

# Mount Vernon Signal

Serving Rockcastle County Since 1887

Mount Vernon, Kentucky 40456 - (606) 256-2244

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An Open House has been scheduled for 2 p.m. Sunday at the new Rockcastle Area Technology Center, located adjacent to Rockcastle County High School. The \$9.5 million facility is ready and will be in operation when school begins for students next Thursday. The old technology center building, at left, will be used in several other capacities this school year, including housing the Rockcastle Academy for Academic Achievement and college classes, formerly held at RCHS.



## Open House at new Technology Center is Sunday

An Open House will be held at 2 p.m. Sunday at the new Rockcastle Area Technology Center (RATC) which has been built next to the Rockcastle County High School on the Hwy. 461 by-pass.

The new \$9.5 million facility was constructed completely with funds provided by the state department of education and involves no local dollars.

"We can't say enough about the efforts of our two representatives in the state legislature, State Senator Ed Worley and

State Representative Danny Ford. Without their efforts this construction project would not have been possible," said Rockcastle County School Superintendent Larry Hammond. "This new facility will benefit the county and region as a whole and we are certainly appreciative of the fact that it is located in Rockcastle - it will only make an already very good technology center even better," Hammond said.

(Cont. to A14)

## Mt. Vernon will enforce ordinance which makes it illegal to place ads on city right-of-ways

Mt. Vernon Mayor Clarice Kirby is notifying the public that the city will enforce an ordinance that prohibits advertising within the right of ways of public roads inside city limits.

The Mayor said that too many people and businesses were using utility poles, trees and other structures as places to hang signs, that eventually became worn and torn and create an eyesore within the city.

"We are simply trying to make the city look as good as possible and all these signs certainly don't make it look good," the Mayor said.

The Mayor said she had instructed city maintenance employees to take the signs down

and, if anyone is caught putting one up, they will be issued a warning the first time.

"We are going to give everybody a one time chance, in case they didn't know that it was illegal," the Mayor said.

"If they don't heed the warning they will be issued a citation," the Mayor said.

According to Mt. Vernon's ordinance 337, which is being republished in this week's Signal the placing of each advertisement or poster shall constitute a separate offense and carries a fine not to exceed \$25.00.

The ordinance was passed by the city council on June 8th of 1981, when Roland Mullins was Mayor.

## Little World's Fair begins Friday

The 127th Little World's Fair begins Friday and runs through August 9th.

Events will kick off on Friday, with a dairy show at 6 p.m. The beef show will be held on Saturday, beginning at 11 a.m.

### Hearing held for Flat Gap man charged with helping juveniles huff paint, burglary

A preliminary hearing was held Wednesday in Rockcastle District Court for a Flat Gap man accused of helping two juveniles (his own children) huff paint and for also breaking into a residence.

Rockcastle Deputy Sheriff Joe Rush said this week that he had received a complaint on July 14th that Matthew Scott Gadd, 40, of Bent Oak Court, at Flat Gap, was assisting two juveniles in huffing paint.

Rush said when he arrived at Gadd's residence he observed one of the juveniles with paint on his face, but that Gadd had left the scene.

Rush said one of the juveniles told him that Gadd had assisted them in huffing the

and the horse show will be held that night beginning at 6 p.m..

There is no admission to the dairy and beef shows but the horse show will be a \$4 admission with children 6 and under admitted free.

paint and that he had been huffing it with them. Rush took a bread bag and paint can, which were being used, from the scene.

Before Rush could go back to arrest Gadd at a later date, more criminal charges were filed against Gadd.

According to Rush, a neighbor, Stephanie Smith, got a warrant for Gadd for a July 9th incident, in which her home was broken into.

According to court records, Smith is accusing Gadd of cutting a wire to the alarm system so he could break out a bedroom window to gain entry into her home.

(Cont. to A14)

The horse show will feature regular and championship classes and ribbons will be awarded to 1st thru 6th place.

On Sunday, the grandstand feature will be hot rod garden tractors with events starting at 1 p.m. Admission to this event will also be \$4.

The Midway will open on Monday night at 6 p.m. and admission will be \$8 for rides and grandstand events.

The evening's grandstand event will be the Demolition Derby with Tech Time starting at 6 p.m. and Demo at 7 p.m. There will be two categories - small cars and 80 or newer with prize money awarded for first, second and third in each category.

Kid's Night is Tuesday, when admission will be \$4 for children 12 and under. It is also Monster Truck and the Fair

### KU seeking rate increase from PSC

Hearings before the Kentucky Public Service Commission began on Tuesday, in which, Louisville Gas and Electric, the company that owns Kentucky Utilities, is asking for a rate increase.

Brian Phillips, a spokesman for Kentucky Utilities, said a rate increase of about 5 percent across the board for both residential and commercial customers is being sought.

Phillips said if the new rate is approved by the PSC, the average residential electric bill will increase by about \$4.50 per month.

KU has 3,156 customers in Rockcastle County. If the rate increase is approved it will probably go into effect in February of 2009.

Bear and children will get free monster truck rides.

Wednesday night will feature the Clementsville Motorsports Truck Pull with Tech Time from 5 to 7 p.m. and

(Cont. to A14)

## School lunch prices scheduled to increase

It is still no doubt the cheapest lunch that you won't eat at home but, when school starts next Thursday, lunch and breakfast prices in the Rockcastle school system will be higher.

The slight increase was approved by the Rockcastle County Board of Education earlier this year and will add an additional .25 cents to the price of each breakfast and lunch.

School system Food Services Director Jeanine Parsons said the rising cost of food, required the slight increase, the first increase in several years by the school system.

New prices for students are: \$1.00 for breakfast at each school, \$1.25 for lunch at the middle school and 1.50 for lunch at RCHS. Adult breakfast will be \$1.75 and \$2.50 for lunch.

Even with this year's increase, Rockcastle students will pay less than several other school districts in the state.

\$1.6 million will be spent on food service this year for the school system's 2,900 students.

65 percent of the county's students receive free or reduced

(Cont. to A14)

## William McClure, 86, dies at home

--Submitted by a friend-- Rockcastle County has lost one of its best known citizens.

William McClure, 86, died last Friday, July 25th, at his home in Blue Springs.

The world received a tremendous present when William was born on Christmas Day, 1921 to the late Joe and Syble Vance McClure. Although William lived his life in the Blue Springs area of Rockcastle County, his wood-carving talents led to national recognition represented by in-

clusion of his works in the Smithsonian Institute in Washington, D.C.

Family members recall that one of the first pieces he whittled was a pointer with marbles in the handle. The pointer was made for a Vista (Volunteers in Service to America) Volunteer teaching in the McClure family's old log house that had been converted to a schoolroom for the project. The teacher was delighted with

(Cont. to A14)



William McClure



Approximately 800 people, including 400 students, attended the second annual Redi-Fest held at MVES on Monday afternoon. Among items received by students were free school supplies, books, some physicals and haircuts and loads of information. Among those in attendance at the event was 4-year-old Kayman Baldwin, who will be in kindergarten at Brodhead this year. He was accompanied by his mother Bobbi Chesnut. The two are shown at the Rockcastle Chamber of Commerce table, being assisted by Scott Adams. The chamber gave out scissors and suckers to the youngsters. Behind Adams is Libby Hammons, who was working the Rockcastle Kiwanis table.



Each of the three elementary schools in the county setup registration tables for parents and students who attended Monday's Redi-Fest at Mt. Vernon Elementary. Those tables were manned by staff members from each school's family resource center. Above, Satica Morgan, seated left, and Hannah Atkinson, helped Donna Northern sign in her daughter, Angela. And at right, Martha Heath, registered her children, William and Willie. Morgan and Atkinson were working at the Brodhead Elementary School table. 25 agencies and vendors worked the three hour event, which had a much larger turnout than a year ago. Redi-Fest was designed to help parents and K-5 students get ready for a new school year. (Front page photos by: Richard Anderkin.)

## Keeping you informed about your county government

By Buzz Carloftis, County Judge-Executive  
This is the third in a series of articles designed to help you, as a taxpayer and citizen, become much better informed about the state's requirements upon and the local expectations of your local government (the fiscal court).

In the two previous articles, I pointed out the requirements of the Road Fund and the Local Government Economic Assistance Fund (both of which are separate bank accounts) within the County government and as administered by the fiscal court. Today we look at the third largest of the nine separate bank accounts and funds: the Jail Fund, and how it can either negatively or positively affect the balance of the County's General Fund (the fund into which most taxes are placed).

First, let's get one thing absolutely understood without any hesitation: Members of the fiscal court (the county judge-executive and magistrates) are bound by state law and their oath of office to assure that all prisoners entering into incarceration through a court of Rockcastle County be properly housed — according to the dictates of the state's Corrections Cabinet — by the fiscal court. What the state leaves up to the fiscal courts across the Commonwealth is where they are housed. It is at this point that fiscal courts must look closely at which will be most advantageous to the local taxpayers (after all, they are the ones paying the bills). For example, fiscal courts can elect to keep them within their own county (this requires the construction of a jail meeting state requirements, along with personnel, food, insurance, etc.), or the fiscal courts can elect to house all its inmates in other counties (this means no jail construction costs, no personnel — other than the jailer and transportation officers — no food costs, very limited personnel expenses, etc.). After having read this previous statement, most of the uninformed will immediately say something like, "Don't add on, improve, or build a jail. That is the way to keep costs down." Let's look further.

Counties receive zero dollars from anyone for keeping their own 'home-grown' inmates, with the exception of a 'bed allotment' expense from the state based upon the number of beds counties had during 1973 (Rockcastle then had 12 beds; we now have 82). This 'bed allotment' allocation from the state provides \$70,945 to Rockcastle County, which is not even enough to meet the payroll of the state-mandated jailer's salary (even without a jail, all counties must have a jailer and pay the mandated salary). At that point, should a fiscal court decide to house only its inmates and no others, the taxpayers begin paying the bills from local taxes for any expenses incurred by the local jail exceeding the 'bed allotment' income. During the 1970s, very few inmates were housed here in the 12-bed jail. Although our county's population has not grown that much since the '70s, the number of 'local' inmates is now usually around 45 per day. If we had no jail, other counties would charge us around \$30 / day for housing

each of our prisoners, resulting in a cost of close to \$493,000 / per year to local taxpayers. Subtract the 'bed allotment' income of \$70,945, and the citizens would have to meet the \$422,055 per year shortfall (this is more than double the property tax revenue each year the County collects), which at that amount still does not include medical expenses, etc., that will be incurred by the 'host' county housing our inmates.

This is why this county's fiscal court, under my direction and concurrence of the magistrates at the time, elected to add on to our jail, bringing the number of beds to 82. By having done this, we have been able to house other counties' inmates and receive \$724,000 / year in revenue from those 'state' inmates. This made much more economic sense for all of us as local taxpayers.

Nevertheless, even this amount of all revenues into the jail (\$878,630) do not match the expenses expected this year (\$1,220,930), a shortfall that must come from the County's General Fund (the tax collecting fund). This is due, in part, to the fluctuation of the number of 'state' inmates we can house, which is due directly to the rising number of 'local' inmates who are incarcerated. And we, in Rockcastle County, have been fortunate that the jailer has personally kept me, as county judge-executive, and the fiscal court informed of these fluctuations on an almost daily basis. To put it into perspective for you, most counties our size have been required to have their fiscal courts increase taxes to meet million-dollar shortfalls just for the operation of the jail from their General Fund account. To help better control these expenses, some counties have formed 'regional' jails in order to share the burden associated with housing their growing inmate populations.

Now you should see why the fiscal court takes very seriously the issue of housing local inmates and the burden they place upon the taxpayers. It's really a matter of simple arithmetic.

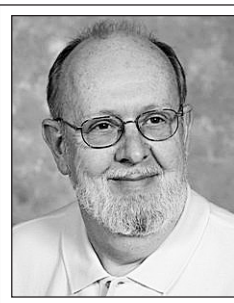
## Points East

By Ike Adams

About this time of year in 1993, Pepper, our aging, female Dalmation, who had never been pregnant, took a strong liking to Bubba, our neighbors big black Lab. Pepper was ten or eleven years old at the time and we'd tried to hook her up with several males of her breed over the years but nothing had ever come of it.

Apparently she simply did not like men of her own race. Or Bubba was extraordinarily seductive. In any event, early that fall she delivered nine of the strangest looking puppies I've ever seen. I had no trouble at all in giving eight of them away to column readers and we kept the runt of the litter who also happened to be the most uniquely coated.

He was also the only one that Loretta named and she was



## Rockcastle Memories

By David J. Griffin

### Pop's first car

Back in March I ordered a new Tahoe, and it finally arrived the last week of June. It was a long wait for a guy who was anticipating a vehicle he would dearly love. (My wife claims that not a single day passed that I didn't talk about it.) But I do love this vehicle as much as any that I have had in many years.

My new SUV made me remember my grandfather's (Pop) first Model A Ford that he purchased new in 1929. He must have loved that car, too, because he told me countless stories about it and how it affected him and his family.

I suppose it was a hardship for Pop to buy that first automobile — it cost the sum of \$600. He described it in great detail. The engine was a 4-cylinder, 201 cubic inch displacement that yielded 40 horsepower. It was actually capable of going 60 miles per hour. However, I am quite certain that Pop never achieved that speed. He did not like fast driving in any automobile.

Pop and I were alike in another respect — he did not like to ride with anyone, except me. That has been a peculiarity of mine since my high school days. I am the driver. Just like Pop — he was always the driver.

I remember being with him in my '58 Chevy one chilly winter evening when he explained how his '29 Model A kept him warm on cold nights. He had to purchase a cast-iron unit to place over the engine's manifold to bring heated air into the cab. A small door could be opened or closed to adjust the amount of hot air entering the passenger compartment.

For warm weather, the bottom of the front windshield could be pushed out a few inches to allow the cool outside air to rush into the front seat. He told me, "It was the best air conditioner you could buy."

Until Pop purchased the '29 Model A, he always used horses for his mode of transportation. He used to laugh when

he told of driving his brand new car to town. He actually forgot that he had a new car and, therefore, caught a ride home with a man on his mule-driven wagon.

When he arrived at the house, Mommie Katie calmly asked, "Gene, where is your car?" He was so embarrassed that he walked the two miles back to Mt. Vernon to retrieve his new Model A.

His new Ford was kept spotless. One Saturday afternoon when he had cleaned his car and was driving to town, he stopped to pick up his neighbor Harmon Helton to give him a ride into Mt. Vernon. Mr. Harmon was a consumer of chewing tobacco. (Do you see where this is going?)

As they drove along with the clean windows completely rolled up, Mr. Harmon spat a mouthful of tobacco juice "out the window," thinking it was rolled down. Pop said that spittle ran down the glass and made a nasty mess in his new car. He was furious. After that, Mr. Harman never rode with Pop again.

Mommie Katie never did learn to drive, and Pop said it was because the Model A was so difficult to shift and steer. It was never really a problem for her though — she just made Pop take her everywhere she needed to go.

When I got my drivers' license in 1960, Pop made me the official driver for the family. He always positioned himself in the front passenger seat so that he could make sure I was driving as he taught me.

I can remember him on multiple occasions exclaiming, "David Joe, slow down before you wreck and kill us all!" I suppose he felt he could tell me how to drive since we were in his car, and he had taught me everything I knew about driving.

When gasoline reached 29 cents per gallon, he told of how he could remember when it was only 19 cents. I suppose he would have a stroke if he could see the \$4 per gallon price that we are forking over at the pumps today.

Pop's Model A was equipped with 4-wheel mechanical drum brakes. He often commented that stopping it was more difficult than most people realized. That small engine was more efficient than most cars of today. Pop's 4-cylinder Ford could get between 25 and 30 miles per gallon. The one-bar-

calling him "Blue" before he had his eyes open. The name  
(Cont. to A4)

(Cont. to A4)



Youngest old-time fiddle player on Grand Old Opry remembers singing siblings and "The Tennessee Waltz."

Bill Stewart doesn't mind talking about his brother.

Who wouldn't be proud of having a sibling who co-authored the most famous song in country music history?

But the man once billed as "the youngest old-time fiddle player on the Grand Ole Opry" has lots of stories of his own to share.

The next-to-the-youngest in a family of seven, the 74-year-old Bullitt County resident was born and reared in Louisville.

"Both my parents are from Ashland City, Tennessee, but daddy came to Louisville looking for work," he said.

Not only did Samuel Lawrence Stewart find employment in Louisville, he and wife Lucille did a remarkable job of helping all their offspring hone their musical talents.

"Dad was a craftsman at making and repairing musical instruments. He was also an excellent cook, barber, and cobbler," recalled Bill.

Every family member played an instrument, with Lucille serving as the head musician. "She taught Dad how to play, and we would play and sing the old standards around the house.

"When company would come, my brothers would run off to bed, but Dad would say 'Boys, get the instruments out,' then, 'Get out of bed, it's not bedtime.'"

The first Stewarts to gain more public notoriety for their talents were Al and his younger brother Eury, also known as Slim.

They would strum their instruments while selling Courier-Journals on street corners around Louisville. They were featured on WHAS radio after a story in the Courier headlined "Al and Slim, the Courier Journal Singing Newsboys" put them in the spotlight.

Al would move on to play guitar for "Cliff Gross and the Texas Playboys." In the 1930s, his daily routine included performances at Rodes Burford Furniture Store in Louisville.

Guitar and fiddle playing abilities landed Eury a spot touring with a band known as Cousin Emmy. He later married the lead singer.

Sister Juanita was a featured performer when her husband formed a band called the Modern Hillbillies. In later years, the youngest Stewart, Mary, teamed with Juanita and Bill's wife, Helen, in a trio called the Golden Girls.

The fourth born, Redd, set the standard for excellence, not only among his family, but for country music as a whole when he and fellow Louisville native Pee Wee King wrote The Tennessee Waltz in 1947.

Adopted as the state song of Tennessee in 1965, it is second only to Bing Crosby's White Christmas as the biggest selling song of all time.

With so much talent under one roof constantly being raised by their energetic singing and playing, why didn't the Stewarts form a family band?

"My brothers and sisters did not get along at all when it came to music. If one of them played a song, they'd stop and say, 'You're not playing it right,'" said Bill.

The criticism apparently

(Cont. to A6)

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## ORDINANCE NO. 337

(This existing ordinance #337 will be enforced immediately)

An Ordinance of the City of Mount Vernon, Kentucky, prohibiting advertising within the rights of way of public roads.

The City Council of the City of Mount Vernon, Kentucky, does ordain as follows:

**Section 1.** It shall be unlawful for any person to place advertising of any kind on any tree, utility pole or other structure within the rights of way of public streets and highways within the City of Mount Vernon.

**Section 2.** The placing of each advertising or poster shall constitute a separate offense

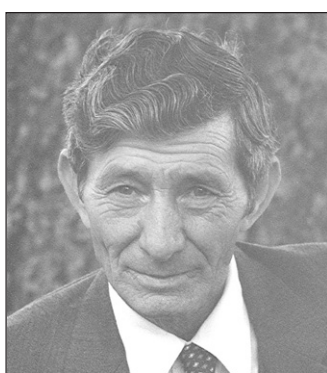
**Section 3.** Any person who violates this ordinance shall be fined a sum not exceeding \$25.

**Section 4.** This ordinance shall be effective upon publication.

Roland Mullins, Mayor  
City of Mount Vernon

Attest:  
Mary McClure, Clerk, City of Mount Vernon

# Obituaries



## William McClure

William McClure, 86, of Mt. Vernon, died Friday, July 25, 2008 at his home. He was born on December 25, 1921 in Rockcastle County the son of the late Joe and Syble Vance McClure. He was a farmer, and woodcarver with work in the Smithsonian Institute, a KY Colonel, a veteran of WWII, served on the Board of KY Highlands Investment Corp., was a director of Ky. Farm Bureau, a member of the Guild of KY Artist & Craftsmen, enjoyed gardening and politics, and was a member of the Blue Springs Church of Christ.

Survivors are: his wife, Rena Cromer McClure of Mt. Vernon; seven sons, Gerald McClure of

Goodlettsville, TN, Bobby McClure of Berea, and Roger, Wayne, Dennis, Tim, and Randy McClure, all of Mt. Vernon; five daughters, Mrs. Faye McClure of Berea, and Mrs. Betty Thomas, Mrs. Alene Doan, Mrs. Judy Brock, and Mrs. Sheryl Miller, all of Mt. Vernon; one brother, Howard McClure of Mt. Vernon; five sisters, Marie Doan of Lockland, OH, Jonett Phelps, Rena Boone, Christine Kirby, and Wilma Renner, all of Mt. Vernon; 16 grandchildren; 15 great grandchildren; and one great great grandchild.

He was preceded in death by: three sons, Jerry, Bentley, and Willie Dale McClure; one brother, Floyd McClure; and two sisters, Laura Cromer and Liza Smith.

Funeral services were held Monday, July 28, 2008 at the Blue Springs Church of Christ with Bro. Doug Hawkins officiating. Burial was in the High Dry Cemetery.

Arrangements were made by Cox Funeral Home.

Pallbearers were: Matthew, Derrick, Ethan and Jeremy McClure, Robbie Thomas and Shane Doan.

View the complete obituary, sign the guest registry, or send condolences to the family online at [www.coxfuneralhomeky.com](http://www.coxfuneralhomeky.com)



## Tony Sutton

Tony Michael Sutton, 59, of Brodhead, died Sunday, July 27, 2008 at Compassionate Care Center in Richmond, KY. He was born on June 8, 1949 in Mattoon, Illinois, a son of the late Millard Clyde and Betty Thomasina Miller Sutton. He had been an auto mechanic being employed at University Tire Center in

Richmond for 23 years, and an E4 in the US Armed Forces. He was also

a member of Mt Zion Baptist Church. His hobbies and interest include hunting and fishing.

