

# Mount Vernon Signal

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Mother Nature has brought a variety of weather to the county during this week's winter storm. The latest winter weather was in the form of rain and snow on Wednesday morning. When the rain changed to snow around 10:30 a.m. roads were completely covered in a very short time. Before Wednesday morning's snow, nearly three inches of rain and freezing rain had been recorded in the county in a 24-hour period from Tuesday to Wednesday morning. The above photo was taken on Main Street in Mt. Vernon.



Garry Hurst, a crew foreman at the state highway garage in Mt Vernon, loaded one of the many salt trucks on Tuesday morning that were working throughout the county. Hurst said trucks had been running out of the highway garage non-stop even before the winter storm began on Monday night. Over 200 tons of salt was used by the state alone in a 24 hour period in Rockcastle due to slick roads. Workers also cleared fallen trees from several roads on Tuesday and Wednesday, when school was dismissed in the county. (Winter storm photos by: Richard Anderkin)



At 3 p.m. on Tuesday afternoon 855 Jackson Energy customers in Rockcastle County had lost power due to this week's winter storm. Ice coated power lines, such as the one above on Hwy. 195, (Red Hill Road), were reported down in many areas of the county, especially in the northern and eastern part of the county. A resident in the Red Hill area, who had lost power because of the storm, said that power was restored in the area around 8 o'clock Tuesday night and Jackson Energy reported that only 84 customers were without power on Wednesday morning. Below, Billy Wayne "Red" Bryant drives slowly past a downed tree on Red Hill Road Tuesday morning as he went to check on his mother, Tevis, who was one of those without power. Her power was also restored on Tuesday evening.



## In Mt. Vernon

### Jones brings criticism and concerns to first meeting

By: Richard Anderkin

Newly-elected Mt. Vernon council member Don Jones was the center of attention at Monday night's regular monthly meeting of the city council.

Besides remarks by Mt. Vernon Mayor Clarice Kirby, Jones did most of the talking during the one hour and fifteen minute meeting and much of what he said involved what the council and Mayor have done in the past, but he also had an opinion on new business before the council that night as well.

From other council members not speaking loudly

enough, to improperly awarding bids for a new fire truck and backhoe, Jones commented on every topic of the night, including the leadership and job performance of Mayor Kirby.

And, at one point, Jones admitted to the council and Mayor that he might be "nit-picking."

Some of that nitpicking included how much the city was paying for phone service, to a state law requiring council members to speak loudly enough to be heard in the back of the room.

Jones said from what he had

(Cont. to A10)

### County spared from worst of winter storm

Although hundreds were without power and school was dismissed on Tuesday and Wednesday, for the most part, Rockcastle County was spared from the worst winter storm to hit the state in the past few years.

Jackson Energy's Public Relations Director Karen Combs, said 885 Rockcastle residents were without power on Tuesday afternoon but, by 8 a.m. on Wednesday, only 84 Jackson Energy customers in the county were without power. There were also a few KU customers in the county still without power on Wednesday after-

noon. State Road Department Crew Foreman Garry Hurst said that salt trucks from the state Road Department had used over 200 tons of salt on Monday and Tuesday and had also cleared several downed trees from state roads.

Students in Rockcastle schools have now missed six days this school year because of bad weather, which has the new closing date for this school year as May 26th.

Local emergency officials said that motorists in the county

(Cont. to A9)

## To require fee offices to publish gross salaries

### County approves participation in two federal grant applications

At a special called meeting of the Rockcastle Fiscal Court Tuesday, the court approved participation in a four-county application for a waterways trail, involving the Rockcastle River.

The initial cost to the county, only after the application is approved by the federal government, will be \$2,500 in

matching funds for the engineering study for the trail which will run from Horse Lick Creek to Bee Rock, a distance of 50 some miles.

The other three counties expected to participate in the application, Laurel, Jackson and Pulaski, will also each put in \$2,500, bringing the initial cost to \$20,000 for the study.

County Judge/Executive Buzz Carloftis said that new access points to the river would have to be built to accommodate small water crafts. Carloftis also said that he had been told by federal officials, including Cong. Hal Rogers, that the grant would stand a better chance of being approved if it was a regional application.

After a short discussion, the court approved the county's participation in the grant application.

(Cont. to A8)

### Lady Rockets ranked first in Cantrall poll

The Rockcastle County High School Lady Rockets were ranked number one in the state in the Lexington Herald-Leader's Dave Cantrall basketball poll, released on Monday.

It was the highest ever statewide ranking for the Lady Rockets in any poll, since the Lady Rockets began playing basketball in 1974.

The Lady Rockets, now 17-4 on the season, moved up from a tie for second a week ago, to the number one spot after an easy 56-41 win over number ten Casey County on Friday night. The Lady Rebels had won 13 straight games, which included a January 2nd win over the Lady Rockets in Casey County.

The Lady Rockets followed up Friday night's win with a 64-41 win over 10-7 Mercer County on Monday night.

Head Coach Chrysti Noble, who is in her 19th season as head of the girl's program at RCHS, said while she was

pleased with the number one status, "rankings really don't mean anything."

"It will be a good item for a scrapbook one day, but the only thing that matters is how well we play down the stretch and how well we do in the district and, hopefully, region tournaments," she said.

"Our players still have a lot of work to do if they have any hope of repeating as district and region champs," she said.

Noble, who has taken the

(Cont. to A9)

### Farmers-Business Banquet scheduled for February 17th

The 49th Annual Farmer's/Businessmen's Banquet will be held Tuesday, February 17th at Rockcastle County Middle School.

Registration, seating and silent auction begins at 6 p.m. with dinner served at 6:30 p.m. Guest speaker will be Ferrell Wellman, political analyst, ECU professor and host of "Comment on Kentucky."

Tickets are \$15 each and may be purchased by contacting the Rockcastle County Chamber of Commerce, 256-0070; Dwain Harris/Arielle Reese, Rockcastle Hospital, 256-0950; Jenny Sweet, Rockcastle County Schools, 256-1111; Zack Gentry, Conservation District, 256-2525 - Ext. 106; Robert Lawson, Kiwanis, 256-1000 or from any Chamber of Commerce Ambassador.



Chrysti Noble is in her 19th season at RCHS



# Points East

By Ike Adams

As you know, if you frequent this column, I have basically given up on using my television for anything other than the evening news or an occasional show on KET that I have not previously seen.

On rare occasions I rent a movie or watch a ball game. Suffice to say that when the TV dies it will be from old age more than wear and tear.

You also know that reading, always my favorite form of entertainment, has almost become my exclusive way to spend idle time or relax before I go to sleep. And I'm currently set for at least a couple months because I was able to find complete collections of everything that Emilie Richards and Lisa Scottoline have written to date on Ebay for a tiny fraction of the cover cost. I have 23 bucks invested in 31 titles and that includes postage.

Actually, I'd already read 9 of them, but hey, I can share the duplicate volumes with friends, like Layne Hawley, who are turning always loaning me books. In fact, for Christmas, Layne gave me John Gorgan's recent book entitled Marley and Me.

It's the story about the Grogan's acquisition of a yellow Labrador Retriever puppy and the 15 or so years of life they experienced with the dog. If you are a dog lover, especially of Labs, this is an absolute must read. It is an outstanding piece of writing and telling a humorous and touching story.

So anyway, the book has been turned into a movie starring Owen Wilson and Jennifer Aniston.

Last Friday night with the temperature still in the fifties, Loretta and I decided to celebrate the hot weather by splurging on seeing the movie instead of waiting for it come out on DVD.

I've never actually seen a movie that I thought was as good as the book. And this one is easily the worst comparison I've ever seen. It did have a yellow lab in it and a newspaper guy, but except for two funny scenes that involved the dog swallowing and expensive gold necklace and one where he pooped in the ocean at an exclusive beach, the movie bore scant resemblance to the book. In fact, the best supporting member of the cast was not

even in the book.

Which is to say that if you've seen the movie, read the book anyway. If the movie made you giggle, the book will have you laughing so hard that you'll wake up the baby or your spouse or both at which point you will, as I did with Loretta, say, "Honey since you are already awake, let me read you just this one paragraph," and then you will be forgiven.

One the other hand, if you've read the book, don't waste money on the movie even when it hits DVD.

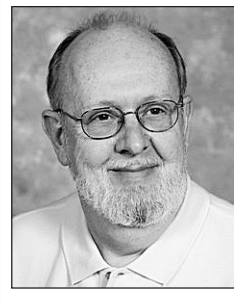
But in the spirit of every cloud has a silver lining, about ten minutes before the movie was scheduled to end, the projection equipment broke down. Somebody from the theatre came in and said that it would take twenty minutes or so to get it fixed and started handing out free tickets. We were free to wait or come back and see it again. At which point I announced that I wouldn't sit through the movie again for ten times the \$7.50 ticket price and I wanted a carte blanche ticket for any movie in the house.

And that's what we got. Thirty minutes later we were outside the theatre with free tickets which means that we may be able to afford a soda with two straws and a small popcorn when we go back to see a freebie.

In the meantime, speaking of good reading, I doubt that Frog Farm a novel by my friend Jim Cornett who grew up in Letcher County and now lives in Burnside, KY, will ever be turned into a movie, but it is a wonderful read for anyone familiar with east Kentucky coal country. Jim has written over twenty books, six of which are focused on Appalachian cooking and well over a dozen that chronicle life in east Kentucky but Frog Farm is his first attempt at fiction. It also has several full-page, hand-drawn illustrations by Roy Swiney of Jeremiah, KY that at art and imagination to the book.

Jim's books are all self-published in spiral binders. Frog Farm, now that I think about it would make a great screenplay for a movie. In the meantime it is an oh-so nice love story that captures the essence

(Cont. to A4)



# Rockcastle Memories

By David J. Griffin

## She wore blue velvet

While recently taking basketball action photos at the local high school, there was a time-out in which I found myself making note of a recent fashion trend, particularly of teenagers. Most of the girls were wearing suede, mid-calf boots with sheepskin lining. This fad made me recall some of the fashion trends of the 50's and '60's.

In those days, rock-and-roll idols, including Elvis Presley, Bill Haley, Jerry Lee Lewis and film stars James Dean, Marlon Brando, Sandra Dee, Marilyn Monroe, and Brigitte Bardot, were instrumental in setting fashion trends for teenagers. Teens suddenly developed their own clothing styles, haircuts, and shoes. For the first time, a generation gap began to emerge between parents and their offspring.

At Mt. Vernon High School and all across America, there were two distinct classifications of attire that developed: "greasers" followed the black leather and denim jeans look set by James Dean (1955 - Rebel Without A Cause), while "preppies" were teens demonstrating neatness, tidiness and good grooming as the basis for their apparel. Pat Boone was a prime example of the Preppie look.

Many of the styles that developed during this time were reflected in the lyrics of popular songs. The introduction of the bikini to the world of fashion was contained in Itsy Bitsy Teeny Weeny Yellow Polka Dot Bikini.

(I can't imagine how the writer would describe the bathing suits of today!)

*She was afraid to come out of the locker*

*She was as nervous as she could be. . . .*

*It was an itsy bitsy teeny weeny yellow polka dot bikini*

*That she wore for the first time today.*

Frankly, the older generation at that time was practically horrified by the design of a bikini. Younger people were not - but a gal putting one on for the first time could be quite self-conscious at showing that much of her skin. The song focused on just that but had a light-hearted approach. It was an immediate success.

Elvis helped create a fad that lasted for years when he sang "Won't you wear my ring around your neck?" There were countless numbers of girls who wore their boyfriend's class ring on a chain around their necks. It became the way that a girl demonstrated that she was "going steady" with the guy.

And who could forget hearing "A white sport coat and a pink carnation, I'm all dressed up for the dance..." Just take a look at those old yearbooks, and there you will see that trend played out in full. We thought we looked quite dashing in those white sport coats. Apparently so did the girls, because

they were almost certain to turn their attention to you if you were wearing one.

On the more casual side, there was Jimmy Clanton singing about Venus in Blue Jeans. Without a doubt, the most popular item of clothing of the day was jeans. Girls wore them rolled up to the mid-calf with bobby socks and saddle oxfords. I thought that it was the sexiest fad of the time - as was reflected in the lyrics describing a "teenage goddess":

*She's Venus in blue jeans*

*Mona Lisa with a ponytail*

*She's a walkin' talkin' work of art*

*She's the girl who stole my heart...*

Girls also wore men's white shirts outside of their jeans, then known as "dungarees." Some of the more rebellious girls also wore tight-fitting, calf-length pants called pedal pushers. Ponytails completed this look.

There were other girls' trends that were just as popular: full skirts with layers of nylon petticoats, scoop neck blouses, bobby socks, and white Keds or saddle oxfords. Even in rural Rockcastle County, poodle skirts were often seen.

Those petticoats were something else. They were heavily starched in order to achieve the proper bouffant look of fullness - and gave a gentle "swish" when the gal walked by. Needless to say, positioning a girl in the front seat of your car next to you was a real experience. Those skirts popped up and consumed a lot of space. Better be real careful when reaching over to turn the volume up on the radio!

I'll leave the description of "necking" with a girl in those petticoats to either your imagination or your memory - whichever applies.

I am always reminded of a college dance that I attended when I hear Bobby Vinton's hit Blue Velvet. I was enrolled in a college algebra class and had noticed that one of the prettiest

(Cont. to A4)



## Horse lover's life filled with ups and downs

Six years ago, life wasn't painting a pretty picture for artist Donna Hibbs.

The "country girl trapped in the city," found herself battling cancer, dealing with being a single mom, and lying in a ditch beneath her big Arabian horse.

Today, a severely broken leg has healed without complications, her son is doing well in college, and she's cancer-free.

And when it comes to horses, the woman whose email address is kyhorsebabe, is back in the saddle after a life that's taken several twists and turns shaping the person she has become.

Hibbs wasn't reared on a farm, but she admired the sleek and beautiful animals a neighbor kept in a field behind her suburban Louisville home.

"My dad was a friend of the

farmer, so I got to spend some time with the horses, but was never allowed to have one of my own. I loved them so much. I can remember getting down on all fours when I was a kid and pretending to be one," she says.

No amount of persuasion could convince her family to purchase a horse, so she resorted to painting her favorite creatures.

That experience, plus a year spent living with her artistic grandmother in Salem, Indiana, led to an art scholarship at Morehead University following graduation from Southern High in 1981.

Plans to study to become a commercial artist went by the wayside when she found the studies "boring" and decided to spice things up by taking equestrian

(Cont. to A4)

## Take a Walk

Presented by Dr. David Bullock

Exercise does help. In a decades-long study of Harvard graduates, it has been shown that people who exercise regularly have less obesity, osteoporosis, hypertension, and a longer life expectancy.

It does not necessarily help to become obsessed with a certain activity for a few months or years, such as running, and then quit, or go skiing a couple times each winter. To be most useful, exercise does not have to be extremely vigorous, but it must be done on a regular basis. Walking is one of the best exercises for this.

Walking has many advantages. It does not require any special equipment other than good shoes, and it does not require any special buildings or fields. It can be done anywhere and can be incorporated into a person's daily activities of getting the mail or going to work. Virtually anyone can do it.

Even in the winter it can be a good exercise. When it is too cold or icy outside, a person can walk in shopping malls, up and down stairways or do volunteer work in hospitals, nursing homes, or in community projects. Walking can also be a good starter program for more vigorous sports such as running, swimming, or tennis.

Injuries are uncommon with walking and the exercise keeps the bones strong by helping prevent the loss of calcium associated with aging.

Walking does not burn quite as many calories per mile as running, but it is still an excellent way to help reduce your weight. The weight loss and cardiac benefits can be further increased by vigorous arm-swinging or carrying small hand weights.



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# Obituaries



## Larry Biron Mullins, Jr.

Larry Biron Mullins, Jr., 41 of Mt. Vernon, died Wednesday, January 21, 2009 at the Rockcastle Hospital. He was born in Rockcastle Co. on April 10, 1967 the son of Larry and Brenda Mink Mullins. He was a construction worker and was of the Baptist Faith. He enjoyed hunting, fishing and watching

wildlife, and was a veteran of the US Air Force and Army National Guard. Biron will be missed by all his family and friends.

He is survived by: two sons, Kent Mullins and Kyle Mullins, both of Mt. Vernon; his paternal grandmother, Louise Mullins of Climax; and his maternal grandfather, Kenneth Mink of Mt. Vernon. He was preceded in death by his maternal grandmother, Ruby Mink and his paternal grandfather, Lewis Mullins.

Funeral services were conducted Sunday, January 25, 2009 at the Dowell & Martin Funeral Home Chapel by Bro. Eddie Nation. Burial with military honors was in the Elmwood Cemetery.

Pallbearers were: Steven "Bubba" Cameron, Steve Dixon, Garry Fain, Josh Hayes, Ralph Mullins, Shelly Mullins, and Ronnie VanZant.

Honorary pallbearers were: Dallas Anderkin, Brian Bussell, Daniel Dobbs, Matthew Edwards, Lynn Miracle, Nick Miracle, and Brad Mullins.

Please visit [www.DowellMartin.com](http://www.DowellMartin.com) to view online obituary.



## Everett Mahaffey

Everett Mahaffey, 86 of Livingston, died Wednesday, January 21, 2009 at the Rockcastle Hospital. He was born in Rockcastle County on June 14, 1922 the son of James Wade and Bessie Thomas Mahaffey.

He was a retired press operator for General Electric and was an Army veteran of World War II.

He is survived by two daughters, Sherry Sue Mahaffey and Christina Maria Mahaffey, both of Livingston. Also surviving are 15 grandchildren, 16 great grandchildren, and 1 great-great-grandchild. He was preceded in death by: his wife, Elizabeth Mahaffey; three sons, Everett James Mahaffey, Bruce Wayne Mahaffey, and Larry Dale Mahaffey; five sisters, Myrtle, Jenny, Rosalee, Carrie, and Mae; and five brothers, Cleo, Jesse, Jim, Luther, and Fred.

Funeral services were conducted Saturday, January 24th at the Dowell & Martin Funeral Home Chapel by Bro. Billy Medley. Burial was in the Mahaffey Family Cemetery at Livingston.

Pallbearers were: Damien Eversole, David Lee Mahaffey, Jason Mahaffey, Larry Mahaffey, Kevin Setser, Curtis Shackelford, and William Singleton.

Please visit [www.DowellMartin.com](http://www.DowellMartin.com) to view online obituary.

**Classified  
Deadline is  
10 a.m. Tuesday**



## Philip Martin Owens

Philip Martin Owens, 62, of Irvine, KY, formerly of Brodhead, and husband of Virginia "Ginny" Pugh Owens, died Sunday, January 25th, 2009 at the U.K. Chandler Medical Center in Lexington, after a short illness.

He was born on May 31st, 1946 in Berea, the son of the late C. B. Owens and Barbara Owens. He was a member of the First Christian Church of Irvine where he served as an Elder and enjoyed singing in the choir. He was a 1968 graduate of Berea College. He received his Jurist Doctorate degree from the University of Kentucky School of Law in 1972. A past Master of the Irvine Masonic Lodge, a member of the Eastern Star, and American Legion. Philip was chairman of the Estill Arts Council and a past president of Powell County Lions Club. During his 36 Years of practicing law, he served on various other councils and organizations. His hobbies and interests were woodworking and farming.

Those left to cherish his memory include: his wife of 40 years, Virginia P. "Ginny" Owens of Irvine; two sons, Thomas Byron Owens of Chattanooga, TN, Philip Daniel (Tracey) Owens of Irvine; two granddaughters, Brianna and Brooklyn; and two brothers, Byron M. (Peggy) Owens of Somerset and J. Stephen (Onna Kay) Owens of Brodhead, KY; as well as nieces, nephews, friends and neighbors.

A memorial service will be conducted Saturday, January 31st, 2009 at 2 p.m. at the Irvine First Christian Church, 270 Main Street, Irvine, KY, with Bro. Tom Henderson officiating. The Marvin E. Owens Home for Funerals of Brodhead is entrusted with the arrangements.

In lieu of flowers, please send donations to the Irvine First Christian Church.

Condolences may be made online [www.marvineowensfuneralhome.com](http://www.marvineowensfuneralhome.com)

## Lula Mae Anderson

Mrs. Lula Mae Anderson, 82 of Orlando, died Monday, January 26, 2009 at the Rockcastle Health & Rehabilitation Center in Brodhead. She was born in Rockcastle County on April 12, 1926 the daughter of Valentine "Wal" and Alice VanWinkle Ballinger. She was a homemaker and was of the Baptist Faith.

She is survived by: a sister, Oakley Marie Moore of Ohio; and several nieces and nephews. She was preceded in death by: a daughter, Joyce Ann Davis; six brothers, Welkie, Vernon, Murphy, Gilbert, Curt, and Berkley Ballinger; three sisters, Viola Kenny, Mattie Lou Abney, and Sarah Jane Thomas.

Funeral services will be conducted Friday, January 30th at 2:00 p.m. at the Dowell & Martin Funeral Home Chapel by Bro. Jerry Ballinger. Burial will follow in the Johnetta Cemetery.

Friends may call at the Dowell & Martin Funeral Home from 6:00 to 9:00 PM Thursday.

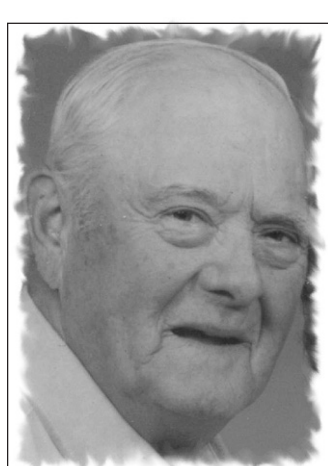
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## Ida Hurd

Mrs. Ida Miller Hurd, 92 of Mt. Vernon, died Tuesday, January 27, 2009 at the Rockcastle Hospital.

Funeral arrangements are by the Dowell & Martin Funeral Home and are incomplete.

A complete obituary will appear in next week's Signal.



## Willie Hurst

Willie Hurst, 86, son of the late Arthur and Cleo Potet Hurst, died January 24, 2009 at the Hospice Center of Cincinnati. He was born in Rockcastle

He was united in marriage to Mrs. Geneva Eileen Burton Hurst on December 3, 1945 at Quail. She preceded him in death on August 1, 2006. He was a painter, and a World War II Marine Veteran. He was a kind person who will be greatly missed by all who knew him and he leaves a host of relatives and friends who mourn his passing.

Survivors include; three daughters, Linda Bishop and her fiancée David Thorp of Turtle Creek Township, OH, Paula Wilson of Mainville, OH, and Gale (Fred) Lafollette of Morrow, OH; one brother, Harold Hurst of Nancy, KY; five sisters, Flora Mae Brown of Quail, Martha Hurst of Norwood, OH, Edith Shears of Indianapolis, IN, Yvonne Ross of Nancy, KY and Betty Jo Hensley of Elsmere, KY; six grandchildren, Kimberly, Michelle, Jerry, Amanda, Tracy and Scott; and five great grandchildren.

Other than his parents and wife, he was also preceded in death by two brothers, and one sister.

Funeral services were held at Wednesday, January 28, 2009 at the Chapel of the Pulaski Funeral Home with Rev. Chris Jasper officiating. Burial followed in the Burnett Chapel Methodist Church Cemetery.

Military Honors will be conducted by the American Legion Post # 38.

In Lieu of flowers, the family requests expressions of sympathy take the form of contributions to the Burnett Chapel Methodist Church Building Fund of the Burnett Chapel Methodist Church Cemetery Fund.

## Raymond W. Hayes

Raymond W. Hayes, 92, husband of Ann of Brodhead, died Tuesday, January 27, 2009 at Central Baptist Hospital in Lexington.

Visitation will be (today) Thursday, January 29th from 6-9 p.m. at the Marvin E. Owens Home for Funerals in Brodhead and Friday, January 30th from 10 a.m. to 1 p.m. at the Maretburg Baptist Church until the time of the funeral.

Funeral services will be conducted Friday, January 30, 2009 at 1 p.m. at the Maretburg Baptist Church in Mt. Vernon.

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## Angela Cummins

Angela Denise Cummins, 43, of Crab Orchard, died Saturday, January 24th, 2009 at the Fort Logan Hospital in Stanford. She was born in Mt. Vernon on July 14, 1965. She was the daughter of Margie (Hoskins) Baker and the late Arlis Eugene Brown. Angela was an employee of McLanes in Nicholasville and was a member of the Crab Orchard Baptist Church.

Survivors include: daughter, Cady Christina Cummins of Crab Orchard; mother, Margie Hoskins Baker of Crab Orchard; son, Robert (Kathy) Cummins of Pennsylvania; sons, James (Courtney) Cummins and Billy (Penny) Cummins, both of Tennessee; daughter, Christie (Micheal) Gerhards of Pennsylvania; sister, Linda (C.G.) Nuckols of Crab Orchard; brother, Toby (Alisha) Brown of Crab Orchard; sister, Andrea "Charley" (Charles Lee) Hester of Stanford; grandmother, Hazel Hoskins of Crab Orchard; grandchildren, Ella, Connor, Tessarae, Dalton, Micky and Abigail; aunts, Sharon Hoskins and Jill Mathis of Irvine; uncles, Jess Hoskins and Shannon Sandlin of Mt. Vernon; aunt, Patty (Jerry) Coffey of Lancaster; special nieces and nephews, Bruce Daniel Nuckols, Mara Daniell Nuckols, Michael Chase Brown, Allison Michelle Brown, Taylor Harris Brown, and Cadence Blade Nuckols; and special cousins, Geri Ann (Daryl) Price, Amber and Kaley.

In addition to her father, she was preceded in death by: her son, Taylor Storm; and grandfather, Hubert Hoskins.

Pallbearers were: Jeff Tucker, Charles Hester, C.G. Nuckols, Scott Bruner, James "Jimmy" Cummins, Billy and Robert Cummins and Bruce Nuckols.

Honorary pallbearers were: Larry Owsley, Terry and Jimmy Dyehouse, Beth Caudill, Patty Tucker, Tonya Anderson and Debbie Haynes.

Funeral services were held Wednesday, January 27, 2009 at McKnight Funeral Home Chapel with Bro. Kaywood Morris officiating. Burial was in Crab Orchard Cemetery.



