

Mount Vernon Signal

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A Corbin woman died in a single car accident on Hwy. 150 Thursday night. Kelly Baker was driving the above 2002 Pontiac Grand Am, which flipped several times after she left the roadway.

Corbin woman dies in single vehicle wreck

A Corbin woman died instantly in an auto accident last Thursday night on Hwy. 150 near Brodhead.

According to Kentucky State Trooper Tommy Cromer, Kelly Marie Baker, 41, died in the 7:30 p.m. wreck after she lost control of her 2002 Pontiac Grand Am, 1.6 miles west of Brodhead, as she traveled toward Crab Orchard.

Witnesses told Cromer that Baker had been traveling at a high rate of speed as she left Brodhead and had been attempting to pass cars.

The trooper said the accident occurred after Baker pulled out to pass a car and met a 2003 Dodge Durango driven by Bonnie Overbey, 62, of Gum Sulphur.

"She swerved back in to avoid Overbey and overcorrected, losing control on the right shoulder and, when she pulled back onto the highway she overcorrected again and went across the highway into the field, where the car flipped several times,"

Cromer said.

Baker's body was thrown partially through the sunroof during the flips and was completely ejected after the last flip of the car, according to Cromer.

Rockcastle County Coroner Bill Dowell, who pronounced Baker dead at the scene, said her automobile had come into contact with her body several times during the wreck. Dowell said because it was a single vehicle accident with only the driver being hurt, he did not order an autopsy or tox screen.

Cromer said that when Baker pulled out in front of Overbey, Overbey ran off the right side of the road and took out part of a fence.

The trooper said Overbey's vehicle was slightly damaged and she was not injured.

Members of the Brodhead Volunteer Fire Department and the Mt. Vernon fire and rescue squad assisted at the scene.

Burdette berates men for crime against elderly

Two Corbin men received the sharp edge of Circuit Judge Jeff Burdette's tongue, during a sentencing hearing last week.

The men, Henry Boswell,

48 and his son, Henry Edward, Boswell, 24, asked for probation of their four year sentence they received last month for taking cash from a 65-year-old Three Links

woman in March.

Noting the Commonwealth's objection to probation, Burdette remarked, "This is not a victimless crime. The victim in this case will have to deal with fear and the loss of trust because of what you have done." Judge Burdette then ruled that "to grant probation would unduly depreciate the seriousness of this offense."

The Boswells pled guilty to stealing cash from Wanda Tankersley, 65, of Three Links in March when they went to her home and "ag-

gressively" tried to get her to pay them for doing work to her driveway. When she refused them the work, they asked to get a drink of water and, while inside the home, took nearly \$6,000 in cash.

Charges against Boswell's other son, Matthew Shane Boswell, 19, were dismissed upon condition of his completion of a diversion program. If he completes the diversion program, the charges will be dismissed in July of 2012.

(Cont. to A14)

Armed man hits Days Inn Friday night

Last Friday night officers received a call in reference to an alleged armed robbery at Days Inn at Exit 62 in Renfro Valley, according to Mt. Vernon City Police Chief Terry Jackson.

According to a news release from Jackson, the caller stated she had been robbed by a male subject around 9 p.m.

Jackson said city police officer Ed Robinson and officers from the Rockcastle Sheriff's office responded and were in the area in a matter of seconds, after receiving the 8:55 p.m. call.

The police chief said the desk attendant at Days Inn said the robber ran toward Arby's after the theft.

An extensive search of the immediate area and a K-9 police dog was also brought in to search, but no one was found, according to Jackson.

Jackson said the description of the robber given to police was of a white male, 6' in height, wearing blue jeans, blue sweatshirt and a bandana around his neck.

Jackson said an undis-

(Cont. to A14)

September has been hot, dry in county

The summer of 2007 will no doubt go down as one of the hottest and driest on record.

During the first 25 days of the month, the mercury climbed to 90 degrees or better on eight different days, according to records at the Cox Funeral Home weather station in Mt. Vernon.

The high recorded temperature was 96 on the 5th of the month and the low high temperature for the month was 66 on the 14th. The low recorded temperature was 44 on the 16th.

In the past seven days, the high recorded temperature has been 82 on the 19th, 86 on the 20th, 87 on the 21st and 22nd, 92 on the 23rd and 24th and 91 Tuesday.

Only 2.42 inches of rain has been recorded, all in a four day period, from the 11th through the 14th. The most rain fell on the 10th and 11th when weatherman Bud

Cox recorded 2.23 inches at the weather station.

In the month of August, only .78 of rain was recorded bringing the current two month total to 3.20.

(Cont. to A14)



A clerk at Days Inn at Exit 62 at Renfro Valley said she was robbed last Friday night. An undisclosed amount of cash was taken in the robbery.



The Rockcastle County Farm Bureau Federation held their annual meeting on Friday night at Roundstone Elementary School. During the meeting, directors and officers were elected for the coming year. Shown above, front row, from left, are directors: Roy Reynolds, Tommy Harold Mink, Cassie Literal, James Mullins, William McClure and William K. Bullen. Back row, from left: Donnie Hurst, Brenda Parsons, Doug Brock, Vincent Fish, Randall Thacker and Terry Lawson. Lawson was elected president and Thacker, secretary/treasurer. Not shown was vice-president Lonnie Anglin. The Rockcastle Farm Bureau Federation is the largest organization in the county with 3,568 members.



Rockcastle County High School football homecoming will be held this Friday night, following the game with Lincoln County. Homecoming queen contestants for 2007 are shown above, front row, from left: Tiffany Smith, Brittany Pruitt, Siri Bloomquist, Cami Sparks, Jessica Howard and Lauren Graham. Second row: Katie Cope, Amanda Blount and Katie Caudill. Back row: Sarah Baker, Allyson Washburn and Kara Canterbury. (Front page photos by: Richard Anderkin).



Homecoming King candidates at RCHS for 2007 are shown above, from left: Trenidy Coffey, Gary Keith Caldwell, Steven Trimble and Matt Mason. Second row, from left: Chris Rogers, Jerry Denny and Tommy Spencer. Back row, from left: Brandon Burkhardt and Derek Jones. Not pictured: Kevin Canterbury, Cole Abney and Shane Winkler.

Editor's Notes

By Richard Anderkin



I obviously don't write a column every week, mainly because I don't feel the need or have a good enough topic.

This week, an e-mail we received from Sandy Whitaker, District Clerk for the Soil Conservation Board, took care of both.

The following e-mail was received Monday morning.

Rick and Perlina-
The Conservation Board would like to request that you place a noticeable correction to the August 9th and 23rd editions of the Mt. Vernon Signal where you state the Conservation District receives 9 cents when in reality the District only receives .09 (nine-tenths of 1 cent) per \$100. You also wrote we were raising the tax rate to 35 cents per \$100 when it was 3.5 cents per \$1.00.

Also, in this week's Signal in your editorial you stated that it would be the Conservation District Boards fault that the tax bills would be delayed and not the committee who has formed to oppose this increase. We would request that you research the KRS pertaining to this issue. The Conservation District, as all other government entities in this county and state, must abide by state laws, the Conservation District has done so, and as timely as could be done by law. We ask that you correct your statements.

We understand that your editorial reflects your personal opinion but when it comes to stating incorrect information we feel that you should correct those statements. Also, we ask

that the Mt. Vernon Signal would be non-partisan to such issues and not mislead the citizens of our county. It is our understanding that newspaper and radio media should be fair to both sides of issues such as this, that shape our community. Respectfully submitted,
Rockcastle Conservation District.

First, the tax rate was printed wrong twice. I wasn't aware that it was wrong until after it had run a second time and Janet Vaughn from the PVA's office called to tell me she had made a mistake when giving me the rate. She said she had been notified by a farmer, who had questioned the figures in my story and we should correct it and attribute the mistake to her. I told her I would correct it - but I simply forgot. I didn't write it down like I should have and it simply slipped my mind.

My question is why, on a subject so important, the Soil Conservation Board did not request a correction the first week and why they waited until seven weeks after the first mistake to do so.

The correct rate for the soil conservation district was run in mom's story about the Rockcastle Fiscal Court on September 13th, before the petition committee was formed.

Also, I, in no way, implied that the Soil Conservation District Board violated any law and I did not say anyone should or shouldn't sign the petition.

I simply pointed out that it was poor timing because the board, which apparently had been discussing the tax for sometime, could have passed the new tax rate earlier in the year so County Clerk Norma Houk could have had the issue placed on the ballot for this November, if it were opposed, and tax bills could have gone out on time.

It should also be pointed out that the fiscal court and Judge Carloftis had been discussing finding a location for the office because the soil conservation board said they would need one because of cuts in federal funding, but the board obviously thinks it would be better to purchase one, which is their pre-

(Cont. to A9)

Points East

By Ike Adams

My buddy, Fredrick J. Beste #3, was recently surprised that a fellow who lives near him there in northern Pennsylvania caught a 52 pound muskie on a road killed squirrel.

So surprised, was Fred, that he put out an email to four or so other guys and alerted us that a newspaper clipping was on the way about this fellow and the fish and he wanted us to guess what the guy was using for bait before we received the snail mail.

I ventured a few guesses that did include several small mammals including a chipmunk which is technically a squirrel, but FJ still did not believe me when I registered no surprise. And for that matter, our mutual pal, Jeff Brenzel contended that the only thing that surprised him was that nobody he knew had thought to try road kill for muskie bait before this incident.

Truth of the matter is that they probably have. And I personally know one guy who uses live mice at Cave Run Lake for muskie bait. He puts a piece of cork on a big treble hook so that it will float and then tapes it to one of those mice that you can get at the pet store to feed your snake.

He says it saves a lot of casting time. You just toss the mouse out there at the edge of a weed bed an let it kick around until it drowns or a muskie decides to dine on it. I know this sounds inhumane, but think about it. Would you rather drown, be eaten by a fish, or swallowed whole by a boa constrictor?

Personally, I'd be using the snake for bait. Of course it wouldn't be kicking around and wiggling like the poor little mouse. The only snake I'm

(Cont. to A9)

VIEW FROM THE BENCH

"Roid" Rage: Curbing the Distribution and Use of Anabolic Steroids

This week federal authorities announced the arrest of more than 120 people in an international effort to curtail the manufacture and distribution of illegal anabolic

steroids. Federal agents dismantled 56 illegal laboratories and seized over 11 million dosages of anabolic steroids. Presumably, these dosages were to be distributed to athletes throughout the United States. Kudus!

In a comprehensive review published earlier this year, the Sports Lawyers Journal reports that performance enhancing steroids in modern sports traces its roots to the 1936 Olympics. The German athletes who used injectable testosterone took home 89 medals, more than any other country. Thereafter, steroid use burgeoned, with no real effort made to curb its use until the first ineffectual testing began in 1968. Today, the

commonplace use of illegal performance enhancing drugs continues.

Unfortunately, the illicit use of growth hormones and performance enhancing drugs is not confined to professional sports. It also permeates our schools. According to Dr. Joseph R. McKinney, a recent survey of random student drug testing (RSDT) programs in the United States indicated that 96% of such programs targeted students involved in athletics, but only 22% of those programs randomly test for steroids.

A 2007 study published in the Journal of Contemporary Health Law and Policy found that nationwide, "6.1% of students [have] taken steroid pills or shots without a doctor's prescription one or more times. . . ." And in a second survey of more than 10,000 students, approximately 4.7% of boys and 1.6% of girls used "protein powder or shakes, creatine, amino acids, growth hormone, or anabolic/injectable steroids at least weekly."

Steroid use permits athletes to accumulate muscle mass much faster by permitting longer and more frequent workouts. Steroid use also enhances the release of endorphin which promotes a feeling of well being. But the side effects can be physically devastating.

The National Institute on Drug Abuse, part of the U.S. Department of Health and Human Services, indicates that steroid abuse causes liver and kidney tumors, cancer, jaundice, and gender specific side-effects. For men, these effects include shrinking testicles, reduced sperm count, infertility, baldness, development of breasts, and an increased risk of prostate cancer. Women develop facial hair, male-pattern baldness, changes in menstrual cycles, and a deepening of the voice. Research also suggests that steroid users may become aggressive and suffer psychiatric side-effects.

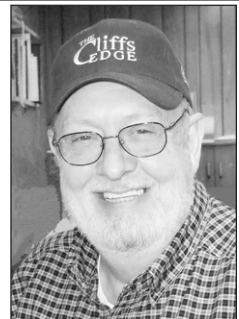
In Kentucky, investigations involving steroid use have more frequently involved the horse racing industry, as opposed to our share of the estimated one million high school students who use illicit performance enhancing drugs. Still, the distribution or sale of anabolic steroids for enhancing performance in a sport or game, or for hormonal manipulation when the intent is to increase muscle mass, strength or weight without a medical necessity constitutes trafficking in a controlled substance in the second degree. For a first offense, this crime is punishable under state law as a Class D felony (one to five years' imprisonment). For a second or subsequent offense, this crime is punishable as a Class C felony (five to ten years' imprisonment).

Yet, even with recognition of the dangers of anabolic steroid use, criminal prosecutions

(Cont. to A9)

Rockcastle Memories

By David J. Griffin



Several weeks ago I visited an elementary school to talk to a teacher about county-wide test scores. I just happened to stop in at lunchtime. As I walked down the hall to her classroom, I passed the cafeteria filled with the sights and sounds of children eating lunch. My mind drifted back to my own cafeteria experiences in elementary school many, many years past.

Mt. Vernon High School and Mt. Vernon Elementary School were connected with only a set of large doors separating them. (By the way, the doors were never closed!) The lunchroom was located at the end of the high school building, and each elementary class had to quietly walk through the hall with their teacher carefully leading the single line of students. One of my fondest memories involves taking that walk in order to enjoy the spectacular lunches found there.

In those days, we did not have the good fortune to decide which line we were to choose. There was only one food line!

I even remember the names of some of the ladies that served our food. Annie Mae Jackson, Rachel Pitman, Mabel Noe, and Hazel Cummins dished out the wonderful lunches they had prepared that morning.

As a side benefit, Annie Mae was my father's sister and when she saw me coming through the line, she piled up my plate high with the best of what was being served. I smiled at her, and she returned my salutation with a wink.

The fare usually consisted of vegetables, a tasty meat entrée (ham-chicken-fish-roast beef), fruit, and a special dessert. Of course, small containers of cold milk (in glass bottles) capped off the fabulous meal.

My favorite part of the feast was the fabulous yeast rolls that the ladies made in the morning. The smell permeated throughout the entire school building, making our mouths water and creating a great desire for lunchtime to arrive so that we could feed our hunger.

On a certain day of the

(Cont. to A9)

Avoid Decongestant Sprays

Nasal congestion is commonly caused by allergies as well as irritants, viral colds, and many other illnesses. One of the main causes is from allergies to pollen or dust mites.

Most non-prescription medicines, such as antihistamines and decongestants, work well for these symptoms and can be used on a long term basis, but the decongestant nasal sprays are good for only very short term treatment—less than one week.

If a person keeps using the spray for longer, he will develop a rebound effect where he will get opening of the nasal passages for a short while, which is followed by a more intense congestion than before. The person will end up using the spray more and more frequently with poorer results. Eventually he will have to use it constantly to breathe through the nose at all.

Not only does the spray lose its effect, it may cause side effects such as overstimulation of the heart, especially during exercise.

When a person develops this rebound effect, the best thing to do is to stop "cold turkey." Replace the sprays with oral decongestants and antihistamines. If this is impossible, only use the spray in one nostril. The unsprayed side will eventually improve and then the other side can also be stopped.

If nasal congestion continues, you should have a full evaluation by your doctor to check for allergies, polyps, side effects of medicines, and many other causes of nasal congestion. Prescription nasal sprays may be used to treat both the underlying problem and the congestion caused by the decongestant sprays.



Kevin Rowe, M.D.

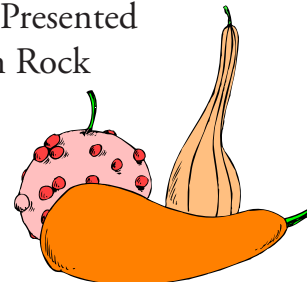
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Bittersweet Festival

Main St. - Mt. Vernon
October 5th & 6th

FRIDAY, OCTOBER 5th

- 4:00 p.m. Festival Opens
- 4:15 p.m. Ruby Powell & Friends, Bluegrass/Gospel
- 5:30 p.m. Southern Skye, Bluegrass
- 7:30 p.m. Winner of Miss Bittersweet Pageant Presented
- 8:00 p.m. Wild River Band, Country/Southern Rock
- 11:00 p.m. Festival Closes



SATURDAY, OCTOBER 6th

- 7:30 a.m. - 8:30 a.m. 5K Run
- 8:00 a.m. Amazing Race - 1st come 1st serve
- 10:00 a.m. Northside Baptist Church, Christian
- 11:00 a.m. 7th Tyme Down
- 12:00 a.m. Parade lineup at MVES - Bittersweet Cloggers perform on Main St.

Anyone wishing to participate in the parade including churches, groups, civic organizations, please meet at MVES at 12 a.m. for lineup

- 1:00 p.m. Parade down Main Street
- 2:00 p.m. Michael D Band, Country/Southern Rock
- 4:00 p.m. Karoke Contest, Sign-ups and music required
- 5:00 p.m. Charlie Bay's Unit, Bluegrass
- 7:00 p.m. Laurel Creek, Gospel
- 8:00 p.m. Hasty Street, Country/Southern Rock
- 11:00 p.m. Festival Closes

Food Vendors (Commercial) \$100/2 spaces
Other Vendors \$20/10x12 space

For applications: Call Pam @ CityHall 606-256-3437 or email at pkg_cmv@yahoo.com

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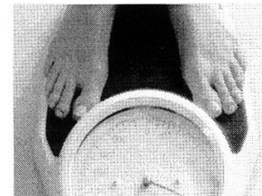
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Obituaries



Melberta Sargent Whittemore

Melberta Sargent Whittemore, 67, widow of Harold W. Whittemore, of Brodhead, died Monday, Sept. 24, 2007 at the Rockcastle Hospital. She was born on Feb. 28, 1940 in Copper Creek, KY a daughter of the late Cecil and Jessie Marie Leece Sargent. She was a member of the Pentecostal faith, having been an employee at Parker Seal Manufacturing

for 38 years, was a member of the Oilers/Machinest Union # 10. Her hobbies and interests included crocheting and farming.

She is survived by: three children, Gaylen Settles (Danny) of Mt. Vernon, Steve Phelps (Betty) of Mt. Vernon, and Teddy Ray Holman of Willailla; five grandchildren; three brothers, Joe Clyde Sargent (Pansy) of Mareburg, Phillip Sargent (Gernice) of Brodhead and Raymond Sargent (Kaye) of Brodhead; special friend James Woodall; and a host of friends and neighbors.

Besides her husband and parents, she was preceded in death by: an infant child; and two brothers, Paul and Charles Lee Sargent.

Funeral services were conducted Wednesday, September 26, 2007 at the Marvin E. Owens Funeral Home Chapel with Bro. Randal Adams officiating. Burial was in the Saylor Cemetery.

Casket bearers were: David Perkins, Lee Earl Adams, Tommy Woodall, Billy Joe Shafer, Orville Kirby, and Steve Griffin.

Honorary bearers were: James Woodall, Doug Caudill, and Bobby McKinney.

Memorial may be made in her memory to the Markey Cancer Center.

Condolences to the family may be made to her online registry at www.marvineowensfuneralhome.com



JoAnn Medley

Mrs. JoAnn Mullins Medley, 54, of Chatsworth, Georgia, and formerly of Mt. Vernon, departed this life Friday, September 14, 2007 at her home.

She was born 22, 1953, the daughter of John Albert and Goldie Belle Settles Mullins of Mt. Vernon.

Survivors include her daughters, Kimberly Smith of Orlando, FL, Teresa Phillips of Resaca, GA and Sherry (Kevin) Yingling of Chatsworth, GA; grandchildren, Rodney Smith and Whitney King, Michael Smith, Christopher Smith, Jason Smith, D.J. Phillips, Britney Yingling and Tyler Yingling; great grandson, Carter Austin Smith; brothers, John A. Mullins, Jr. of Hamilton, OH and Grover C. Mullins of Richmond; sisters, Marie Drew of Milford, OH, Barbara Lovell and Mary Lovell, both of Mt. Vernon, Cornelia Gail Mullins of Richmond, Karen Moore of Harrodsburg and several nieces and nephews.

Besides her parents, she was preceded in death by her husband, James Richard Medley; her brother, James E. Mullins and sisters, Lois Jean, Rose Nell, Sylvia Pamela and Linda Darlene.

Funeral services were held Monday, September 17 at the Melrose Chapel of Ponders Funeral Home in Dalton, GA with Chaplain David LaGrand officiating. She was buried beside her husband in United Memorial Gardens.

Messages and memories may be shared with the family at www.pondersfuneralhome.com



Robin Ray Kelley

Robin Ray Kelley, 39, of Haley Street in Somerset, died Sunday, September 23, 2007 at his residence. He was born in Richmond, KY on September 12, 1968, son of Rose Ella Lowery Kelley Christopher and the late Curtis Ray Kelley. He was a member of Immanuel Baptist Church. He started as community representative for the American Cancer Society and moved into the health initiative representative. He was a very loving father.

He is survived by: his mother, Rose Kelley Christopher of Somerset; one son, Robin Ray Kelley, Jr. of Somerset; one sister, Pamela (Todd) Baker of Somerset; one half brother, Dwayne (Minnie) Kelley of Richmond, KY; one half sister, Marcie Powell of Lexington, KY, one brother-in-law, Joey (Sherry) Borders; and Cyndi Kelley, mother of Robin Ray Kelley, Jr. He is also survived by: his girlfriend, Beth McKinney of Somerset; three nephews, Tylar Baker, Curtis Kelley and Chance Borders; and one niece, Cova Kelley.

He was preceded in death by: his father, Curtis Ray Kelley; and his stepfather, Ambrose "Duke" Christopher.

Funeral services were held Wednesday, September 26, 2007 at the chapel of Morris & Hislope Funeral Home with Bro. Don Jones officiating. Burial was in Science Hill Cemetery.

Donations may be made to the American Cancer Society, 402 Coomer St., Somerset, KY 42503.

Condolences may be expressed to the family at www.morrisandhislope.com

Verna Rash

Verna Rash, 96, of Richmond, Indiana, died Saturday, September 22, 2007. She was born June 20, 1911 in Berea, to John Allen and America Rawleigh Allen and had been a resident of Richmond, Indiana for most of her life.

Mrs. Rash was a member of Calvary Baptist Church and retired from Belden 1971, after 25 years of service.

Survivors include her daughter, Jan (Ronald) Irons of Naples, FL; seven grandchildren and nine great grandchildren.

Besides her parents, she was preceded in death by her parents; her first husband, Henry R. Baker; her second husband, Delos "Shorty" Rash; one son, Robert E. Baker, who died in 2006 and two sisters, Mary Taylor and Martha Livesay.

Funeral services of Mrs. Rash were held Tuesday, September 25, 2007 at Doan & Mills Funeral Home in Richmond, Indiana with her nephew, Rev. Lester Maples, officiating. Burial was in the Glen Haven Memorial Gardens.

Condolences to the family at www.doanmillsfuneralhome.com

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Cemetery Notices

Cartersville Cemetery Meeting

The annual meeting of the Cartersville Cemetery, in Garrard County, will be held at White Lick Baptist Church on October 2nd at 7 p.m.

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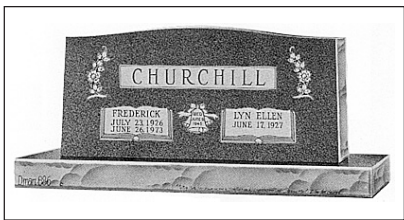
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Early detection can save Lives

October is Breast Cancer Awareness Month

According to the American Cancer Society, if detected early the five-year survival rate for breast cancer is 96%. Research suggests a routine mammogram can detect 40% of all cancers not found through an examination by your physician.

Rockcastle Hospital Diagnostic Imaging is offering a reduced rate on mammograms during the month of October.

To schedule a mammogram, call (606) 256-7878.

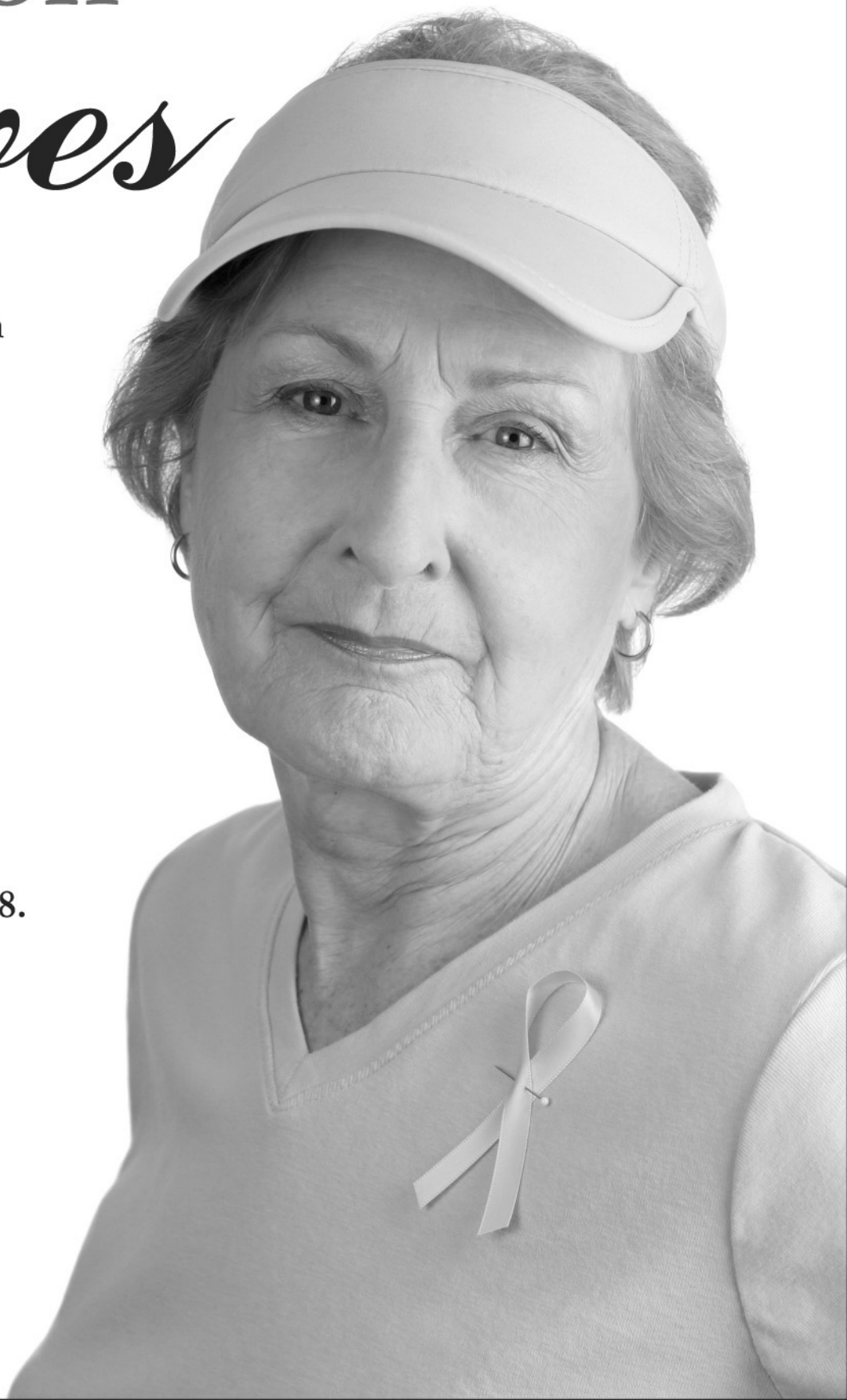
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Our Readers Write

Conservation District & Water.....

Dear Editor,
The Rockcastle Conservation District has been very involved in efforts to find solutions to the ongoing water quality problems with your water supply in Rockcastle County. Several years ago the water supply for Rockcastle County, "Lake Linville", experienced a high level of Blue-green algae growth which produced a taste and odor problem. The water treatment plant which is owned and operated by the City of Mount Vernon had to investigate and alter its treatment process to address the change in the water quality from Lake Linville.

During the several months the treatment plant personnel were addressing the new problem, the City of Mt. Vernon, with the main support of the Rockcastle County Conservation District, were gathering support to form a local Source Water Protection Workgroup.

The treatment plant was addressing the short term issues of changes in water quality but the long term problem of changing land use and effects of many years of sedimentation and nutrient loading caused by stream bank erosion, poor agriculture practices, residential development, straight pipes, failing and non functioning septic systems, and roadway runoff needed to be addressed.

The City of Mt. Vernon and the Conservation District were the main supporters of the Workgroup which has been meeting monthly to understand the complexities of protecting the Lake Linville Watershed which provides the drinking water for Rockcastle County.

For over 60 years the Conservation Districts across the country have been the main entity on the local level to address water and soil conservation issues. These issues are no longer the concern to just farmers and ranchers, but to everyone in the county who drinks water provided by the water utilities in Rockcastle County.

Many of the solutions to reduce the negative impact to

your water supply will be supported by activities that your Conservation District undertakes as part of its ongoing efforts to support the long term viability of Rockcastle County.

As a Water Supply Protection Specialist working for Kentucky Rural Water Association, I have worked with many Conservation Districts and understand how important these organizations are finding and funding solutions to protecting our waters of the Commonwealth. Water quality and quantity problems have been a long time in developing and will not be solved overnight but with organizations like Rockcastle Conservation District these issues will be addressed and I think will be solved on a local level.

Jack Stickney
Source Water Protection Specialist
Kentucky Rural Water Association

Expressing appreciation...

Dear Editor,
I would like to take this opportunity to express my appreciation to the Rockcastle County Conservation District and the NRCS Field Office in Mt. Vernon. The Cumberland Valley Resource Conservation and Development (RC&D) Council in London, Kentucky was recently selected as the Outstanding RC&D Council in the Southeast United States. As Coordinator of the Cumberland Valley RC&D Council, I can state without reservation that we could never had this kind of success without the partnership of the Rockcastle County Conservation District.

During the past few years the Conservation District and RC&D Council have worked together to bring more than \$860,000 in grant funds to Rockcastle County to install septic systems for low income homeowners who previously had straight pipes or failing septic systems. This project has had a very positive impact on the water quality of Rockcastle County as well as the lives of over 700 Rockcastle County citizens. Due to the hard work

of Sandy Whitaker at the Conservation District, There has been more of this grant money utilized in Rockcastle County than any county in the RC&D area.

The Rockcastle County Conservation District is presently working with the RC&D Council on a project that provides 90% cost-share assistance to local landowners who install approved conservation practices on their land. Without the partnership of Joan Garrison and Zack Gentry of the Conservation District and Randall Templeman of the NRCS field office this project could not be possible.

Again, thank you for allowing me to express my sincere appreciation to the Rockcastle County Conservation District and the Mount Vernon NRCS field office staff.

Rodney Hendrickson
RC&D Coordinator
London, Kentucky
606-224-1582

Thank you for support for petition...

Dear Editor,
I would like to take this opportunity to thank the citizens of Rockcastle County who have signed the petition opposing the Soil Conservation tax increase. Also, I want to thank all those who are helping the petition committee in any way.