Those left to cherish his memory include: a son, Michael Angelo (Phyllis) Sutton of Berea; two daughters, Tammy Lynn (Michael) Clark and Shawndra Michelle Chasteen, both of Mt. Vernon; three sisters, Tanagene (David) Blanton and Peggy Sue (David) Edwards, both of Brodhead, and Judy (Garry) Stevens of Riverside, CA; six grandchildren; two great grandchildren; and a host of nieces/nephews, friends and neighbors.

Besides his parents he was preceded in death by a brother, Clyde Leroy Sutton.

Funeral services were conducted Wednesday, July 30th, 2008 at the Marvin E. Owens Home for Funerals Chapel with Bros. Joe Mobley and Darrin Cupp officiating. Burial followed in the Piney Grove Cemetery.

Condolences to the family may be made to his online registry at [www.marvineowensfuneralhome.com](http://www.marvineowensfuneralhome.com)



## Edna Grace Cummins

Edna Grace Cummins, 89, of Mt. Vernon, died Saturday, July 26, 2008 at the Terrace Nursing and Rehabilitation Center in Berea.

Funeral services were conducted Wednesday, July 30, 2008 at the First Baptist Church of Mt. Vernon by Bro. Wendell Romans. Burial followed in the Elmwood Cemetery.

Donations are suggested to the Children's Learning Center c/o First Baptist Church, P.O. Box 639, Mt. Vernon, KY.

A complete obituary will appear in next week's Signal. Please visit [www.DowellMartin.com](http://www.DowellMartin.com) to view online obituary.

## Cards of Thanks

### Betty Sue Sowder

The family of Betty Sue Sowder would like to thank everyone for their kindness shown during the loss of our mother. A special thanks to Marvin Owens and staff, Bro. Allen Hensley, Bro. Phillip Doan, Pine Hill Holiness Church, all the singers and pallbearers, Rockcastle Hospital and Rockcastle Health and Rehabilitation Center.

We appreciate everyone who sent flowers, cards and prepared food. Thanks also to everyone who visited her while she was in the nursing home.

### Garvin Scott

The family of Garvin Scott would like to express our sincere appreciation for the many acts of kindness shown our family during the difficult days after his passing. The food that was so lovingly prepared, the hands that offered help, the cards and phone calls, the prayers, the love and care that was so abundantly expressed meant more to us than you will ever know.

May God bless you as we know He has us.

Christine Scott  
Gary Scott & Family  
Robert Scott & Family

## In Loving Memory of Eveneus Anglin Bullock 1912-2008



We Love You Mammaw



In Memory of my Uncle Roe Kirby who was born Sunday, August 2, 1908 100 years ago Saturday, August 2, 2008

## MVHS reunion

The MVHS planning committee has been very busy planning the homecoming reunion. Invitations should go out around August 1st so be watching. The banquet will be held Sept. 13th at the Rockcastle County Middle School.

Don't put your letter up and think you will send it in later that means it is only going to cost you more at the door. We have tried to scale back the costs and keep the meals within reason but we have cut corners in other places and Sonny's Real Pit Barbeque will cater the meal this year and I think you will be pleased with the food. By doing this the price of your meal will remain at \$15.00, the same as last year.

There will be a photographer on site to take pictures. The class of 1967 has had a picture made every year and every one has been very good. There will be other memorabilia to interest you and a lot of friends to enjoy a few hours with. Keep watching the Signal for updates.

## The City of Mt. Vernon Announces New Office Hours

Beginning August 11, 2008, City Hall will be open Monday thru Thursday from 7 a.m. to 5:30 p.m. and on Fridays from 8 a.m. to 5:30 p.m. The office remains open during the lunch hour.

You may pay your water bill with an automatic bank draft or at Community Trust Bank, if it is a current bill.

# Home Loan Sale\* In Progress!



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You'll save more in the long run by shopping here!

At left: Bruce Polly, Pharmacist and Fawn Tice, Technician

Located on Hwy. 150 between IGA & Dollar General Store in Mt. Vernon

# T.J.'s Journal

by: Tonya J. Cook



Dear Journal:

This week, on the thirty-first if not before, the newest member of our family will arrive. He is Leland Scott, our first great-great-nephew. He will be born in Lexington. Due to medical problems, he will be delivered by cesarean section on the thirty-first, or sooner if labor begins. I'm sure that Angie, his mother will be glad, as he is already a little over eight pounds. She works for the US Postal Service, and she has been carrying him and a big bag of mail door to door up until the last few days, until they finally gave her an easier job inside.

I'm hoping to drop in on the little bundle of joy one day this week, possibly the day that he

is delivered. Maybe I can get in a visit with some friends and a little shopping on the side, too.

Stanley and I may even incorporate this trip with another joyous occasion. We've been going out for six years on the first of August, so we may celebrate a little early. It's just a little ritual that we have gotten into. It's like a mini anniversary. We say every year that we need to stop going out and finally get married, but that could lead to the breakup of a very good friendship.

I usually try to make each of these great and great-great nieces and nephews a quilt. I have one in the works for Leland Scott, too, but I'm sorry to say it's not coming along as I

had hoped. He may not get it until his high school graduation.

I've had arthritis for a long time, and it is so painful to do much with my hands sometimes. Hand-quilting and writing for long periods of time can be especially painful. Every time I make a quilt for the future generation, it gets a little smaller. The last generation's quilts started out something about the size of a twin bed, then they looked like lap blankets or throws by the end of that generation. The generation after Leland may only get an embroidered hanky.

I've always enjoyed sewing and quilting and such, but it takes so long. I just don't know how those women who work and keep a house going can possibly have time for things like that. Those who do are really something special.

About a year ago, I decided to join a local quilting club, the Nine-Patchers, who meet in the evenings through the county extension office. I hadn't done any sewing or quilting for about twenty or twenty-five years, so I thought I'd give it a try again. I'm having to re-learn almost from scratch. Besides, I thought it would help me get acquainted with some of the ladies in the area, as I'm kind of new here.

There are about a dozen ladies who get together and have a really good time, at least once a month. We talk a little business, make future plans, eat, have "show-and-tell", door-prizes, and if we're lucky, get in a little sewing.

Sometimes I attend very eager to sew, and other times, I'd rather just watch and learn. It's kind of like when I oil paint. I really have to be in the mood for it, or I might as well not even try. I'm also very fortunate to have been given an almost new Brother sewing machine by a friend of mine who had to move to an assisted living apartment. Stanley has gotten me a rolling tote for its transportation, too. Now you could say "I have sewing machine, will travel." Maybe I'll have to look in on some fabric stores on this trip to Lexington.

## "Memories"

(Cont. from A2)

rel carburetor was fueled by a gravity feed.

Not many of Pop's neighbors had automobiles, and many of them had not even experienced riding in one. His brother-in-law, Clayton Whitaker, was walking to Mt. Vernon one afternoon when Pop stopped to offer him a ride. Mr. Whitaker took a careful and long look into the car and then said, "I guess I'll ride with you." That did not set well with Pop.

The last Model A Ford was produced in March of 1932. There were over 4 million Model A's made in all styles. It was replaced with the Model B during the last of 1932, which had a V-8 engine.

The first car that Pop owned that I personally remember was a 1951 Chevrolet. After that time, he usually purchased a new automobile every three years. His idea was that "You should trade when the warranty expires."

Actually, that refrain about the warranty is so embedded in my head that I really haven't been able to get past it as a buyer of new cars. But now, I don't have to keep such close tabs on the warranty - my new SUV has one for 100,000 miles!

(You can reach me at mtmnan@mis.net or you can drop me a line at P.O. Box 927 - Stanton, KY 40380. I appreciate your suggestions and comments.)

## "Points East"

(Cont. from A2)

fit. He looked like a little navy blue ball of fur. As time went by he wound up being black and white and spotted way too hard to describe without a photo. One side of his face was white and the other jet black and almost every kid who came to know him over the years wanted a dog just like Blue. "Cool Blue," they called

him. He loved the affection and attention and returned it in kind. But mostly he loved Loretta and, later in life, Patty Tarquino, a Berea College student from Tennessee, more or less adopted by Loretta and me while she was in school here from '99 through 03. When Pattykins moved to Whitesburg after graduation, to take a job, the first thing she did was get a Lab puppy and name him Blue.

Over the years he has consistently been the official greeter at our house, right beside the car door barking joyously when we came in from school or work. He would perch on the rock wall out front at those times of the day when we were supposed to show up. And then, at least one or two minutes before Lo or Chris came into sight he'd jump with joy, bark loudly and run to the end of the driveway.

He could recognize the sound or our vehicles long before they were within hearing distance of humankind and he never barked at a strange car unless it had pulled into our drive.

The only times I've ever seen him angry or threatening happened when kids got into serious arguments and threatened to fight. Then he'd growl and bare his teeth as if to say, "stop it right now because neither one of you want me to get involved!" He'd also get upset if an adult attempted to discipline a child with harsh words while in his presence.

But over the last few seasons he has been terribly bothered by arthritis and his hearing had all but left him. He still wanted to be petted at the car door and he was promptly at the feet of anyone who went outside to sit on the front porch. "Hey Blue, you good dog you," we'd sing to him, taking the line from an old Taj Mahal song.

Last Thursday morning he was just outside the back door, lying on the patio in the classic "leave me alone, I'm sleeping

pose" in his regular spot to do just that and I noticed that he had dew on his coat when I started to go to work. Layne Hawley, a friend who parks at our house and rides to work with me, had already noticed that something was wrong because he had not met her at the car door.

I yelled his name and he didn't respond then went to pet him and it was obvious that he had been on the other side for several hours. He'd greeted me as usual when I came home from work the day before and he'd eaten when I fed him well before dark, but, as I said, he has been tired all Spring and Summer. Just a few weeks ago I'd spent over an hour getting his coat thinned down and combed out a grocery bag full of excess hair and talked to him and told him how I was filling in for Patty who brushed him nearly every day.

We've buried him in his favorite sunning spot, up on the hill behind the kitchen where he went to catch the sun rays in cold weather. He lay there so often that his spot was still visible because the ground was packed so hard. I've lined his grave top with some brick and planted a little flower bed on it this weekend.

We're all going to have to get readjusted to life without Blue barking hello when we come home from work. It's going to be a long while before sitting on the porch will again feel natural.

But the good thing is that Blue died on his own terms, no vet involved, no sign of real sickness---He just laid down and died as though to prove that he'd never been any trouble and had no intention of being any when his time came.

Everybody should have such a good and faithful friend at least once in their lifetime. Blue lived up to and way, way beyond that billing. Blue would have been fifteen years old the last week of September.

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**Free Singing at Pongo Fire Department**  
There will be a free singing at Pongo Fire Department featuring Bluegrass, Gospel and Country Saturday, August 2nd, 5 to 10 p.m. Concessions available. Donations will be appreciated.  
**Bookmobile Schedule**  
**Mon., August 4th:** Sprio, Level Green, Willailla, Grandma Rainbow's and Country Care. **Tues., August 5th:** Ottawa and Bee Lick.

**Fish Fry at Livingston**  
Livingston Fire & Rescue and Livingston Ladies Auxiliary will hold a Fish Fry on Sat., August 2 at 5 p.m. at the Livingston Fire House. \$6 all you can eat. Menu: fish, french fries, hush puppies, cole slaw and drink. Call in orders - 453-3877. Everyone welcome.

**Open Houses at MVES**  
Open Houses will be held at Mt. Vernon Elementary School on Monday and Tuesday, August 4 and 5. On Monday, incoming first graders' open house will be from 6 to 8 p.m. and the fifth grade will be held from 5 to 7 p.m. On Tuesday, August 5, kindergarten morning classes will be from 56 to 6 p.m. and afternoon kindergarten classes from 6:30 to 7:30. The second and third grade open houses will be from 4 to 6 p.m. and fourth grade will be from 6 to 8 p.m. Parent pick-up will be available during these times.

**Class of 1998 Reunion**  
The RCHS Class of 1998's reunion will be Sept. 26 and 27. Addresses of alumni are needed. Please contact Alvin-Dale Green at 859-302-6450 or avonberea@gmail.com or Dana Thacker Bullock at 606-308-1472.

**Hawaiian Dance**  
London United will have a Hawaiian Dance August 1, 2008 from 8 to 12 at the Levi Jackson Clubhouse. There will be limbo and hula contests. Everyone over 21 invited, couples or singles. 606-528-9365 or 606-862-4478.

**Livingston Homecoming Note**  
The theme for this year's Livingston Homecoming Celebration, scheduled for August 29, 30 and 31, will honor the Rockcastle Hospital and Respiratory Care Center. All floats are welcome. Look for more details in upcoming issues of *The Signal*.

**Pine Hill School Reunion**  
The Pine Hill School Reunion will be Sat., August 30th at the Pine Hill Church from 11 a.m. to 2 p.m. All students, teachers, friends and family are welcome. Bring a covered dish, old pictures and stories from your school days at Pine Hill and enjoy a day with friends and family. The chicken and drinks will be furnished again this year.

**Historical Society Hours**  
Rockcastle Historical Society is open Mondays from 9 a.m. to 4 p.m. in the RTEC garage building. **Regular meeting** of the society is on the 4th Thursday at 5:30 p.m. at the Senior Citizens Building in Mt. Vernon.

**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.

**Kiwanis Club Meetings**  
The Rockcastle Kiwanis Club meets every Thursday at noon at Renfro Valley Lodge.

**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.

## Our Readers Write

"You may have to skateboard to reap the benefit"...

Dear Editor,

- Let me get this straight:
1. Last year a food tax for restaurants was added. (WE NEEDED THE MONEY)
  2. This year county workers tax was increased, again. (WE NEEDED THE MONEY)
  3. City workers tax was added. (WE NEEDED THE MONEY)
  4. Thinking of raising property taxes?? (WE NEED THE MONEY)

Since the budget was balanced (as required by law) a one ACRE lot with some small buildings on it was bought for \$185,000. The buildings (we already have) are to be used for city maint. dept. and the land for a "MUCH NEEDED" skateboard park. Makes you wonder if that property had been appraised at that value and appropriate taxes paid on it. OH well, I suppose alot of us will just have to learn to skateboard in order to reap the benefits of our tax dollars hard at work. It's scary to think about how much of our money the mayor could spend if she

worked a 40 hour week.  
Sincerely,  
Rick Courtney



We are located at:  
304 Richmond Road North, Suite 1  
in Berea, on Highway 25  
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Bell Peppers**  
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**Yellow or Zucchini  
Squash**  
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### Sparkman - Jonsson

Martha Sparkman, 62, of Mt. Vernon and Per Jonsson, 72, of False Pass, Alaska were married July 17, 2008.

### "Ken & Tucky"

(Cont. from A2)

had no effect on young Bill's confidence.

"By the time I was 15, I had been practicing on an old fiddle for years. I had learned lots of tunes and figured I was ready for the Grand Ole Opry."

He went to Nashville, moving in with Redd at Ma UpChurch's Boarding House.

He was at the boarding house on a Saturday afternoon when he got a call that Alonzo & Oscar were in immediate need of a fiddle player. Their regular player's mother had died and he would be gone at least a week.

"Oscar was supposed to pick me up, and I waited on the porch for him for what seemed like hours. Finally, a big Pontiac with a trailer pulled up, and I was tickled to death.

"At age 15, I was about to play the Opry. I'll never forget walking in the Ryman and seeing Tubbs and Acuff. I could feel myself shrink. It was the highlight of my life."

He did so well, Oscar promised him the job was his if the regular fiddler didn't return.

"I prayed for bigger and better things for that fiddle player," said Bill.

Bill would spend the next two years appearing at the Opry and touring with Lonzo & Oscar. From 1949 to 1952 he was the featured fiddle player for "Little Jimmy Dickens And His Country Boys."

A lot of memories were made for the youngster from Kentucky and opinions formed about performers well on the road to becoming legendary.

"Ernest Tubb was one of the nicest guys ever. Once he met you, he never forgot you. Roy Acuff was one prince of a guy, but Bill Monroe was the hardest person to work for. He would book shows 500 miles apart. Musicians would come in off the road saying they hadn't taken their shoes off since they left."

Bill came back from a week-long tour once to discover Ma UpChurch had rented his room to strangers.

"I went upstairs to go to bed,

and there were two women there. When I went to see if I could sleep with a friend, there were two more women in his bed; so we ended up sleeping downstairs on couches."

The next morning he would learn the women called themselves "The Carter Family", and they were in town hoping to gain sponsorship by Martha White Flour.

"Maybelle and June were in the kitchen cooking breakfast when I woke up," he said.

Later, after gaining fame, the Carter family would return to the boarding house with a girl Bill had never seen. June introduced her to him as one of her sisters.

"I thought, boy, I've got to marry this girl and get into money. Then I found out she wasn't a Carter and she had no money."

Even though they weren't rich or famous, Bill and Helen had the time to get to know each other and decide they were meant for each other.

They would go on to make beautiful music together for the next 55 years, but decided to pursue more stable careers outside the music industry.

She died two years ago after sharing the stage with Bill for more than 20 years at the Museum of Appalachia near Knoxville for the Tennessee Fall Homecoming.

He'll make the trek to Tennessee again in October, but it won't be the same.

"They say time heals everything, but it doesn't. It's impossible to replace 55 years of beautiful music in two years."

"I think about Helen all the time, being up there in heaven with the Carter Family, Chet Atkins and all the musicians. They must be having one heck of a good time."

Bill also laments the changes in the music he and his family grew up with.

"The Opry that I knew no longer exists. There's no truer statement than the line in the song, 'There's been a murder down on Music Row.'"

"All I have now are memories."

*Columnist Don White has served as editor at several Kentucky newspapers. His Kentucky Traveler features are published throughout the state.*

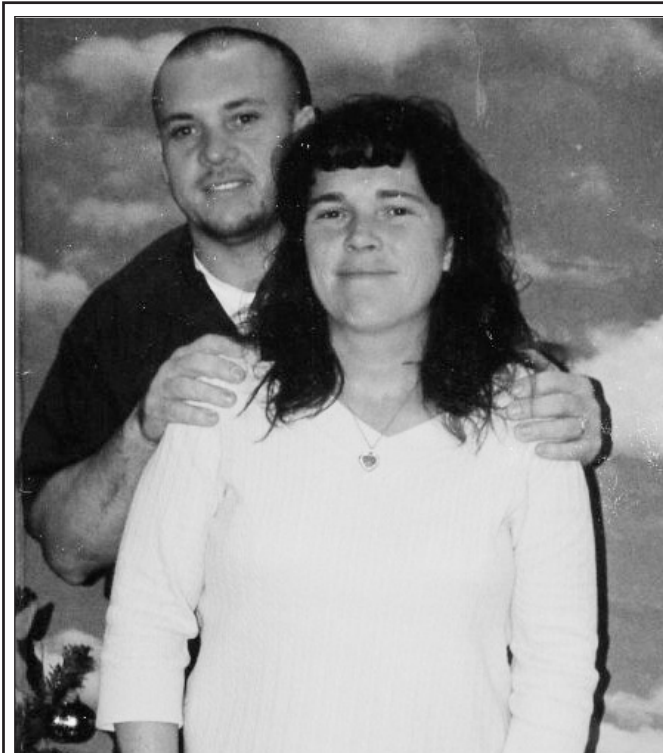
Contact him at [www.thekytraveler.com](http://www.thekytraveler.com).



### Reed - Shafer

Mr. Billy Joe Shafer, of Brodhead, and Mrs. Debbie Hopper, of Lexington, would like to announce the marriage of their son, Eric Dale Shafer, to Miss Lynette Reed, of Harrodsburg. Lynette is the daughter of Mr. Larry Reed and Ms. Deborah Mitchell, of Harrodsburg.

The wedding took place May 15, 2008 at Unity Baptist Church in Harrodsburg. The couple is now residing in Lexington. *Congratulations Eric and Lynn, we are proud of you both.*



Happy 22nd Anniversary to the man I love more and more each day. God has blessed our marriage and our love. I thank God for my husband.  
Steve and Angela Miller • August 2, 1986

## Cox selected as finalist in Pre-Teen Kentucky

Alyssa Cox, daughter of Kevin and Becky Cox of Brodhead, has been selected as a finalist in the Pre-Teen Kentucky Academic and Enrichment Program to be held August 1st - 3rd at the Marriott Griffin Gate Resort in Lexington.

Pre-Teen Kentucky is a by-invitation only Academic and Enrichment event involving young ladies 7 to 12 years of age based on their school academic records, awards and honors won and/or their participation in outside activities. Additionally, young ladies are invited who have been recognized publicly for their outstanding personal achievements, volunteer services, school involvement, leadership abilities or creative talents.

State Finalists will be evaluated on (1) Academic Achievement; (2) Volunteer Service to Community; (3) School Honors and Activities; (4) Development of Personal Skills and Abilities; (5) General Knowledge Assessment;

(6) Communicative Ability and (7) On-Stage Acknowledgement of Accomplishments.

Pre-Teen Kentucky will award more than \$5,000 in Educational Savings Bonds, prizes and awards.

Alyssa is very grateful to the following sponsors who have enabled her to attend this very prestigious state event: Collins Respiratory Care, Inc., Birney's Vinyl Siding and McDonald's of Mt. Vernon.



Alyssa Cox

The Rockcastle County Recycling Center will be open Saturday, August 2nd 8 a.m. until noon

### The following items may be recycled:

Newspapers w/inserts, magazine and catalogs, office paper, junk mail plastic bottles and jugs (any size soda and water bottles, laundry detergent jugs, bleach and fabric softener jugs, milk and water jugs, cooking oil bottles and jugs, shampoo bottles, dish liquid and alcohol bottles - all lids must be removed and thrown into the trash - not be included with recyclables - jugs must be rinsed out), metal cans (rinsed), empty aerosol cans, aluminum cans, phone books, old cell phones, car batteries, printer cartridges and cardboard.