## Dallas Edd Falin

Dallas Edd Falin, 58 of Mt. Vernon, died Monday, January 19, 2009 at his home. He was born in Rockcastle County at Mullins Station on December 2, 1950 the son of Orbin and Pearl Chesnut. He was a member of the Maple Grove Missionary Baptist Church.

He is survived by: one brother, Tommy (Alwanda) Falin of Mt. Vernon; five sisters, Linda (Carl) Stewart and of Pine Hill, Evelyn (Casper) Miller of Orlando, Jean (Shirley) Smith of Mt. Vernon, Inas (Charlie) Leger of Berea, and Marty (Benny) Leger and of Brodhead; and his special friend, Kenneth Leedy. Also surviving are several nieces and nephews. In addition to his parents, he was preceded in death by two brothers, Ellis and Bobby Falin and two sisters, Irene Stewart and Juanita Falin.

Funeral services were conducted Saturday, January 24th at the Maple Grove Missionary Baptist Church by Bro. Jerry Owens. Burial was in the Stewart Family Cemetery.

Dowell & Martin Funeral Home was in charge of arrangements.

Pallbearers were: Danny Bustle, Charles Leger, Chuckie Leger, Jody Leger, Joseph Leger, and Kevin Leger.

Please visit [www.DowellMartin.com](http://www.DowellMartin.com) to view online obituary.

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## Our Readers Write

### MVES says recycle...

Dear Editor,

Mt. Vernon Elementary School has just finished a project where we recycled plastic spoons and forks from the lunchroom. If we did not recycle plastic, we might be able to fill FIVE classrooms! Plastic things are taking over landfills. The very bad thing is that plastic WON'T ROT, which means it, would stay there for hundreds of years!!!!

Everyone in PRIDE would like to thank the students who participated in this project. The reason it ended is that the center we send our plastics to stopped accepting that grade of plastic. Even though it's over, everyone should still recycle in their own households.

Two ways we could recycle are melting down metal and recycling paper. This would cause a huge reduction in city waste. A cleaner town means happier citizens.

If our whole town starts recycling, other cities will, too. The results would be huge! A lot less trash would make its way into landfills. A cleaner Earth, a happier life!

Sincerely,  
Ryan Martin  
MVES Student

### Public apology...

Dear Editor,

Would you please print this letter at your earliest convenience. I would have made this a personal letter to Dennis McClure but I believe a public forum is necessary. Thank you, Dennis,

First of all let me apologize for any view that was expressed that you did not know your job. I didn't say that, nor did I intend that. Please read on and I shall try to explain my position.

In the Mayor/Council type of government the council is elected to take issues or generate ordinances, then debate the issue of either (or both). The Mayor should not be an active participant in these debates. Her sole function is to preside over the meeting, keep it moving and maintain order rather than comment on every word spoken.

After the council debates an issue, makes motions, votes, then the presiding officer announces the tally and moves on to the next issue.

The Mayor should not have any input into the debate. That is what the council is elected for. On motions only, she/he has no authority at all. On a legally constituted ordinance she has the right to veto, not comment during the debate. The council then has the right to override any veto. In order to enter into a debate the mayor would have to vacate her/his position as presiding officer. Then ask the council to appoint a temporary presiding officer.

The comment I made about the blacktop and the road Monday night was an opinion of mine. Then it would have been proper for another council member to ask your opinion. After which the council could decide whether they should take my word or yours. There should have been no remarks made by the presiding officer that would split your opinion versus mine. My words were opinion, yours would have been from a learned experience and should have been heard. Meetings like Monday are childish on both parties involved. In this case the Mayor and myself. Therefore I do ask your pardon for comments, made by someone else, that I

doubted your experience, which is vastly superior to mine. I was making a comment for debate to the council.

You do a wonderful job for this City, in my two years I hope I can do a tenth of the good that you have and will do.

Thank you for reading,  
Don Jones

### "Points East"

(Cont. from A2)

of life in the mountains and it is worth far more than the \$7.00 (including postage) that Jim will charge to send you a copy. He will also include a price list for his twenty-some other books.

Just write a check, tell him you want Frog Farm, that I sent you, and stick it in the mail to JAMES G. CORNETT, P.O. BOX 336, BURNSIDE, KY 42519-0336.

Jim says he will send Loretta a copy of 200 Ways to Cook With Apples if a couple dozen of my readers order Frog Farm. But, at \$6.50 she may just order it herself before this issue of paper hits the streets.

### "Memories"

(Cont. from A2)

girls was seated next to me. One day I mustered enough courage to ask her to a dance that was to be held the following Saturday night.

She accepted my request and told me to pick her up at her dorm. When I arrived dressed in my best jeans and sport shirt, she came down the steps wearing a long, blue velvet dress and a mink stole. I nearly fainted!

I asked, "Which of us is not properly dressed?" She replied, "It doesn't matter; we should just go and have fun." I thought that was an excellent idea and we did just that.

When we arrived, we found that there was every kind of dress possible so neither of us really cared about our attire. I always think of this night when I hear:

*She wore blue velvet  
Bluer than velvet was the night  
Softer than satin was the light  
From the stars  
But in my heart there'll always be  
Precious and warm, a memory  
Through the years  
And I still can see blue velvet...*

And then, of course, there was Lavender Blue - I think that everyone in high school knew the words to that Sammy Turner hit. I still love to hear it played on the oldies radio stations. He caused countless numbers of girls to fanaticize about being married in a country church, on a dilly-dilly day and you'll be wed in a dilly-dilly dress of Lavender Blue.

These songs remain special to many of us because not only do they echo the styles of the time but also the lives that we were living. They were good days.

(You can reach me at [mtman@mis.net](mailto:mtman@mis.net) or you can drop me a line at P.O. Box 927 - Stanton, KY 40380. I look forward to your comments and suggestions.)

**Subscribe to the Signal**

### "Ken & Tucky"

(Cont. from A2)

trian classes and minoring in horticulture.

She discovered a background in art allowed her to have unique abilities to visualize, making her a natural for the landscape design field.

Her first job in landscaping was at the Memphis Zoo where she learned about animals and the types of habitat they require.

She also did landscaping on the Summit Shopping Center in Louisville and now works for GreenScapes, a Louisville-based landscape design company.

A love for the rural life and small towns has taken her from Nelson County, where she taught art at St. Joseph's School in Bardstown and operated Belladonna Art Studio, to Shelby County where she lives in a tenant house on Guist Creek Farm.

Another move, to Mt. Washington, is planned in the near future.

"My mom always introduces me as her vagabond daughter, the starving artist," she says, laughing.

Horses are still a big part of her life, as she boards her two Tennessee Walking horses at her sister-in-law's farm in Bullitt County.

Although she does all types of oils and watercolors and calls herself an animal portrait artist, horses remain her favorite animal to draw.

Collectibles related to the horse industry also predominate at the 10x10 booth she maintains at Peddler's Mall in Shelbyville.

"There's just something so beautiful and graceful about them. Also, having a horse was good therapy while I was dealing with my cancer. When you work with a horse, you don't see anything else," she explains.

Hibbs sums up her feelings by offering a quote from Winston Churchill:

"There is something about the outside of a horse that is good for the inside of a man." Columnist Don White has served as editor at several newspapers in Kentucky. His Kentucky Traveler features are published throughout the state. Contact him at [www.thekytraveler.com](http://www.thekytraveler.com)

**New Signal email address:**  
[mvsignal@windstream.net](mailto:mvsignal@windstream.net)

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### Attention TTAI Employees Richmond Street Eye Care is now an Avesis Provider!

Lee Cain O.D. and the staff of Richmond Street Eye Care are happy to announce that we are accepting patients with AVESIS vision insurance.

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**"The People You Know, The People You Trust"**  
From left: Tara Brown, Allie Reynolds, pharmacist Danette Craig, Kevin Craig and Tanner Bray.

#### SECTION 00020 - INVITATION TO BID

#### SECTION 00020 - ADVERTISEMENT FOR BIDS

Separate sealed bids for the construction of Contract #1 Grading and Drainage Construction for the Rockcastle County Industrial Development Authority, will be received by Corey Craig, Chairman, until 10:30 AM local time on Thursday, February 12, 2009 at the Rockcastle County Courthouse, Third Floor, 205 East Main Street, Mt. Vernon, Kentucky 40456, and will be publicly opened and read aloud.

The work consists of grading and drainage construction for the Rockcastle Industrial Park South access road.

The Contract Documents may be reviewed at the following locations:

Rockcastle County Courthouse, Judge Executive's Office, 205 E. Main St., Mt. Vernon, Kentucky

MSE of Kentucky, Inc., 624 Wellington Way, Lexington, Kentucky

ABC, 2020 Liberty Road, Building A, Suite 110, Lexington, Kentucky

Builders Exchange, 2300 Meadow Drive, Louisville, Kentucky

Builders Exchange, 225 Walton Avenue, Suite 100, Lexington, Kentucky

F W Dodge/AGC of Kentucky, 950 Contract St., Suite 100A, Lexington, Kentucky

Copies of the Contract Documents may be obtained at the office of Lynn Imaging, 328 Old Vine Street, Lexington, Kentucky 40507 (859) 226-5850 upon receipt of a nonrefundable printing and shipping charge of \$150.

The Owner reserves the right to waive any informalities or to reject any or all bids.

Each bidder must deposit with his bid, security in the amount, form, and subject to the conditions provided in the Information for Bidders. This project is subject to the Commonwealth of Kentucky Prevailing Wage Rates.

No Bidder may withdraw his bid for a period of thirty days after the actual date of the opening thereof.

Award will be made to the lowest responsive, responsible bidder.

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**The Family of Alberta Jean Dillingham Winstead**  
**April 20, 1917 - January 14, 2009**

*She was a loving wife, mother and grandmother*  
*"Earth's Loss and Heaven's Great Gain"*

We would like to thank each and everyone who showed love and support in our time of deep sorrow and mourning. A special thank you to all who sent flowers, food, gifts, kind uplifting words and your prayers. Thanks to Bro. Eddie Nation and Dr. Jon Arvin for their wonderful words and support, Allyson Taylor for the beautiful tribute to her Grandmother and Brandy Mickey and fiance for the wonderful song, "Amazing Grace." All the nurses who loved and always took time for her. Most of all, thanks to J. Ann Chaney, Marsha Clark and Francie Vest who took great loving care of our precious mother. May God bless each of you.



*Our Loving Thanks, Jimmy Lee Winstead and Family • Edra Jo Winstead Mickey and Family*

**Cards of Thanks**



**Chrystal Powell**

The family of Chrystal Powell would like to extend their sincere thanks to all the wonderful people for her concern and prayers. Thanks to all who sent flowers, cards, brought food and spent time with the family. Thanks to the Rockcastle County Hospital, Central Baptist Hospital and St. Joseph Hospice Care for the wonderful care they gave. Sincere tanks to Reppert Funeral Home for their wonderful service and making the family feel so cared for.

Thanks to John Powell, Kendal Gadd, Billy Putteet, Donnie Hayes, Oscar Gregory and Hunter Kenney for being pallbearers. Also, to Rev. Wallace Thornton and family for the wonderful words and inspiration and a special thank you to the Putteet family for everything and for being a part of our family.

**Carolyn Marie Klotz**

I would like to express my heartfelt thanks for the kindness shown after the loss of my wife. I appreciate all who visited, sent cards and flowers.

Special thanks to Willie French, Miss Ann and all the people at Mt. Vernon Greens for their condolences, to Cox Funeral Home for their ar-

rangements and to the doctors and staff at Rockcastle Hospital and the U.K. Markey Cancer Center who all tried so very hard.

For now, I will try to cope by remembering this verse:  
*God saw her getting tired,  
 A cure not meant to be.*

*He put His arms around her,  
 And whispered  
 "Come with Me."*

*Thank you all so much,  
 Husband, Ron  
 Larry P. Slone*

The family of Larry P. Slone wishes to send a thank you to all the friends, relatives, neighbors and acquaintances who have been so kind in the last few weeks.

Thank you for your words of comfort, your visits and phone calls. The flowers were beautiful and the food was greatly appreciated. Jenny Vickers went far and beyond the call. Without her endurance, her strength and her caring ways, it would have been almost unbearable at times.

The knowledge that our friends share our sorrow strengthens and comforts us. Your love and support for our family will always be remembered.

A special thank you to Bro. Bill Graves for preaching the truth during Larry's service and also for his council and spiritual guidance. Also, to the Body of The Church of Our Lord Jesus Christ at Lancaster and East Bernstadt for your fellowship and to those who provided songs at our time of great loss.

Many thanks and God bless each of you who so generously helped us through this sad time.

*Mrs. Larry Slone and Children*

**Thank You**

The City of Mt. Vernon really showed its "Small Town" hospitality during the recent passing of my brother, Larry

Slone.

Mayor Clarice Kirby attended both evening and day services and offered support and words of comfort. There was a special item I wanted for him and, without her assistance, I would not have been able to find it in time for the services.

Thank you Mayor Kirby for all your care and assistance. God Bless you always!

*Ettia Faye Grima  
 Marvin Bullock*

The family of the late Marvin Kenneth Bullock would like to say thank you to the staff of Rockcastle Hospital and Dr. Rowe for the care that was given Marvin during his illness.

To Marvin E. Owens Funeral Home for their kindness and caring in our time of sorrow. To Bro. Ovie Baker, Bro. Dale McNew and Bro. Jim Craig for their wonderful words. To the Chestnut Ridge Church of Christ for the beautiful songs. To those who sent flowers, brought food, sent cards and for the prayers that were said on our behalf, we are truly thankful.

*The Family of  
 Marvin Kenneth Bullock  
 Nancy Hensley*

The family of Nancy Gibbons Hensley would like to express our heartfelt thanks for the love and kindness shown during the loss of our loved one.

A special thanks to Dowell and Martin Funeral Home, everyone at The Terrace, Conway Tabernacle Church of God for the use of the church, Bro. C.W. Williams and family for the beautiful singing, music and comforting words.

A special thanks to the pallbearers, each of you who visited, sent flowers, gifts, cards, money and food. Most of all for the prayers for our family. May God bless you all.

*Children and Grandchildren  
 Vallie Burton*

We, the family of Vallie Burton, wish to thank everyone who visited her during her shut-in time or sent her cards, we also want to thank each of you for attending the visitation and/or her funeral, sent flowers, cards, food and especially those who prayed for our family during this difficult time. Also thanks to the pallbearers and Roy Martin at Dowell and Martin Funeral Home. Your kindness will always be remembered.

*May God Bless you,  
 The Family of Vallie Burton  
 Ruth Fain*

Family and Friends,

The family of Ruth Fain would like to express our sincere appreciation to each of you who have stood beside us at a time when your presence meant so much. To the staff of the Rockcastle Health and Rehabilitation Center we could never say thanks enough for all that you did. Each one of you demonstrated such love and patience as you daily worked to ensure that you were giving the best care possible. To Dr. Karen Saylor, Dr. David Bullock and Nursing Staff of Rockcastle Hospital, you worked so diligently to make certain that our loved one was made as comfortable as possible during her last days. We are so appreciative for everything you did to care for her, as well as doing everything within your means to make us as comfortable as possible. To Bible Baptist Church, family and friends it is so difficult to put into words the heartfelt gratitude we feel for each act of kindness, memorable visits, delicious food, beautiful flowers, thoughts and prayers. All of you were such a source of strength to us and we will be eternally grateful. May God Richly Bless Each of You,  
 The Family of Ruth Fain

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**White Lily Flour**

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**Folger's Country Roast Coffee**

**5.99** 34.5 oz. can

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**Jimmy Dean Breakfast Croissant or Muffins**

**1.79** Asst. Pkg.

**Extra Savings**

**Red Baron Deep Dish Pizza**

**2.00** Asst.

**Extra Savings**

**Banquet Crock Pot Classics**

**4.99** Asst. 44 oz. bag

**Extra Savings**

**Border Tortilla Chips**

**2.99** Big 20 oz. Bag

**Extra Savings**

**Wesson Vegetable Oil**

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**Extra Savings**

**Campbell's Super Bakes**

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**TOPS Meetings**

TOPS #KY 0476 are held Thursdays 6 to 6:30 p.m. (weigh-in/meeting times) at Brodhead Christian Church, Hwy. 150 W and Main St., lower level.

**Fireproof Fellowship**

A February "Fireproof" Fellowship will be held at Mt. Zion Baptist Church on Sunday, February 15, 2009 at 5 p.m. Come, enjoy homemade soups, sandwiches, desserts and more. After dinner, we will be enjoying the movie *Fireproof*. Everyone is invited to attend.

**Revival**

Sand Springs Baptist Church will be in revival beginning February 4th at 7 p.m. nightly. Evangelist will be Dennis Doan. Pastor Bob Bradley and congregation welcome everyone.

**Special Singing**

A special singing, with the

Doan Family, will be held at Lighthouse Baptist Church at 1391 Gabbardtown Road in Berea on Sat., Feb. 14, beginning at 7 p.m.

**Benefit Singing**

There will be a benefit singing for Evelyn Carol Blackburn Fri., Feb. 6th at 6 p.m. at the Livingston Fire Dept. to help with funeral expenses. All musicians/groups welcome.

**Revival**

Revival services will begin at Sinking Valley Baptist Church Sunday, February 8th at 6 p.m., with services at 7 o'clock week nights.

Bro. Steve Wilkerson and Bro. Wayne House will be the evangelists and there will be special singing nightly.

Pastor Jason Ivey and congregation invite everyone to attend.

For more information, call 606-231-3546.

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*Ranked #1 in Herald-Leader Poll*  
**Lady Rockets thump Casey Friday night**

The Lady Rocket's picked up a huge win at home on Friday night when they hosted the Casey County Rebels and defeated them 56-41.

What was anticipated to be a close match-up, turned into a blow out midway through the 3rd quarter with the Lady Rocket's leading by as much as 20 during the period.

However, in the first quarter, the Lady Rebels kept it relatively close, trailing by only five at the quarter stop.

Once the second quarter started, the Lady Rockets began to force Casey into turnovers on which they capitalized to take a 33-20 lead into the locker room at halftime.

Even though they led by 13 at the break, the Lady Rockets' intensity did not fade and Casey County had no answer for the inside presence of Sara Hammond, nor the good shooting from junior Jackie Alexander.

The Lady Rockets win snapped a 13 game win streak for the Lady Rebels and pushed

the Rockets record to 16-4 on the season. Friday night's win also avenged an earlier loss to Casey County, on January 2nd, when they fell 43-32 in Liberty.

Alexander led all scorers with 19 on the night. Hammond, who was the only other Lady Rocket in double figures, had 14.

Mary Saylor scored 9, Ashley Robinson added 5, Angie Lawrence and Nicole Locklear had 4 each and Jillisa Lay got 2.

"I truly appreciate the crowd support on Friday night and I hope everyone continues to show their support during the rest of the season and in the district tournament," said head coach Chrysti Noble.

**Mercer Co. goes down on Monday**

The Lady Rockets picked up their 17th win of the season on

(Cont. to A8)

*Win second straight in overtime*  
**Rockets beat Casey County 57-52 Friday**

The Rockcastle County High School Rockets won their second straight overtime game on Friday night, when they defeated visiting Casey County, 57-52.

The win evened the Rocket's season record at 10-10 and strengthened their hold on the number one seeding in the 47th district tournament.

The game was tied at 17 at the end of the first period but the Rockets found themselves down 27-24 at the half.

Both teams played hard in the third period, with the Rockets pulling to within one at the end of the third period, 35-34.

With 30 seconds left the Rockets tied the game at 48 and good defense by the Rockets did not allow Casey County to get off a good shot as time ran out in regulation.

The Rockets relied on good foul shooting in the overtime

period and held the Rebels to just four points, to hold on for the district win over Casey County, who fell to 6 and 13 on the season.

Senior Spencer Mullins led all scorers with 15 points, followed closely by Jamie Todd with 14. Bryan Clontz got 11, Matt Bullens 9 and Derek Thacker 4.

The Rockets' game with Madison Southern on Tuesday night was canceled because of the winter storm that hit the state on Monday night.

The Rockets, who have won six of their last eight games, are scheduled to play a double header with the Lady Rockets on Friday night at Pulaski County. On January 9th the Rockets defeated Pulaski County 61-50.

The Maroons are also 10-10 on the season.

**Middle School update**

The RCMS Boy's Basketball teams were back in action last Thursday night hosting Garrard County on Eighth Grade Night at the middle school.

started the evening out right taking down Garrard County 28-13 in a fairly easy victory.

Dakota Hasty led the sixth graders in scoring on the night

(Cont. to A8)



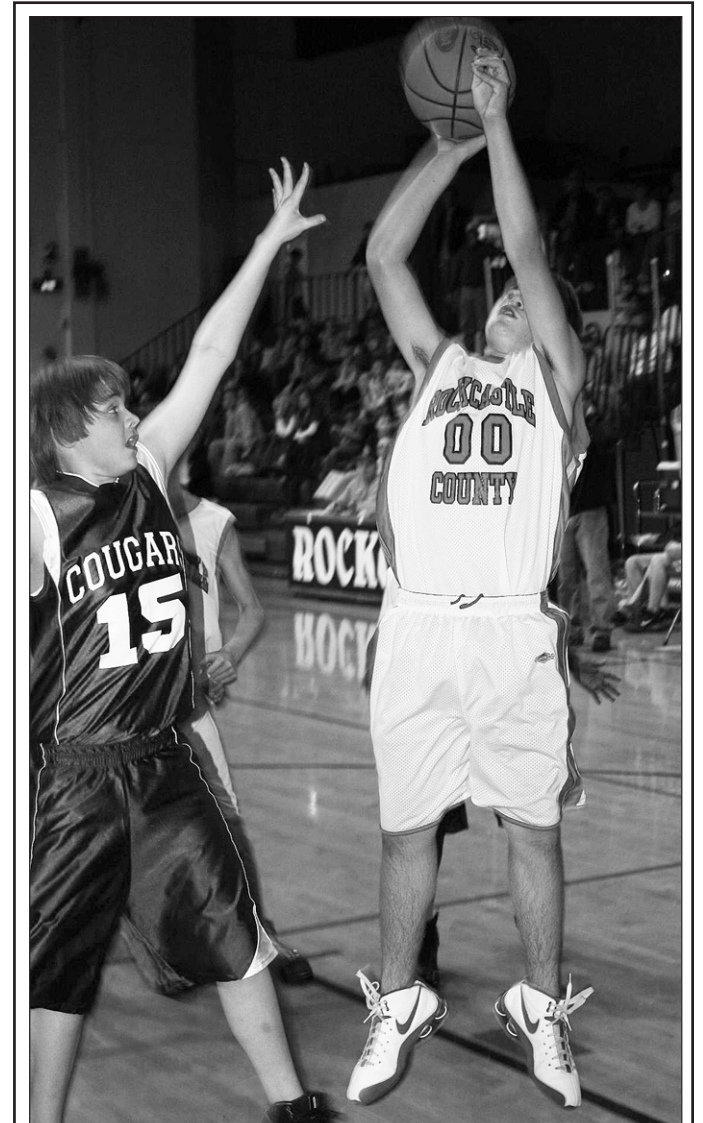
Lady Rocket junior Jackie Alexander puts in two of her team high 19 points on Friday night against Casey County. The Lady Rockets won 64-41 and are ranked number one in the state in the *Lexington Herald-Leader's* weekly poll.



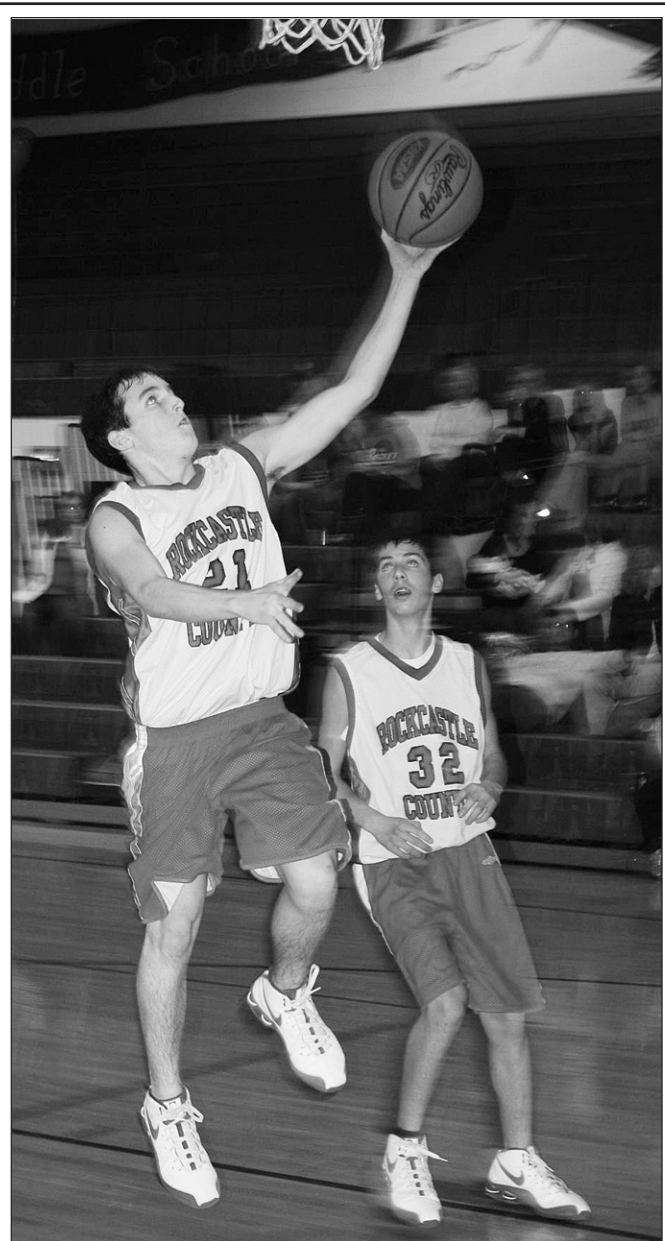
Junior Derek Thacker goes to the basket in the Rocket's district win over Casey County on Friday night. The Rockets will play their last district game of the season on Friday night when they travel to Pulaski County. The Rockets are 4-1 in the district and currently the number one seed. Sports photos by: Kevin Canterbury.



