety when stranded.

*Tie a brightly colored cloth to the antenna as a signal to rescuers.

*Move anything you need from the trunk into the passenger area.

*Wrap your entire body, including your head, in extra clothing, blankets, or newspapers.

*Stay awake. You will be less vulnerable to cold-related health problems.

*Run the motor (and heater) for about 10 minutes per hour, opening one window slightly to let air in. Make sure that snow is not blocking the exhaust pipe—this will reduce the risk of carbon monoxide poisoning.

*As you sit, keep moving your arms and legs to improve your circulation and stay warmer.

*Do not eat un-melted snow it will lower your body temperature.

Purchase Your Vehicle For Winter

You can avoid many dangerous winter travel problems by planning

ahead. Have maintenance service on your vehicle as often as the manufacturer recommends.

*Have the radiator system serviced, or check the antifreeze level yourself with an antifreeze tester. Add antifreeze, as needed.

*Replace windshield-wiper fluid with a wintertime mixture.

*Replace any worn tires, and check the air pressure in the tires.

*During winter, keep the gas tank near full to help avoid ice in the tank and fuel lines.

Winter Survival Kit For Your Vehicle

Equip your vehicle with these items:

*Cell phone and charger

*Blankets

*First-aid kit

*A can and waterproof matches (to melt snow for water)

*Windshield scraper

*Booster cables

*Road maps

*Compass

*Tool kit

*Paper towels

*Bag of sand or cat litter (to pour on ice or snow for added traction)

*Tire chains (in areas with heavy snow)

*Collapsible shovel

*High-calorie canned or dried foods and a can opener

*Flashlight and extra batteries

*Canned compressed air with sealant (for emergency tire repair)

*Brightly colored cloth

Trail and Recreational Equine Coalition formed

Trail and pleasure riders from across Kentucky agreed Saturday (Dec. 17) to form a Kentucky Equine Education Project (KEEP) sponsored coalition of organizations and individuals dedicated to improvement of conditions and facilities for trail and recreational equine activities.

More than 50 individuals, representing various equine breeds throughout the state met to learn about the economic impact of the trail and pleasure riding industry in Kentucky while voicing concerns about the obstacles confronting the state's largest segment of horse owners.

"It was especially gratifying to have such a broad array of horse persons take time out of their busy schedules this time of year to discuss these vitally important issues to the trail and pleasure riders," said Gene Clabes, KEEP executive director. "From this gathering KEEP will work with the Kentucky Horse Council to appoint a steering committee to select a board for the new organization."

The umbrella group for organizations and individuals will be called K-Trail standing for Kentucky Trail Riding Advocacy for Improved Leadership.

Clabes said the steering committee would be named by early January and would have its recommendation for its board by March.

"This organization will be geared to work with existing trail and pleasure riding clubs, organizing and individuals as a clearing house for information as well as representing trail and pleasure riders on issues such as attempts to close public lands to horseback riding. It's sad that in Kentucky, 'the Horse Capital of the World' that horses are not allowed in most state parks," Clabes said.

"There are increasing pressures on trail facilities. Horses are a way of life central to what Kentucky is about. It's high time this segment of the industry stands up for itself." "KEEP's mission is to represent all breeds of horse in the state," said Jim Navolio, KEEP executive director. "It is essential that we work with trail and pleasure riders in Kentucky. They represent the largest segment of horse persons and pump millions of dollars annually into the state."

They represent perhaps the greatest potential for economic growth in many of the state's rural counties. The sheer beauty of the state's vast forest lands offers unlimited opportunity."

Once K-Trail is organized, a posting of events and contact information for trail and pleasure groups will be maintained on the KEEP and Kentucky Horse Council websites.

Ward Stutz, from Amarillo, Texas, representing the American Quarter Horse Association, the country's largest breed registration, said recreational riders represent the largest segment of the Quarter Horse breed. In fact, Mardy Smith of Taylorville, coordinates the largest all-breed ride in America at the Land Between The Lakes, sponsored by the American Quarter Horse Association where more than 400 head of horses are brought in for the three-day event.

"These kinds of events pump thousands of dollars into the local economy," Stutz said.

Robert Jones, who operates Midway Trailer Sales in Calvert City, said trail and recreational riders, industry figures show, purchase most of the high-end trailers with living quarters. Those units cost from \$40,000 to over \$100,000.

Jerry Fruth, of Evansville, IN, representing American Horse Council, said today's climate is leaning more toward "preservation versus recreational riding at the expense of you riding on your land".

He urged organizations to unit and pointed to successful efforts in Indiana by trail riding organizations working through the legislature.

Dr. Greg Jones, an endurance rider representing the Kentucky Horse Council, outlined work to increase trail riding in the Cave Run Lake area in Eastern Kentucky as a project that needed the support by all trail riders in Kentucky. He outlined the potential economic impact for the area that has traditionally had difficulty with economic development.

The meeting, sponsored by the University of Louisville Equine Industry Program, KEEP, and the Kentucky Horse Council, held at the Prichard Community Center.



HANDY HOLIDAY Greetings

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

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

from the staff of
Mark's Hardware
Brodhead
758-8435

Season's Greetings

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

Coffey & Ford, PSC

Attorneys At Law

Willis Coffey and John D. Ford

Tracy Mink, Leah Lucas and Tammi Martin

Main St. • Mt. Vernon • 606-256-4405



We're Checking It Twice...

And you're at the top of the list of people we'd like to thank this year!

It's always a pleasure seeing you.



Dr. Lee and Marcia Cain, Terri Lynne Abney, Serena Stratton and Leda Taylor.

Richmond Street Eyecare

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The second annual Jingle Bell Run/Walk was held at Renfro Valley on December 10th. The event once again was a success raising over \$1000 for the long term care miracle funds at Rockcastle Hospital and Rockcastle Health and Rehabilitation Center. Pictured above were the first place finishers in the men's division. They are, front from left: Frank Roy, Jerry Cox, Raymond Green, Willis Coffey, Ken Roark and Don Swamba. Back row from left: Steve Wilson and Chris Cromer. Not present, Harper Smith. A special thanks to all the participants and the sponsors which made this event possible.



Willis Coffey receives his medal from Mikhael Shaffer, Public Relations Director/Rockcastle Hospital. Coffey was the overall winner of the Jingle Bell Run/Walk held at Renfro Valley.



Tiffany Cartwright was the overall winner of the women in the Jingle Bell Run/Walk. She is pictured receiving her medal from Mikhael Shaffer.

"Decorations"

(Cont. to B-4)

bility and safety in mind when reorganizing; store items near their point of use; do not put things dangerously out of reach or overstuff drawers.

When you have finished reorganizing, follow the "one-in, one-out" rule, meaning nothing new comes in unless something old goes out, to keep your home uncluttered. Also, make it a habit to put things away as they are used.

Contact the Rockcastle County Cooperative Extension Service for more information at 256-2403.

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



College Comes to You



Pictured above are the first place finishers in the women's division in the recent Jingle Bell Run/Walk. They are, from left: Trish Wigglesworth, Sarah Leffer, Brandy Harris, Marcia Cain, Keleen Coffey, Debbie Biddle and Pam Kincaid. Not present, Vicky Adams and Tiffany Cartwright.



Runners begin the race in the annual Jingle Bell Run/Walk.

Dean's List

National College of Business and Technology (www.ncbt.edu) in Richmond, KY has released the Dean's List for fall term. The following students achieved a minimum grade point average of 3.5 out of a possible 4.0:

Brodhead - Cherie Collins, Cynthia Hansel, Lena Holbrook and Nancy Maupin.

Mt. Vernon - Ressa Bowman, Teresa Daniel, Garland Jones, Vonda Jones, Melanie Ratcliff and Branne Wells.



Walkers begin the race in the Jingle Bell Run/Walk.



Have A SPARKLING SEASON!

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



From left: Dr. John H. Parsons, Christi Cahill, Linda Wilson - RDH and Cheryl Brown. Not pictured is Brenda McKinney.

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



MERRY CHRISTMAS

from everyone at



Suella B. • Amy A. • Kathy B. • Angel B. • Stephan B. • Eric B. • Jeri C. • Jacob C. Marsha D. • Bobby D. • Christi E. • James G. • Angie G. • Laura H. • Russell J. • Larry L. Donna L. • Chris L. • Robert L. • Timothy L. • Samuel M. • Joseph M. • Misty M. Zeina M. • Angie M. • Larry M. • Regina M. • Bobbi N. • Tammie P. • Heather P. • Jeremy P. • Chad P. • Tammy R. • Charlen R. • Amie R. • Monica S. • Robert S. Tracey S. • Jandell S. • Lecia S. • Ashley S. • Sylvia V. • Bridget V. • Jenny W. • Nathan Z.

Get that hard to buy for person on your list an Arch Card!!

1035 Richmond Street
 Mt. Vernon, KY

Feliz Navidad, They're at it again!

Art seems to be showing up all over restaurant windows around town because those creative and talented art students just can't stop spreading Christmas cheer. Old Scrooge would absolutely roll over in his grave.