**Rechargeable batteries** such as those found in: cordless power tools, cellular phones (the whole phone can be recycled), cordless phones, laptop computers, digital cameras, two-way radios, camcorders and remote control toys. If its says rechargeable on it, then it's recyclable!

Regular hours are Mon. thru Fri. from 7 a.m. to 3 p.m.

The Rockcastle County Recycling Center is located at the Rockcastle County Road Department Garage at 2528 South Wilderness Road (US 25 South at Burr).

For further information, call 606-256-1902

## Brodhead Volunteer Fire Department

PRESENTS

### "The Little Worlds Fair"

August 2<sup>nd</sup> thru 9<sup>th</sup>

<b>Friday August 1st</b>	<b>6:00 P.M.</b>	<b>Dairy Show</b>	<b>Free Admission</b>
<b>Saturday August 2nd</b>	<b>11:00A.M.</b>	<b>Beef Show</b>	<b>Free Admission</b>
	<b>6:00 P.M.</b>	<b>Fun Horse Show</b>	<b>\$4.00 Admission Kids 6 &amp; Under Free</b>
Regular Classes Payback: \$40 \$30 \$20 \$10 \$5 Championship Classes: \$60 \$40 \$30 \$10 \$5 Ribbons Awarded to First thru Sixth Place			
<b>Sunday August 3rd</b>	<b>1:00P.M.</b>	<b>Hot Rod Garden Tractor Pull</b>	<b>\$4.00 Admission</b>
<b>August 4th thru 9th: Gates Open Each Night 5:30 P.M. Midway Opens 6:00 P.M. Track Events 7:30 P.M. All times are the same unless noted.</b>			

<b>Monday August 4th</b>	<b>Small Cars 80 or Newer</b>	<b>Demolition Derby</b>	<b>\$8.00 Admission</b>
		1st Place \$500 & Trophy 2nd \$200 & Trophy 3rd \$100 & Trophy	
		1st Place \$800 & Trophy 2nd \$300 & Trophy 3rd \$100 & Trophy	
<b>Tuesday August 5th</b>	<b>Kids Night</b>	<b>Monster Truck "THE PREDATOR"</b>	<b>\$8.00 Admission</b>
Come See The Fair Bear and Ride a REAL MONSTER TRUCK			<b>Kids 12 &amp; under \$4.00</b>

<b>Wednesday August 6th</b>	<b>Clementsville Motorsports Truck Pull</b>	<b>\$8.00 Admission</b>
Tech Time 5:00 P.M. EST to 7:00 P.M. EST		
<b>Classes</b>	<b>1st 2nd 3rd</b>	
4500 lb 2 Wheel Open	\$200 \$100 \$50	
6000 lb Small Block Stock	\$150 \$50 \$25	
6400 lb Big Block Pure Stock	\$100 \$50 \$25	
6000 lb Small Hot Stock	\$150 \$75 \$25	
6200 lb Hot Street Stock	\$300 \$150 \$50	
8500 lb Diesel	\$250 \$100 \$50	
Bone Stock County & Surrounding		

<b>Thursday August 7th</b>	<b>Kentucky Outlaws Pulling Assoc. Truck Pull</b>	<b>\$8.00 Admission</b>
<b>Classes</b>	<b>1st 2nd 3rd 4th 5th</b>	
4000lb Mini Trucks	\$300 \$150 \$75 \$65 \$50	
5500lb Pro Street 2wd	\$300 \$150 \$75 \$65 \$50	
5200lb Modified Stock 2wd (Small Rear End)	\$300 \$150 \$75 \$65 \$50	
6200lb Pro Street 4x4	\$300 \$150 \$75 \$65 \$50	
8500lb Super Street Diesel	\$300 \$150 \$75 \$65 \$50	
8500lb 2.5 Street Diesel	50% 30% 20% of entry fee	

<b>Friday August 8th</b>	<b>Mud Run Coffman Motorsports ATV Classes Various Truck Classes</b>	<b>\$8.00 Admission</b>
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<b>Saturday August 9th</b>	<b>Mud Run Coffman Motorsports ATV Classes Various Truck Classes</b>	<b>\$8.00 Admission</b>
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Price of Admission Includes ALL Rides and Grand Stand Events  
For More Information Contact Larry Taylor 859-661-7159 or John Dyehouse 606-308-3479

### Absolute

# AUCTION

Sat., Aug. 9, 2008 9 a.m.

Location: 9932 Battlefield Memorial Highway (Hwy. 421)

#### Partial Listing:

1992 model Super K backhoe 4 wheel drive, 1964 Chevy, 1994 GMC, 1992 Ford van, 1990 S-10 Chevy, 1992 Toyota 4x4, 1988 Chevy utility bed, 1963 Ford step van, 1988 GMC step van, wheel barrows, ladders, plumbing materials, concrete tools, door and jamb hinge template kit, coil nails, plumbing fixtures, levels, shelving, 16 ft. roll up door, chop saw, hand sprayers, Craftsman radial arm saw, rigid 300 pipe machine, scaffolding on wheels, rigid hand die sets, tool boxes, metal and wood door frames, 600 sq. ft. carpet squares, 5 ft. roll up door, office furniture, ceiling grid and tiles, drawing table, carpentry supplies, molded wall base, 300 ft. electrical conduit, electrical materials, concrete forming materials, sump pumps, table saw, painting accessories, walk behind stow concrete slicer, driveway sealer, angle iron, 5000 watt generator, screw guns, 4 new rolls of carpet, 300 ft. 18x18 ceramic tile, new hobart stick welder, 220 century welder, 100 stick welder, 8n Ford tractor, electric hoist, cherry picker, 5x8 trailer, 2 portable air compressors, small metal lathe, cart on wheels, 5hp troy built chipper, hyd. pumps, hyd. cylinder hoses, tree stand, tile saw table, 2 cream cans, exterior denil mold, dolly, trailer tires and wheels.

Too many other numerous items to mention!!

Directions: From Berea, take Hwy. 21E to Big Hill, left on 421N 1/2 mile on the left. From Richmond: Take Hwy. 421S approx. 14 miles on the right to Big Hill area. From Jackson County: Take 421N 1/2 mile past Big Hill Food Mart. - Signs will be posted!

Terms: Cash or Check

Any announcements made day of sale will take precedence over any oral or written statements. Not responsible for accidents.

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# Nine track members named to All-State team

Several RCHS track and field athletes were recently named to the KTCCCA All-State team for their outstanding performances this past season. RCHS had three girls named 1st team all-state, while six others made second team, some in multiple events.

In order to make the all-state team, athletes must display consistency in their events during the regular season, as well as during regional and state competitions. Athletes placing in the top two at state most often make 1st team all-state, while those placing 3rd and 4th make 2nd team all-state. There are no honorable mention all-state selections in track and field.

Graduating senior Morgan Thacker punctuated her brilliant career at RCHS with a 1st team all-state selection in long jump, automatic after winning her second state title in the event this past season with a jump of 18'2.5". Morgan narrowly missed the Class 2A state record in winning the title, missing the mark by only 1.5 inches. Morgan was also named 2nd team all-state for her RCHS record-setting performance in triple jump, placing 3rd overall with a mark of 35'3". Morgan also holds the RCHS record in long jump - 18'3.5".

Samantha Smith, an upcoming junior, was named 1st team all-state for her career best performance at state in the long jump competition. Samantha finished 2nd with a personal record leap of 17'6.5". Samantha was also named 2nd team all-state for her superb performance in the 1600-meter relay that finished 4th at state. She narrowly missed selection in triple jump, having finished 5th at state with a career best effort of 35'2".

Samantha and Morgan became the first two RCHS track athletes to be named 1st team all-state in the same event during the same season - an accomplishment rarely seen from two teammates.

Sarah McKinney, one of the few seniors this coming year for RCHS, earned 1st team all-state for her state championship win in the 100-meter hurdles this past season. Her time of 15.93 seconds was her fastest this season and made her an automatic 1st team all-state selection. She holds the all-time RCHS record in the event with a time of 15.73 seconds.

The RCHS girls' 3200-meter relay team of upcoming eighth grader Michaela Hunter, sophomore-to-be Sara Hammond, and upcoming juniors Deana Gabbard and Laura Dollins earned a 2nd team all-state selection for their many outstanding performances this season. This was an amazing accomplishment for the team considering it was denied a chance to compete at state due to a technicality that got them disqualified in regional competition where they easily finished 2nd. The girls would likely have finished no worse than 3rd at state since they had defeated West Jessamine at region and West placed 3rd at state. Their season best effort was 10:31.64 earlier this past season.

The RCHS girls' 1600-meter relay team of upcoming sophomore Jessica Albright, Samantha Smith, freshman-to-be Chelsea Payne, and Sara Hammond earned a 2nd team all-state selection for their exceptional 4th place finish at state. The team finished a brilliant year with a fast season's best time of 4:15.45.

Laura Dollins just missed a 2nd team all-state selection in the 1600-meter run after placing 5th at state with an incredible personal best time of 5:40.56. Sara Hammond just missed making 2nd team all-state as well in the 400-meter dash, finishing 6th overall. She ran a personal best time of 59.64 seconds in winning the regional title in the event earlier this season.

These impressive performances, along with those of many others, helped RCHS capture its 8th regional title in the past nine seasons and a 3rd place finish at the Class 2A State Championships this past spring.

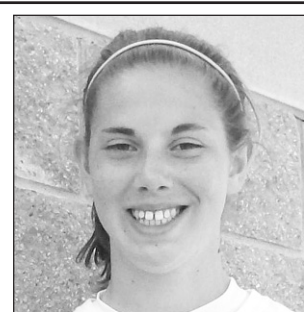
**Cross-Country Sign-ups**  
Boys' and girls' cross-country practice begins on Monday, August 4 from 4:00 p.m. to 5:30 pm at the track at RCMS. The cross-country team is open to middle school and high school students, as well as elementary students. All participating athletes must have a physical before practicing. Drug testing for those athletes competing at the varsity level will be Tuesday, August 5th at 1:30 at the RCHS front office. Permission forms for the testing will be passed out at practice on Monday, along with the practice schedule for the week. Call Coach Mark Brummett (758-8910) if you have any questions.



Laura Dollins, a junior this upcoming year at RCHS, was named 2nd team all-state in the 3200-meter relay.



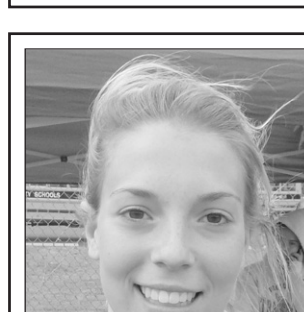
Jessica Albright, a sophomore this season at RCHS, was named 2nd team all-state in the 1600-meter relay.



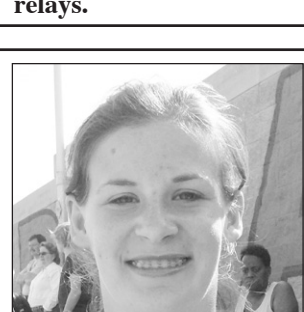
Sara Hammond, a sophomore at RCHS this upcoming year, was named 2nd team all-state in both the 1600 and 3200-meter relays.



Michaela Hunter, an eighth grader this year at RCMS, was named 2nd team all-state in the 3200-meter relay.



Deana Gabbard, a junior this upcoming year at RCHS, was named 2nd team all-state in the 3200-meter relay.



Morgan Thacker, a recent RCHS graduate, was named 1st team all-state in long jump and 2nd team all-state in triple jump.



Sarah McKinney, a senior this year at RCHS, was named 1st team all-state in the 100-meter hurdles.



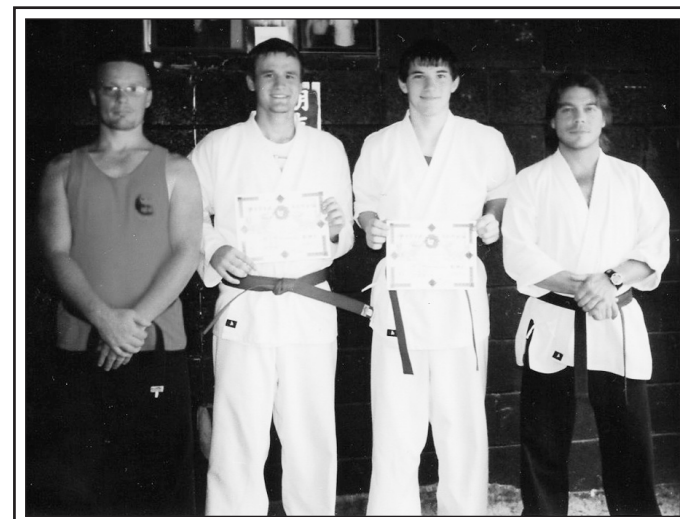
Samantha Smith, a junior this upcoming season at RCHS, was named 1st team all-state in long jump and 2nd team all-state in the 1600-meter relay.



Chelsea Payne, a freshman this upcoming season at RCHS, was named 2nd team all-state in the 1600-meter relay.



RCHS and Cedar Rapids golfer Brandon Young made a hole in one on the number eight hole, a 153 yard par 3, in last week's CRRC Invitational tournament. Young also finished fourth in the second flight of the tournament with a two day total of 160. Young and the rest of the RCHS golfers will kick off their 2008 season on Saturday when they travel to Russell Springs for the Russell County High Invitational.



Two students from the Manchester Shaolin Karate Club tested before Master Eric Bullock at the Mt. Vernon Shaolin Karate Club on June 21st. The students passed their tests from yellow belt to blue belt and received their rank advancement certificates. They are shown above, left to right: instructor Sam Mathis, Michael Mitchell, Benny Holland and Master Eric Bullock.

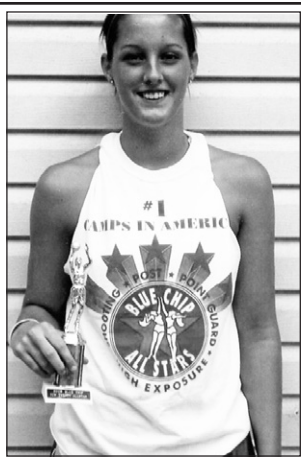
Michaela Langhi of Hopkinsville won several events over the weekend at the 53rd Annual South Central Swimming and Diving Championships in Greenville, Kentucky.

She won gold medals in the 100-yard Individual Medley, the 25-yd freestyle, 25-yd backstroke, and the 25-yd butterfly. She also won 4th place in the 25-yd breaststroke. Michaela was named the High Point Winner for 8 and under girls and also broke two South Central records--the 25-yd backstroke from 1983 and the 25-yd freestyle from 1994.

Michaela swims for the Hopkinsville Golf and Country Club Swim Team and the Pennyriple Aquatic Club. She is the daughter of Michael and Michelle Hamm Langhi of Hopkinsville and the granddaughter of John and Connie Hamm of Mt. Vernon.



Michaela Langhi



Jackie Alexander attended Blue Chip All-Stars high exposure basketball camp held at Bellarmine University in Louisville July 21-24. Over 250 campers were in attendance representing many different states and even a few foreign countries. At the end of camp, 60 players were selected to represent the top, second and third top twenty all-star teams. Jackie, along with Rockcastle County Lady Rocket teammate Sara Hammond, were selected to the top 20 all-star team.



7-16-08 The Taylor clan pounded em!  
Jimmy, Ina, Joe and Ben Taylor caught their limit of Stripers at Conley Bottom.

**Rockcastle Middle School  
6th Grade Football Practice begins  
Monday, August 4th  
6 p.m. to 8 p.m.  
at RCMS Field**  
All 6th graders should bring shorts, shirts and comfortable shoes

just say

**SAMUEL ABSOLUTE ESTATE**

**Ray AUCTION**

GODBY REALTY & AUCTION

**3 Bedroom Home & Lot Plus Extra 1 Acre Tract  
Saturday August 9th at 10:00am  
Located on Hawthorne Lane, Mt. Vernon, KY  
Estate of the Late Virgil H. McGuire**

WE HAVE BEEN COMMISSIONED BY THE HEIRS OF THIS ESTATE TO SELL ON THE ABOVE TIME AND DATE THE FOLLOWING:

**OVERLOOKS THE MT. VERNON BUSINESS STRIP AND RENFRO VALLEY!**

**DIRECTIONS:** From Somerset, take Hwy 80 East, turn left on Hwy 461, go 16 miles, turn right onto Hawthorn Lane, which is beside the Rocket Car Wash just before Wendy's.

**MT VERNON:** Turn onto Hawthorne Ln beside the Rocket Car Wash just west of Wendy's.

**TRACT #1:** Features the house shown to right. This 1300 Sq. Ft. home has 3 bedrooms, bath, living room, large eat-in kitchen, 10X40 garage across back of house and partial walk-out basement. House has electric heat. All of this setting on a beautiful one acre lot overlooking the Mt. Vernon business strip and Renfro Valley.

**TRACT #2:** Additional one acre lot at rear of the house. Features a great mountain view and would be ideal for Billboards.

**LOCATED AT 146 HAWTHORNE LN., MT. VERNON, KY.**

**AUCTIONEERS NOTE:** IF YOU ARE LOOKING FOR A HOME OR A GOOD ONE ACRE TRACT NEAR RENFRO VALLEY NEXT TO A BUSY COMMERCIAL AREA, BE SURE AND LOOK THIS PROPERTY OVER BEFORE AUCTION DATE. **COME PREPARED TO BID & BUY!**

**TERMS:** 15% DOWN ON REAL ESTATE DAY OF AUCTION. BALANCE MUST BE PAID OR BEFORE 30 DAYS. POSSESSION WITH DEED. 2008 TAXES TO BE PAID BY PURCHASERS. BUYER TO ASSUME INSURANCE AT SIGNING OF PURCHASE CONTRACT.

**\*NOTE:** A 6% BUYERS PREMIUM WILL BE CHARGED ON ANY AND ALL PROPERTIES SOLD TO DETERMINE THE FINAL SALES PRICE.

**\*\*AUCTIONEERS/BROKER DISCLAIMER:\*\* THE INFORMATION CONTAINED IN THIS ADVERTISEMENT IS SUBJECT TO THE INSPECTION AND VERIFICATION OF ALL PARTIES RELYING ON IT. NO GUARANTEE, EXPRESSED OR IMPLIED IS GIVEN OF THE INFORMATION CONTAINED IN THIS ADVERTISEMENT. NO LIABILITY FOR ITS ACCURACY, ERROR OR OMISSIONS IS ASSUMED BY THE OWNERS OR THEIR AGENTS. BUYERS SHALL RELY ON THEIR JUDGMENT AND INSPECTION. PROPERTY SELLING "AS-IS-WHERE-IS" WITH NO WARRANTIES EITHER EXPRESSED OR IMPLIED AND WITH ALL FAULTS.**

**AUCTIONEERS**

Samuel Ray Godby  
Gary Godby  
Rick Barker

Julie Hamilton  
Willard Bullock  
Tony Saylor-Apprentice Auctioneer

FOR FURTHER INFORMATION OR INSPECTION CONTACT SELLING AGENTS

**"SERVING YOUR AUCTION NEEDS FOR OVER 35 YEARS"**

**RICK BARKER 678-4865**

**SAMUEL RAY GODBY 678-8189**

**WWW.GODBYREALTY.COM**

**606 678-8189**







Approximately 60 youngsters, grades 2 through 8 attended this year's Rockcastle football camp at RCHS, July 16-18. The goal of the camp was to provide in depth instructions of the fundamentals to each position, while allowing the campers to have an exciting experience. The camp was staffed by the RCHS, RCMS and Youth league coaches, as well as current RCHS varsity football players.



Main Street in Mt. Vernon has a new business. Last week Debra Tanner opened the Miscellaneous Thrift Shop, which carries gently used clothing, shoes and other items for the entire family. Miscellaneous Thrift Shop is open Tuesday, Wednesday and Thursday, from 9 a.m. to 5 p.m., Friday from 9 a.m. to 6 p.m. and Saturday from 9 a.m. to 2 p.m.



The Relay for Life Quilt that was raffled off by some of the Reynold's family was won by Karen Renner. Pictured is Karen Renner and Janice Hager.



Lost: Small brown Pomerian dog from Richmond St. beside Kirby Tools in white doublewide. He has been missing since Saturday night. If seen, please call or bring him home. He has been our family pet for five years. The kids really do love and miss him. His name is Gizmo. Please call 256-0951 or 859-582-3748.



NEW ENTERTAINMENT FACILITY-- Beginning Saturday, the Little Blue Barn Country Music Theatre, located on Richmond Street in Renfro Valley, will be open from 7:00 p.m. to 11:00 p.m. every Saturday evening. The family entertainment facility is a non-profit organization, staffed by volunteers and admission is FREE. Featured as the house band will be The Conway Express, but all musicians and singers are welcome. If needed, the house band will back-up all visitors and guests. Al Ballinger will serve as Master of Ceremonies at the Little Blue Barn. The Barn has a snack bar and will seat from 175 to 190 people. For more information call (606) 256-8970, (606) 256-1275 or (606) 308-9883. Paul Griffin is the owner and operator.

Notice from Rockcastle County Clerk's Office • (RFP) Request for Proposals All responses must be submitted no later than August 14, 2008 to be considered.

Subject: The Rockcastle County Clerk's office desires a vendor to scan and digitize archived deed, mortgage and other type of index books. (See Clerk's office for complete list). The digitized images must be indexed and imported to our current proprietary software. All images must be guaranteed through a process that meets this office's expectation. For a complete list of books and procedure requirements, please visit the Rockcastle County Clerk's office.

Rockcastle County Clerk's office reserves the right to accept or reject any and all bids.

Advertisement for Window World, Inc. featuring a large window with a price tag of \$189 installed. The ad lists services like white vinyl welded double hung replacement windows and provides contact information: 1224 South Main Street, London, KY 40741, phone 606-878-7994.