Lady Rocket senior Jillisa Lay puts up a shot against visiting Casey County on Friday night. The Lady Rockets avenged an earlier season loss at Casey County with a 64-41 win on Friday. The Lady Rockets play a double-header with the boy's team at Pulaski County this Friday night.



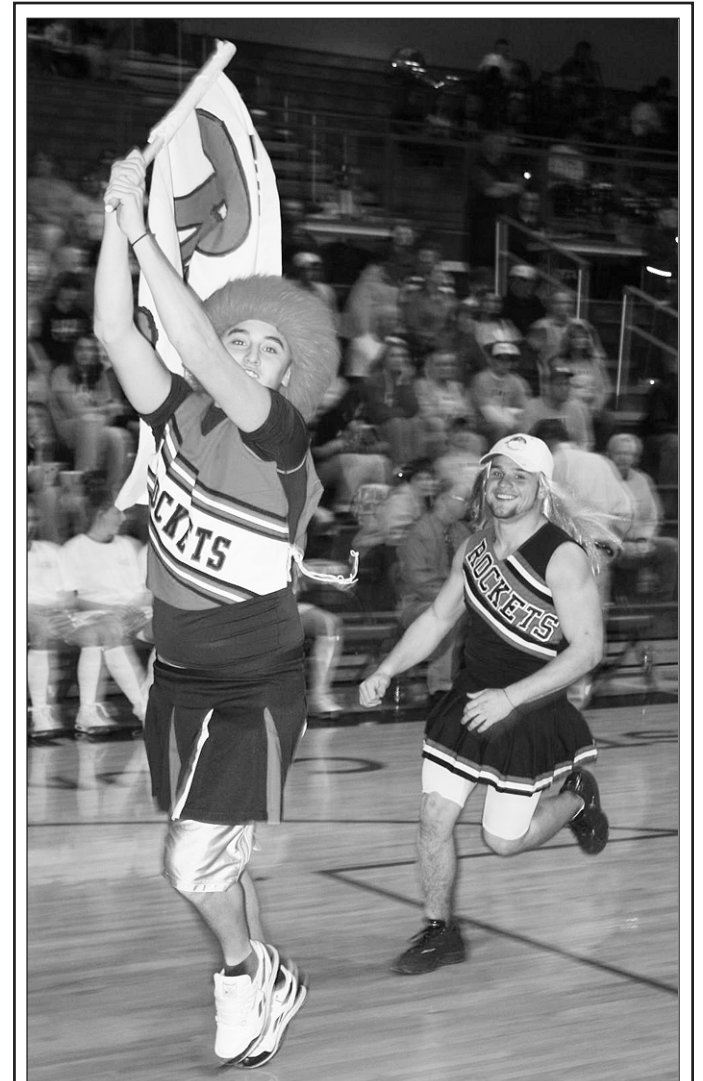
RCMS 7th grader Andrew Burton puts in two of his four points in his team's 44-31 loss to Garrard County last Thursday night. The 7th graders are scheduled to play Garrard again this week in the first round of the conference tournament.



RCMS 8th grader Tyler Smith puts in two of his team high 12 points against Garrard County on Thursday night. Looking on is Ashton Arvin, who had 10 points in the 49-36 win. The 8th graders are scheduled to play Danville in the conference tournament this week at Danville.



Rocket senior Bryan Clontz puts up a three pointer in his team's 57-52 overtime win over Casey County on Friday night. Clontz had 11 points in the game.



Two RCHS football players, Nick Miracle, left, and Casey Hayes showed their school spirit at RCHS on Friday night when both the Rockets and Lady Rockets defeated Casey County.



# Smith, McKinney excel at UK Track Invitational

A few members of the RCHS varsity track and field team recently competed at the University of Kentucky Wildcat Classic Track Invitational held at the Nutter Field House on UK's campus. The meet featured over 1,000 athletes from across Kentucky, includ-

ing all three classes and is the most competitive indoor competition in the state. Athletes had to be in the top three in their event to receive awards.

Junior Samantha Smith had another unbelievable performance. Competing in the fastest heat of the 60-meter dash, Samantha lined up beside the state's best in Class 3A. She got out of the blocks fast, blazing her way to an amazing 3rd place finish overall out of 129 female athletes that competed. Her time of 8.18 seconds established a new RCHS record in the event, eclipsing her own record mark from a year ago by eleven hundredths of a second.

Senior Sarah McKinney also found herself lined up among the state's best in the fastest heat of the 60-meter hurdles. Sarah came through with another amazing performance against last year's state runner-up from Class 3A. Sarah hurdled her way to an impressive 3rd place finish overall out of 27 competitors in what turned out to be the closest race of the day. She finished with an RCHS record-breaking time of 9.91 seconds, surpassing her own record time by a tenth of a second. She missed

winning the race and defeating the top two runners in Class 3A by only three hundredths of a second.

RCMS had three competitors ready for the challenging competition the meet had to offer. The meet is set up as a high school meet, but a few select middle school athletes are allowed to compete if they've demonstrated the ability to be competitive at this level. 6th grader Kira Deatherage, 8th grader Bryonna Cromer, and 8th grader Brooklyn Blanton displayed enough talent in the early stages of this indoor season to warrant an opportunity to compete.

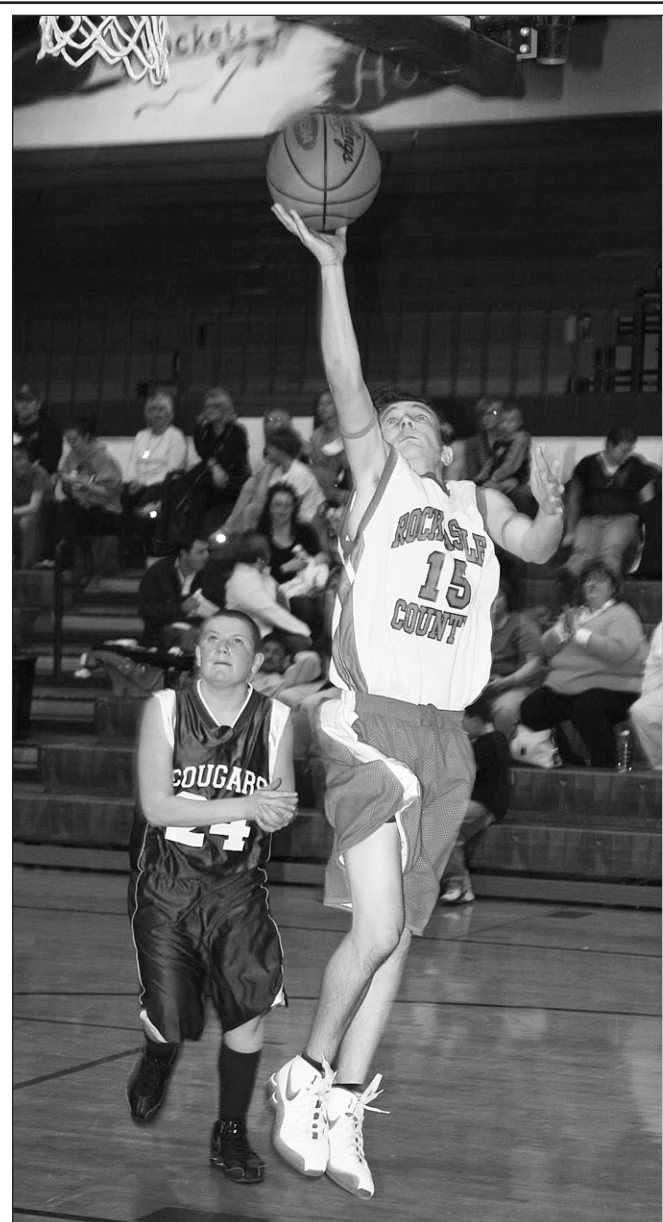
Kira and Bryonna showed they belonged in the competition with their performances in the 60-meter dash. Kira ran an incredible race, finishing 26th overall out of 129 runners in 8.77 seconds. Bryonna also ran a great race, placing 59th overall in an impressive 9.2 seconds.

Kira's best performance came in the 400-meter dash. She sprinted her way to an awesome 15th place finish out of 115 competitors with a personal best time of 1:07.04. Brooklyn also ran a personal best in the 400, finishing 65th overall with an impressive effort of 1:12.93.

The RCHS and RCMS girls' teams next compete at Mason County this Saturday.



**RCHS senior all-stater Sarah McKinney eclipsed her own school record in the 60-meter hurdles at the UK Wildcat Classic. Sarah finished 3rd overall out of 27 runners with a new RCHS record time of 9.91 seconds. She missed winning the event by only three hundredths of a second.**



**RCMS 8th grader Eli Haddix puts in a lay-up against Garrard County last Thursday night. Haddix had four points in the 49-36 win on 8th grade night at the middle school. (Photos from 8th grade night will appear in next week's Signal.)**



**RCMS 6th grader Dakota Hasty led his team in scoring with 13 points last Thursday night against Garrard County. The 6th graders won, 28-13 and are scheduled to play Boyle County at Boyle County in the first round of the conference tournament this week.**



**RCMS 6th grader Kira Deatherage emerged as a rising star at the UK Wildcat Classic. Kira finished 15th out of 115 high school runners in the 400-meter dash with a time of 1:07.04. She also placed 26th out of 129 runners in the 60-meter dash with a time of 8.77 seconds. Kira was named the Kentucky Middle School Track Athlete of the Week for her performance at the recent Mason County indoor meet in which she won the 55 and 400-meter dashes.**



**RCHS junior all-stater Samantha Smith shattered her own school record in the 60-meter dash at the UK Wildcat Classic, which featured over 1,000 high school athletes from all three classes. Samantha finished 3rd overall out of 129 runners with a new RCHS record time of 8.18 seconds. Samantha was named the Kentucky High School Track Athlete of the Week for her performance at the recent Mason County indoor meet in which she won the 55-meter dash, long jump, and triple jump.**

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Jeff Cromer.....355-0268	Debra C. Smith.....256-3262
Teresa Stevens.....758-8051	Shelby Reed.....365-7334
Johnny Alcorn.....256-4510	Matthew Silcox.....308-2339
David Henderson.....256-2034	Becky McNabb.....308-3731
Jeff Burdette.....256-3538	Crystal Frith.....256-9298

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or stop by our office and pick up a free copy of Kentucky Homes Magazine.



**It's Not a Dream!** This immaculate brick home is for real. With approximately 2,800 square feet this home has a formal living room, dining room, family room, kitchen with breakfast bar and eat-in area, master bedroom suite, 1/2 bath and utility on the first floor. Upstairs there are two bedrooms, a large bath, bonus room and attic storage room. There's also a full basement and three bay garage. M2389



**Country Living...** located on Stull Lane in Waynesburg. 78 acres total with 36 acres of cropland. Good stand of marketable timber. Newly remodeled house and 2 barns. Priced at \$259,000. M2425



**Secluded... yet Convenient!** This charming 1 1/2 story vinyl home is situated on 4.5 acres +/- . Features include: 4-5 BR, 2.5 BA, Kit, Utility room, and Office. Amenities include: Laminate and hardwood flooring, tile, carpet, beautiful oak cabinets, fireplace, attached garage, and a great view! Asking \$129,900. M2297



**Worth the Money!** Three bedrooms, 1.5 bath brick ranch with formal living room and spacious den that has a wood burning fireplace. There is also a large eat-in kitchen with plenty of cabinet space. Big front and back yard. Come see this piece of country located in town! \$108,500. M2392



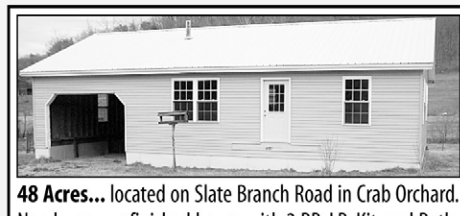
**Polished and Proud!** Careful owners have invested much time in faithful upkeep of this beautiful home. This home offers 3 bedrooms, 2 baths, living room, dining room, kitchen and utility room, plus a bonus room above the garage. Hardwood floors and all kitchen appliances are included. Now's the perfect time to call for an appointment. M2394



**What a Beauty!** This very spacious 3 BR, 2 BA brick home is situated on 8/10 of an acre and will make your family a nice place to reside. This home offers a full size walk-out (unfinished) basement that can be made into a family room or den. Other amenities include hardwood floors, central heat/air, 1-car garage, plenty of storage space, storm shelter plus all appliances including washer/dryer and a wood stove hooked up in the duct work. \$144,900. M2399



**Looking For Your Dream Home** without the huge price tag? This 3 year old beauty may be it! Situated on 3/4 of an acre in the great neighborhood of Houston Point. Make your appointment today: you don't want to miss out. M2418



**48 Acres...** located on Slate Branch Road in Crab Orchard. Nearly new unfinished house with 2 BR, LR, Kit. and Bath. Large pond with 18 acres cleared and some marketable timber. All of this for only \$104,900. M2351



**Close to Everything!** If you want a home in a central location, within walking distance to the city park and the schools and be close to everything...then you've got just that with this nice brick home. Home features 3 BR, 1 1/2 baths, 2,700 +/- sq. ft., a 1-car attached garage. Other amenities include KU electric, hardwood floors, appliances remain with home, cellar and huge living room. Asking only \$112,000. M2377



**Back to Nature** - Secluded Mountain top A-frame on 59.4 wooded acres located on Big Cave Road and within the Daniel Boone National Forest area. Use for vacation or weekend retreat. This is a hunter's and camper's paradise with abundant wildlife. Some cleared land with a small pond and minutes from I-75. Affordable price, \$76,900. Call today! M2400



**Nature Lover's Retreat!** Like new 1991 singlewide mobile home with 2 BR and 1 BA located only 4.5 miles from town. Washer, dryer, stove and refrigerator complete this adorable package. New paint and underpinning this year... Don't hesitate - Priced at \$18,000. M2359

### Commercial Property

**Two large commercial lots** measuring 68/100 each. 135 feet of road frontage on each with water and sewer and KU electric. \$69,900 each. M2402  
**Tumbler Good Deal...** Roll your money over several times in this Car Wash, Laundromat and touchless car wash with all of the equipment and inventory to stay with buildings. This is a great investment, be the first to get the ball rolling...today! M2417  
**Car Wash!** Near McDonalds, Wendy's and KFC. Established 4-bay + automatic bay car wash. Partnership dissolving...motivated sellers. Financial records to qualified prospects. Priced at \$425,000. M2401  
**REDUCED! Renfro Valley, KY** 4 acres +/-, an excellent commercial site. There is plenty of road frontage on US 25, property has city water and sewer available. Owners may consider dividing. M2177.  
**1/2 Mile from I-75** - Tracts ranging from 3/4 acre to 4 acres - good visibility - high traffic count - city water and sewer available. M1772  
**Strategically Located!** Commercial property measuring 6.3 acres near the intersection of Hwy. 150 and Hwy. 27. Property has city water and city sewer with good traffic count. \$325,000. M2390

### Acreage For Sale

**48 acres of prime land**, 2 ponds, spring, blacktop road, 4 miles from lake. 17 miles to I-75 located on a dead end road. M2419  
**30 Acres +/-**. Take a look at this approximately 30 acres of beautiful woodland on Doc Adams Rd. Close to town - prime location. Call today! M2414  
**You Can't Beat This!** 35 acres near Cedar Creek Lake. Call for more information. M2396  
**REDUCED! 76 Acre Farm in the Wadd Section of Rockcastle Co.**... Road frontage on Hwy. 1250 and Doc Adams Road. Barn-silo-city water-creek. Good cattle farm or development possibilities. Owner would consider dividing. Priced at \$269,000. M2333  
**30 Acres More or Less** - Coal and some timber. Recreational. \$50,000. Call today! M2410  
**9 Good Country Acres** - Poplar Grove Road section of Rockcastle County - mostly level - city water. Great building site - near Pulaski County line. Priced at \$41,900. M2411  
**174.93 acres of Woods and Wildlife** - Just 10 minutes from I-75. This property would be great for the avid hunter or to build a home in an area with a little privacy. Priced at \$145,000. Call today for more details. M2412

### Future Auctions

**Absolute Estate Auction of the late Ms. Alma Jones' House and Lot & Personal Property**  
 Saturday, January 24th at 10:00 a.m. - Jarvis Avenue, Somerset, Ky.  
**Absolute Auction of Mr. and Mrs. Rick Thomas' 30 Acres in Tracts**  
 Saturday, February 7th at 10:30 a.m. - Elrod Rd., Somerset, Ky.  
**Absolute Auction of Prime Commercial Property - 2 Large Buildings and 4.018 Acres (In Tracts)**  
 Friday, February 13th at 1:00 p.m. - South U.S. Hwy. 25, London, Ky.





**Cloia Collins and Malibu Irish a/k/a Hollywood Collins has successful 2008 Walking Horse Show season**

Congratulations to Cloia Collins and Malibu Irish aka Hollywood on their 2008 Walking Horse Show season. Cloia Smith Collins, the wife of Darrell Collins and the daughter of Gary and Brenda Smith of Mt. Vernon, was presented with a high point award, which included ribbons and other gifts, in the 3 & under Park Performance Walking Horse Division from the Ohio Valley Walking Horse Association on January 3rd at an awards banquet in Frankfort. She also received the 3 & under Park Performance Walking Horse High Point Award, which included ribbons and a crystal vase, from the Ken-

tucky Walking Horse Association on January 9th at Embassy Suites in Lexington. Cloia received fourth place in the open park performance walking horse division from the Walking Horse Report, a newspaper dedicated to the Tennessee Walking Horse. This award is from 2008 show year which horses from all over the United States are recognized. Finally, she will be attending a banquet in Murfreesborough, TN in February where she will receive third place in the Park Performance Division. Cloia won a total of eight blue ribbons this show season.

**“County”**

(Cont. from front)

The other application, approved by the court, will be for a horse trail, starting at the Red Hill Horse Camp and extending for about 100 miles, through the Horse Lick area, following the Rockcastle River. While the waterways trail could be accomplished the “cheapest and quickest,” according to Carloftis, the horse trail will be a “long, drawn-out process” since easements, for the projected 6 feet wide and 12 feet high clearance, would have to be obtained and other routes selected should those easements prove impossible to obtain. “If we can’t get easements through all the private land, the trail would have to be moved to a parallel road in those areas,” Carloftis said.

The upfront cost for the engineering study for the horse trail will be \$5,000 in matching funds, along with the same amount from the same three counties but, again, this would not be paid until the project received approval by the federal government.

In other action, the court voted to require fee offices -- the sheriff’s and county clerk’s -- to publish the gross salaries of their employees for each calendar year, beginning with their 2008 salaries, no later than the following February.

Carloftis told the court that fee office employees are regarded as county employees since the county pays part of the retirement, health insurance costs and matching social security. The county only matches social security for the sheriff’s office since, at an earlier meeting this year, the court told County Clerk Norma Houk that she would have to pick up this expense for her employees, in the future.

The property valuation administrator’s and circuit clerk’s office are not included since they are state employees. County Attorney Bill Reynolds has several state employees in his office that will also not be included. The portion of Reynolds’ salary, and that of his assistant that is paid by the county, are already published.

Carloftis said the salaries of all other county employees was published in the financial statement appearing each August in the *Signal* and it “just seems that this is the best thing to do in the interest of more open records of our county officials,” Carloftis told the court.

The court also approved submission of a number of projects needed in the county, for possible funding under the new stimulus package being considered by Congress.

Carloftis told the court that he had been contacted by Chris Girdler, with Rogers’ office, and asked to formulate the list. The judge told the court “we may get none of them funded or we may get part. It’s for sure that if our hand’s not out, nothing will be put in it.”

The projects approved by the court for submission are:

- Road reconstruction in the county, \$1,750,000; Jones Building renovation, \$250,000; industrial park reconstruction, \$2,700,000; industrial park building, etc., \$2,500,000; Coach Parrett gym remodeling, \$200,000; Rockcastle parks

**Lady Rockets**

(Cont. from A6)

Monday night when they defeated Mercer County by 23, 64-41.

The Lady Rockets, who are ranked number one in the state this week in the *Lexington Herald-Leader’s* Dave Cantrall Poll, led by only nine at halftime.

However the Lady Rockets turned up the defense and outscored Mercer 14-2 in the third period. In the fourth period the Lady Rockets managed two more points than the visiting team to hold onto the 23 point victory.

Alexander again led her team in scoring with 15, Hammond got 13, Robinson 11, Saylor 10, Lawrence 8, Mattingly 4 and Locklear and Lay, 2 each.

The Lady Rockets will travel to Pulaski County on Friday night for a doubleheader with the boys’ varsity. Game time in Somerset is 6 p.m.

If the Lady Rockets defeat Pulaski County, they will be the number one seed in the 47th district tournament when it begins on February 23rd in Somerset.

The Lady Rockets would also play Pulaski County in the first round of the tournament.

The Lady Rockets easily defeated Pulaski County on January 9th, 76-25.

projects, \$700,000 and courthouse facade, \$150,000.

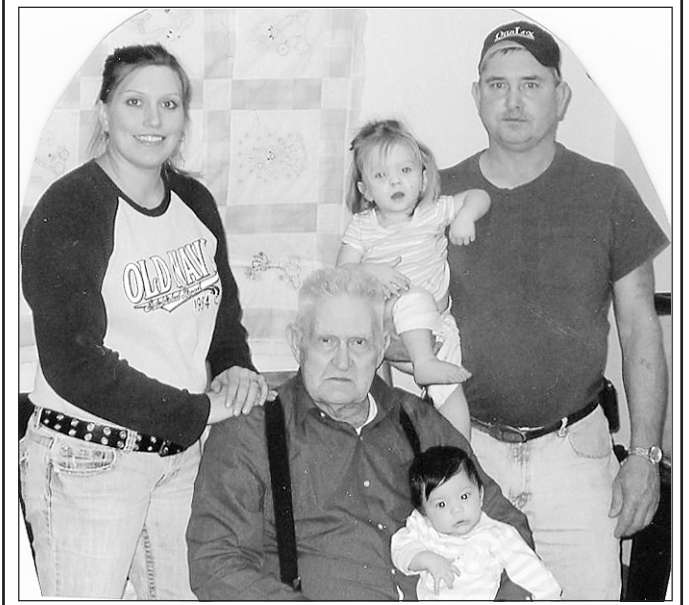
Carloftis told the court that the \$700,000 included for parks projects, if funded, would provide parks, similar to the one at Quail, at various locations in the county “from Climax to Conway.” The judge also pointed out that the projects would be contingent on someone donating two to three acres of land for each park.

After some discussion, the court also approved a \$2,000 donation to the Eagles Nest Parent Group at Roundstone School.

The group is attempting to raise about \$40,000 for playground equipment through various fund-raisers.

Some of the magistrates, and County Treasurer Joe Clontz, questioned the donation because they felt it would bring on a flood of other requests from different groups in the county. However, Carloftis pointed out that a percentage of the occupational tax had been set aside for recreation and he felt that projects, such as the one at Roundstone, fell into that category. “I think this is one way for people having to pay the tax to see that we are willing to put part of it back into the community,” Carloftis said.

Magistrate Ralph Allen noted that he didn’t mind the donation to the Roundstone group but felt the court should revisit an earlier request by the middle school for a donation to help with expenses of their sports programs, on which the court took no action.



**Four Generations**

Four generations of the Carpenters are shown above. In the center is Saul Carpenter. Right of Saul is Johnny W. Carpenter and to the left is Johanna “Susie Carpenter” Lovell. In Johnny’s arm is Saul’s great granddaughter Adisynne Wesleight at 19 months old and in Saul’s lap is great grandson Caden Thomas at 4 months. *We will be so thankful when Johnetta, JT and children get home to Kentucky for good. May God bless each one of them. The Carpenter family.*

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**ORDINANCE NO. 08-11**

AN ORDINANCE APPROVING A LEASE FOR THE FINANCING OF A PROJECT; PROVIDING FOR THE PAYMENT AND SECURITY OF THE LEASE; CREATING A SINKING FUND; AND AUTHORIZING THE EXECUTION OF VARIOUS DOCUMENTS RELATED TO SUCH LEASE.

WHEREAS, the governing body of the City of Mount Vernon, Kentucky (the "Lessee") has the power, pursuant to Section 65.940 et seq. of the Kentucky Revised Statutes to enter into lease agreements with or without the option to purchase in order to provide for the use of property for public purposes;

WHEREAS, the governing body of the Lessee (the "Governing Body") has previously determined, and hereby further determines, that the Lessee is in need of the Project, as defined in the Lease hereinafter described;

WHEREAS, the Governing Body has determined and hereby determines that it is in the best interests of the Lessee that the Lessee and the Kentucky Area Development Districts Financing Trust (the "Lessor") enter into a Lease Agreement (the "Lease") for the leasing by the Lessee from the Lessor of the Project;

NOW THEREFORE, BE IT RESOLVED BY THE CITY COUNCIL OF THE CITY OF MOUNT VERNON, AS FOLLOWS:

Section 1. Recitals and Authorization. The Lessee hereby approves the Lease Agreement (the "Lease") and all Collateral Documents, as defined in the Lease, each in substantially the form presented to this Governing Body. It is hereby found and determined that the Project identified in the Lease is public property to be used for public purposes. It is further determined that it is necessary and desirable and in the best interests of the Lessee to enter into the Lease for the purposes therein specified, and the execution and delivery of the Lease and all representations, certifications and other matters contained in the Closing Memorandum with respect to the Lease, or as may be required by the Lessor prior to delivery of the Lease, are hereby approved, ratified and confirmed. The Mayor and City Clerk of the Lessee are hereby authorized to execute the Lease, together with such other agreements or certifications which may be necessary to accomplish the transaction contemplated by the Lease.

Section 2. General Obligation Pledge. Pursuant to the Constitution of the Commonwealth and Chapter 66 of the Kentucky Revised Statutes, as amended (the "General Obligation Statutes"), the obligation of the Lessee created by the Lease shall be a full general obligation of the Lessee and, for the prompt payment of the Lease Payments, the full faith, credit and revenue of the Lessee are hereby pledged. During the period the Lease is outstanding, there shall be and there hereby is levied on all the taxable property in the Lessee, in addition to all other taxes, without limitation as to rate, a direct tax annually in an amount sufficient to pay the Lease Payments on the Lease when and as due, it being hereby found and determined that current tax rates are within all applicable limitations. Said tax shall be and is hereby ordered computed, certified, levied and extended upon the tax duplicate and collected by the same officers in the same manner and at the same time that taxes for general purposes for each of said years are certified, extended and collected. Said tax shall be placed before and in preference to all other items and for the full amount thereof; provided, however, that in each year to the extent that the other taxes of the Lessee are available for the payment of the Lease Payments and are appropriated for such purpose, the amount of such direct tax upon all of the taxable property in the Lessee shall be reduced by the amount of such other taxes so available and appropriated.