Actually, the art students who will be leaving for Mexico this summer under the supervision of Les Scalf, RCHS art teacher, were the students who painted the Christmas scenes at KFC as a fundraiser. The students were: Catelyn Williams, Nicole Shepherd and Jessica Cummins. "Painting the restaurant windows at Wendy's and KFC has been lots of fun," said Cummins. "As artist, people enjoy watching us paint," she added.

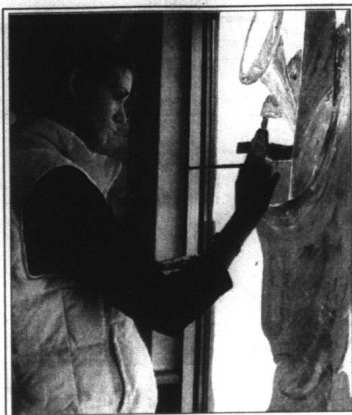
The students are able to improve and scenes are created. "It's fun to see young kids filled with joy running to look at the Christmas scenes," said Shepherd. Scalf added, "I see parents bring their kids into the restaurant to see the colorful windows and that's what Christmas is about. When families go out together and see the colors, lights and sounds of Christmas."

The art students have been planning their trip to Mexico for approxi-

mately eight months and will be leaving this July. "Mexico will be a great chance for me to speak the Spanish I learned in class and also show me how to use the Peso currency," Cummins said. Nicole mentions, "I look forward to seeing the art and culture that Mexico has and also visiting the Aztec pyramids near Merida."

The students are very excited about their eleven day adventure into Mexico and experiencing international travel for the first time. The students will start out in Cancun and continue to areas of Merida, Cozumel and Belize. During this time, they will hike to the top of pyramids, share in the culture, eat a variety of foods, see exotic wildlife and study Spanish. Art Catelyn Williams added, "Mr. Scalf has been great about keeping us informed about getting out passports and the overall planning of the trip. I am very excited about going."

The students have been, and are continuing, a variety of fund raising activities such as car washes, candy sales and others. If you are interested in making a donation to help students raise the needed funds for Mexico, contact Mr. Scalf at the high school. Any amount donated would be greatly appreciated.



Nicole Shepherd adding finishing touches.



Jessica Cummins painting a Santa.



Catelyn Williams painting her window.



Mr. Scalf giving instruction to his students.

Kentucky Transportation Cabinet salutes the many "Storm Crews"

For many, Christmas and New Year's make up the most cherished holiday period of the year. To "Ole Man Winter" each one is "just another day at the office." It's that "Winter Attitude" that brings out the best in every Kentucky Highway Department maintenance crew, especially during the holidays.

"Our maintenance personnel are not limited to daytime hours during the regular work week," said Transportation Cabinet Secretary, Bill Nighbert. "When bitter winter weather makes a negative impact on travel in Kentucky, these dedicated employees answer the call time after time, weekend after weekend, holiday after holiday."

Sometimes "Ole Man Winter" can really dish it out during the holidays and on weekends, serving up inch after inch of the fluffy white stuff, sometimes with the "icing" on top, sometimes "upside down." "Those kinds of weather events can make things really difficult for holiday travelers," acknowledged Commissioner of Highways, Marc Williams. "We're not just doing out plattitudes here when we talk about the sacrifices our maintenance crews make to keep the roads in good shape. Keep in mind, too, they may be leaving their family on Christmas Day to make roads safer for your family's travel."

One Chief District Engineer, Katrina Bradley of Flemingsburg,

offered this assessment of her own experience on a weekend snow removal "mission". "It was awesome! The control panel of the dump truck reminded me of the cockpit of an airplane. Our people were in constant communication with each other throughout the district and throughout the night." Bradley made stops at six of the maintenance facilities in her district. She was struck by the presence of a true sense of camaraderie among the crew members. "Our guys are real troopers! They took their mission very seriously. They were there to get the job done and still managed to relish the adventure."

During weather emergencies all road crews are in regular contact with district office management teams, who, in turn, regularly communicate with the Kentucky Transportation Operations Center (TOC) in Frankfort. Measures are also in place to enable the TOC to get reports directly

(Cont. to B-7)

Merry Christmas

from my family to yours!



David, Tina & Dalton Gibbs
Magistrate District #1

Paid for by David Gibbs

MERRY Christmas

May you and the ones you care for enjoy a happy and healthy holiday season.



Kelley Hoskins, Christi Bradley, Cindy Lou and Perry Noe, Matt Mullins.
Not pictured is Robert Miller.

Mt. Vernon Automotive

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Darlene Holt - Sarah Myers - Ashlee Hubbard - Alicia French
Kayla Collins - Ainsley Bussell - Hillary Davis - Ashley Dollins
Stephanie McClure - Shane Frederick - Jon Wentzel
Brenda Thornton - Coty Howard - Josh Lovell



U.S. 25 North - Mt. Vernon - Below Wendy's
Phone 256-5079 for Godfather's Pizza
& 256-1083 for SUBWAY
Closing at 3 p.m. Christmas Eve • Closed Christmas Day

Celebrate New Year's Eve at a Kentucky State Resort Park

On New Year's Eve, visitors to Kentucky's State Park Resorts can demonstrate their "Unbridled Spirit" in a variety of ways, including solving a murder mystery, clogging, rolling back the clock to the 1950s, or simply dancing the night away and enjoying a good meal.

Following is list of the parks and events:

Barren River Lake State Resort Park - New Year's Eve Family Celebration

The New Year's Eve package at Barren River Lake in Lucas, Ky., includes one night's lodging, crafts, snacks, games, and a DJ with

karaoke. Entertainment begins at 7:30 p.m. The cost is \$99 for a family of four. This is a family-oriented event. No alcoholic beverages will be permitted.

Buckhorn Lake State Resort Park - New Year's Eve Sock Hop

Roll back the clock to 1950 with a sock hop at Buckhorn State Resort Park. Contests, such as the best 50s attire, the best 50s hairdo, the twist, the hula-loop, and the limbo, will be held hourly with prizes awarded. The package includes one night's lodging, dinner, dance, and party favors for \$129 per couple. Guests can stay Dec. 30, 2005, or Jan. 1, 2006, for

only \$30 more.

Carter Caves State Resort Park - New Year's Eve Getaway

Enjoy a peaceful weekend getaway in a beautiful natural setting at Carter Caves State Resort Park in Olive Hill, Ky. Guests who stay Friday night at the Lewis Cave Lodge can add Saturday night for free. The restaurant at Carter Caves will be serving specials, including a 10-ounce prime rib with ajus sauce or a 10-ounce stuffed baked herb chicken breast. Guests also can order from the menu. Tours of X-cave and/or Cascade Cave will be offered. Lodge and cottage guests can take a cave tour at child prices. For shoppers, there will be 10 percent off at the gift shop on Kentucky handicrafts and Carter Caves' souvenirs on both days.

Dale Hollow Lake State Resort Park - New Year's in the Hollow

Bring in 2006 with a belly laugh at Dale Hollow Lake State Resort Park in Burkeville, Ky., where the New Year's Eve package includes a comedy show called "New Year's News" by Upright Productions, a prime rib dinner, party favors, and a breakfast buffet for \$149.99 per couple. The cost is \$79 per couple for dinner and the comedy show only. A dance, sponsored by Terry Murphy, will be held following the comedy show. Admission to the dance is not included in the package prices.

Jenny Wiley State Resort Park - New Year's Eve Murder Mystery Night

Bring your curiosity and solve a murder mystery on New Year's Eve at Jenny Wiley State Resort Park in Prestonsburg, Ky. Audience members will participate in the investigation to find the culprit. The cost is \$115 per couple, and includes lodging, dinner and entertainment. The cost for dinner and the show only is \$35 per person. A table of eight or 10 is available for \$205 and \$255, respectively.

Kentucky Dam Village State Resort Park - New Year's Eve Getaway

For \$69.99 per couple, guests can stay the night and enjoy the dinner buffet at Kentucky Dam Village in Gilbertsville, Ky.

Lake Barkley State Resort Park - Barkley Bash

The New Year's Eve package at Lake Barkley State Resort Park in Cadiz, Ky., features one night's lodging, a prime rib dinner for two, a dance with a great band, beautiful views, and a country ham breakfast the next morning for \$199 per couple. Guests can stay an additional night stay for only \$39.

Lake Cumberland State Resort Park - New Year's Eve Celebration

Guests can stay for two nights at Lake Cumberland State Resort Park in Jamestown, Ky., and enjoy breakfast Saturday and Sunday and a special evening buffet on Saturday evening for \$179 per couple. A dance featuring a DJ and karaoke will be held Saturday night. The cost of the dance is \$30 per couple or \$20 per individual. For the Saturday night buffet only, the cost is \$18.95 per person.

Natural Bridge State Resort Park - New Year's Day Hoedown - Jan. 1

Kick off the New Year with the Eastern Kentucky tradition of clogging on Jan. 1 at the Natural Bridge State Resort Park in Slade, Ky. Clogging Hall of Famer Richard Jett will oversee the activities, which run from 6:30 p.m. to 10 p.m. at the Natural Bridge Activities Center. The cost is \$2 for adults and free for children.