Table with 4 columns: Description, Quantity, Rate, and Amount. Lists various utility services like Contemporary Fixture Only, Decorative HPS, and Gran Ville Accessories.

Table with 3 columns: Description, Current Rate, and Proposed Rate. Details rates for Non-Compliance Charge, Standard Rider for Excess Facilities, and Standard Rider for Supplemental or Standby Service.

Lighting Energy Service Rate LE. Current Rate: This rate schedule is not currently available. Proposed Rate: \$0.04782 per kWh.

Traffic Energy Service Rate TE. Current Rate: This rate schedule is not currently available. Proposed Rate: \$3.84 per meter per month, \$0.05848 per kWh.

Curtailable Service Rider 1 - Rider CSR1. Current Rate: Demand Credit of Primary (\$3.20) per KW, Transmission (\$3.10) per KW, Non-Compliance Charge Primary \$16.00 per KW, Transmission \$16.00 per KW.

Curtailable Service Rider 2 - Rider CSR2. Current Rate: Demand Credit of Primary (\$4.19) per KW, Transmission (\$4.09) per KW, Non-Compliance Charge Primary \$16.00 per KW, Transmission \$16.00 per KW.

Curtailable Service Rider 3 - Rider CSR3. Current Rate: Demand Credit of Primary (\$3.20) per KW, Transmission (\$3.10) per KW.

Table with 3 columns: Description, Current Rate, and Proposed Rate. Details rates for Standard Rider for Redundant Capacity Charge and Load Reduction Incentive Rider.

Load Reduction Incentive Rider - Rider LRI. Current Rate: Up to \$0.30 per KWH. Proposed Rate: Up to \$0.30 per kWh.

Returned Payment Charge. Current Rate: \$ 9.00. Proposed Rate: \$10.00.

Meter Test Charge. Current Rate: \$31.40. Proposed Rate: \$60.00.

Disconnecting and Reconnecting Service Charge. Current Rate: \$20.00. Proposed Rate: \$25.00.

Meter Pulse Charge. Current Rate: This rate is not currently available. Proposed Rate: Where a Customer desires and Company is willing to provide data meter pulses, a charge of \$9.00 per month will be made for those data pulses.

Meter Data Processing Charge. Current Rate: This rate is not currently available. Proposed Rate: A charge of \$2.75 per report will be made to cover the cost of processing, generating, and providing recorder metered customer with profile reports.

electric tariffs: Residential Rate RS, Volunteer Fire Department Rate VFD, General Service Rate GS, All Electric School Rate AES, Large Power Service Rate LP, Large Commercial/Industrial Time-of-Day Service Rate LCI-TOD, Large Industrial Time-of-Day Service Rate LI-TOD, Small Time-of-Day Service Rate STOD, Street Lighting Service Rate ST.LT, Private Outdoor Lighting Rate P.O.L.T, Net Metering Service Rate NMS, Curtailable Service Rider 3 Rate CSR3, Excess Facilities Rate EF, Temporary and/or Seasonal Service Rider TS, Demand Side Management Cost Recovery Mechanism DSM, and Environmental Cost Recovery Surcharge ECR.

In addition to the foregoing proposed changes in rates and text, KU is proposing numerous changes in the terms and conditions of providing service to its customers. These changes include, but are not limited to, the scope, applicability of service, and rate structure for each of the rate schedules and classes identified above.

Copies of the proposed tariffs containing text changes may be obtained by contacting Lonnie E. Bellar, Kentucky Utilities Company at 220 West Main Street, Louisville, Kentucky, 502-627-4830.

The foregoing rates reflect a proposed annual increase in revenues of approximately 2.0% to Kentucky Utilities Company.

The estimated amount of the annual increase, or decrease, per customer class is as follows: Residential: \$17,329,356, 4.27%; General Service: \$446,784, 0.32%; Large Power: \$(70,621), (0.02)%; Large Commercial/Industrial Time-of-Day: \$(38,022), (0.02)%; Small Time-of-Day: \$88,707, 0.92%; Mine Power: \$675,586, 6.32%; Large Mine Power Time of Day: \$34,295, 0.19%; Lighting: \$785,809, 4.22%.

The average monthly bill for each customer class to which the proposed electric rates will apply will increase, or decrease, approximately as follows: Residential: \$3.50, 4.27%; General Service: \$0.48, 0.32%; Large Power: \$(0.63), (0.02)%; Large Commercial/Industrial Time-of-Day: \$(69.77), (0.02)%; Small Time of Day: \$139.48, 0.92%; Mine Power: \$1,387.24, 6.32%; Large Mine Power: \$283.43, 0.19%; Lighting: \$0.40, 4.22%.

The filing of KU's base rate application will cause the Value Delivery Team ("VDT") Surcredit Tariff and associated billing credits to be withdrawn from service effective August 1, 2008, pursuant to the Commission's March 24, 2006 Order in Case No. 2005-00351. The VDT Surcredit is a 0.293% monthly credit to customers' bills.

The filing of KU's base rate application will also cause the Merger Surcredit Rider ("MSR") Tariff and associated billing credits to be withdrawn from service effective with the change in base rates pursuant to the Commission's June 26, 2008 Order in Case No. 2007-00563. The MSR Surcredit is a 0.868% monthly credit to customers' bills.

The rates contained in this notice are the rates proposed by Kentucky Utilities Company. However, the Public Service Commission may order rates to be charged that differ from these proposed rates. Such action may result in rates for customers other than the rates contained in this notice.

Notice is further given that any corporation, association, body politic or person with a substantial interest in the matter may request leave to intervene by motion within thirty (30) days after notice of the proposed rate changes is given. The motion shall be submitted to the Public Service Commission, 211 Sower Boulevard, P. O. Box 615, Frankfort, Kentucky 40601, and shall set forth the grounds for the request.

A copy of the application and testimony shall be available for public inspection at the office of Kentucky Utilities Company, 100 Quality Street, Lexington, Kentucky, or the Public Service Commission, 211 Sower Boulevard, Frankfort, Kentucky.

A copy of this Notice and the proposed tariff, once filed, shall also be available for public inspection on Kentucky Utilities Company's website at www.eon-us.com.

Kentucky Utilities Company c/o E.ON U.S. LLC 220 West Main Street P. O. Box 32010 Louisville, Kentucky 40232 502-627-4830. Public Service Commission 211 Sower Boulevard P. O. Box 615 Frankfort, Kentucky 40601 502-564-3940.

In addition, Kentucky Utilities Company proposes to change the text of the following

# Local students represent state at National History Day in Maryland

Five Rockcastle County Middle and High School students traveled to the University of Maryland June 15-19 for the annual National History Day contest. Their road to Maryland began with state competition at the Kentucky History Center on April 26. Nine middle and five high school students vied for the chance to represent the

state at the national competition. All but one of the Rockcastle projects qualified by placing first or second in their project categories.

Researching historical topics that fit the theme, Conflict and Compromise in History, the students began working as early as last October in search of interesting people and in-

vents to research for the contest.

Jessica Simmons, Stephanie Barnett, Morgan Harper and Mallory Harper, Rockcastle County High School students, created a Senior Group Performance called *Hysteria: Causes and Consequences Throughout History* that included several historical events that evolved from human hysteria and fear. Their act placed third at state competition but did not qualify them for the national contest.

Derek Jones, Rockcastle County High School student,

created a Senior Individual Exhibit about segregation and integration of African American athletes. Derek placed second at the state contest and eighth in his pool at the national contest.

Will Walker created an outstanding performance, *Which Side Are You On*, for the Junior Individual Performance category that received the highest scores possible in the competition at state and placed third in his pool at the national competition. The performance centered on the 1931 coal mine strikes in Evarts, Kentucky. Will portrayed an actual miner from the era and received rave reviews at both state and national competitions.

Ben Lake, Jared Lake, Jon Paul Kidwell, and BB Cameron, researched three Kentucky feuds for their Junior Group Exhibit, *Days of Death and Sorrow: Feuding in Kentucky*. Their research highlighted three of thirteen documented feuds, including the Hill-Evans feud, the Martin-Tolliver feud, and the famous Hatfield-McCoy feud. The exhibit placed second at state competition and fifth in their pool at nationals.

Bailey Lake, Sarah Woodall, Lige Graves, and Carly Asher, created a Junior

Group Performance, *Francis Perkins and the Tragedy of the Triangle Shirtwaist Factory Fire*. Their performance centered on Francis Perkins, Secretary of Labor under FDR, and the tragic fire at the Triangle Shirtwaist Factory in New York City. The performance placed second at state and qualified for nationals, but the group did not attend the competition.

These students worked very hard between the state in April and the national competitions. Their trip to Maryland would not have been possible without the generous donations from the following businesses and people:

Adams Feed and Supply, Dr. Karen Saylor, People's Bank of Madison County, Berea Mayor Steven Connelly, Cummins Sporting Goods, Subway/Godfathers, Todd's Antique Mall, Allstate Insurance/ Kent Geogel, Mario's Pizza, Rockcastle County Attorney Billy Reynolds, Ford Brothers Auction and Realty, Kentucky Discount Tobacco, Kiwanis Club, City Barber Shop, Frank's Pizza and Subs, J. Burnell, S & M Tobacco, Angie King, Dr. Mary Oldfield, Madison Bank, Madison Pediatric Associates/Dr. Christie Lewis, Inspired Image, Lumber King, Lambert Law Office, Linda's Variety, Main Street Pharmacy, Brodhead Pharmacy/Collins Respiratory Care, Mt. Vernon Signal,

Coffey and Ford Attorneys, Gregory Law Office, Hill Top Produce, Mt. Vernon Scrap, Mt. Vernon Plumbing, KOA, Lake Linville Boat Dock, Home Comfort Heating and Air, Cash Emporium, James Miller Photography, Dr. M. M. Miller, Go Music, Wal-mart, Greg Lake of Lakes Funeral Home, Berea Drug, Perry Mink, Singleton Insurance, Rocket Sports and Apparel, Sabrina's Hair Design, Kentucky Farm Bureau Insurance, Dr. Billy G. Griffith, Dr. John Parsons, Dr. Jennifer Chadwell, Mt. Vernon Dentures, Peg's Food Mart, Jack's Pro Hardware, Brodhead City Hall, Goff Excavating, Dr. John D. Helton, and Jennings Auto.

Advisors Anita Nation and Melissa Singleton, along with the students want to personally thank all those who contributed to this endeavor. Thanks especially to the families who supported the students and those who traveled to nationals: Scott and Karla Lake, Charlie and Diane Walker, James Shutts, Willie and Marie Jones, Patrick and Angel Smith, Paul Kidwell, Sherry Harper, Mike and Julie Lake, Anthony and Julie Asher, Keith and Caroline Graves, Harold and Mary Woodall, Elizabeth Barnett, John and Ada Davis, Billy and Kaye Cameron and "Granny" Ann Benson.

## GEAR UP

### Local teacher takes part in externship

The Southern Kentucky Area Health Education Center (AHEC), housed at Rockcastle Hospital, hosted Regina Burton from Rockcastle County Middle School in a teacher externship sponsored by the Berea College GEAR UP Partnership.

While at the Southern Kentucky AHEC, Burton attended the AHEC Math And Science in Health Careers (MASH) camp to learn about various health careers. Burton accompanied the middle school campers to the University of Kentucky where they conducted various science experiments and also spent time with Director Dwain Harris learning more about the various resources AHEC offers. Burton will use the knowledge she's gained at AHEC to educate her middle school students about the skills needed to be successful in healthcare careers.

In partnership with the University of Kentucky and Rockcastle Hospital and Respiratory Care Center, Inc., the Southern Kentucky AHEC organizes and provides - for both healthcare professionals and the public - a wide variety of educational programs aimed at identifying and improving the healthcare needs of all the residents in their 15 county region.

The Berea College GEAR UP Partnership partners with Madison, Jackson, Estill, Lee, Rockcastle, Estill Counties along with Berea Community Schools to raise aspirations, build skills and create a college-going culture for all 8th and 9th grade students.

## Education Station

Submitted by Casey Dillingham

As people, we live in a never-ending search for knowledge and education. However, for some of us, the struggle is great—as, sometimes, the world is not cooperative. Sometimes it can be difficult to continue this dream, whether it's a budget that doesn't comply, or the simple fact you do not have a car. For Rockcastle County residents there is no such thing as an obstacle, as there is an organization that looks far beyond those problems to help.

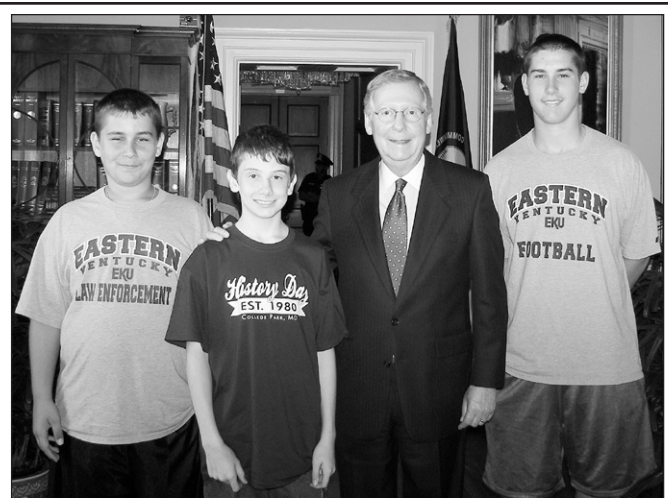
The Christian Appalachian Project (CAP) is a non-profit organization that serves residents in Rockcastle and the surrounding counties—Adult Education is a program within CAP that offers free educational instruction and employability skills improvement. They will work with you to provide the learning schedule you need, and this—yes—even means providing transportation to and from class.

It was recently decided to incorporate free public transportation from a designated pick-up and drop-off site. Students, or future students, that do not have their own transportation are encouraged to call the Adult Learning Center to schedule a time and location where you can be picked up. Students will stay in the classroom for approximately two hours before returning to their drop-off site—the same location you were picked up at. The public transportation option will be available on Tuesdays, but because this idea is one of the many new steps the Adult Learning Center is taking to help rural Kentucky, it will rely on the students interest and need to make it possible. No matter your location, if you are interested in using the Learning Center's services feel free to call (256-5307) to ask about a pick-up time and location that would be best for you.

# FREE SINGING

Blue Grass/Gospel/Country  
Pongo Fire Dept.  
Sat., Aug. 2nd  
5 to 10 p.m.

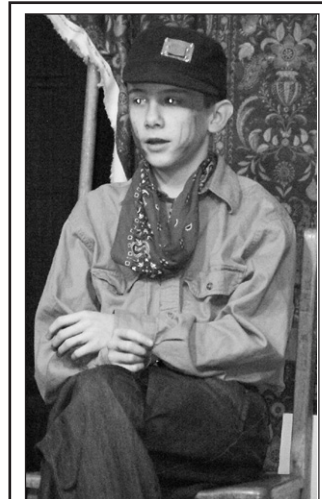
Concessions will be available  
Donations will be appreciated



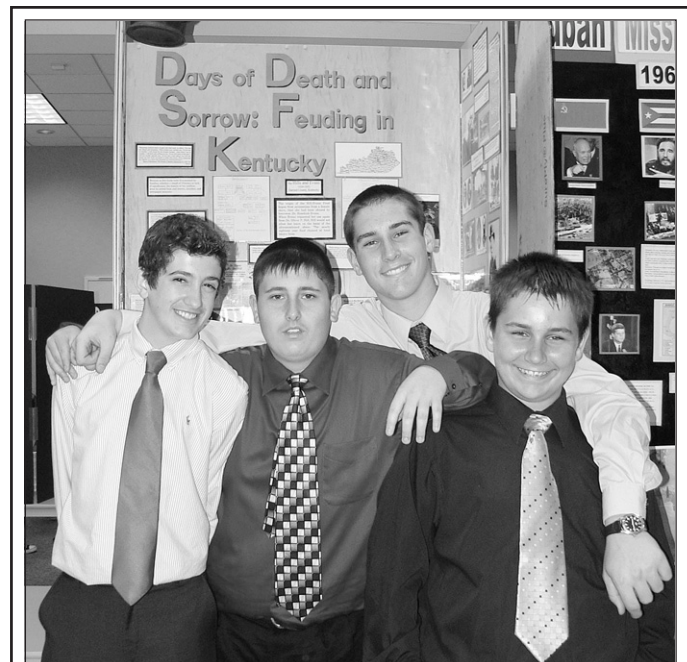
Jared Lake, Will Walker, Senator Mitch McConnell, and Ben Lake at the senator's office. The students enjoyed a visit with Sen. McConnell and a special tour of the US Capitol.



Derek Jones after placing Second at Kentucky NHD.



Will Walker as Jim Starrett, "Union Man," at Kentucky NHD where he placed first with the highest scores possible.



Jon Kidwell, BB Cameron, Ben Lake, and Jared Lake after their Second Place win at Kentucky NHD.



Sarah Woodall, Bailey Lake, Carly Asher, and Lige Graves at Kentucky NHD where they placed second.

**Livingston Fire & Rescue and Livingston Ladies Auxiliary**

## FISH FRY

Sat., Aug. 2 at 5 p.m.  
Livingston Fire House

**\$6 All You Can Eat!!!**

Menu: Fish, French Fries, Hush Puppies, Cole Slaw & Drink

Call In Orders to 453-3877

**Everyone Welcome!!**

## Dolly Sodds Bakery & Gifts

Located in the Renfro Valley Village Shops

We offer deli lunches, potato, macaroni and pasta salads (all items homemade)	Fresh homemade bakery items include: Pies, Cakes, Cookies, Brownies, Sweet Rolls - Daily	Wide choice of sandwiches on fresh croissants, homebaked bread, whole grain bread or buns
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Call in your order for bakery items or visit our shop for hot tea, coffee and dessert of your choice.

"Brown Bag" it for lunch from Dolly Sodds. Just call in your order or stay and have lunch with us and enjoy soft music and conversation.

Call 256-5711

**To: Parents and Guardians of Brodhead Elementary students**  
**From: Brodhead Elementary School staff and PTA**

We are beginning to get things ready for the upcoming school year. We look forward to working with you and your child. I am sure that together, we can give your child the best education possible.

We will be conducting "Back to School" night on Tuesday, August 5, 2008. Back to School will be just like it was last year. We will have specific times to meet with students in each grade level. At that time, you will meet all of the teachers in that particular grade level. They will go over information that you will need to know about how the school works, the curriculum that will be taught, what your child will need to know before moving on to the next grade and who your child's teacher will be.

After this brief meeting, you and your child will be able to go to your child's classroom and spend some time with your child's new teacher. The purpose of this is to help your child be ready for the first day of school. This is your opportunity to see your child's class, meet many of their classmates and their teacher. **On the first day of school, parents are not allowed to accompany their child to the classroom.**

The PTA will be having a cookout during Back to School night and many other activities will be going on. We look forward to a future working together to provide your child with a great education. Please arrange now to attend Back to School Night during your child's grade level meeting. If you have questions, you may call the school at 758-8512.

The following is a list of the classes and times they will meet on August 5th.

Kindergarten/Preschool 4:00	Third Grade 5:30
First Grade 4:30	Fourth Grade 6:00
Second Grade 5:00	Fifth Grade 6:30

If your child is a new student to Brodhead, either through moving to Brodhead or being a preschool or kindergarten student, you will need the following items before you can attend BES:

- Immunization Certificate (Ky. form)
- Physical (Ky. form)
- Social Security Number
- Eye Exam (Ky. form)
- Copy of birth certificate (not hospital copy)







The Cedar Rapids Dolphins swim team competed in the Southern Kentucky Swim Conference Sunday and came away with a second place finish.



Sydney Arvin is shown above in a tight race during the Conference Championship Sunday.


email the Signal at [mvsignal@alltel.net](mailto:mvsignal@alltel.net)




Swimming their final year for the Dolphins were, from left: Drew Davidson, Jillisa Lay, Caroline Clay and Victoria Clontz.



Lauren Burton competes in the Butterfly event during Sunday's swim conference.



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If you want the security of knowing that your retirement savings will provide you with income for as long as you live, our Lifetime Income Annuity<sup>2</sup> is for you. That's because an income annuity can guarantee your savings won't run out—no matter how long you live.

Our current payout rates are:

Issue Age	Annual Payout Rate
65	8.4%
75	10.5%
85	15.9%


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a Lifetime  
Income Annuity?

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- Guaranteed income payments that won't fluctuate with changes in the financial markets;<sup>4</sup>
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- Guaranteed death benefit for beneficiaries;<sup>6</sup>
- Customizable income benefits;<sup>7</sup>
- Inflation protection;<sup>8</sup> and
- Interest rate protection.<sup>9</sup>

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New York Life Insurance Company  
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<sup>1</sup> CDs are accumulation vehicles and are FDIC-insured up to \$100,000, while fixed income annuities are payout vehicles that are backed by the financial strength of the issuing company. New York Life Insurance Company and New York Life Insurance and Annuity Corporation have received the following ratings for financial strength: Standard & Poor's (AAA), A.M. Best (A++), Moody's (Aaa), and Fitch (AAA). Rating Agency Reports issued on or before August 16, 2007. To learn more about the difference between CDs and fixed annuities, please contact your New York Life agent.  
<sup>2</sup> Issued by New York Life Insurance and Annuity Corporation (a Delaware Corporation), a wholly owned subsidiary of New York Life Insurance Company, 51 Madison Avenue, New York, NY 10017.  
<sup>3</sup> These figures are effective as of 07/01/08. Based on a Life-Only annuity income for a policy purchased by a male annuitant with \$100,000. Payout amounts for female applicants, who have longer life expectancies, are lower. For other income plans and premiums less than \$100,000, the payout rates will be lower. Payouts are subject to change and exclude state premium taxes.  
<sup>4</sup> Not all benefits are available in all jurisdictions or are available together.  
<sup>5</sup> The guarantee is backed by the claims-paying ability of the issuer.  
<sup>6</sup> Available only if you are age 59½ or older. Other restrictions apply.  
<sup>7</sup> Available only on non-qualified policies. Not available in New York or Washington.  
<sup>8</sup> Not available on tax-qualified policies or in all jurisdictions. Other restrictions apply.  
<sup>9</sup> Option available only if you are age 59½ or older at the time of your first payment.  
<sup>10</sup> This option must be elected at the time of purchase. It is available only on non-qualified policies in approved jurisdictions. The owner of the policy must be at least age 59½ at the time of the first payment, and the annuitant must be age 75 or younger when the policy is issued. If electing a joint policy, there may be no reduction of benefits. Other restrictions apply.