It is not our fault that the Soil Conservation District tried to push this on the citizens of Rockcastle County by waiting until after August 14, 2007 to have any public hearings, at a time and date when none of the working people were able to attend. So now, the only way that I have to stand up for my rights, and the rights of the citizens of this county, is to pass the petition around in an attempt to collect enough signatures, from duly registered and qualified voters residing in Rockcastle County, to stop the increase from going into effect on the 2007 property tax bills. The issued would then be placed on the 2008 general election ballot for all registered voters in the county to either agree or disagree on the 26c increase per \$100 assessed value on their property tax bills.

I am a working taxpayer that has no problem with paying my

fair share of taxes to keep the county operating but I am, and always will be, against unfair taxation and the total waste of my hard-earned money for something I feel is of no use or benefit to the citizens of this county.

I do not feel that property attention was placed on other options for office space for the Soil Conservation office to stay in the county. Also, there is a possibility that the ASCS office will not be consolidated with Laurel County after all. Other options are being examined at this time. If the ASCS office and the Soil Conservation office are moved to Laurel County, Rockcastle County citizens will not lose any of their programs and funds allocated for Rockcastle County. It will simply be distributed from the Laurel County office. If you do have to go to Laurel County to take care of your farming business, just stop by the Soil Conservation office while you are there.

I would like to thank all the nice people I have met, and the committee members who are working with me to keep this tax from being imposed on us. It is going to be impossible to get with each person in the county because of work schedules. If we have missed you, and you would like to sign the petition, you are welcome to contact any of the committee members and we will try to give you the opportunity to sign the petition.

Please remember that it is your right to stand up for yourself and make your own decisions. Please do not let other people make your decisions for you. Please sign a registration card and vote, it is your right. You have until October 9, 2007 to register to vote in the November General Election.

The deadline for signing the petition against the Soil Conservation tax increase is October 1, 2007.

Thank you,
William Estill Mink
Petition Committee Member

County is lucky to have facility such as RHRCC...

Dear Editor,
Recently I was hospitalized for a series of tests at our local hospital, Rockcastle Hospital and Respiratory Care Center. From the moment I arrived in the emergency department, the doctors, nurses, technicians, dietary staff, housekeeping, maintenance, as well as everyone else employed at the hospital, acted in a dignified and professional manner.

After spending the night, being observed after a series of tests, I was very proud to be a resident of Rockcastle County and of having a facility so close to go to with consummate professionals to observe, administer and check the results.

From the cardiologists to the radiologists, and all the people administering the tests, I can say with confidence that all Rockcastle countians should be proud of this facility, especially the recent addition. If you have not visited the hospital in a while, I am sure you would be proud of what the employees of Rockcastle Hospital and Res-

piratory Care Center have and are accomplishing.

As a resident of Rockcastle County, the board, staff and people of Rockcastle County, are insuring that our residents are receiving quality care with the utmost professionalism and courtesy.

Thank you Rockcastle Hospital, and everyone involved for an impressive demonstration and a job well done

Sincerely,
William D. Reynolds
Brandon is special young man....

Dear Editor,
In regard to the article dated 09/13/07, "No Child Left Behind."

I want to tell my niece, Rebekah, I'm proud of you for being your brother's, Brandon's, voice.

Brandon is a very loving young man. He's very kind and a very caring person. He's also a Christian. He loves to go to church with his Pappaw and he loves to sing. He loves to be around people and he loves his family. He has been going to school since he was three years old and he's 17 and it has been very hard for him, because he is different from other children. He cannot talk the way other children talk. He has special needs, such as speech impairment and learning disability. But if you listen, and I mean listen, you can understand him. He talks to us

about school and the day he turns 18. He's looking forward to his high school graduation. He's gone to his sister's and cousin's graduation and he knows it's a very important event. It breaks my heart when someone hurts him and takes advantage of him, or any child like him.

Our family loves Brandon. In our eyes, there is nothing different about him. He is one of us. We want the best for him. We are not ashamed of him. We are proud of him. In the Bible, it says in Matthew 25:40, "Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me."

Brandon is a very exceptional young man and we thank God every day for how far he has come, for every inch he has grown and for each new word he can say. He is still learning. He knows right from wrong. He know how to say I'm sorry.

I believe the staff at RCHS should apologize to Brandon. He did nothing wrong, he did what they asked him to do even when it was picking up trash off the school yard and even when he was asked to pick up cigarette butts from the teachers' smoking area.

I just want to tell Brandon on his graduation day we will be there. And I'm always in his corner.

Brandon's aunt,
Rosemary Wyatt

T.J.'s Journal

by: Tonya J. Cook



Dear Journal:

How 'bout them Cats? We may finally have a football team on our hands. The Wildcat fans have suffered through, and have been embarrassed by the football Cats' lackluster seasons for so long (with an exception to the bowl win last year) that the Kentucky fans don't know how to act with a decent team.

I was driving through Lexington about three years ago on game day near Commonwealth Stadium. Although it was hours before kickoff, people had begun to gather. They were tailgating, and vendors were preparing to sell their wares. One vendor had some T-shirts for sale that seemed to sum up the failing Cats and the "any excuse for a party" attitude. It still makes me chuckle whenever I think of it. The T-shirt read "Lexington: A drinkin' town with a football problem."

The first two games of this season, Eastern Kentucky and Kent State, respectively, were pretty much a given win, or at least they should have been. Fortunately, that was the result. The Louisville game was like winning another bowl game. After this win, the Cats were now nationally ranked, not very highly, but who are we to argue? The fourth game was to be on the road at Arkansas, which could prove to be the Cats' downfall. After all, the Razorbacks took the Cats into

seven overtimes a few years ago that went into the wee hours. The Cats lost that one at home, so how will they do on the road against the Razorbacks?

The Arkansas game was already in progress when Stanley and I arrived at Sonny's Barbecue in Corbin, Saturday night. It seemed that most patrons there were watching the game with a newfound interest, and talking table-to-table about the game.

The fourth quarter had begun, so we headed home listening to the game on the car radio. We hated to miss seeing it, but we couldn't eat anymore, as good as the food was. (The food is always delicious at Sonny's, and is just about our favorite restaurant.)

We got back home in plenty of time to watch about half of the last quarter. The Cats had fallen behind, and in the past, have had problems in digging their way "out of the hole." Could this be the end of the Cats breakaway from the past season? A miracle prevailed. The Cats pulled ahead to stay, and won the game...on the road even.

The Cats may be a surprise to a lot of people this year, including me. After being a skeptic for years, I'm ready to jump on the Cats' bandwagon, and eager to see them in another bowl game at the end of the season.

ABSOLUTE Auction

of Mr. and Mrs. Jim Baker's Garage Building & 1 Acre

Saturday, October 6, 2007 at 10:30 a.m.

Breezy Hollow Lane, Mt. Vernon, Ky.



This 30 x 40 two-car metal garage building has been wired for electric and has city water available on site. Garage has a poured concrete floor.

The included lot measures 1 acre +/- per surveyed deed description.

Auctioneer's Note: This corner lot would be a great place to build or to set up a new doublewide.

The following restrictions apply:

1. House or doublewide modular home shall be the minimum of 1,400 sq. ft. and must be on a permanent foundation.
2. No Poultry.
3. No more than 2 dogs.

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Bring the Whole Family and Enjoy a Great Weekend!



Happy 1st birthday to Jaden Marie Cameron on September 26th. From your big sister, Jase Cameron and family.



Kevin and Heather McClure, of Mt. Vernon, would like to announce the birth of their two precious daughters, Haley Grace - 4 lbs. 4 ozs. and Ayley Hope, 4 lbs. 8 ozs. They were born August 10, 2007 at Central Baptist Hospital. Proud grandparents are Roger and Faye Rucker and Bill and Peggy McClure, all of Mt. Vernon plus a very special Aunt Jessi Rucker. We would like to thank everyone for their prayers, kindness and support.



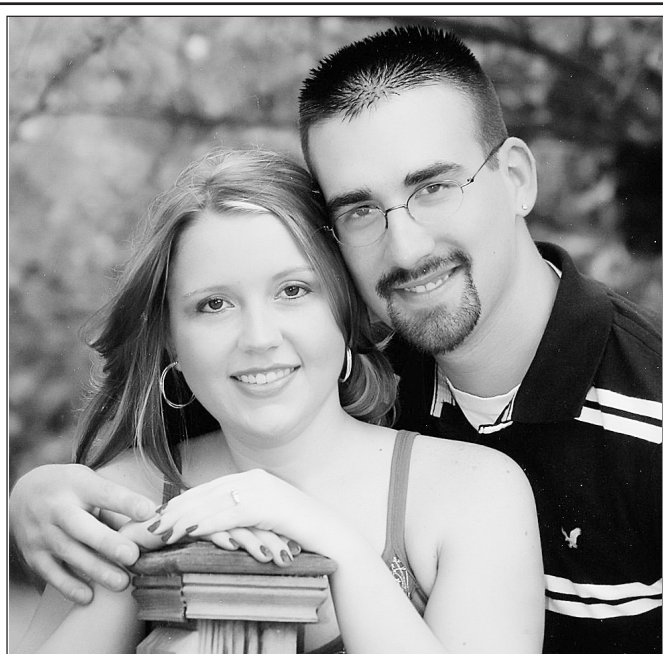
Oh Brother Who Are These Men? Are they the men from Steep Soggy Hollow Constant Ridge Pongo Band? J.R. - R.W. - E.R. - B.B. From all of your Pongo Cats Keep on playing that Foggy Mountain Breakdown! Happy Birthday Brent B.



A special Happy Birthday to Judy Mason Wyatt who will be 59 on 9/27 Mrs. Wyatt lives in Peoria, Ill with her husband, Bill and son, Tracey. They have been married 36 years. Her son, Kenney and his wife, Tammi, live in Sequatchie, TN with their three beautiful daughters, Alicia, Faith and Hannah.



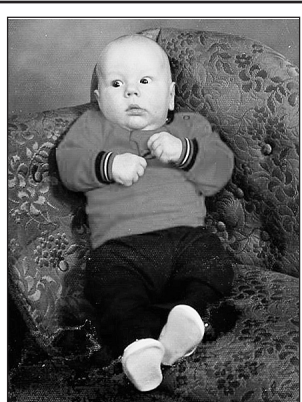
Judy and Bill have always traveled the distance to come back home to Kentucky to visit their family and you can always count on getting a birthday card from Judy. It doesn't matter if you're 2 or 52. So, here's a great big birthday wish to you Judy. We pray God will bless you with many more. We love you very much. From all your family and friends, your mom, Sallie Mason, and your granddaughters, who send Mommaw hugs and kisses



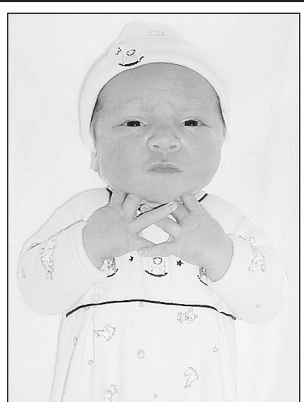
Parsons - Ramsey

Mark and Lori Parsons are pleased to announce the engagement of their daughter, Tasha Lyndel Parsons, to Joshua Robert Ramsey, son of Melinda (Tom) Poynter. Tasha is the granddaughter of the late Sherman and Lillian Renner of Mt. Vernon and Thomas and Lucille Parsons of Hazard. Josh is the grandson of Bob and Lillian Ramsey of Copper Creek and Cheryl Sterling of Mt. Vernon.

Tasha is a 2004 graduate of Rockcastle County High School and recently received her associates degree in Medical Information Technology at Somerset Community College. She is currently employed at Rockcastle Hospital. Josh is a 2002 graduate of Rockcastle County High School. He is currently employed at Berea Wal-Mart and is also a volunteer firefighter at Berea. The couple is planning a wedding next summer.



Happy Birthday Scottie Love - Becky, Mom & Sis



Natalee Taylor and Chris Frederick would like to announce the birth of their son, Christopher Izaiah Thomas Frederick. Izaiah was born June 9, 2007 at Pattie A. Clay Regional Medical Center in Richmond. He weighed 8 lbs. 3 ozs. and was 21 1/2 inches long. His grandparents are Kathy Taylor of Beelick, Harold Taylor of Brodhead, Renee Frederick of Berea and Lydia and the late Roy Frederick of Paint Lick and several great grandparents, aunts, uncles and cousins.



Nick and Amanda Renner announce the birth of their daughter, Makayla Charity Renner, born September 2, 2007 at Fort Logan Hospital in Stanford. Makayla weighed 7 lbs. 4 ozs. and was 19 1/2 inches long. Makayla was welcomed home by her brothers, Cody and Devin. Grandparents are Donna and Richard Ruffin of Brodhead and Wendell, Jr. and Teresa Renner of Orlando. Great grandparents are Wendell, Sr. and Virginia Renner of Orlando and Perry and Kathy Jones of Orlando and Ron and Mary Sines of Ohio.



Coffey wins Miss Pre-Teen Kentucky title in Louisville

Laiken Myrissa Coffey, a 7th grader at Rockcastle Middle School was named Miss Pre-Teen Kentucky in a recent pageant for young ladies from across the state, held in Louisville. The title is based on academic excellence (the winner must maintain an A average), volunteer service, a written test and an interview by a panel of judges. Laiken, the daughter of Scottie and Wanda Coffey of Mt. Vernon, received four trophies, a sash, a jacket, a medal and a \$1,000 education savings bond, as well as an expense account for travel. She will spend the next year as Miss Pre-Teen Kentucky, traveling across the United States representing Kentucky and will compete in the Miss Pre-Teen America Pageant in July of 2008.

Apple Butter Stir

October 6th
8 a.m. to 6 p.m.

AUNT POLLY'S HOUSE, FARMERS MARKET
RENFRO VALLEY

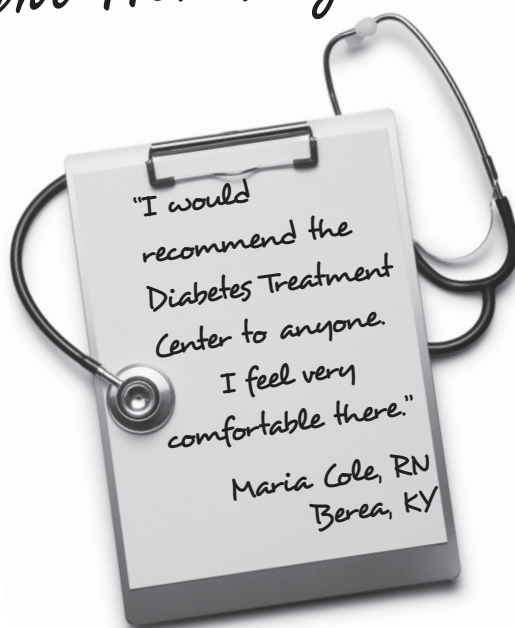
C&J Nursery & Berry Farm will be making Apple Butter & offering fresh baked goods—

Fried Apple Pies, Apple Stack Cake, Cobblers, Candied Apples, Jams & Jellies & Apple Butter. A Jam Cake will be raffled off, \$1.00 per ticket, drawing at 6 p.m. with all proceeds to Rockcastle Tourism.

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The Downtown Branch Lobby & Drive Thru
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Hwy 461 Lobby and Drive Thru
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Saint Joseph Berea

Crossroads Assembly of God is over 10 years old

The current building, where members of Crossroads Assembly of God meet, was completed in April of 1999.

The congregation's first service was held on Easter Sunday of that year and began with a Sunrise Service. "God has greatly blessed us and done many wonderful things in our Church," said member Janet Bishop, whose family helped organize the church when it began in 1997.

Before moving to a new building on Hwy. 150 in Brodhead, members of the church met in an old grocery

store building at Negro Creek, after organizing on April 20th of 1997.

At the time of construction of the new church building, the congregation had 37 members and has grown over the years with many improvements being made to the property, including a paved parking lot and a new outdoor shelter.

The Ladies Ministries is currently getting ready to start preparing packets for the nursing home in Brodhead and plans are already underway for Veterans Day on November 11th.

On Veterans Day, the con-

gregation will have a special Sunday Service and dinner to honor veterans and their families.

This will be a special time at the church when they take time to honor veterans and let them know how much their service is appreciated by the country.

From the desk of Pastor Nathaniel Fugate

When I came to Crossroads Assembly of God the first time, I had a vision for the Church. I still have that same vision that God is going to bless the Church to the

point that it will be the talk of the community, that it would be a Church where people could come and be set free by the blood of Christ, where people could come and feel the divine presence of God, where the true gospel is taught and preached, where the presence of the HOLY SPIRIT would set them free.

I pray that God will let me see that vision come true.

Without a vision the people perish but he who keeps the Law happy is he. Proverbs 29:18.

Crossroads Assembly is located just east of Brodhead and meets each Sunday at 10 a.m. for Sunday School, at 11 a.m. for Sunday Worship service and at 6:30 p.m. for Sunday evening worship. Wednesday night services at Crossroads are held at 7 p.m..



Sunday morning guest at Crossroads, Regina Wright, left sang a special with the help of member Mary Laswell.



Jennifer White, left, and Julie Hines sang two specials during worship service on Sunday morning at Crossroads. Jennifer is holding daughter, Madalyne.

See more photos on pg. A8



Crossroads Assembly of God was completed in April 1999.



Above, Pastor Nathaniel Fugate, left and songleader Doug Bishop and wife, Janet, at Sunday's Worship Service. Bishop and Fugate were leading the congregation in singing happy birthday to Janet. (Photos by: Richard Anderkin).



Enjoying Sunday morning's worship service at Crossroads were from left: Lucille Brummett, Regina Wright, Loretta Baldwin, Eula King and Dorothy Robinson.

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Church Directory

Believers House of Prayer
156 Scenic View Lane
U.S. 25 N, left at 18 mile marker
Renfro Valley, Ky.
Sabbath School Sat. 10-11 a.m.
Morning Worship 11 a.m.
Evening Worship 7 p.m.
Wednesday 7 p.m.
Pastor: Bill Davis
bhop_7@yahoo.com

Bible Baptist Church
100 Higher Ground (off US 25)
Mount Vernon, Ky.
Church Phone 606-256-5913
e-mail: www.biblebaptist.org
Sunday School 10 a.m.
Sunday Worship/Children's Church 11 a.m.
Sunday Evening Worship 6 p.m.
Wednesday Evening 7 p.m.
Video services Tues., Thurs., & Sat. at 11 a.m., 4 p.m. & 9 p.m.
Channel 3 - New Wave
Cable Channel 5 in Berea and Richmond 1 p.m. Wednesdays
Pastor: Don Stayton
Youth Pastor/Soulfire Student Ministries: Bro. Miceal Quillman
Kids for Christ Children's Ministries/Kid's Pastor: Bro. Jarrod Amynx
Secretary: Jo Roberts
Music Director: Dan Dull

Blue Springs Church of Christ
7 miles south of Mount Vernon on Hwy. 1249 (Sand Springs Rd)
Services: Sundays 10 a.m. & 6 p.m.
Preaching Brethren
Zade McClure, Gary Reppert, Coy Cromer, Marcus Reppert
Contact Info: Marcus Reppert
104 Byrda Way • Mt. Vernon, Ky. 606-308-2794
marcusreppert24@hotmail.com

Brodhead Christian Church
237 W. Main St.
Brodhead, Ky. 40409
606-758-8721
Sunday School 10 a.m.
Sunday Worship 11 a.m. & 6 p.m.
Wednesday Bible Study 7 p.m.
Tracy Valentine, Preacher
606-758-8662
Cell 606-305-8980

Calloway Baptist Church
76 Calloway Branch Rd.
(Off US 25) • Calloway
Sunday School 10 a.m.
Sunday Worship 11 a.m.
Sunday Evening 6 p.m.
Wednesday Evening 7 p.m.
Scott Mullins, Pastor

Climax Christian Church
Hwy. 1912
308-2806 - 256-4138 - 256-5977
Sunday School 10 a.m.
Sunday Worship 11 a.m.
Wade Johnson, Minister

Climax Holiness Church
Bro. Robert Miller
Sunday Night Worship 6 p.m.
Thursday Nights 7 p.m.

Conway Missionary Baptist Church
U.S. 25 between Mount Vernon and Berea
Sunday School 10 a.m.
Sunday Morning Worship 11 a.m.
Sunday Evening Worship 6 p.m.
Wed. Prayer Service and Bible Study 7 p.m.
Youth Meetings:
Sunday 5 p.m. • Wednesday 7 p.m.

Bro. Jim Ritchey, Pastor
859-200-2679/859-228-0342
Sunday School Director
Ronald Sears • 606-256-5709
Church Clerk Brenda Powell
606-256-2829

Cornerstone Fellowship
50 Lovell Ct. - Mt. Vernon
Sunday School 10 a.m.
Sunday Worship 11 a.m.
Sunday Evening Service 6 p.m.
Wednesday Service 7 p.m.
David & Conley Durham, Pastors
606-256-1645

Crossroads Assembly of God
Hwy. 150 • Brodhead
Nathaniel Fugate, Pastor
Sunday School 10 a.m.
Sunday Worship 11 a.m.
Sunday Evening Worship 6:30 p.m.
Wednesday Night 7 p.m.

Dixie Park Cornerstone Baptist Church
700 N. Powell St.
Berea, Ky. 40403
Marcus Reppert
104 Byrda Way • Mt. Vernon, Ky. 606-308-2794
marcusreppert24@hotmail.com

Fairview Baptist Church
520 Fairview Loop Road
Mount Vernon, Ky.
Sunday Services
Sunday School 9:45 a.m.
Sunday Worship 11 a.m.
Children's Choir 6 p.m.
Sunday Evening Service 7 p.m.
Sunday Adult Choir 8 p.m.
Wednesday Services
Creative Ministry 6 p.m.
Bible Study 7 p.m.
Youth Ministry QUEST 7 p.m.
RAs and GAs 7 p.m.
Mission Friends 6 p.m.
Vaughn Raser, Pastor
606-256-3722
email: fairviewbapt@aol.com

Fairground Hill Community Holiness Church
Friday Worship 7 p.m.
Sunday Worship 7 p.m.
Pastors:
Vernon Doan & Benton Hurd

Faith Chapel Pentecostal
S. Wilderness Road
Mount Vernon, Ky.
Sunday School 10 a.m.
Sunday Evening Service 7 p.m.
Wednesday Service 7 p.m.
Saturday Service 7 p.m.
Virgil Bustle, Pastor

First Baptist Church
340 West Main Street
Mt. Vernon, Ky.
606-256-2922

Bro. Eddie Nation, Pastor
website: www.fbcmvkyorg
email: fbcmvternon@newwave.net
Sunday Services: 8:30 a.m., 10:45 a.m. and 7 p.m.
Wednesdays: AWANA and Adult Bible Study 6:30 p.m.
Live Broadcast WRVK 140AM
Sundays at 11 a.m.
Brodhead on New Wave Cable
Channel 3 Tues., Thurs. & Sunday at 10 a.m., 3 p.m. & 8 p.m.

First Christian Church
West Main Street
Mt. Vernon, Ky.
606-256-2876

Bro. Bruce Ross, Pastor
Services
Sunday School: 10 a.m.
Sunday Worship 11 a.m. & 6 p.m.
Wednesday Bible Study 7 p.m.
Kenny Shubert, Youth Pastor

Flat Rock Missionary Baptist Church
504 Maple Grove Rd. Hwy. 1004
Orlando, Ky. 40460
859-925-4048
Sunday School 10 a.m.
Fellowship Hour 11 a.m.
Sunday Evening Service 7 p.m.
Wednesday Bible Study 7 p.m.
Thursday Night Visiting 7 p.m.
Contact: Doris Brown
606-256-9570
burtonpromos@prodigy.net

Freedom Baptist Church
Freedom School Rd.
Mt. Vernon, KY
Sunday School 9:45 a.m.
Sunday Worship 11 a.m.
Discipleship Training 6 p.m.
Sunday Evening Worship 7 p.m.
Wednesday Evening Prayer Meeting & Youth/Children Classes 7 p.m.
Pastor: Bro. Albert McKinney

Hickory Grove Pentecostal Church
Hwy. 1505 (6 miles from Brodhead)
Brodhead, Ky.
Randal Adams, Pastor
Youth Pastor, Scott Adams
Sunday School 10 a.m.
Sunday Worship 11 a.m.
Sunday Evening 7 p.m.
Wednesday Evening 7 p.m.

Lighthouse Assembly of God
Hwy. 1004 • Orlando, Ky.
Tim Hampton, Pastor
606-256-4884 • 606308-2342
Sunday School 10 a.m.
Sunday Morning Worship 11 a.m.
Sunday Evening 6 p.m.
Tues. Night Intercessory Prayer 7 p.m.
Wednesday Night Bible Study 7 p.m.

Livingston Baptist Church
Sunday School 10 a.m.
Adult & Youth Classes Available
Worship Service 11 a.m.
Bro. Steve McKinney, Pastor
606-758-4097
email: stevemc64@alltel.net

Livingston Pentecostal Holiness Church
Sunday School 10 a.m.
Sunday Worship 11 a.m.
Sunday Evening Service 6 p.m.
Wednesday Service 7 p.m.
Jim Miller, Pastor
606-256-1709

Maple Grove Baptist Church
Hwy. 1004 (Big Cave Road)
Orlando, Ky. 40460
606-256-1873

Bro. Jerry Owens, Pastor
Home Phone 606-256-3075
Sunday School 10 a.m.
Sunday Morning Worship 11 a.m.
WRVK Broadcast 2 p.m.
Sunday Evening 6 p.m.
Wednesday Evening 7 p.m.

Mt. Vernon Church of God
1025 W Main St.
Mount Vernon, Ky.
Sunday School 10 a.m.
Sunday Worship 11 a.m.
Sunday Evening Service 6 p.m.
Wednesday Service 7 p.m.
Bobby Owens, Pastor
859-986-1317

Mt. Vernon Church of the Nazarene
40 Fair Street • Mt. Vernon
Sunday School 10 a.m.
Sunday Worship 11 a.m.
Sunday Evening 6 p.m.

Wallace Thornton, Sr., Pastor
New Hope Baptist Church
Jct. 1797 New Hope Tower Rd. Orlando
Sunday School 10 a.m.
Sunday Worship 11 a.m.
Sunday Evening 6 p.m.
Wednesday Evening 7 p.m.
Bro. David Carpenter, Pastor

Northside Baptist Church
777 Faith Mountain Rd.
(Off 461 bypass) Mt. Vernon
Sunday
Sunday School 10 a.m.
Morning Worship 11 a.m.
Children's Church 11 a.m.
Hispanic Services 5 p.m.
Discipleship Training 6 p.m.
Evening Worship 7 p.m.

Wednesday
Adult & Youth Praise Worship
RAs & GAs - 7 p.m.
606-256-5577
WLJC-TV 65 (Dish Network and regional TV cables)
Thursday 8:30 p.m.
New Wave Cable (KET2 ch. 3)
Tues., Thurs., Sun.
9 a.m., 2 p.m., 7 p.m. daily
www.northsidefamily.com
info@nbcnet.org

Pastor: Bro. Chad Burdette
Youth Pastor: Bro. Jon Burdette
Minister of Music:
Bro. Tony Renner

Ottawa Baptist Church
1074 Ottawa Rd. • Brodhead
Sunday School 10 a.m.
Sunday Worship 11 a.m.
Children's Church 11 a.m.
Sunday Discipleship Training/
Youth Mission Groups 6 p.m.
Wednesday Youth Choir 6 p.m.
Wednesday Service 7 p.m.
Jim Craig, Pastor
758-8453
ottawabaptist@windstream.net

Our Lady of Mt. Vernon Catholic Church
515 Williams St.
(across from MVES)
Mount Vernon, Ky.
606-256-4170
Mass Times:
Tuesdays at 7 p.m.
Sabbath Mass: Sat., 5 p.m.
Holy Days 5 p.m.

Rev. John C. Curtis, Pastor
Church Facilitator: David Ott

Philadelphia United Baptist Church
834 Bryant Ridge Rd.
Brodhead, Ky.
Sunday School 10 a.m.
Sunday Evening Service 6 p.m.
Wednesday Service 7 p.m.
Saturday Service 7 p.m.
Gordon Mink, Pastor
606-256-9724

Pine Hill Holiness Church
Rt. 2, Box 85
Mt. Vernon, Ky. 40456
Allen Hensley, Pastor
453-4801
www.pinehillholinesschurch.com
email: pinehillhc@aol.com
Sunday School 10 a.m.
Sunday Evening Worship 7 p.m.
Thursday Night Worship 7:30 p.m.
Saturday Night Worship 7:30 p.m.

WRVK (1460 AM) Broadcast
Noon Sundays
WYGE (92.3FM) 12:30 p.m.
Sundays

Church news deadline is Noon Tuesday



Free Bible Courses
Free Bible Correspondence Course. Send your name and address to 3168 Quail Road, Mt. Vernon, Ky. 40456

Wanted
Anyone willing to work anytime, anywhere, whenever called upon. No training necessary, male or female, any age. Any nationality, race, size, shape or form. All participants accepted. Report to Jesus Christ our Lord and Savior. Welcome to attend Maple Grove Baptist Church. Best retirement and benefits available.
Contact Bro. Jerry Owens for transportation at 606-256-3075.

Pine Hill Missionary Baptist Church
81 Limeplant Hollow Road
Mt. Vernon, Ky. 40456
Contact: Casey McClure
606-308-4570
email: jemclure@aol.com
Sunday School 10 a.m.
Sunday Worship 11 a.m.
Discipleship Training 5:30 p.m.
Sunday Evening Worship 6:00 p.m.
Wednesday Prayer Meeting and Youth Service at 7:00 p.m.
Prayer Partners Ladies Meeting monthly every second Tuesday at 6:30 p.m.

Providence church of Christ
1 mile off Hwy. 70 on Hwy. 618
Dan McKibben, Minister
758-8524 or 758-9316
Sunday Bible Study 10 a.m.
Sunday Evening 6 p.m.
Wednesday Bible Study 7 p.m.
2007 Gospel Meeting Schedule: April 8-13 & October 7-12
email: dan.mckibben@juno.com
website: www.WhatSaithTheScriptures.com

Rose Hill Church
Pastor: Bobby Barnett
Sunday School 10 a.m.
Morning Worship 11:00 a.m.
Sunday Night 6 p.m.
Wednesday Bible Study 7 p.m.

Sand Springs Baptist Church
Directions: Take Highway 1249, go exactly 5 miles, church sets on right

Bob Bradley, Pastor
Sunday School 10 a.m.
Sunday Worship 11:00 a.m.
Sunday Evening 6:00 p.m.
Wednesday Evening 7:00 p.m.

Wildie Christian Church
1478 Wildie Rd. • Wildie
606-256-4494

Kenton Parkey, Minister
Sunday School 10 a.m.
Sunday Worship 10:55 a.m.
Family Fellowship 6 p.m.
Wednesday Nite Cafe 5:15 p.m.
Bible Study 6 p.m.

Homecoming
Homecoming will be held Sunday, Sept. 30 at Three Links Christian Church. Sunday school at 10 a.m. and worship at 11 a.m. and potluck dinner at 12:30 p.m.
Bro. Arnel Davidson will be the guest speaker.

Singing at Sand Hill
The Smith Sisters will be singing at Sand Hill Baptist Church Saturday, October 13 at 6 p.m.
Pastor Tommy Miller and congregation welcome everyone.