Pennyrile Forest State Resort Park - New Year's Eve Celebration

At Pennyrile Forest State Resort Park in Dawson Springs, Ky., guests can enjoy a night's lodging, a buffet dinner for two, party favors, a dance with a DJ, finger foods, and a continental breakfast for \$89 per couple. Alcohol will not be permitted.

Rough River Dam State Resort Park - Family New Year's Eve Celebration

Guests can watch the New Year countdown on big screen televisions after an evening of dancing and dining at Rough River Dam State Resort Park in Falls of Rough, Ky. The New Year's package includes one night's lodging, a prime rib dinner buffet, a breakfast buffet on New Year's Day, and the evening entertainment, featuring live music, dance, party favors, finger foods, and other performers and activities, for \$129 for a family of four. Dinner and dance only packages are available for \$65 per couple and \$10 for each additional child ages 6 to 16.

"Storm Crews"

(Cont. from B-6)

from the crews in their trucks. Through the 511 system the TOC keeps the public informed about road conditions all across the Commonwealth. While each step in this process is very important to travelers, no effort is more appreciated than that put forth by the "real storm troopers" from each maintenance garage.



Happy 14th Birthday Shyama Bowling! Love - Mom



Jessica McWhorter and Greg Durham would like to announce the birth of their son, Jacob Edward Durham born at Lake Cumberland Regional Hospital Saturday, December 3, 2005 weighing in at 7 lbs. 12 1/2 ozs. and was 20 1/2 inches long.



Hi, my name is Haley. I celebrated my second birthday on December 5th. I want to thank my family for a great party and great gifts, too! A special thanks to my big brother, Hayden. My proud parents are Shawn and Gari Sue Thacker. My grandparents are Gary and Paulette Wilson of Brodhead and Wendell and Patty Thacker of Mt. Vernon.



Happy Birthday Tina Galt! Love - The Family



Curtis and Ginger Cash, of Brodhead, would like to announce the birth of their first child, a daughter, Madison Paige Cash was born October 6, 2005 at 12:01 a.m. She is the granddaughter of Charles and Claudina Cash of Brodhead and Tommy H. and Lora Lee Mink of Mt. Vernon.



Danielle Martinez and James Curry announce the birth of their daughter, Makenzie, born September 24, 2005. She weighed 7 lbs. 7 ozs. at birth. She was welcomed home by grandparents, Buck and Jay Kirby of Mt. Vernon and Godparents, Sarah Parsons and Michael Ramsey.

With Our Gratitude

To all our friends we hold so "deer," a very Merry Christmas and a Happy New Year.

Thank you for your kind patronage.

Joseph B. Clontz, CPA
Main St. • Mt. Vernon • 606-256-3623

Merry Christmas

Front: Taylor and Anna Back: Betty, Keith, Nathan and Dana
Family members not present: Gage, Randy and Amber

We're counting our blessings this holiday season, and your kind friendship is among them.

With thanks and best wishes from our family to yours for a very Merry Christmas and a healthy, prosperous new year.

ROCKET AUTO WASH EXPRESS

Between KFC & McDonalds

Have a Happy and Healthy Holiday!

We're dispensing our best wishes and they include a large measure of thanks to our loyal customers. We truly appreciate your trust in us.

Front row from left: Sandra Durham, Alma Hoggard and Vernie Conner. Back row from left: Tracy King, Scott Barnes, Tim Young and Renee Barnes

Young's Pharmacy
Main St. • Mt. Vernon • 606-256-4613

Covering the uninsured is topic of panel discussion on upcoming KET program

The problem of uninsured citizens was the focus of the Kentucky Long-Term Policy Research Center's 12th annual conference in Louisville in November. Viewers can hear what a panel of experts at the conference had to say about the problem in Dilemma Deferred: Covering the Uninsured, airing Monday, Dec. 26 at 8/7 p.m. CT on KET1. Bill Goodman hosts.

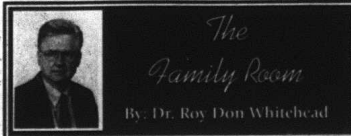
The growing population of uninsured people both in Kentucky and nationally is driving health insurance costs upward at a rate of 12.2 percent a year over the past five years. There often are unacknowledged social costs with the uninsured population, from the enormous cost of charity care borne by providers to the lost quality of life and higher rates of disability, morbidity and mortality for the uninsured.

In the program, the panel looks at diverse state initiatives that are working to cover the uninsured as well as perspectives from policymakers on how best to solve the problem. Guests appearing on Dilemma Deferred: Covering the Uninsured include Rep. Jody Richards, D-Bowling Green, Speaker of the Kentucky House of Representatives; Rep. Steve Nunn, R-Glasgow, vice-chair of the Kentucky House Health and Welfare Committee; David Addison, president

and CEO of the Kentucky Chamber of Commerce, Jude Thompson, president of Anthem Blue Cross and Blue Shield of Kentucky; Dr. Sheila Schuster, executive director of the Kentucky Mental Health Coalition and founding member and co-chair of the Kentuckians for Health Care Reform; and Matt Bassett, chief of staff in the Cabinet for Health and Family Services and advisor to Gov. Ernie Fletcher.

Adding perspective from outside Kentucky are Adam Thompson, legislative and constituent liaison for the Maine Governor's Office of Health Policy and Finance; Michael Hales, assistant director of the Utah Division of Healthcare Financing; Mary Frances Sabo, senior insurance policy examiner for New York State Insurance Department; Sally Richardson, West Virginia Institute for Health Policy Research; and Dr. John Holahan, director of the Health Policy Research Center at the Urban Institute.

Dilemma Deferred: Covering the Uninsured is a KET production, produced by Renee Shaw. The program is closed-captioned for the deaf and hard-of-hearing. Viewers can find out more about programming on KET's six digital channels by visiting the KET Web site at www.ket.org.



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

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

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

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

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

Sunday School stories still linger in my mind about Bethany: that greasy about Jesus teaching Mary and Martha, and the even greater story about Jesus raising Lazarus, their brother, after he had been dead for days. Bethany is a famous place.

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

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

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

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

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

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

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

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

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

Email the Signal at mvsignal@alltel.net

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Continued Investment Bond, through U.S. Dept. of Labor administered by the Labor-Union Development Fund, Inc. with Member Services. For details, see Equal Opportunity Employer Program and complete job and salary schedule upon request to individual with disabilities.

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|---------------------------------------------------------------|-----------------------------------------------------------------|
| CHEAPER BY THE DOZEN 2 1:40 4:05 6:55 9:25 11:15 | FUN WITH DICK & JANE 2:00 4:15 7:05 9:15 11:20 |
| RUMOR HAS IT 1:30 4:25 7:15 9:25 11:20 | CHRONICLES OF NARNIA 1:30 4:10 6:45 9:25 |

**BOX OFFICE OPENING MON. - THURS. 5:30 P.M.
FRI. - SUN. 1:00 P.M.**

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|-------------------------------|----|------|------|------|-------|-------|
| CHEAPER BY THE DOZEN 2 | PG | 1:40 | 4:05 | 6:55 | 9:05 | 11:15 |
| FUN WITH DICK AND JANE | PG | 2:00 | 4:15 | 7:05 | 9:15 | 11:20 |
| RUMOR HAS IT | PG | 1:30 | 4:25 | 7:15 | 9:25 | 11:20 |
| CHRONICLES OF NARNIA | PG | 1:30 | 4:10 | 6:45 | 9:25 | |
| THE RINGER | PG | 1:45 | 4:30 | 6:50 | 9:10 | 11:15 |
| FAMILY STONE | PG | 1:55 | 4:20 | 7:10 | 9:20 | 11:20 |
| KING KONG | PG | 1:35 | 5:15 | | 8:45 | |
| KING KONG | PG | 2:10 | 7:00 | | 10:45 | |

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The Ringer opens on Friday, December 23rd
Rumor Has It opens on Sunday, December 25th

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Jackson Energy Cooperative (JEC) is seeking an Apprentice Line Tech I for the London, Ky. area. Must be high school graduate or have G.E.D. Vocational training in basic electricity or electrical theory is preferred.