**Livingston Fire & Rescue and  
Livingston Ladies Auxiliary**

**FISH FRY**

**Sat., Aug. 2 at 5 p.m.**  
**Livingston Fire House**

**\$6 All You Can Eat!!!**

Menu: Fish, French Fries, Hush Puppies, Cole Slaw & Drink

**Call In Orders to 453-3877**  
**Everyone Welcome!!**

**Too Late  
To Classify**


**Yard Sale:** Saturday, Maple Street, Brodhead, Red Barn. tools, junk, filing cabinets, nice drafting table, clothing. 606-308-2491.

**Huge Moving Sale:** home of Stacy and Nacole Smith at 70 Jerri Lane, Friday and Saturday, 8 to 4. Burgandy couch, 4 tires - P2256016 - Michelin, portable dishwasher, lots of pictures, stereo, boys clothes - summer and winter - size 10 and up, flower arrangements, antique, full size bed, 2 blue office guest chairs, ironing board, microwave cart, DVDs, VHS's, picture frames, burgandy 36x80 storm door, cherry computer desk, red landscaping brick. Everything must go.

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**Call Bobby Cummins at  
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**Cruisin Car Show  
2008**



**Saturday, August 2nd • 6 p.m.**  
**Wendy's • KFC**

Danny Settles invites all of you to come out to Wendy's and Kentucky Fried Chicken for a Cruise into the past with some of the finest antique, street rods, low riders, original cars and trucks in the area.

Enjoy the finest tunes from the past with local DJ Charlie and Carolyn Napier

Dash Plaques to first 30  
Each vehicle will receive one combo from Wendy's or KFC

US 25 North • Mt. Vernon



# Mount Vernon Signal

Second Section

Thursday, July 31, 2008



Approximately 800 people, including 400 students, attended the second annual Redi-Fest held at MVES on Monday afternoon. Some of those who attended stood in a long line outside the school, which began forming well before the 3 p.m. start time. Students received free school supplies, books and backpacks.



## Norma Eversole authors book, "Letters from Wildie"

The drive back and forth to work is often spent keeping an eye on both the traffic and the clock but, for Norma Eversole, the three mile drive from her home to Roundstone Elementary School became the setting for stories she composed in her head as she made her daily trips.

Upon retirement in the spring of 2000, she was ready to begin putting her ideas into short story form.

Having attended the Appalachian Writers Workshop at Hindman Settlement School over a number of years, Norma was encouraged by having several short stories accepted for publication, but she continued to work on the manuscripts she had written in the form of letters. Finally, she saw the significance of the road she had traveled all her life as the common thread that would bring her stories together in book form.

"Letters from Wildie" is a look back at a place and some of its people who were content to inhabit a very small area and took the time to sit down and tell their stories.

A book signing will be held at the Rockcastle County Public Library later in August and for now the book is available from the author.



Retired Roundstone Elementary School teacher Norma Eversole has recently written and published the book, "Letters from Wildie."



6-year-old Austin Revel, who will attend Mt. Vernon Elementary School starting next week, got one of the many free haircuts at the Rockcastle Redi-Fest held on Monday afternoon at MVES. Hair Stylist Brandi Lee, of Inspired Image, gave young Austin his hair cut.

## CAP Family and Child Center gets Three STARS from state

The Family Life Child and Family Development Center (Family Life CFDC) in Mount Vernon, has been recertified as a 3 STARS facility by the state of Kentucky. STARS for KIDS NOW is a voluntary rating system for licensed and certified child care programs.

The Family Life CFDC's 3 STAR rating indicates that the program maintains quality standards well beyond those required for licensing.

The ratings, which range from 1 to 4 STARS, are based on a variety of factors, including: child to staff ratios, program curriculum and staff education and training. Children cared for in safe, stable and nurturing environments are more likely to develop effective

(Cont. to B7)



Glenna Morris, an employee at Rockcastle Health and Rehab in Brodhead, was one of approximately 30 people who donated blood on Monday at a blood drive for the Kentucky Blood Center. The drive was held in the center's bloodmobile, parked in front of the Rehab Center. Taking Morris' donation was Phlebotomist Justin Butler, formerly of Brodhead, who now resides in Eubank. The blood center also held a blood drive on Friday at the Rockcastle Hospital, where 42 pints of blood were donated.



The local Save-A-Lot store is one of approximately 100 Save-A-Lot stores in Kentucky promoting products made in Kentucky. The Save-A-Lot stores are currently showing the Kentucky made products in displays in the front of each store. The state's Kentucky Proud program is sponsoring a contest for the best display, which offers cash prizes for the top three winners. The local store's display is also being manned by employees, from left: Betty Jones, Benton Doan and Evelyn Fletcher, produce manager. The local store has Kentucky grown products, such as sweet corn, zucchini, squash and green bell peppers and Kentucky made or manufactured products, such as Ale 81 from Winchester and Rebekah Grace Microwave popcorn from Hazard. The contest for the best display runs through September, 26th.



## Golden 55 Checking

After all, you're only young twice.

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# BUS ROUTES Mt. Vernon

DRIVER	BUS NUMBER	ROUTES
W. French	972	Carter Drive Old Brodhead Rd. Rose Hill Rd. Menefee Hill Rd. Woodland Place to caution light on Main Street
B. French	0304	Hummell Rd. to Buckeye Lake Linville Rd. Road behind Rockcastle Steakhouse Horse Shoe Bend Rd. Old Rocky Rd. Sally J Rd.
F. Bradley	2011	Carter Ridge Rd. Valley View Apts. Old Dixie Hwy to Chestnut Ridge Rd.
T. Smith	991	Sand Hill Rd. Calloway Hill
R. McKinney	2012	Chestnut Ridge Rd. South Wilderness Rd. from "old dumpster site" to Shell Station at Burr McGuire Subdivision (AM & PM)
E. Cameron	985	Ember Rd. Big Cave Rd. Lower Piney Branch Rd. Jep Hill Rd. Martin Ridge Rd.
K. Fletcher	2014	Marlow Hollow Rd. East Fork Skaggs Rd. Sowder School Rd. Rank Rd.
Z. Hasty	971	Cove Branch Rd. Old Dixie Hwy. (around Elmwood Cemetery) Main Street Wolfe Creek Rd.
B. Daugherty	0202	Pleasant Valley Run Rd. Trace Branch Rd. Lamero River Rd. Upper River Rd.
M. Blankenship	2001	Red Hill Rd. from Jackson Co. line
L. Alcorn	0702	Brushy Ridge Rd. Johnetta Cemetery Rd. Crooked Creek Rd.
L. Allen	0703	Big Cave Rd. from Brush Creek Rd. to Singleton Valley Grant Lane Poplar Gap Rd. Carpenter Subdivision to Maple Grove Rd.
C. Baker	944	Pine Hill Circle McHargue Branch Rd. South Wilderness Rd. City of Livingston Livingston students at church next to post office River Rd.
K. Coffey	0401	Fairground Hill Quarry Street West Main Street
W. Gibbons	964	Big Cave Rd. Flat Rock Rd. Maple Grove Rd. Carpenter Rd. Stone Mason Rd. Richards Lane Jean's Rest. to Carpenter Sub.
P. Renner	983	Low Gap Rd. Sand Springs Rd. School House Hill Rd. Marlow Hollow Rd. to Jack Bradley
V. McGuire	963	Sand Springs Rd. to Buffalo Buffalo Branch Rd. Cleft Rock Rd. Bullock Rd.
K. Rowland	0501	New Hope Ridge Clark Ridge Rd. Climax Area - Three Links Brush Creek Bridge to Maple Grove Rd. Cook Rd. Climax Rd. to Phillips Rd.
C. Cornelius	0601	Ramsey Trailer Park Floyd and Shirley St. Crab Orchard Rd.
K. Singleton	0201	Honeycomb Rd. Doc Rd. Cardinal Lane Frosty Hollow Rd.
C. Wagner	0204	South Wilderness in Livingston to Pine Hill Calloway Branch Rd. Upper Calloway Loop Rd. Foggy Hollow Rd. City of Livingston
F. Rigsby	2015	Special Needs/Handicap
W. Middleton, Jr.	0603	Handicap Bus
<b>Staff</b>	961	Special Needs/Handicap
<b>Staff</b>	CAR	Special Needs/Handicap KSD - Danville, Ky.

# Rockcastle Schools 2008-2009 Transportation

## BUS ROUTES Roundstone

DRIVER	BUS NUMBER	ROUTES
J. Masten	965	Brindle Ridge Rd. Hurricane School Rd. Greenfish Rd. Old Sigmon Loop North Wilderness to Renfro Valley
D. Stephens	0302	Burnt Ridge Rd. Stevens Rd. North Wilderness at Fairview to Roundstone School
P. Cobb	0503	Anglin Falls Hammond Fork Rd. Disputanta Rd. to Holt Hill Wildie Rd.
M. Collins	990	Hummel Doc Wolfe Rd. Merritt Cemetery Rd.
S. Gabbard	962	Big Sandy Rd. Wind Chime Lane Buttercup Rd. Scaffold Cane Loop Rd. Wild Rose Rd.
J. Weaver	993	Flat Gap Rd. Buffalo Hollow Rd.
V. Maples	981	Copper Creek/Sweetwater Rd. Brindle Ridge Rd./Conway
J. Stallworth	0602	Lambert Rd. North Wilderness Rd. to Lambert Rd.
L. Mays	942	Scaffold Cane Rd. Cane Branch Rd. Azbill Rd.
Pat McKinney	2013	Little Hurricane Branch Rd. Grace Loop Rd. Snowflake Lane
S. Coffey	992	North Wilderness Rd. from Lambert Rd. to Madison Co. line Flat Gap Rd. to Linville Rd. Linville Rd. Access to Linville Rd.
R. Abney	973	Old State Rd. Rice Cemetery Rd. Little Clear Creek Boone Gap Rd.

### SCHOOL BUS RULES AND REGULATIONS

The privilege of any pupil to ride a school bus is conditioned upon their good behavior and observance of the following rules and regulations. Pupils violating these rules and regulations shall be reported to the principal of the school which the pupil attends for necessary corrective action.

Safety is the primary concern in the transportation of pupils. In order to assure proper safety, it is vital that pupils and parents understand the rules and regulations of school bus riding. Following is a list of basic rules and regulations adopted by the Rockcastle County Board of Education and the Kentucky Department of Education:

1. Arrive at a bus stop on time. The bus has many scheduled stops and cannot be delayed.
2. Never stand in the road while waiting for the bus. Parents should encourage safety measures for pupils as they wait for the bus and walk home from the bus.
3. Cross a safe distance (10 feet) in front of the bus so the driver can see you.
4. Take a seat upon boarding the bus and do not change seats while the bus is in motion.
5. The driver is in charge of the bus and pupils and has the authority to assign seating arrangements.
6. Keep noise to a minimum so that the driver's attention can be devoted to driving.
7. Do not extend arms, legs or head out the bus windows.
8. Obey the rules posted on each bus.
9. Do not block aisles in any way.
10. Knives/other sharp instruments are not permitted on the bus.
11. Never run toward the bus. Always load and unload when the bus has come to a complete stop.
12. Apply the above rule (No. 11) when transferring buses.
13. Never use the rear exit unless an emergency exists.
14. Ride only your assigned bus unless you have a signed note from the principal. Parents must write or call the principal to obtain permission for pupil to ride another bus or to exit at a different stop.
15. Report any damages to the bus.
16. Do not occupy more space in a seat than required.
17. Open and close windows in compliance with the driver's instructions.
18. Pupils and parents are to accept the responsibility of listening for dismissal announcements on the radio on days when inclement weather disrupts the regular schedule.
19. The following rules are of particular concern and the activities mentioned are prohibited at all times:
  - a. Use of profane/foul language.
  - b. Smoking or other use of tobacco on the bus.
  - c. Fighting on the bus.
  - d. Destruction of bus property.
  - e. Defiance of driver's authority.
  - f. Throwing objects on or from the bus.
20. **Disciplinary Action:** Violations of the above stated rules and regulations shall be reported to the appropriate school principal. The principal shall record the incident and determine the appropriate disciplinary action. Should any pupil persist in violating any of these regulations, it shall be the duty of the driver to notify the principal and, after due warning has been given to the pupil and such violation persists, the principal and/or board of education shall then forbid such disobedient pupil the privilege of riding the bus. Written notice of the action of the principal shall be furnished to the parents and the superintendent.

**Ride only your assigned bus unless you have a signed note from the Principal.**

Parents must write or call the principal to obtain permission for pupil to ride another bus or to exit at a different stop.

## BUS ROUTES Brodhead

DRIVER	BUS NUMBER	ROUTES
R. Adams	2000	Brindle Ridge Rd. Chestnut Grove Rd. Big Orchard Rd.
J. Benge	0303	KY. 3245 Castle Village Drive Bryant Ridge Rd.
N. Maupin	2003	Fairview Loop Rd. John Rd. Rich Farm Rd. Caldwell Rd. Barker Rd. Quail Rd. (From Caldwell Rd. to Dean Jones') Ottawa Rd.
D. Hamm	0701	Brown Rd. Freedom School Rd. Sunset Place Subdivision Evergreen Estates Subdivision Benton Bullock Subdivision Sayre School Rd.
J. Evans	0203	Crab Orchard Rd. (to Lincoln line) Gum Sulpher Rd. Slaty Branch Rd. Bowling Ridge Rd. Tarklin Rd.
D. Gibbs	982	DeBoard Rd. J & J Grocery Rd. Maretburg Cemetery Rd. Rocky Top Trailer Park Wabd Jones Rd. New Brodhead Rd.
T. Adams	2002	Jopp Rd. Ottawa School Rd. Shug Rd. Seminole Lane Dug Hill Rd. Gentry/Laswell Rd. Quail Rd to Caldwell Rd.
M. Barron	984	Burton School House Rd. Poplar Grove Rd. Brown Subdivision Willalla Rd. Goldfinch Lane
A. Brock	0301	Barnett Rd. Purr Rigsby Rd. Old Brodhead Rd. Brindle Ridge Rd. to Old Brodhead Rd. Frith Subdivision
C. Martin	0502	Dorman Creek Rd. Level Green Access Rd. Blue Springs Rd. Cromer Subdivision Rd. Old 461 - (Clayton Hammonds Gro.) Doc Adams Rd.
O. Sowder	974	Copper Creek Rd. Crab Orchard Rd. from King's Stables to Copper Creek Rd.

**All Bus Schedules & Numbers ARE SUBJECT TO CHANGE**

**For More Information Call 256-2125 or 256-2093**

## Parents & Teachers School Bus Safety Alert

A child's clothing can be dangerous when getting off the bus. A number of children have been injured or killed when their clothing became caught when exiting the bus.

**Dangerous clothing that can get caught in handrails, doors or other areas include:**

- Jackets or sweatshirts with drawstrings
- Backpack straps
- Scarves or other loose clothing

**Please talk with your children about these Safety Rules:**

- Stay away from Danger Zones around the bus
- If you drop something near the bus, don't pick it up. The driver may not see you. Tell the driver and follow his/her instructions.
- Remember that motorists don't always stop for the school bus.
- Use extreme caution when getting on or off the bus.

### BUSES TO ROCKCASTLE COUNTY MIDDLE SCHOOL 2008-2009

#### Brodhead Elementary School

<b>T. Adams</b> (2002)	D. Hamm (0701) O. Sowder (974)
<b>M. Barron</b> (965)	A. Brock (0301) R. Adams (2000)
<b>C. Martin</b> (0502)	J. Benge (0303) Town Students
<b>D. Gibbs</b> (982)	N. Maupin (2003) J. Evans (0203) Students on Hwy. 150

#### Roundstone Elementary School

<b>J. Masten</b> (0802)	S. Coffey (992) M. Collins (990) J. Stallsworth (0602)
<b>D. Stephens</b> (0302)	V. Maples (981) P. Cobb (0503) R. Abney (973)
<b>L. Mays</b> (984)	J. Weaver (993) P. McKinney (2013) S. Gabbard (962)

#### Mt. Vernon Elementary School

All buses that go to the Mt. Vernon Elementary will also go to the Rockcastle County Middle School in the mornings. If you walk to the elementary school, you may catch any bus to the middle school, however, you should ride the same bus each day.

Afternoon only - middle school students need to ride one of the following buses back to Mt. Vernon Elementary School in the afternoon:

<b>V. McGuire</b> (963)	K. Singleton (0201) B. Daugherty (0202)
<b>L. Alcorn</b> (0702)	C. Baker (971) K. Fletcher (2014)
<b>F. Bradley</b> (2011)	R. McKinney (2012) Staff (961)
<b>W. French</b> (972)	B. French (0304) M. Blankenship (2001)
<b>T. Smith</b> (991)	C. Wagner (0204) P. Renner (983) E. Cameron (985)
<b>W. Gibbons</b> (964)	K. Rowland (0501) C. Cornelius (0803)
<b>K. Coffey</b> (0401)	L. Allen (0703) Z. Hasty (0601)

### BUSES TO ROCKCASTLE COUNTY HIGH SCHOOL 2008-2009

#### Brodhead Elementary School

<b>J. Evans</b> (0203)	M. Barron (965) C. Martin (0502)
<b>D. Hamm</b> (0701)	D. Gibbs (982) J. Benge (0303)
<b>N. Maupin</b> (2003)	T. Adams (2002) R. Adams (2000)
<b>A. Brock</b> (0301)	O. Sowder (974) Town students and hwy. 150

#### Roundstone Elementary School

<b>P. Cobb</b> (0503)	P. McKinney (2013) R. Abney (973) S. Gabbard (962)
<b>J. Weaver</b> (993)	M. Collins (990) J. Masten (0802) V. Maples (981)
<b>J. Stallsworth</b> (0602)	D. Stephens (0302) L. Mays (984) S. Coffey (992)

#### Mt. Vernon Elementary School

**Morning Bus Transfers:** All buses that go to Mt. Vernon Elementary will also go to the Rockcastle County Middle School. At Rockcastle County Middle School, the high school students will transfer to the following buses to get to the high school:

<b>B. French</b> (0304)	<b>L. Allen</b> (0703)	<b>K. Rowland</b> (0501)
<b>P. Renner</b> (983)	<b>M. Blankenship</b> (2001)	<b>C. Wagner</b> (0204)

**Afternoon Bus Transfers:** High school students will need to ride one of the following buses back to Mt. Vernon Elementary in the afternoon: (be sure to ride the same bus every day)

<b>B. French</b> (0304)	K. Singleton (0201) B. Daugherty (0202)
<b>M. Blankenship</b> (2001)	C. Baker (971) R. McKinney (2012)
<b>C. Wagner</b> (0204)	K. Fletcher (2014) V. McGuire (963) E. Cameron (985)
<b>P. Renner</b> (983)	L. Alcorn (0702) F. Bradley (2011)
<b>K. Rowland</b> (0501)	W. French (972) T. Smith (991) Z. Hasty (0601)
<b>L. Allen</b> (0703)	W. Gibbons (964) K. Coffey (0401) C. Cornelius (0803)









## Yard Sales

**Three Family Yard Sale:** Friday and Saturday, August 1 and 2, 9 to 5. TV, DVD player, Play Station and Play Station II, games, microwave, crock pot, bicycles, sand box, teeter-totter, child's glider rocker chair, buffet table, Care Bear Collection, plus size maternity clothes, girl's clothes, sizes 6x to 8 and much more. Home of Robert and Tammy Howard, 176 Strawberry Lane, Ottawa.

**Multi-Family Yard Sale!** Sat., August 2, 8 a.m. to ? at Quai Fire Dept on Hwy. 70. Misc. household items, video games (game cube and PS2), toys and books. Clothes, including toddler girls (18 mos. to 3T), husky boys (10-14), girls and junior clothing (12-5), big men's and various women's sizes.

**Garage Sale:** Fri. Aug. 1 from noon to 8 p.m. and Sat., 9 a.m. to noon. 65 Jerri Lane, home of Doris Blevins.

**Garage Sale:** Rain or shine. First one this year. Portable dishwasher, 2 new mountain bikes, pictures, purses, clothing -- something for everyone!! Sat., Aug. 2, 8 a.m. to ? Dug Hill Road (Hwy. 1229). Turn off Hwy. 150 onto Dug Hill Road. Go 3 miles - clay colored house on left.

**Yard Sale:** Fri. & Sat., 8 a.m. to ? Carter Drive, Mt. Vernon. New baby boy clothes, baby bed, crib sets, all size clothing, maternity clothes, bikes, aquarium set for reptile. Lots of great buys for school.

**Big Yard Sale:** Sat., Aug. 2 at J&J Auction on 150. Lots of back to school clothes. Something for everyone. 9 a.m. to ?

**Come See Our Collection** at the Ed Hunt residence. Something for all ages. Collectibles, decorative items, clothing, household items, storm door. Unbelievable prices. Fri., 9 to 2 and Sat., 9 to noon.