(Cont. to A8)

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Plans Include: No roaming
Nationwide long distance
Unlimited nights and weekends
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Free Camera Phone w/ any plan
Radio Shack
Located inside Napa
260 Main St. Mt. Vernon
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Shelly Mullins • Agent
Bobby Cummins • Agent
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Friday 8:00 - 5:30
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Member Margie Bishop donated to the Speed Light Fund, which is used to buy materials and supplies for youth and churches in need at Assembly of God churches across the country.



Members Alice Alexander, right, and Sis Fugate, left, applauded for the special singing at the Crossroads Assembly of God on Sunday morning.



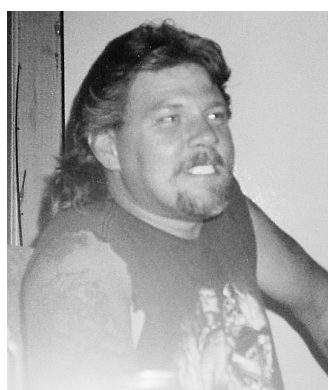
Jenna Rumsey, Kaleb Burns and Sydney Hines, and Sunday School teacher Jean Burns, were all smiles after Sunday School at Crossroads Assembly of God on Sunday morning.



In Loving Memory of William "Duck" Durham who died September 25, 2002 I'm Free

Don't grieve for me, for now I'm free,
I'm following the path God laid for me.
I took His hand when I heard Him call,
I turned my back and left it all.
I could not stay another day,
To laugh, to love, to work or play.
Tasks left undone must stay that way,
I found that place at the close of the day.
If my parting has left a void,
Then fill it with remembered joy.
A friendship shared, a laugh a kiss,
Oh, yes, these things, I too will miss.
Be not burdened with times of sorrow,
I wish you the sunshine of tomorrow.
My life's been full, I savored much,
Good friends, good times, a loved one's touch.

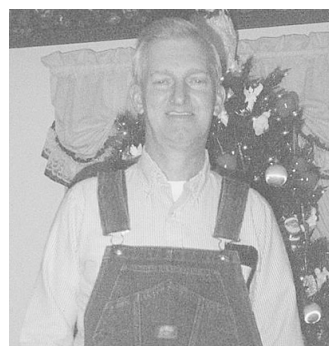
Perhaps my time seemed all too brief,
Don't lengthen it now with undue grief.
Lift up your heart and soar with me,
God wanted me now, He set me free.
To my wife, Jeweldean From your loving husband, William (Duck) Durham



In Loving Memory of Dale Hoskins The Time Is Now

If you are ever going to love me,
Love me now, while I can know
The sweet and tender feelings

Which from true affection flow.
Love me now while I am living,
Do not wait until I am gone
And then have it chiseled in marble,
Sweet words on ice-cold stone.
If you have tender thoughts of me,
Please, tell me now,
If you wait until I am sleeping,
never to awaken, there will be death between us,
and I won't hear you then.
So, if you love me, even a little bit,
Let me know it while I am living
So I can treasure it.
Now it is too late, I am having to chisel it in stone.
I love you and miss you Love - Sheila



In Loving Memory of William "Duck" Durham Feb. 10, 1944-Sept. 25, 2002 Our Dad, Our Paw Dad...so many images come to mind

"Church News"

(Cont. from pg. A7)

Gospel Singing

There will be a gospel singing at Crossroads Assembly of God on Sunday, Sept. 30, starting at 6:30 a.m. All gospel singers welcome. Fellowship and food following the service.

5th Sunday Singing

There will be a 5th Sunday Singing at Maretburg Baptist Church, on Hwy. 50, Sunday evening, Sept. 30th, beginning at 6 p.m. The Royal Descendants of Somerset will be in concert and fellowship will follow the singing.

Pastor Wayne Harding and congregation invite the public to an evening of worship and praise.

Revival Services

Maple Grove Baptist Church will be in revival through Friday, September 28th with Bro. Doug Collins preaching. Services begin at 7 o'clock nightly. Pastor Jerry Owens and congregation cordially invite everyone to attend.

Revival Services

Revival will begin September 26th at Livingston Pentecostal Church at 7 o'clock each evening. Bro. B.J. McKinney and Bro. James Sullivan will be preaching.

Pastor Jim Miller and congregation invite everyone.

Revival

Revival services will be held at the Mt. Zion Baptist Church Sept. 30 through Oct. 3 at 7 o'clock nightly. Bro. Kyle Rader, pastor of Mt. Pleasant Baptist Church will be the evangelist and there will be special singing nightly.

Everyone is invited to attend.

Revival at Wildie

Wildie Christian Church will be in revival services October 7-10, with Dr. Keith Short, minister of Community Christian Church in London. Services are at 7 o'clock each evening. Special music each night. *Homecoming is October 7th.* Everyone welcome.

Services at

Church of Christ

Mt. Vernon Church of Christ, on Fairground Hill, holds services Sundays at 10 a.m. and Bible Study on Wednesdays at 7 p.m. Everyone welcome.

Homecoming

Sand Springs Baptist Church will hold a Homecoming Service Sunday, September 30th. Sunday school at 10 a.m. and worship at 11 a.m. with dinner served afterwards.

No Sunday evening service. Pastor Bob Bradley and congregation welcome everyone.

Napier Singing at Philadelphia Baptist

Jeff Napier will be singing at Philadelphia United Baptist Church in Brodhead on Saturday night, Sept. 29th at 7 o'clock. The church is located on Bryant Ridge Road off Negro Creek. Pastor Gordon Mink and congregation invite everyone.

whenever we speak your name; It seems without you in our lives things have never been the same.
What happened to those lazy days when we were just a child; When our lives were consumed in you in your love, and in your smile.

What happened to all those times when we always looked to you; No matter what happened in our lives you could make our gray skies blue.

Dad, some days we hear your voice and turn to see your face; Yet in our turning...it seems the sound has been erased.

Dad, who will we turn to for answers when life does not make sense; Who will be there to hold us

close when the pieces just don't fit. Oh, Dad, if we could turn back time and once more hear your voice; We'd tell you that out of all the dads you would still be our choice. Please always know we love you and no one can take your place; Years may come and go but your memory will never be erased. Today, Jesus, as You are listening in your home above; Would you go and find our dad and give him all our love.

We love and miss you Dad, Joyce, Bill, Belinda & Frankie

We love and miss you Paw, Bridgette, Leandra, Levi and Lebrana

IP315 seminar



"...sanctify Christ as Lord in your hearts, always being ready to make a defense to everyone who asks you to give an account for the hope that is in you, yet with gentleness and reverence;" [1st Peter 3:15 NASB]

~ Healthy Marriages | Parenting | Families ~

Kentucky Christian Assembly is proud to sponsor Rockcastle & Surrounding Counties first

IP315 Seminar

Saturday ~ October 20, 2007 1:00 to 5:00pm

at KCA Camp - Grassy Branch Rd. (Possum Kingdom) in Brodhead **Marriages & Families are suffering.** The devastating evidence that is clearly seen in the brokenness of our modernist society, is the consequence of exchanging God's Word & Way for a deceptive "truth" and the bondage of sin.

KCA invites you to hear Greg Williams, as he leads this DYNAMIC SEMINAR; about Lordship> Discipleship> Relationship> Addressing Problems

Advance Registration is heartily Requested but not required to attend.

(Please let us know you're coming so we can prepare)

MAIL TO: KCA, c/o Allison Reynolds, Secretary

95 Willow Ave., Brodhead, KY 40409

NOTES: *No childcare provided.

*Refreshments will be served.

*An opportunity to donate to IP315 Ministries will be offered.

Name(s): _____

Mailing Address: _____

City/State/Zip: _____

Phone: _____

DIRECTIONS: Whether coming into Brodhead from Mt. Vernon or Crab Orchard, turn beside the Rockcastle Rehabilitation Center onto Chestnut Grove Rd. (at the KCA Sign). Pass the water treatment plant and cross the bridge -- turn left onto Possum Kingdom Rd. At the road fork, bear to the left and take Grassy Branch to the top of the hill to the KCA entrance.



The Benghe Family In Concert
Saturday • 1 p.m.
Next to Livingston Market on the stage
No admission

Attend the
Singing Renner's Reunion
at the
Northside Baptist Church
777 Faith Mountain Rd. • Mt. Vernon
Saturday, September 29th
7 p.m.
Free Admission • Public Invited

Step up Rockcastle County!
It's Roadside PRIDE Time Again!

The entire month of October, 2007 is set aside for the Roadside PRIDE Campaign

Will you help clean up our Rockcastle County roadsides?

You may pick your location or the PRIDE Coordinator will direct you to a specific location for cleaning. All cleanup supplies and disposal will be provided.

You may volunteer by calling James Renner, Rockcastle County PRIDE Coordinator at 606-256-1902

Cards of Thanks

Special Thanks
A special thanks to Elaine McClure Murphy for all the

work and time she dedicated for the Hamm Reunion.

Thank you very much

We need your new mailing address!
Call 256-2244

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B-Bob Blanshard • Jason Proctor

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"Listen to the Rockets LIVE each week with Jason Coguer and Jerry Pensol"

“Notes”

(Cont. from A2)

rogative.
I will agree that the current tax rate for the soil conservation board is too low, but I also agree that taxpayers have a right to have the issue placed on the ballot if they so desire.
As for intentionally misleading anyone that is absolutely false and the only thing I am guilty of is a poor memory.
Enough said.

“Points East”

(Cont. from A2)

ever going to put on a fish hook is going to be in about the same shape as the, previously mentioned, road killed squirrel.
The real story, at least to me, is that this fellow has been fishing exclusively for muskie ever since one snatched a trout off his line when he was lifting it into his boat.
We're talking over thirty years, nearly every week-end and any time he could sneak off work. Something like a hundred days a year for 30 years. During the course of all this fishing, he's caught upwards of 500 muskie. What this averages out to is that for every 6 days that he goes fishing, he catches one fish.
One has to wonder why he is still fishing instead of in an insane asylum. Like I said, I

know some fellows who fish for muskie on Cave Run and they don't even bother counting the fish they actually catch because zero is not a number. They talk about the number of follows they had. In other words they don't even lie about the proverbial "one that got away".
And to be fair, most of these guys do not use live mice or any other living thing for bait. They cast big chunks of wood or plastic better suited for firewood or home furnishings with treble hooks attached and are, I suppose, justifiably proud of the fact that a fish larger than most stove pipes took time out to look at it.

On Dale Hollow, Cave Run and several places in Canada I have seen both Muskie or huge Northern Pike attack and eat muskrats, bullfrogs, ducks, goslings and yes, snakes. I even saw a muskie attack a full grown beaver in Canada several years ago but the beaver managed to get away by climbing up on the bank. Suffice to say that this was not a fish that I would have wanted on the end of my line.
I have caught muskie but never really on purpose. The real prey has always been pike or bass. I had one about 35 inches on Cave Run swallow a top-water plug that lodged in its gills and I kept it because it was not going to survive if I released it.
We tried to eat it. But it came out of the skillet tasting

like chicken gizzards that had been soaked out in the sun for a week in a jar of old sardines.
So there you have it Fred. Now we will see how many readers are surprised. In the meantime, given the choice between eating a fifty pound muskie and a road killed squirrel, I'd want to inspect the squirrel first to see if it was reasonably fresh.
But I would much prefer a big slab of muskie to a plate of that northern Pennsylvania scrapple that my buddy Fred is so fond of.

“Memories”

(Cont. from A2)

week, hamburgers were served along with fries and dessert. We always cleaned our plates on those days. Another special meal that was very popular was the traditional soup bean and cornbread spread.
Bud Cox, Lloyd Fain, and I were discussing these meals last week at the annual MVHS reunion. Their opinion of the cafeteria was similar to mine - exceptional. A meal was only 20 cents, and it contained "all the trimmings."
One unusual item that could be purchased for a nickel was a small Coke. (They were actually only available at break time.) Also a bologna sandwich could be bought for 5 cents. Oh for the good ole days, when a Coke and sandwich could be had for a dime!

When I entered high school, we still enjoyed the excellent meals in the cafeteria, but we also loved the freedom of crossing the street and going to "Mom & Pop's Little Store." This hub of activity was only for the older boys and girls! The backroom contained a jukebox and a pinball machine. Sometime the seniors filled the jukebox with coins and cleared the room for dancing. Mom and Pop sold every kind of candy, gum, chips, and soft drinks known to man.
Some parents banned their children from crossing the street to enter the "hang-out." It was common for us to use our lunch money to play the jukebox or to purchase candy. Most parents were not told about the fun things that were available at Moms. We just crossed the road and met our friends there without telling everything we experienced.
Who would have ever thought that we would look back with fondness at a school cafeteria?

(You can reach me at mtmman@mis.net I appreciate all of your comments and suggestions.)
“Bench”
(Cont. from A2)
under existing state laws have been nearly non-existent. In 2001, a federal appeals court upheld the conviction of a western Kentucky veterinarian for knowingly distributing steroids outside the usual course of veterinary practice, a violation of federal law. This is the only published instance involving a prosecution of illegal steroid distribution in Kentucky.
While additional federal investigations and prosecutions may curb professional manufacturing and distribution rings, the diversion of steroids from legitimate sources to illegal users can only be effectively curbed by vigorous state and local enforcement.



Mt. Vernon businesses, Pizza Hut and Cash Express, honored county firefighters with free pizza and a cake in commemoration of the anniversary of 9/11. Shown at the Mt. Vernon fire station are from left: Cash Express manager Hope Bishop, firefighters Bryan Hansel and Jeremy Davidson, Mt. Vernon Mayor Clarice Kirby, Chief Garry Hansel, Jeff Conn, Pizza Hut manager Pam Burdette and firefighters Jason Hansel and Ryan Messenger. Other fire departments in the county were also honored.



Monica Bishop, standing, was the winner of the recent coloring contest sponsored by Pizza Hut and Cash Express, both of Mt. Vernon. At left is Paula Bishop with Arthur Denny, Brittany Hansel, Courtney Hansel and Melannie Gadd. Arthur, Brittany, Courtney and Melanie all participated in the coloring contest.

“What Is Written”

The past couple of weeks we have been discussing the nature of man. Paul affirms that man has 3 parts, body, soul and spirit, 1 Thess.5:23. Today we shall discuss the spirit of man. The spirit was formed within the body. In Zechariah 12:1, "The burden of the word of the LORD for Israel, saith the LORD, which stretcheth forth the heavens, and layeth the foundation of the earth, and formeth the spirit of man within him." Notice man's spirit was formed within him. The word "formeth" is the same word used as in Genesis 2:7, God formed the body. Even so, God formed man's spirit, i.e., molded, shaped it as a potter would clay. Man's spirit bears the image of God. Genesis 1:27, "So God created man in his own image, in the image of God created he him; male and female created he them." We look like God in that we have intelligence, emotions, and power of choice or will. Animals do not possess these qualities but man does, and this makes us unique. Inasmuch as we have a will, the power to choose, we are morally accountable creatures. And since we all have sinned, Rom. 3:23, we all need redemption. Some day we will face God in the day of judgment, are we ready for that day?

Providence church of Christ - 758-8524

E-mail: Dan.McKibben@juno.com

Web Site: www.WhatSaithTheScriptures.com

Time of Services: Sunday 10am Bible Study, Worship 10:40 & 6:00pm; Wed. 7:00pm. Radio program, Sun.8am, 1460 AM

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Dear Friends,
We wish to say a big "Thank you" for your friendship and loyalty through the years.
Our Hammons family came to Rockcastle County in 1943, when Earl Hammons was appointed a Commissioned Agent of Standard Oil of Kentucky. Upon his retirement, I became the agent until 1981 when J&L Equipment, Inc., an oil distributorship, was formed.
Through the years, it has been a pleasure living in, and doing business with the folks of Rockcastle County. We feel there is no better place to raise a family and be a part of a community.
We may travel to distant places but we always look forward to coming back to our Rockcastle County home.
Upon our retirement, we once again say,
Thank you, Rockcastle
Jim and Libby Hammons

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ABSOLUTE Auction
of Mr. and Mrs. Marty Clark's New House and Lot
Saturday, October 6, 2007 at 2:30 p.m.
168 Jefferson Trail • Valley Oaks Subdivision - Somerset
Directions: From the intersection of Highways 150 and 461 in Mt. Vernon, take Highway 461 approximately 14 miles and turn left into Valley Oaks Subdivision. Take an immediate left onto Lincoln Trail and then an immediate right onto Jefferson Trail. Proceed to the property on the left at 168 Jefferson Trail. Auction signs are posted.
In order to pursue other business interests, the owners have authorized our firm to sell this well-located new construction at absolute auction.
The pictured vinyl sided 1 1/2 story home features a main level with large living room offering laminate flooring, large kitchen and dining combination with smooth top range, built-in oven, dishwasher, and laminate flooring. A spacious rear deck is located just off of the dining room. The master suite is also on the main floor and offers carpet flooring, walk-in closet, and the master bath with Jacuzzi tub and tile floor. An additional bedroom with carpet flooring, half bath with tile and large utility room with tile are on the first floor as well.
The second level of this home offers another bedroom with carpet and walk-in closet plus an additional full bath with tile. A storage area also improves the upstairs level.
This charming home offers central heat & air and amenities including a nice front porch, 2 car attached garage, and concrete driveway and sidewalk. It is situated on a lot measuring 125 x 150, conveniently located in Valley Oaks Subdivision.
Auctioneer's Note: A brand new construction in a most convenient location to Somerset, Mt. Vernon, London, and I-75!!! If you're looking for a new home that is perfect for family living, this home deserves a look! Make plans to attend this absolute auction on Saturday, October 6th at 2:30 p.m.
TERMS: 20% down the day of the auction with the balance due in full within 30 days.
Auctioneer/Broker/Seller Disclaimer: The information contained herein is believed to be correct to the best of the auctioneer's knowledge. The information is being furnished for the bidder's convenience and it is the responsibility of the bidder to determine the information contained herein is accurate and complete. The property is selling in its 'as-is' condition with no warranties expressed or implied.
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NAA Auctioneer

Knox Central wins 15-0

Rockets lose second straight, drop to 3-2

By: Richard Anderkin

The Rockcastle County High School Rocket football team dropped to 3 and 2 on the season and 1 and 2 in district play, after a 15-0 loss to Knox Central on Friday night.

It was the second week in a row the Rockets have been shut-out.

The loss also dropped the

Rockets to third in the district, meaning that, for the first time in 17 years, the Rockets will not host a first round play-off game when the playoffs begin the second Friday night in November.

"I can't remember the last time one of our teams have come out so flat. Our kids simply did not play like they can,"

head coach Tom Larkey said.

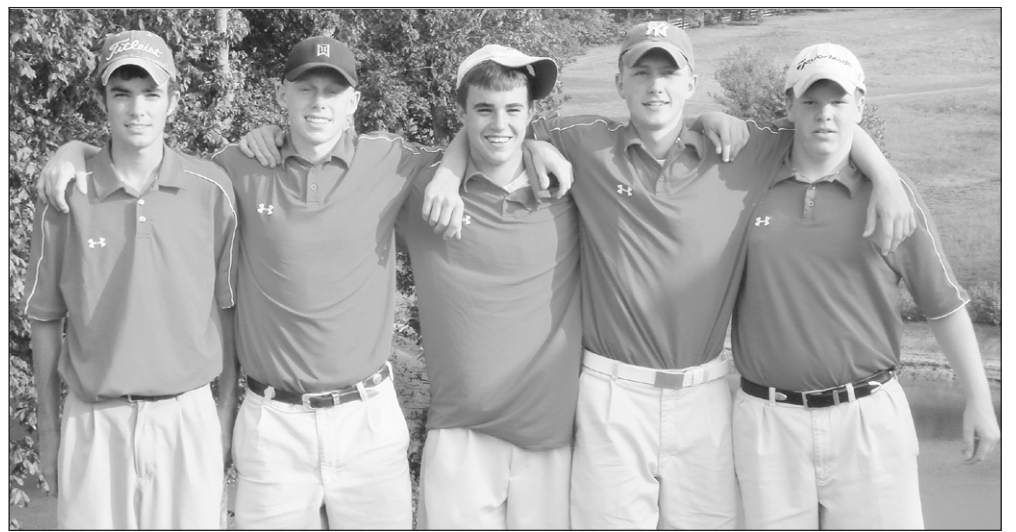
Friday night's loss was the first ever by a Larkey-coached team to Knox Central. Larkey was 14-0 against Knox Central while coaching at Rockcastle and, before that, he was 4-0 as head coach of the Laurel County Cardinals.

"They manhandled us on the offensive line and our players simply did not stay with their blocks long enough," he added.

"We've worked hard this week on playing harder, more physical and our players know we can't afford anymore district games like Friday night," he said.

"Our poor start kind of put us in a twilight zone - we got away from our standard game plan and it costs us," Larkey added.

Knox Central took the ball on the opening kick-off and broke a 64 yard run on third down to set up their first touch-



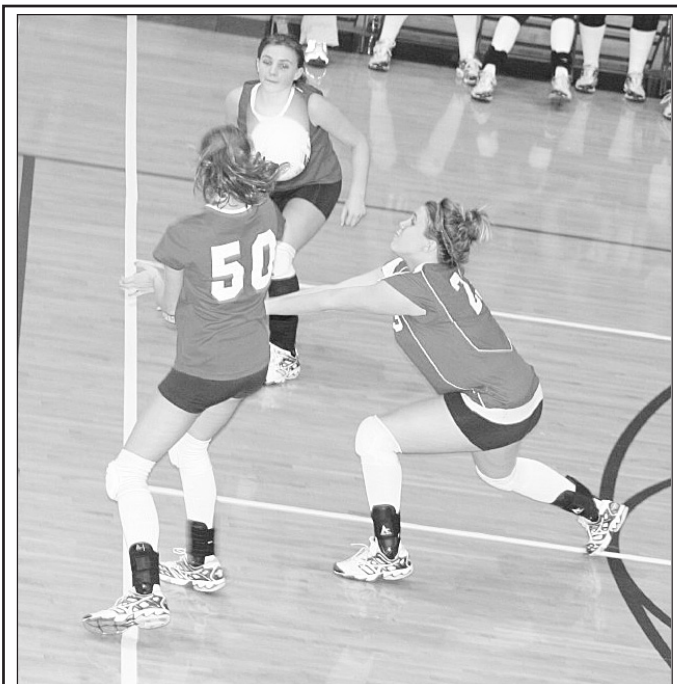
The Rockcastle County High School boy's golf team is headed to the state tournament for the fourth time in school history, after finishing second in the 10th region golf tournament at London Country Club on Tuesday. The Rockets finished behind host team South Laurel with a 317, eight shots behind South Laurel's 309. Junior Jordan Cash finished second in the field of 120 golfers with a one over par 72 to lead his team to victory. Team members shown above, from left are: Andrew Pensol, who shot an 84, Jake Woodall, 82, and Bryan Clontz with an 81, Cash and Brandon Young, who also shot 82. The Rockets will play in the 12 team state tournament next Tuesday and Wednesday at the Bowling Green Country Club.



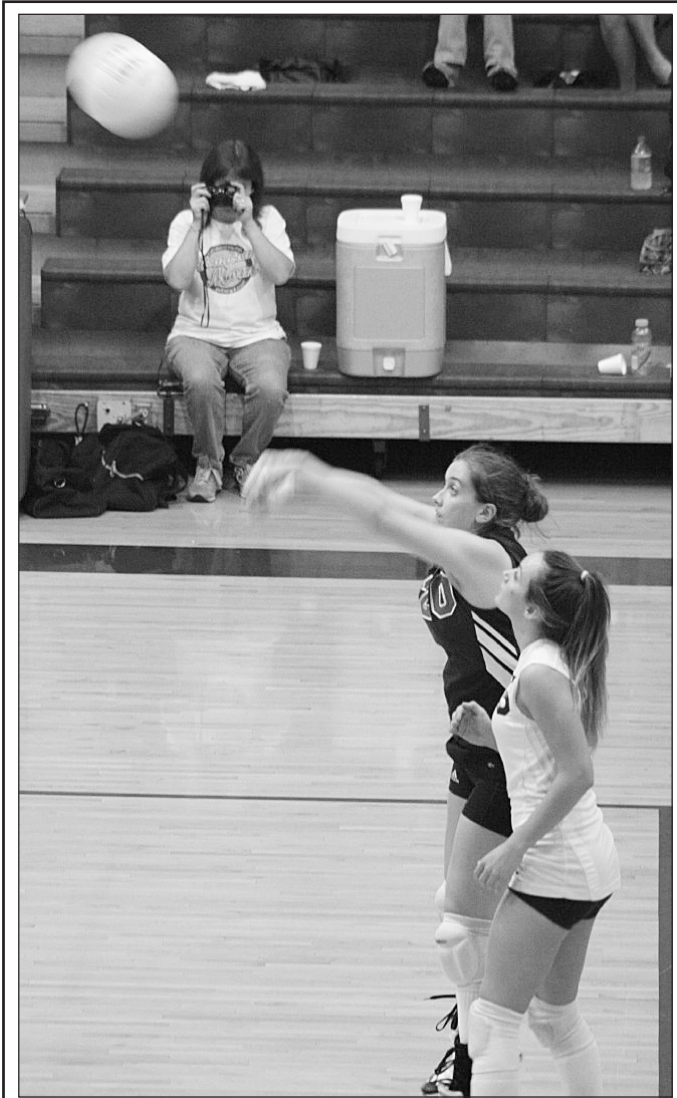
Junior Rocket Casey Hayes attempts to put pressure on the Knox Central quarterback on Friday night. Hayes, and the rest of the Rocket defense, held Knox Central to just 212 yards and two early scores but the offense was shut out again. Friday's loss to Knox Central was the first ever for Rocket head coach Tom Larkey.



Junior Steve Trimble brings down a Knox Central running back in Friday night's action at Barbourville. The Rockets were shut out for the second straight week. They will host Lincoln County Friday night, which will be homecoming at the ROCK.



Lady Rocket junior varsity volleyball player Whitney Benedict digs one out against Wayne County on Tuesday night. The junior varsity lost only their second match of the season and will return to action on Thursday night at home against Pulaski County. Also in the photo, at top, is Bethany Clontz and at the bottom, Morgan Hunt.



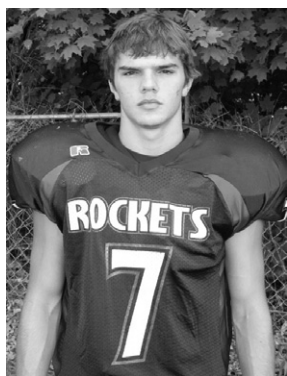
The Rockcastle County Lady Rocket volleyball team is 15-11 on the season after losing to Wayne County on Tuesday night at the ROCK. Above, junior Loren Reynolds sets up the ball return as senior Bethany French looks on. The Lady Rockets went 3 and 1 over the weekend in their own invitational tournament with wins over Western Hills, Danville and North Laurel. Their only loss was to Boyle County. All three squads return to action on Thursday night when they host Pulaski County.

Player of the Week

vs. Bell Co.

Abraham Kirby

4 receptions for 38 yards
4 tackles



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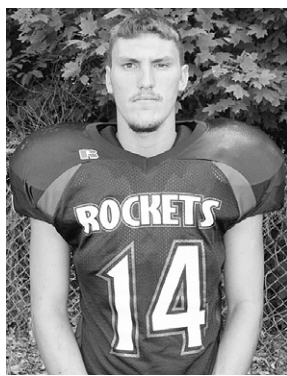


Player of the Week

vs. Knox Central

Zach Burkhart

Zach led his team with 16 tackles and assists



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Sophomore Rocket quarterback Dustin Bishop ended up running the ball 14 times on Friday night because of pressure from the Knox Central Panthers. The Rockets play their second home game of the season on Friday night when they host Lincoln County. Lincoln is 3-1 on the season.



The Rockcastle County Rocket freshman team lost to East Jessamine last Thursday 24-6 to move their season mark to 0-3 on the season. Above, John L. Saylor, #33 and Brandon Morrison #81 bring down an East Jessamine player. Also in the photo are #72 Dillion Thacker, #71 Jon Childress and #57 Jordon Robinson.



Freshman Lady Rocket volleyball coach Allie Mink called time out during the team's first game against Wayne County on Tuesday to discuss things, after the Lady Rockets fell behind. The freshmen would go on to win that game, but lost the next two, to lose their first match of the season. Players identifiable in the photo are from left: Carly Winstead, Breanna Coperhaven, Courtney Campbell, Beth Guinn, Alexandra Martin and Kara Canterbury. The freshmen return to action on Thursday night.



Lady Rockets win last match of season...
The Lady Rockets traveled to Battlefield last Wednesday night and defeated Madison Southern by a score of 230 to 254. Individual scoring for the Lady Rockets were: Alexis Young, 53; Keeley Goff, 56; Hannabeth Owens, 58 and Kristin Bullock, 63. Pictured above are the Lady Rockets at the regional at Old Bridge. They are from left: Kristen Bullock, Keeley Goff and Alexis Young.

ROCK loses 15-0 to Knox Central

(Cont. from pg. 10)

over seven minutes to go in the first half.

The Rockets trailed 15-0 and that would be the last of the scoring by either side.

"Our defense played hard after that and we began to show some life, but we simply couldn't get anything going on offense," the head coach said.

Offensively, the Rockets had only eight first downs, picking up just 107 total yards on the night.

Because of pressure on him all night long, quarterback Dustin Bishop carried the ball 14 times for 18 yards and was sacked several times. He was seven for 21 passing with two interceptions.

The Rockets two leading rushers, Casey Hayes and Cody Mize, both had a rough night. Hayes had a total of six yards on six carries and Mize was a minus 6 yards on four carries. Shawn McHone was the leading rusher for the Rockets with just 18 yards on six carries.

Abe Kirby led the receiving corp with 38 yards on two catches.

Dustin Bullock caught passes for 23 yards, Jamie Todd caught passes for four yards and Zach Burkhart caught one pass for six yards.

Defensively, the Rockets gave up nine first downs and a total of 212 yards to the Panthers.

The Rockets had no sacks,

fumble recoveries or interceptions.

Burkhart led the Rockets in tackles and assists with 16, followed by Hayes and Brian Mize, who had nine each.

Steve Trimble had eight tackles and assists, followed by Scott Daughtery with four. Devon Mason got three, Cole Abney two and Trenidy Coffey, Bullock, McHone, Kirby and Cody Mize all got one tackle.

Things don't get any easier for the Rockets on Friday night when they host Lincoln County.

Friday night will be homecoming at the ROCK and the 3-1 Patriots no doubt have a spoiled homecoming in mind.

The Patriots only loss of the season came in week one, when they lost to Bell County, 31-7. Since then they have defeated Bardstown, 20-18; last year's class 2A champs, Mercer County 12-7 and Southwestern 49-24.

The Patriots defeated Rockcastle last season 21-18, for their only loss of the regular season.

"If we play like we did last week, we will no doubt lose and I hope our players are determined to not let that happen," Larkey said.

Game time at the ROCK is 7:30 p.m. Homecoming festivities will be after the ballgame.