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Help Wanted: Avon Rep. needed. Earn up to 50%. Call toll free 1-800-428-9456. Weekends, call 606-256-9791. 41xntf

Activities Director Wanted: Activities Director needed for Rockcastle County Day Health Care. Please apply at the Mt. Vernon Senior & Health Care Center or send resume to Rockcastle Co. Senior Citizens, P.O. Box 691, Mt. Vernon, KY 40456. For more information, call Sherry at 256-4316. EOE

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

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Notices

Notice is hereby given that Albert J. Leach, 8303 Science Hill Ct., Louisville, Ky. 40228 has been appointed administrator of the estate of Mary E. Leach on the 12th day of December, 2005. Any person having claims against said estate shall present them, according to law, to the said Albert J. Leach or to Hon. William D. Gregory, P.O. Drawer 220, Mt. Vernon, Ky. 40456 on or before June 12, 2006. 8x3

Posted

Posted: No fishing, hunting, trespassing or 4-wheeling on property belonging to James and Juanita Chastain on Bradley Pk Rd at 12x5p

Posted: No hunting or trespassing of any type on land belonging to Scott Anglin in New Hope, Green Pond Ridge or Jolietta area. Violators will

be prosecuted. Not responsible for accidents. 41x26p

Posted: No hunting, trespassing or ATV's on land belonging to Victoria Reese at Roundstone. Not responsible for accidents. 45fn

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

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

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

Posted: No hunting or trespassing on property owned by Doug and Judy Brock known as Brock's North Hill Farm at Mareburg consisting of the Swainey Place, Brock Place, Henley Farm. 3fn

Posted: No hunting, fishing or trespassing on property belonging to Mark and Debbie Cummins. 40fn

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Commonwealth of Kentucky 28th Judicial Circuit Rockcastle Circuit Court • Division II Civil Action No. 05-CI-00157

Mortgage Electronic Registration System, Inc., as Nominee and Netbank Plaintiff

v.

Ronald Hess, Jr., Kayla N. Hess, Brenda J. Mink, Linda J. Durham, The Unknown Defendants, Being the Unknown persons, if any, who may be claiming an interest in the subject property by and through or under Linda J. Durham Defendants

NOTICE OF SALE

Pursuant to a judgment and order of sale entered in this action on November 2, 2005, for the purpose of satisfying the judgment against the defendants in the amount of SEVENTY SIX THOUSAND FIFTY SIX DOLLARS AND 71/100 (\$76,556.71) plus interest, costs and attorney fees, I will offer at public auction the hereinafter described real property in Rockcastle County, Kentucky

At the Courthouse on East Main Street Mt. Vernon, Kentucky on Thursday, December 22, 2005 Beginning at the Hour of 2:00 p.m.

Beginning at a 1/2" conduit with plastic cap stamped RLS 42773 in the North right of way of Highway No. 1505 and being a corner to Rosalia Mink; thence going with said right of way 5.79 deg. 35'59" E 85.30 feet to a 1/2" conduit with plastic cap stamped RLS 42773 in being the right of way and corner to Earl Adams; thence going said right of way going by the Adams line N 01 deg. 55' 41" E crossing the Boozer's Ford Creek and going all at 298.59 feet to a notch in rock cliff said being on the North side of creek in the line of Frith Subdivision and corner to Earl Adams; thence going with the line of Frith Subdivision and North side of Creek 5.68 deg. 10'45" E 91.51 feet to a notch in rock cliff, said point being on the North side of creek in the line of Frith Subdivision and a corner to Rosalia Mink; thence going with the line of Mink 5.02 deg. 00'00" W crossing the creek and going in all 249.19 feet to the point of beginning and containing 0.53 acres.

Being the real property which Ronald Hess, Jr. and wife, Kayla N. Hess, obtained by deed dated October 22, 2004 of record in Deed Book 202, page 120, in the Office of the Rockcastle County Clerk.

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

1. The real property shall be sold for cash or upon a credit of thirty (30) days with the purchaser required to pay a minimum of twenty five percent (25%) of the purchase price in cash on the date of sale and to secure the balance with a bond approved by the Master Commissioner.
2. The bond shall bear interest at the rate of twelve percent (12%) per annum until paid in full. The bond shall have the force and effect of a judgment and shall be and remain a lien upon the property sold as additional surety for the payment of the purchase price.
3. Unpaid taxes or liens of record at the time of entry of judgment shall be paid out of the proceeds of the sale.
4. Full satisfaction of the co-plaintiffs' judgment shall be paid from the sale proceeds.
5. The purchaser shall have possession of the real property upon compliance with the terms of the sale.
6. In the event the co-plaintiffs are the successful bidder and the sale price does not exceed the amount of the co-plaintiffs' judgment, no deposit or bond shall be required.
7. The sale shall be made subject to all easements, set back lines, restrictions or covenants of record or otherwise and shall be sold as is.

Willis G. Coffey, Master Commissioner Rockcastle Circuit Court

Commonwealth of Kentucky 28th Judicial Circuit Rockcastle Circuit Court • Division II Civil Action No. 04-CI-00409

Union Federal Bank of Indianapolis Plaintiff

v.

Rick L. Fansler and Vanessa Fansler Defendants

NOTICE OF SALE

Pursuant to a judgment and order of sale entered in this action on October 24, 2005 for the purpose of satisfying the judgment against the defendants in the amount of EIGHTY ONE THOUSAND FORTY EIGHT DOLLARS AND 78/100 (\$81,048.78) plus interest, costs and attorney fees, I will offer at public auction the hereinafter described real property in Rockcastle County, Kentucky

At the Courthouse on East Main Street, Mt. Vernon, Kentucky on Thursday, DECEMBER 22, 2005 Beginning at the Hour of 2:15 p.m.

Beginning at a stake in the County Road north of Fairview Cemetery bearing as follows: N 78 E 9 chains 10 links to Webb's line; thence with Webb's line S 16 W 0.49 chains to a stake; old white oak now down; thence S 24 1/2 W 6.20 chains to a chestnut oak on cliff; thence S 6 1/2 W 2.35 chains to corner of Fairview Cemetery; thence with line of cemetery S 86 W 1.90 chains to county road; thence with the road N 71 1/2 W 6.62 chains to the beginning containing 4 1/2 acres, more or less.

There is excluded from this boundary the following parcel of land, which is hereby reserved by grantors, Jesse E. Mullins and Mary Katherine Mullins for use as a graveyard and being fully described as follows:

Beginning on a 1/2" conduit with plastic cap stamped RLS 42773 corner to Jesse Mullins and in the line of Fairview Cemetery, said point being N 96 degrees 40'00" E. 107.57 feet from a found iron pin in the East right of way of Old State Road and a corner between Jesse Mullins and Fairview Cemetery; thence going with the line of Jesse Mullins the following calls: N 08 degrees 52'05" W, 40.77 feet to a chain link fence post set in concrete; S 84 degrees 21'38" E, 44.29 feet to a chain link fence post set in concrete; S 11 degrees 27'11" E, 42.24 feet to a chain link fence post set in concrete corner to Jesse Mullins and in the line of Fairview Cemetery; thence going with the line of Fairview Cemetery S 86 degrees 00'00" W, 46.22 feet to the point of beginning and containing 0.04 acres.

Being the real property which Rick L. Fansler obtained by deed dated June 3, 2000, executed by Van Porter, et. ux, of record in Deed Book 180, page 154 in the office of the Rockcastle County Clerk.

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

1. The real property shall be sold for cash or upon a credit of thirty (30) days with the purchaser required to pay a minimum of ten percent (10%) of the purchase price in cash on the date of sale and to secure the balance with a bond approved by the Master Commissioner.
2. The bond shall bear interest at the rate of twelve percent (12%) per annum until paid in full. The bond shall have the force and effect of a judgment and shall be and remain a lien upon the property sold as additional surety for the payment of the purchase price.
3. Unpaid taxes or liens of record at the time of entry of judgment shall be paid out of the proceeds of the sale.
4. The purchaser shall be responsible for the 2005 local, county and state property taxes.
5. The purchaser shall have possession of the real property upon compliance with the terms of the sale.
6. The purchaser shall have possession of the real property upon compliance with the terms of the sale.
7. In the event the plaintiff is the successful bidder and the sale price does not exceed the amount of the plaintiff's judgment, no deposit or bond shall be required.
8. The sale shall be made subject to all easements, set back lines, restrictions or covenants of record or otherwise and shall be sold as is.

Willis G. Coffey, Master Commissioner Rockcastle Circuit Court



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Corey Craig, Jon Adams and Vicki Petrey.

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John Hopkins, Tonya Branscum, Tarina Helton,
Carol Bryant, Tamey Howard, Virginia Hansel,
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Front row from left:
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Kim Daugherty and Violet Cash.

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Tara Barnett, Blanche Johnson
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Front row from left:
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Mount Vernon Signal

Third Section

Thursday, December 22, 2005

Larry Travis brought football to Rockcastle County

By David W. Owens
In 1957, Dwight D. Eisenhower was president and A.B. Happy Chandler was governor. Father Knows Best was the top rated television show while the Evers brothers hit "Bye Bye Love" and "Wake Up Little Suzie" topped all record sales. Leonard Bernstein's "West Side Story" debuted on Broadway. Iron Liege won the Kentucky Derby. Mickey Mantle was named the American League MVP. The Soviet Union launched Sputnik and — Larry Travis, an industrial arts teacher at Mt. Vernon High School, launched the first football program in Rockcastle County.

The Mt. Vernon Red Devils, under Coach Travis' guidance, joined the Blue Grass Six-Man Football Conference. Besides the Red Devils, the conference included; Paint Lick Cardinals, Camp Dick Robinson Generals, Berea Pirates, Wilmore Bears, Perryville Rebels, and the Burgin Bulldogs.