There is hereby established with the Lessee a sinking fund (the "Sinking Fund"). The funds derived from said tax levy hereby required or other available taxes shall be placed in the Sinking Fund and, together with interest collected on the same, are irrevocably pledged for the payment of all Certificates or obligations issued under the General Obligation Statutes and all Tax Supported Leases, as defined in General Obligation Statutes, including the Lease herein authorized, when and as the same fall due. Amounts shall be transferred from the Sinking Fund to the Lessor at the times and in the amounts required by the Lease.

Section 3. Investment of Funds. Ross, Sinclair & Associates, LLC, as Program Administrator, is hereby authorized to direct the Trustee to invest funds on deposit under the Lease in such manner, subject to all legal limitations, as will, in the Program Administrator's judgment, produce the most favorable financial result for the Lessee.

Section 4. Severability. If any Section, paragraph or provision of this Ordinance shall be held to be invalid or unenforceable for any reason, the invalidity or unenforceability of such Section, paragraph or provision shall not affect any of the remaining provisions of this Ordinance.

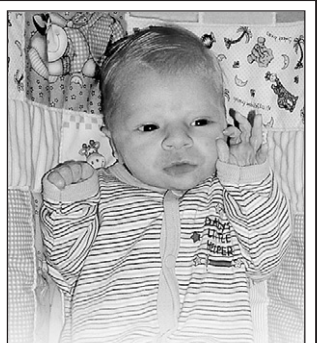
Section 5. Sunshine Law. This Governing Body hereby finds and determines that all formal actions relative to the adoption of this Ordinance were taken in an open meeting of this Governing Body, and that all deliberations of this governing Body and of its committees, if any, which resulted in formal action, were in meetings open to the public, in full compliance with applicable legal requirements.

Section 6. Conflicts. All ordinances, resolutions, orders or parts thereof in conflict with the provisions of this Ordinance are, to the extent of such conflict, hereby repealed and the provisions of this Ordinance shall prevail and be given effect.

Section 7. Effective Date. This Ordinance shall take effect from and after its passage and publication of a summary thereof, as provided by law.

INTRODUCED, SECONDED AND ADOPTED, at a duly convened meeting of the Governing Body, held on January 26, 2009, after first reading held on December 15, 2008, signed by the Mayor of the Lessee, attested by the City Clerk, filed and indexed as provided by law.

/s/ Clarice R. Kirby, Mayor  
ATTEST: /s/ Jeanette Robinson, City Clerk



**Hunter Chase Birney**  
December 31, 2008 at 7:43 AM  
6 lbs. 3 ozs. 19.5 in.

**Richard and Suella Birney and big brother Zachary are proud to announce the birth of Hunter Chase Birney. His proud grandparents are Carolyn Collins of Brodhead, Brent and Jean Boone of Mt. Vernon and Rena Boone of Mt. Vernon.**

**RCMS Basketball Update**

(Cont. from A6)

with 13, Jordon McGuire had 9 and Douglas Nicely, Sam Pensol and Jacob McKinney got 2 each.

The seventh grade squad played Garrard County close throughout, but stumbled in the fourth quarter, going on to lose 44-31.

The seventh graders were led in scoring by Corey McPhetridge with 15, John Hughes 6, Andrew Burton and Tyler Harper 4 each, and Jarred Lakes 2.

The eighth grade team made sure their night wasn't spoiled with a loss as they defeated a very competitive Garrard County squad 49-36 in the final game of the night.

Tyler Smith led the Rockets with 12, Ashton Arvin had 10, Ben Allen 8, John Wilson 6, Bryson Amyx 5, Eli Haddix 4 and Zack Poynter and Chris Wren 2 each.

**Rockcastle UNITE Coalition**

Join Us!

The Rockcastle UNITE Coalition meets on the second Wednesday of each month, at noon, at the Renfro Valley Lodge.

First Baptist Church Mt. Vernon invites you to join us for **MOVIE NIGHT** On Saturday, February 14<sup>th</sup> at 7pm

We will be watching the newly released "Fireproof" movie starring Kirk Cameron. This event along with snacks is free and sponsored by FBC Women's Ministry. Please call the church office at 256-2922 to register. The first twenty couples to register will receive a free copy of *The Love Dare* book and preferred seating!

**FIREPROOF your marriage this Valentine's Day!**

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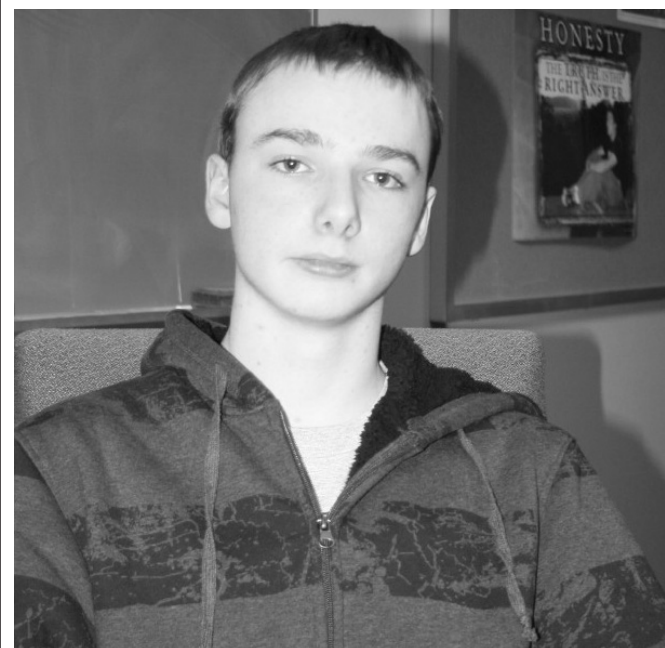


Mt. Vernon Mayor Clarice Kirby, left, who is beginning her seventh year in office, administered the oath of office to the new city council members, who will be in office for the next two years. Shown above, from left, are: Kirby, incumbent council member Wayne Bullock, incumbent Sharon Saylor, incumbent, Shelley Lewis, new members, Jackie Wayne Weaver and Don Jones and incumbent, Clark Mullins. (Photo by: Richard Anderkin)



Terry Hoskins, 50, of Dug Hill Road, was injured in a single car accident on Dug Hill Road Friday night around 6:45 p.m. A family member said a back tire blew out on the above Pontiac as Hoskins was traveling toward Hwy. 150, causing him to lose control and hit the bank. Hoskins was transported to the Rockcastle Hospital by the Rockcastle Ambulance Service, where he was treated and admitted. Above, employees with Frankie Woodall's wrecker service work remove the wrecked vehicle from the scene. (Photo by: Richard Anderkin).

## Rockcastle County High School Academic Honor Roll



Rockcastle County High School senior Danny Barnes, has a grade point average of 4.04 and is one of three students tied for the fourth highest ranking of the 207 seniors in the 2009 graduating class at RCHS. Barnes is the son of Danny and Christine Barnes of Brush Creek and will attend Berea College in the Fall where he will major in computer science. Barnes, who is a member of Berea College's Upward Bound program, took advanced placement History as a junior and currently has an advanced placement class in Chemistry. Also as a junior at RCHS, Barnes had Honors English III and as a sophomore he had Honors World Civilization. Barnes' sophomore year he also received the Biology I award as a freshman and received the Physical Education Award. Barnes is a member of the Students Technology Leadership Program, Book Club and Chess Club at RCHS. Barnes's favorite hobby is playing video games and his current favorite game is Civilization IV.

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## Winter Storm

(Cont. from front)

were very cautious during the winter storm and that only one injury accident was reported, on I-75 Tuesday morning, with only minor injuries.

911 dispatchers said the most calls received at the local center were for fallen trees, until Wednesday morning when several non-injury accidents were reported because of the snow.

Rockcastle weatherman Bud Cox recorded over three inches of rain and freezing rain at the weather center in Mt. Vernon during the 24 hour period from 8 a.m. Tuesday to 8 a.m. Wednesday. Some minor flooding was also reported in the county on Wednesday morning, mostly in the north-end of the county.

So far in January, 6.09 inches of rain has been recorded and only a few traces of snow. The recorded low for the month has been minus three and the recorded high was 59 last Friday.

## Lady Rockets

(Cont. from front)

Lady Rockets to the Sweet 16, four of the past five seasons, said her team has to remain fo-

cus to reach their goal. "We know everyone is gunning for us more than ever and we have to bring our "A" game every night," Noble said.

The Lady Rockets will travel to Pulaski County on Friday night for a double-header with the boy's varsity.

Although the Lady Rockets are ranked number one in the state and, of course, in the 12th region, they still need a win over Pulaski County to be the number one seed in the district, when it begins on February 23rd at Somerset.

The Lady Rockets defeated Pulaski County on January 9th, 76-25 and would play them again in the first round of the district if they win on Friday.



### Rockcastle County Little League Baseball & Softball Sign-Ups

\*Saturday, February 7<sup>th</sup> (9 am - 1 pm)  
@ Mt. Vernon & Brodhead Elementary Gym

\*Saturday, February 14<sup>th</sup> (9 am - 1 pm)  
@ Mt. Vernon & Brodhead Elementary Gym

\*Thursday, February 12<sup>th</sup> & Friday February 13<sup>th</sup>  
@ Rockcastle County Middle School during lunch.

Baseball for kids age 5-12 before  
May 1<sup>st</sup>, 2009

Girl's Softball for girls age 9-12 before January 1<sup>st</sup>,  
2009

Participation Fee  
\$35.00 per child  
\$25.00 for each additional sibling

\*Deadline for accepting applications is February 14<sup>th</sup>.

## Thank You

*I have been overwhelmed by the outpouring of support during, and since, the voters of Division 2 selected me as their voice on the Rockcastle County School Board. I am excited about the opportunity to work on behalf of our community, schools and children.*

Again, thank you!  
**Brandy Brock**

## Eagles' Nest Parent Group's Benefit Singing, Chili Supper, Silent Auction and Bake Sale

### Roundstone Elementary School Saturday, January 31, 2009

Chili Supper: 4 p.m. to 7:30 p.m. • Bake Sale: 4 p.m. until all items sold  
Silent Auction: 4 p.m. to 7:30 p.m. Benefit Singing: 6 p.m. to 9:30 p.m.

*Proceeds will go toward the purchase of new playground equipment for all our students. A new playground is being planned and will be built in phases, as funds permit.*

Adult Admission: \$5 in advance/\$6 at the door • Children (ages 3-12): \$3 Under 3 - Free  
Tickets may be purchased in the school office week days between 8 a.m. and 4:30 p.m. or at the door beginning at 4 p.m. on the day of the event.

Performers include: New Highway, Renfro Valley Entertainers, Eversole Brothers, Sherman Family, Wayne and Pam Combs, Billy Keith, Doug Smith and Greg Jones, Narrow Road, Spare Change, The Williams Family and 7 X Down.

In the event of inclement weather, all events will be rescheduled for Sat., Feb. 7, 2009 at the times listed above. WRVK Radio 1460 AM will make the announcement.



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## “Jones”

(Cont. from front)

learned at training sessions, provided by the Kentucky League of Cities, he thought the Mayor and council had been, and was continuing to, improperly introducing and passing ordinances and making improper purchases for equipment.

Jones said he thinks the city should have taken bids on the city's new \$217,000 fire truck and the city's new \$75,000 backhoe, which the council voted to buy in December. Superintendent Dennis McClure said the city was able to buy the backhoe because they had done so through the state's bid program. Jones also said the city could have possibly bought the fire truck if an emergency had been declared by the Mayor, but that no such emergency was declared. Jones said he was afraid that any company selling those items could challenge the city's purchases in the court and possibly cause the city a lot of problems.

Jones also said he was concerned that the city's 3% restaurant tax, which went into effect in January of 2008, was not valid and that someone or some group could attempt to have it repealed and ask for their money back, which would cause major financial problems for the city and tourist commission.

He also voted against the second reading of the city ordinance, which will allow the tour-

ism commission to borrow \$750,000 to purchase 20 to 23 acres overlooking Renfro Valley, Lake Linville and I-75, because he said the ordinance had been improperly introduced the first time, when it was passed at the December meeting.

Although Jones voted no, the rest of the council voted yes. A summary of the ordinance is being published in this week's *Signal*, which is the last step needed for the city to begin the process of borrowing the money through the Kentucky Area Development District.

Once all of the paperwork has been completed for the loan through the city, they will enter into a contract with the tourist commission, who will be responsible for paying back the loan.

The council also passed a motion to amend the city's personnel policy to extend the work week for city office employees from 35 to 40 hours per week, at the request of Mayor Kirby.

Each of the city's office employees, including Jill Medley and Pam Bullock, tax administrator Josh Bray and city clerk Janette Robinson, who were all present on Monday night, told the council that it was almost impossible to get their work done in a 35 hour work week.

Jones questioned whether or not city employees needed the extra hours and abstained. The rest of the council voted yes.

The council then voted to change the office hours for city hall, after the personnel policy is changed. All council members, including Jones voted yes.

During the same discussion, the council discussed increasing the Mayor's work week from 35 to 40 hours and giving her a raise.

Mayor Kirby said she had not had a cost of living raise since she took office in 2003 and had worked a lot of overtime without pay.

During the discussion about the raise, which was mainly between the Mayor and Jones, Jones told the Mayor, from what he had seen, he thought she had displayed poor leadership and supervision.

Jones pointed to the Richmond Street Sidewalk project, which did not go as far down both sides of the street as the Mayor and council had initially thought.

The Mayor blamed the engineers for the mistake but Jones said the Mayor should have read the contract better.

Following the exchange between the Mayor and Jones, Jones made a motion to give the Mayor a \$531 a year cost of living raise, to which the Mayor quickly said, "I decline." Jones insisted that his motion be entertained by the council and it died for lack of second.

Council member Shelley Lewis then made a motion to table the Mayor's request for a change in her hours and salary until the next council meeting. All council members voted in favor, except Jones who voted no.

Currently the Mayor makes a salary of \$36,000 per year and receives health insurance and retirement benefits. The Mayor's salary and benefit package was established by the council in 2002, when former Mayor Karen King was in office.

The council then voted to take over ownership and maintenance of Faith Mountain Road, off the Hwy. 461 by-pass from the Carter heirs.

Mayor Kirby told the council the road leads to one of the city's largest water storage tanks, which holds 500,000 gallons of water.

Jones said he had looked at the road and questioned whether it was in the city's best interest to take the road into the city's road program.

He said because the road led to Northside Baptist Church, and that other building lots along the road would be sold, the city would have to keep it clean dur-

ing bad weather which would mean overtime for city employees and that the road was not in the best of condition.

However, Jerry Carter, one of the owners of the road and land around it, said his family had just spent \$23,000 upgrading the road and Mayor Kirby and City Superintendent Dennis McClure said they had looked at the road and thought it would be a good idea to take the road into the city.

Carter even asked Jones if he (Jones) wanted them (the Carters) to put a gate across the road.

When the vote was taken to accept the road into the city program, Jones voted no, Lewis abstained and council members Wayne Bullock, Sharon Saylor, Clark Mullins and the council's other new member, Jackie Wayne Weaver, voted yes.

Jones also told the council that he had requested four opinions from the office of Kentucky Attorney General, concerning council business.

One letter involved a possible conflict of interest between the Mayor and Tourism CEO Susan Laws because they both have performed on the Renfro Valley Barn Dance, on two different occasions in the past year.

Jones said he was afraid that Laws might have too much influence over the Mayor in at-

tempting to obtain the \$750,000 for the tourism project because of their working together on the Barn Dance.

The Mayor quickly told Jones that one thing did not have anything to do with the other and that Laws did not have any personal influence on her decisions. The Mayor said she was for the project because she thought tourism was very important to the well-being of the city and possibly her number one priority and that the Castle project was needed and worthwhile.

Jeanine Norman, who works with Laws at the tourism office, was present at Monday night's meeting and told the council that she was sure Laws, kept her responsibilities as Tourism Director, separate from her work on the Barn Dance. Norman said that, in her opinion, there was absolutely no conflict of interest between the Mayor and Laws.

Jones also said he had requested an opinion from the Attorney General as to local attorney Jerry Cox's role in representing the city in their matters, the Mayor in her personal legal matters and attempting to sell property to the city, while representing both the city and the Mayor.

Jones said the Attorney General's letter to him, (Jones), suggested that he might contact

the Kentucky Bar Association about his questions.

In other business, Mt. Vernon Police Chief Terry Jackson told the council that he had narrowed the list of candidates for an open position on the police force to ten and would probably make a hire in the next 30 days.

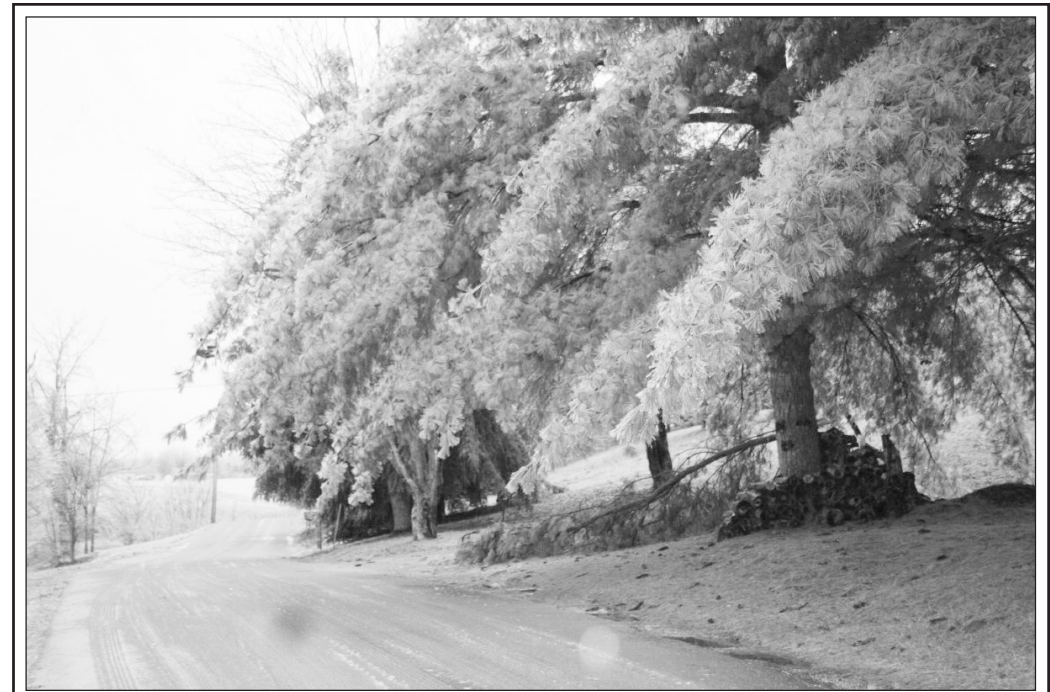
Jackson also told the council that things seemed to be going very well for his department, with only 76 criminal complaints, last year, compared to 219 five years ago when he was hired as chief.

Jackson said he thought better exposure, more training and better benefits, which helped keep officers on the force, were the reasons the city's crime rate was down considerably.

Mayor Kirby pointed out that she was responsible for hiring Jackson who told the council that he appreciated the support of the Mayor and the council.

And finally, Mayor Kirby told the council, after a question by councilman Jones, that Newcomb Avenue, which leads to the Rockcastle Hospital and is one of the most traveled in the city, would be blacktopped this Spring, as soon as the blacktop plants reopen.

The next regular scheduled meeting of the council is February 16th.



Just as the rest of the state, Rockcastle County roadways were slick and hazardous on Tuesday morning because of the winter storm that hit the state. But the ice caused more problems than just slick roads. The weight from the ice caused many trees to fall into roadways and others to simply obstruct passage when their limbs leaned into roads, such as some of these trees on Freedom School Road, shown above. The above limbs were cut out of the roadway later in the day on Tuesday. A dispatcher for 911 said Wednesday morning that some roads in the county were still blocked by fallen or leaning trees as of 8 a.m.

## Cystic Fibrosis fundraiser features Bluegrass Night

“A Rockin’ Bluegrass Night” Cystic Fibrosis Fundraiser, in honor of Rockcastle County’s CF survivors and In Memory of Suzanne Graves, will be held on Saturday, January 31st at the Rockcastle County High School auditorium.

Featured act will be the Wild River Band and special “Bluegrass” guests will be Boundary Line and Music Maker (a national touring act). The show begins at 7 p.m. (doors open at 6:30) and tickets are \$10 and \$5 for students (student tickets may be purchased at schools only).

For tickets or more information, contact: Dana Cash, 606-308-3057; Tammy Miller 256-5118; Billy Reynolds 256-2730; Music Hall of Fame 256-1000; Charlie Napier 758-8993; James Miller 256-2178 or Bentley Cromer 606-521-7061

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# Mount Vernon Signal

Second Section

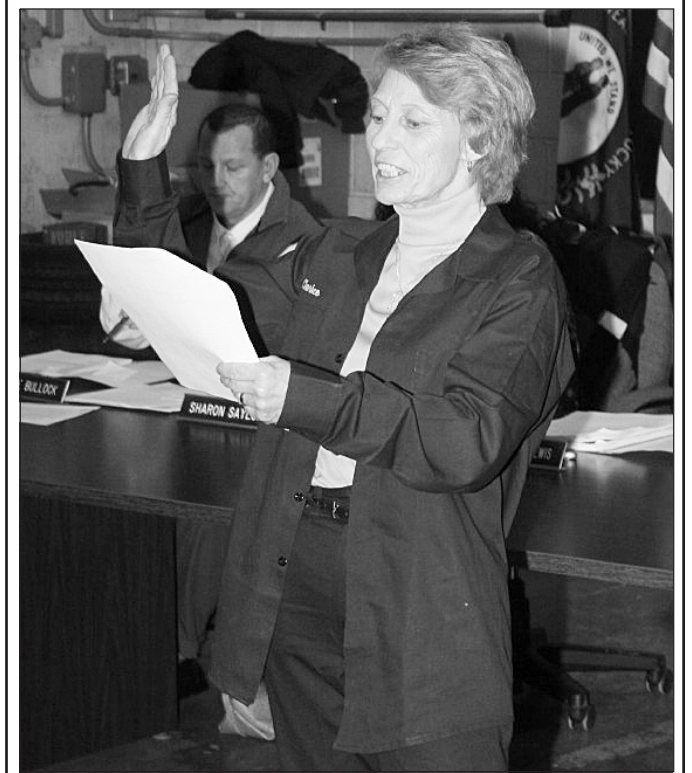
Thursday, January 29, 2009



Most members of the Mt. Vernon Volunteer Fire and Rescue Department were sworn-in for 2009 at Monday night's Mt. Vernon City Council meeting by Mayor Clarice Kirby. Taking the oath of office were from left: Brandon Reynolds, Jack Himes, Josh Hayes, Dallas Todd, David Derr, Randy Bussell, Adam Bales, Jeff Parker, Jackie Wayne Weaver, Frank Fain, asst. Chief Jack Weaver, Chief David Bales, Jordan Bales, Brian Bullock and Kyle Fletcher. The department has 22 active members. (Second front photos by: Richard Anderkin)



Six people were injured, including two MVES students and two RCHS students, in a two-car collision on West Main Street in Mt. Vernon last Friday morning around 8 a.m. According to police, Kathy Tyree, 42, was driving the Ford Escape at right, when she pulled onto West Main Street, from Fairground Hill, into the path of Carolyn Bullock, 37, of Purr Rigsby Road. Bullock was traveling east on West Main in the Suburban, top photo, and was headed to Mt. Vernon Elementary School. Tyree's passengers were her daughter, Starla Bond and nephew, Dalton Hutton and they were headed to RCHS. Bullock's passengers were her 8-year-old twin daughters, Samantha and Savannah. All six were transported to Rockcastle Hospital where they were treated and released. Above, EMTs Jamie McClure and Dana Carter load one of the Bullock twins into a waiting ambulance. At, right, William Denny works to remove Tyree's wrecked vehicle from the scene.



Mt. Vernon Mayor Clarice Kirby, who began her seventh year in office on Monday night, swore-in the six members of the Mt. Vernon City Council on Monday night and the members of the Mt. Vernon Volunteer Fire Department, who were in attendance.

## Rockcastle Community Bulletin Board

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**Rockcastle Travelers Note**  
Rockcastle Travelers are going to Washington, D.C. during Spring Break, March 31-April 4. There are still a few spaces left for this bus tour. A \$50 deposit within the next two weeks will hold your seat. Balance due in February. Call Sue at 256-2012.

**Project Graduation Meeting**  
There will be a Project Graduation 2009 meeting Monday, Feb. 2nd at 6:30 in the high school cafeteria. All students - Avon orders are due that night. Meetings will follow on the first Monday of each month. All parents/guardians of seniors are urged to attend.

**UNITE Meetings**  
UNITE monthly meetings are held the second Wednesday of each month. The next meeting will be Feb. 11th at noon at Pizza Hut.

**World Wrestling Event**  
The World Wrestling Cartel will have matches at the Broughtontown Community Center on Feb. 7th. Doors open at 7:30, matches start at 8 p.m. Wrestlers featured include Black Rain, Gorgeous Jimmy Funk and Brian Lawless. Admission is \$8 per person and tickets are on sale at Saylor's Market in Crab Orchard. This event will benefit the Broughtontown Community Center.

**School's Local Planning Committee**  
The Rockcastle County School's Local Planning Committee will hold their next meeting on Thursday, February 12, 2009 at 6 p.m. at the Rockcastle Teaching and Learning Center.

**DAV Officer at London**  
A Disabled American Veteran State Service Officer will be at the DAV Building in London on Feb. 3 from 9 a.m. to noon. For more information, call 606-877-1308 or 606-862-0032.

**New Hours for Historical Society**  
The Rockcastle Historical Society will be open on Mondays from 10 a.m. to 2 p.m. in the RTEC garage building. Monthly society meetings are held the 4th Thursday of each month at 5:30 p.m. at the Senior Citizens Building in Mt. Vernon.