**3 Family Yard Sale:** Friday and Sat., Aug. 1 and 2, 9 a.m. to ? at the home of Tammy McGuire. Lots of baby clothes and toys -- brand name items. Little girls and boys clothes, men and women's clothes, lots of everything. 2 miles on the right at 1344 Chestnut Ridge Road.

**Yard Sale:** Sat., Aug. 2. 1st trailer on right on Cardinal

## Pets

**Free:** Abandoned Mixed-Breed Puppies need good homes. Both male and female available. Call 758-9637 or 308-3292 for more information. 37x1

**Free to good home:** Gray and white twelve-week-old kitten. 256-5944. 37x1

Hollow Road, between Collins Tankyard and Pine Hill Holiness Church, 9 a.m. to ?

**Yard Sale:** Sat., August 2. 155 Ford Dr. 8 a.m. to ? Watch for signs near library. Three families. Lots of everything - cheap. Sizes include women's 14-22 and kids clothes.

**Large Four Family Yard Sale:** Fri. & Sat., 9 to 5. First one in two years. Lots of like new boys back to school clothes and shoes. Women's dress clothes, shoes and purses for school, church, work. Men's dress pants, shirts, suits, shoes. Ladies clothes, sizes small to medium to XXL - shoes all sizes. Men's clothes, sizes small to medium to XXXL - shoes all sizes. Cleaning out all household items - too much to name, including toys of all kinds, notebooks, pencils, stuff for school. Come on out to the home of Donald and Linda Hayes, 2 1/2 miles on left, stone house on 1004 Big Cave Road. You will find something for everyone. Things marked cheap.

**Yard Sale:** Thurs. & Fri., 70 Birdie Lane. Follow green signs at caution light at 150 and 2549. Baby clothes 0-2T, kitchen and household items, women's and men's clothing, Mary Kay.

**Yard Sale:** Fri. Aug. 1 and Sat., Aug. 2, 8 a.m. to . Infant and children's clothing, boys and girls sizes birth to 3T, toys, home decor, bedding, seasonal decor and much more. At Houston Point, 93 Spring Hill Lane.

**Yard Sale:** Home of Ray Denney on Hwy. 70. Sat., Aug. 2, 8:30 to ? Lots of items, including Coach purses.

**Yard Sale:** Sat., Aug. 2, 8 a.m. at Crossroads Church, Hwy. 150. Brodhead/Antique table and chairs, end tables, household items. Lots of toddler items and clothes, stroller, swing, maternity clothes/women's clothes. Too many items to list. Given by Jennifer White and Amy Yates.

**Garage Sale:** Fri. & Sat. 4 Sons Subdivision, first house on right #10.

**Yard Sale:** Fri. & Sat., Aug. 8 and 9, 9 to 3. 160 Poplar St. Lot 16. Rain cancels. 38x2

**Yard Sale:** Sat., August 2, 9 a.m. to ? Quail Fire Department. Rain or shine. Men's and women's clothes, toys and numerous sizes in children's clothes. Given by Diane Payne and Jeannie Kendrick.

**5 Family Yard Sale:** Thurs., Fri. & Sat. at the home of Roger and Sharon Bullock. First house on left on Hwy. 70 in Brodhead. Baby clothes, name brand girls, men's and women's clothes, electric

drop-in stove, exercise equipment, comforters. Too much to mention - something for everyone.

**Town Branch Apartment, 70 Crawford Street Extension** will be having a yard sale on Fri., Aug. 1 and Sat., Aug. 2. The sale will be from 9 a.m. to 3 p.m. on Friday and 9 a.m. to noon on Sat. There will be lots of clothes, what-nots and many other things -- too numerous to mention. Drop by and see what we have.

**Gigantic Yard Sale:** Fri. & Sat., Aug. 1 and 2, beginning at 9 a.m. Lots of ladies items - clothing sizes 2 XL - 5 XL, new shoes sizes 10 and 11 (still in box), purses, make-up, perfume, lots of jewelry (some still in the box), winter coats, sewing items and quilt pieces, small kitchen appliances, lots of Christmas decorations, large Santa Claus collection, lots and lots of books. Everything reasonably priced!! Located at the home of Larry and Jeanine Lawrence, 1502 Ottawa School Road. Signs will be posted.

**Yard Sale:** Fri., Aug. 1 from 8 a.m. to ? Couch and love seat, vanity, computer desk, boy's clothes, trampoline, what-nots. Located at 9605. Wilderness Road at Conway. Signs will be posted. Rain cancels to Sat., Aug. 2.

**Huge Yard Sale:** First time ever. Fri., Aug. 1 and Sat., Aug. 2 at the home of Clinton Graves. Located at the Jct. of 1326 and 1505. Starting at 8 a.m.

**Yard Sale:** Saturday, 8 a.m. at 188 Rainmaker Lane, Mt. Vernon (lower McGuire Subdv) Men's, women's and girls' name brand clothes (Abercrombie, Tommy Hilfiger, Gap, A.E., Aeropostle, Levi) and much more. Also household items - apple decor, quilts, shoes, brand new 36" door, toys and display shelf. Something for everyone. Located in Brodhead across from Rose's One Stop on Bussell St. First brick house on the right. Rain or shine. Fri. & Sat., 8 a.m. to ?

**Yard Sale:** Sat., Aug. 2 at 430 Williams St. in Mt. Vernon from 8 a.m. to ? Clothing for little girls, juniors, adults and many other items.

**2 to 3 Family Yard Sale:** Aug. 1 and 2, 8 a.m. to ? Clothing, air compressor, electronics, dishes, toys, baby items and lots of other items. Scaffold Cane Loop across from Scaffold Cane Baptist.

**Yard Sale:** Sat., Aug. 2, 7:30 a.m. to 11 a.m. "Back to School" clothes, clothes of all sizes, shoes, toys, bicycles, car tires (P185-65R15), golf clubs and much more. At the home of Dale and Sandy Whitaker, Hunter Ridge Subdivision,

across from Cedar Rapids Country Club.

**5 Family Yard Sale** Fri. & Sat., Aug. 1 and 2, 8 a.m. to ? Rain or shine. Inside social room at Cave Valley Apts. Lots of boys' name brand clothes all sizes and much, much more.

**Yard Sale:** Parsons residence, 215 Ford Drive. Fri. & Sat., 9 a.m. to ? Men's shirts, women's clothing, baby clothing, etc. Rain cancels.

**Huge 3 Family Yard Sale:** 1 mile out Chestnut Ridge Road. Fri, Aug. 1, 8 a.m. to ? Home of Rodney and Renita Reams. Lots of everything.

**Yard Sale:** Fri. & Sat., 10 a.m. to ? 210 Old U.S. 25, third house on left up from Elmwood Cemetery. Little girls' clothes, men's and women's clothes, shoes, purses, books, jewelry, make-up, what-nots and lots of other good stuff. Rain cancels.

**Garage Sale:** Several families, Saturday, 9 to 3, in Brodhead on hYw. 1505 at the home of Jim and Barbara Bussell. Women's clothing, men's clothing, little boys size 4, 5 and 6 (name brand), shoes, household items, computer desk, baker's rack, kitchen items, cookbooks, home decor items, much more. Rain cancels.

**Yard Sale:** August 1st and 2nd, Hwy. 150 Mt. Vernon. Look for signs. Women's clothes - L, XL, plus, girls' clothes size 10 to 14 and plus, shoes, purses, backpacks, toys, two battery powered 4 wheelers, furniture, some gold jewelry. Given by Tammy Barron, Michele Barnes, Betty Rowe.

**Garage Sale:** Friday and Saturday, August 1st and 2nd, 2 miles out Sand Springs, left on Sowder School Rd., second house on right. Given by Lorene Falin, Lisa Mackey, Kim Renner. Back to school bargains. Lots of nice items priced really cheap.

**Yard Sale:** August 5th - 8th, 70 Tevis St., 9 a.m. to ? Different items added every day. Clothes - women's plus sizes, large men, boys size 4 to 5. Quilts and quilt tops.

**Garage Sale:** 3 families, Saturday, August 2nd, 9 a.m. to ? home of Darlena Allen, Hwy. 461, turn right at 1250, follow signs. Sleeper couch, end tables, entertainment center, guitars, table and chairs, what-

## Huge Multi-Family Carport Sale

**Fri., Aug. 1, 8 to 5 and Sat., 8 to 2. First sale this year.** At the home of Birdie DeBord, 20 Lawrence Lane, behind S&T in Mt. Vernon. Clothing of all sizes, teen girls, newborn girls, boys 5-7, toys, paint ball gun, collectible dolls, Avon dishes -- too much to mention.

notes, womens plus clothes, kids clothes, toys. Free kittens. Call 606-308-2381.

**Yard Sale:** Saturday, August 2nd, 8 a.m. to 2 p.m. Highway 150 behind Hale's Used Cars in the brick house. Rain or shine. Women and men clothing. Girls' toys and girls' clothing size 4, 5 and 6. Lots of household items and some furniture.

**Yard Sale:** 5 families, home of Debbie Brock, 912 Copper

Creek Rd., 1 mile from 150. Friday and Saturday, 8 to ? Clothes, furniture, crafts, purses, Boyd's Bears and Boyd's Bears items, antiques, much more.

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# Rockcastle County Area Technology Center



## Ribbon Cutting Ceremony and Open House

**Sunday, August 3, 2008  
2:00 p.m.**

---

*The funding for Rockcastle County Area Technology Center was possible through the bipartisan efforts of the 2006 Kentucky General Assembly and Governor Ernie Fletcher.*

*Senator Ed Worley and Representative Danny Ford led the effort to fund the project with a vision for improving the workforce through education and training.*

## *Our Sincere Appreciation to:*

*Representative Danny Ford, Senator Ed Worley, Ralph Baker - RCATC Principal, Rockcastle County Area Technology Center Staff, Clotfelter-Samokar - PSC Architect and Engineer, D.W. Wilburn, Inc. - Contractor, Geotech - Structural Engineer*



**In this issue:**

- Family Practice
- Answers from our staff
- Back-to-school tips
- And more!

Dr. Gill Hebrant, a cardiologist, discusses the latest in heart health, including the impact of the Affordable Care Act on heart care and the use of new technology in heart imaging.

# HIGH-TECH

*heart imaging* pg. 5

# ROCKCASTLE

HOSPITAL AND RESPIRATORY CARE CENTER, INC.

## About Us

Rockcastle Hospital and Respiratory Care Center, Inc. is a not-for-profit community health-care system that operates emergency, inpatient and outpatient acute care programs, a long-term care program for patients dependent upon mechanical ventilation, a long-term nursing and rehabilitation facility, a home health service, and a state-of-the-art medical office complex. Established in 1956, RHRCC is JCAHO and CAP accredited and treats patients from across Kentucky, Tennessee and many other states.

Rockcastle Hospital and Respiratory Care Center has the largest respiratory therapy staff in the state and is nationally known for its excellence. It has achieved a ventilator weaning rate of 40 percent and always focuses on improving the quality of its residents' lives.

## Mission

Rockcastle Hospital and Respiratory Care Center, Inc. is a family-oriented team of health-care professionals dedicated to delivering the highest quality of care to those we serve.

## Vision

Rockcastle Hospital and Respiratory Care Center, Inc.'s vision is to be the hospital of choice for healthcare in Rockcastle County and surrounding areas, and to be the facility of choice nationwide for ventilator care.

## Values

We value excellence, honesty, compassion, cleanliness and our commitment to our community.

## Accreditation

All Rockcastle Hospital and Respiratory Care Center, Inc. facilities and programs are accredited by the Joint Commission on the Accreditation of Healthcare Organizations (JCAHO).

## Regional Contact

Carolyn Browning, Director, Social Services

## Professional Association Memberships and Other Affiliations

American Association of Respiratory Care  
 American Health Care Association  
 American Hospital Association  
 Kentucky Association of Health Care Facilities  
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 UK HealthCare Network Affiliate-Gill Heart Institute

## Speakers Bureau

We are pleased to present information about healthcare and healthcare professions to the public. To schedule a speaker for your school, business, civic, healthcare or government organization, call Arielle Reese (606) 256-7880.

## Leadership

Rockcastle Hospital and Respiratory Care Center, Inc. is governed by a local, volunteer board of directors.

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## Executive Management

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Health Signal is a publication of Rockcastle Hospital and Respiratory Care Center, Inc.

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Arielle Reese, Director  
 Susan Brown, Page Design

## FEATURES



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### Back-to-school tips

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# HIGH-TECH *heart imaging*

## Cardiac CT a first for Rockcastle Hospital

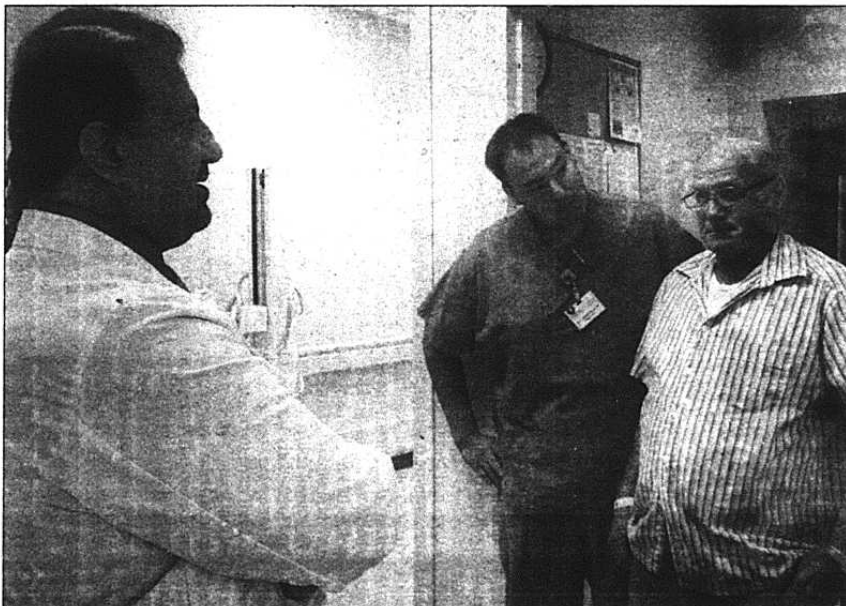
**R**ockcastle Hospital and the UK HealthCare Gill Heart Institute are combining their expertise and technology to offer high-tech heart imaging to patients closer to where they live.

Gill Heart Institute cardiologists Dr. Mushabbar Syed and Dr. Rick McClure worked with Rockcastle Hospital radiology director John Mitchell and radiology technician Billy Roberts to perform the first cardiac CT at the hospital on Monday, June 23.

The first patient was Victor Holley, a 67-year-old Air Force Veteran with a family history of heart disease. Holley complained of occasional chest discomfort and had an abnormal stress test. Dr. McClure felt Holley was a good candidate for the test, which produces hundreds of images of the heart. Cardiac CT offers physicians tools to do coronary calcium scoring to detect the presence of artery-clogging plaque.

Cardiac CT also can produce images similar to angiography to diagnose heart disease and determine a patient's risk for heart attack. The non-invasive test offers patients the opportunity to have a detailed examination of the heart vessels without the risk that may accompany cardiac catheterization, which involves slightly sedating the patient and inserting a catheter through a small incision in the groin or arm to obtain images of the heart. While considered a minimally invasive procedure, catheterization does carry certain risks, including bleeding. Its advantage is that if a blockage is seen, interventional cardiologists can perform angioplasty to open the vessel and then insert a stent to keep it propped open.

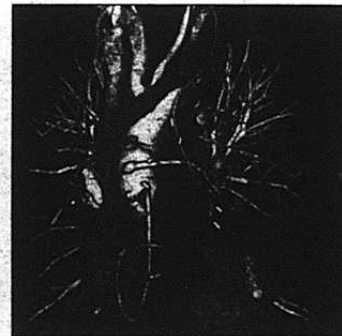
"Cardiac catheterization remains the gold standard by which we compare other tests, and we are very excited about the accuracy of this technology," said Syed, who has special training in cardiovascular imaging. "The accuracy of cardiac CT is very good, 90 percent or better in most cases, and this is less invasive than catheterization."



Victor Holley, right, was the first patient to receive a cardiac CT at Rockcastle Hospital with the guidance of Dr. Mushabbar Syed, left, and radiology technician Billy Roberts, center.



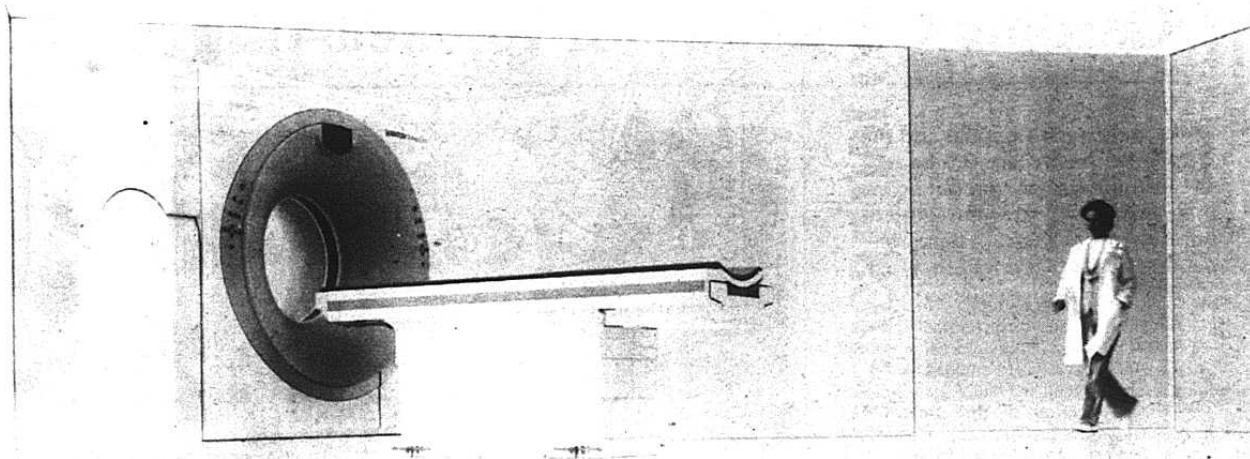
UK Gill Heart Institute cardiologist Dr. Rick McClure, left, sees patients regularly at Rockcastle Hospital. Dr. Mushabbar Syed, also a cardiologist with special training in cardiovascular imaging, added his expertise.



Pictured above is a sample 3D scan of the anterior view of the heart. Images like these are possible with the new 64-slice CT technology at Rockcastle Hospital.

JUL 31 2008

# It has *arrived.*



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# Family Practice

Local physician continues tradition of showing horses

By Arielle Reese, Rockcastle Hospital  
Community Relations Director

**T**he sun is beginning to set in Rockcastle County and Dr. David Bullock removes his white coat as he enters the front of his home. It has been a busy day at the clinic, seeing patients with various ailments, prescribing medication and teaching healthy habits. As he strolls past the trophy case in the office, he pauses for a moment to reflect on the ribbons, pictures and trophies inside. His thoughts are interrupted by a tug at his pants. He looks down and is greeted by his three and a half year old daughter, Bailey. He bends down and picks her up so they both can see the prized possessions. She turns to him and says, "Daddy, show me MY ribbons!"

Dr. Bullock always had horses growing up on the family farm in Orlando. His father used to trail-ride and, at around age 13, David first started to ride with his father, Glyn. The transition of trail horse to show horse was a natural one because of the Tennessee Walking Horse's easy going disposition and smooth flat and running walk.

Dr. Bullock always wanted to show horses and after joining the medical practice of his sis-

ter, Dr. Karen Saylor, his dream became a reality.

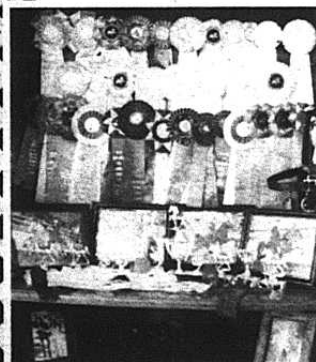
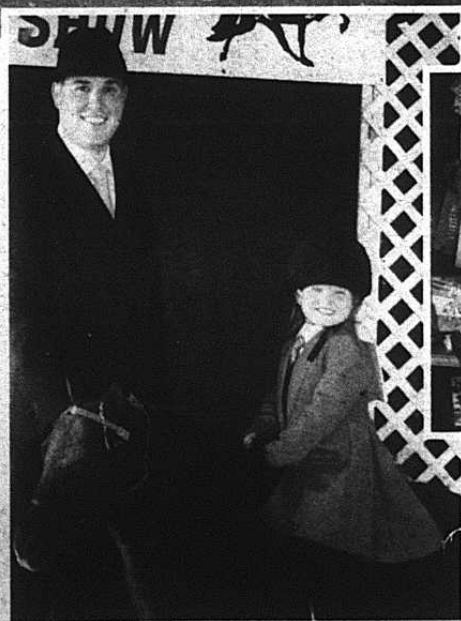
In November of 2006, he purchased his first show horse, Encore Blue, a Tennessee Walking Horse. Dr. Bullock's father passed away shortly after that, but David says his love for horses helps him connect with his father even today.

Dr. Bullock currently owns nearly 20 horses and travels with his family to horse shows around Kentucky, Tennessee and North Carolina, almost every Saturday night between April and November. He is continuing the tradition with his own children. Bailey already shows her miniature horse, Cupcake, in the lead line class and is a blue ribbon winner every time. Dr. Bullock is preparing for the culminating Tennessee Walking Horse event, The Celebration, in Shelbyville, Tennessee, where he plans to show two horses.

The next time you visit Dr. Bullock, he may offer you advice on lowering your cholesterol or tips for perfecting your running walk.