Six-man football was derived from the eleven-man game by Stephen Epler in 1933, for smaller school districts across America that did not have the student enrollment and finances to support eleven man football programs. Six-man football was played in four 10 minute quarters on a playing field 80 yards long and 40 yards wide with a 10 yard end zone at each end. The rules required both the offense and defense to align 3 players on the line of scrimmage and 3 players in the backfield. All the other rules were the same as eleven man football except the following; teams had four downs to make 15 yards for a first down; all infractions resulted in 15 yard penalties; touch backs were brought out to the 30 yard line; successful points after touchdowns were scored two for a kick and one for a run or pass.

But just how did football come to Rockcastle County? According to Coach Travis, prior to coming to teach at Mt. Vernon, he had taught at Danville High School in Boyle County where he was the Junior Varsity football coach. In the 1954 school year, students Charles B. Farris, Jimmy Cox, and Penny Nunneley approached Coach Travis and told him that they, and other students, had been playing "barneyard football" on Saturday afternoons and had a keen interest. They asked if (Coach Travis) would represent them in presenting a request to the Mt. Vernon School board to start a football team.

Coach Travis said he made no promises to the boys but he listened to the subject and concluded it would be a good thing for the boys to get involved with. Upon further reflection, he surmised that the start-up costs for an eleven-man program

would probably be beyond the school's budget so he investigated the costs of starting a six-man program, using nearby Berea High School as a model. Berea had dropped down from eleven-man football to join the six-man Bluegrass Conference in an effort to cut lower costs and be more competitive.

Soon Coach Travis had a written proposal with estimated costs for 15 uniforms, two footballs, two goals posts and one blocking dummy, and presented it to then Superintendent Clyde Linville. He stated he received a mild warming to the idea and soon he, along with Linville and Mt. Vernon School Principal William Landrum made a trip to Berea to watch a Berea football game and observe the six-man game and gather information. After talking with Berea officials Mr. Linville discovered the costs of a six-man program was not nearly as high as he had envisioned and allowed Coach Travis to present his motion before the school board.

Coach Travis was surprised to find some initial interest in the proposal and began to think, "This thing may just get off the ground." A committee was formed to brainstorm the idea. First thing was to survey the student body on whether they would support such an athletic endeavor and the response was overwhelmingly positive.

Soon another trip was planned for the committee to accompany Coach Travis to Berea and witness a game to see what this six-man football was all about.

The following week the committee, after much thought, met and voted to approve Coach Travis' idea for a six-man football team to be started at Mt. Vernon High School and later published the following announcement in the Mt. Vernon Signal:

"Let's Go To The Game!" We the officials at Mt. Vernon High School have debated, discussed and finally decided to allow the school to go into six-man football. Work has begun on forming a team and marking off a field. Uniforms have been purchased and a schedule has been set. About all that remains are bleachers, much needed lights for night playing, the whistle and the kickoff, with the latter scheduled for Sept. 6th. When we first heard, we treated football at Mt. Vernon High School with coolness, to say the least. We were of the opinion that the school was "in enough" sports already, so why take on more. We felt Mt. Vernon was not Lafayette of Lexington, Corbin or St. Xavier of Louisville.

We saw six-man football as only a reasonable facsimile for eleven-man football and failed to see its benefit to the school, faculty or students. We were of the opinion that if Mt.

Vernon was to go into football it should go into big-time high school football with the same opportunities and chances it has in basketball. We also saw football as extremely expensive to the school.

Then we made our first discovery. We discovered six-man football was the game Berea were jamming a field at Berea to see last fall. For a closer look, we sat in the bleachers. We discovered six-man football was not a second rate game. It was down, right interesting and exciting. We discovered also the game generated a great deal of enthusiasm and sportsmanship in all concerned.

On investigation, we discovered more. Six-man football was not nearly as expensive as eleven-man football. At other schools it has paid its way many times over. At these schools officials look amazed when it is suggested the school loses money on six-man football. Then we decided Mt. Vernon could well afford the addition of football. In fact, the more we heard and saw of the game, the more convinced we were that Mt. Vernon could and should give the game a try.

So, the board, do not think for a second that Mt. Vernon will begin its competition in the Blue Grass Conference with an all-win record in the first season. To play a game such as this, youngsters must grow up with it as they have grown up with basketball. But Mt. Vernon youngsters, for years, have felt seriously they have missed a great deal by not knowing and participating in the game of football. They want very badly to give it a try. They have always wanted some form of the game.

We predict Mt. Vernon residents are going to be surprised if only a few of them turn out for the games this fall even though the games are to be played for part of the season on Friday afternoons. They will probably be our numbered guests by fans from other towns cheering for their more established teams. So parents, get out the hand-ouids and the alcohol swabs for junior. But better a football field than an auto on U.S. 25. Oh yes, we'll see you at the game. Signal Superintendent Clyde Linville, Principal William Landrum, Director of Pupil Personnel Myrtle Bryant.

Board members: L.D. Bryant, Chairman, N.M. Smock, W.C. Dowell, Eugene Stokes, Gordon Graham, and R.B. McKenzie-Treasurer. The Red Devils conducted their first official practice on August 12th,

immediately after the school day. Coach Travis said his first concern was getting the boys in shape. "I didn't want to get any one hurt and we never had any serious injuries. Gosh, I ran the far out of them. We used to run the boys up and down the hill there by the field. We really focused on fundamentals—block left, block right, hit low, wrapping up, that kind of thing. I even had them doing some Indian type wrestling holds to teach them to get in there tight and get physical-trying to get some football in them." Paul Thomason echoed Coach Travis' comments. "He sure ran our legs off—duck walk, bear

crawl, sprints. I remember doing all that stuff. He was tough but he got you in shape and ready to play"

The Red Devils played their first game of their inaugural season at home against the Paint Lick Cardinals who were also playing their inaugural season as well on September 6th. The game was played on Friday at 1:30 p.m. because the school had not yet installed its recently purchased lights for night-time play. After giving his team final instructions and inspiration the Red Devils starters trotted onto the field for the first time. The Red Devils line was anchored by center Jerry

Hansel flanked by ends Billy Davis and Charles Bennett Farris. The backfield was composed of quarterback Jimmy Fain, fullback Penny Nunneley and halfback Wendell Williams, who was also the team captain.

Although nervous and unsure of themselves, the Red Devils were ready to start. The following is a report of the game as recorded by then Mt. Vernon Signal sports editor Lyle Underwood.

Football Team Wins Game From Paint Lick 12 to 6
"Fain to Williams two times and (Cont. to C6)



Members of the 1957 Mt. Vernon High School football team are shown above, front row from left: manager Bud Cox, Lloyd Fain, Darrell Stepp, Jimmy Fain, Lester Sandusky, Captain Wendell Williams, Paul Thomason and Oscar Fain. Second row from left: Coach Larry Travis, Hewitt Witt, Jerry Hansel, Charles Bennett Farris, Junior Estes, Billy Davis, co-captain Penny Nunneley, Jim Cot, and manager Jerry Cox.



Members of the undefeated 1963 Mt. Vernon team coached by Larry Travis are shown above, front row from left: Jerry Hodges, Earl Price, Tommy Moore and Donald Nelson. Second row from left: Bill Price, Ronnie Reppert, Jimmie Whittaker, Jerry Hines, Charles Norton, Tommy Hodges, Joe Mullins, George Griffith, Jerry Makin and James Davis. Back row from left: Coach Travis, Bobby Hayes, Nicky Williams, Shannon Hellard, Charles Machal, Douglas Ricketts, Larry Towers, A.B. Thompson, Jimmy Kendrick, asst. coach Berry.

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Many volunteered for 2005 Roadside PRIDE

I want to take this opportunity to thank all of the people who volunteered during the 2005 Roadside PRIDE Competition. A grand total of 767 bags of trash, 211 tires, and 6 gas tanks were picked up by 190 volunteers who worked a total of 594.5 hours cleaning 18.72 miles of roadside and approximately 2 miles of the Rockcastle River and approximately 5 mile of Roundstone Creek as well as inside 1 cave on Mullins Station Rd during the month of October 2005. This does not include the totals from the cities of Mt. Vernon and Livingston. This was a tremendous effort put forth by concerned citizens who wanted to improve their communities.

The names of those local citizens participating are as follows: Joyce Gabbard, Don Gabbard, Mike Gabbard, Julia Gabbard, Ingrid Gabbard, Jerry Bradley, Peggy Bell, Carolyn Brandenburg, Eugene Brandenburg, Irene B., Mike Stephens, Bobbie Playborth, Judy Bruner, Casey Dillingham, Keith Gilbertson, Peggy Snyder, Alissa Snyder, Mickel McDaniel, Aaron Fleming, Teresa Vanzant, Lonnie Vanzant, Stephanie Hurst, Rachel Dobbs, Erika Dobbs, Carly Brinson, Chris Hurst, Joshua Willis, Faith Spies, Linda Doan, Anna Poynter, Cassie Poynter, Lancey Poynter, Angie Poynter, Walter Malone, Luke Mullins, Kelly Poynter, Marlon Barnett, Erik Jordison, Beth Eaton, Jesse Mullins, Kevin Mullins, Lloyd Jordison, Susan Jordison, Austin Jordison, Reverend Vaughn Rasor, Angela Mullins, Mark Spencer, Deb Blodcoe, Edna Renner, Stephanie Holland, Zoey Holland, Crystal Stewart, Jalon Stewart, Dustin Sizemore, Marlene Miller, Amanda Miller, Joshua Miller, Jim Ritchey,

Clyde K. Lawson, Sabra Lawson, Elvin Bowman, Noel Staggs, Joe McIntosh, Elaine Spencer, Tommy Spencer, Thomas Spencer Sr, Ronnie Sears, Steve Owens, Lynn Tatum, Vicki Chasteen, Willie Martin, Ron Wesley, Darrell Falin, Wayne Miller, Don Bradley, Jon Kerns, Sebrina Sturm, John Partin, Misty Pullian, Corney Hopkins, Larry Mullins, Jeff DeBord, Tom Poynter, and Scott Powell.