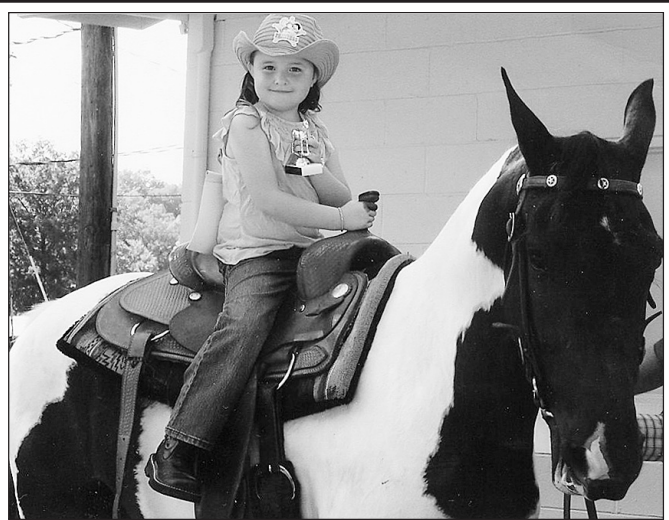
As for the play-offs, if things stay the way they are now and the Rockets defeat McCreary Central next Thursday night, October, 4th, they would finish third in the district.

By finishing third, the Rockets would travel to Knox Central again to face the Panthers.

"I think that will be a different outcome," Larkey said.



Tony Mahaffey, of Mt. Vernon, killed this 10 pt. buck with a bow in Rockcastle County.



Jaylon Ponder and Miss Evil Fire Walker participated in the JHAC Horse Show held at the Brodhead Fairgrounds on Saturday.

Shaver attends summit

Amanda Shaver, a case specialist for Juvenile Drug Court, participated in the first Kentucky Summit on Children in Louisville August 27-29 to discuss one of the most pressing issues facing the state today -- how Kentucky courts can improve services to children.

The event attracted more than 500 judges, attorneys, legislators, guardians ad litem, child welfare officials, court system personnel and foster parents and children who gathered to discuss how to improve decision-making for children in the child welfare system and before the courts.

"The Kentucky Summit on Children shone a light on the vulnerable, hurting children behind the cold statistics," said Chief Justice of Kentucky Joseph E. Lambert, who was responsible for asking the Kentucky Court of Justice to host the Summit. "We made a good start in identifying the strengths and weaknesses of our current system and continuing our endeavor to provide a bright and promising future to the children who need us most," Lambert said following the Summit.

Each year in the United States, three million reports of

abuse or neglect are made to child protective services, with 900,000 of those becoming substantiated cases. There are 520,000 children in the foster care system nationwide and in Kentucky approximately 6,300 children are in the custody of the Cabinet for Health and Family Services because of dependency, neglect or abuse.

In addition, children from minority groups are twice as likely to be in the child welfare system and they experience long stays in out-of-home care and more frequent moves within the system. And, last year alone, habitual truancy cases were the number on status offense for juveniles in Kentucky, with more than 6,500 truancy cases processed in our court system.

The Summit on Children featured national and local speakers who addressed critical topics such as overcoming barriers to justice for children; best practices for ensuring safety, permanency and well-being for children; understanding the parameters of the courts; at-risk juveniles and the juvenile justice system; combating truancy and developing regional action plans.

RCMS Lady Rocket Linescores

At Casey - Sept. 20

7th Grade

Rockcastle 32 - Casey 22

	1st	2nd	3rd	4th	Final
RCMS	10	12	2	8	32
Casey	6	2	10	4	22

Scoring: Michaela Hunter, 9, Sara Adams, 6, Sam Payne, 6, Emily Miller, 11.

Record (6-5)

8th Grade

Rockcastle 14 - Casey 34

	1st	2nd	3rd	4th	Final
RCMS	0	1	5	8	14
Casey	10	7	10	7	34

Scoring: Katie Cowan, 6, Kadie Cobb, 2, Bree Tillery, 1, Kim Willis, 3, Tiffany Reynolds, 2.

Record (5-10)

At ROCK - Sept. 25

6th Grade

Rockcastle 27 - N. Laurel 10

	1st	2nd	3rd	4th	Final
RCMS	7	2	0	8	17
N. Laurel	0	4	4	2	10

Scoring: Kelsey Bullock, 2, Brianna Burdette, 3, Kelsey Mattingly, 8, Kayla Reynolds, 2, Hannah Sowder, 2.

Record (6-5)

7th Grade

Rockcastle 38 - N. Laurel 13

	1st	2nd	3rd	4th	Final
RCMS	4	12	12	10	38
N. Laurel	5	5	16	15	13

Scoring: Michaela Hunter, 6, Sara Adams, 2, Sam Payne, 4, Emily Miller, 14, Briana Keating, 8, Brooklyn Blanton, 8, Kelsey Bullock, 2, Kelsey Mattingly, 2.

Record (7-6)

8th Grade

Rockcastle 13 - N. Laurel 27

	1st	2nd	3rd	4th	Final
RCMS	0	1	2	10	13
N. Laurel	9	8	10	0	27

Scoring: Katie Cowan, 1, Kadie Cobb, 4, Holly Ham, 8.

Record (5-11)

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Taco Salad & Med. Drink

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Sponsored by Jerry J. Cox, PSC, Attorney at Law

Saturday, Oct. 6th • 7:30 a.m.

Start and Finish Line: Rockcastle County Courthouse

Entry Fee: \$15 (if postmarked by 9/22/07) - \$20 Late Entry Fee

Group Classifications:
Wheelchair & Male & Female in the following age groups:
14 & Under; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54;
55-59; 60-64; 65-69; 70 & over.

Parking will be free in the courthouse area and the course will be a marked, paved course within the city limits. Traffic control will be provided. All race numbers will be available the morning of the race, starting at 6:30 a.m. Water will be provided on the course and snacks will be provided in the finish area. (Race conducted by John's Running Shop)

Cash awards and trophies will be presented to the top three overall males and females. Trophies only will be awarded to the top three in each age group. There will also be door prizes.

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ENTRY FORM

NAME _____

Address _____

Phone # _____

Age on race day _____ Gender _____

Race Participation Agreement:
I understand that my consent to these provisions is given in consideration for being permitted to participate in this event. I am in adequate physical condition to participate in this event. The race administrators may remove me from the race if they believe that my health may be endangered. I am aware of, and voluntarily assume the risks of competing in this event. If I am injured, I agree that I will not sue, or otherwise try to hold responsible any race sponsor or its employees. I understand that I may be removed from the competition if I do not follow all the rules of this event. I give my permission to use any photographs, videotapes or other records of me that are made during this event.

Signature _____
(parent's signature if under 18)

Send Check and This Form To:
Bittersweet 5K Run
c/o Jerry J. Cox, PSC
P.O. Box 1350 • Mount Vernon, Ky. 40456



Doug Leger of Mount Vernon was the winner of the Pro category at London Dragway on Saturday, Sept. 23. In the final run, he covered the eighth-mile in 6.4731 seconds with a top speed of 104.11 miles per hour.

Friday Night Special at Livingston Market

Ribeye Steak Dinner
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Susan Laws (center), Executive Director of the Mt. Vernon-Rockcastle County Tourist Commission, attended a work study trip to Paducah, September 18-20. During the trip, hosted by Southern and Eastern Kentucky Tourism Development Association (SEKTDA), the group met with local tourism professionals to discuss downtown revitalization, marketing strategies and special events. Also pictured are Vicki Kidd (left), CEO of SEKTDA and Belle Jackson (right), Executive Director of the Berea Tourist Commission. The picture background is one of 50 Floodwall Murals that were painted to depict Paducah's history.

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Tentative Bookmobile Schedule
Mon., Oct. 1: Brodhead and Copper Creek. **Tues., Oct. 2:** Green Hill, Conway, Fairview, Lambert Road. **Also,** beginning Sept. 29th, duplicate copies of books and donated books will be available to the public for a small donation. Many popular authors, while they last. Hours are: Monday through Friday 10 to 6 and Saturday 10 to 4.

DAV officer in London
 Disabled American Veteran State Service Officer will be at the DAV building in London on Oct. 2nd from 9 a.m. to noon. For more information, call 606-862-0032 or 606-877-1308.

Historical Society Open on Mondays
 The Rockcastle County Historical Society will be open for researchers on Mondays from 9 a.m. to 4 p.m. The society's office is located in the RTEC Garage in Mt. Vernon.

Basketball Boosters' Club Meeting
 There will be a boys and girls basketball booster club meeting on October 1st at 6 p.m. at the high school's library. All parents need to attend to discuss Rocket Madness.

Auction at J&J for fire dept.
 There will be an auction October 14th, beginning at 6:30 p.m., at J&J Auction House, Hwy. 150. Proceeds will benefit the Pongo Fire Dept. There will be something for everyone, including pies, cakes, filing cabinet, window air conditioner, desks, painted saw blades and muchmore. Please come join the fun. For more info, call Tony Bullock at 256-8545 or Kevin Blevins at 256-0389.

Parker Seal Annual Reunion
 The annual Parker Seal reunion will be held Sept. 29th from 11 a.m. to 2 p.m. at the Folk Center on Jefferson St. in Berea. Bring a covered dish and your drinks. Chicken will be provided. All former Parker Seal employees, and their families, are welcome. For more information, call Ruth Holman, 758-8544. Door prizes will be given.

BVFD Fund-Raiser
 The Brodhead Volunteer Fire Dept. are conducting a portrait fund-raiser. For everyone contribution of \$20 or more, you will receive an 8x10 family portrait. Pictures will be taken October 20-21 at the fire department. Thank you for your continued support.

Bittersweet Festival Note
 Applications are being taken for vendors for the Bittersweet Festival, scheduled for October 5th and 6th. Applications can be picked up at City Hall or by e-mail at pkb_cmv@yahoo.com. For more information, call 606-256-3437. Watch next week's *Signal* for more details.

NA Women's Meeting
 The Women's NA Serenity Group of Mt. Vernon meets each Monday at 8 p.m. at the Christian Appalachian Project Community Center, 64 Beiting Lane, Mt. Vernon. Open meeting - non-smoking.

Women's Narcotics Meeting
 There will be a Women's Narcotics Anonymous Meeting every Monday evening at 8 p.m. at the Community Center, sponsored by Christian Appalachian Center. For more information, contact the Healing Rain Center at 256-5810.

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

Narcotics Anonymous
 Narcotics Anonymous meets Thursday nights at 8 o'clock 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 at 7 p.m. at Northside Baptist Church, Mt. Vernon. Meetings are also held Mondays, Tuesdays and Fridays at noon at the church.

H.O.P.E. Meetings
 H.O.P.E. Support Group Meetings are held Thursdays at 7 p.m. at Northside Baptist Church. HOPE is a support group for anyone who has a friend or family member dealing with addiction or alcoholism. Please come join others who are or have gone through the agony and frustration you are experiencing. Do not suffer alone. It helps to talk with others who understand. Any discussion is kept confidential. Call 256-5577 for more information.

Yards to Paradise

By Max Phelps

Rockscape - Landscaping that doesn't die, or have to be trimmed, mowed or watered!

Are you less than satisfied with the appearance of your yard, tired of replacing or tending to landscape plants that have names you can't pronounce; or, if you're tired of mowing—or having strangers do it whom you often don't even know or can't communicate with—maybe a stonescape would be a marvelous alternative?

Could a snazzy landscape design with multiple types of stones, from the size of sand and pebbles, to stone benches or huge boulders be the answer? Stone pathways of cobblers, mortared stone patios, or flagging laid in sand could provide hardscape for trafficked areas. The flower beds could be mulched with river pebbles, lava rocks, or a whole selection of other stones. Giant boulders could function where trees, especially old and dying trees, currently exist. Smaller stones could function where small shrubs normally grow. Grass to be mowed, hardwood mulch to be re-done regularly, would become stones that need very little attention if weed barriers are put in place first and the rocks are spread 2 to 4 inches thick.

Continuing with this idea, maybe a Japanese Garden would work, with carefully placed stones, a water feature (or dry pond in sand) could be added.

Additional elements such as stone walls, stone fireplaces and outdoor cooking facilities, seating, firepit, wishing well, gazebo or tiki hut partly of stone with a traditional roof, stone pergolas rather than wooden ones, the ideas keep popping here.

Maybe rustic rather than clean and formal is your preference. In that case, how about turning the lawn into a mini-forest, and add paths and a meandering stream. Both for the beauty, and lots of cool places to relax in private by. (Running water, unlike stagnant green ponds, does not allow mosquitoes to breed...and it sounds so peaceful and refreshing.) Stones added liberally to such a mix would naturalize and make the new landscape look like it belonged, and "has always been there".

Whereas once upon a time most parts of the country had limited choices in stones, just what was mined or picked up locally, today businesses that sell just rocks and perhaps mulch and sand have sprung up like garden centers and WalMarts...they're in almost every town. And if what you want is not available locally, just try the nearest couple large towns or cities, or the internet. I am betting you can find dozens and even hundreds of varied and unusual stones to choose from. From plum colored Pennsylvania fieldstones to sandstones, granites, limestones; from tumbled, to creek stone, to flagging to dry ledge stones to rustic moss-covered boulders.

A good library, garden center, or a computer hooked to the internet should enable you to pursue this idea to the fullest in your spare time. And, only you know if a rock garden or a total stonescape at your place would work.

Rather than look at shrubs that need attention or grass that needs cutting or a lawn maintenance crew making loud noises at inconvenient times and disturbing the peacefulness you've sought all day when you get home, maybe you are about decided to go with stones that need no maintenance and are about as natural (and "green") a choice as is available for any price.

The author is a watergarden contractor. Send suggestions, visit www.rockcastles.com



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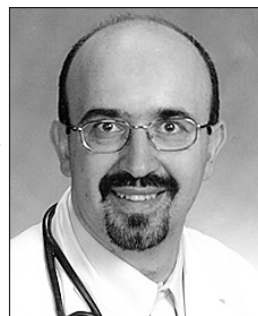
Sneezing, wheezing, trouble breathing, itchy watery eyes, runny or stuffy nose, headaches, congestion, cough, sore throat, hives or other skin rashes.

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Iraklis C. Livas, M.D., is a Board Certified Allergist, Graduate of Johns Hopkins University.

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(2) Mailed In-County Paid Subscriptions Stated on PS Form 3541 (Include paid distribution above nominal rate, advertiser's proof copies, and exchange copies)	1,420	1,414
(3) Paid Distribution Outside the Mails Including Sales Through Dealers and Carriers, Street Vendors, Counter Sales, and Other Paid Distribution Outside USPS®	3,200	3,250
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f. Total Distribution (Sum of 15c and 15e)	5,876	5,903
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16. Publication of Statement of Ownership
 If the publication is a general publication, publication of this statement is required. Will be printed in the **9-27-07** issue of this publication. Publication not required.

17. Signature and Title of Editor, Publisher, Business Manager, or Owner
Perlina Anderkin, Owner Date: **9-26-07**

I certify that all information furnished on this form is true and complete. I understand that anyone who furnishes false or misleading information on this form or who omits material or information requested on the form may be subject to criminal sanctions (including fines and imprisonment) and/or civil sanctions (including civil penalties).

PS Form 3526, September 2006 (Page 2 of 3)



Signing in members who attended Friday night's annual Farm Bureau Federation meeting were, Betty Sue Bullen, left and Cassie Literal. There are 3,568 members in the local federation.




Serving up the food at Friday night's meeting of the Farm Bureau Federation were members of the Young Rockcastle Farmer's organization and friends. Shown above, from left are: Teresa Hurst, John Colby Robbins, Kevin Adams, Tom Mills and Kayla Reynolds.



Pure Grain Country provided the entertainment during the annual meeting of the Rockcastle Farm Bureau Federation on Friday night. Shown above from left are band members: Violet Smith, Vicky Anglin and David Bratcher.



Approximately 170 people attended the annual Farm Bureau Federation meeting on Friday night at Roundstone Elementary School. Shown above, enjoying the meal before the meeting, were Junior and Sue French.



The Family Room
By: Dr. Roy Don Whitehead

"Why doesn't she just leave?" is a question I have heard more than once from friends, family and casual observers of abuse victims. These folks cannot understand why a woman would stay with an abuser. As one young man said, "She knows where the door is."

Leaving an abusive relationship is so difficult that it is more accurate to talk about "escaping" an abusive relationship. It is not as simple as just walking out the door. An abuser will set up a relationship in a way that makes it extremely difficult for a victim to escape.

There are many factors that make escaping an abuser difficult. One is that escaping is the most dangerous time in the relationship. I know of three women in Pulaski County who were killed by their abusers when they announced they were going to leave. If she leaves, the abuser loses control over her, and some abusers cannot allow that to happen. An abuser may kill her and himself rather than lose control.

A victim is usually aware that escaping is dangerous because of the threats made by her abuser. Abusers have said things such as, "If you leave, I will kill you." Or "If you leave, I will kill myself." Or "You will never leave me." Or "I can't live without you." Or "No other man will ever have you." Or "If I ever see you with another man, I will kill both of you." These threats make a victim fear for her life if she leaves. She must plan her escape very carefully.

Another factor that makes it difficult for the victim to escape is the threats the abuser makes against her children. "If you leave, I will take the children and you will never see

them again." Or "If you leave, I'll get custody and all you will have is visitation." Or "If you leave, I will kill you and the children." Abusers know that one of the best ways to control a mother is to threaten her children.

Another factor makes escape difficult: the victim may still love the abuser. "How can anyone love a man who hits them?" some have asked. Abusers do not hit on the first date. They draw the victim into the relationship by treating her like a queen. Only when she is "in love" does the abuse and control begin, and then only gradually. The feelings of love may last long after the abuse has begun. This is difficult for outsiders to understand, because they did not see how he slowly drew her into his web of control.

Escaping is also difficult because a victim may feel that there is no one who will support her. The abuser cuts her off from friends and family. Family may give up on her because she has left the abuser and gone back to him so many times. The victim may not know about the domestic violence shelters around the state of Kentucky who will take her and her children in at no cost to the victim. (Call Family Life Abuse Center at 800-755-5348.)

Escaping an abusive relationship is a tremendous achievement. I salute all of you who have managed to do so.

Visit The Bethany House Boutique at Thriftie Varietee Store on South Highway 27 in Somerset across from Reno's. Items sold in the boutique benefit programs and services at Bethany House. John and Claudia Gillette would love to show you around their new store. Call them at 606-561-7090.

Gear Up Establish study habits now

As school begins, days are long and memories of summer linger, making it difficult to get back into the habit of studying and completing homework. Parents can help their children establish good study habits for the school year by following some basic tips.

Rockcastle County Middle School guidance counselor Leshia Cromer says families should establish a study space for students. "Your study space should be a quiet, comfortable spot with no distractions."

To encourage students to use the study space, parents should stock it with supplies the student will need (paper, pencils, dictionary, etc.) and include anything he or she might need for a special class. For example, an art class might need a sketch pad and pencils or markers.

Cromer also recommends scheduling homework time each day. "Have a study routine and stick to it! Have a designated time and space set at home for you to do homework. Having an early time set aside each night for homework will prevent you from staying up too late trying to complete assignments."

Using homework time effectively is also important. Counselors recommend studying in a progressive manner. Make a list of what needs to be done, complete one task before moving to the next task and work steadily through each task so the last task doesn't get short changed because you've run out of time.

Schools often provide homework help and study opportunities. Most schools provide students with planners in which students can record assignments, extra curricular events and days off from school. "RCMS provides agenda books for each student so that assignments can be recorded," Cromer says. "This prevents you from forgetting to bring home needed materials or from getting home and then forgetting exactly what your assignments were. It is also a good tool for parents to keep up with what students are doing in class and can be used to communicate with the teachers."

Students should take advantage of the time in class and in between school and practice/games or any extra-curricular activity to complete assignments. Sometimes a few minutes is all an assignment requires.

Schools also often provide study groups, which can be especially helpful if there is a lot of material to review. In study groups, students can learn from each other. There are many benefits to study groups especially since the best way to learn is to teach.

Finally, counselors urge students not to procrastinate - don't put off completing assignments until the last minute. "If you get behind, the problem escalates and you can dig a hole for yourself. If you have homework for the evening, do it that evening. Turning in homework late can also cause you to lose points off your grade," Cromer says. "For major projects, create a timeline for yourself using your agenda book. Set goals for projects on certain dates so that they do not creep up on you."

Rockcastle County Middle School offers Extended School Services (ESS). It will likely begin in October and be offered one day a week from 3:00 - 4:45. Parents can check the monthly newsletter for further information or call Leshia Cromer at 606-256-5118.

Do you know? The Seasons

Mother Nature seldom looks at a calendar when deciding that leaves should change color, when the first snows will fly, or when it is time for spring to return. Give a month or two, seasons change and usually reach at least a general proximity of what we expect as normal for that particular season. For example, when you think of a fall day, the image that comes to mind is woods blazing with colors with the days cool, nights crisp, and the skies a brilliant blue. And that image is usually associated with late September or early October. But having a general timeframe is not agreeable to man. We like things to be more predictable, with a way to measure or to give a point of reference to events that we cannot really see. So a very long time ago, man developed a calendar to keep track of time and important events over time.

Early man realized that days were longer in the summer, shorter in the winter, and spring and fall held about equal amounts of day and night. They noticed that every day produced a change in the sun's elevation in the sky, except for about a week when the sun was at its highest elevation (summer) and at its lowest (winter). During the time of the shortest day and the longest night of the year (winter), and the longest day and the shortest night of the year (summer), the sun appears to hold about the same noontime elevation for several days before and after. Hence the origin of the word "solstice", which comes from Latin solstitium, from sol, meaning "sun" and -stitium, "a stoppage." The spring and autumn events were named "equinoxes" meaning "equal", referring to equal amounts of day and night, and "solstices" to designate the longest and the shortest days.

When it is winter for us here in the Northern Hemisphere, it is summer in the Southern Hemisphere. The reason for the opposite seasons at opposite times of the year between the two hemispheres rests with the earth's rotation about the sun. During this journey, the earth also spins on its axis, which is tilted some 23.5 degrees towards the plane of its rotation. In plain language, this means that when the North Pole is pointed the furthest away from the sun, the sunlight striking the northern hemisphere is at an angle, the Northern Hemisphere receives less direct sunlight (creating winter) while the Southern Hemisphere receives more direct sunlight (creating summer) as the sun's rays are nearly perpendicular. As the Earth continues its orbit, the hemispheric pole that is angled closest to the sun changes and the seasons for the two hemispheres are reversed. In between these two extremes, fall the spring and autumnal equinoxes.

Those are the physical points of reference that man learned to measure and they can be predicted years into the future. But actual weather patterns usually lags behind the actual point on the calendar. For example, although the first day of summer on the calendar falls in late June, the real heat of the summer does not appear until late July and August and often lingers into September. The same is true of winter, which officially begins just before Christmas. Janu-

ary and February historically hold the brutal cold months of winter, but it is often March that can produce the most brutal storms of the winter season.

The reason for this time lag is that it takes time for the earth to warm up, and it takes time to cool down. After a scorching hot summer, even though there is much less daylight as the official winter date on the calendar approaches, the earth retains this summer heat stored in the land and in the oceans. Once the winter solstice is passed, the maximum cooling on the earth will take place as the last of the stored summer warmth is lost. The reverse holds true for warming the planet as summer approaches.

On the calendar, with the solstices to mark the first day of summer and winter; it is the equinoxes which mark the first days of spring and autumn. All these solar events usually occur near the 21st of the months with December (for winter), and June (for summer), spring in March, and September for fall. The exact date varies, in some years, as early as the 20th, to as late as the 23rd for the season change. This year, fall begins on September 23rd, and winter officially arrives on December 22nd.

In the early days before computer equipment, satellites, and other modern marvels, ships at sea required the exact time in order to navigate. The earth's exact position in its relation to the sun was vital. Initially, American scientists and seamen relied on foreign almanacs - particularly those of Great Britain - for astronomical and navigational data. However, as the United States had a series of significant conflicts with the British at this time in history, it was essential that we developed our own means of keeping time. In 1849, Congress established the Nautical Almanac Office to prepare and publish an official national almanac. Privately published almanacs, such as Benjamin Franklin's Poor Richard's Almanac, were generally not adequate for scientific use. The Nautical Almanac Office, part of the Navy, became the US Naval Observatory, and the official timekeepers for the United States. If you need to know the correct time, these are the people to go to. They are also responsible for calculating the date and time for all astronomical phenomenon such as phases of the moon, eclipses, and marking the seasonal change. According to the US Naval Observatory, fall will officially begin this year on September 23rd at 5:51 AM EDT. Winter will officially start this year at 1:08 AM EST, December 22nd, when the Northern Hemisphere is at its greatest declination from the sun and with the sun's rays striking the earth at the greatest angle.

For more interesting information on the solstices, history of the calendar, history of keeping time in general and it's importance to navigation, information on the phases of the moon, sun, and other astronomical phenomena, or if you would just like to know the exact time to the second, visit the web site of the US Naval Observatory at: <http://aa.usno.navy.mil>

For information as to what is in store weatherwise for east Kentucky, visit the NOAA National Weather Service office in Jackson at www.weather.gov/jacksonky

Miss Bittersweet Festival Pageant

Sign-up Friday, October 5th • 2 to 4 p.m.
Pageant begins 5:30 p.m.
Friday Night

Location for sign-up and pageant is Rockcastle County Courthouse, 3rd floor conference room.

**Winner will be presented on stage on
Main Street at 7:30 p.m.**

**Open to Rockcastle Ladies 16 to 22 years old
No Entry Fee • Winner Receives Trophy and Ribbon**

For more information, call City Hall 256-3437



Mt. Vernon volunteer firefighters responded to a vehicle fire at Wendy's/Chevron in Mt. Vernon Wednesday morning. Above, firefighter Kyle Fletcher puts water on the vehicle which was heavily damaged by the fire. Firefighter Steve Griffin, right, said a Burnside woman pulled the vehicle into the parking lot after it caught on fire. The Burnside woman was the only one in the vehicle.



Members of the Western Rockcastle Volunteer Fire Department would like to thank the community for all help and support in the raising of two acres of tobacco. The proceeds from the fundraiser will go to the building costs of a new building that will be built by volunteers and firefighters, which will enable the fire department to better serve the community.

“Festival”

(Cont. from front)

ing in challenges in order to be the first to the finish line. The winners will receive the grand prize of \$100 and a variety of other prizes, including food certificates, electronics, gift certificates to city businesses, a Wal Mart gift card etc.

The only requirement is that one of the contestants on each team has a valid driver's license. All teams will be deprived of the use of cell phones, money and outside help.

There is a \$25 entry fee per team and applications can be picked up at city hall. Entries will be limited to the first eight eligible teams to apply.

Sign-ups for the Miss Bittersweet Festival Pageant will be held October 5th from 2 to 4 p.m. in the third floor conference room at the courthouse and judging begins at 5:30 p.m.

The winner will be presented on stage on Main Street at 7:30 p.m.

The contest is open to Rockcastle ladies 16 to 22 years of age. There is no entry fee and the winner will

receive a trophy and ribbon. For more information, call city hall at 256-3437.

The weekend will also include a parade at 1 p.m. on Saturday. And entertainment throughout the weekend will be provided by Ruby Powell and Friends, the Wild River Band, Northside Baptist Church group, 7th Tyme Down, the Bittersweet Cloggers, the Michael D. Band, a Karoke Contest, Charlie Bay's Unit, the Laurel Creek Band and Hasty Street.

There will also be plenty of food and craft vendors and spaces are still available. Call Pam at City Hall 606-256-3437 or email her at pkb_cmv@yahoo.com.

“Crime”

(Cont. from front)

Following the sentencing, Asst. Commonwealth Attorney Jeremy Bartley told the *Signal* that he was well pleased with the Judge's decision to deny probation. “These two men took advantage of a vulnerable victim and that makes this more serious than other forms of theft. We've got to protect our elderly Rockcastle Countians to

make sure they're treated with the respect they deserve and Judge Burdette's words today make it known that he feels the same way.”

In other cases before the court, Christopher Kincer, 24, of Mt. Vernon will serve seven years imprisonment for violating the terms of his probation (pleading guilty to DUI and assault). Kincer was originally given probation for trafficking in controlled substances, possession of drug paraphernalia, public intoxication and possession of controlled substances.

Kenneth Powell, 29, of Mt. Vernon, pled guilty to trafficking in controlled substances. He was sentenced to five years imprisonment to run consecutive to time remaining on his prior five year sentence, from which he was on parole.

Jack McCormick, Jr. 32, of Mt. Vernon was sentenced to five years for possession of meth precursors and possession of controlled substances.

“Robbery”

(Cont. from front)

closed amount of money was taken in the robbery.

Anyone having information about the incident should contact the Mount Vernon Police Department at (606) 256-2121.

“Weather”

(Cont. from front)

Although the rain has been sparse this year in the county, no mandatory limit on the use of water has been imposed and for now none are expected.

Attention Heat Vendors

The Daniel Boone Community Action Agency will again be administering the Home Energy Assistance Program (HEAP) for low-income people in Clay, Laurel, Jackson and Rockcastle Counties beginning November 5, 2007. Vendor packages for last year's participating vendors are being mailed. Application packages for new VENDORS may be picked up at each county office from September 26 - October 5.

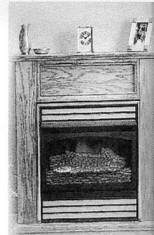
The office in Rockcastle is located at 105 East Main St., • Mt. Vernon, Ky.

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04 Ford Ranger Edge, Auto, V-6\$189 / month
05 Chevrolet Colorado, X-Cab, 4x4, Sport, Loaded, 11,000 Miles\$295 / month
04 Toyota 4-Runner, 4x4, SR5, Low Miles\$347 / month
06 Lincoln Navigator, 4x4, Ultimate, Leather, 27,000 Miles\$33,995
05 Chevrolet Silverado 4x2, 5-Speed\$229 / month
06 Ford F-150 XLT, 4x4, Super Cab, 13,000 Miles\$23,500
04 Ford Escape LIMITED, 4x4, Leather, Roof, Low Miles\$282 / month
04 Ford Explorer XLT, 4x4, 3rd Seat, Leather, Roof, 21,000 Miles\$299 / month
06 Dodge Grand Caravan\$247 / month
07 Jeep Liberty, Sport, Alloys, Loaded\$16,995
06 GMC Envoy 4x4, 10,000 Miles\$20,995
06 GMC Envoy 4x4, GM Certified\$19,995
06 Ford F-150 Super Cab, SXT, 4x4, 16,000 Miles\$20,995

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07 Chevrolet Monte Carlo, Loaded\$239 / month
06 Chevrolet Malibu LT, V-6, Loaded\$222 / month
06 Dodge Stratus SXT, XM Radio, Spoiler\$214 / month
06 Hyundai Elantra, Roof, Loaded\$214 / month
06 Mitsubishi Gallant SE\$214 / month
07 Chevrolet Impala LT, Loaded\$273 / month
06 Toyota Avalon XLS, Leather, Roof, Navigation\$26,995
07 Ford Taurus SE\$222 / month
07 Chrysler PT Cruiser\$214 / month
07 Pontiac Solstice GXP, 1,000 Miles\$27,995
04 Ford Mustang GT, Auto, 40th Anniversary Edition\$293 / month
05 Pontiac Sunfire, 2 Door, Low Miles\$179 / month
06 Pontiac Grand Prix, 4 Door, Loaded\$239 / month
05 Pontiac G6, V-6, Roof, Spoiler, 20,000 Miles\$239 / month
04 Chevrolet Corvette, Coupe, Removable Glass Top, Auto, Perfect\$32,000
06 Nissan Altima, 2.5S\$289 / month
05 Chevrolet Malibu LS, V-6, Loaded\$210 / month

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Mount Vernon Signal

Second Section

Thursday, September 27, 2007

Sherry Buresh leads 32 in effort to help in Ohio

CAP volunteers help with flood relief efforts

Sherry Buresh, director for Christian Appalachian Project's Disaster Relief program, doesn't avoid natural disasters - she looks for them.