Trina Doyle Photography



Top photo, Dr. David Bullock guides Out of Diamonds in a running walk at a horse show in Harrodsburg. Pictured at left, Dr. Bullock and his daughter, Bailey, pose after a lead-line performance and a horse show in Norehead where Bailey and her horse, Cupcake, were blue ribbon winners. Above, ribbons, trophies and pictures fill the case with Dr. Bullock and his daughter Bailey's winning shows.

# ANSWERS FROM OUR STAFF

**Q** How do I make healthier decisions when I am always on the go and eating fast food?

**A** Many fast food restaurants are feeling the heat from consumers who live healthier lifestyles by changing their menu's to more low-fat healthful options. Take advantage of this! Clearly, the best ways to maintain a healthy lifestyle are by exercising and maintaining a nutritious diet. Here are some tips to eat healthy while eating out:

- Go easy on the condiments and extras, i.e. cheese, sauces, super-sizing.
- Eat in moderation.
- Don't make eating fast food a habit.
- Substitute grilled for fried.
- Drink ice water or low fat milk instead of soda.
- Beware of fat filled salad dressing.
- Chicken is often less fatty than beef.
- If you splurge on fast food for one meal, make sure to make your next meal healthy and nutritious.

These little substitutions can add up, remember every calorie counts...whether you're standing up, on the go, or sitting down! Ask or look for the nutritional information available at restaurants. Be mindful of what you are eating. ♦

Lindsay Gabbard, RD, LD

**Q** What is Pulmonary Rehabilitation?

**A** The Pulmonary Health & Rehabilitation program at Rockcastle Hospital is an outpatient based multidisciplinary comprehensive system of services which includes medically supervised exercise coupled with education and counseling to affect behavior change and improve quality of life. The length of time the patient is involved in

the program may vary, but typically the program will last three days per week for eight weeks. Patients who qualify and enter the program will receive a pharmacological and dietary consult, and patients who complete the program receive a lifetime membership to the wellness center. Appropriate diagnosis for entry into the pulmonary rehab program includes but is not limited to COPD, Asthma, Cystic Fibrosis, Lung transplantation, and Obesity. Admission is limited to patients who meet criteria according to a Pulmonary Function Test (PFT) and are given an order for pulmonary rehab by their physician. ♦

Nick Bastin, PTA

**Q** I have tried to quit smoking a few times but I don't stick with it...what can I do to stick with my decision?

**A** The decision to become a non smoker is not an easy journey, but a manageable one. I believe you must have a set goal, positive attitude and support from family, friends or a support group.

◀ Nicotine is addictive and has effects on the body similar to heroin, cocaine, marijuana and alcohol. Nicotine is psychoactive (works on the brain), a euphoriant (makes the user feel good), produces stimulation, relaxation and a sense of relief for the body. It also produces withdrawal symptoms when suddenly stopped.

Since 2004, I have been the smoking cessation facilitator at Rockcastle Hospital. We offer the Cooper/Clayton method to stop smoking to the general public. The method was developed to help people succeed in becoming a non-smoker. It is a 12 week FREE program that uses nicotine replacement products, education sessions and support group meetings. There are different programs available and with research, talking to your physician or local health department or hospital, there should be a program that meets your need. The decision to become a non smoker is a hard, but healthy decision for yourself and the people around you. ♦

Rodney Weaver, RRT and Smoking Cessation Facilitator

If you would like to submit a question to Arlene Reese, Community Relations Director, P.O. Box 1310, Mt Vernon, KY 40359, or you would like to email your question to a\_reese@mrc.org.



# A better choice



People diagnosed with cancer have many decisions to make. One of the most important is where to receive treatment. More people in our part of the state are choosing Rockcastle Hospital in Mt. Vernon.

There may be other places close by that offer cancer treatment, but they don't have the same distinction that Rockcastle Hospital's program has.

It's the only South Central Kentucky hospital affiliated with the UK Markey Cancer Center. That means you have access to some of the finest doctors in the nation as well as nurses who trained at Markey Cancer Center.

That's why so many people choose Rockcastle Hospital for their cancer care.

For information about South Central Kentucky's only cancer program affiliated with the UK Markey Cancer Center, call (606) 256-7798.

[www.rockcastlehospital.org](http://www.rockcastlehospital.org)

**ROCKCASTLE**  
HOSPITAL AND RESPIRATORY CARE CENTER, INC.

*Kentucky Hospital Association  
2008 Quality Award Winner*

**U.K. HealthCare**  
Network Affiliate

**Markey Cancer Center**

*Preferred Cancer Care. Closer than ever.*

## [ UK CONNECTIONS ]

# UK Transplant performs landmark procedure

## Facts and Figures About Organ Donation

Almost 100,000 Americans are registered on the United Network for Organ Sharing waiting list for donated organs, including over 740 people on the waiting list in Kentucky.

A new name is added to the waiting list every 14 minutes.

Every year, an estimated 6,000 people die while waiting for an organ transplant. Fifteen to seventeen people die each day due to the lack of a donated organ.

Transplantable organs include the kidney, heart, liver, lung, pancreas and small bowel.

Transplantable tissues include bone, cartilage, skin, corneas, heart valves, saphenous veins, tendons and ligaments.

Acceptable donors range from newborn to senior citizens.

All major religions approve of organ and tissue donation.

One individual donor can provide organs, bone and tissue for nearly 50 people in need.

An estimated 450,000 Americans are treated with transplanted bone, tendon and ligament tissue each year.

About 50,000 cornea transplants are performed annually, with 5,000 people waiting for donated corneas.

In 2007, approximately 29,000 successful organ transplants were performed. It is estimated that twice as many could have been performed if more people donated organs.

By law, donation is the right of every American age 18 or older. Hospitals are obligated by law, to identify potential donors and to inform families of their right to donate.

The donor's body is not disfigured by organ or tissue removal. An open casket funeral is possible. No one should be able to recognize that the individual was a donor.

A young woman from Kentucky is breathing easier today because of a new type of lung transplant performed for the first time in Kentucky by surgeons at the University of Kentucky HealthCare Transplant Center. Rebecca Boyd, 23, of Pikeville received new lungs on Saturday, May 24.

The "donation after cardiac death" (DCD) lung transplant is an emerging new technique and only 12 such transplants were performed in the United States last year. Although UK has performed DCD kidney and liver transplants for the past 12 – 18 months, this marks the first time for a lung transplant.

Dr. Timothy Mullett, director of UK's lung transplant program, said this technique may prove beneficial to expand the pool of potential organ donors.

"We are really in a crunch as far as lung transplants are concerned because of the limited number of donors available. Lungs are only available in about 15 percent of patients considered donors because lungs are either injured or susceptible to injury or disease early after brain death."

Organ donation after cardiac death has increased the donation of life-saving organs – mostly kidneys and livers – by as much as 25 percent in a

few areas of the country. Some experts estimate that it could increase the number of deceased-donor organs in the U.S. by 30 percent.

Donation after cardiac death

is becoming more prevalent across the country. "This type of donation is slowly opening up and transplant centers that are doing them are starting to do more of them," said Dr. Mark Bonnell, director of UK's heart transplant program, who also participated in UK's landmark surgery.

Typically, organ donation occurs when a person suffers a traumatic brain injury from which there is no possible means of recovery. After all medical efforts are exhausted and rigorous testing determines that all brain function has ceased, brain death is declared. Organs are kept alive for many hours by mechanical ventilation to provide oxygen and the patient's own heart providing blood flow.

Organ donation after cardiac death occurs when a patient has suffered cardiac arrest and the heart stops beating. Without proper blood flow, the vital organs become unusable for transplantation in only minutes. Timing is very important in both DCD and brain death donation making transplantation "meticulously planned events," Mullett said.

Bonnell said that "although there may be some differences in immediate organ function from DCD donation versus donation due to brain death, the

ultimate result is both very good and comparable. Importantly, this allows transplanting of more patients who would otherwise not have received organs."

Increasing the number of

organ donations is not the only benefit from this type of organ donation.

"Donor families are desperate for a way to make some sense of a tragic situation," Mullett said. "Offering families the opportunity to donate organs brings a glimmer of something bright to a dark situation," Mullett said.

Currently, there are 99,000 people in the United States waiting on a life-saving organ or tissue

transplant. A name is added to the list every 14 minutes. An estimated 15 to 17 people die every day due to lack of a donated organ. In Kentucky, 632 names are on the waiting list and 38 of them need lungs.

The UK HealthCare Transplant Center has been providing transplantation services since 1964, including lung transplants since 1991. UK surgeons now perform over 130 transplants each year. So far, UK has performed 12 lung transplants this year and is on schedule to do 25 to 30. The hospital did 18 last year.

The faculty and staff of the transplant center specialize in the transplantation of all major solid organs, including the heart, lung, kidney, pancreas and liver.

For more information about organ donation, visit the Kentucky Organ Donor Affiliates [<http://www.kyorgan-donor.org>] or the UK HealthCare Transplant Center [<http://ukhealthcare.uky.edu/transplant/>] Web sites.

**An estimated 15-17 people die every day due to lack of a donated organ.**

**UK HealthCare**

## [ UK CONNECTIONS ]

# UK study: baby aspirin better for your health

Nearly a quarter of a million Americans each year may be hospitalized with bleeding complications caused by needlessly taking a daily dose of an adult-sized aspirin rather than a baby aspirin to prevent a heart attack or stroke.

A study by a group of UK HealthCare Linda and Jack Gill Heart Institute cardiologists found that the commonly prescribed 325 mg adult tablet may be more than many

today's issue of the Journal of the American Medical Association, found that doses higher than a baby aspirin, 75 to 81 mg, are no better at preventing cardiovascular events long-term and are associated with increased risk of gastrointestinal bleeding.

Gill Heart Institute cardiologists and University of Kentucky College of Medicine faculty Dr. Charles Campbell, Dr. Steven R. Steinhubl and Dr. Susan Smyth, along with Dr. Gilles Montalescot of the Institut de Cardiologie-Centre Hospitalier Universitaire Pitié-Salpêtrière in Paris, France, systematically reviewed published data regarding clinical studies involving aspirin dosing. Even in patients with diabetes, who may be more difficult to treat, they found no large-scale studies that support higher doses of aspirin.

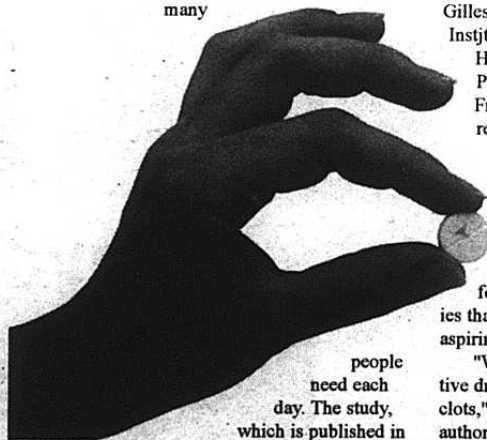
"While aspirin is an effective drug for the prevention of clots," said Campbell, lead author of the report, "the down-

side of aspirin therapy is an increased tendency for bleeding (particularly from the GI tract). We believe the minimum effective dose should be utilized (75-81 mg)." However, Campbell notes, "We also believe more study in this area is warranted to determine if the minimum dose is effective for everyone, or if dose should be adjusted from person to person."

Aspirin is the most-used drug in the world. More than 50 million people, or 36 percent of the adult population in the United States, consume 10 to 20 billion aspirin tablets each year to protect their hearts from clots, which are the leading cause of heart attacks and strokes.

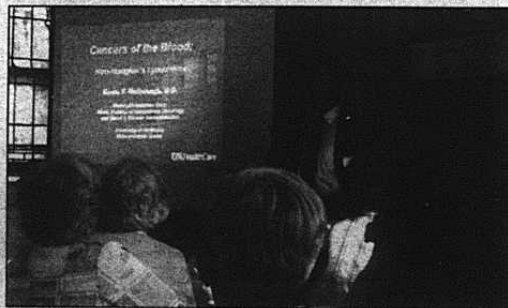
"Patients should check with their doctor to be sure, but there is almost no one who needs to take more than 81 mg of aspirin a day for protection from heart attacks," Steinhubl said.

Going forward, the study notes that the greatest challenge ahead for physicians may be to determine how to identify the best blood-thinning regimen for their patients.



people need each day. The study, which is published in

## Deputy Director of UK Markey Cancer Center speaks in Brodhead



On Tuesday, July 17 Brodhead Baptist Church welcomed Dr. Kevin McDonagh and nearly 70 guests for Rockcastle Hospital's "Dinner with a Doctor." Dr. McDonagh, Deputy Director of the UK Markey Cancer Center, presented "Cancers of the Blood: Leukemia and Lymphoma." Attendees received a free meal, door prizes, received information from UK HealthCare, Look Good Feel Better, Signature Healthcare and the Leukemia and Lymphoma Society.

Dr. Kevin McDonagh, pictured, presents the latest information on leukemia and lymphoma to guests at "Dinner with a Doctor."



Visiting physicians from the University of Kentucky

## UK HealthCare

Jorge Alegria, M.D.  
Cardiology

Michael Anstead, M.D.  
Pulmonology (Adult & Pediatric)

Susanne Arnold, M.D.  
Hematology & Oncology

Ketan Buch, M.D.  
Pulmonology (Adult)

Charles Campbell, M.D.  
Cardiology

Mara Chambers, M.D.  
Hematology & Oncology

Willem J. S. de Villiers, M.D. Ph.D.  
Gastroenterology

Deborah Flomenhoft, M.D.  
Pediatric Gastroenterology

Mauro Giordani, M.D.  
Orthopaedic Surgery

Hussam Hamdalla, M.D.  
Cardiology

Richard Haydon III, M.D.  
Ears, Nose, & Throat

Suman Jana, M.D.  
Endocrinology

Byron Kee, M.D.  
Hematology & Oncology

Christian Latterman, M.D.  
Orthopaedic Surgery

Rick McClure, M.D.  
Cardiology

David J. Moliterno, M.D.  
Cardiology

Debabrata Mukherjee, M.D.  
Cardiology

Robert Owen, M.D.  
Neurosurgery

Erin Johnson Saunders, M.D.  
OB/GYN

Jignesh Shah, M.D.  
Cardiology

Steven I. Shedlofsky, M.D.  
Gastroenterology

Mushabba Syed, M.D.  
Cardiology

# COMMUNICATING

Speech Pathology celebr



Joe Mink with his son, Joseph I. Mink

## Joseph

**M**y son Joseph I. Mink was enrolled in speech and occupational therapy a little over a year ago. When he was enrolled, he could not eat solid foods and had trouble talking. Since being in therapy, my son can now talk better and is eating anything he wants. He can deal with different textures now as well. I can't thank them enough for the help they gave my son.

Joe Mink

**M**ore than 42 million Americans of all ages have communication or swallowing disorders as a result of certain diseases or injuries. The speech department at Rockcastle Hospital and Respiratory Care Center, Inc. believe that communication and swallowing are basic needs of every individual and work to restore those functions to the highest level possible. The department recently celebrated 20 years of service excellence to our community.

Here are a few examples of the difference speech therapy has made.



## Sonny

**M**y name is Janet Gerhardt. My husband is LeRoy "Sonny" Gerhardt. We have been at Rockcastle since September, 2007.

Sonny's Speech Therapy has been a blessing for both of us. They have worked daily, when possible, with him. Some days are good and some not so good but it still is uplifting to watch him try and watch the therapists work so hard with him. To hear once again, "I love you" makes it all worthwhile.

The speech department is a remarkable group and I am so proud and blessed to know them. Thanks to Linda and her staff for your dedication.

Janet Gerhardt



Janet Gerhardt, left, with her husband 'Sonny'

## Joyce



Joyce Stephens and husband Charles Stephens, Speech Pathology Director.

# EXCELLENCE

brates 20th anniversary



Rockcastle Hospital's Speech Pathology Department recently celebrated its 20th anniversary. Pictured front from left, Brandie Taylor, Linda Gregory, Director, and Jenny Schuler. Standing are Leigh Ann Caldwell, Heather Marlow, Amanda Blackburn, and Emily Whitaker.

Communicating Excellence:

**20**  
**YEARS**  
Speech Pathology

## Deborah

I have been seeing Mrs. Deborah Petty now for several years and I am amazed at her progress with regard to speech and communi-

cation. At each visit with her, prior to her treatments at Rockcastle Hospital, she would show obvious frustration with her ineffective communication, as would her husband. Over the last year, however, the improvement is astounding. The Pettys and I are very appreciative. I believe this has truly changed this woman's quality of life.

Thank you for your hard work and dedicated effort. I commend the wonderful staff that work or have worked directly with Mrs. Petty.

*Brenda H. Caudill, ARNP  
Eriet Medicine and Pediatrics  
Winchester, Kentucky*



Deborah Petty, left, with Chris Kerrker, UK Speech Pathology Student

## Kylee

As parents, we thought that most of Kylee's unintelligible speech was just a developmental issue and that it would eventually correct itself. As time went on we decided to have a speech evaluation done on Kylee at the

hospital, mainly for peace of mind. This was, without a doubt, one of the best decisions we have ever made for Kylee. From day one the entire Speech Department made Kylee feel so special and they immediately began addressing the issues at hand. The speech therapists were so knowledgeable and worked so hard at finding the perfect approach that worked for Kylee. Kylee looks forward to her sessions each week and she enjoys learning while having fun. The speech therapists have not only helped Kylee but they have also helped us, as a family, work with Kylee properly on improving her speech. Looking back over the past 14 months it is unbelievable the progress that Kylee has made! We have watched a quiet, shy, insecure little girl blossom into a very confident and very social little lady thanks to the Rockcastle Hospital Speech Department.

*Robyn Fain, mother*



Kylee, left, with Linda Gregory, Speech Pathology Director.

My wife, Joyce Stephens, has multiple sclerosis and it affected her speech. The speech therapist has been working with her and not only improved her speech greatly but restored her confidence to talk. She now will talk on the telephone and carry on a conversation with other people. We appreciate their help so much. Speech therapy has made a difference in her life.

*Donnie Stephens, husband*

I used to be afraid that people would not understand me. Speech therapy has helped me not only be able to talk but has also restored my belief that I can talk. I am no longer afraid to talk. I can once again enjoy talking. Speech therapy has made a big difference in my life.

# Hospital, AHEC host MASH camp

The fourth annual MASH (Math and Science in Health Care) Camp at Rockcastle Hospital attracted 18 students, the camp's highest attendance yet.

But quantity of students isn't as important as the quality of the camp, so the Southern Kentucky Area Health Education Center (AHEC) worked hard to develop a curriculum rich in education and fun.

The mission of the camp, held July 21-24, was to give the students, all rising 8th graders, a close-up look at the many health careers they might one day pursue. Students toured the hospital, observed various employees at work, and learned from physicians, administration, nursing, physical therapy, respiratory therapy, dieticians, the hospital chef, and more. The students took a field trip to the University of Kentucky, where they got a close-up look at the minimally invasive

surgeries lab. They also enjoyed a number of hands-on activities and fitness labs.

A new feature of this year's camp was the team projects. The kids were assembled into teams and given a specific disease to research. At the end of the camp, they gave group presentations on the disease, its effect on Rockcastle County, and their approach to dealing with the disease with an emphasis on prevention.

It was the first camp for organizer Amy Basham, a health career/health education coordinator for the AHEC.

"My first MASH camp was an amazing experience," Basham said. "While the camper's highlight was the minimally invasive surgery lab at UK, mine was the team presentations. This was something brand new to camp this year and I think all the teams did a phenomenal job on their presentations."

The AHEC thanks the Rockcastle Hospital profes-



Incoming eighth graders participated in the 2008 MASH Camp. Eighteen students from the region attended the camp hosted at Rockcastle Hospital. Below, a group of campers work together on their team project.

sionals who helped with the camp as well as counselor Regina Burton, and junior counselors Cheyenne Hensley, Skylar Holcomb, and Lyndsey Burton.

The Southern KY AHEC's mission is to improve the health of a 15-county region through education and community partnerships. It is hosted by Rockcastle Hospital. For more information about AHEC programs, call 606-256-0950.



## Rockcastle Hospital receives Quality Award for second time

Rockcastle Hospital and Respiratory Care Center, Inc. received the Kentucky Hospital Association Quality Award for hospitals with less than 100 beds during the Association's Award Gala, Monday, May 12. The Association presented the Quality Awards in four hospital-size categories during the ceremony, which was held at the Hyatt Regency in Louisville. Rockcastle Hospital won this same award in 2006.

The Quality Award was created to honor hospital leadership and innovation in quality, safety and commitment to

patient to care. The goals of this award include: raising awareness of the need for an organization-wide commitment to highly reliable, exceptional quality, patient-centered care; rewarding successful efforts to develop and promote a systems-based approach toward improvements in quality of care; inspiring organizations to systematically integrate and align their quality improvement efforts throughout the organization; communicating successful programs and strategies to the hospital field; and facilitating Kentucky hospitals' alignment of quality initiatives with

national initiatives.

Rockcastle Hospital was also the recipient of the Kentucky Hospital Circle of Friends 2007 Clarence C. Traum Award in honor of outstanding support of Kentucky Hospital's Circle of Friends by contributing the highest percentage of funds over the hospital goal.

"I was very pleased and proud of the fact we won this award for the organization. Our organization was recognized for the job that we do everyday to improve the quality of care for our customers and the community," said Cindy Burton RN, Chief Nursing

Officer.

"Rockcastle Hospital is committed to creating and supporting a culture that focuses on excellence in delivery of service and an absolute obsession with patient safety and customer satisfaction," said Steve Estes, president and CEO of Rockcastle Hospital. "We are a team of dedicated individuals and receiving the KHA Quality Award for a second time is validation of the continuous performance improvements efforts of the entire organization, and in particular the great work and leadership of our quality department."

# A hole in one!

## Golf Scramble raises \$4,700 for WHAS

Rockcastle Hospital and Respiratory Care Center held its Golf Scramble on June 25, 2008 on the lush fairways of Eagle's Nest Country Club in Somerset. Twelve foursomes gathered to raise money for WHAS Crusade for Children. The weather was hot, but the day couldn't have been better! The event raised over \$4,700.