**RCIDA Meeting**  
The Rockcastle County Industrial Development Authority holds its regular meeting the first Monday of each month at noon on the third floor of the courthouse.

**TOPS Meetings**  
TOPS #KY 0476 are held Thursdays 6 to 6:30 p.m. (weigh-in/meeting times) at Brodhead Christian Church, Hwy. 150 W and Main St., lower level.

**American Legion Note**  
American Legion Post 71 of Rockcastle County meets the second Tuesday at 7 p.m. monthly at Kastle Inn Restaurant 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.

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# News from the Rockcastle Courthouse

## District Civil Suits

Discover Bank vs. Clifton G. Hammond, \$2,514.10 plus claimed due.

Capital One Bank vs. Jason N. Brock, \$2,352.93 plus claimed due.

Capital One Bank vs. Billy G. Rice, \$740.29 plus claimed due.

Midland Funding LLC vs. Lynda F. Mullins, \$775.84 plus claimed due.

Midland Funding LLC vs. Walker Madden, \$2,373.26 plus claimed due.

Capital One Bank vs. Jeryl L. Cromer, \$1,093.94 plus claimed due.

GE Money Bank vs. Zelma Gabbard, \$1,956.33 plus claimed due.

Capital One Bank vs. Chris-

topher R. Sparks, \$668.36 plus claimed due.

LVNV Funding LLC vs. Robert Didelot, \$2,396.59 plus claimed due.

Midland Funding LLC vs. Angela Hoskins, \$891.22 plus claimed due. C0-00017.

## Circuit Civil Suits

Citizens Bank vs. Andrew Carrera, et al, \$283,075.30 plus claimed due.

Peggy Allen Bishop vs. Jerry Lee Allen, petition for dissolution of marriage.

Cabinet for Health and Family Services ex rel Ashley Bussell vs. Dwayne Steven Bradley, complaint for medical support.

GMAC Mtg. LLC vs. Amanda Shaver, et al,

\$51,397.41 plus claimed due.

Hollie Lammert vs. Casey K. Taylor, et al, complaint w/ jury demand.

Arlus Morgan vs. Fallon T. West, complaint.

Alexandria Jones vs. Houchen Industries, Inc., complaint.

Kenneth McGuire vs. Rudy S. Montano, complaint.

Deutsche Bank National Trust Co. vs. Christina Martin, \$88,805.79 plus claimed due.

L&N Federal Credit Union vs. Eddie Powell, et al, \$5,972.34 plus claimed due. CI-00025

## Marriage Licenses

Anastasia Rowland, 30, Brodhead, server to James Lester Hall, 33, Brodhead, mechanic. 1/21/09.

Jenna March Bell, 18, Mt. Vernon, student to Brandon Tyler Ingram, 18, Berea, Rockcastle Hospital. 1/22/09.

Miranda Nicole Abney, 19, Mt. Vernon, student to Joshua Ponder Bell, 20, Mt. Vernon, unemployed. 1/22/09.

## Deeds Recorded

Tommy H. and Libby G. Burdette, real property located in Rockcastle County, to Ernie and Alberta H Boggs. Tax \$12.

Christine Taylor, real property located in Rockcastle County, to Billy Joe and Donna

Brown. Tax \$30.

Sly Fox Ky LLC, property in Mt. Vernon, to Betty E. Cooper. Tax \$110.

James D. Brown, property on John Cash Road, to Teresa G. Brown. No tax.

## District Court

January 21, 2009

Hon. Kathryn G. Wood  
Bobbie L. Akers: fines/fees due (\$233), bench warrant (bw) issued for failure to appear (fta), 5 days or payment.

Jaclyn M. Albright: fines/fees due (\$718), 15 days in lieu of fines/costs.

William L. Baker: fines/fees due (\$853), 18 days in lieu of fines/costs.

Samuel D. Blackburn: fines/fees due (\$578), bw issued for fta/\$3,500 cash bond.

Stephanie N. Blevins: no/expired registration plates/receipt, and four other charges, bw issued for failure to appear/\$5,000 bond 10%.

Merrill K. Brown: violation of Kentucky EPO/DVO, \$100 fine and costs.

Joyce Carpenter: theft by deception, under \$300, \$20 fine and 20 days/probated 24 months on condition of payment of \$81.16 restitution.

William B. Cromer: possession of marijuana, \$100 fine and costs.

Aaron S. Graves: failure to maintain insurance, \$500 fine/suspend \$450 on condition.

Steven R. Hays: fines/fees due (\$703), bw issued for fta/15 days or payment.

Larry Hubbard, Jr.: no/expired registration plates, \$25 fine; operating on suspended/revoked operators license, \$100 fine and costs.

Kevin J. Mink: fines/fees due (\$151), bw issued for fta/4 days or payment.

Adam L. Reed: possession of marijuana and use/possession drug paraphernalia, bw issued for fta/7 days or payment.

Rebecca D. Rogers: fines/fees due (\$395), bw issued for fta/8 days or payment.

Ashley D. Sanders: fines/fees due (\$163), failed to maintain insurance/probated revoked and fine reinstated.

Stanley Saylor: improper lane usage/vehicles keep to right except to pass, \$100 fine.

James W. Weaver, Jr.: failure to maintain required insurance, convert to 20 days/concurrent w/credit for time served.

Tina Brock: failure to use child restraint device in vehicle, \$50 fine.

Rick Saylor: alcohol intoxication, \$50 fine and costs.

Jessica L. Woodall: alcohol intoxication, \$50 fine and costs.

## Rocket Docket Wed., Jan. 21, 2009

Three cases were pled under the "Rocket Docket" program on Wednesday, January 21st.

Those cases, and their disposition, were:

Tabatha Kates: possession of drug paraphernalia, second offense and possession of controlled substance, third degree,

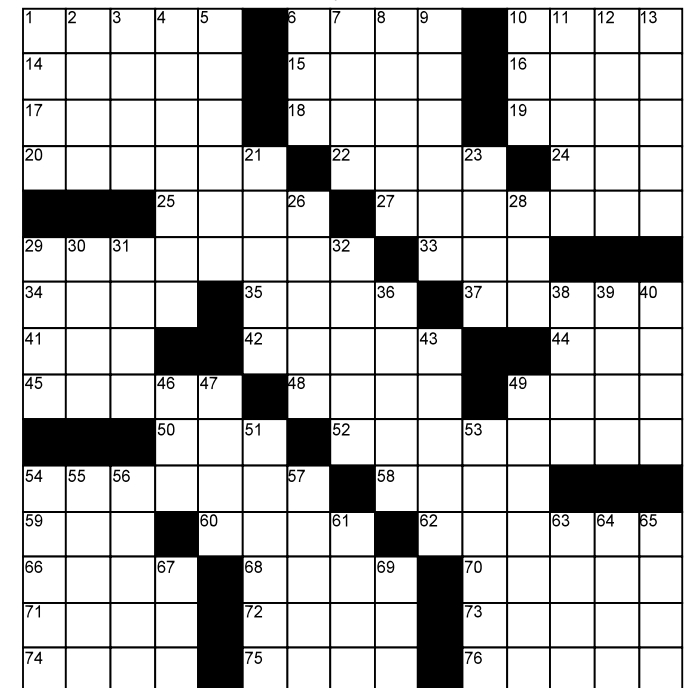
second offense, two years/probated two years;

Travis Lowery: receiving stolen property over \$300, pre-trial diversion for one year, and

Robert E. Newcomb, Jr.: trafficking in controlled substance, second degree; trafficking in controlled substance, third degree/first offense and driving under the influence, second influence, fines/fees and two years/probated for two years.

## Kentucky Crossword # 399

www.kentuckycrosswords.com



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### ACROSS

- 1 Huge hit
- 6 Times past
- 10 Nighttime sightings?
- 14 Uncanny
- 15 A former UK basketball coach
- 16 Leaning Tower site
- 17 Cartoon art
- 18 Being
- 19 Immediately
- 20 Antibacterial
- 22 Seasoning
- 24 Script type
- 25 Caroled
- 27 "My Old Kentucky Home" author, Foster
- 29 Kentuckian, founder of modern abdominal surgery
- 33 Winter hazard
- 34 Astronaut Shepard
- 35 Short fiber
- 37 Whale food
- 41 Mediterranean isl.
- 42 Weighty books
- 44 Kind of sauce
- 45 Leslie Co.'s seat
- 48 Baseball glove
- 49 Convex shape
- 50 Skedaddle
- 52 Kentuckian, inventor of the Tommy gun
- 54 Nolin R. forms this KY county's border with Hart Co.
- 58 Flightless flock
- 59 Gently tap
- 60 Mother-in-law plant
- 62 Kentuckian Helen Turner, for one
- 66 Dutch cheese
- 68 Sand
- 70 5:1, e.g.

- 71 Dublin's land
- 72 Spore sacs
- 73 Book of maps
- 74 Memo
- 75 Margosa tree
- 76 Shouts

### DOWN

- 1 Caribbean and others
- 2 Waiter's handout
- 3 Seed coat
- 4 This KY county's seat named for Benjamin Franklin
- 5 Old TV show; Kentuckians Stringbean Akeman and Grandpa Jones were regulars
- 6 Bard's before
- 7 Boyd Co. spot, or hurry
- 8 Church recesses
- 9 Kentuckian, innovator who created Aspercreme and Preparation H
- 10 International delivery hub in Louisville
- 11 He worked on inventor of the steamboat (in Bardstown, KY)
- 12 Mock orange
- 13 Lustrous fabric
- 21 Concerning
- 23 \_\_\_ and call
- 26 Semidarkness
- 28 Price word
- 29 Livestock feed
- 30 Ashland, KY was named for his Lexington home

- 31 Shina
- 32 Boundary
- 36 River in Hades
- 38 Doctrines
- 39 Gray wolf
- 40 A "Land Between the Lakes" county
- 43 Leaf opening
- 46 Country singer Joe
- 47 Rocket builders
- 49 Covington, for example
- 51 Kentuckian, inventor of the three-light traffic signal
- 53 Inventor Nathan Stubblefield's home KY city
- 54 KY's longest river
- 55 Kentuckian Nathan Stubblefield is sometimes called, "Father of \_\_\_"
- 56 Separate
- 57 Peggy Kemner of Knox Co. was a famous one
- 61 Cheese nibblers
- 63 "\_\_\_ do you good?"
- 64 Rock formation
- 65 Fling
- 67 Former WKU basketball star
- 69 KET's "Kentucky Afield" host, \_\_\_ Farmer



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## Education Station

Submitted by Jennifer Napier

Obtaining a job that can provide suitable wages for sustaining a household gets more difficult with each passing day. Competition for jobs is fierce, especially ones with adequate pay benefits. Employees worry every day about layoffs, plant closings, outsourcing and the current economic crunch. But what if you had to face all these worries with the additional stress of a criminal record? What could you do that would make your application or resume stand out among the many other qualified applicants who are applying for the same job? What would your life be like right now, if you had to experience it as a recently released inmate? How can inmates prepare for re-entry into the community and the workforce with such overwhelming barriers? It's not easy, but the answers begin in the form of education and community support.

Inmates at the Rockcastle County Detention Center (RCDC) have been offered GED® classes for years, but improvement in basic educational skills and earning a GED® does not appear to provide enough of an advantage for inmates to be able to successfully reintegrate into the

community. WorkKeys® may help to provide that advantage for some inmates. WorkKeys® is a set of assessments, designed by ACT®, to determine employable skill levels. Employers can use this as a tool, with which they can make the best hiring and promotion decisions, among a pool of qualified applicants. Good decisions made when hiring and promoting employees, can reduce training costs and turnover rates within a company.

The WorkKeys® curriculum is lengthy and requires in-

tensive study and homework. Students must prepare for and pass a pre-test in order to qualify to take the official WorkKeys® exam. The official exam includes a set of three assessments: Applied Mathematics, Reading for Information and Locating Information. Once the official exam has been passed, the examinee will receive either a Silver or Gold level Kentucky Employability Certificate (KEC). The certificate is signed by the governor

(Cont. to B4)



WKU honors band members Regina Rice, Michael Browning, Anjelica Craig, Meghan Nation, Morgan Harper and RCHS Band Director Greg Daugherty.

## Five RCHS Band members take part in Honors Band at WKU

Five students from Rockcastle County High School participated in the 28th Annual Festival of Band Music, High School Honors Band at Western Kentucky University this past weekend. These RCHS students were selected along with nearly three hundred other students from forty-six different Kentucky schools. The RCHS students included seniors—Morgan Harper (Baritone) and Meghan Nation (Horn), and juniors—Michael Browning (Flute), Anjelica Craig (trombone) and Regina Rice (Clarinet)

The students were both enthusiastic and anxious as they headed to Bowling Green last Thursday afternoon. They were excited about the opportunity to represent Rockcastle at this prestigious event and they were apprehensive about the auditions. They were also aware that this would be a weekend filled with more than 12 hours of rehearsals!

As with most honors band clinics, the first order of business was the dreaded and grueling auditions. These auditions are not for the faint-of-heart. The students are asked to play a prepared piece, various scales, and to "sight read," which means they are asked to

play a piece of music that they have never seen before and have not prepared to play. The sight reading begins the nail-biting part of the audition, second only to being asked to play a chromatic scale, which divides the octave into its semitones. There are twelve semitones, or half steps, to an octave in the chromatic scale. Some students play the scale up to two full octaves. In brass and wind instruments this is done with precision breath control and significant lung power. Audible sighs of relief fill the halls as students exit the audition.

Following auditions, students are assigned to one of 3 different honor bands, each under the direction of a notable music educator. The "Moore Band" was under the direction of Dr. J. Steven Moore, the current Director of Bands at Colorado State University. Dr. Moore has a B.M.E. from the University of South Carolina and M.M. and D.M.A. in instrumental conducting from the University of Kentucky. He has 10 years of experience as the director at Lafayette High School and Jessie Clark Middle School in Lexington, Kentucky and 4 years as the Assistant Director of Bands at the Uni-

versity of Kentucky. He was selected 1993 Kentucky High School Teacher of the Year by the Kentucky Department of Education.

The "Gifford Band" was under the direction of Dr. Robert M. Gifford, recently retired from Southeast Missouri State, where he spent twenty-four years as Professor of Music and Coordinator of Winds & Percussion. Following retirement, Dr. Gifford served as Visiting Professor of Music and Director of Bands at Central Missouri State University. He is also founder and conductor of the Southeast Chamber Players, a professional wind chamber group which has received numerous grants to perform public concerts and school clinics.

The "Allen Band" was under the direction of Tim Allen, current Director of Bands at Adair County Schools in Columbia, Kentucky having taught there for the past twenty-eight years. Mr. Allen obtained his Bachelor of Music Education Degree from the University of Tennessee in Knoxville and holds a Master's Degree from WKU. He is the recipient of the National Band Association's Citation of Marching Excellence and the Outstanding Young Band Director of Kentucky Award in 1985. Adair County bands under his tutelage consistently place high in state competitions.

After the exhausting and painstaking auditions had been completed, after the students had been assigned to a band, and after the rehearsals for the final concert were well underway, there was time for a little bit fun. The hardworking students were treated to a dance and a spectacular "Prism Concert" performed by various WKU Bands under the direction of Gary Shallert, D.A., University of Northern Colorado, and current WKU Director of Bands.

While at the honors band clinic, RCHS students received not only an unparalleled musical experience, they also received an exclusive look at the WKU campus. Senior students seeking scholarships for the coming 2009 fall term were able to schedule personal auditions for various WKU Band programs. They had an opportunity to individually meet with the WKU faculty and current college students who were on hand to help with the clinic. This relatively intimate setting presented a unique opportunity for our students to ask questions and explore various possibilities about their college expectations.

The culmination of the weekend's work was a final concert which took place in the Downing University Center Theater (known as the "DUCK" to the students), a change in venue from past years. The Vanmeter Auditorium, normally used for the event, is currently undergoing extensive renovation. A standing-room-only crowd attended the show and all the students looked and performed spectacularly. Our own Michael Browning was selected as first chair and was featured playing a magnificent flute solo. Bravo! A fitting end to a magnificent weekend of making music and memories!

This coming Monday is PIZZA HUT MONDAY! Celebrate Groundhog Day and help the band at the same time. Eat at Mount Vernon Pizza Hut and mention the band. Nobody should cook on Groundhog Day!



Instructor Therese Tackett, left, is shown with Linda Webb, holding her Kentucky Employability Certificate.



Pictured from left are Rockcastle County Jailer James Miller, Angelia Bradley, Teresa Tevis and Instructor Therese Tackett. Bradley and Tevis are holding their Kentucky Employability Certificates they earned.

### Celebration of President Lincoln

## Free arts education program at MVES February 11th

The Center for Rural Development's Arts Education and Culture Outreach Program is bringing a free arts education program in celebration of the 200th anniversary of President Abraham Lincoln's birth to schools across Kentucky.

Kentucky Chautauqua performer Jim Sayre will portray Abraham Lincoln at Mt. Vernon Elementary School Wednesday, Feb. 11th at 8:30 a.m.

The program is one of 50 performances The Center is presenting to each school in its 42-county primary service area of Southern and Eastern Kentucky. During the first two weeks of February, we hope to reach 10,000 students with the story of Abraham Lincoln —

One legendary Kentucky native and beloved American president.

"It is a very extensive effort, but one that The Center is proud to help coordinate with our participating partners in honor of a Kentucky native and political figure whose impact on our nation is everlasting," said Lonnie Lawson, president and CEO of The Center.

The on-site school performances organized by The Center will give students living history lessons on Lincoln—America's 16th president—through special plays, historically accurate impersonations, and dazzling multimedia presentations, Lawson said, noting that all events will be staged at no cost to the schools.

## Recall of certain foods containing peanut butter

Family and Consumer Sciences

Hazel Jackson

Rockcastle County Extension Office



The recent outbreak of salmonella poisonings has been linked to peanut butter from the Peanut Corporation of America at its Blakely, Georgia processing plant. By Monday, January 26th, 492 people have been confirmed as sickened due to the outbreak and an additional 7 have died. In healthy adults salmonella causes very severe flu-like symptoms. However, for the ill, elderly or children, salmonella can result in hospitalization or death.

The plant in Georgia processes peanut butter in bulk containers and peanut paste. It does not package jarred peanut butter, so major national brands of jarred peanut butter in grocery stores are not affected. However, the plant distributed bulk peanut butter to more than 70 other companies which used the peanut butter in other products such as cookies, snack crackers, cereal, candy, ice cream and pet foods.

There is presently no evidence of contamination at

plants other than the plant at Blakely, Georgia. The contaminated peanut butter was produced from July 1, 2008 to the present.

Some of the foods sold in Kentucky that are affected by the recall include Lofthouse cookies containing peanuts or peanut butter, Keebler Soft Batch Homestyle Peanut Butter Cookies, Austin, Keebler, Little Debbie & Meijer Peanut Butter Sandwich Snacks, Meijer and Private Selection (made by Kroger) Ice Cream containing peanut butter or peanuts, and all South Bend chocolates containing peanut butter. The only brands of jarred peanut butter included in the recall are Parnell's Pride and King Nut. Great Choice pet food is also included in the recall.

Most stores have removed affected products from the store shelves. Consumers should check their cupboards

(Cont. to B4)

# WE ARE MADISON COUNTY'S SERVICE PROFESSIONALS!

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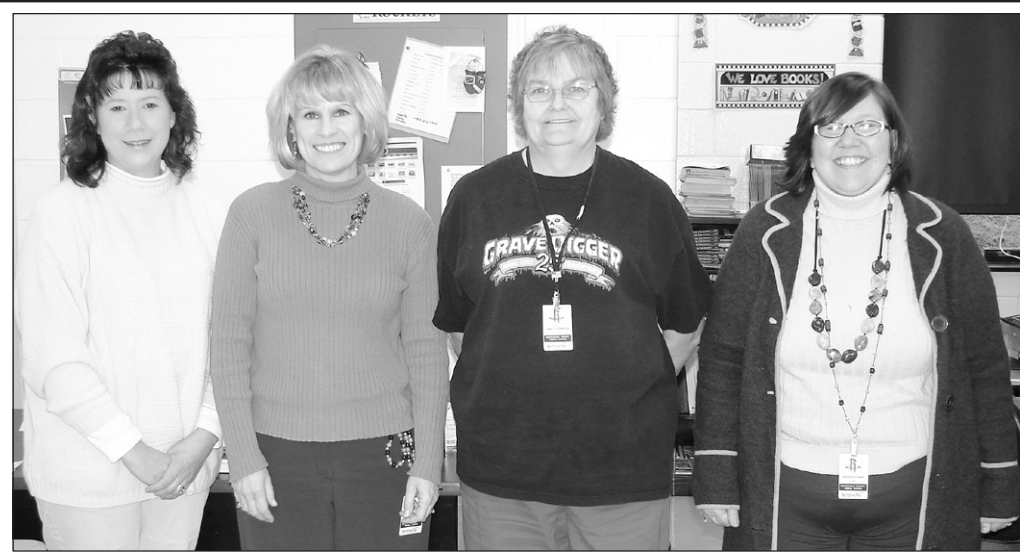
- ✓ Jack Burford Chevrolet honors all Chevrolet Warranty and Service contracts.
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- ✓ Schedule your service appointment: [joe@jackburford.com](mailto:joe@jackburford.com) or 859-623-3350
- ✓ Full Service Body Shop - Only GM factory authorized body shop in Madison County.

<b>GM   Goodwrench</b>	<b>For the care your GM car or truck deserves!</b>
<b>\$27<sup>61</sup></b>	<b>\$89<sup>95</sup></b>
<b>OIL CHANGE SPECIAL</b>	<b>TRANSMISSION SERVICE</b>
Up to 5 quarts of oil, oil filter and complete courtesy inspection. Price includes tax.	15 quarts of fluid, flush and complete vehicle inspection
<small>Excludes synthetics and diesels. Must present coupon at time of service. Call or email for an appointment. No cash value. Offer expires 2/27/09.</small>	<small>Must present coupon at time of service. No cash value. Offer expires 2/27/09.</small>

**BONUS COUPON** **FREE VEHICLE WASH DURING YOUR SERVICE VISIT!**  
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On the Bypass in Richmond • [www.jackburford.com](http://www.jackburford.com)  
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These four heroes, along with the late Mrs. Ruth Coguer and other family and friends, were part of the inspiration behind the RCMS Leadership Team's cancer awareness campaign. RCMS staff members Jennie Martin, Karen Powell, Sandy Johnson, and Markita Mink are all cancer survivors.

## MVES Awards List

### Entry Level Alexander a.m.

Sarah Allen, Matthew Chasteen, Karina Coffey, Amy Cornelius, Bethany Cromer, Bailee DeBorde, Damien Johnson, Jason Karr, Abby Langford, Aliyah Lopez, McKenzie Lunsford, Kerrigan Medley, Silas Shaffer and Ella Willis.

### Alexander p.m.

Blaine Allen, Dylan Allen, Cortney Brown, Jacob Cook, Paige Lovell, McKenzie McKinney, Gentry Phillips, Delani Reynolds, Courtney Rowe and Kennedy Vinson.

### Boyd a.m.

Kyle Coffey, Analise Guinn, Thomas Jones, Jacob Mason, Justin Mink, Elijah Sizemore, Devona Smith and Addyson Topf.

### Boyd p.m.

Kaylon Bullock, Dillan Cromer, Shyann Hellard, Nate McGuire, Dylan Miller, Andrew Mink and Madisen Petrey.

### Davis a.m.

Jarred Bugg, Alyssa Lunsford, Andrew Newcomb, Noah Parkey, Cassidy Shepherd and Chris Whitehead.

### Davis p.m.

Nick Anderson, Phillip Brock, Hayley Muncy and Nathan Munguia.

### First Grade

#### Brown

Acton Cash, Kaden Fletcher, Katelyn Helton, Eva Jackson, Morgan Johnson, Caimen McClure, Daniel Mason, Jeremiah Powell and Paul Young.

#### Bryant

Hannah Abney, Jacob Adams, Jaden Carpenter, Brexton Cromer, Owen Falin, Lakisha Newcomb, Jaylon Ponder, Kali Riley, Zachary Robinson, Blaine Rumsey, Charles Smith, Madison Smith, Alexis Stewart, Brandon Thomas and Alex Vanzant.

#### Carter

Aden Amburgey, Cameron Bullock, Logan Bullock, C.J. Cameron, Katherine Coffey, Andrew Hurt, Blayne Kelley, Walker Lay, Holly Miller, Allison Newcomb, Samuel Philbeck, Nora Pulliam, Lebrana Sparks and Leann Tankersley.

#### Isaacs

Logan Bowman, Ashlyn Brock, Dravan Dowell, Johnna Edwards, Allie Pheanis, Austin Revel, Bailey Robinson, Bryce Smith and Hannah Suffridge.

#### Price

Santina Adams, Bailee

Allen, Gracy Belt, Drew Bullock, Aidan Cain, Chanler Cole, Kylee Fain, Will Isaacs, Callie Lewis, Reece McGuire, Robert T. Mullins, Gracelyn Owens, Noah Reams and Hunter Spivey.

#### Smith

Rosemary Belt, Wesley Clark, Nichole Griffin, Hunter Medley, Braden Parker, Abby Stephens, Zachary Taylor and Tristan Winstead.

#### Second Grade

##### Burton

Alexis Anderson, Patrick Gadd, Lindsey Smith and Bailee Stamper.

##### Cable

Michael Allen, Samantha Bullock, Savannah Bullock, Melanie Mink, Brooklyn Smither and Jacy Strunk.

##### Clontz

Peyton Bowman, Janelle Brown, Cade Burdette, Sierra Hansel, Elizabeth Kidwell, Jacob Loudermilk, Hannah Mullins, Connor Noble, Aleya Powell, Chase Roberts, Jamison Roberts and Kaitlyn E. Smith.

##### Cowan

Sarah Cornelius, John Cromer, Amber Doan, Brittany Doan, Kayla Ginter, Jacob Hansel, Benton Kuntz, Keaton Renfro, Tyler Samples and Caroline White.

##### Roark

Bobby Joe Bowman, Sheradyn Cox, Samantha Douglas, Samantha Newcomb and Ben Tyler.