There were also some groups that participated in cleaning up our county that were not from here and they are listed as follows:

University of Notre Dame Students: Lindsay Meyer, Mel Bauista, Gabriela Cobos, Ernesto Gloria, Erin Meyers, Eileen Murphy, David Nemer, Tim Stawicki, James Welle, and Dianna Zoche.
 Rockcastle Karst Conservancy, Inc: Bill Addington, Thor Bahrman III, Wayne Barton, Ken Bonenberger, Daniel Bower, Jerry Brandenburg, Janine Brown, John Cassidy, Tama Cassidy, Hutson Combs, Gerald Dixon, James Dixon, Bob Dobbs, Cindy Dobbs, John Ellerbrock, Alan Fearday, Traci Fearday, Joe Gibson, Chris Hacker, Kenny Hodges, Kim Hodges, Austin Hodges, Mike Huseman, Vicki Huseman, Pat Hutson, Joetta Hutson, Werner Jud, Neena Jud, Matt Keller, Leanne McHenry, Andy Niekamp, Lisa Pruitt-Thorner, Michael Rezesstock, Dalene Smith, Leah Stick, Pete Stow, Dana Sutherland, Mike Wuerth, Pat Yuellig, and Robert Yuellig.

Wilderness Volunteers: Ernest Baird, Frank Burberry, Cynthia Cooke, Jim Fox, Rex Gresham, and Bob Sherrick.

And last but certainly not least, I
 (Cont. to C-3)



Brindlee Ridge Volunteer Fire Dept.



Christian Appalachian Project



Concerned Citizens of Scaffold Cane.



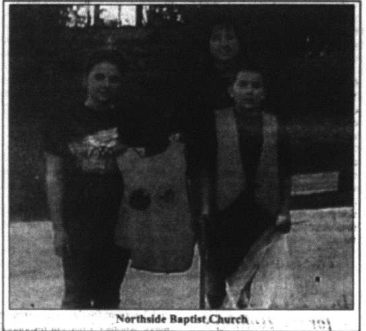
Wilderness Volunteers



Dogwood Gifts and Crafts



Fairview Baptist Church.



Northside Baptist Church.

Merry Christmas

Circuit Judge Jeffrey T. Burdette and family wish everyone a very Merry Christmas and Happy New Year. God Bless You.



Jeffrey T., Tricia, Thomas and Zoe Burdette



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 and January 2nd for the holidays

Travel will increase during the holidays

Americans will travel in potentially record numbers this Christmas-New Year's holiday, despite travel costs that are up nearly across the board, according to AAA. AAA estimates that 63.50 million Americans will travel 50 miles or more from home this holiday, a 1.7 percent increase from last year's 62.42 million travelers.

"Double-digit increases from last year in hotel rates, air fares, and gas prices won't keep Americans from traveling in record numbers over the holidays," said AAA spokesperson Lilla S. Mason. "Even with two great Christmas getaway spots - Cancun and New Orleans - still recovering from hurricanes, more than 63 million of us will hit the skies, seas, and highways for the holiday."

Approximately 51.54 million travelers (81 percent of all holiday travelers) expect to go by motor vehicle, a 1.7 percent increase from the 50.68 million who drove a year ago. Holiday auto travelers will find gas prices nationwide currently averaging \$2.18 for a gallon of self-serve regular gasoline—down nearly 90 cents from the records set over Labor Day weekend, but still 31 cents higher than a year ago.

Another 8.75 million (14 percent of holiday travelers) plan to travel by airplane, up 1.6 percent from the 8.61 million that flew over the holidays last year. A projected 3.21 million travelers (5 percent) will go by train, bus, or other mode of transportation, up slightly from 3.13 million a year ago.

"Airports will stay busy across Christmas, Hanukkah, and New Year's as Americans visit family, escape to tropical islands, head for cruise ships, hit the ski slopes, and more for the holidays," said Mason. "Unlike the obligatory trips to visit relatives at Thanksgiving, December offers a chance for people to take real vacations."

In addition to highest-ever yuletide pump prices, travelers will face much higher prices for hotels and airfares, according to AAA's Leisure

Travel Index. Holiday hotel rates are up 14 percent for AAA-rated Three Diamond hotels, as strong demand allows hoteliers to raise rates to near their Christmas 2001 peak. Airfares are up 11 percent from last year, but remain below their peak levels during the 2000 holidays. Rental car rates are down on average about 2 percent from their top prices last Christmas.

"Travelers waiting to make Christmas plans until the last minute are finding much higher rates and fewer options," said Mason. "Hotel, airline, and car rental reservations made at aaa.com for this holiday period were booked an average of 53 days in advance - nearly double last year's 29-day lead time."

"Where are travelers headed? The top 10 destinations for hotel bookings at aaa.com for the last two weeks of December are: 1. Orlando; 2. Las Vegas; 3. Los Angeles/Anaheim; 4. New York City; 5. San Francisco; 6. San Diego; 7. Chicago; 8. Ft. Lauderdale; 9. Boston; and 10. Nashville.

The greatest number of Christmas-New Year's auto travelers will originate in the Southeast with 13.34 million, followed by the West, 13.11 million; Midwest, 10.35 million; the Great Lakes, 8.19 million; and the Northeast, 6.54 million.

The Southeast is expected to produce the largest number of air travelers with 2.59 million, followed closely by the West with 2.54 million; then the Northeast with 1.68 million; Midwest with 1.06 million; and Great Lakes with \$70,000.

Most travelers will avoid the high hotel rates, with 69 percent of holiday travelers expect to stay at a friend or relative's home. Hotels and motels are a distant second at 22 percent, followed by cabin/condo, 4 percent; camper/trailer/RV/rent, 1 percent; other, 1 percent; no overnight stay, 1 percent; and didn't know, 2 percent.

Small towns and rural areas are the expected destination for 37 percent of holiday travelers, followed closely by cities, 35 percent. Oceans and beaches should see 11 percent of travelers, followed by mountain areas, 8 percent; 2 percent for lake areas, 2 percent for state/national parks and 2 percent for theme/amusement parks. Another 3 percent responded with other and 1 percent didn't know.

Research for Christmas-New Year's holiday travel is based on a national telephone survey of nearly 1,400 adults by the Travel Industry Association of America, which conducts special research for AAA.

As North America's largest motor and leisure travel organization, AAA provides to more than 48 million members with travel, insurance, financial and automotive-related services and member-only savings. Since its founding in 1902, the not-for-profit, fully tax-paying AAA has been a leader and advocate for the safety and security of all travelers.

"PRIDE"

(Cont. from C-2)

would like to thank my Pride Committee Members Carolyn Brandenburg and Lynn Tatum for all of their hard work and the tremendous amount of time that they put into this campaign. And I would also like to thank McNew Monuments,

Marlene Lawson of Farm Bureau Insurance and Mt. Vernon Pizza Hut for donating to the Volunteer Appreciation Dinner.

I apologize in advance for any misspellings or if I have omitted anyone.

Thanks for all of your help! James Renner, Rockcastle County Solid Waste Coordinator and PRIDE Coordinator



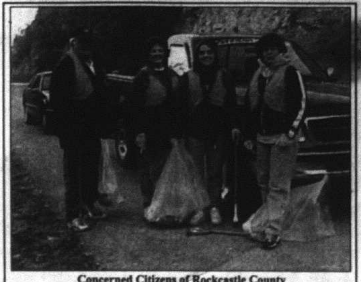
Concerned Citizens of cleftRock



Noire Dame students



Pine Hill Missionary Baptist Church



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The Signal office will be closed Dec. 23rd - Jan. 2nd for the Holidays

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Season's GREETINGS To You!