WHAS Crusade for Children wasn't the only winner of the day. The team sponsored by PBK Bank came in first place, followed by the team sponsored by UK HealthCare in second, and the team sponsored by Wisner, Hemlepp & Associates came in third. Dwaine Green was the winner of two UK Basketball tickets in the closest to the pin contest. Scott Gardner won four Lexington Legends tickets in the longest drive contest.

The event wouldn't have been possible without the generous support and time of many people. The hospital would like to thank all those who sponsored beverage carts, holes and

teams: UK Markey Cancer Center, Connolly Consulting Engineers, Veolia, UK Physician Liaison Program, Rockcastle Health & Rehabilitation Center, Bissell's, United Outdoor Media, People's Bank, UK HealthCare, Community Trust Bank, Morgan Plumbing, Rockcastle Medial Arts, Dean, Dorton & Ford, Schuler's Custom Wood, John Ford Attorney, Billy D. Reynolds Attorney, Newtech Systems, Good Neighbor Pharmacy, Bluegrass BioMed, Flav-O-Rich, Cellular One, Wisner, Hemlepp & Associates, Mt. Vernon-Rockcastle Tourist Commission, Custom Logo Wear, Citizens Bank, Ferguson Enterprises, Howell Insurance, UK Gill Heart Institute and PBK Bank. Special thanks to Climax Water-King Bottling, IGA of Mount Vernon, New Horizon Graphics and Pepsi Bottling of Somerset.

Since 1990 Rockcastle Hospital has participated in annual fundraising to raise almost \$68,000 for the WHAS Crusade for Children. To date, Rockcastle Hospital has received

\$377,532.75 from the Crusade and purchased two trip vans and numerous pieces of equipment, including a specialized bathtub and portable ventilators.

Rockcastle Hospital and Rockcastle Hospital and Respiratory Care Center, Inc. is a not-for-profit community hospital that operates inpatient and outpatient acute care programs, 79 long-term care beds for ventilator-dependent patients, a home health care service and Medical Arts Building.

The hospital was established in 1956, is accredited by the Joint Commission on Accreditation of Healthcare Organizations (JACHO), and treats patients from across Kentucky and several other states. In 2007, Rockcastle Hospital received patients from as far away as Nebraska and Texas and from hospitals such as Johns Hopkins and Duke University.

For more information, log on to [www.rockcastlehospital.org](http://www.rockcastlehospital.org).



Linda Gregory, Rockcastle Hospital WHAS Coordinator, and Brandie Taylor, Speech Pathologist, register teams at the golf scramble.



Second place—UK HealthCare: James Wray, Jim Zembrodt, and Sergio Melgar with Linda Gregory.



First place—PBK Bank team, pictured from left Josh Bray, Mark Bishop, Zach Gentry, and Jake Woodall with Linda Gregory.



Third place—Wisner, Hemlepp & Associates team: Jordan Welch, Zach Wilson, Corey Rogers, and Trevor Roy, with Linda Gregory.

# Diabetes Dilemma

- Are you interested in diabetes education to better manage your diabetes?
- Are you looking for new ideas to better adapt your lifestyle to control blood sugar?
- Did you know the risk factors of poor blood sugar management include: nerve damage, foot and leg problems, blood vessel disease, sexual dysfunction, eye disease and kidney disease?

**WE CAN HELP!**

## Rockcastle Hospital offers Diabetes Self-Management Training

**R**ockcastle Hospital & Respiratory Care Center, Inc. has coordinated a Diabetes Self-Management Training program with physicians, dietitians, nurses, pharmacists, rehabilitation therapists and behavior specialists.

Diabetes control consists of adopting a way of life that allows the person to control blood sugar levels and decrease risk of complications.

Diabetes control can be obtained by:

- Following the healthy eating plan prescribed by your Dietitian
- Increasing physical activity

- Monitoring blood glucose levels
- Taking medication as prescribed
- Controlling stress and recognizing emotional changes
- Modifying behaviors that may keep you from reaching your goals
- Keeping records of activity, food intake and your personal goals.

For more information or to sign up for any classes contact: Teresa Blair, MS, RD, LD, CDE Clinical Dietitian, Certified Diabetes Health Educator at (606) 256-7718.

### • 2008 Class Schedule •

August 28 Thursday-6:00 p.m.	What you need to know about Diabetes and Pre-diabetes—Are you at risk? Teresa Blair, MS, RD, LD, CDE	October 9 Thursday-6:00 p.m.	How am I doing?... Making sense of the numbers to manage diabetes Teresa Blair, MS, RD, LD, CDE
September 4 Thursday-6:00 p.m.	Nutrition and meal planning basics—the key to managing your diabetes successfully. Teresa Blair, MS, RD, LD, CDE	October 16 Thursday-4:00 p.m.	Managing diabetes with a shot of physical activity James Messer, PT Teresa Blair, MS, RD, LD, CDE
September 11 Thursday-6:00 p.m.	Understanding Diabetes Medication Tom Hasty PharmD	October 20 Monday-6:00 p.m.	DASH to Lower Blood Pressure Lindsey Gabbard, RD, LD
September 18 Thursday-6:00 p.m.	Work with what you've got...from the pantry to the pot Chef Shannon Stevens Teresa Blair, MS, RD, LD, CDE	October 30 Thursday-6:00 p.m.	Eating to Lower Heart Disease Risk Jill Stevens, MS, RD, LD
September 25 Thursday-6:00 p.m.	My Life with Diabetes—Health, Stress, and Coping Lore Beth Payne, BSW	November 3 Monday-6:00 p.m.	Secrets for successful weight loss Lindsey Gabbard, RD, LD
October 2 Thursday-6:00 p.m.	Preventing Diabetes Complications Susan Durdine, RN	November 13 Thursday-6:00 p.m.	Have a Healthy Holiday! Teresa Blair, MS, RD, LD, CDE



# Back-to-School Tips

Presented by  
**Dr. Callie Shaffer, Pediatric Medicine**

## Traveling to and from school

Review the basic rules with your youngster:

### School Bus

- Wait for the bus to stop before approaching it from the curb.
- Do not move around on the bus.
- Check to see that no other traffic is coming before crossing.
- Make sure to always remain in clear view of the bus driver.

### Car

- All passengers should wear a seat belt and/or an age- and size-appropriate car safety seat or booster seat.
- All children under 13 years of age should ride in the rear seat of vehicles.
- Remember that many crashes occur while novice teen drivers are going to and from school. You may want to limit the number of teen passengers to prevent driver distraction. Do not allow your teen to drive while eating, drinking, or talking on a cell phone.

### Walking to School

- Make sure your child's walk to a school is a safe route with well-trained adult crossing guards at every intersection.
- Be realistic about your child's pedestrian skills. Because small children are impulsive and less cautious around traffic, carefully consider whether or not your child is ready to walk to school without adult supervision.
- Bright colored clothing will make your child more visible to drivers.



To schedule an appointment  
 with Dr. Callie, call  
**(606) 256-4148**

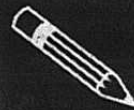
Source: American Academy of Pediatrics

## Backpack safety

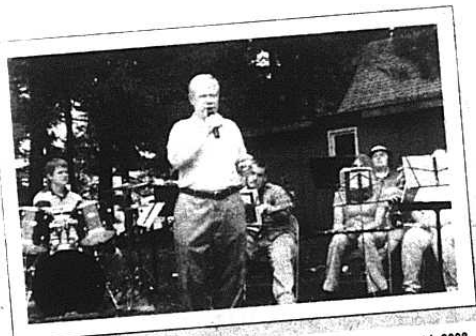
- Choose a backpack with wide, padded shoulder straps and a padded back.
- Pack light. Organize the backpack to use all of its compartments. Pack heavier items closest to the center of the back. The backpack should never weigh more than 10 to 20 percent of the student's body weight.
- Always use both shoulder straps. Slinging a backpack over one shoulder can strain muscles. Wearing a backpack on one shoulder may also increase curvature of the spine.
- Consider a rolling backpack. This type of backpack may be a good choice for students who must tote a heavy load. Remember that rolling backpacks still must be carried up stairs, and they may be difficult to roll in snow.

## Eating during the school day

- Most schools regularly send schedules of meals home. With this advance information, you can plan to have lunch on the days when the main course is one your child prefers not to eat.
- Try to get your child's school to stock healthy choices such as fresh fruit, low-fat dairy products, water and 100 percent fruit juice in the vending machines.
- Each 12-ounce soft drink contains approximately 10 teaspoons of sugar and 150 calories. Drinking just one can of soda a day increases a child's risk of obesity by 60%. Restrict your child's soft drink consumption.



# Scrapbook



Rockcastle Hospital Hosted the RCHS Band Garden Party on June 14, 2008. Pictured above is hospital board member Joseph Lambert who was the keynote speaker. A large crowd was on hand, including hospital residents, to enjoy the sounds of the RCHS Jazz band and refreshments. Partygoers also toured the hospital's Lambert Walk at Stewart Gardens.



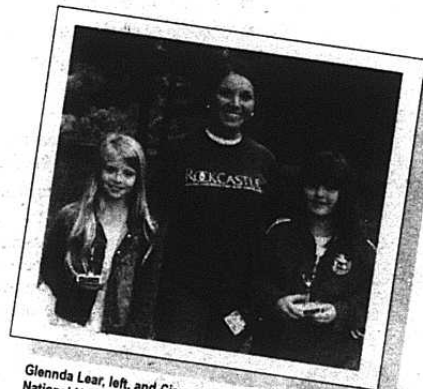
A Retirement Celebration was held in honor of Betty Purcell, center, who retired as Chief Nursing Officer in June. Posing with Betty are Carmen Poynter, Human Resources Director and Steve Estes, President/CEO. When Betty returns from some much deserved time off, she will be joining the Community Relations Department.



Lela Harrison, center, received an award for her retirement after 27 years of service from Steve Estes, President/CEO and Carmen Poynter, Human Resources Director.



National Hospital Week poster contest winner Katie Swinney poses with her trophy and gift from Southern KY AHEC.



Glennnda Laar, left, and Cierra Neal, right, were two of the National Hospital Week poster contest winners. Arielle Reese, the Rockcastle Hospital Community Relations Director, presented the winners with a trophy and gift. The contest was sponsored by Southern KY AHEC.



Carmen Poynter, Human Resources Director, was recognized for her 25 years of service to Rockcastle Hospital. Pictured above, Carmen, at left, receives her award from Steve Estes, President/CEO.



Employees of Rockcastle Hospital's Business Office enjoy a cookout in celebration of National Hospital Week during the month of May.



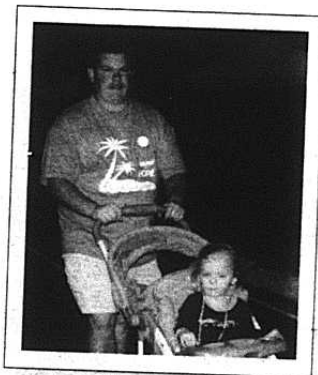
In celebration of National Hospital Week, Arielle Reese, Rockcastle Hospital Community Relations Director, delivered ice cream to employees on May 12. Above left, Jerian Shaw, AHEC, receives her ice cream from Arielle.



On May 13 during National Hospital week, the dietary staff served employees with an 'All-Star' Breakfast. All employees received a free breakfast that morning. Pictured front, from left, are Gayle Thacker and Bonnie Mink. Back, from left, Tabitha Stephens, Sherry McCown, and Darlene Singleton.



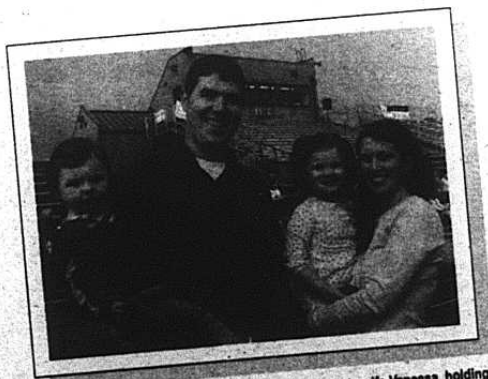
Representative Danny Ford, right, with the help of Jeff Smithern, left, auction off a pie at the annual Relay for Life Spaghetti Supper and Pie Auction on June 3.



Dr. Kevin Rowe along with his daughter, Lindsay, make their way around the track at Rockcastle County Relay for Life on June 20.



Gayle DeBorde, left, and Doris Caldwell participated in the Rockcastle County Relay for Life on June 20.



Dr. David Bullock, holding daughter Davany, and his wife Vanessa, holding daughter Bailey, attended the Rockcastle County Relay for Life on June 20.



Members of Rockcastle Hospital's Relay for Life team make their way around the track at the 2008 Rockcastle County Relay for Life.

# Stop by for a 'Caring Cup'

Rockcastle Hospital's new coffee cart, 'Caring Cup' is now open for business in the lobby of the Outpatient Services Center. Millie Eaton, Admissions, won the coffee cart naming contest. Her submission of 'Caring Cup' won out of about 30 entries. Eaton received a gift card for free drinks at the

coffee cart.

'Caring Cup' is open Monday through Friday from 7:30 am to 3:00 pm. Selections include cappucino, expresso, coffee and specialty syrups such as English Toffee, Almond Mocha, Butter Rum, and Chocolate Peanut Butter. Desserts are also available.



Millie Eaton, above right, Rockcastle Hospital Admissions Department, receives a gift from Arielle Reese, Community Relations Director, for winning the coffee cart naming contest.

## Now Open

**Monday-Friday**  
7:30 am to 3:00 pm

*Located in the  
Outpatient Services Center  
at Rockcastle Hospital.*



- ☞ Coffee ☞
- ☞ Expresso ☞
- ☞ Cappucino ☞
- ☞ Syrups ☞

JUL 31 2008

# ROCKCASTLE PROFESSIONAL PHARMACY



Conveniently located in the Outpatient Services Center at Rockcastle Hospital and Respiratory Care Center, Inc.

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**Hours:**  
Monday-Friday  
8:30 am to 7:00 pm,  
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**ROCKCASTLE**  
HOSPITAL AND RESPIRATORY CARE CENTER, INC.  
145 Newcomb Avenue • Mt. Vernon, KY 40456  
(606) 256-2195

## NEWS AND NOTES FROM OUR TEAM

Meet some of our newest employees



Amanda Blackburn



Heather Marlow



Teri Schott

### BLACKBURN

Amanda Blackburn is Rockcastle Hospital's new Speech-Language Pathologist. An Eastern Kentucky University graduate, Blackburn lives in Pulaski County and enjoys spending time with her fiancé, boating and fishing, playing with pets, shopping, traveling and reading. She joined Rockcastle Hospital in May and says it has been a great experience and has enjoyed getting to know everyone. "Most worthwhile has been the long term care patients. They are a blessing! I find it very rewarding to give them the opportunity to voice their opinions, wants and needs and carry on a conversation with someone."

### MARLOW

Heather Marlow has joined Rockcastle Hospital's Speech Pathology department. She earned a Masters of Arts in Communication Disorders from Eastern Kentucky University.

Marlow lives in Corbin with her husband, Derek. During her free time, she enjoys boating, shopping, and traveling.

"I have been working for about two

months now and I have enjoyed every moment," Marlow says when asked about her new position. "Rockcastle Hospital is a special place to work. Everyone is so nice and encouraging. Patient care is the primary concern and that is what sparked my interest."

### SCHOTT

Teri Schott is the newest addition to Rockcastle's Occupational Therapy team. Schott, who credits her patients with giving her desire to work in the medical field, is excited about the opportunity to work with such knowledgeable and well trained staff, especially, Cheryl Mullins, the Director of the OT department.

Schott lives in London with her husband David and their two children, Alexandra and Seth. She received her Occupational Therapy degree from EKU. She enjoys horseback riding and sign language.

Schott is very thankful for her job at Rockcastle Hospital. "God's timing, as usual, is perfect. It is exactly what my family needed at this time."

## Messer named new Director of Physical Therapy

James Messer is the new Director of Rockcastle Hospital Physical Therapy. Originally from Manchester, Messer has worked at Rockcastle Hospital since 2004. He received his physical therapy degree from the University of Kentucky and has two daughters, Shelbi (age 7) and Reagan (age 3).

Messer is excited about his new position and looks forward to the challenges before him. "I have



James Messer

experienced many successful endeavors as an outpatient therapist, and I have fulfilled many goals as a clinician. This new position comes as a welcomed change for me. I believe the new challenges and responsibilities will help me grow as a person, therapist and father." Messer said he looks forward to the growth of the physical therapy department and the exploration of new programs to meet the needs of the community.

# ROCKCASTLE

HOSPITAL AND RESPIRATORY CARE CENTER, INC.

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

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

### Physicians Based in Rockcastle County

Tony Arvin, M.D.	Family Practice
David Brabon, M.D.	Plastic Surgery
David Bullock, M.D.	Family Practice
Kimberly Cornelius, M.D.	Internal Medicine/Pediatrics
Eduardo Gomez, M.D.	Radiology
George W. Griffith, M.D.	Family Practice
William P. McElwain, M.D.	Family Practice
Kevin Rowe, M.D.	Family Practice
Karen Saylor, M.D.	Internal Medicine/Pediatrics
Callie Shaffer, M.D.	Pediatrics
Nancy Vance, M.D.	Emergency Medicine

### Visiting Physicians

Jorge Alegria, M.D.	Cardiology
Michael Anstead, M.D.	Pediatric Pulmonology
Susanne Arnold, M.D.	Oncology
Azhar Aslam, M.D.	Cardiology
Ketan Buch, M.D.	Critical Care Pulmonology
Charles Campbell, M.D.	Cardiology
Mara C. Chambers, M.D.	Oncology
James K. Crager, M.D.	Cardiology
Jonathan M. Doty, M.D.	Ears, Nose, & Throat
Willem J.S. de Villiers, M.D. Ph.D.	Gastroenterology
Deborah Flomenhoff, M.D.	Pediatric Gastroenterology
Mauro Giordani, M.D.	Orthopaedic Surgery
Hussam Hamdalla, M.D.	Cardiology
Richard Haydon III, M.D.	Ears, Nose, & Throat
Suman Jana, M.D.	Endocrinology
Michael Jones, M.D.	Cardiology
Bryon Kee, M.D.	Oncology
Alam Khan, M.D.	Neurology
Christian Knecht, M.D.	General Surgery
Paul Krestik, DPM	Podiatry
Christian Latterman, M.D.	Orthopaedic Surgery
Iraklis Livas, M.D.	Allergy and Immunology
Anne P. Marshall, M.D.	Pathology/Cytopathology
Rick R. McClure, M.D.	Cardiology
Timothy Micek, M.D.	Orthopaedic Surgery
David J. Moliterno, M.D.	Cardiology
Debabrata Mukherjee, M.D.	Cardiology
Robert Owen, M.D.	Neurosurgery
Anthony Rogers, M.D.	Cardio/Thoracic Surgery
Erin Johnson Saunders, M.D.	OB/GYN
Jignesh Shah, M.D.	Cardiology
Steven I. Shedofsky, M.D.	Gastroenterology
Mushabba Syed, M.D.	Cardiology
James M. Thompson, M.D.	Sleep Clinic
John Tuttle, M.D.	Urology
Byron T. Westerfield, M.D.	Sleep Clinic
Denis A. Yalkut, M.D.	Urology

Look for current job postings on our website at  
[www.rockcastlehospital.org](http://www.rockcastlehospital.org)

# Makeup.

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**An effective weapon against cancer.**

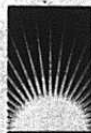
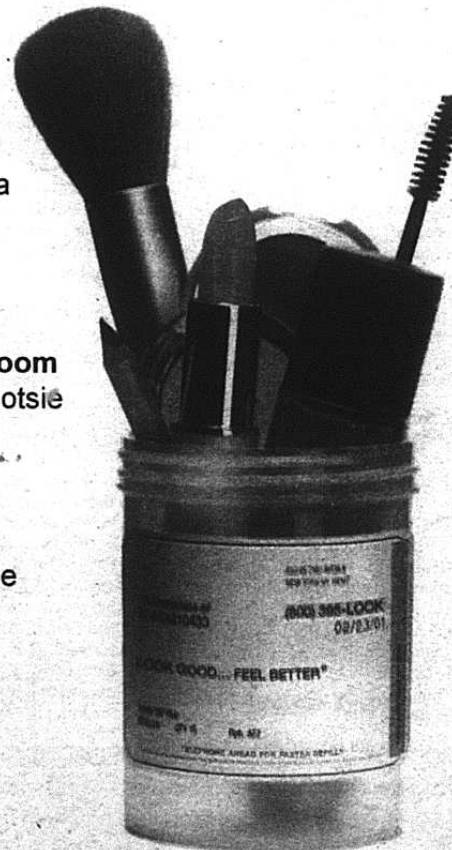
## Attention all WOMEN:

- Are you battling cancer?
- Are you undergoing chemotherapy or radiation treatment?
- Want another weapon in fighting the disease?

**Look Good...Feel Better** is a free program that helps women look their best during cancer treatment. It's like a makeover for the spirit. And that's a beautiful thing.

A Look Good...Feel Better session is scheduled for **Wednesday, August 20, 2008 3:00 PM at Rockcastle Hospital's Outpatient Services Center Conference Room** with American Cancer Society trained Cosmetologist Bootsie Shepherd.

In order to provide complimentary cosmetics, advance reservations are required. For more information or to make a reservation (before August 15), call Arielle Reese at **(606) 256-7880**.



Look Good...Feel Better.



Look Good...Feel Better is a partnership between the American Cancer Society and the Cosmetic, Toiletory and Fragrance Association, and the National Cosmetology Association.