Partnering with the Lutheran Diaster Relief and Ohio Volunteer Organizations Active in Diaster programs, Buresh coordinated 32 volunteers to assist with flood relief efforts in the Bucyrus, Carey, Crestline and Upper Sandusky communities in Ohio from August 24-September 8.

The area was hit hard by flooding the third week of August.

In total, 42 homes were cleaned and/or repaired. Residents who could not help themselves such as the elderly disabled and those with health issues were the main focus of the effort, although not exclusively.

CAP delivered much-needed supplies including bleach, shovels, and other essentials that were used in cleanup efforts or distributed to residents in need. Additionally, CAP delivered water to the town of Ottawa, Ohio. They were not only devastated by the flood, but had a water main break as well.

Following is an excerpt of an e-mail sent to Buresh by a couple assisted by CAP: "I want to let you know that the CAP team that came to my home on Tuesday, August 28th was a welcome sight. Our basement flooded almost to the first floor of our home and we had most of our school materials (we are both teachers) and craft supplies in the basement along with some other items. These young people and the leaders worked to get our basement emptied and also cleaned with bleach. They were here roughly three hours and accomplished more than my husband and I could do in four days. They had already cleaned a home for a lady in the morning and left to at least another home when they departed from our house.

My husband and I are very grateful to this group and we truly appreciate the help they gave us. These people work hard and seem to have fun as they work. We will never be able to thank you enough for this service." Sharyn and David

Buresh, who has been with CAP for 20 years, resides in Berea and is a former Rockcastle County resident who works from CAP's offices in Renfro Valley.

Buresh has led disaster relief teams from CAP to many other areas of the nation, including, Mississippi because of Hurricane Katrina, Florida

because of tornadoes and New York because of massive snowfalls. Her crews also have helped many times in Kentucky.

Founded in 1964 and reaching more than a million people annually, Christian Appalachian Project is the 15th largest human services chairity in the United States and is an organization "committed to serving people in need in Appalachia by providing physical, spiritual and emotional support through a wide variety of programs and services." To learn more about Christian Appalachian Project, visit www.christianapp.org. Christian Appalachian Project is a Charity Navigator, 4-star-rated organization.



Sherry Buresh, director of Christian Appalachian Project's Disaster Relief Program, is shown on the front row, fourth from left with CAP employees, volunteers and community volunteers who participated in a flood relief effort in Ohio earlier this month. At Buresh's left is Phyllis Holbrook of Mt. Vernon, one of the community volunteers who helped with the relief effort.

Open house will be held Thursday to discuss watershed at Crooked Creek

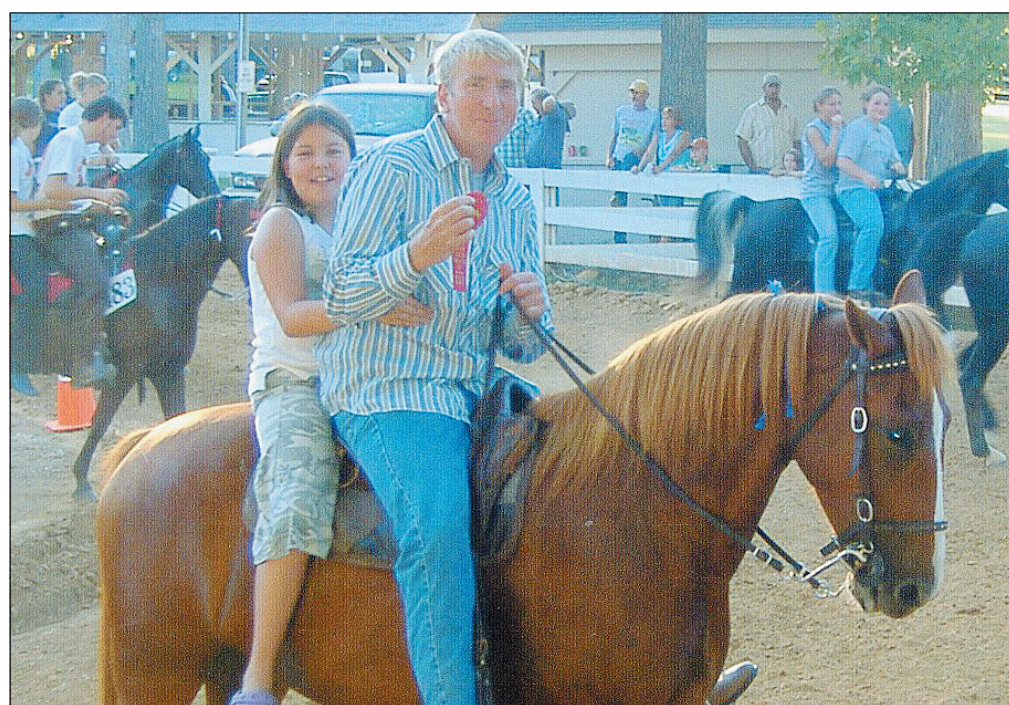
Those associated with the Daniel Boone National Forest are seeking information about Crooked Creek watershed, an area containing national forest land on the London Ranger

District in Rockcastle County. Information about the area will help determine what management activities should occur

(Cont. to A5)



The Dollar General Store on Hwy. 150 in Mt. Vernon is currently accepting donations of new clothing and household items that can be purchased at the store for Ashlee's House Homeless Shelter. A donation box has been placed at the store and collections will continue until October 12th. In the above photo are Holly Bryant, left, Case Manager with Daniel Boone Community Action Agency, which oversees Ashlee's House and Lawana Vinson, an employee with Dollar General. Ashlee's House was founded by Betty Carter Bussell in 1994, in honor and remembrance of her daughter, Ashlee, who was killed in an automobile accident on December 19, 1993. Bussell was Director of Daniel Boone in Rockcastle County at the time and retired in 2006.



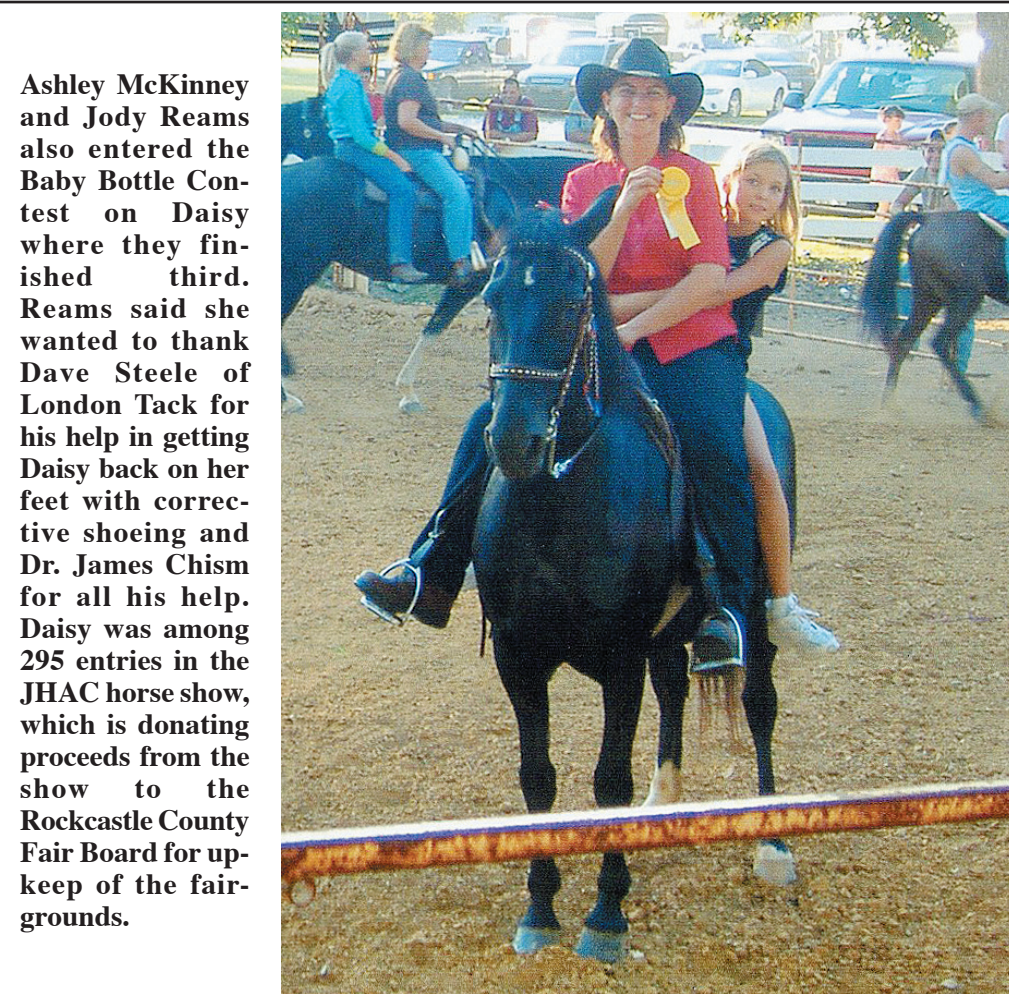
Young Shelby McKinney and Anthony Reams were among the entries in the Baby Bottle Sucking contest at the Just Horsin' Around Crew's Fall Horseshow held at the Rockcastle Fairgrounds on Saturday. The two finished second in the competition on their horse Bucky.



Little Erica Pigg was among 33 youngsters to take part in the lead line at the Just Horsin' Around Crew's Fall horse show last Saturday. She was led in the lead line by Ashley McKinney. There were 295 entries in 32 classes. President Donna Bishop said more information would be in next week's Signal. Proceeds from Saturday's horse show will go to the Rockcastle County Fair board for help with the upkeep of the fairgrounds.



The local Arby's Restaurant has been involved in a local fund drive to raise money for Big Brothers - Big Sisters during the month of September. Employees with the local restaurant have raised almost \$3,000, which is \$1,000 more than their original goal of \$2,000. The money was raised through bake sales, such as the one shown above at the Dollar General Store last week, local donations by business owners and individuals and by the sale of an Arby's coupon book worth \$13.00 for \$1.00. Local store manager Katrina Couch is shown with Oven Mit, Toni Haden. Couch said the \$3,000 will go to the Big Brothers - Big Sisters co-op office in Lexington, in an attempt to start a program in Rockcastle County. There are also offices in Madison, Garrard and Pulaski Counties. Arby's is a national sponsor of Big Brothers - Big Sisters.



Ashley McKinney and Jody Reams also entered the Baby Bottle Contest on Daisy where they finished third. Reams said she wanted to thank Dave Steele of London Tack for his help in getting Daisy back on her feet with corrective shoeing and Dr. James Chism for all his help. Daisy was among 295 entries in the JHAC horse show, which is donating proceeds from the show to the Rockcastle County Fair Board for help with the upkeep of the fairgrounds.

News from the Rockcastle Courthouse

Circuit Civil Suits

CACH, LLC of Colorado vs. Debi Smith Moore, \$4,208.28 plus claimed due. CI-00239.

Marriage Licenses

Misty Kay McFerron, 23, Mt. Vernon, McDonald's to Charles Kane McGuire, 19, Mt. Vernon, National Guard. 9/11/07.

Jennifer Lou Martin, 19, Brodhead, unemployed to Joshua Dale Burke, 22, Brodhead, NACCO. 9/20/07.

Deeds Recorded

Michael E. and Kyiva Norton and William C. and Denise A. Norton, property on Main St., Mt. Vernon, to Sly Fox Ky, LLC. Tax \$40.

Charles Hardegree, property on Cass Bottom Road,

Brodhead, to Joseph Richard Santos and Debra Ann Paris. Tax \$160.

Natalie Mullins, property in Rockcastle County, to Dewayne Mullins. No tax.

Roger and Patricia Bullock, property on Bloss Road, to Rockcastle County. No tax.

Dwight Lee Brown, property in Minor Subdv., Grace Loop off U.S. 25N, to Dustin Lear and Leonard Dale Miller. Tax \$13.

Loretta Wiggins, property in Rockcastle County, to David N. Thompson. Tax \$4.

Edward Ray Abney, and others, property in Valley Manor Subdv., to Carter L. and Carla C. Parsons. Tax \$70.

John M. Purcell, property in Wildie, to The Steven and Phyllis Fielder Family Revocable Trust. Tax \$16.

Melvin and Lela Mae Harrison, property on Big Sinks Road, to City of Brodhead. Tax \$6.

Stoney and Sheila McGuire Subdv., property in McGuire Subdv., to Dixie and Albert Jacob Scheiderer. Tax \$115.

Equity One, Inc., property near Livingston, to Chris and Heather Kirby. Tax \$17.

Bob Lunsford, property in Brodhead, to David and

Tawana Gardiner. Tax \$58.50.

District Court

Sept. 17, 2007

Hon. Kathryn G. Wood
Speeding: Anthony K. Bailey, paid \$32 fine plus \$128 costs; Riva A. Banks, Nijal D. Williams, Jeffrey W. Clouse, Cosmin V. Deac, Ashlee M. Emerson, Lena A. Koop, Justin A. Sancho, Donald E. Smiddy, Dennis E. Zeigler, license suspended for failure to appear; Nicole S. Hamilton, \$48 fine and costs; Eva Nations, paid \$60 fine and costs; Tabitha L. Pratt, \$40 fine and costs; Rajesh D. Sampath, \$40 fine plus costs; Christopher T. Cupp, paid \$32 fine plus costs.

Christopher E. Kincer: fines/fees due (\$653), 30 days in lieu of fines and costs/concurrent w/7 year sentence.
Windy S. Willett: alcohol intoxication, license suspended for failure to appear.
Travis A. Debord: possession of marijuana, \$100 fine and costs and 4 days; use/possession drug paraphernalia, \$100 fine and 4 days/concurrent/credit 4 days time served.
Brian G. Sargent: alcohol intoxication, \$50 fine and costs.
Donnie R. Lamb: alcohol intoxication, \$50 fine and costs.
Brian D. Doyle: speeding, and other charges, license suspended for failure to appear.
Charles T. Horrar: defective equipment, \$25 fine and costs.
Brandon M. Wynn: operating ATV w/o supervision, \$25 fine and costs; operating ATV w/o headgear, \$25 fine.
Gary W. Braun: faulty equipment, \$20 fine and costs.
Adren Robinson: operating motor vehicle under influence of alcohol/drugs, \$200 fine and costs, \$325 service fee, 30 day operator license suspension, ADE authorized.
Ashley D. Sanders: failure to maintain insurance, \$450 fine and 30 days/probated 24 months on condition.
Amber N. Hedrick: speeding, and other charges, license

suspended for failure to appear.

Dennis S. Holmes: speeding, and other charges, license suspended for failure to appear.

Angela Hubbard: fines/fees due (\$148), bench warrant issued for failure to appear/3 days or payment.

Luis E. Ibarra-Urias: disregarding traffic control device, and other charges, license suspended/bench warrant issued for failure to appear.

Clifford Minter: operating motor vehicle under influence of alcohol/drugs, \$200 fine and costs, \$325 service fee, 30 day operator license suspension, ADE authorized.

Juan G. Morales: speeding, and other charges, bench warrant issued for failure to appear.

Billy W. Owens: drinking alcoholic beverage in public place, \$50 fine and costs.

Johnny Bingham: speeding, and other charges, bench warrant issued for failure to appear.

John E. Brock: no/expired Kentucky registration receipt, \$25 fine and costs; no/expired registration plates, \$25 fine; failure to produce insurance card, \$50 fine.

Granville C. Couch: alcohol intoxication and drinking alcoholic beverage in public place, license suspended for failure to appear.

Joshua C. Emerson: possession of marijuana, \$100 fine and costs; use/possession drug paraphernalia, \$100 fine.

Christopher A. Eubanks: failure to wear seat belts, \$25 fine and costs.

Russell Gilmore: no license in possession, \$50 fine and costs.

Amanda K. Gilbert: possession of marijuana, \$100 fine and costs and 4 days; use/possession drug paraphernalia, \$100 fine and 4 days/concurrent.

Timothy S. Miller: operating motor vehicle under influence of alcohol/drugs, \$200 fine and costs, \$325 service fee, 30 day operator license suspension and 5 days; possession open alcohol beverage container in motor vehicle, 5 days/concurrent; failure to wear seat belts, 5 days in jail/concurrent; rear license not illuminated, 5 days/concurrent.

Kenith Reese: drinking alcoholic beverage in public place, court costs and 5 days in lieu of fines; possession open alcohol beverage container in motor vehicle, 5 days/concurrent.

David Patrick Snyder: pos-

session of marijuana, \$100 fine and costs and 4 days; possession of drug paraphernalia, \$100 fine and 4 days/concurrent/credit 4 days time served.

Shamichael Underwood: speeding, \$46 fine and costs; no operators license, \$50 fine.

Email the Signal at mvsignal@alltel.net

B&M Liquidators
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NEW SHIPMENT
Baby Beds

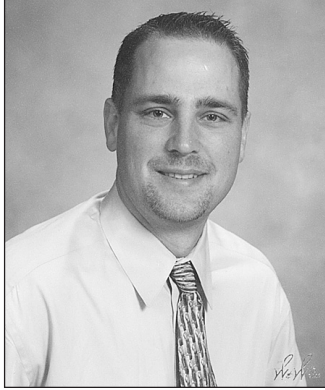
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Mt. Vernon CHIROPRACTIC
Dr. Max Meyer

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606-256-1986

ABSOLUTE Auction
of M&M Market & Deli's
Gas Station/Deli & Apartment Equipment & Personal Property
Friday, September 28, 2007 at 1:30 p.m.

Highway 461, Valley Oak Community, Somerset, Ky.

Directions: From the intersection of Highway 150 and 461 in Mt. Vernon, take Highway 461 approximately 14 miles to the property on the left. Auction signs are posted.

The pictured brick building with glass front features a large inventory space and dining area with walk-in Kolpak cooler. An adjoining room is presently used as a pool room, which could be utilized for extra restaurant space. The kitchen with working deli includes an electric range, commercial grill, French fry machine, pizza oven, large commercial sink, and deli cooler. The building also has 3 restrooms, office space, 3 tanning bed rooms, and large storage room plus central heat & air throughout. Also included with the building are surveillance cameras, cash register, and shelving.

Also included with the station are gasoline, diesel, and kerosene tanks.

The attached apartment is in excellent condition and features living room, kitchen with range and refrigerator, 2 bedrooms, full bath, central heat & air, and contains a total of approximately 900 sq ft plus a deck. This apartment would make an ideal rental property to provide additional income to your investment.

Situated on a nice level lot, this station thrives on its convenience to the factories of the Valley Oak Community as well as the traffic to and from the Lake Cumberland area.

Equipment and Personal Property to be sold separately includes: 2 Valley pool tables * 2 SunVision Pro tanning beds * Frigidaire freezer * Scottsman commercial icemaker * Slush Puppie machine * 2 nacho machines * meat slicer * electric range * Classic food warmer * electric scales * pizza warmer * microwave * flashing sign * oak desk * file cabinet * chairs * tables *

Auctioneer's Note: Here's an opportunity to make that investment you've been looking for. This property has unlimited potential with its location on the highly traveled Highway 461 and convenience to the Valley Oak Community that continues to grow. In addition, this property offers an apartment to compliment your investment. Don't miss out on this opportunity!

Terms: Real Estate: 20% down the day of the auction with the balance due in full within 30 days. Equipment/Personal Property: Cash, check, Visa, Mastercard or Discover in full the day of the auction.

Assisted by **ACTION** Realty
Announcements made the day of the auction take precedence over printed matter.
For additional information or appointment to view the property, contact the auctioneers.



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Jeff Cromer.....355-0268	Linda Durham.....365-9456
Teresa Stevens.....758-8051	Debra C. Smith.....256-3262
Johnny Alcorn.....256-4510	Shelby Reed.....365-7334
David Henderson.....256-2034	Matthew Silcox.....308-2339
	Becky McNabb.....308-3731

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Neighborhood Living at it's Best! This vinyl sided ranch style home offers an open living room, kitchen and dining area, an Office, Den 3 BR, and 2 BA. The kitchen has beautiful maple cabinets and the home is serviced by a heat pump. Wouldn't you want to be a neighbor? M2288



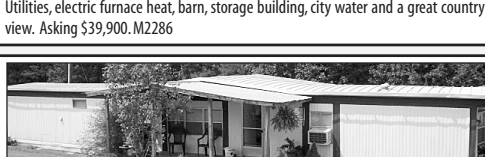
Privacy in Town! This ranch style home overlooks Mt. Vernon. Features include: 3 BR, 1 Bath, living room, eat-in kitchen, utility room and a carport. Water and sewer available. This home and a great view all for only \$54,900. M2188



Well maintained home! This home is very well kept and is ready to be moved into. 3 BR, 2 BA, new insulated windows, wiring updated, new storm doors, nice eat-in kitchen, 9 ft. ceilings, great back deck and well landscaped. \$68,900. R66764



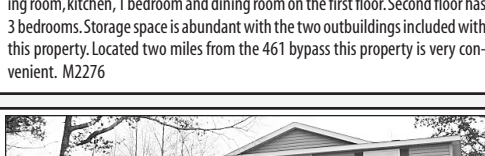
A Perfect Starter Home for the New Family! If you are looking for a good home at an affordable price...here's your chance! This 3 BR, 1.5 Bath home situated on 2 acres +/- in a secluded area between Mt. Vernon and Livingston. Amenities include: KU Utilities, electric furnace heat, barn, storage building, city water and a great country view. Asking \$39,900. M2286



Check out this great buy... 3 bedroom, 1 bath mobile home situated on 3/4 of an acre lot located in the country. Call for more details now...before this gets gone! M2301



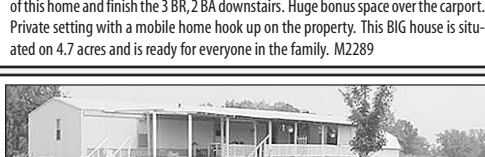
Mini Farm ...located on Old Brodhead Road (Hwy. 1326). Home features a living room, kitchen, 1 bedroom and dining room on the first floor. Second floor has 3 bedrooms. Storage space is abundant with the two outbuildings included with this property. Located two miles from the 461 bypass this property is very convenient. M2276



Nice, Affordable Home! This 3 BR, 2 BA doublewide home is situated on 2.93 acres. Features include: LR, dining area, kitchen, utility and large walk-in closets. This 1,456 sq. ft. home has central heat/air, a great country view, and the asking price is only \$59,900. M2230



Move the whole family into this one! Move into the 3 BR, 2 BA upstairs portion of this home and finish the 3 BR, 2 BA downstairs. Huge bonus space over the carport. Private setting with a mobile home hook up on the property. This BIG house is situated on 4.7 acres and is ready for everyone in the family. M2289



Just Starting Out? Maybe needing a change... Come to this Singlewide Mobile home featuring: Living room, Kitchen/Dining room combo, 3 BR and 2 BA. Other amenities include front and rear porch, electric heat, central air, city water and a septic system. Call for your appointment today! M2308



Quality! If that's what you're looking for then look no further. This vinyl/stone, ranch style home has 3 BR, 2 BA, living room, entry hall and dining room with new hardwood floors, and a kitchen with tile floors. Plus, all the kitchen appliances are included in this package. Plus a 2-car attached garage. Don't miss out...call today for your appointment. M2300



WHAT A FIND... Great location for this terrific home with a nice level lot. Partial fencing helps keep this property private. Home has 3 Bedrooms, 2 Bath, and a Living room, Dining room, Kitchen, Utility room, pantry, study and a Sunroom. Special features include vaulted ceilings, fireplace, a large above ground pool, deck, patio & two-car attached garage. Only \$149,900. M2280



Like New ~ this modular home is like new and is a nice country home! Situated on 2.34 acres with a nice view. Features include 4 Bedrooms, 2 Baths, a Living room, Kitchen, and a Utility room. Amenities include central heat/air, a large back porch, vinyl and carpet flooring. M2278



Hunters Hide-Away...with 90 acres more or less you are sure to enjoy this 2 BR Cabin. The property includes a Picnic Shelter and is located at the end of a road in the Clear Creek section of Rockcastle County. Please hurry...this deal won't last long!!! \$110,000. M2293



Private Country Setting & Close to Town...this vinyl sided home situated on a 1 acre +/- lot features 3 BR, 2 BA, Dining room/Kitchen combo, LR, FR and Utility room. Other amenities include: 24 x 28 detached Garage with unfinished room overhead, city water, septic system, propane fireplace, heat pump and central air. M2294



BUY TODAY... MOVE TOMORROW! This brick ranch style home features a living room, large family room, kitchen/dining room combination, 3 Bedrooms, and 2 Baths. Other amenities include: 16 x 24 barn, rear deck, front porch, city water, septic system and is situated on a beautiful 1 acre lot (+/-). Call today for your appointment to view this lovely home. M2201



104 Rainbow Court, Berea. Surprise! You won't believe the inside of this one! Very well maintained and updated with hardwood floors, paint and fixtures. Super location, come by and see it! A fully fenced backyard and a great storage building complete the property. Come on and you will be surprised. Priced at \$136,900. M2253



Beautifully Decorated! This 3 bedroom, 2 bath beauty is sitting on 1.7 acres and is convenient to schools and the interstate. Home has a security system and storage shed. Home and property have been meticulously maintained - too many extras to mention. Call for details today! M2306



Immaculate! You have got to see this one! Home is situated on a acre lot in a restricted subdivision with a great view. This home consists of 3 BR, 2 BA, a LR, DR, Kit, and Utility room. Call for your appointment to see this quality home today! \$109,900 M2287



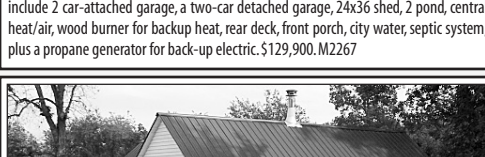
Country Living and Close to I-75 - This love home situated on a lot consisting of 1.422 acres +/- . Features include: a living room, family room, kitchen, 3 BR and 2 BA. Other amenities include: heat pump, central air, city water, septic, plus a 24x40 detached metal garage building. Call today! Reduced to \$80,000. M2265



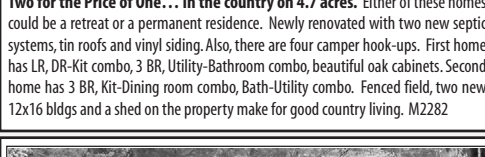
Beautiful Home & Acreage - This brick home is situated on 3 acres +/- and features a living room, dining/kitchen combo, den, 3 bedrooms, 1 bath and a utility closet. Other amenities include electric baseboard heat, city water, septic system, and a pond. Call today before this one is gone! \$95,000. M2279



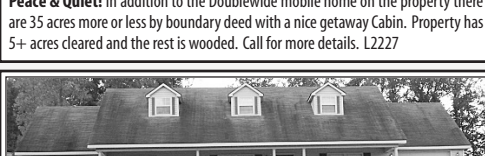
Country Living at its Best! This beautiful vinyl sided home is situated on 10 acres +/- and features a LR, Kit/Dining room combo, 3 BR, 2 BA and utility room. Other amenities include 2 car-attached garage, a two-car detached garage, 24x36 shed, 2 pond, central heat/air, wood burner for backup heat, rear deck, front porch, city water, septic system, plus a propane generator for back-up electric. \$129,900. M2267



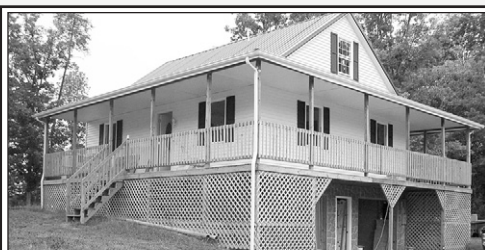
Two for the Price of One... in the country on 4.7 acres. Either of these homes could be a retreat or a permanent residence. Newly renovated with two new septic systems, tin roofs and vinyl siding. Also, there are four camper hook-ups. First home has LR, DR, Kit combo, 3 BR, Utility-Bathroom combo, beautiful oak cabinets. Second home has 3 BR, Kit-Dining room combo, Bath-Utility combo. Fenced field, two new 12x16 bldgs and a shed on the property make for good country living. M2282



Peace & Quiet! In addition to the Doublewide mobile home on the property there are 35 acres more or less by boundary deed with a nice getaway cabin. Property has 5+ acres cleared and the rest is wooded. Call for more details. L2227



Secluded... yet Convenient! This charming 1 1/2 story vinyl home is situated on 4.5 acres +/- . Features include: 4-5 BR, 2.5 BA, Kit, Utility room, and Office. Amenities include: Laminated and hardwood flooring, tile, carpet, beautiful oak cabinets, fireplace, attached garage, and a great view! Asking \$159,900. M2297



New! New! New! This new, vinyl sided home is situated on 1.6 acres +/- and features a Living room, Dining/Kitchen combo, 4 Bedrooms, 3 Baths and Utility room. Other amenities include: full basement, wrap around porch, heat pump, central air, city water and septic system. M2309



Stunning! Check out this all brick beauty with great farm land views. With over 3,000 sq ft you will have plenty of elbow room. Features include 3 Bedrooms and 2 Baths on the first floor, Kitchen upgraded with all stainless steel appliances. Head upstairs to a large recreation room complete with your own pool table. Too many extras to mention - don't let this one get away. \$185,900. M2273



Sycamore Street - Crab Orchard - 1568 sq ft of Living area. 3 Bedrooms, 2 Baths, Living room, Kitchen, Dining room, electric heat/central air. This Doublewide Mobile Home is in immaculate condition. Block foundation. Situated on a large level lot. Call for your appointment today! M2304



Super Home! Super Location! Great Price! What more could you ask for? This 3 bedroom, 2 bath beauty has new carpet and vinyl flooring. This home is like new, you won't want to look at another house after you've looked at this one...make your appointment today. M2275



Redwood Drive, Stanford. - Brick home in Oakwood Estates. Home features 3 Bedrooms, 2 Baths, fireplace, and is situated on a corner lot. Minutes to school, hospital and Wal-Mart. Call for more details today! M2292



Where Neighbors Are Still Neighbors... you will find this 1994 Doublewide with 2 acres in the country. This 24x60 home features 3 BR, 2 full baths, a formal dining room, kitchen, living room, and a fireplace. There is also a large back deck, and beautiful landscaping. The oven range, refrigerator and two storage buildings stay. Asking price \$85,500. M2187

LOTS FOR SALE

Large Country Lot - 1.75 acres in the Wildie section of Rockcastle. Roundstone School district. Gently rolling land. M2305

5 Acres Wooded - less than 3 miles from town. Call for more details. M2299

They're Going Fast! - Conveniently located between I-75 and 461, there is over 100 restricted building lots in the newly developed Rainbow Ridge Subdivision. Newly blacktopped roads - city water - some lake views. Prices range between \$7,900 - \$16,900. M1798

Hwy. 461 - Pulaski County. Easy access to Somerset - Lake Cumberland and I-75. Spacious Lots - Restricted - City Water - Paved Streets - \$11,900 each. M1363

REDUCED! Investment Opportunity! Don't delay starting earning income today! 7 trailer lots in the Mt. Vernon city limits. City water, city sewer and KU electric. Included in this package is a separate lot located on T Street in Mt. Vernon... Lots of potential. Priced at \$50,000. M2169