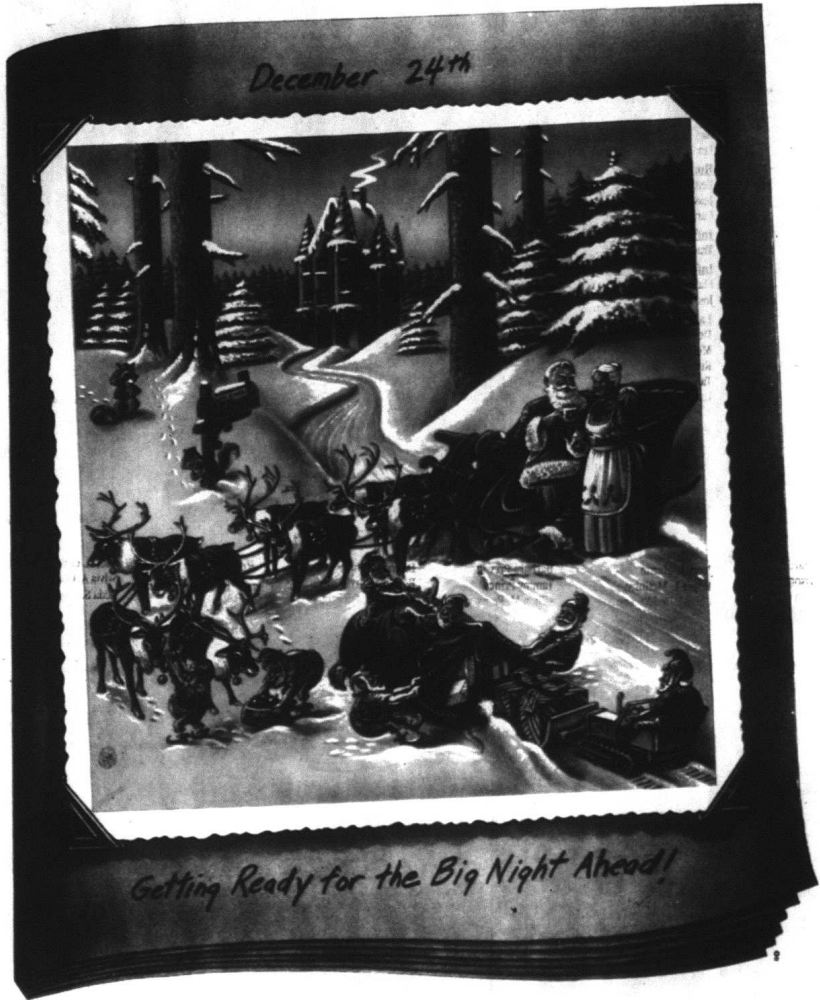
from

Rockcastle Circuit Court Clerk

Teresa Vanzant

Front row from left: Chief Deputy Clerk Brenda McKnight, Teresa Vanzant and Marsha Olinger. Back row from left: Pat Brown, Crystal Griffin, Liza York, Jennifer Napier, Teresa Amis and Renita Blanton.
 Closed December 23rd - 26th and December 30th - January 2nd

Merry Christmas



May all your holiday memories be cherished.

Merry Christmas and thanks.

from the staff of

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James D. Messer

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Lisa Smithern
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"Travis"

(Cont. from C1)

the scoring story was told as Mt. Vernon High School defeated Paint Lick 12 to 6 in the first football game in Rockcastle history. When Williams and other interested fans turned out some 300 strong to see what six-man football is like and about all came away excited and singing the praises of the game.

The game Coach Travis pointed out the Red Devils' effort was a "Moral Victory" and a marked improvement from the earlier loss at home to the Pirates by a score of 34 to 6. The Red Devil's record now stood at 2 and 4.

The "Blooded but Never Bowed" Red Devils reflected the character of their fiery coach and hungered for a win the following week. Based on their offensive performance against Berea, and playing at home against Camp Dick Robinson, whom they had beaten earlier on the road, Coach Travis had his team "pumped-up" and ready to play.

From the opening kick, the Red Devils dominated the game, winning 44 to 19 with Fain, Williams, Nunnely, and Farris all hitting pay dirt while the Generals' scoring all coming after Coach Travis cleared his bench. This brought the Red Devils' record to a very respectable 3 and 4 not bad for a first year club.

While the Red Devils were jelling and catching on to Coach Travis' system, the "Sands of time were quickly running out." The next game would also be their final against undefeated Wilmore. The Red Devils had to travel to Wilmore and the Bears were looking to win the Conference Championship outright with an undefeated season.

Next up for the Red Devils was the always tough and experienced Berea Pirates who had won the conference the year before. The following is Mr. Underwood's account of the game.

MVHS Takes Beating At Hands of Berea High

"Mt. Vernon's football team collided with a steam-rolling Berea outfit Friday afternoon at Mt. Vernon, when the scoring dust had settled. Berea had defeated Mt. Vernon 32 to 6. There was little doubt from the first play that Berea, with its years of experience, would be too much for the Red Devils. Berea was cool, though most of the game, scoring a touchdown in every quarter, and two in the third. The teams left the field at half-time with Berea out in front 13 to 0.

Vernon only crossed Berea's goal line once, and that was in the waning minutes of the game when Charles Bennett Farris grabbed a pass from Jimmy Fain and scooted across to make the final score 32 to 6 and the end of a shutout.

The game was Mt. Vernon's first loss in its history. This is the third game it has played in its history. Most observers believed Berea's experience and long list of plays, well worked out, would be the deciding factor, and it was.

Berea commercialized on the Devils' apparent pass defense weaknesses. Every touchdown Berea made was the aftermath of a pass play. Berea also scored one point after touchdown on a pass play. In the blocking department, Mt. Vernon also failed to put up much of a defense. The game was a cloudy day for the game and rain threatened. A slight sprinkle just before the half did not add much to the already dampened spirits of the Red Devils followers.

The MVHS band also played at the game. MVHS will journey to Paint Lick today for a 1:30 p.m. scrap.

The Red Devils had high hopes to rebound from the Berea loss when they traveled to Paint Lick whom they had beaten in the first game at home. The Red Devils however came out flat, allowing the Cardinals behind its big strong fullback Billy West, to score three quick touchdowns in the first six minutes of the game, which sent the Devils reeling and an eventual 33 to 6 defeat. The Red Devils only score came in the third quarter when quarterback Jimmy Fain ran the ball into the end zone from 15 yards out to avoid a shutout and evening their record at 2-2.

The Red Devils would certainly have a "tough row to hoe" when the conference leading and undefeated Wilmore Bears came a calling to Mt. Vernon. The Bears were the pre-season favorites to win the conference and the Red Devils proved no match for the hungry Bears as they fell to defeat 41 to 6. The Red Devils then had to travel to Berea and again chances looked slim for a victory.

Playing on Berea's home field against a team who was in second place in the conference with their only loss coming at the hands of Wilmore, the Red Devils were a decisive underdog. Someone had forgotten to tell that to the visitors as Coach Travis had his team ready to play and made the Pirates earn everything they got.

Both teams continued to battle hard and played tough-nosed defense with neither team generating much success in advancing the football until in the fourth quarter when end Charles Bennett Farris caught a Jimmy Fain pass out in the flats and ran the ball the final thirty yards for the score. This time the extra point attempt was good when Williams carried the ball over the goal line for the final game tally of 19-13 and the Red Devils were 2-0 winning their first ever home and away games.

Coach Travis declared after the game that his upset Red Devils had done a better job at blocking and tackling than they had in their first game but the team still lacked expe-

rience. After winning their first two games the surprising Red Devils were tied with Perryville, Berea, and Berea for the conference lead. Mt. Vernon and other interested fans turned out some 300 strong to see what six-man football is like and about all came away excited and singing the praises of the game.

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strict but very fair. He was also one of the best teachers I ever had-You don't forget teachers like that."

Wendell Williams-"He just about run us to death. That was because he didn't want any of us getting hurt. We were young and didn't understand everything he wanted us to do. Now that I'm older I sure appreciate all that time he invested in us. He was strict not only on the ball field but in class too. He made you work in both but you enjoyed it and learned a lot."

Jim Cox:"It was a great thing to happen. Coach Travis had coached

at Danville and was about the only one around with any experience with football. He was the man that got it going. We had some great times and some rough sledding too."

Currently, Rockcastle County has one of the best football programs in the state, which reflects wonderfully on our present and past players as well as Coach Tom Larkey and his coaching staff. All of us who enjoy, or ever had the privilege to lace up a pair of cleats to play football for Rockcastle County, owe a great debt of gratitude to one man - Larry Ray Travis.

Central Body Service
275 Richmond Street - Mt. Vernon
Precision Collision - Repair
Quality Work Since 1966
Free Estimates - All Work Guaranteed
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a load of thanks


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

B&M Liquidators
 Hwy. 150 • Between Mt. Vernon & Brodhead • 256-0234
Pre-Christmas Storewide Sale
25% Off
(Excludes Home Interior Cabinets)
December 23rd & 24th

Happy Holidays!

from your friends in the

Rockcastle County P.V.A. Office



Janet Vaughn, Ruth Thompson, Margaret Offutt, Cyndie Offutt

Third Floor Courthouse • Telephone 256-4194

Letters to Santa...

Dear Santa Letters
Mrs. Cable's 2nd grade class

Dear Santa,
I have been a good girl. I would like to have a Bratz Rock Angel doll. I want a new couch for my room, for my dad, I want a new furweidr. I hop you come to my house becuz I will leave you milk and cook.