#### Third Grade

##### Barnett

Hannah Artley, Megan Bond, Haley Bullock, Hannah Cotton, Morgan Cromer, Savannah Meadows, Kristen Wilson and Ryan Winstead.

##### Bullock

Holden Barnett, Haley Carpenter, Sydney Hughes, Kiersten Mink, Breonya Napier, Kira Owens, Sarah Roberts and Steven Rowe.

##### McClure

Emily Adams, Grant Bryant, Judy Burkle, Chelsea Helton, Megan Peacock and Lauren Prewitt.

##### Parkerson

Carlee Cash, Kylee Cash, Rebekah Lake, Peggy Lawson and Devin Mullins.

##### Rumsey

Cora Machal, Pamela Miller and Stormy Smith.

##### White

Tanner Carrera, Emily Deubel, Anthony Houk, Grant Isaacs, Logan Miller, Taylor Mink, Hunter Rigsby, Makayla Roberts and Austin Smith.

#### Fourth Grade

##### Asher

##### Principal's List

Jayna Albright, Abigail Bray, Damien Fleming, Juliann Kirby and D.J. Vanwinkle.

##### Honor Roll

Sara Alcorn, Will Lewis, Christian Mink, Jonah Pillion and Josh Renner.

##### Bowman

##### Principal's List

Cameron Coy.

##### Honor Roll

Jordan Doan and Serena Shackelford.

##### Coguer

##### Principal's List

Caroline Coguer, John Cornelius, Tiffany Fain, Shelby Ham, Allison Renner, Christie Samples and Logan Taylor.

##### Honor Roll

Hope Kelley, David Prickett, Samantha Robbins and Michelle Williamson.

##### Collins

##### Principal's List

Makayla Abney, Joseph Cowan, Heaven Davidson and Ryan Martin.

##### Honor Roll

Sierra Carpenter, Katelynn Hensley, Caleb Kirby, Shelby Newcomb, Anna Petrey and Dylan Spoonamore.

##### Cummins

##### Principal's List

Dakota Bishop, Logan Coffey, Madison Hammons and Sarah Poynter.

##### Honor Roll

Max Meyer and Tabitha Newcomb.

##### Parkey

##### Principal's List

Anna Carter, Nick Dillingham, Adrianna Reams and Jarod Robinson.

##### Honor Roll

Jacob Burns, William Daugherty, Robert Davis, Kristen Day, Tiffany King, Brianna Lay, Ashley McKinney, Tina Miller and Tara Mink.

##### Fifth Grade

##### Cameron

##### Principal's List

Tristan Begley, Noah Bolin and Kayla Pittman.

##### Honor Roll

Scarlett Eaton, Elijah Jones, David Morris, Tanner Nicely, Bobby Prickett, John Reddington and Dustin Samples.

##### Coffey

##### Principal's List

Zeb Davis, Jacob Durham, Matthew Newcomb and Aaron Pevley.

##### Honor Roll

Samarah Lovins, Zachary Mosley, Amber Rice, Caitlin Spoonamore, Haley Spoonamore, Roy Scott Winstead and Jacob Witten.

##### Kincer

##### Principal's List

Leah Bustle, Emily Childress, Rachael Davis, David Gabbard, Amanda Hart and Zachary Loudermilk.

##### Honor Roll

Stephen Blevins, Dana Hatfield, Curtis Miller and BJ Wynn.

##### McQueary

##### Principal's List

Tanner Collins, Lucas Gentry, Micheala Hurt, Adam McKinney and Hannabeth Owens.

##### Honor Roll

Sandra Caldwell and Chelsea Overbey.

##### Mullins

##### Principal's List

Garrett Baldwin, Austin Brown, Kyle Gilbert and Kayla Horn.

##### Honor Roll

Amelia Berryman, Brianna Carter, Makayla Gardiner, Shelby Hood, Tommy Hurst, Nikki McGuire, Zachary McGuire, Tanner Pillion and Bradley Wilson.

## RCMS planning 2nd Annual Cancer Survivor Dinner

During the last few years, it seemed as though the Rockcastle County Middle School family, like many others, was being greatly affected by the devastation involved with a diagnosis of cancer. Four staff members in our building were cancer survivors and other staff members were helping their family members battle the disease, including principal Jason Coguer whose mother was fighting cancer. As a result the RCMS Leadership team was inspired to begin an awareness and prevention campaign. The students began working with the Rockcastle Hospital Markey Cancer Center to help cancer patients.

As a part of this endeavor, the students decided to host a night of celebration for those who survived a battle with cancer. The event, held in February, also included a remembrance for others who had lost that battle.

A Night of Hope was a huge success with approximately 100 people attending. On February 12th, the RCMS Leadership Team, along with the Rockcastle Hospital, will once again be honoring these patients and their families. We would like to invite all brave cancer patients, survivors, and their families for this night of inspiration. The event begins at 6:00 p.m. and will feature dinner, entertainment, and inspirational speaker Dr. Gordon McKinney. Please call RCMS at 256-5118 to RSVP.

## Banking comes to BES

The fourth grade would like to thank Mr. Jon Adams from Citizens Bank for coming and speaking to our students. Currently the fourth grade is learning about the concept of economics. Mr. Adams came and spoke to our students about the importance of banks and their role in the economy. Students practiced writing checks as well as learned how to fill out deposit slips. The students were very interested in learning about the role that banks play and the many services that they offer.

### "Station"

(Cont. from B3)

of Kentucky and provides inmates with current documentation of their employable skill levels, which can assist them in re-entering, and competing in the workforce, upon release from jail. The ability to re-enter the workforce is often the biggest barrier that inmates face and the stumbling block that creates the cycle of incarceration and poverty.

Rockcastle County Jail inmates have the opportunity to test, and earn, a KEC while they are incarcerated, thanks to Jailer James Miller. "The Rockcastle County jail is accomplishing something that very few jails across the state have accomplished, when it comes to WorkKeys® and being able to test inmates while incarcerated. During the past year, 10 inmates at the jail have earned a KEC and will re-enter the community with proven, employable skills. Poor choices and the past can't be changed, but the ability to work toward a future, is evident in the hearts of our students everyday. WorkKeys® is not a requirement, it's a choice, and a good choice." states the Adult Learning Center's Program Manager, Jennifer Napier. Instruction and testing for the GED and WorkKeys is provided through Christian Appalachian Project's Adult Learning Center instructors.

### "Recall"

(Cont. from B3)

and discard any products that are included in the recall. If you have a question regarding a specific food item, you may view the entire list of recalled foods at www.fda.gov or you may call the Rockcastle County Extension Office at 256-2403.

## Mahaffey's Pay Lake at Conway Re-opening February 27th!



Fish stocked every week  
Public restrooms • Full Kitchen  
Live Bait • Fishing Supplies  
Phone 606-308-1158 for details

## Commonwealth of Kentucky Rockcastle Circuit Court 28th Judicial Circuit • Division I Civil Action No. 08-CI-00120

**VANDERBILT MORTGAGE AND FINANCE, INC.**

**Plaintiff**

**v.**

**PAUL ROBINSON, JR., DOROTHY ROBINSON, ROCKCASTLE COUNTY, KENTUCKY AND CITIZENS BANK**

**Defendants**

### NOTICE OF SALE

Pursuant to a Findings of Fact, Conclusion of Law, In Rem Default Judgment and Order of Sale entered in this action on July 26, 2008, I will offer at public auction the hereinafter described real property and personal property located in Rockcastle County, Kentucky:

**AT THE COURTHOUSE IN THE CITY OF MT. VERNON, ROCKCASTLE COUNTY, KENTUCKY, ON EAST MAIN STREET ON FRIDAY, FEBRUARY 6, 2009, BEGINNING AT THE HOUR OF 1:00 P.M. OR THEREABOUTS, THE FOLLOWING DESCRIBED REAL PROPERTY, TO WIT:**

#### PARCEL A:

Beginning at a stake on the north side of the county road, corner to the property herein conveyed and other property of David Rigsby, et ux.; thence in a northwesterly direction, 59 feet to a cedar tree, thence in a northerly direction, 59 feet to a point; thence in a northerly direction, 45 feet to a new corner at the cliff, thence along the cliff in a westerly direction 136 feet to the cave at the corner, thence in a southerly direction with line of William Fish and John W. Riddle (now Sam Bryant) to the old county road in all 138 feet; thence with the county road 178 feet to the point of beginning.

This being the same real property Mortgagor obtained by Deed dated July 3, 1991, from Dennis Rigsby, single, being of record in Deed Book 143, Page 426, in the Office of the Clerk of the Rockcastle County Court, Mt. Vernon, Kentucky.

#### PARCEL B:

Beginning at a stone on the north side of the county road near a small white walnut; thence north up the hill to a spotted oak stump near the cliff; thence running west to a cave near William Fish and John W. Riddle's line (now Sam Bryant's line); thence with said line to a corner in same on side of road; thence east with the county road to the beginning, containing two (2) acres, more or less.

There is excluded from the above described and not now conveyed that portion heretofore sold to David Rigsby, et ux., by deed dated January 16, 1986, as recorded in the aforesaid clerk's office in Deed Book 127, page 67, and being more particularly described as follows:

Beginning at a stake on the North side of the county road corner to the property herein conveyed and other property of grantors, thence in a northwesterly direction 59 feet to a cedar tree thence in a Northerly direction 59 feet to a point, thence in a Northerly direction 45 feet to a new corner at the cliff thence along the cliff in a westerly direction 136 feet to the cave at the corner, thence in a southerly direction with line of William Fish and John W. Riddle (now Sam Bryant) to the old county road in all 138 feet, thence with the county road 178 feet to the point of beginning.

Being the same real property Mortgageors obtained by Deed dated March 30, 2004, executed by Paul Robinson, Jr. and wife, Dorothy Robinson, and Lehoma Mason and husband, William Leon Mason, of record in Deed Book 199, Page 171, in the aforesaid clerk's office.

**The proceeds of the sale shall be applied in the following order:**

- To the costs of this action.
- Rockcastle County for unpaid local, county and state taxes.
- Parcel A proceeds to the defendant/cross claimant Citizens Bank.
- Parcel B proceeds first to Vanderbilt Mortgage and Finance, Inc. and then to Citizens Bank.
- If any remaining balance, then to the defendants Paul Robinson, Jr. and Dorothy Robinson.

**The foregoing property shall be sold separately by the Special Master Commissioner of the Rockcastle Circuit Court upon the following terms and conditions:**

- The two parcels of real property shall be sold separate and shall not be combined.
- The real property shall be sold for cash or upon a credit of thirty (30) days with the purchaser required to pay a minimum of twenty-five percent (25%) of the purchase price in cash on the date of sale and to secure the balance with a bond bearing interest at twelve percent (12%) per annum.
- Unpaid taxes or liens of record at the time of entry of judgment shall be paid out of the proceeds of sale.
- The buyer(s) shall pay the year 2008 local, county and state property taxes and all subsequent years.
- The buyer(s) shall have possession of the property upon compliance with the terms of the sale.
- In the event the defendant/cross claimant is the successful bidder and the sale price does not exceed the amount of the defendant/cross claimant's judgment, no deposit or bond shall be required and the property will be conveyed to the plaintiff in due season upon payment of the expenses of sale.

**The purchaser shall take the real estate free and clear of all liens and encumbrances except:**

- easements, restrictions and stipulations of record;
- assessments for public improvements levied against the property; and
- any facts which an inspection and accurate survey of the property may disclose.

The Special Master Commissioner has served notice on the Attorney for Plaintiff and on all other parties, of the date of sale in compliance with the court's judgment. This the 14th day of January, 2009.

**William D. Gregory,  
Special Master Commissioner  
Rockcastle Circuit Court**

## "What Is Written"

Let us look for a few moments the conversion of the Ethiopian eunuch in Acts 8:26-39. Now notice that the eunuch was studying from Isaiah 53, and had a question about the passage for Philip to answer, vs.30-34. Philip begins at this same passage of scripture, and preaches unto him Jesus, verse 35. Let's notice what vs. 36-38 says, "And as they went on their way, they came unto a certain water: and the eunuch said, See, here is water; what doth hinder me to be baptized? And Philip said, If thou believest with all thine heart, thou mayest. And he answered and said, I believe that Jesus Christ is the Son of God. And he commanded the chariot to stand still: and they went down both into the water, both Philip and the eunuch; and he baptized him." How in the world did the eunuch know anything about baptism? Well the Bible says that Philip preached unto him Jesus, verse 35. So we must conclude that when we preach Jesus, we will also be preaching about baptism. Folks who do not preach what the Bible says about baptism, are failing to preach Jesus like Philip did. We also see that the eunuch made the good confession in verse 37, (Romans 10:9-10). Now take note that the eunuch was baptized that very day Philip had the opportunity to preach Jesus unto him. He did not wait days or weeks to be baptized as do human denominations practice today. After the eunuch believed and obeyed the gospel, notice "And he went on his way rejoicing." vs.39.

Providence church of Christ - 758-8524

E-mail: Dan.McKibben@Juno.com

Web Site: www.WhatSaithTheScriptures.com

Time of Services: **Sunday** 10am Bible Study, Worship 10:40 & 5:00pm; **Wed.** 7:00pm. Radio program, Sun.8am, 1460 AM



# Classifieds

## CLASSIFIED RATES

• Local Rates - \$4 for 25 words or less - .10 each additional word  
 • Display Classifieds \$5.00/Inch  
 Deadline for Classifieds is 10 a.m. TUESDAY

## For Rent

**For Rent:** 2BR/1BA, HWF, stove and refrigerator furnished, air. \$365 month/\$275 deposit. Ph. 256-1705 or 304-4428. 10x1p

**For Rent:** 2 BR, 2 BA trailer in Brodhead. No pets. Must have references. 758-8700.

**For Rent:** House, 2 miles from Mt. Vernon. No pets. Deposit and references necessary. Call 256-4252.

**For Lease or Rent:** 30x40 commercial building, 1 mile from Mt. Vernon on 461. High traffic area. \$450 month plus utilities. Call 606-256-5678. 8x4p

**Barnett Storage and Rental.** 5x10, \$25 monthly; 10x10, \$35 monthly. 1 mile from Mt. Vernon. Call or see Ronnie at Barnett Cycle. 606-256-5678. 8x4p

**For Rent:** 2 BR mobile home, stove and refrigerator furnished. Quarry St., Mt. Vernon. No pets. \$300 month/\$300 deposit. 606-308-4592. 7xntf

**For Rent:** Duplex in Brodhead. All appliances furnished. Call Patty 758-9666. 5xntf

**For Rent:** 2 and 3 bedroom trailer, starting as low as \$200 month plus \$200 deposit. Call 256-9889 or 606-308-5389. 7x4

**For Rent:** Small 2 bedroom trailer in Mt. Vernon. No pets. Also, house in Brodhead. 758-4729. 40xntf

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

**Accepting Applications:** For 2 and 3 bedroom units at Val-

ley View Apartments. Rent based on income. Call 256-5912. Equal Housing Opportunity, TDD for hearing impaired only. 1-800-247-2510. 36tfn

## Property For Sale

**For Sale:** Nice home on one plus acres between Daytona Beach and Cape Kennedy. Close to river and beach. Fenced in, beautiful trees - including several fruit trees. 386-345-0420. 9x3p

**For Sale:** 3 bedroom brick on 70 West View Rd. in Mt. Vernon. Open House is February 7th, 1 to 5 p.m. 256-9744 or 606-308-3332, ask for Sharon.

**For Sale:** 2,397 sq. ft. 3BR/2BA home w/CHA, storm cellar, lg. barn and a 38x72 metal garage w/electric. All furniture in home is nego. All on 5.23 acres in Lincoln County. \$149,900. 606-758-8681. 1xntf

**For Sale:** (1) Lot - 6 acres wooded on Breezy Hollow Lane, \$23,500. (2) 7.7 acres cleared on Breezy Hollow Lane, \$29,900. (3) Two lots on Breezy Hollow, 1.4 acres, to be sold together, \$8,500. 256-3213 or 308-2953. 16xntf

## LAND LAND LAND Palaski County

Between Somerset & Mt. Vernon on Hwy. 934. Ideal building tracts with features such as woods/pastures/ views, water/electric/telephone. Suitable for DW or Home, 2.1 acres with woods @ \$24,900 (\$1245 down, \$267/month), 4.2 acres with open rolling pasture @ \$31,500 (\$1575 down, \$338/month), 5.7 acres with woods @ \$33,900 (\$1695 down, \$364/month).

## Garrard County

Near Berea on Gabbard Rd. 11 acres with woods close to I-75 for \$42,500 (\$2125 down, \$456/month). 13.5 acres on Brock Road for \$33,500 (1,675 down, \$359/month). Abundant Wildlife!!!  
**OWNER FINANCING AVAILABLE** Call Today!!!  
 1-877-331-4888  
**DGSCHELL.COM**

**Lots For Sale:** Castle Ridge Subdivision. Use same entry way as Bible Baptist Church. All lots have city sewer and underground utilities. starting at \$12,900. 606-256-5692 • 256-4504 • 308-3730. 20xntf

**For Sale:** Mobile home lots, located in Sunnyside Mobile Home Park. 1.2 acre lots - \$500 down and \$100 per month. Call 606-256-5692 or 606-256-5648. 43xntf

## Posted

**Posted:** No trespassing on property of Darrell and Helen Whitaker, located on East Fork of Skaggs Creek and Cut Gap. Keep out!! 32(08)x51p

**Posted:** No trespassing, ATV's on land belonging to Billy Whitaker on Skaggs Creek.

**Posted:** No hunting/trespassing on property belonging to Farmer Waddle and Clista Spivey heirs n Hwy 490. Violators will be prosecuted. Not responsible for accidents. 6x6p

**Posted:** No trespassing or hunting on land of J.B. Baker, located at Climax. 8x3p

**Posted:** No hunting, trapping or trespassing on property belonging to William Holt, Winkie Holt or Neureul Jones, located in Kidwell Hollow. Violators will be prosecuted. 7x5p

**Posted:** No hunting or trespassing on Ed Wilson Farm, 5320 Hummel Road, Wildie. 44(08)x52p

**Posted:** No hunting/trespassing on property belonging to Farmer Waddle and Clista Spivey heirs on Hwy. 490. Violators will be prosecuted. Not responsible for accidents. 42(08)x25p

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

**Posted:** Absolutely no hunting, fishing or trespassing on property belonging to Mark and Debbie Cummins. Violators will be prosecuted. 9x52p

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

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

**Posted:** No hunting or trespassing on property owned by Doug and Judy Brock known as Brock's North Hill Farm at Maretburg consisting of the Swinney Place, Brock Place, Hensley Farm, Lakes Farm. 3ft

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## Miscellaneous For Sale

**For Sale:** Seasoned firewood. \$45 large pick-up load, \$55 delivered. Call 606-308-3409 or 308-4751. 10x4p

**For Sale:** Whirlpool washer and dryer. Like new, 1 year old, white. Located in Mt. Vernon. \$600. Call 859-619-3284.

**For Sale:** 1 Open Yearling Holstein heifer, \$525. 606-256-5204.

**For Sale:** Square bales of hay - orchard grass mix. 758-8190 or 606-392-1396. 8x4p

**For Sale:** Seasoned firewood. 606-453-2027. 5x6p

**For Sale:** Organic all-natural eggs. Med - \$1 dozen, large/XLg. \$1.50 dozen. 606-256-8780. 9x4p

**For Sale:** Whirlpool washer and dryer, 1 year old, like new. White. Located in Mt. Vernon. Call 859-619-3284. 10x2p

**For Sale:** Shelled corn, by the bag or truckload. 308-2866. 10x1

**For Sale:** Five-year-old black mare. Broke for riding and work. Has been in parades and done weddings. Call Ray Philbeck at 308-2866. 10x1

**For Sale:** 12x20 metal storage building. New \$2,500 - Sale \$1,700. 453-3648. 7x4p

**For Sale:** HP digital camera with memory card, manual and computer cord, \$20. Motorola flip phone with charger and manual, \$15. Virgin mobile slice phone with charger, car charger and manual, 410. Microtek scanner with LCD light and manual, like new, \$30. Buy all for \$65. Call 256-5509 or 606-657-7616. 10x1p

**For Sale:** Aquariums. 2-10 gal., 3-5 gal. All with lights, pumps and equipment. \$25 for all. Craftsman Sabre saw, Black and Decker 3/8" drill. Both with cases. \$25 for both. 256-1889. 10x1p

**For Sale:** American Harvest corn and pellet stove. Pipes come with it. Take \$1,200. Call 256-9214 or 256-8286. 10x4p

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**For Sale:** 12x24 metal building, \$2,000; 204 4-wheeler, 250 Yamaha, \$2,000. Aprox. 70 miles on it. 453-0029. 10x1p

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

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## Commonwealth of Kentucky 28th Judicial Circuit Rockcastle Circuit Court • Division I Civil Action No. 08-CI-00198

**National City Bank f/k/a National City Bank of Kentucky Successor by Merger to Richmond Bank & Trust Co. Plaintiff**

**Tina M. Gibbs a/k/a Tina Marie Gibbs a/k/a Tina Gibbs, David T. Gibbs a/k/a David Thomas Gibbs, et. al. Defendants**

### NOTICE OF SALE

Pursuant to a judgment and order of sale entered in this action on January 23, 2009, for the purpose of satisfying the judgment against the defendants in the amount of NINETY-SIX THOUSAND SIX HUNDRED DOLLARS AND 30/100 (\$96,607.30) plus interest and costs. I will offer at public auction the hereinafter described real property in Rockcastle County, Kentucky.

**At the Courthouse on East Main Street Mt. Vernon, Kentucky on Friday, February 13, 2009 Beginning at the hour of 1:00 p.m.**

Said property being more particularly bounded and described as follows:

67 Purrgisby Road, Brodhead, Kentucky

Beginning on a 1/2" conduit with a plastic cap stamped RLS #2773 in the west right of way of the Purr Rigsby Road, said point being N 09 19'10"W, 183.45 feet FROM a post corner at the intersection of the Purr Rigsby Road and State Highway No. 1326; thence going with the west right of way of the Purr Rigsby Road N 03 46'40"W, 54.41 feet; N 03 15'05"E, 53.96 feet to a 1/2" conduit with a plastic cap stamped RLS #2773, said point being in said right of way and set beside a 20" cedar; thence leaving said right of way and going with new lines to Libby Gibbs N 31 01'25"W, 158.79 feet to a 1/2" conduit with a plastic cap stamped RLS #2773 set beside a 14" pine; thence S 59 33'55"W, 150.27 feet to a 1/2" conduit with a plastic cap stamped RLS #2773 set beside a 6" cedar; thence S 02 05'15"W, 159.58 feet to a 1/2" conduit with a plastic cap stamped RLS #2773 set beside a 8" cedar; thence S 87 43'38"E, 217.91 feet to the point of beginning and containing 0.931 acres.

And being the same property David T. Gibbs, et ux. obtained by deed dated March 4, 1994 from Libby Burdette, et vir. of record in Deed Book 153, page 136 and of record at the Rockcastle County Court Clerk's office, Mt. Vernon, Kentucky.

**The property shall be sold upon the following terms and conditions:**

- The real property shall be sold for cash or upon a credit of thirty (30) days with the purchaser required to pay a minimum of ten percent (10%) of the purchase price in cash on the date of sale and to secure the balance with a bond approved by the Master Commissioner.
- The bond shall bear interest at the rate of twelve percent (12%) per annum until paid in full. The bond shall have a force and effect of a judgment and shall be and remain a lien upon the property sold as additional surety for the payment of the purchase price.
- All taxes and assessments for 2008 and prior years upon said property shall be paid from the proceeds of sale.
- The purchaser shall pay the 2009 local, county and state property taxes.
- Full satisfaction of the plaintiff's judgment shall be paid out of the proceeds of sale.
- The purchaser shall have possession of the real property upon compliance with the terms of the sale.
- In the event that the plaintiff is the successful bidder and the sale price does not exceed the amount of the plaintiff's judgment, no deposit or bond shall be required.
- The sale shall be made subject to all easements, set back line, restrictions or covenants or record or otherwise and shall be sold "as is".

**Jerome S. Fish, Special Master Commissioner**

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# T.J.'s Journal

by: Tonya J. Cook



Dear Journal,

As the days and weeks go by, we lose a very valuable asset: a treasure chest brimming full of memories and history. This loss comes in the form of the death of our senior citizens, or in the decline of their memory through dementia or Alzheimer's Disease. I, in a small way, hope to remedy this terrible loss through recording these assets in writing—a living history, so to speak, of this county.

I've toyed with this idea for about three or four years now, but the time has come to do something about it. I plan to put these wonderful histories in the local newspaper, the Mount Vernon Signal each week, replacing TJ's Journal. However, from time to time, I'll probably still write a Journal if something comes along particularly noteworthy. I'm very excited about this new series, and hope that you will be, too. This series will be called, "The Roots of Rockcastle". Somewhere down the road, when enough history has been compiled, I hope to put these histories in book form.

Coming from the "roots" of Rockcastle myself, I'm looking forward to working with the citizens here in the county, through personal interviews and correspondence. Also, not to forget those citizens who've moved away and have a story to tell, you won't be forgotten. I will be giving the mailing address and an email address for correspondence in a later issue. Old pictures would be a wonderful asset for this project as well.

If there are relatives remaining of someone with an interesting story or bit of history to

tell who is deceased, I would be very interested in that, as well. It would be a wonderful way to honor them, and add their significant part to our local history.

I had talked to a lady here in the county whose story sparked my thinking, and inspired me to want to put down local oral history. It's been about four years ago that I spoke with her, and she was so excited in recalling the first time electricity was put out into the county, although downtown Mount Vernon already had electric for several years. She could remember seeing poles going up, and the lines being strung along the way. Closer and closer they progressed to her house. Finally, one day the electric was run to her house and that night, she and her family had electric for the first time. How excited she was! She could still remember the anticipation of it, and then actually being able to read after dark without an oil lamp. Oh, how it changed their lives!

It's stories such as this that have inspired me to begin this work, and such stories that I'm looking to compile. There must be hundreds more, such as daily life and surviving the Depression, how we celebrated the holidays, when these roads first got paved, war tales galore, when grandma went to the big "hangin'", our house was haunted, "cousin John" rode with the James gang, the first day of school, big business comes to town (we're still waiting on that one), down on the farm, our family store...that's just to give you an idea. As I said last week, the truth is stranger than fiction.