REDUCED! Lot located on Sand Springs Road measures 0.873 of an acre. \$4,500. M2216

Ready to Move? If so, here's your chance. This restricted lot is located within Brodhead city limits in Mt. View Estates and it could be the right spot to start your new family home. City water and sewer. Don't wait until it's too late! Call and start building today. \$8,750. M2232

It's Rare! But there is an excellent, level lot in Mt. Vernon available with city water, sewer, KU electric, in a restricted subdivision. A good buy at \$19,900. M2241

Great View With Privacy! Nearly 3 acres with city water near Mt. Vernon. There is ample space for more than one home. Just \$16,900. M2244

2 lots on Spring Street in Mt. Vernon with city water and sewer. Lot 8 measures 117x30x125x40 and Lot 9 measures 60x125x35x138. Asking only \$7,500 ea. M2298

Corner lot located on Hwy. 1247 on Woodstock Street and measuring a 1/2 acre. M2295

Willow Brook Subdivision lots. check out these 3 lots in this nice subdivision on Meade Lane. All lots measure 125x125. Prices range from \$10,000 to \$12,000. These lots are excellent building sites and are within walking distance to the school. Owner will build to suit. M2296

2 lots... located in the beautiful Lear Crest Subdivision. Consists of 1/2 acre each and have city water available. The lots are ideal building lots and are convenient to Lake Linville, Mt. Vernon, Brodhead and Berea. Priced at \$9,900 each. M2260

Great Building Lots ...if you are looking for a nice building lot in the city limits of Mt. Vernon you have four to choose from! These lots range from 3/10 acre to 0.49 acre. Priced at \$9,000 each. Call for details. M2262

Some Timber. Property joins National Forest. Creek runs through this property. M2203

"A" Rated! Prime and almost perfect is the best way to describe these well-located lots! Located in exclusive neighborhood between Mt. Vernon and Brodhead on Highway 150, these restricted lots are ideal for your new dream home! Prices range between \$10,000 and \$14,500. A once-in-a-lifetime opportunity awaits you here! M1941

Lots! Lots! Several large country lots with a great view - Holbrook Estates in the Brindle Ridge section - Convenient to either Mt. Vernon or Berea. City water - Cable TV - lots range in size from 3/4 acre to 1 acre. Now only \$9,900 to \$13,900. M1796



Possibilities are endless... in this affordable home. Nice lot with plenty of trees. 2 car garage and 2 storage buildings complete the property...don't just drive by this one...call today! \$39,900. M2264



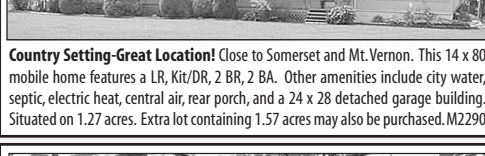
New Home in Eubank! This 3 BR, 2 BA home is new and features appliances, built-in microwave, oak cabinets, H & A, Berber carpet, back deck, tilt windows and a 1-car garage. Home is situated on a 150 x 150 lot and is only minutes from Hwy 27. Home has 1 year warranty. M2291



Move to your own land... This 2002 mobile home is ready to be moved! Features include 3 bedrooms, 2 full baths and approximately 1,056 sq. ft. \$32,000. Call for more details today! M2246



Your Own Country Getaway! Relax in your doublewide situated on 16.5 acres by survey featuring a Living room, Dining/Kitchen combo, Family room, 4 Bedrooms, and 2 Baths. Other amenities include city water, septic system, electric furnace, central air, front and rear porches, permanent foundation, and more. Don't miss your chance for a taste of the country! M2281



Country Setting - Great Location! Close to Somerset and Mt. Vernon. This 14 x 80 mobile home features a LR, Kit, DR, 2 BR, 2 BA. Other amenities include city water, septic, electric heat, central air, rear porch, and a 24 x 28 detached garage building. Situated on 1.27 acres. Extra lot containing 1.57 acres may also be purchased. M2290



Move on Up! This mini farm in the Quail/Ottawa Section is sure to please. The house has Living room-Dining room-Kitchen Combination, 2 Bedrooms and 2 Large Baths. There's also a storage building, barn and extra trailer hook-up on 6.72 acres. Call today to make this mini-farm your own. Loft in upstairs portion of the home. M2307



Sit on the front porch of this country home... Situated on 1 acre with a barn this home features a LR, Kit, DR, 2 BR and 1 bath. Home has oil heat and city water. Call for more details today. M2314



This cozy home features a LR, FR, kitchen/dining combo, 2 BR and 1 bath. Other amenities include heat pump, central air, spring water with city water available, septic system, chain link fence and a 2-car detached garage. Only \$59,900. M2277

FUTURE AUCTIONS

Absolute Auction of M & M Market & Deli - Personal Property Friday, September 28, 2007 at 1:30 p.m. Highway 461, Somerset, Ky.

Absolute Auction of Mr. David Schrock's 75 Acre Farm +/- & Buildings Saturday, September 29, 2007 at 10:00 a.m. 446 Slate Branch Rd, Crab Orchard, Ky.

Two Day Absolute Doubleheader Auction of Ms. Mildred Shearer's Auction # 1: Antiques and Personal Property Thursday, October 4th, 2007 at 10:30 a.m. and Friday, October 5th, 2007 at 10:30 a.m. Center for Rural Development

Auction # 2: House and Lot Friday, October 5, 2007 at 5:30 p.m. 204 E. Oak Street, Somerset, Ky.

Twilight Absolute Estate Auction of the late Ms. Thelma M. Bullock's House and Lot Friday, October 5, 2007 at 5:30 p.m. 1409 N. Limestone Street, Lexington, Ky.

Absolute Auction of Mr. and Mrs. Jim Baker's Metal Garage Building and Approx. 1 Acre Saturday, October 6, 2007 at 10:30 a.m. Breezy Hollow Ln., Freedom School Rd Section of Rockcastle Co.

SALE CANCELLED - SOLD PRIVATELY Absolute Auction of Mr. and Mrs. Gary Porter's Brick House and 93 Acre Farm in Tracts Saturday, October 6th, 2007 at 10:00 a.m. 10163 Hwy 643, Crab Orchard, Ky.

Absolute Auction of Sears' Family's 15 acres +/- ~ Personal Property Saturday, October 6, 2007 at 10:30 a.m. Elihu - Rush Branch Road, Somerset, Ky.

Absolute Auction of Mr. and Mrs. Marty Clark's New House & Lot Saturday, October 6, 2007 at 2:30 p.m. 168 Jefferson Trail, Valley Oaks Subdivision, Somerset, Ky.

Tiger Pause

BES fifth graders from the classes of Mrs. Patsy Alcorn, Mrs. Breanna Adams, Mrs. Katreka Cash, and Mrs. Tammy Stevens, traveled to Eastern Kentucky University last week to attend the 15th annual "A Kid's Gala Concert" presented by the ECU Symphony Orchestra in cooperation with McDonald's of Richmond. Ronald McDonald introduced the students to each instrument in the orchestra. Symphony conductor, Jeremy Mulholland lead the orchestra to familiar excerpts from Superman, Go West, Star Wars, and Pirates of the Caribbean. After the concert the fifth grade students had a picnic lunch at Lake Reba Park.

Thanks to everyone who participated in the book fair last week. PTA appreciates the volunteers that worked very hard to make it a success.

Thanks to the orange pod for performing at the September PTA meeting. The K-3rd grade classes of Mrs. Jennifer Adkisson, Mrs. Beth Jones, Mrs. Rita Shaffer, and Mrs.

Dottie Williams did an awesome performance of nursery rhymes and community/character building songs.

FRC Hot Topics for Parents at MVES Monday, October 15,

at 6:00pm-- ADD/ADHD Recognizing the Signs. Call Regina at 256-5173 to register *points for Christmas program.

Important dates:
Fall Break-No school October 5, 8, and 9.

Parent/Teacher Conferences-October 9, 1:00-7:00.

Farm Field Day for 4th grade-October 17.



BES 5th graders attended the 15th annual "A Kid's Gala Concert" performed by the ECU Symphony Orchestra at ECU. Pictured is fifth grade teacher Mrs. Tammy Stevens along with BES fifth graders, staff, and parent chaperones.



Bailey Johnson and her mother, Carrie, choosing a book at the BES PTA Book Fair.



Lyndsey Jones, dressed as Jill from the nursery rhyme Jack and Jill, and other K-3rd grade students from the orange pod performing during the BES September PTA meeting.

Minds in the Middle

Congratulations to the 8th grade Challengers team on having 100% attendance on Monday. Awesome! Mrs. Davis's 6th grade Voyagers homeroom had the top attendance for the week followed by Mrs. Bohannon's 6th grade Enterprisers and Mrs. Martin's 8th grade Challengers.

We had an excellent turnout for "See You at the Pole" on Wednesday morning. We appreciate our FCA (Fellowship of Christian Athletes) for helping to organize that event. The FCA meets each Tuesday morning at 7:50 in the gym for a time of prayer and devotion and is open to all students.

Our 6th grade Bravo stu-

dents enjoyed a trip to Maywoods on Tuesday. The trip was part of the culminating activity for their study regarding plants.

Mrs. Hopkins would like to congratulate Hannah Eaton and Samantha Lawson for winning the Quadrilateral Poster Contest. Hannah and Samantha will have the privilege of eating lunch with Mrs. Hopkins next week. A special mention goes out to the runners-up for a job well done. The runner-ups were Jaleigha York, Courtney Simmons, John Wilson, Austin Short, Tiffany Howard, and Bryonna Cromer. Mrs. Hopkins would like to thank the Adventurers

team for all the effort they put forth on the posters. Way to go!!!

The Shooting Stars would like to recognize Jessica Bentley and Adam Hale as "Rising Stars" for the week of Sept. 17-21. Congratulations! Keep up the great work and effort!

We send a big thank you to Mrs. Pat Kirby and Tim Kirby for their hard work in the courtyard last week. They have it looking marvelous!

Students will be out of school October 5-9 for a fall break. Plan now for making the most of the extra time with family!



Rockcastle Hospital and Respiratory Care Center and Rockcastle Health and Rehabilitation Center are proud of our recent graduates of the state registered nursing assistant class. The graduates completed a Medicaid Nurse Aide course to become eligible to take their state registry exam. We are pleased to have these achievers as employees within the organization. Pictured are, front from left: Ashlee West, Rachael Wallin, Brenda Miller, Rebecca Dykes, and Melissa Nethercutt. Back row from left: Kendra Blanton, Brittany Hacker, Reva Newman, and Donna Bowling.

Hall of Fame Poker Run this Saturday

The Kentucky Music Hall of Fame & Museum will be hosting the first annual Poker Run and Concert to benefit the Hall of Fame. Sign-ups will start at 10:00 a.m. with live music by Drive Tyme with the ride starting at around 12:00 p.m. The ride will be approximately 115 miles with several stops along the 4 hour scenic route. All riders will then return for a cookout and concert by Wild River at the Hall of Fame. Admission is \$15 per rider and if you will not be riding it is \$10 for the concerts and cookout. Your ticket price includes admission to the Hall of Fame and all the festivities going on that day. Come on out and join us for a day of bikes and music.

Public Notice

Effective January 1, 2008, Sierra Optima will no longer offer coverage of Medicare Advantage benefits to our Medicare members in Kentucky. If you are a current member, you may remain enrolled until December 31, 2007.

For additional information, we suggest you call Sierra Optima at 1-888-274-2207; TTY: 1-800-349-3538. For help and information about Medicare, please call 1-800-Medicare (1-800-633-4227). Individuals that use a telephone device for the hearing impaired can call 1-877-486-2048.

Material ID: H4449_41NVSHL07

ADVERTISEMENT FOR BIDS

CITY OF LIVINGSTON WATER SYSTEM IMPROVEMENTS

SEPTEMBER, 2007

Sealed proposals for the following work will be received by the City of Livingston, City Hall, 9246 Main St., P.O. Box 654, Livingston, Kentucky 40445 until 2:00 pm (local time) **October 16, 2007** for furnishing labor and materials and performing all work for Contract I and Contract II as set forth in this Advertisement for Bids, General Conditions, Specifications and/or Drawings prepared by HMB Professional Engineers, Inc., 3 HMB Circle, US 460, Frankfort, KY 40601.

Immediately following the scheduled closing time for the reception of bids, all proposals which have been submitted in accordance with the above conditions will be publicly opened and read aloud. Bids received for Contract I will be opened at 2:00 pm. Bids received for Contract II will be opened immediately afterwards.

The work to be bid upon is described as follows:

Contract I: Water Line Replacement

- 6,500 LF 4" & 6" AC Water Line to be replaced with 6" PVC Water Line
- 250 LF ¾" PE Service Line
- 6 EA Service Reconnections (with new meter)
- 1 EA Fire Hydrant
- 6 EA Re-Connect Existing Fire Hydrant
- 1 EA Relocate Existing Fire Hydrant

Contract II: 128,000 Gallon Stand Pipe Water Storage Tank

- 1 EA 128,000 Gallon Stand Pipe Water Tank

The CONTRACT DOCUMENTS may be examined at the following locations:

City of Livingston, City Hall, 9246 Main St., P.O. Box 654, Livingston, Kentucky 40445
HMB Professional Engineers, Inc., 3 HMB Circle, Frankfort, Kentucky 40601
McGraw Hill Dodge/AGC Planroom, 950 Contract Street, Suite 100, Lexington, Kentucky, 40505
ABC/Reed of Lexington Planroom, 1300 New Circle Road, Lexington, Kentucky, 40505

Copies of the CONTRACT DOCUMENTS may be obtained at the office of LYNN IMAGING, 328 Old Vine Street, Lexington, Kentucky 40507 at a cost of \$100.00 for Contract I and \$50.00 for Contract II for each set (NON-REFUNDABLE). The phone number for LYNN IMAGING is (859) 225-1021 ext. 235 or 250, Toll Free 800-888-0693.

After award of a contract, the General Contractor will be furnished, without charge, five (5) sets of plans and specifications needed to prosecute the work, additional sets maybe obtained through Lynn Imaging at cost. Subcontractors, manufacturers and suppliers shall obtain plans and specifications from the General Contractor.

Sealed Proposals for the Contract shall be clearly marked on the outside of the container as follows:

"Sealed proposal for Water System Improvements (Designate either Contract I or Contract II) City of Livingston, Kentucky"

Not to be opened until 2:00 pm (Local Time), October 16, 2007

If forwarded by mail, the sealed envelope containing the proposal must be enclosed in another envelope and mailed to, City of Livingston, City Hall, 9245 Main St., P.O. Box 654, Livingston, Kentucky 40445 allowing sufficient time for such mailing to reach this address prior to the scheduled closing time for receipt of proposals.

Bids shall be accompanied by a certified check or bid bond payable to the City of Livingston in an amount not less than five percent (5%) of the base bid. No bidder may withdraw his bid for a period of ninety (90) days after the date bids are opened. He may, however, withdraw his bid at any time prior to the time and date scheduled for opening of same or any authorized postponement thereof. Any bid received after the time and date specified will not be considered and will be returned unopened to the bidder.

The City of Livingston reserves the right to reject any and all bids and to waive formalities and any bid that is obviously unbalanced may be rejected.

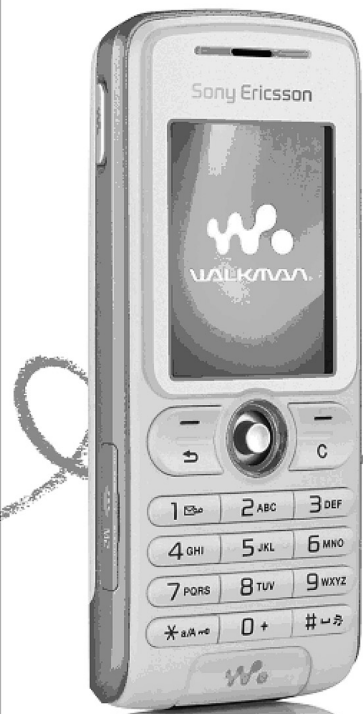
Bidders must comply with the President's Executive Order Nos. 11246 and 11375, which prohibit discrimination in employment regarding race, creed, color, sex, or national origin. Bidders must comply with Title VI of the Civil Rights Act of 1964, and the Anti-Kickback Act, Section 3 Segregated Facilities, Section 109 and the Contract Work Hours Standard Act.

Bidders must certify that they do not, and will not, maintain or provide for their employees any facilities that are segregated on the basis of race, color, creed or national origin.

Federal law prohibits discrimination on the grounds of race, color, national origin, religion, age, handicap, and sex in this project. Minority firms are particularly encouraged to participate.

City of Livingston
J.C. Griffin, Mayor
(EQUAL EMPLOYMENT OPPORTUNITY)

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Library News



Pam Chaliff

It's Banned Books Week here at the library. Banned Books Week is a celebration of our freedom to read. Many books have been challenged over the years. There is a display of some of the books that have been challenged over the years. Some of them include: "To Kill a Mocking Bird", The Harry Potter Series, "The Giver", The Holy Bible, "Of Mice and Men", "The Bluest Eye", "The Adventures of Huckleberry Finn", "The Chocolate War", "I am the Cheese", and "Bridge to Terabithia". Living in the United States we are able to read these books, if we choose, even though they have been challenged at some point. Read a Banned Book some-

time this week. The children at story hour on Tuesday had some "side-walk fun". If anyone has driven around the library lately they would know what we mean. The children took sidewalk chalk and drew whatever they wanted on the black top in the back of the library. They drew everything from hopscotch, to pumpkins, to flowers, and even the parents drew the outline of their children's bodies. It was really neat and the children enjoyed getting out and having fun with others. Come and join Ms. Carla for story hour every Tuesday at 1:00 as we do ABCs, count, sing songs, color/shape cards, read a story, do a craft, and have a healthy snack.



Grace's mommy draws her body on the blacktop.



Alyssa Lunceford enjoys playing hopscotch.



Aidan Thompson also enjoyed playing hopscotch.

How it all got started "The addicts' own words"

In their own words, several addicts from our area share how it all got started on the road to addiction to drugs and alcohol. Stories have been disguised only so that identities will not be obvious. Most of the addicts reporting here were in jail at the time these stories were written.

As you read these words, be aware of the pain that is so obvious in most addicts. It may be emotional or physical, but recognize its reality. The term often used to describe what addicts do to themselves is "self medication".

Here are the addicts words. "To tell you the truth, I can't ever remember not drinking beer and even smoking marijuana.

What I do remember very clearly is that when I was thirteen years old I was arrested for public intoxication and spent a night in jail. That's been over 25 years and several trips to jail and prison ago. After all that I'm not sure I can ever not be drinking and doing drugs".

"I was in my mid-thirties when I was involved in a car accident. I was on morphine for 16 months. My first drug dealer was my doctor. When he tried to wean me off with other narcotics, I went looking for something else to help my pain when I had any ailment. I then went to rehab and that helped until my counselor and sponsor were caught using. So I started using again. I was trying to help the pain of a broken leg, and after several surgeries, here I am, hooked again".

"I am a 19 year old female. I'm an addict. My mom died in an alcohol related accident when I was only 5. I feel like the depression and loneliness was the main reason for my usage. My father was a drug user and drug dealer pretty much all my life. So he wasn't really there all my life. I was placed in the custody of the state for different reasons. I feel like that caused my addiction to increase. I been addicted to many drugs since the age of 13. It all starts with the little drugs and leads to bigger and harder drugs."

"I had my first trip on crack cocaine at age 36. My reason for trying it at such a latter part of my life was, honestly, curi-

osity. That's all it took was one night and it had me hooked".

"Five years ago I had a friend who I would go out with. One night she gave me a pill and I guess I liked the feelings. I was not raised around drugs and alcohol so I don't know why it influenced me so much. Well, I tried a lortab and fell in love with them for 2 years. After the lortab quit having the effect I wanted, I tried methadone. That eventually led to me being in jail. It's so hard to get that stuff out of your system that I'm not sure what I'll do when I get out of here."

"I was 14 and had a job. My older brother and his friends started letting me hang out with them.

I realize now it was that I had money and they wanted to buy alcohol. Within a few months I was smoking "pot" and within a year I was doing hard drugs and drinking almost every day. By the age of 17 I knew I was an addict".

"I don't really remember when the first time I got high was, but my first memory about drugs was when I was in the fifth grade. Three state policemen brought me home for 11 counts of selling marijuana on school grounds. My whole childhood I was around drugs and alcohol so I'm not sure when I started. In know I became a needle junkie about the age of 16, or when I started my freshman year of high school."

"Open House" (Cont. from B1)

in the future to improve conditions on national forest land.

On Thursday, (today) an open house will be held from 4 to 7 p.m. at the Livingston gymnasium, located on School Street behind the old Livingston School house off U.S. 25 in Livingston.

Forest users and adjacent landowners will have an opportunity to provide information about the area and discuss the current conditions of the vegetation, riparian areas, roads, trails, recreation facilities and other resources.

For more information, contact Project Leader Ricardo Suarez at (606) 864-4163.

Kentucky Crossword # 330

www.kentuckycrosswords.com

1	2	3	4	5	6	7	8	9	10	11	12	13
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ACROSS

- 1 Luau greeting
- 6 Police officer
- 9 Musical time
- 14 Russellville, KY is this county's seat
- 15 "... you sure?"
- 16 Decorate
- 17 Old Renfro Valley gathering
- 19 Elixir
- 20 Final word
- 21 Fervors
- 23 Team UK upset in 1952 Cotton Bowl
- 24 "Caught you!"
- 26 Kentucky's "River Artist"
- 29 Daniel Boone's last Kentucky home was in this county
- 34 Stylish
- 35 Wood sorrel
- 36 Dashboard button
- 38 Met offering
- 41 Stops up
- 43 Moses' brother
- 45 Smelting waste
- 46 Undergrads
- 48 Picture puzzle
- 50 Fib
- 51 Winged goddess
- 53 Home of EKU
- 55 KY county called "Covered Bridge Capital of the World"
- 58 Soap ingredient
- 59 Springs in

- Johnson, Valley in Wayne
- 60 Robinson Crusoe creator
- 63 Clay Co.'s "Goose"
- 67 Amplifies
- 70 The southern side of Cincinnati
- 72 Small hill
- 73 Colorful fish
- 74 Old-fashioned
- 75 Big __, NE KY river
- 76 Peculiar
- 77 Take in

DOWN

- 1 Brain substance
- 2 Rich soil
- 3 Shrek, for one
- 4 Daniel Boone's sister (buried in Tompkinsville)
- 5 Plus
- 6 Sugar source
- 7 Killer whale
- 8 Strips
- 9 Tit for __
- 10 Tokyo, once
- 11 KY county seat, named for Thomas Jefferson's home
- 12 Kentuckian, portrait artist with work displayed in the Smithsonian
- 13 Become liable

- 18 Rhododendron
- 22 Pouch
- 25 Mason's burden
- 27 Reporter's question
- 28 Barks
- 29 Drops off
- 30 U.N. agency
- 31 US military cemetery site in Jessamine Co.
- 32 At a distance
- 33 More achy
- 37 Mongolian desert
- 39 Shower
- 40 Ripe
- 42 Level
- 44 Center cores
- 47 Hit the slopes
- 49 Bashful
- 52 Finale
- 54 Like Lexington and Fayette Co., e.g
- 55 People in general
- 56 Tropical vine
- 57 Small lizard
- 61 Chow
- 62 "Tristia" poet
- 64 Comics canine
- 65 Company type: Abbr.

S	W	A	N	G	C	L	A	P	S	O	M	E
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Classifieds

CLASSIFIED RATES

• Local Rates - \$4 for 25 words or less - .10 each additional word

• Display Classifieds \$5.00/Inch

Deadline for Classifieds is 10 a.m. TUESDAY

For Rent

For Rent: 2 and 3 bedroom trailers, starting as low as \$200 month plus \$150 deposit. Call 256-9889 or 606-308-5389. 43x4p

For Rent: Trailers. 606-256-9183. 46x2p

For Sale or Rent: 1997 16x80 mobile home in good condition with lots of room. Has 3 bedrooms/2 full baths, air unit. \$15,000. Call 256-1279 anytime. 45x4p

For Rent: Two story, three bedroom house on Sand

Springs Road, near 461. Around \$325 month plus utilities and deposit. Jackson Energy low cost ETS heaters. No pets, no smoking. References required. Call 606-364-5942, leave number if no answer. 45x2p

For Rent: Small house on Floyd Street. New heat pump and air conditioning. \$325 month plus \$200 deposit. 256-475. 46x1p

For Rent: 3 bedroom trailer. No pets. 758-4729 or 606-872-1191. 27xntf

For Rent: Country home in the Ottawa section of the county. Four rooms downstairs and two upstairs. Couples only need apply. \$325 per month/\$300 security deposit and references required. Ph. 606-758-8570. 45x2

For Rent: Trailer lot, \$75 a month. Country living. Water, sewer, electricity already hooked up. 308-1844. 46x2p

For Rent: Accepting applications at Mt. Vernon Housing Authority on Mondays 9 a.m. til 12 noon. Rent based on income. 256-4185. 14xntf

Accepting Applications: For 2 and 3 bedroom units at Valley View Apartments. Rent based on income. Call 256-5912. Equal Housing Opportunity, TDD for hearing impaired only. 1-800-247-2510. 36tfn

606-364-5942. Leave number if not at home. 45x2p

For Sale: 3BR/1BA brick, fenced back yard, storage building, new carpet and kitchen cabinets. 106 Brushwood Court, Berea, Ky. \$93,500. Ph. 606-758-9127. 45x1p

For Sale: 29 acres and 12x60 mobile home with 24x24 building and a 10x12 storage building. Located at 430 Simon Hill Road, Livingston. City water on property. For more info call 606453-3207. 45x2p

For Sale: House, 2 car garage, two lots, underground tunnel. House needs some work. In city limits near KU substation, Mt. Vernon. Call 256-4770. Leave message. 44x5p

For Sale: 1+ acre lot in Willailla. Water, septic, power. Frame house (of no value). 256-1437. 46x1

House For Sale: 25 Hamlin St., Mt. Vernon. 4BR/2BA, 2500 sq. ft. Newly renovated. Central heat and air, one car garage. \$114,000. Land contract through owner financing w/\$2,500 down and \$980 per month. 859-661-2479. blakerentalsforsale.net 45x2

For Sale: Mobile home lots, located in Sunnyside Mobile Home Park. 1/2 acre lots - \$500 down and \$100 per month. Call 606-256-5692 or 606-256-5648. 43xntf

to Glenda Doan McFerron. 45x2p

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

Posted: Absolutely no hunting, fishing or trespassing on prop-

erty belonging to Mark and Debbie Cummins. Violators will be prosecuted. 9x52p

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

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192 Conway School Rd. - Nice vinyl-sided ranch house (approx. 1,600 sq. ft.) minutes from Mt. Vernon or Berea. 2 BR, 1 bath, sunroom (could be a 3rd BR), deck, updated kitchen, central heat and air. Sturdy 14x16 storage bldg. \$79,900.

Get away from it all on this secluded 65.70 acres located approx. 4 miles from Mt. Vernon. Great views from gravity flow spring with **SALE PENDING** and wind turbine provide enough energy to run refrigerator, lights and pump. Pond and log barn also on property. \$139,000.

MOTIVATED SELLER! REDUCED! 1640 Narrow Gap Rd. - 42 acres of secluded oak woodland with mountain views, wildlife, butterflies and wildflowers galore. Comfortable brick house with LR fireplace, 1 BR (could be divided), 1 bath, country kitchen, attached garage with lots of storage, potential guest house on 2 acres of cleared pasture. If you're looking for a peaceful, private getaway, perfect for hunting or recreation, this property is ideal! \$158,000

REDUCED! Affordable housing on Stephens Road in N. Rockcastle, just minutes from Berea. Singlewide with an addition on block foundation. Solid oak cabinets in kitchen. 3 bedrooms, 1 bath, storage building all on 0.578 acre. \$25,000.

Beautiful views from this wooded building lot, 3.03 +/- acres in the Old Brodhead Road area. No restrictions. \$24,900.

Beautiful wooded lot offers privacy just minutes from Mt. Vernon in the Old Brodhead Road area - 2 1/2 +/- acres. No restrictions. \$18,900.

Property For Sale

Completely Remodeled 2BR/1BA home with large lot and outbuilding. New roof, central heat/air, windows, carpet, cabinets, siding and more. \$66,500. Call 256-9914 or 308-4990. 42xntf

For Sale: Property in Florida between Leesburg and Orlando. Will sell or trade for property of equal value in Rockcastle County. 606-256-0809. 42x6p

For Sale: 2 story house in Sand Springs area. \$79,000. Call **Classified Deadline is 10 a.m. Tuesday**

For Rent Maple St. Storage of Brodhead

256-2884 or 606-308-2491

LAND LAND LAND Pulaski County

Between Somerset & Mt. Vernon on Hwy. 934. Ideal building tracts with features such as woods/pastures/ views, water/electric/telephone. Suitable for DW or Home. 2 acres with woods @ \$22,900 (\$1145 down, \$245/month), 6 acres with open rolling pasture @ \$32,500 (\$1625 down, \$348/month), 9 acres with nice building site @ \$42,500 (\$2125 down, \$456/month).

Garrard County

Near Berea on Gabbard Rd., close to I-75, mostly wooded with rugged hills and cliffs, site for rustic building site, water/electric/telephone, DW or Houses are ok. 11 ac. @ \$42,500 (\$2125 down, \$456/month).

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Posted

Posted: No hunting, trespassing or "digging" on property belonging to Mabel Reppert Burdette and heirs and located on Hummel Road. 34xntf.

Posted: No 4-wheeling or trespassing on property of Robert Griffin, located on Hwy. 1955 (Red Hill Road). Violators will be prosecuted. 42x5

Notice: No hunting or trespassing - none whatsoever - on the Allen place on Maple Grove Road/East Holcomb Road and the Donald French Place in French and Hensley Hollow on Saltpetre Cave Road (old sawmill). Violators will be prosecuted to the maximum. 45x15

Posted: No hunting, trespassing or "digging" on property at 1249 Sand Springs Road (the old Fred Doan place and Calhoun place right below it - all 42 acres). Violators will be prosecuted. Property belongs

Home For Sale in Renfro Valley

Approx. 2,000 sq. ft. home w/ 2 car detached garage. Features include living room, newly remodeled kitchen/DR combo, family room with gas log fireplace, 3-4 BR, 2 baths, utility room & much more.



Priced at \$149,900

Call 256-5993 or 308-1411 after 5 p.m.



New House For Sale

Located in Castle Ridge Subdivision, Mt. Vernon, next to Bible Baptist Church. 3 bedrooms, 2 bath, 2 car garage, approximately 1,800 sq. ft. including garage. With all underground utilities. • \$129,000

Call 606-256-5692 or 606-308-3730

5 Bedrooms/2.5 Baths

Approximately 3,200 square feet. amazing first floor master, step up jacuzzi, living room 1st & 2nd floor. Mature trees, large lot. Kitchen appliances stay. Asking \$159,900

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Office Hours: Mon. - Fri. 9 to 5; Sat. 9 to 1; Sun. by appt.