Love,
Nikki

Dear Santa,
I have tried my best to be a good girl. I miss my mom and dad. I'm ben working. I would like a radio because I don't have one. I would like a Medbury. I would like for my mother, Jose she would like earrings. I will leave you cookies and milk. I leave the door open.

Love,
Ariel

Dear Santa,
I have tried my best to be a good girl. I miss my mom and dad. I would like the first game of Harry Potter and the second game of Harry Potter, and the Harry Potter broom. For my mother, would you bring a piece of furniture for her bedroom? I will leave you cookies and milk and

the door unlock.
Love,
Caitlin

Dear Santa,
I have done my best to be a good boy. I would like a electric gidge motor. I like stides. My moon likes jewelry. Cookies and milk!! Sneaky your friend
Shane

Dear Santa Claus,
I tried my best to be a good girl I clean the house I do my homework all the time. I would like a dollhouse because I like playing babies and a bike, and Amazing Amanda because she talks to you and really understands. For my moon and dad want new house. And for my brother a unkar bed. And for my sister a Barbie car. I will leave you cookies and milk and maybe a capuskin.

Love,
Katie

Dear Santa,
I have tried my best to be a good boy. I do as I should. I like for Crismasna a BB gun my cousin

has one. And a digital camera. I will get Klownas a ring, moon a ring, and dad a deer head that sing's. I will leave you books and chichine legs.

Love,
Tanner

Dear Santa,
I tried my best to be a good girl but my sister bugs me but I try and I just try and try. I would like a polly pocket neckloose marker and my math done, and a barby puppy for my sister. I will kide the back door unlock and some cookies and milk.

Love,
Taina

Dear Santa,
I have tried my best to be a good boy. I have tried my best to be a good boy. I would like a game and laser tag. Becase I like laser and games. For my Brother will you get my brother a rifle puppy. I will leave you cookies and milk.

Your friend,
Jordan

Dear Santa,
I have tried my best to be a good girl. I do my homework. I take care of my moon when she is sick. I help my dad work on cars. I get good grades. I work hard. I would like a Polly Pocket neckloose marker and cold nose puppy. For my mother, would you bring a neckloose. I will leave you some cookies and milk. I will let you come through my chimney.

Love,
Scarlett

Dear Santa Claus,
I have tried my best to be a good boy. I do my homework. I make good grades. I work hard for my teacher. I would like a 100 dollar bill I rill 100 dollar bill. It would get me something I all ways wanted for my moon and dad and my brother.

Love,
Dustin

Dear Santa Claus,
I have tried my best to be a good boy. I have good grades and help my father and my mother. I would like a BB gun because I want to shoot the chickens and it will be a lot of fun. For my father would you bring a piece of new furweidr for outside. I will leave some brownies for you.

Your friend,
Zachary

Dear Santa,
I have tried my best to be a good boy. I help my moon and dad. I help my papaw and momow. I would like a BB gun. Become I want to shoot the bird!! For my father, would you bring \$1000 dollars? I will leave a cookie and milk.

Love,
Curtis

I have tried to be my best as a good girl. I clean my room. I clean my teacher she is nice. When it was my moon's birthday I surprise her by clean my room. I would like a paint kit and a beboe kit and a beboe work kit. For my sister playstation 2, makeup kit, and some jewelry. I will leave you some milk,cookies and an apple.

Love,
Amber

Dear Santa,
I have tried my best to be a good girl. I make good grades. I help my daddy moon. I clean my room, when my brother snaked out of the house I helped find him. I would like to have some baby hats. I would like some hats, because I am just getting into them. For my mother, would you leave a ring. I will leave some cookies and milk.

Love,
Michaels

Dear Santa,
I have tried my best to be a good girl. I share my p.a.2 I would like a game it is called Ratschet Dredidick, gameboy and Ratschet and Clank game. My brother wants Shark super slams for gameboy. I will leave you some cookies and milk.

Love,
Jacob

Dear Santa,
I have bto a good boy. I will like a boxing glove netlis. And I want a playman 2. I will like a car. For my moonna a beault and for my dad a TV in his bedroom. For my brother a netlis. I will leave the door open and love milk and cookies.

Your friend,
Chandler

Kentucky Safe Sleep Project targets SIDS

As part of the Cabinet for Health and Family Services' (CHFS) new "Kentucky Safe Sleep Project," designed to raise awareness of Sudden Infant Death Syndrome (SIDS) in Kentucky, every baby born at a Kentucky hospital will receive a cassette reminding parents to put babies to sleep on their backs.

The onesies, printed in English and Spanish, will read "Safe Sleep, This Side Up" on the front and "Please Roll Me Over" on the back to remind parents of the recommended safe sleep position. The project is a collaborative effort between the Departments for Community Based Services (DCBS) and Public Health (DPH).

The new campaign will assist health care providers as they educate parents about the dangers of SIDS, vision as a preventable disorder of tought born on positional asphyxiation.

"There are few events more tragic than the death of an otherwise healthy infant, especially when the death could have been prevented," said CHFS Secretary Mark D. Birdwhistell. "At the Cabinet, we believe that the preventable loss of just one child is one too many. We will continue to look for ways to better educate parents and reduce the rate of SIDS in the Commonwealth."

Parents also receive "safe sleep" literature, produced by CHFS, which is distributed at doctors offices and hospitals.

In Kentucky, more than 50 families each year lose their baby due to SIDS. Unfortunately, rates of the syndrome continue to rise in Kentucky and at present are nearly twice the national average.

SIDS, the sudden death of an infant under the age of one year that remains unexplained after investigation, remains the most prevalent cause of postnatal infant mortality in the United States. Kentucky remains above the national rate. Kentucky's infant death rate due to SIDS of 0.9 per 1,000 live births is almost double the national rate of 0.5 per 1,000.

A significant number of cases, SIDS can be attributed to positional asphyxiation caused by the baby's sleep position. The Safe Sleep Project encourages parents to place infants on their backs when they are sleeping.

"According to research on the syndrome, babies who sleep on their stomachs are at five times greater risk for SIDS. Simply put, being placed on their backs saves babies' lives," said Eugene Foster, E.D.D., CHFS undersecretary for children and family services.

"It is our hope by helping parents learn about safe sleep practices, the rate of SIDS in our state will be greatly reduced."

Printing for the onesies is being supplied by Kentucky Correctional Industries. Distribution of the one-piece sleeping garments will begin Jan. 1, 2006. DPH supplied funding for the project, which will allow for the distribution of 50,000 onesies each year at a rate of 4,300 to 4,500 per month at hospitals offering obstetric services.

"Safe Sleep" projects have been used around the country, including Kosair Children's Hospital in Louisville, where T-shirts will be given to all newborns beginning in January. The Jefferson County Child Fatality Review Team initiated Kosair's sleep program.

Nationally, the American Academy of Pediatrics introduced "Back to Sleep" in 1993. Since then, national SIDS rates have fallen from 1.0 per 1,000 live births to 0.5 per 1,000.

"We're confident we'll have the same kind of success with the 'Kentucky Safe Sleep Project' as other areas that have used 'Back to Sleep' programs," Foster said. "The onesies will provide a practical and ever-present reminder to parents to keep their baby positioned on its back, educating parents on safe sleep practices and providing a safe environment for infants."

For more information on SIDS, call the SIDS Hotline at (800) 928-SIDS.



from
Sabrina's Hair Design

May God Bless You and Watch Over
You Throughout The New Year
Sabrina, Amy, Erin and Tina

Located off Hwy. 461 • Mt. Vernon
Call 256-1537

In This Season of Giving...

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

from *Danny and Gaylen Settles*
and all the employees at

Wendy's/Citgo



Front row from left: Julie Bailey with Thomas, Angie Hunk, Aaron Cromer and Sherri Gloor.
Second row from left: Nikki Hook, Tiffany Smith, Michelle Swinney, Carrie Ashby, Jeanette Stewart, JoAnn Wilson. Back row from left: John Holbrook, Leslie Stewart, Tiffany Deatherage, T.J. Bailey, Jack Stephens and Scott Martin.

Wendy's Citgo will close at 6 p.m. Christmas Eve and remain closed Christmas Day. We will also close at 9 p.m. on New Year's Eve and Wendy's will re-open at 11 a.m. and Citgo will reopen at 8 a.m. on New Year's Day.



1250 Richmond Road

SEASONS Greetings



from
Rockcastle Jailer James Miller
& Rockcastle Detention Center staff

Front row from left: Supervisor Wilmer Robinson, Supervisor Ernie Graves, Deputy Becky Taylor, Transport Officer Bill Lawrence, Deputy Anita Barron, Deputy Josie Benge, Deputy Heather Bussell and Deputy Rissie Ballinger.

Second row from left: Class D Coordinator Jennifer Mason, Supervisor Jake Adams, Asst. Jailer Howard Haddix and Jailer James Miller.

Third row from left: Jail Maintenance Gene Cromer, Deputy Barbara Price, Deputy Billy Robinson, Deputy Brian Cromer, Deputy Ronnie Barnett, Supervisor John Adams and Supervisor Donnie Barnett.

Not pictured: Deputy Manlie Vickers and Lisa Smithers, RN