Nothing can add to history

like the human experience relayed through words. The Roots of Rockcastle will be a wonderful means of recording our precious history for future

## Yards to Paradise

By Max Phelps

Blending Gardening and Landscaping

There is a new trend in landscape design: treat vegetables and fruit as decorative plantings and mingle them into beds and borders with other shrubs and flowers. I am pretty sure this will expand in the coming months as both the slow economy and the high price of fresh produce sink into our consciousness. Also, the trend towards local and organic food is a factor in wanting to grow a few things in the landscape. (The subject of planting a traditional garden will be a different subject for another column.)

Landscapers are being asked more often to add food items somehow, even if it's just some herbs among the flowers. In generations past, a garden was a given, but what with today's busy lifestyles and shrinking yard sizes, the traditional vegetable garden has gotten left out of landscapes. Again, "buy local" and "organic" as well as economic reasons are causing more folks to consider growing food in the landscape.

Confronted with a desire to mix veggies or other edibles into the landscape, and yet not to lose the aesthetics of a lovely yard, some are at a loss for what to do. "Totally edible" landscapes may be nearly impossible to design and keep an attractive look. A blending-in of some food production should not be an impossible task, so ask your landscape professional or local garden center for some suggestions.

Some rural folks who have not gardened in awhile may be intending to plow a traditional garden spot this year. With shrinking yard sizes in newer housing developments, growing some things in the traditional garden may not be easy (or even legal, as some homeowner covenants are not gardening-friendly), but certainly some attractive plants can be added as "edible landscaping" and nobody will be the wiser. For, truly, there are lots of pretty herbs and vegetables one can grow that are as lovely as annual or perennial flowers in the yard.

Blueberries, especially some newer varieties that have been selected for pretty leaf color in fall or colorful limbs in winter, should be considered. Alpine currant, gooseberries, strawberries can all work well.

Some groundcovers can be edible, to replace English Ivy,

generations, preserving the memory of our own ancestors, and immortalizing our living history.

liriope or ajuga or vinca. A fig tree can look almost as decorative as a clump of oak leaf hydrangea. How about a filbert bush instead of viburnum or privet?

There's the flowering kale and colorful swiss chard that are common in fall "seasonal color" displays. But, what about purple pepper plants, red okra, Osaka purple mustard? What about Jerusalem artichokes instead of sunflowers or zinnias? Nasturtiums are as delicious to eat in a salad as they are to look at. Anyone has room for a cherry tomato vine somewhere.

Instead of the "patio peach" why not a real fruiting peach? Instead of a flowering cherry, why not a dwarf "North Star" pie cherry?

Some bigger fruit trees may be worked into the landscape, but keep in mind that fruit trees frequently do not live to be old in the sense an oak or hard maple live for decades or even hundreds of years.

When designing for edible plantings among the perennials or the annual beds, be mindful to plant things that have similar requirements. Sunshine requirements. Acidic or base soil.

Flower borders might include a whole clump of purple basil, chocolate mint, hot peppers, even beets and carrots.

For those who have large lots, even small farms, traditional gardening may make better sense still from the standpoint of appearance as well as ease of cultivation and harvesting.

There is a trend towards redefining what is an "ornamental". You will see herbs and veggies more and more often listed as "ornamental".

The trend towards using ornamental edibles will only gain steam if food prices continue to leap up like they did in recent months. Discount food stores such as Aldi and Save-A-Lot used to sell a can of green beans

for thirty-three cents, it went to 39, now it's above fifty cents. (And I don't have to tell you what the advertised name brands cost.) Albertsons, Kroger, Ingle's and Winn Dixie store brands even took jumps last year for reasons from the fuel surcharges of transportation, the cost of fertilizers, labor and other farmer input expenses, leading to increased retail pricing.

Raised beds filled with good soil make for good growing conditions for both flowers and vegetables. Also both fruiting and flowering shrubs. A screened area, a garage, a clump of trees may separate a less than lovely planted area from sight. Think, too, of espalier fruit trees, or a pergola or arbor covering part of a seating area and also supporting a grape vine, some kiwi vines, or pomegranate if you live in a warmer climate.

Our British ancestors may

have had sheep "mowing the yard" or vegetables growing around a small home. As time passed, especially the more well-to-do wanted formal landscapes with a vegetable or fruit growing area out of sight in the back somewhere. I believe this trend is beginning to turn for quite a few have expressed desire for growing a few tomatoes or herbs. And some want an "edible landscape".

Plants are more diverse, as are wildlife, in a mixed landscape. And, a green lawn takes more water than most edible plantings. (Even in areas with water rationing like Atlanta, veggies could be watered when the lawn couldn't.)

I recommend you consider jumping on this bandwagon and adding some edible plantings to your yard for both the visual appeal and the tasty harvest!

The author is a landscaper specializing in waterfeatures. See web site [www.rockcastles.com](http://www.rockcastles.com)

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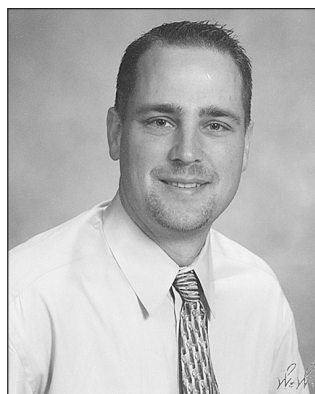
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of Mr. and Mrs. Rick Thomas' 28 Acre Farm in Tracts

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Elrod Road - Somerset, Kentucky

**Directions:** From Somerset, take Hwy. 39 approximately 13 miles to Hwy. 934 and turn right. Follow Hwy. 934 five miles and turn right onto Hwy. 3268. Proceed approximately 1 1/2 miles. Property will be on your left. From Mt. Vernon, take Hwy 461 approximately 12 miles and turn right onto Old Hwy 461 (just past the Jack Shack). Proceed approximately two miles and turn left Elrod Road and proceed 4 1/2 miles to the property. Auction signs are posted.

In order to pursue other business interests, Mr. & Mrs. Thomas have authorized our firm to offer this farm at public auction.

This farm is mostly cleared and totals 28.23 acres with road frontages on three sides and city water is available to each tract. Tracts sizes are as follows;

**Tract #1 through Tract #3** all front Highway 3268 with each having over 240 ft of frontage. These tracts range in size from 1.2 to 1.3 acres. Either of these tracts would be excellent home sites.

**Tract #4** being the largest of the tracts measures 10.55 acres and fronts Elrod Martin Road approximately 699 feet. This tract has a pond for stock water and would be excellent site for building your home and having a site for grazing cattle or running horses.

**Tract #5** consists of 6.33 acres and fronts Elrod Martin Road approximately 718 feet. Combining this tract with Tract #4 would make an excellent combination and would give you a total of 16.88 acres, the perfect size of a baby farm.

**Tract #6** measures 2.13 acres with 553 ft of frontage along Elrod Denney Road. This tract would be another excellent mobile home or building site as there is already a septic in place. (Mobile home currently on this tract will be moved and is not a part of the auction.)

**Tract #7-#9** measure 1.33 to 1.86 acres. Each of these tracts has over 250 ft of frontage along Elrod Denney Road. Again, these tracts would be excellent home sites and have several mature shade trees.

**AUCTIONEERS NOTE:** Looking for additional spring pasture, a farm or a great country site for building, then check out these tracts in the northern section of the county. Tracts ranging in size from 1.2 to just over ten acres allows you to choose what suits you and your family. The farm totals 28.23 acres. Be prepared to bid and buy on Saturday, February 7th at 10:30 a.m.

**TERMS:** Real Estate: 20% down the day of the auction with the balance due in full within 30 days.

**AUCTIONEER/BROKER/SELLER DISCLAIMER:** The information contained herein is believed to be correct to the best of the auctioneer's knowledge. The information is being provided for the bidder's convenience and it is the bidder's responsibility to determine the information contained herein is accurate and complete. The property is selling in its "as-is" condition with no warranties express or implied.

For additional information or copy of the plat, contact the auctioneers at 606-679-2212.

Announcements made the day of the auction, take precedence over printed matter.



REALTOR/AUCTIONEER: DANNY FORD, RON SHAW, DAVID REYNOLDS, MATT FORD, MIKE BROUGHTON APPRENTICE AUCTIONEER: DAVID CASADA, JAMES STEVENS, BUD GALLOWAY, MIKE MCCOLLOM, DOUG KING

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HEALTH  
*Signal*

# Growing Together

See pg. 3

## In this issue:

- National Patient Safety Week
- Hospital awards
- Children's Dental Health Month
- And more!

Twila Burdette, Rockcastle Hospital Child Development Center Director, paints with Lukas, age 3 1/2.



**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, friendliness, 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).

**Referral 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  
 Kentucky Home Health Association  
 Kentucky Hospital Association  
 Kentucky Medical Association  
 National Patient Safety Foundation  
 UK HealthCare Network Affiliate—Markey Cancer Center  
 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.

Joseph E. Lambert, Chairman  
 Bige W. Towery, Jr., Secretary  
 William B. Bailey, Jr.  
 William B. Bailey, Sr.  
 Debra H. Lambert

**Executive Management**

Stephen A. Estes, President/CEO  
 Charles D. Black, CFO  
 Cindy Burton, RN, Chief Nursing Officer

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

145 Newcomb Avenue  
 P.O. Box 1310  
 Mt. Vernon, KY 40456  
 (606) 256-2195  
[www.rockcastlehospital.org](http://www.rockcastlehospital.org)

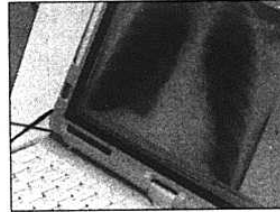
Health Signal is produced by the Community Relations Department of Rockcastle Hospital and Respiratory Care Center, Inc.

Arielle Reese, Director  
 Susan Brown, Page Design

# ROCKCASTLE

## HOSPITAL AND RESPIRATORY CARE CENTER, INC.

## FEATURES



**A view from anywhere**

Page 4



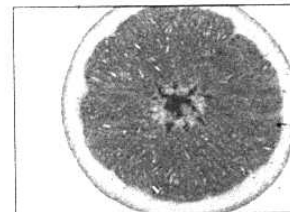
**Medical Doctor,  
 Cancer Survivor**

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**5th Annual Jingle Bell  
 Run/Walk**

Page 13



**Nutrition Month**

Page 15



# More than a daycare

## Hospital transforms house into center for learning

By Arielle Reese, Rockcastle Hospital  
Community Relations Director

**T**hree-year-old Lexi Brock is fashion-dressed from head to toe complete with a bright red heart painted on her cheek. She just finished play-dress up and walks to the next room to sit with a group of children who are learning about shapes and colors. Lexi isn't old enough for preschool, but she isn't too young to begin her education at "The York House," Rockcastle Hospital's Child Development Center.

The York name goes back centuries and means settlement, refuge or retreat. Its old English symbol is that of a white rose, which symbolizes

purity, virtue, innocence and pure intentions. Formerly owned by the York Family, the newly renovated York House is now home to Rockcastle

Hospital's Child Development Center.

The York House, located on the hospital's campus, opened in November and currently has three classes and 30 students enrolled. Hospital employees can utilize the Center on an everyday or drop-in basis for a weekly tuition or by the hour rate. The Center is currently only available for hospital employees.

Twila Burdette, Center Director, is a lifelong resident of Rockcastle County. She received a Bachelor of

Science Degree in Early Childhood Development from Eastern Kentucky University. Her education and employment background prepared Burdette to develop a curriculum to provide optimal learning experience for infants, toddlers, preschool and school age children. "We are genuinely excited about our programs in early childhood education and development," Burdette said. "One of our goals is to help lay a foundation for a lifetime of learning."

The curriculum includes educational activities and lessons along with fitness, music, art and leading-edge technology. The children also get involved with Rockcastle Hospital Chef Shannon Stevens and staff, not only through the enjoyment of healthy and delicious meals, but also through his exciting and instructive cooking programs.

The York House provides a nurturing, healthy learning environment. Rockcastle Hospital Speech, Occupational and Physical Therapy are easily accessible for those children who need a little extra help. Also, being on campus, employees and their families can have a piece of mind knowing their children are next door.

Rockcastle Hospital President and CEO Stephen Estes is proud of the latest addition to the hospital's campus. "Our children...our families...our place. We are growing together."

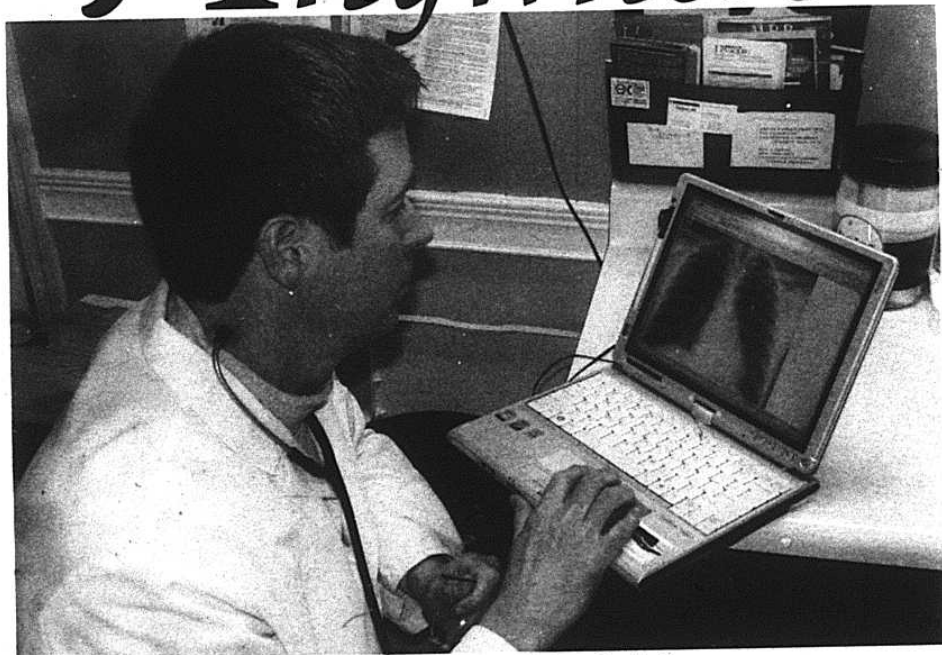


Lexi Brock, age 3, daughter of hospital employee Melissa Brock, plays dress-up at the Rockcastle Hospital Child Development Center.

*"Our children...  
our families...  
our place. We are  
growing together."*



# A view from Anywhere



New technology at Rockcastle Hospital enables Dr. Tony Arvin, above, to view a patient's x-ray from his office.

## Innovative technology aids physicians

By Arielle Reese, Rockcastle Hospital  
Community Relations Director

**R**ockcastle Hospital has added another service that takes imaging capabilities into the future. The hospital now owns a Picture Archiving and Communication System (PACS). PACS is a filmless computer system used to capture, store, distribute and display images. It enables images to be delivered to medical providers anywhere they have access to a high speed broadband internet connection.

As a patient undergoes a diagnostic imaging exam, the images are captured and immediately

translated into digital form. Since the images do not require development, they're readily available to be viewed, allowing faster diagnosis and earlier treatment.

With the addition of PACS, Rockcastle Hospital physicians can read images captured at the hospital... even if it is at 2 a.m. Another benefit is that physicians can view the patient's images at the same time in different locations. Rockcastle Hospital and UK physicians can simultaneously view images to discuss the best care for the patient. The images are clearer and software enables physicians to see things that they couldn't on traditional film. PACS also eliminates

missing x-rays, lost films and reports. Patients benefit from the technology because it transforms the way radiological images are viewed, analyzed, stored and shared, enabling the radiologists and physicians to diagnose and treat patients more effectively.

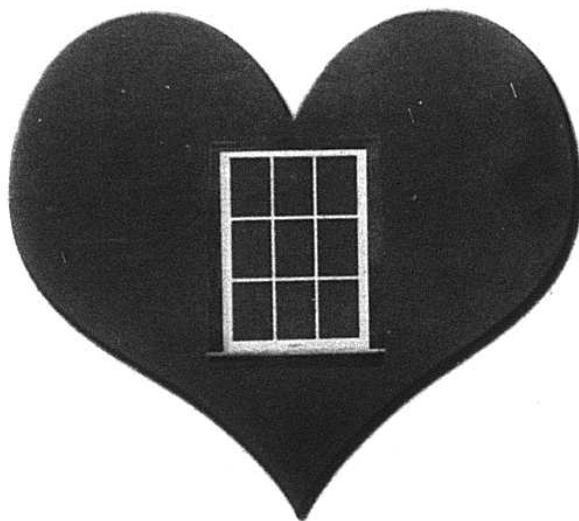
"It is a win-win situation for both the physician and the patient," said Rockcastle Hospital Chief of Medical Staff Dr. Tony Arvin. "With this technology, myself and other physicians have access to the patient's current and prior imaging studies and associated clinical information as soon as the patient's exam is completed. The exam report turnaround time is virtually

eliminated. PACS helps me get patients treated expeditiously, even when I am not on the hospital campus."


"We have received an overwhelming positive response from medical staff. The convenience factor is definitely a plus," said Rockcastle Hospital Diagnostic Imaging Director John Mitchell.



The project was a hospital-team effort including Information Technology, Diagnostic Imaging and the medical staff. The implementation of the PACs system is another aspect of the electronic medical records system that began at Rockcastle Hospital in October 2007.






## What if your heart had a window?

TO UNDERSTAND ONE WAY the leading-edge technology at Rockcastle Hospital is important to you, it helps to look at the  of the matter, *literally*.

Our 64-slice CT scanner enables your doctor to see a clear picture of your  with an easy, patient-friendly scan. It is effective in detecting blockages that might otherwise go unseen, and it's a far cry from having to get an invasive  catheterization.

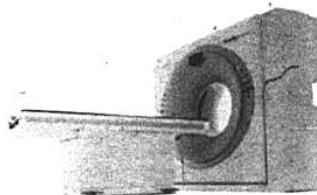
But it's not a far drive from where you live.

Our CT technology provides doctors with the advanced tools they need to diagnose  disease, which is the leading cause of death in the U.S.

Ask your doctor about the diagnostic imaging services at Rockcastle Hospital. We're located in Mt. Vernon, off I-75, exit 62. Call 606-256-7878 for more information.

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

New home of the 64-slice CT scanner. [www.rockcastlehospital.org](http://www.rockcastlehospital.org)





## [ UK CONNECTIONS ]

# News to take to heart

## UKHealthCare

**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

**Afrah Chishti, M.D.**  
Pediatric Nephrology

**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

**Bryon Kee, M.D.**  
Hematology & Oncology

**Christian Latterman, M.D.**  
Orthopaedic Surgery

**Rick McClure, M.D.**  
Cardiology

**David J. Moliterno, M.D.**  
Cardiology

**Gregory Monohan, M.D.**  
Hematology & Oncology

**Debabrata Mukherjee, M.D.**  
Cardiology

**Robert Owen, M.D.**  
Neurosurgery

**Pushpa Patel, M.D.**  
Radiation Medicine

**Marcus Randall, M.D.**  
Radiation Medicine

**Edward Romond, M.D.**  
Hematology & Oncology

**Erlin Johnson Saunders, M.D.**  
OB/GYN

**Scott Scutchfield, M.D.**  
Orthopaedic Surgery

**Jignesh Shah, M.D.**  
Cardiology

**Steven I. Shedlofsky, M.D.**  
Gastroenterology

**Mushabba Syed, M.D.**  
Cardiology

**Rudolph M. Tovar, M.D.**  
Gynecology

**D**epression triggered by negative thinking may play a bigger role in predicting how well heart failure patients fare, while in a separate clinical trial, patients taking a common heartburn and ulcer medicine seemed to have a higher risk of heart problems.

University of Kentucky researchers found that medicine used to block stomach acid in patients with heartburn, reflux, and ulcers may warrant further study, according to Steven Dunn, a pharmacist at UK and assistant professor at the UK College of Pharmacy. The study involved the "blood thinner" clopidogrel in procedures such as stenting and angioplasty to open blocked heart

vessels.

"Recent data has indicated that proton pump inhibitors like omeprazole (Prilosec) may interfere with the antiplatelet effectiveness of clopidogrel (Plavix)," Dunn said.

While the study did not seem to indicate that the ulcer medicine interfered with the prevention of clots, Dunn said, "We found that proton pump inhibitor use in general was independently associated with adverse cardiovascular events at both 28 days and one year," whether or not the patient was taking the blood thinner.

However, Dunn explained that because of the relatively small number of patients in the study and

other factors, the results should only be considered as a basis for further research.

In a separate study involving depression, UK researchers found that patients who had negative thinking patterns, such as thoughts about not being able to justify their own existence, were at higher risk for developing depression. Heart patients with depression have been shown to have more complications, including a higher risk of death.

Rebecca Dekker, a University of Kentucky research nurse, noted the findings suggest that heading

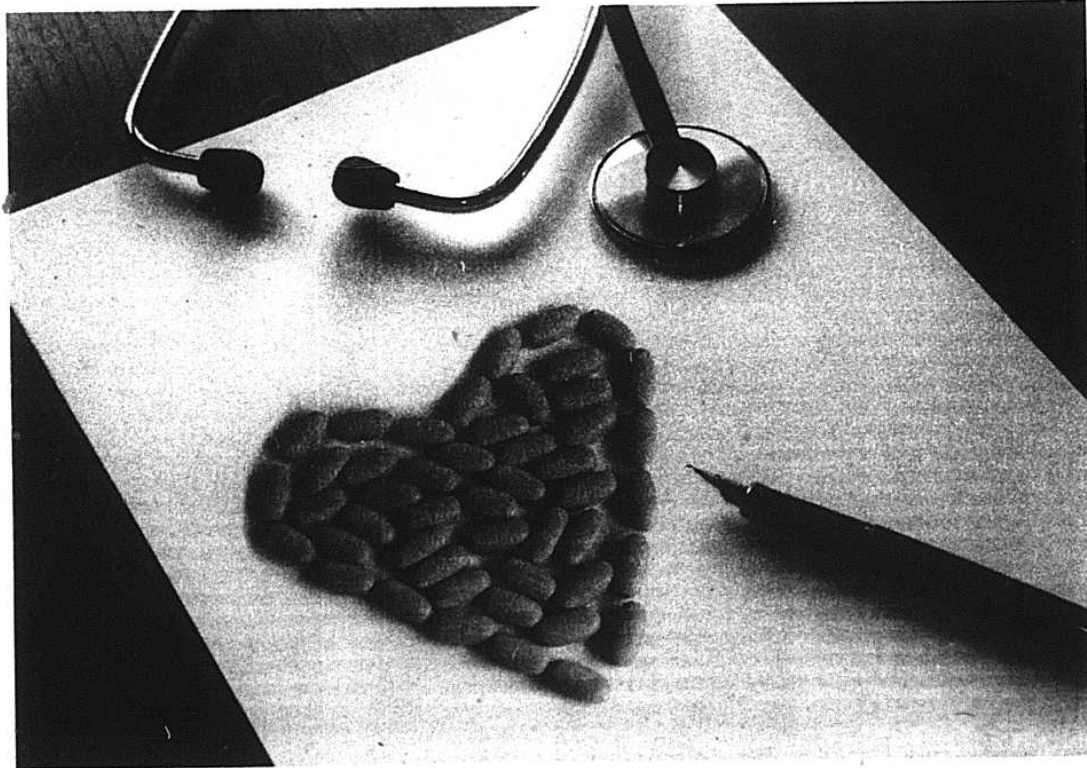
off negative thoughts could help reduce depression in heart failure patients.

"Because of these findings, we have developed an intervention that is designed to reduce negative thinking in hospitalized patients with heart failure, and we will be testing this intervention in a randomized, controlled trial. In the meantime, health care

professionals and family members who work with patients with heart

failure need to realize that when a person with heart failure expresses negative thoughts, they should be screened and possibly treated for depression," Dekker said.

**UKHealthCare**  
**Gill Heart Institute**





To prevent health care errors,  
patients are urged to...

# Speak<sup>UP</sup><sup>TM</sup>

National Patient Safety Week  
March 8-14, 2009

Everyone has a role in making health care safe. That includes doctors, health care executives, nurses and many health care technicians. Health care organizations all across the country are working to make health care safe. As a patient, you can make your care safer by being an active, involved and informed member of your health care team.

 The Joint Commission

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HOSPITAL AND RESPIRATORY CARE CENTER, INC.

**S**peak up if you have questions or concerns. If you still don't understand, ask again. It's your body and you have a right to know.

**P**ay attention to the care you get. Always make sure you're getting the right treatments and medicines by the right health care professionals. Don't assume anything.

**E**ducate yourself about your illness. Learn about the medical tests you get, and your treatment plan.

**A**sk a trusted family member or friend to be your advocate (advisor or supporter).

**K**now what medicines you take and why you take them. Medicine errors are the most common health care mistakes.

**U**se a hospital, clinic, surgery center, or other type of health care organization that has been carefully checked out. For example, The Joint Commission visits hospitals to see if they are meeting The Joint Commission's quality standards.

**P**articipate in all decisions about your treatment. You are the center of the health care team.



# ANSWERS FROM OUR STAFF

**Q** *What are some tips for medication safety?*

**A** You should learn all you can about your medications: their names, when and why you take them, and any special instructions. Keep a list of all your medications (prescription, OTC, herbals, and medicinal foods) to share with all health care providers. Never be afraid to ask questions; your safety may depend on it.

Take medications as they are prescribed. The drugs we use today can be very complex, requiring precise doses that may account for your age, weight, or other characteristics specific to you. That is why you should never share your medications with anyone else, and why you should take the dose that is right for you. Too much or too little medication may be harmful. Paracelsus said that the right dose is the difference between a poison and a remedy.

Clean out your medicine cabinet regularly, throwing away any expired medications, and any medication that has changed. Changes may include color, smell, or texture. Expired medications often don't work as well, and more importantly, may be harmful. A good motto is, "when in doubt, throw it out."

If you have any medication safety questions or need more information, please contact your doctor or pharmacist. ♦



**Tina Hasty, Director**  
Rockcastle Hospital Pharmacy

**Q** *I received a survey in the mail from your hospital after recently being discharged, why do I need to answer all of those questions and what does the hospital do with the information?*

**A** Rockcastle Hospital's commitment is to provide quality care to our patients and the patient satisfaction survey that you received is one of the ways that we are able to monitor that quality.