35 OCEAN VIEW (Mt. Vernon) - Like new condition, 3 bedroom, 2 bath. Large bedrooms, lots of landscaping, above ground pool. \$121,900. MLS28027

LOT 21 EAGLE CREEK SUBD. - New construction, 3 bedrooms, 2 bath, close to Roundstone School. Nice level lot. 2 car attached garage. Lots of hardwood. Custom oak cabinets. \$159,000. MLS28044

MULLINS STATION ROAD - 2 bedroom, 1 bath very clean cozy single home on 1 acre. Home on permanent foundation. \$37,500. MLS27724

RT 3 BOX 451 - 3 bed, mature shade trees. Good location. Landscaped. **SALE PENDING**, \$79,900. MLS27339

70 BIRDIE LANE (Mt. Vernon) - 2 100 sq. ft. with 4 bedrooms, 2 baths, formal living and dining room. **SOLD** outbuilding, all on a nice lot. \$84,900. MLS26350

HWY 1249 Sand Springs Rd. - Property has old house and some outbuildings, which are little value. Land contains 7 acres and no restrictions. Property is offered "as is". \$33,500. MLS26625

8 C. VALLEY DRIVE - Beautiful meadow in front on this wooded tract. This tract has several home sites and lots of privacy. 10+ acres. Wildlife, trees and tons of nature to explore and enjoy. 10 minutes from Berea and I-75. Utilities are at the backstop road. Doublewide are welcome. \$99,000

BEREA. We have many nice homes listed in Berea. Call one of the above agents for a showing.

HWY. 150 BRODHEAD - 3 acres. Very desirable property for building of a home or could be divided to build home for re-sale. Very good property for many types of commercial bldgs. or storage bldgs. City water and electric available. Partially fenced. Call Lloyd Cain 256-2818.

C. VALLEY RD. - Lot #16 - \$22,000.

APPROX. 20 ACRES overlooking I-75 at Exit 62 Renfro Valley. Property has high exposure from I-75. Water and sewer on the property. Some mobile home and camper site hookups on the property. Great potential as commercial or development. Priced at \$275,000. MLS 25741

COMMERCIAL PROPERTY at I-75 Exit 62, Renfro Valley approx. 1 acre lot (leased) sewer, water, electric. Blacktop parking lot. Building on site. Call for more information. \$150,000. MLS25739.

COMMERCIAL PROPERTY with large building presently used for pizza sales. Located at Renfro Valley Exit 62. Over 2,400 sq. ft. of retail space. Large walk-in cooler, central heat and air. Approx. 1 acre with ample parking overlooks I-75. \$175,000. MLS 25740.

4037 SCAFFOLD CANE RD - Immaculate 3 bedroom, 2 bath ranch on level 2 acre lot. This home has all new landscaping, carpet, paint, counter tops, sink & light fixtures. 28x28 detached garage with electric & water plus new concrete floor. Large stone masonry fireplace in the great room which opens onto a nice back porch. \$184,500.

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Tammy Shafer (606) 392-9039

Tammy Shaver (606) 682-8778

(Broker) Marian Fields at (859) 302-8015

Stop by and see us! 1887 New Brodhead Rd., Mt. Vernon



Towhee Lane, Livingston
50+/- acre farm, stocked lake, very private, barns, 4 bedrooms, 2 bath, FP, open floor plan, full basement, 2 kitchens, 4,200 +/- sq. ft. including 2 car garage. **REDUCED!**



Brown Street, Willailla
2 bedrooms, 1 bath, very nice 1 acre lot with creek running through, attached carport, just a little TLC needed, private location



Main St., Mt. Vernon
Start your own business! Perfect location, bath, CB bldg, concrete flooring, street parking, office, metal roof, city sewer, oil heat, window a/c



Shirley Street, Mt. Vernon
Ready to move? 2 bedroom, 1 bath in town! .80 +/- acre, mature trees, vinyl siding, KU electric, end of the street location. Private!



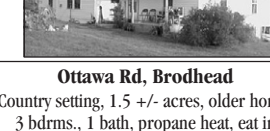
Willailla Rd., Brodhead
Beautiful mountain view! 3 bdms., 2 baths, fireplace, covered porch, carport, 2+ acres. Great home!



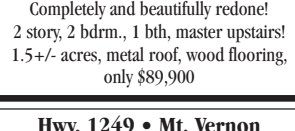
Theresa Lane, Berea
3 bedroom 2 bath 2000 model home sits on 2 level acres, breakfast area, eat-in kitchen, 1,300 +/- sq. ft., 2 car det. garage, convenient location



Crab Orchard Rd., Mt. Vernon
12 +/- acres, fenced, barn with electric, pond, creek, outbuildings, 3 bdms., 2 bath manuf. home, add. septic for another home, storm shelter!



Ottawa Rd, Brodhead
Country setting, 1.5 +/- acres, older home, 3 bdms., 1 bath, propane heat, eat in kitchen, newer 3D roof 7 years old.



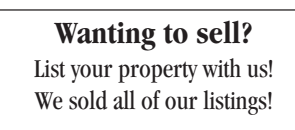
Hwy. 39 • Eubank
Completely and beautifully redone! 2 story, 2 bdms., 1 bth, master upstairs! 1.5 +/- acres, metal roof, wood flooring, only \$89,900



510 W. Main St. Brodhead
3 bdms., 1 bth., well landscaped and level 1.75 acres, 1 car detached garage, barn, 2 add. bldgs. Flowering & fruit trees. Ready to move in!



Central Ky. Location
Successful, very well established business with strong customer base, inventory, turn key operation, PRE-QUALIFIED ONLY



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Wanting to buy?
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Help Wanted

Job Opportunity: Rural Transit Enterprises Coordinated, Inc. (RTEC) is seeking applicant to fill the evening shift (2 p.m. -10:30 p.m.) dispatcher position at the RTEC office in Mt. Vernon. Requirements include high school diploma or equivalent. Good computer skills a must, a valid Kentucky driver's license for five (5) years, good oral communication skills and ability to train in transit procedures. Duties include scheduling and dispatching transportation services and record keeping. Begin at \$8.40/hr. Excellent benefits. Applications may be obtained at the RTEC office, 100 Main St., Mt. Vernon, Ky. Previous applicants need not re-apply. RTEC operates a drug and alcohol free workplace and is an Equal Opportunity Em-

ployer. Minorities encouraged to apply. 45x2
Drivers: A steady lifestyle! Top pay, great benefits! No experience? No problem. Werner Enterprises 800-346-2818x150. 40x9p
Epperson Air Conditioning • Heating • Plumbing • Electric is seeking HVAC mechanics and plumbers. Call 606-679-7476, 112 W. University Dr., Somerset, Ky. 42503. EOE and Drug free work place. 24xntf
AVON: Earn money by selling Avon. 1-888-528-7875. 49xntf

Motor Vehicles For Sale

For Sale: 2002 Chrysler Town and Country LXI van. 89,500 miles. Extra clean. \$8,900. 256-3599.
For Sale: 1993 Nissan Maxima. 4 dr., power. \$1,500. 256-4582. 45x2p
For Sale: 1991 Chevy GEO,

cheap on gas. 4 dr. \$800. Also, 1987 Toyota pickup, runs and drives excellent, \$1,500. 256-4582 or 256-5547. 45x2p
For Sale: 2003 Z71 club cab, 4 Dr., 4WD, short wheel base, \$12,900; 2000 Chevy, 4WD, \$7,800; 2000 F250 Super Duty Diesel, 4 Dr., 6 Spd., club cab \$8,500. Also several farm tractors. 256-4739 or 308-4739. 46x2

2005 Jeep Wrangler Unlimited 4x4- Stock #P2832- Auto, black on gray, am/fm cd, p.s., p.b., a/c, tilt, fog lights, only 1,903 miles, \$23,990. www.johnnywatkins.com or Johnny Watkins Chrysler Center 800-928-4304.

2005 Dodge Durango 4x4 SXT- Stock #4311A- 4.7 litre engine, silver on gray, am/fm cd, full power, loaded, \$16,990. www.johnnywatkins.com or Johnny Watkins Chrysler Center 800-928-4304

2001 Ford Ranger- Stock #4009B- 6 cylinder, black on black, am/fm, p.s., p.b., a/c, tilt, alloy wheels, only 40,060 miles, \$7,990. www.johnnywatkins.com or Johnny Watkins Chrysler Center 800-928-4304

2003 Ford Mustang GT- Stock #3888C- V-8, am/fm 6 disc cd, full power, loaded, alloy wheels, \$15,990. www.johnnywatkins.com or Johnny Watkins Chrysler Center 800-928-4304

2006 Dodge Dakota ST Extended Cab- Stock #4176A- 3.7 litre engine, auto, silver on slate, loaded, alloy wheels, only 29,674 miles, \$15,990. www.johnnywatkins.com or Johnny Watkins Chrysler Center 800-928-4304

2006 Jeep Wrangler Sport 4x4 Right Hand Drive- Stock #4264A- 4.0 litre, auto, khaki on gray, am/fm cd, p.s., p.b., a/c, tilt, hardtop, only 19,285 miles, \$20,480. www.johnnywatkins.com or Johnny Watkins Chrysler Center 800-928-4304.

2007 Buick Lacrosse CXL- Stock #4116A- V-6, auto, granite on gray leather, full power, loaded, fog lamps, keyless entry, heated seats, only 16,096 miles, alloy wheels, \$21,990. www.johnnywatkins.com or Johnny Watkins Chrysler Center 800-928-4304.

Professional Services

Linda's Variety & Furniture Store. 25 West Main St. Mt. Vernon. 256-8158. Good new and used furniture and antiques at reasonable prices. New couches, chairs, recliners, new and used dining room table and chairs, pictures, antiques, collectibles, glassware. 25tfn
Sparks (E.I.F.S.) Systems. For all your dryvitt needs, call cell 606-308-1270 or fax 606-256-0454. Over 17 years experience. Doyle Sparks, owner.

Jack Gilbert Construction. Remodeling, Decks, Windows, Doors. *No job too small or too big.* Call 606-453-2139 or 606-308-2244. 42x5p

Hayes Gravel Hauling: 256-4695, 256-1691, 859-544-7730. 14xntf

Time is here to think about winterizing your home. Caulking, weather stripping, storm windos, checking for air leaks. Call Jack at J&S Remodeling, 606-256-8603. 46x4p

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

Larry's Seamless Guttering, Vinyl siding, soffit and replacement windows. Fully insured. Free estimates. 606-308-1030 or 606-758-4228. 44xntf

Experienced Drywall work, painting - indoors and outdoors, additions, remodeling, garages, wall/floor tile, hardwood/laminated flooring. No job too big or too small. Call Jeff Carpenter at 308-9845. 46x2p

"Enchanted Moments Wedding Photography." Packages starting at \$199. Call for an appointment. You'll love our prices. 606-308-5574 or 859-248-2230, leave message. 45x2p

Phelps Roofing. Owner Mike Phelps. Insured, references available, free estimates. 16 years experience. Ph. 606-758-8874. 41xntf

Notice: Will haul off or buy scrap metal, junk cars or trucks. Metal hauled for free. 308-4877. 14xntf

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

U Call We Haul! Moving? Need Help? Cars, furniture, construction cleanup -- anything that fits on a truck - large or small! We will also haul your junk car or truck away for free. *No Garbage!!* 256-9222. 27xntf

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

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

Gail's Pampered Pooch 57 West Main St. • Brodhead For appt. call 606-758-0064 *17 Years Experience Pet Grooming* 20tfn

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

Puckett's Detailing

Specializing in wash, wax, windows, shampoo carpet, inside & out - complete detail work. We will pick up and deliver. Call for prices. 606-308-9824.

ROCKCASTLE

HOSPITAL AND RESPIRATORY CARE CENTER, INC.

Emergency Department Nurses

Rockcastle Hospital and Respiratory Care Center, Inc. is seeking registered nurses for our growing emergency department.

We are a progressive 105-bed facility in Mt. Vernon, KY. We have become a regional healthcare leader by recognizing that our employees are our most valuable resource. Join us as we continue our pursuit of excellence. Come share our vision!

Please send resume to Carmen Poynter, Director of Human Resources via fax at (606) 256-7719 or e-mail to c.poynter@rhrc.org.

EQUAL OPPORTUNITY EMPLOYER

145 Newcomb Avenue • Mt. Vernon, KY 40456 • Ph (606) 256-2195 • Fax (606) 256-3232



The Christian Appalachian Project, Inc. seeks qualified and interested persons to fill the following position:

Coordinator #2719 Healing Rain Substance Abuse Recovery Center

Coordinates, plans, implements, and integrates direct and support services which promote self-sufficiency for program participants i.e.: counseling, casework, and other program components: coordinates daily and ongoing house operations. Holds resident housekeeping meetings, schedules chore lists and conducts daily room checks.

Requirements: Bachelor's degree in a related field; 2-4 years of successful experience in a job-related field or the equivalent combination of education and experience.

CAP offers competitive pay and benefits.

Please respond by October 5, 2007 to:
 Christian Appalachian Project • Human Resources #2719
 322 Crab Orchard St.
 Lancaster, KY 40444
rhinkle@chrisapp.org

No phone calls accepted
 An Equal Opportunity Employee

Local Health Nurse I- Home Health

The Cumberland Valley District Health Department is now accepting applications for a Full Time Local Health Nurse I- Home Health for the Rockcastle County Home Health site.

MINIMUM QUALIFICATIONS: An Associate degree or diploma from an accredited university, college or school of nursing (ASN). Must have a current active Kentucky Registered Nurse license. No previous nursing practice required.

Starting Salary: Hourly \$12.95 Bi-weekly \$971.25

EXCELLENT FRINGE BENEFITS: Offer of hire conditioned upon results of drug test and criminal/conviction record check.

Applications may be obtained at the Rockcastle County Home Health site located at 2210 Industrial Park Road in Mount Vernon, Kentucky.

Complete application materials received at the Rockcastle County Home Health site by October 4, 2007 will be assured of full consideration. Must submit transcript and copy of nursing license with application.

EQUAL OPPORTUNITY EMPLOYER

Local Health Nurse II- Home Health

The Cumberland Valley District Health Department is now accepting applications for a Full Time Local Health Nurse II- Home Health for the Rockcastle County Home Health site.

MINIMUM QUALIFICATIONS: An Associate degree or diploma from an accredited university, college or school of nursing (ASN), and one (1) year of home health experience (other experience may substitute). Must have a current active Kentucky Registered Nurse license. No previous nursing practice required.

Starting Salary: Hourly \$15.79 Bi-weekly \$1,184.25

EXCELLENT FRINGE BENEFITS: Offer of hire conditioned upon results of drug test and criminal/conviction record check.

Applications may be obtained at the Rockcastle County Home Health site located at 2210 Industrial Park Road in Mount Vernon, Kentucky.

Complete application materials received at the Rockcastle County Home Health site by October 4, 2007 will be assured of full consideration. Must submit transcript and copy of nursing license with application.

EQUAL OPPORTUNITY EMPLOYER

Absolutely no classifieds can be placed over the phone without paying at time of placing advertisement

CLASSIFIED ADS NOTICE

All classified advertisements must now be paid for in advance.

For your convenience, we now accept VISA and Mastercard

To place your classified, have your credit card ready and call 606-256-2244 or simply fill out the form below and mail your ad along with your check or credit card information

Classified Order Form

Costs: \$4.00 per week for 25 words or less. Please add 10¢ more for each word over 25.

Payment enclosed Check Money Order

VISA Mastercard

Acct # _____

Exp. Date _____

Please mail to Mount Vernon Signal
 PO Box 185 • Mt. Vernon, Ky. 40456

Or have Credit Card # ready and phone 606-256-2244 to place your ad

Ad must be received by 10 a.m. Tuesday

Mobile Homes For Sale

For Sale: 1995 Dutch mobile home on Freedom School Road. 3 BR, 2 BA, 1/2 acre lot. 859-221-8359. 15xntf

For Sale: 1989 Redmon mobile home, 14x70. \$1,500. 606-256-0906. 46x1p

For Sale: Mobile home and lot at 1070 Freedom School Road. 2BR/2BA, large walk-in closet in master bedroom and huge pantry in kitchen. Berber carpet in living room, 2 covered porches. Call 256-5140. 44x4p

Handyman Special: 1990 14x60 2 bedroom/1 bath Clayton Home. Real potential. \$5,995. 606-678-8134. 45x2

For Sale: 2006 Giles doublewide mobile home, 3 bedrooms, 2 baths, front and rear deck, gutting and underpinning. Must be moved. All appliances, including washer and dryer, stay. Serious inquiries only. 758-4735 or 758-8994. 31ftn

Miscellaneous For Sale

Sigmon Farm has Kennebec potatoes, sweet potatoes, green beans and apples. Call 256-2781. 46x2

Get your fall decorations now at Sigmon Farm. Mums, pumpkins, fodder shocks and straw. Call 256-2781. 46x2

For Sale: Swimming pool, 24' wide by 4 1/2' deep. 2 years old, sand filter system. Delivered. 606-256-4221. 46x2p

For Sale: International Cub tractor with cultivators and side dresser. Runs good. Asking \$1,500 obo. 606-758-9106. 46x2p

For Sale: Corn hole game boards. 256-5509. 46x1p

For Sale: Stehl Tow Tow Dolly, 2004 model, electric brakes, less than 2000 miles.

Tie down straps, lights for towed vehicle. \$1,000. Call Paul Blevins at 606-256-2798. 46x2p

Ann's Trading Post: Open Wed. thru Sat., 10 a.m. to 4 p.m. Couches, chairs, beds, tables, TVs, radios, VCRs, washer, dryer, dinette sets, air conditioner, 8 track player, 8 track tapes, three police and fire scanners, three fire department red lights, police radio for auto, large stereo speakers, BBQ grill, stoves, movies, books, cookware, dishes, tools, clothes and shoes and some doors and windows. Call 453-3481. 46x2p

My Life Story: A book about Appalachian Lifestyle in the 1920s. Read about life and survival in the mountains of Kentucky, as told by Charles D. Woolery, a native of Climax. Wonderful and magnificent stories, including pictures. One of a kind book. Only a few left. Send \$40 to Charles Woolery, 2680 Pierson Rd., Oxford, OH 45056 or call 1-270-319-5555. 46x4p

Wolff Tanning Beds - New & Used. Monthly payments free delivery within 100 miles of London. Parts - Lamps - Service. 1-888-554-0058. 20x27p

Frank's Golf Cart Parts, Repairs & Accessories. Frank Lawrence, Hwy. 3245, Brodhead, Ky. 606-305-5214. 25xntf

For Sale: Cemetery lots, Cresthaven Cemetery, Mt. Vernon. Call Bill Dowell at 308-1058. 31xntf

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

Classified Deadline is 10 a.m. Tuesday

Notices

Will pay top dollar for junk vehicles. 308-5358. 36x10p

We Buy Houses for cash. Any condition, fast closing. 859-358-8536. 46x26p

Notice is hereby given that Rebekah Nicole Tuttle, 231 College Avenue, Fostoria, OH 44830 has been appointed administrator of the estate of Charles Eddie Barron on the 4th day of September, 2007. Any person having claims against said estate shall present them, according to law, to the said Rebekah Nicole Tuttle or to Hon. Debra Hembree Lambert, Lambert Law Offices, P.O. Box 1094, Mt. Vernon, Ky. 40456 on or before March 5, 2008 at 9:30 a.m. 44x3

Notice is hereby given that Shirley Cummins, 1785 Highway 1326, Mt. Vernon, Ky. 40456 has been appointed administratrix of the estate of Brandon Ray Cummins on the 5th day of September, 2007. Any person having claims against said estate shall present them, according to law, to the said Shirley Cummins or to Hon. William D. Reynolds, 140 West Main St., P.O. Box 1250, Mt. Vernon, Ky. 40456 on or before March 5, 2008 at 9:30 a.m. 44x3

Notice is hereby given that Wilburn Roberts, 1570 Herman Green Road, Owenton, Ky. 40359 has been appointed guardian of Brandon Scott Roberts on the 11th day of September, 2007. Any person having claims against said estate shall present them according to law, to the said Wilburn Roberts on or before March 12, 2008 at 9:30 a.m. 45x2

Notice is hereby given that Judith R. Smith, P.O. Box 652, Mt. Vernon, Ky. 40456 has been appointed executrix of the estate of Clark Brown on the 10th day of September, 2007. Any person having claims against said estate shall present them according to law to the said Judith R. Smith or to Hon. Jerry J. Cox, P.O. Box 1350, Mt. Vernon, Ky. 40456 on or before March 10, 2008 at 9:30 a.m. 45x3

Notice is hereby given that Charles Enoch Sturgill, 5342 Spiro Road, Mt. Vernon, Ky. 40456 has been appointed executor of the estate of William Luther Sturgill on the 12th day of September, 2007. Any person having claims against said estate shall present them, according to law, to the said Charles Enoch Sturgill or to Hon. Debra Hembree Lambert, P.O. Box 1094, Mt. Vernon, Ky. 40456 on or before March 12, 2008 at 9:30 a.m. 45x3

Notice is hereby given that Anna Mae Mize, 291 Cleft Rock Road, Mt. Vernon, Ky. 40456 has been appointed executrix of the estate of Sherman Davis Mize on the 29th day of August, 2007. Any person having claims against said estate

shall present them according to law, to the said Anna Mae Mize or to Reuben G. Walker, Jr., P.O. Box 351, Mt. Vernon, Ky. 4456 on or before March 3, 2008 at 9:30 a.m. 43x3

Notice is given that Dianna Michelle Pigg of 463 Dix River Branch Rd., Brodhead, Ky. 40409 has filed a final settlement of her accounts as guardian of Brandon Scott Roberts, a minor. A hearing on said settlement will be held on October 10, 2007 at 9:30 a.m. Any exceptions to said settlement must be filed before said date. 45x1

Notice is given that Daphne Renee Durham has filed a final settlement of her accounts as administratrix of the estate of Myrtle Fish Smith, deceased. A hearing on said settlement will be held October 17, 2007 at 9:30 a.m. Any exceptions to said settlement must be filed before said date. **This is to serve as notice** that Shared Sites is in the process of fulfilling compliance requirements for a telecommunications tower, located off Tanglewood Drive, in Mount Vernon, Kentucky. Comments are sought on the effect of the proposed tower on historic properties within the viewshed of the proposed tower per the Nationwide Programmatic Agreement of March 7, 2005 under the National Historic Preservation Act of 1966. For comments, please write to: Terracon Consultants, Inc., 4545 Bishop Lane, Suite 101, Louisville, Kentucky, 40218. 45x2

Yard Sales

Garage/Yard Sale: First house on right. Straight up hill on street beside Carter's Market. Thurs., Friday and Saturday. **Yard Sale:** 4504 Brindle Ridge Rd. Fri. & Sat., Sept. 28 and 29, 9 to 5 p.m.

Yard & Garage Sale: Barbara Bussell, Hwy. 150S, Brodhead. Saturday, 9 to ? Lamps, 8x12 area rug, boys clothes - sizes 12, 18-20, shoes, plus size women's clothes, home decor, desk chair, rocking chair, men's clothes, windows, doors, aluminum coil stock and lots of other stuff.

Yard Sale: Sat., Sept. 29th at #95 Woodland Place. Home of Yvonne Carmack. 3 families. Everything very cheap.

Gigantic Yard Sale: Fri., Sept. 28 and Sat., Sept. 29, 9 to 5. 1 mile west of Brodhead on Hwy. 150 toward Crab Orchard. Clothes, glassware, canister sets, Pyrex dishes, material and sewing items, costume jewelry and boxes, figurines, Home Interior, antiques, Avon items, tools, bathroom - 3 mirror cabinet, lamps and chandelier. Lots of miscellaneous items for everyone.

Large Yard Sale continues through October: At Dogwood Gifts and Crafts Garden

Center, old 25 junction Hwy. 3275. Ph. 256-3007. In #4 greenhouse. 3 families. Truckload silk flowers - 10c a stem, large quantity of yarn "new," material pieces, lots of odds and ends. "Plant sale." 10 a.m. to dusk. Proceeds benefit cancer patient.

Huge Yard Sale: At Jake's Furniture on U.S. 25 S. Beginning Monday, October 1st.

Yard Sale: Saturday, Sept. 29th, 8 to 2 at white house across from Mt. Vernon Elementary. Yard sale by Cayci Mahaffey, Doris Blanton and Jennifer Brock.

Wanted

Wanted: Good woman, 60-65 years old, in Mt. Vernon area. Call Rovie Singleton, 256-8190. 43x4p

NOTICE

Stay-at-home mom will babysit in my home in Maretburg area, off Hwy. 2108. Will provide transportation to Rockcastle schools, to and from. 1st and 2nd shifts. **CALL 256-5013**

NOTICE OF PUBLIC HEARING

The Public Service Commission of Kentucky will hold a hearing on October 11, 2007 at 9:00 a.m., Eastern Daylight Time, in Hearing Room 1 of the Commission's offices, located at 211 Sower Boulevard in Frankfort, Kentucky, for the purpose of cross-examining witnesses in Case No. 2007-00278, which is an examination of the application of the Fuel Adjustment Clause of Kentucky Utilities Company from November 1, 2006 through April 30, 2007. **KENTUCKY UTILITIES COMPANY** One Quality Street Lexington, Kentucky

Wanted To Buy: Ginseng and other wild roots and herbs, starting Sept. 1st. We will be open every day. Call for business hours and prices after 9 a.m. 606-843-2394 days or 606-843-2350 nights. 43x5p

Wanted: Cope's Garage in Berea is now buying Wild Ginseng, \$500 a lb. Call 859-986-3301. 44xntf

Pets

For Sale: Rat terrier puppies. \$50. 256-2107. 45x2p

For Sale: AKC registered Lab puppies, chocolate and yellow, \$250 each. 549-8949 or 549-1745. 45x6p

Puckett's Detailing

Specializing in wash, wax, windows, shampoo carpet, inside & out - complete detail work. We will pick up and deliver. Call for prices. **606-308-9824.**

Public Notice

Effective January 1, 2008, Sierra Optima will no longer offer coverage of Medicare Advantage benefits to our Medicare members in Kentucky. If you are a current member, you may remain enrolled until December 31, 2007.

For additional information, we suggest you call Sierra Optima at 1-888-274-2207; TTY: 1-800-349-3538. For help and information about Medicare, please call 1-800-Medicare (1-800-633-4227). Individuals that use a telephone device for the hearing impaired can call 1-877-486-2048.

Material ID: H4449_41NVSHL07

NET VALUE PLANET ONLINE SUPER STORE



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www.netvalueplanet.com

Attention Heat Vendors

The Daniel Boone Community Action Agency will again be administering the Home Energy Assistance Program (HEAP) for low-income people in Clay, Laurel, Jackson and Rockcastle Counties beginning November 5, 2007. Vendor packages for last year's participating vendors are being mailed. Application packages for new VENDORS may be picked up at each county office from September 26 - October 5.

The office in Rockcastle is located at 105 East Main St., Mt. Vernon, Ky.

Subscribe to the

Mount Vernon Signal

In-County - \$20.00

Out-of-County - \$27.00

Out-of-State - \$35.00

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10% Discount to Senior Citizens

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Address _____

City _____

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Rockcastle Health Focus

A collaboration between
Active Rural Health News Service
and the
Mount Vernon Signal

HANDS supports new parents

By Beth Dotson Brown
Active Rural Health News Service

When Debra Chesnut discovered she was pregnant, Danielle Denny became a primary source of information for her. Like all new mothers, Chesnut had questions about what was happening with her body and with her baby. Through Health Access Nurturing Development Services (HANDS), Denny, HANDS Family Support Worker, scheduled visits with her to support Debra and her husband Jeffrey through the entire process. "She prepared me," Chesnut says. "Any questions I had, she would find answers for me."

HANDS is a voluntary home visitation program for first-time parents operated by the Rockcastle County Health Department. "My belief is that every parent wants to be a good parent and in the HANDS program we work on their strengths and enable them and support them in

their efforts," Denny says. She says it's natural for first-time parents to have fears and doubts.

The program helps families identify stressors and health issues that can affect development in the womb and early childhood. Home visitors also refer participants to any collaborating community agencies that might be useful. They share information about the stages of the baby's development, preparing the parents for birth.

A recent study revealed the HANDS approach is working in Kentucky. The number of pre-term births and very low-weight babies in families who participate in the program have dramatically decreased. There's been an even larger decrease in substantiated physical abuse, 58 percent less, and substantiated neglect in the home, 62 percent less.

In Rockcastle County, HANDS is serving 35 families and they are open to serving more.

The program is open to all first-time parents regardless of income.

Denny says it's difficult to make the service known to expectant parents in the county because there is no obstetrician in the county, so women go to neighboring counties for prenatal check ups and to give birth. Another problem for some families is lack of transportation, which hinders them from taking advantages of some resources that are in the county.

During the past year, more than 50 percent of the HANDS participants in Rockcastle County were teen mothers. Denny said they have the special concerns of trying to continue their education and, in some cases, learning to provide for themselves financially if they don't have family support.

Although Chesnut was 32 when she was pregnant and did have family members in the area, she had a tumultuous few months of moving while pregnant then moving again shortly after her daughter, Shelby, was born. "Everywhere I went, Danielle went with me," she says.

While she was pregnant, Chesnut says, "We talked about the birthing process and brain development." Chesnut learned about what to expect during each month of her pregnancy as well as each month of Shelby's life as she grew and gained skills. After she was born, Denny and Chesnut talked more about Shelby's development.

In addition to the home visits, the Chesnuts have also participated in HANDS-sponsored fam-

ily activities, like a Christmas party and a St. Patrick's Day party. These events typically include some sort of education, food and gifts.

As Denny discusses basic child care with participants, they also look into social and emotional development, communication, physical and brain development, play and stimulation and how parents can recharge themselves so they'll have what they need to also care for their child.

"It's just a support system for parents to get the latest information without bias. I do it every day and I love it," Denny says. "I think we're going to see a difference in our kids in this next generation. When you have capable parents you have capable kids."



Debra Chestnut and her daughter Shelby.

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Education gives diabetics power

By Beth Dotson Brown
Active Rural Health News Service
 Heart disease. Kidney disease. Eye complications. Nerve Damage.

It's a daunting array of potential complications for someone with diabetes. But Teresa Blair, certified diabetes educator and clinical dietician at Rockcastle Hospital, says diabetics have a choice about what happens to their body. Blair says they can take control of their health and improve it through education and management of their disease.

Blair explains there are two types of diabetes. Type I diabetes is most common in children and

adolescents. Their pancreas stops making insulin, a critical component of helping the body convert food into energy. In Type II diabetes, adults develop insulin resistance. Because the body is having a hard time absorbing the insulin, the pancreas has to create more insulin. Over a period of time, insulin production will decrease due to stress caused by the pancreas working too hard.

Diabetes affects 8.9 percent of Kentucky's population, but 10.3 of the people in the Cumberland Valley Health District, of which Rockcastle County is a part. Because of childhood obesity, there is an increasing rate of Type II

diabetes in children.

The primary causes of diabetes are overweight, heredity, ethnic background and activity level. Some researchers are looking at people of Appalachian heritage as a group that is prone to diabetes. Some people who live in the Appalachian region, which includes Rockcastle County, may lean toward a lifestyle that incorporates some risk factors. Some people with who live in the Appalachian region also have Native American heritage, which is an ethnic group that has a higher risk of diabetes.

Blair points out: "Our heritage dictates what you put in your food." Historically, people in the Appalachian region commonly cooked with a lot of whole milk, lard and salt "The way we were raised to cook and eat is not necessarily the healthiest food to eat." While beans and cornbread are good, she says, when cooked with lots of fat and salt it contributes to eating behaviors that increase the risk of developing chronic disease.