When you fill out and return your survey, it allows us as an organization to know how we are performing, what things we are excelling at and what areas we need to improve upon.

In reviewing the results of our survey, we can compare ourselves to over 1700+ facilities in the Press Ganey database. This allows us to see how our customers view the nursing staff, physicians, and the overall care that they receive within our organization. Rockcastle Hospital is proud of our high scores and the trust our community puts in our facility; however, we are always looking for ways to get better and we are continually raising the bar to be able to provide our patients with excellent quality care.

We appreciate our patients and employees who are part of the improvement process through their feedback and suggestions. Your completing and mailing in the survey is very important to Rockcastle Hospital and we value the information and will continue to strive towards excellent quality care. ♦



**Tammy Brock, RN**  
Performance Improvement/  
Patient Safety

*If you would like to submit a question for one of our staff, please send your question to Ariella Reese, Community Relations Director, P.O. Box 1310, Mt. Vernon, KY 40458. Or you may e-mail your question to [a.reese@hrcc.org](mailto:a.reese@hrcc.org).*



# Birth Defects Prevention

*Whether or not you are planning a pregnancy, now is the time to prevent birth defects.*

**TAKE A VITAMIN** with 400 mcg of folic acid every day.

**DON'T SMOKE** or drink alcohol.

**WASH YOUR HANDS** often with soap and water to prevent infections.

**SEE YOUR HEALTH** care professional regularly.



# 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)

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HOSPITAL AND RESPIRATORY CARE CENTER, INC.

*Kentucky Hospital Association  
2008 Quality Award Winner*

**UKHealthCare**  
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**Markey Cancer Center**

*Preferred Cancer Care. Closer than ever.*



# Medical doctor, cancer Survivor

By Arielle Reese, Rockcastle Hospital  
Community Relations Director

Encouraging other women to get mammograms and reminding them to do monthly self-exams was a routine for Dr. Kimberly Cornelius. One day it became a priority because it was during one of those self-exams that Dr. C, as she is known to her patients, discovered a lump in her breast. Because of her medical background, she knew at the time it felt like cancer. A follow-up needle biopsy revealed that indeed it was.

Radiation and chemotherapy treatments followed. While undergoing cancer treatment, Dr. C missed less than two weeks of work. When she was too weak to walk and see the patients, they were brought to her. Her pain, fear, depression and nausea were hidden beneath her will to fight the cancer and her signature smile.

After completing treatments, Dr. C volunteered for Reach to Recovery, a mentoring program where breast cancer survivors are paired with newly diagnosed patients. She visited women who were undergoing treatment, offering them encour-

agement, friendship and love.

Today Dr. C. has been cancer-free for 12 years. She has a practice in the Medical Arts Building at Rockcastle Hospital, is Medical Director of the hospital's 79-bed ventilator unit and is Secretary/Treasurer for the Rockcastle Hospital Medical Staff. She is a passionate advocate for breast health education. "It is my mission to educate every woman about the importance of prevention and early detection," she said. "One of my best friends and I are breast cancer survivors. I think women come to me because I have been through it."

Recently Dr. C was honored with a "Mission of Hope Advocacy Award" at Southern Kentucky Area Health Education Center's annual breast cancer survivor dinner. Her nomination letter written by a co-worker said, "Reach for the clouds. Even if you miss you will land among the stars. That is how Dr. C. makes you feel. She is a spectacular woman, mother, friend, doctor, inspiration and definitely a star."



Dr. Kimberly Cornelius with her  
"Mission of Hope Advocacy Award."



# EXCELLENCE AWARDED

## Trip program honored for innovation

**R**ockcastle Hospital and Respiratory Care Center received the 2008 Statewide Innovative Program Award at the Kentucky Association of Health Care Facilities (KAHCF) Annual Awards Banquet on November 13 at the Galt House in Louisville. KAHCF, the trade association representing proprietary and nonproprietary long term care facilities throughout the Commonwealth, presented over 40 awards at the banquet. Rockcastle Hospital was recognized for its Personal Trip Program which makes it possible for ventilator dependent residents to have a day away from the facility. With the use of a portable ventilator, it is possible for a resident to visit a place or participate in an activity of their choice.

Rockcastle Hospital CEO Steven Estes said the hospital was honored to receive such recognition from KAHCF for the Personal Trip

Program. "After 25 years of a growing and successful trip program, this award recognizes our strong commitment to quality care. Our program is unique and sets an example for others. Giving the ventilator dependent residents the opportunity to experience normal activities requires team work and shows the dedication of each person involved."

Five district Innovative Program Awards were presented to other facilities whose unique, creative and inventive program sets a leadership example for other facilities. Rockcastle Hospital also received the Eastern District Award in this category.

"Our long term care profession is very proud of Rockcastle Hospital for their innovative approach to enhancing resident quality of life," said KAHCF Chairman of the Board Mary Haynes. "We are proud to have them as a member of our association."



Pictured from left Rockcastle Hospital employees Selena Mink, social worker, Jason Amyx, activities, and Angie Adams, social worker, accepting the Statewide and Eastern District Award at the Kentucky Association of Health Care Facilities awards banquet for the hospital's Personal Trip Program.

## Employees' ideas shine bright



Pictured from left, Tammy Brock, with "Shining Idea" award winners Jeanette Wheat, Tina Hasty, Deborah Stanley, and Nick Bastin. (Not pictured Leolla Wynn-Hurley)

**T**he 2008 "Shining Idea" awards ceremony was held at the employee Christmas party on December 13. The winners were: Human Resources—Leolla Wynn-Hurley (Shirts with logo and achievements whenever project is completed); Service Excellence—Nick Bastin (Tobacco free campus.); Performance

Improvement—Deborah Stanley (Anaphylaxis kit in chemotherapy); Technology—Tina Hasty (Pediatric crash cart in hospital building); Financial Improvement—Jeanette Wheat (Vitamin b12 shots for LTC given on same day each month to prevent waste of vial.) Employees received a trophy and \$500.



# 5th annual Jingle Bell Run/Walk



A cold and snowy morning didn't slow down any of the one hundred and thirty runners and walkers who participated in Rockcastle Hospital and Respiratory Care Center's 5th Annual Jingle Bell 6K on Dec. 6, making it the biggest to date. The Run/Walk featured some fun attractions this year with Rudolph braving the weather, leading the pack on his bicycle at the start of the race.

More than \$2700 was raised. Half will go to Rockcastle Hospital's Miracle Fund; half to Rockcastle Health and Rehabilitation's resident fund which provide assistance to improve the quality of life of long-term care patients. "This event continues to grow every year," said Dwain Harris, Rockcastle Hospital

Community Relations, "we're proud to see people come together to benefit such a good cause."

The Run/Walk attracted both local participants and participants from cities including London, Cynthiana, Lexington, Hyden, Somerset, Berea and Richmond. Those gathered in Renfro Valley were given door prizes including a painting penned by resident Jody Adams.

Individual overall male winner was Laban Towery, of Mount Vernon, with a time of 23:25. Individual overall female winner was Alex Bunch, of Stanford, with a time of 26:09.

Rockcastle Hospital and Rockcastle Health and Rehab wish to thank all participants, volunteers and sponsors that helped to make this event a success.



At left, Gayle DeBorde, Chemotherapy Nurse, and Betty Purcell, Wellness Coordinator, making their way down Hummel Road in Renfro Valley.



At left, Arielle Reese, Community Relations Director, presents a gift certificate from John's Run Walk Shop to Chelsen Larkey, Activities, fastest female employee at the Jingle Bell Run/Walk.



"Rudolph" Robbie Taylor, Rockcastle Hospital Physical Therapist, leads the run/walk.

At right, Arielle Reese, Community Relations Director, presents a gift certificate from John's Run Walk Shop to Steve Estes, CEO, fastest male employee at the Jingle Bell Run/Walk.



Pictured above from left, Angie Adams, Selena Mink, and Lora Beth McKee, Social Workers at Rockcastle Hospital, keep time at the Jingle Bell Run/Walk.





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***FREE county-wide delivery***  
***New \$4 prescription plan***

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more information.**

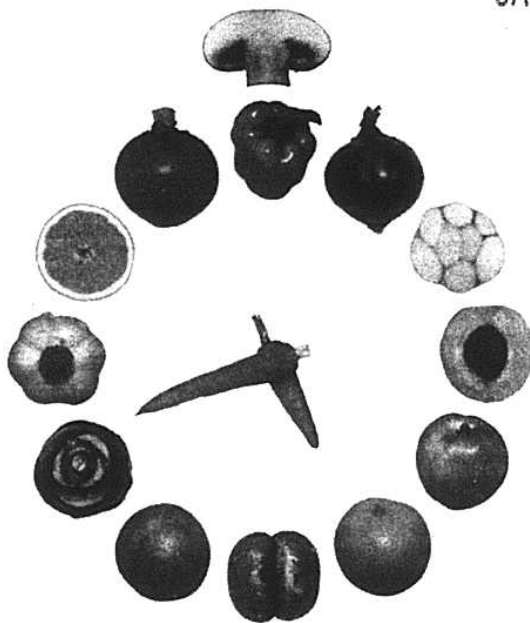
**ROCKCASTLE**  
PROFESSIONAL PHARMACY

Conveniently located in the Outpatient Services Center at Rockcastle Hospital.

**Hours of operation:**  
Monday-Friday 8:30 am to 7:00 pm  
Saturday 8:30 am to 2:00 pm



JAN 27 2009



*It's time to*  
**'Eat Right'**

---

**March is National Nutrition Month**

---

**F**or those of you working on that New Year's resolution for healthier eating, and in preparation for National Nutrition Month in March, here are some tips to help you "Eat Right".

1. Keep track of everything you eat and drink. Include the type of food or beverage, amount, time, and how you were feeling at the time. Stop eating when you begin to feel full, don't wait until you feel stuffed and have already overeaten.

2. Base meals around vegetables and whole grain foods, incorporating them into main dishes. Eat at least one meatless lunch and dinner each week to reduce saturated fat, increase fiber, and introduce your taste buds to new flavors.

Whenever you normally eat white or "enriched" bread, cereal, rice or pasta; substitute it with a whole grain version.

3. Buy plenty of fresh fruits and vegetables to keep on hand and prepared to eat. Eat at least 2 servings of fresh fruits and 3 servings of vegetables each day.

4. Your body can only use so many calories at a time, so extra will more likely be stored as fat. Smaller, more frequent meals (every 3-5 hours) will help keep your energy level more consistent. Start listening to your body's signals regarding hunger and fullness.

5. Keep "junk food" and "trigger" foods out of the house. Make a special trip to the store when you

MUST have it, and enjoy it.

6. Include good sources of lean protein with your meals: chicken, fish, shellfish, legumes, eggs, dairy products, soy products, and lean meats.

7. Use low fat, fat free and lean dairy and animal products. High fat animal products tend to have a lot of saturated fat, which promotes high blood cholesterol levels. Extra fat will also increase your total calories, which will cause an increase in weight.

8. Replace juice, sports drinks, regular soda, alcohol, and specialty coffees with water.

9. Shut off the TV, put down the book or newspaper, and turn off the computer whenever you eat -

this includes meals and snacks.

People tend to eat larger portions when snacking in front of the tube, and the foods chosen are often high in fat, sugar and calories. What's more, when you associate eating with particular activities, you may automatically look for something to eat when engaging in those activities, even when you are not really hungry.

10. Plan ahead for meals and snacks, have foods on hand to prepare them, and pack them "to go" if necessary. A little preparation will increase your chances of making good choices.

For more information contact the Dietitians at Rockcastle Hospital, Inc. at 256-2195.



## February is National Children's Dental Health Month



### Help your child develop **good dental habits**

Steps to good dental health include:  
**Regular care by a dental professional.** During regular well-child visits, your child's pediatrician will check your child's teeth and gums to make sure they are healthy. If your child has dental problems, your child's pediatrician may refer you to a dental professional.

**Getting enough fluoride.** Fluoride is a natural chemical that can be added to drinking water and toothpaste. It strengthens tooth enamel (the hard outer coating on teeth). Fluoride also helps repair early damage to teeth. Because children tend to swallow toothpaste, put only a small (peasized) amount of fluoride toothpaste on your child's toothbrush and press the toothpaste into the bristles. Taking in too much fluoride while brushing can result in fluorosis (spotting of the teeth).

**Regular brushing and flossing.** Daily dental cleaning should start as soon as your infant's first tooth appears. Wipe the teeth with a piece of gauze or a damp cloth. Switch to a toothbrush with a fluoride toothpaste as your child gets older. Any 2 teeth that are touching each other

should be flossed to prevent a cavity from forming between the teeth.

**Eating right.** For healthy teeth, offer your child a well-balanced diet with a variety of foods. Drinking water with fluoride is an excellent way to keep teeth healthy.

#### **Good dental habits**

Regular dental checkups, a balanced diet, fluoride, injury prevention, habit control, and brushing and flossing are all important for healthy teeth. Starting children off with good dental habits now will help them grow up with healthy smiles.

The American Academy of Pediatrics (AAP) recommends that all infants receive oral health risk assessments by 6 months of age. Infants at higher risk of early dental caries should be referred to a dentist as early as 6 months of age and no later than 6 months after the first tooth erupts or 12 months of age (whichever comes first).

All children should have a comprehensive dental exam by a dentist in the early toddler years.

*Source: American Academy of Pediatrics*

## FREE Oral Health Checks ~ for Children ~

**February 13 and 27, 2009**

**2-4 p.m.**

*All children will receive a goodie bag!*

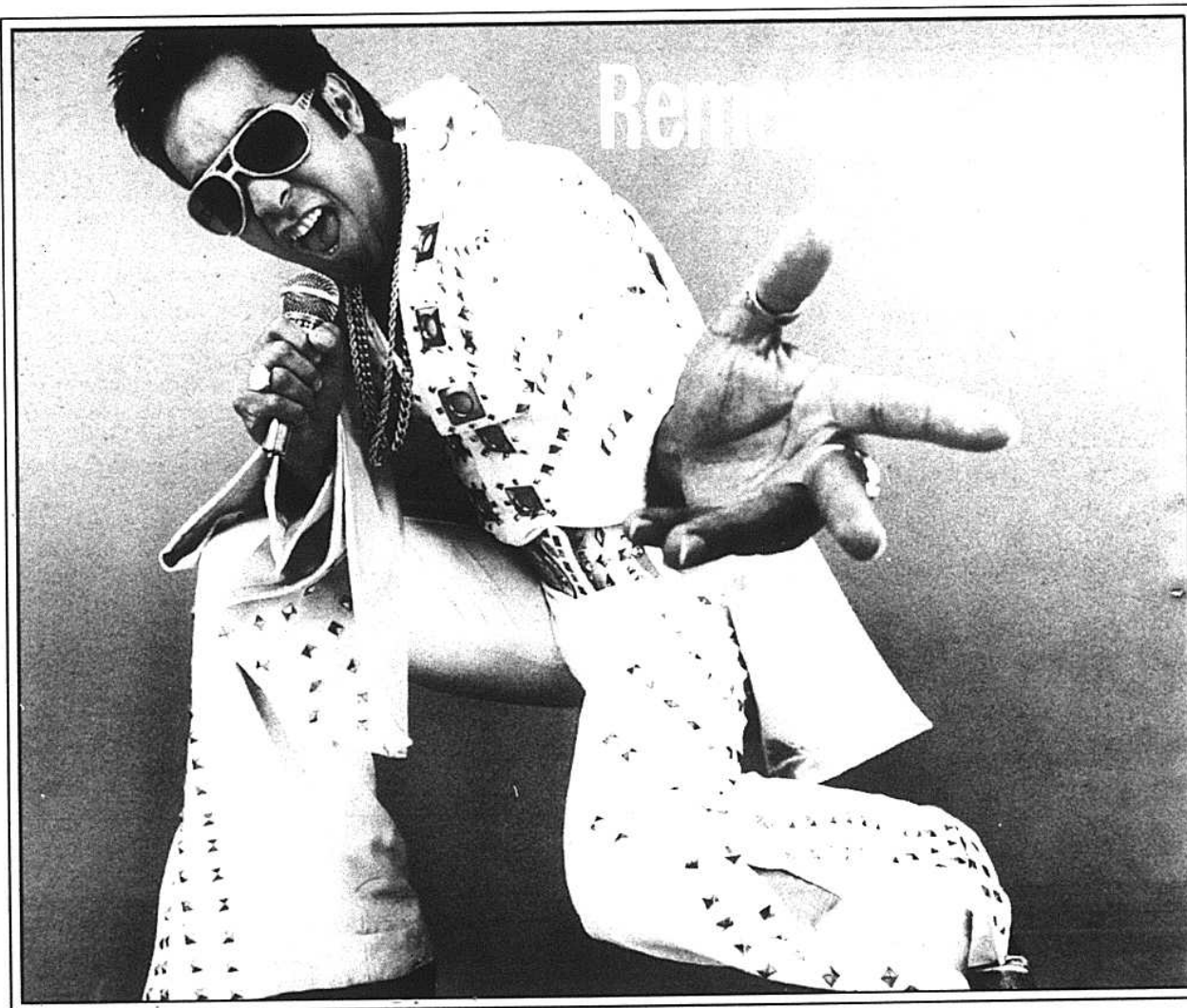
**Dr. Callie Shaffer's office  
in Medical Arts Building**

**For more information, contact Arielle Reese 256-7880.**

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

**Family Dentistry**  
Jennifer S. Chadwell, D.M.D., P.S.C.  
325 Richmond Street • Mt. Vernon, KY  
(606)256-5812





© 2008 Prevent Cancer Foundation

March is National Colorectal Cancer Awareness Month. Free colorectal screenings kits will be available during the month of March. Contact Arielle Reese at 256-7880 for more information.

Then it's time to get  
**screened for colon cancer.**  
 Starting at 50\*, you can reduce your risk  
 by talking to your health care professional.

**Check**  
 your **Status**  
 & REDUCE CANCER RISK.

Colon cancer is 90% curable when detected early. Which means you have the power to do something about it. \*To see if you are at an increased risk visit [www.preventcancer.org](http://www.preventcancer.org)

prevent **X** cancer  
 FOUNDATION



2<sup>nd</sup> Annual  
A Night of  
**HOPE**



**RCMS Leadership Team would like to invite cancer survivors to a celebration dinner.**

**Thursday, February 12, 2009 at 6:00 p.m.**

Hosted by Rockcastle County Middle School

This event is FREE. It will feature inspirational speaker Gordon McKinney and every cancer survivor will receive a gift.

*If you would like to attend, please RSVP to 256-5118.*

Sponsored by  
RCMS Leadership Team  
Rockcastle Hospital and Respiratory Care Center, Inc.  
Southern KY Area Health Education Center (AHEC)

*Come join the fight...*



Relay team members make their way around the track at the 2008 Rockcastle County Relay for Life.

**Let's get ready  
to RELAY!**

**Plan Now for Relay '09**

Relay For Life is the American Cancer Society's signature activity and is the largest community fundraiser in the world and its returning to Rockcastle County on June 19-20, 2009 at the Rockcastle Middle School Track.

**What is Relay For Life?**

It is a unique event that offers everyone in the community an opportunity to participate in the fight against cancer. The Relay represents the hope that those lost to cancer will never be forgotten, that those who face cancer will be supported and that one day cancer will be eliminated.

**What it means to you?**

- ⌘ A celebration of life for your family and friends who are cancer survivors
- ⌘ An opportunity to remember the precious moments of loved ones you have lost to cancer
- ⌘ The uniting of your community as you join forces to fight against cancer

**What you can do?**

Form a Relay Team...gather 10-15 of your friends, family and co-workers and ask them to work together to set a team fundraising goal. Attend a Relay meeting and register your team, determine a theme for your team's campsite for the event night, collect donations, and join us at the RELAY on June 19, 2009.

Contact Melissa Brock at (606) 256-7703 for additional information.



**Celebrate. Remember. Fight Back.**



# NEWS AND NOTES FROM OUR TEAM

*Meet some of our newest employees*

## ALDERDICE

Lauren Alderdice, PA-C is the new Physician's Assistant with Dr. Karen Saylor's office. She completed her undergraduate and graduate work at the University of Kentucky. A native of Somerset, Lauren enjoys traveling, taking care of her grandfather, hiking, reading, swimming and cooking. When asked what she loves most about her job at Rockcastle



Lauren Alderdice, PA-C

she said, "I love the medical community at Rockcastle. It is the most friendly, trustworthy environment. The team of employees here is what makes the medicine thrive. I could not ask for a better environment to work in. The patient also reveal why this community is so close-knit." Lauren's certifications include NCCPA, ACLS and BLS.

## BRAY

Josh Bray has joined the Southern

Kentucky Area Health Education Center. A native of Mount Vernon, Josh received his bachelor's degree in Chemistry from Eastern Kentucky University. His is a



Josh Bray,

Certified Pharmacy Technician and a member of the American Chemical Society. He is very excited about his new position as the Health Education/ Careers Coordinator in a nine county area. "I hope my experience and

studies in the medical field will help better the quality of health in my assigned counties by providing health education and increasing health career interest," Josh said when asked about his new job. "My favorite part is meeting new people and being able to incorporate chemistry into my job." Josh enjoys playing music and spending time with friends, family and his wife, Heather

## Current Employment Opportunities

### Healthcare Webmaster

Rockcastle Hospital and Respiratory Care Center, Inc. is seeking a healthcare webmaster to help build and manage a dynamic new Web site. Email resume to a reese@rhrcc.org.

Requires related Bachelor's degree and 1 year experience in web design and development, or degree in Journalism, Public Relations or Marketing with 3 years experience in web design, development. Knowledge of HTML documents with embedded graphics, forms, multimedia and script objects a plus. For complete job description, log on to [www.rockcastlehospital.org](http://www.rockcastlehospital.org).

EQUAL OPPORTUNITY EMPLOYER

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

# ROCKCASTLE

HOSPITAL AND RESPIRATORY CARE CENTER, INC.

## Medical Staff

### Physicians Based in Rockcastle County

Jon A. Arvin, M.D.  
David L. Brabon, M.D.  
David S. Bullock, M.D.  
Kimberly Cornelius, M.D.  
Thomas Fowles, M.D.  
Eduardo R. Gomez, M.D.  
George W. Griffith, M.D.  
William P. McElwain, M.D.  
Kevin Rowe, M.D.  
Karen B. Saylor, M.D.  
Callie Shaffer, M.D.  
Jon Strauss, M.D.  
Nancy Vance, M.D.

Family Practice  
Plastic Surgery  
Family Practice  
Internal Medicine/Pediatrics  
Family Practice  
Radiology  
Family Practice  
Family Practice  
Family Practice  
Internal Medicine/Pediatrics  
Pediatrics  
Family Practice  
Emergency Medicine

### Visiting Physicians

Jorge Alegria, MD  
Michael Anstead, M.D.  
Susanne Arnold, M.D.  
Azhar Aslam, M.D.  
Ketan Buch, M.D.  
Lee Cain, O.D.  
Charles Campbell  
Jennifer Chadwell, D.M.D.  
Mara C. Chambers, M.D.  
Aftab S. Chishti, M.D.  
Terry D. Clark, M.D.  
James K. Crager, M.D.  
Willem J. S. deVilliers, M.D.  
Jonathan M. Doty, MD  
Deborah R. Flomenhoff, M.D.  
Mauro Giordani, MD  
Hussam Hamdalla, M.D.  
Richard Haydon, III, M.D.  
Suman Jana, M.D.  
Michael Jones, M.D.  
Alam N. Khan, M.D.  
Christian Knecht, M.D.  
Paul K. Krestik, DPM  
Christian Lattermann, MD  
Iraklis Livas, M.D.  
Anne P. Marshall, M.D.  
Timothy Micek, M.D.  
David J. Moliterno, M.D.  
Gregory Mononhan, M.D.  
Debabrata Mukherjee, M.D.  
Rick R. McClure, M.D.  
Robert D. Owen, M.D.  
Pushpa Patel, M.D.  
Fred Picklesimer, M.D.  
Marcus Randall, M.D.  
Anthony Rogers, M.D.  
Edward Romond, M.D.  
Erin J. Saunders, M.D.  
Scott Scutchfield, M.D.  
Jignesh Shah, MD  
Steven Shedlofsky, M.D.  
Mushabba Syed, MD  
Rudolph M. Tovar, M.D.  
John P. Tuttle, M.D.  
Byron T. Westerfield, M.D.  
Denis Yalkut, MD  
Cynthia C. Youree, M.D.

Cardiology  
Pulmonology  
Oncology  
Cardiology  
Pulmonology  
Optometry  
Cardiology  
Dentist  
Oncology  
Pediatric Nephrology  
Pathology/Cytopathology  
Cardiology  
Gastroenterology  
Otolaryngology  
Pediatric Gastroenterology  
Orthopaedic Surgery  
Cardiology  
Otolaryngology  
Endocrinology  
Cardiology  
Neurology  
General Surgery  
Podiatry  
Orthopaedic Surgery  
Allergy/Immunology  
Pathology/Cytopathology  
Orthopaedic Surgery  
Cardiology  
Oncology  
Cardiology  
Cardiology  
Neurosurgery  
Radiation Medicine  
Pathology/Cytology  
Radiation Medicine  
Cardio/Thoracic Surgery  
Oncology  
Gynecology  
Orthopaedics  
Cardiology  
Gastroenterology  
Cardiology  
Gynecology  
Urology  
Sleep Medicine  
Urology  
Radiology



# Let's GO RED, Girlfriend

## Did you know...

- ♥ Heart disease kills a woman every minute.
- ♥ 1 in 3 women suffer from heart disease.
- ♥ Heart disease is the leading cause of death among women.

We invite you and all your girlfriends  
to the second annual...

## Go Red For Women: Heart Health Expo

An educational and fun-filled event  
to bring greater awareness about  
the issues of women and heart disease.

Tuesday, February 24, 2009  
6 p.m. at RCMS

This FREE event will feature guest speakers, door prizes,  
educational and vendor booths, and a heart healthy meal.

To register, contact Arielle Reese at (606) 265-7880.

**ROCKCASTLE**  
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Remember  
to wear RED!