Many people, she says, adopt some habits of their parents and

grandparents without also doing the physical work that offsets them. People who are raised on a farm, for example, might use lard in the cooking as well as a lot of salt, but they are also very physically active. When someone continues to eat a high-fat, high-salt diet but takes a desk job, those food patterns take a toll on the body.

Another factor influencing diet is economic status. Blair says that if people are struggling financially, they look for the least expensive food. That means they are likely to buy hot dogs or sausages rather than boneless, skinless chicken breast because it's cheaper. "High-fat food tends to be cheaper. . . so when you're planning a healthy meal within your budget it may require more effort and education."

When a physician diagnosis diabetes, he or she will refer the patients to a diabetes self-management training at the hospital or health department. At the hospital, the training consists of an individual assessment and diabetes management plan as well as eight hours of classes that take

place during three or four sessions. Classes address topics like stress and coping, managing glucose, personal health habits, planning meals, and insulin use.

Blair says taking the class is only the first step in truly managing diabetes. "I think the biggest thing is having to change their way of life and being constantly conscience that they have diabetes," she says. "You have a potentially very serious disease and it's going to take a lot of effort on your part to make sure you don't develop complications from that disease."

When the self management training is complete, Blair checks in with patients from time-to-time to see how they are doing. She also remains a resource for them, answering whatever questions they have as they implement their lifestyle changes.

Blair is confident that learning about diabetes can be of immense help to patients. "You can have better quality of life," she says. "The more you know the more power you have as an individual to control that disease. It kind of puts the power in your hands."

Prescription assistance helps with medication costs

By Beth Dotson Brown
Active Rural Health News Service

When Judy was diagnosed with diabetes, the bottles in her medicine drawer began to multiply. There was medication to control her sugar, another for cholesterol, another for triglycerides. In total, she takes 11 prescription medications that would cost her hundreds of dollars every month. When she heard the cost of some of them, the Medicare patient asked the pharmacist for half the amount so she could afford it.

But then Judy's doctor and one of her friends both referred her to the Christian Appalachian Project's prescription assistance program. Through this program, people who do not have prescription insurance coverage can receive some medications free from the companies that manufacture them.

"I couldn't afford certain medication on was on," Judy says. "It kind of hurt me. I'm a diabetic and there were things that I needed and I couldn't afford it. I didn't know which way to turn at the time."

Many patients in Judy's place will try to cut their dosage in half so the medication will last longer. Some people skip it altogether.

"A lot of them tell me it's medicine or food," says Peggy Hancock, the caseworker who administers the program.

Hancock says the program is for people between the ages of 18 and 65 since those younger and older have other options for obtaining their medicines. Each drug company has different requirements for participation but in general, a low income patient who is without insurance will qualify. She primarily helps people get medicine for high blood pressure, diabetes and cholesterol, all issues Judy has to deal with.

Judy knows that without the medicines, she wouldn't be able to control her diabetes and her overall health and well-being. "They do what they can do for you," she says about the program. "To me they're wonderful people. They're there to talk if you have a question and to listen. I'm glad they're out there to help."

For more information about the Christian Appalachian Project prescription assistance program, contact Peggy Hancock at 606-287-3039.



Teresa Blair shows some of the educational materials for diabetics.

Diabetes care requires education and support

By Beth Dotson Brown

Active Rural Health News Service

In 1990 when Charles Shepherd reported for his annual work physical, he was told to follow up with his physician. When he did, he found out he had diabetes.

"I couldn't really believe I had diabetes," the 73-year-old says today. He had always been strong and healthy and having an illness of any kind seemed unlikely. "I didn't change my lifestyle for awhile because I didn't accept it."

A diabetes diagnosis places tremendous stress on a person. As Shepherd learned, it requires lifestyle changes that involve food, exercise, medicine and finances. It affects not just the patient, but the patient's family. And to best understand how to deal with it, some people choose to attend a diabetes self-management class or support group.

Shepherd has been participating in the support group run by the Cumberland Valley District Health Department for approximately three years. "I've learned a lot about diabetes," he says. "Each time I go I pick up a little something."

Paula White, regional diabetes coordinator with the Cumberland Valley District Health Department, says the diabetes support group provides multi-faceted benefits to participants.

"I think they become proactive in many ways," she says. "We see they have better control of their diabetes and overall health."

The group meets the third Monday of each month from 6

– 7 p.m. at the Rockcastle County Home Health Building. Each meeting includes 30 minutes of education, a healthy snack and time to talk about issues in their lives. The meetings are open to family members as well as people with diabetes. Shepherd encourages diabetics to spend that one hour at the meetings.

White says she has seen the participants learn from one another as they discuss their lives. Recently, some members have been discussing a doctor's suggestion to use cinnamon to help control diabetes.

Shepherd says he now better understands how diabetes can negatively affect his body. He was always a heavy eater who liked cakes and pies, so he's learned to adjust and picks up tips on weight management and new medicines.

The group has also learned from the snacks White serves that there are multiple ways of preparing foods that can be healthy. She says she often makes a vegetable tray or open-faced sandwiches with low-fat cream cheese and vegetables. The group also has cooking demonstrations from time-to-time.

As they gather monthly, the support group members help one another live with a diagnosis that would be more stressful without education and friendships. White says, "I think they are very open and motivated."

For more information about the diabetes support group, contact the Rockcastle County Health Department at 606-256-2242.

The Active Rural Health News Service is funded in part by a grant from the Foundation for a Health Kentucky. The Foundation's mission is to address the unmet health care needs of Kentucky. Active Rural Health News Service also receives support from the Mountain Association for Community Economic Development and the Institute for Rural Journalism and Community Issues.



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Healing Rain offers support for substance-abuse recovery

By Beth Dotson Brown

Active Rural Health News Service

Stacey Day has taken just about every kind of illicit drug possible, including OxyContin and methamphetamine. After using drugs for 10 years, the 30-year-old turned to shoplifting to finance her habit, a habit she didn't realize was a problem.

"You wake up in the morning and you're sick all the time and you had to have that pill to make you feel good that day," Day remembers. "You don't realize that but that's how I took care of things and got through the day."

As Day tried different drugs, she also drifted through three marriages, searching for a place to belong where she wouldn't feel alone. She gave birth to three children who are now living with family and in state custody. Why did her life reach that point? "I was scared I would never fit in. When I was high I fit in," she says.

When Day was arrested and spent five months in the Rockcastle County Detention Center, she began to see that recovery was necessary and possible. She arrived at Healing Rain, a women's substance

abuse recovery center in Mount Vernon, after her jail sentence still unconvinced that she had a problem. Then she listened to the other women in the program talk and she realized that like them, she needed help. "They were dealing with the same thing I'm dealing with," she says.

"When I first got here, I was very scared. I had low self-esteem and regrets about my life," Day wrote in a short message about the program. "The Healing Rain Program has helped me with my low self-esteem. I see life in a different way now."

Healing Rain was established by the Christian Appalachian Project (CAP) in September, 2005. It is a faith-based substance abuse recovery program for women that operates as a therapeutic community. In the community setting, the participants are all responsible for promoting the values of the community and aiding in the recovery of those around them.

According to program manager Martha Cowles, the center seeks to help women recover through spiritual, personal and community growth. As they gain individual re-

sponsibility they also seek to improve relationships with the people in their lives. "There are a lot of broken relationships that potentially can be mended," Cowles says.

To participate in the program, a woman must be at least 21-years-old, substance free upon admittance and able to take care of herself. They commit to at least six months in the program and live at the Healing Rain facility. Many pay for their stay with vouchers from Unlawful Narcotics Investigations, Treatment and Education (UNITE). Cowles says they don't turn anyone away because of financial reasons. "We're here to help women recover," she says.

"Individuals take accountability for the recovery of themselves as well as the recovery of other people in the community. We want someone to really be motivated to recover," Cowles says. To determine if the woman has that motivation, they have a face-to-face interview and listen to an overview of the program.

Although the media has portrayed the visible physical consequences of drug use and with-

drawal, such as weight loss and tremors, what no one can see is the impact drugs make on a person's body chemistry. Day says, "I've been clean over 10 months and I can still taste stuff in my mouth."

Cowles recognizes the physical cravings the program participants must deal with as well as the emotional needs. "You've got to really change a lot of relationships that got you to where you were," she says.

"One of our major focuses is that from the time a participant enters that they're focused on leav-

ing. What do I need to do while I'm here so I can lead a productive, substance-free life when I leave?" Cowles says.

To work through those questions, participants live in a structured environment that provides classes for recovery. The staff has studied the differences between addiction for males and females and has adapted the 12-step model in a way that is specifically supportive of women.

"We talk about right living — being honest, open, trustworthy and

(Cont. to pg. 8)



Healing Rain program manager Martha Cowles and recent graduate Stacey Day.

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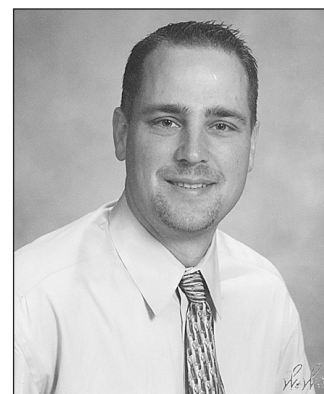
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Losing weight in the real world

By Beth Dotson Brown
Active Rural Health News Service

For someone who likes ice cream, avoiding the sweet treat completely is a nearly impossible goal. But if someone wants to lose weight, it is possible to stop eating ice cream every day and eat it just once a week.

That the “workable” approach of Weight the Reality, a series of six classes that helps address nutrition and exercise habits. Offered by the Rockcastle County Extension office, the classes address the concerns of people who have decided they want to lose weight.

National statistics highlight Kentucky’s weight problem. A 2005 study ranked Kentucky fourth in the United States for rates of obesity and overweight adults combined, at 63 percent. With obesity contributing to heart disease, diabetes and other diseases, this is a serious problem to contend with.

Rockcastle County doesn’t escape this problem. A 2002 community survey indicated heart disease and stroke, high blood pressure, diabetes – all consequences of being overweight – in the top 10 most important health problems in the county. While cardiovascular disease is the leading cause of death in Kentucky, Rockcastle County’s death rate from heart disease is higher than the average with 304 deaths per 100,000 compared to 286 per 100,000 for the state. The U.S. figure is 240 per 100,000.

“In Kentucky we have a really high-fat diet,” says Hazel Jackson, County Extension Agent for Family and Consumer Sciences. “We are get-

ting plenty of protein, because a lot of Kentuckians are meat eaters, but overabundance of fat.”

Jackson says most people who are trying to lose weight have already tried before and they need to understand the behaviors that make them gain weight then decide what they’re willing to do to lose it.

“This program looks at making changes that are workable for individuals. If I’m told I can never have ice cream again, that makes me want to have ice cream that much more,” Jackson says.

“We try to urge individuals that they don’t have to completely cut out anything to lose weight. We do a lot of work with people on portion sizes. A lot of us are eating healthy foods but we’re eating four times more than a serving size,” Jackson says. One serving of meat is three ounces, which is the size of a deck of cards.

Thelma Bullock participated in the class nearly two years ago and points to portion control as one of the most important things she learned. “I don’t think we realize how much we put on our plates. Our world has turned into a super-size world,” she says.

While she was in the class, Bullock lost a few pounds. By integrating what she learned into her lifestyle, she continued losing weight after the class for a total loss of 15 pounds. “I feel better. I have more energy,” she says.

Besides addressing eating habits, the classes also encourage participants to be active by walking 20 minutes a day or doing a similar activity. “Hopefully if they get into that

habit over a span of six weeks they will be able to maintain it,” Jackson says.

Exercise opportunities are not abundant in Rockcastle County, but they do exist. Many people choose to walk at the school nearest them, using the track or parking lot. The city park offers a basketball court, tennis court and walking area. And those who enroll in Weight the Reality can also use the gym at Rockcastle Hospital. In addition, there will be a Body Recall class offered in the community this fall.

Bullock has used exercise tapes, walking tapes in particular, to increase her activity. During the summer, however, she says her garden gives her the exercise she needs.

Jackson says another aspect of the program is that it encourages friendships among students so they will continue to support and check in with one another when the class is complete.

“Talking with other people who have the same problems helps,” Bullock says. She and her sister both took the class, giving them in-family support.

Although there were weeks when Bullock didn’t lose any weight, she didn’t feel like a failure. She had a group of people who were in the same situation as her and they could talk about their weight situation.

“I took what fit into my lifestyle,” Bullock says of the class. Because of that reasonable approach, she’s still benefiting from what she learned today.

Jackson expects to begin another class in mid-September.

In-home respite care encourages healthy families

By Beth Dotson Brown
Active Rural Health News Service

A developmental disability, car accident, stroke or Alzheimer’s disease doesn’t affect only the one person who feels the physical results of those problems, it affects the entire family. Whether the individual is in a home of two or 20, his or her constant care adds stress to the family. For the caregiver, the stress can accumulate and become a hazard to his or her physical and mental health.

“When you’re caring for somebody 24/7 and that is your main focus, it can become very stressful because of their needs,” says Carolyn Lindsey, program manager for the Christian Appalachian Project’s Rainbow Respite program. “Some caregivers don’t want to admit this but they become resentful toward that individual because they aren’t able to do anything for themselves.”

That’s why Lindsey wants to get the word out to families in Rockcastle County that Rainbow Respite offers in-home respite care free of charge. One day a week, a trained caseworker can relieve the caretaker for up to six hours.

In Rockcastle County, 28.5 percent of the population over the age of five is classified as having a disability, according to the U.S. Census Bureau. That compares to 19.3% for the entire United States. All of these people do not require constant care.

When Lindsey or the caseworker first talk with a caregiver, they will ask that person what he or she likes to do but isn’t able to do. A common response is: “Go to church.” In that situation, the caseworker can arrange to provide care during that time.

For other caregivers, the issue is spending time with other children, reading a book, shopping or going to visit a friend. Lindsey says the caregiver doesn’t have to leave the house; it’s his or her choice how to spend the free time.

Besides relieving the stress of the caregiver, the respite care can also benefit the individual receiving the care. “It benefits the individual with the disability because it broadens them; they get to see people outside of their family and it increases their social life.”

If the person is able, the caseworker can take him or her on an outing. “We don’t just come in and sit. We’re looking at doing things with them, at making it fun for them and keeping them active so they’re just as comfortable with us as that caregiver is in leaving them with us,” Lindsey says.

The staff, many of whom are certified nursing assistants, also rely on the caregiver to train them in the individual’s routine. Everyone who has the same diagnosis, Lindsey says, doesn’t necessarily need the same care.

In her years with Rainbow Respite, which also provides Sunday through Friday stays at the Rainbow Respite facility, Lindsey has learned that a lot of caregivers don’t feel they can ask for help because it’s their responsibility. They believe asking for help makes them look weak.

But Lindsey sees something else. “When they take periodic breaks, it relieves some of that stress so when they are together it’s more beneficial and more healthy for both of them,” she says.

“It’s okay to ask for help. It’s okay to say I need a break. That’s why we’re here. We’re here to help you, to make it easier to say I need a break, I need support. And it’s okay because everybody needs assistance.”

For more information about the Rainbow Respite in-home program, call 606-256-5921.

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Counseling offers hope for substance abusers

By Beth Dotson Brown

Active Rural Health News Service

Scientific research has confirmed that kicking the habit, whether that habit is alcohol, nicotine or a narcotic substance, isn't only a matter of having the willpower to do it. Addiction is a disease of the brain that some doctors compare to chronic illnesses like diabetes and hypertension. The addiction can be controlled, but it requires a period of recovery and a support system that will encourage con-

tinued recovery.

Rockcastle County has been making progress in dealing with substance abuse problems through the work of Unlawful Narcotics Investigations, Treatment and Education (UNITE) and the Kentucky Agency for Substance Abuse Policy (KY-ASAP). KY-ASAP was established in the 2000 General Assembly to help reduce alcohol, tobacco and other drug use.

According to the Kentucky State Police, there were 433

drug arrests in Rockcastle County in 2006. Tony Shelton, KY-ASAP coordinator, notes that is one of the highest in the state, due to Interstate 75 which goes through the county and is a primary drug route. Shelton saw more arrests during the summer months and suspects that is related to young people who are out of school and their lack opportunities for spending time on something positive in the county.

The local Rockcastle ASAP board has provided \$45,000 in grant funding in the community for a variety of programs to help people learn to control their addictions. One of those programs takes place with inmates at the Rockcastle County Detention Center. It began in February and more than 40 inmates have taken part in some way.

The goal of the program is to educate and aid in reducing recidivism rates among those who are incarcerated by helping them improve their lives through treatment for substance abuse. "We have certain criteria for those wishing to participate in the program and each participant must show that they are working diligently to complete the curriculum," says Jailer James Miller.

Tom Conner, a counselor with the Christian Appalachian Project (CAP), meets with the men and women in the jail weekly for counseling sessions. "I want to encourage them to believe they can do recovery," Conner says. "It's amazing to see the miracles that occur. I hope they will believe it."

The jail program provides participants with a workbook about addiction, cognitive skills and life skills. Conner says while they are in jail, they have time to work through the book.

They also attend the group sessions with Conner. "It's an encouraging program. We don't try to guilt and shame them. Addicts already know more about guilt and shame than any-

one," he says.

To recover, addicts must understand the nature of their disease, which destroys brain cells. Conner says it was in the 1990s when science delved further into brain research that they began to understand that once someone begins using alcohol or drugs they damage their brain.

Conner compares addiction to cancer. A cancer patient, he says, isn't truly in remission until living cancer-free for five years. Even after that, there's always a possibility it can return. So it is with addicts, who need continuous support for recovery.

In Rockcastle County, the biggest support system Conner knows of is at Northside Baptist Church. They have a ministry for people dealing with addiction called Servants with a

Testimony (S.W.A.T.) that has also received funds from KY-ASAP. The group meets every Thursday at 7:00. At the same time, they also host Hope Ministry, which is for parents and children of addicts.

Another resource in the county is a women's Narcotic Anonymous group that meets every Monday night at 8:00 at the CAP Community Center.

Conner emphasizes that most addicts need support from their family, an ongoing group and a spiritual community. "Seven of the 12 steps are directly spiritual," he says.

"The reality is the interventions like KY ASAP and UNITE will go away, but the recovery community will remain and is building a strong basis for the future," Conner says.

Healing Rain

(Cont. from pg. 5)

that if you see behaviors that are different from that one of the ways to demonstrate that you are growing is that you can challenge that person, you can put that mirror in front of them," Cowles says. "So after you look into the mirror yourself you can help another person see things that are counterproductive to their recovery that can cause an issue within the community as a whole. We want to have the participants, as much as possible, facilitate some of that growth."

To help women gradually transition back into society, Healing Rain uses levels of responsibility and privilege. For example, the longer someone is there, the more minutes she is allowed to use the telephone. Day worked through the levels until she was able to return home to her husband on weekends in the time leading to her graduation.

Another transitional tool is family visits. Day says she hadn't talked with her sister for two years, but she visited with her at Healing Rain. The invitation can be as powerful for the family as for the individual who is recovering. Cowles says families have been moved when they realize someone recognizes their pain and their role in re-

covery.

Like other participants, Day began formulating goals for re-entry before she left Healing Rain. She wants to complete her GED, go to college, become a social worker and reunite with her children. She plans to attend church and be involved with a support group.

Cowles has watched Day take responsibility for herself and says, "I wouldn't put anything beyond Stacey's reach." The staff will continue to be in touch with Day through its aftercare program of phone calls.

Day also knows that she has changed in ways she was never able to do when she tried approaching her drug problem on her own. She sees herself differently, which will help in her recovery. "I got higher self-esteem because this place has helped me," she says. "I'm a good person and that's something I know inside."

As Day approached her day of graduation from Healing Rain, she wrote a short piece about her stay that included this: "I wake up every morning thanking God for the people who helped me get into Rehab. I thank Operation UNITE, DCBS Office, Jailer James Miller, Judge David Tapp, and all the staff at healing Rain for building me up and helping me through my problems."

Day was able to say in an interview: "It is good to live a drug free life now."

Rockcastle Community Health Council raising awareness about living a healthier lifestyle

By Morgan Schutters

Special to Active Rural Health News Service

The Rockcastle Community Health Council is raising awareness about living a healthy lifestyle. The council challenges everyone to make better nutrition choices and have fun through increased physical activity. On June 20th they had a Health Fair and "Longest Day of Play" where youth could have fun outside in addition to learning what health services are available in Rockcastle County. The Health Council encourages and promotes the physical activity of young people. With an estimated 35% of children between the ages of 2 and 5 years in Kentucky overweight and 30% of Kentucky high school students considered overweight, the Health Council wants to promote citizens of Rockcastle County to be "Caught Being Active."

The Rockcastle County Health Department offers more information on how youth can become fit. The Rockcastle County Extension Office also has information about other dynamic activities Rockcastle youth can be involved with. Programs have been instituted to work with nutrition and fitness in the schools, and Mt. Vernon's Family Resource Center had a jump rope club last year that was extremely popular.

Mike Samuels: "The Health of Rural Kentucky" KRHA Annual Conference July 26, 2007

Living in rural areas creates special challenges to health of Kentuckians

By Michael Cox
Special to Active Rural
Health News Service

Living in rural Kentucky creates special challenges that make healthy lifestyles more difficult.

Whether the problem is obesity, poor dental health or access to primary care for elderly adults, rural people tend to be sicker than their counterparts in urban Kentucky, according to a University of Kentucky public health expert.

Michael Samuels, a professor of public health at UK who holds a chair in rural health, offered his observations at the ninth annual conference of the Kentucky Rural Health Association, held in Frankfort on July 27 and 28.

Samuels pointed to the often dramatic difference between urban and rural counties in Kentucky.

"Obesity is a rural problem," Samuels said. Excess weight is due to a number of factors. Rockcastle County, for example, was in the top 20 percent of Kentucky counties for the prevalence of obesity, with more than 37 percent of the county's population considered obese.

"A lot of times, you don't have sidewalks, jogging tracks, or safe places to work out," he said.

Oral health is also a dramatic problem in rural areas. "Kentucky consistently has the highest number of seniors with missing teeth. We really need to get over there and do something about it."

While the percentage of seniors living in rural areas is about the same as those living in urban areas, there are problems that uniquely affect rural seniors.

"Being elderly in a rural area is more difficult," says Samuels. "A lot of young people are leaving our rural counties, so older people don't have as much of a support system as they would have had. Transportation is not as good, [and] we don't have as

many providers – it is a problem."

National statistics describing rural problems often mask the severity of health conditions in rural communities. For example, the percentage of the people who smoke in Kentucky is 29 percent, while the percentage for the nation as a whole is 21 percent. But within Kentucky, the range can vary from as low as 20 percent to as high as 36 percent.

"What we are trying to do is to get into that range...to bring

that information down to a local level," Samuels said."

In addition to obesity, dental problems and issues dealing with rural elderly, there are other matters to address. Access to health care will be compromised because of the lack of primary care doctors in rural communities. Kentucky has the highest disability rate in the country. Cardiovascular, cancer, and premature death are all major problems in Kentucky.

Not only do health problems affect the quality of a person's

life, but they also have an economic impact.

"When you lose a young person," Samuels said, "you also lose 30-40 years of productive life – that is something taken out of the economy."

"You cannot separate health from education and economic development," says Samuels. "If you give everybody a decent education and job, I promise you that health insurance sales will go up"

Some problems that affect rural communities can be avoided

by more effective prevention. People in Rockcastle County have among the state's highest rates of colorectal and cervical cancers. The cervical cancer death rate in Rockcastle County is twice the national average. Death rates from both of these cancers can be drastically reduced by early detection.

Encouraging community leadership would be a key factor in helping communities inventory their assets, identify gaps, and set goals.

Dental health connected to other health problems

By Judy Owens
Active Rural Health News Service

In Rockcastle County, and throughout Kentucky, many people do not take good care of their teeth. Teaching patients to brush and floss teeth is easy, dentists say, but persuading them to practice daily hygiene is much tougher.

"You know, there is one disease that is 100 percent preventable, and that is tooth decay," said Rockcastle County dentist John Parsons. "Compliance on the part of patients about brushing and flossing is the one thing we see that would make the biggest difference in dental health."

Dental health is connected to other health problems, and habits that are bad for a person's general health – smoking, chewing tobacco, eating too much sugar and drinking sugary and highly caffeinated drinks – are also very bad for teeth.

"Mountain Dew is terrible for teeth," Dr. Parsons said. "And then, a lot of people are not drinking tap water any more, but drinking bottled water. Bottled water doesn't have fluoride, so people aren't getting the benefit of fluoridated water any more."

Poor dental care is handed down from parents to children.

Parents do not teach their

children how to care for their teeth, or they brush improperly by using a harsh, scrubbing motion that contributes to gum loss, said Kristen Wilder, a dental hygienist at the office of Dr. Jennifer Caldwell. Mechanical toothbrushes such as Oral B can help correct this problem because they automatically shut off if pressed too hard against the teeth.

Improper brushing, or not

"Improper brushing, or not brushing at all, is a major contributor to tooth loss"

brushing at all, is a major contributor to tooth loss. Another is failing to floss. In a 2001 study, 47 percent of the children in Kentucky between the ages of two and four had dental cavities, or caries. That is twice the national rate.

Also, adults and children often do not see a dentist regularly. Statewide, only one-third of the children enrolled in K-CHIP, the Kentucky Children's Health Insurance Program, receive any dental services. In Rockcastle County, the number of children enrolled in K-CHIP declined

from 285 in 2001 to 240 in 2004, according to the 2006 Kids Count survey. According to a survey by the Kentucky Youth Advocates, only one third of the eligible children received dental care in 2002. Of 2,169 practicing dentists in the state, only 871 are enrolled in the Medicaid program. Rockcastle County is the exception – both dentists accept Medicaid.

New research shows that dental health is a part of overall health. In fact, periodontists – dentists who specialized in diseases of the gums – are finding some surprising relationships. New York University researchers found that the higher a

woman's level of a certain kind of oral bacteria, the more likely she is to deliver a preterm or low birth-weight baby. Although experts are still not sure how this works, one theory is that oral bacteria enter the uterus through the bloodstream and then influence the delivery process, according to the American Academy of Periodontology.

Thorough brushing and flossing can help decrease the amount of bacteria in the mouth, according to Kenneth A. Krebs, D.M.D., the academy's president-elect.

Once a baby is born, parents should be careful not to allow the child to go to bed with a bottle. That's one of the main reasons small children get cavities. High sugar content soft drinks, such as Mountain Dew or Snapple Lemonade, do the greatest damage to teeth – whether they are a child's or an adult's teeth, said Wilder, the Mt. Vernon hygienist. But juice and even milk also contain sugar that can remain in the child's mouth over night, causing "baby bottle caries". Even before teeth erupt, parents should wipe off the child's gums after eating sweets or carbohydrates, Wilder said. Once teeth start coming in, parents should brush them.

Fluoride is the most effective measure against dental caries and, depending on local fluoride levels in the drinking water, children may need additional supplementation. Your local municipality should be able to tell you the amount of fluoride in your drinking water. Knowing this, your dentist can then decide if supplementation is needed and how much.

But even adults can benefit from fluoride treatments such as ACT. Seniors often suffer from dryness in their mouth, but products such as Oasis and Vioteen can help stimulate saliva production.

Ending smoking improves baby's chances

By **Beth Dotson Brown**
Active Rural Health News Service

For Rebekah Oliver, it was a baby that made the difference. Her baby.

Rebekah had started smoking

when she was barely 17 years old. Three years later, she was pregnant and signing up with the Baby Steps program, offered through the Southern Kentucky Area Health Education Center (AHEC). The

program is funded with a grant from the March of Dimes, which works to save babies from premature birth.

"I really wanted to quit smoking because I knew what it could do to the baby," Oliver says. Through the program's counseling, she learned about the various ways smoking could harm her child's health. Possible risks to babies of smoking mothers include: miscarriage, water breaking early, stillborn, undeveloped organs, lung problems, heart defects, asthma, chronic bronchitis and inner ear infection. Approximately 25 percent of pregnant women in Rockcastle County are smokers.

Oliver worked with a volunteer counselor who shared her own story of giving birth to a premature baby. Shauna Poynter, a certified occupational therapy assistant at Rockcastle Hospital and Respiratory Care Center, Inc., was not a smoker and did everything she

could to have a healthy baby yet gave birth to her child three months early. Oliver said that story made a big impact on her and she realized she had to do everything in her power for the health of her baby.

So she embarked on her smoke-free journey with Poynter to talk with weekly and a counselor from the Mayo Clinic Tobacco Quit Line to chat with on the phone. The phone consultations helped Oliver understand the medical side of nicotine addiction and the consequences to mother and baby. The counseling with Poynter helped her set personal goals and find the encouragement she needed to quit.

Oliver learned about the program from the health department and began participating in March while she was planning her wedding. Poynter, knowing that many people smoke for stress relief, advised Oliver to set a quit date for after the wedding. Oliver, however, was determined to get rid of the

habit so she wanted to set an earlier quit date. That didn't quite work so she chose a second date. Oliver can now say she hasn't smoked since March 10.

The program Oliver used also helps smokers think about when they crave a cigarette and what they can do instead. Oliver had a habit of smoking during telephone conversations. So Poynter gave her plastic straws which Oliver chewed on while talking on the phone.

Poynter also encouraged Oliver to use the money she saved from not buying cigarettes to buy something nice for herself or the baby. In addition, the program provided Oliver with incentives, such as a baby monitor, diaper bag, receiving blankets and a gift card for Babies R Us.

The one part of the program that Poynter didn't like was that every time she visited with Oliver, she had to ask her to spit in a receptacle to test her cotinine level. That test shows if someone has been smoking or not. "I felt like the smoking police," Poynter says.

But Oliver didn't mind. "It really helped," she says. "It's just a little more motivation."

Oliver also credits her husband and parents for giving her the support she needed to quit.

It's still not easy for Oliver to stay away. She recently spent time going in and out of a hospital to visit her mother and noticed that every time she walked through a doorway people were smoking outside. As a reformed smoker, she wants smokers to realize how they are harming themselves and the people around them -- especially expectant mothers.

Poynter thinks programs like this are needed in the community to prevent premature births. "It's just really heartbreaking to see a baby struggle and fight," she says.

"If I get extremely stressed or aggravated I want to smoke," Oliver says. She has found that sometimes she substitutes food for that craving. But she's determined to continue to be smoke-free. Her next "baby step" is to remain smoke-free for the first year of her baby's life while she's breast feeding.

Her ultimate goal is to never smoke again. Oliver says, "It's the best gift you can give your baby."



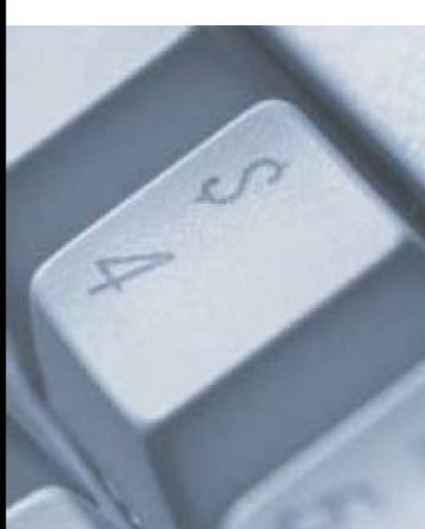
Rebekah Oliver and certified occupational therapy assistant Shauna Poynter.

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