

Mount Vernon Signal

Serving Rockcastle County Since 1887

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

Volume 123 • Number 49

.50 per copy - Thursday, October 29, 2009



Federal, state and local police officers gathered at the Rockcastle Sheriff's office behind the Rockcastle County Courthouse on Wednesday morning to begin the roundup of approximately 25 accused drug dealers.

Second roundup in a week

Police make major drug bust Wednesday

By: Richard Anderkin

A joint investigation by the Rockcastle Sheriff's office, Kentucky State Police and the Federal Drug Task Force led to the arrest Wednesday morning of several Rockcastle countians on drug trafficking charges.

Wednesday's roundup was the second in the county in a week and was headed by Drug Task Force agent and Rockcastle Deputy Sheriff Barry Adams.

Rockcastle Sheriff Mike Peters said the investigation,

which initially led to the arrest of 16 people, began back in the Spring.

Peters said police officers fanned out over the county Wednesday morning arresting alleged drug dealers, in the culmination of a major investigation of interstate pill smuggling.

Kentucky State Police Capt. Kevin Payne, head of the drug enforcement special investigation unit for Eastern Kentucky, said every State

(Cont. to A12)

Three more arrested from last week's KSP drug bust

Three more people were arrested last week in connection with a drug bust by the Kentucky State Police.

Arrested were: Dollie E. Morgan, 58, of Mt. Vernon, who was indicted on three charges of trafficking in a controlled substance. She is accused of selling Hydrocodone on three different occasions to a confidential informant within 1000 yards of Mt. Vernon Elementary School this past summer.

She is being held on a \$50,000 cash or property bond and scheduled for trial in February of 2010.

Her husband, Carlos Morgan, 62, also of Mt. Vernon was charged on two counts of complicity to trafficking in a

controlled substance. He is accused of helping his wife deal in drugs within 1000 yards of Mt. Vernon School on two different occasions this summer.

Carlos Morgan was released on a \$10,000 bond and is also scheduled for trial in

(Cont. to A12)

Update

Family says Ballinger improving

A 23-month-old Climax girl, who was critically injured last week in an accident at Mt. Vernon Elementary School, is out of the hospital.

David Ballinger, great uncle of Alexis Ballinger, said his niece was much better after receiving three fractures to her skull after a riser at the school fell on her during a youth league basketball game, last Monday night, slamming her head against the floor.

Alexis was knocked un-

(Cont. to A12)



The Rockcastle County Chamber of Commerce held a ribbon cutting ceremony last Wednesday afternoon for the SourceCorp facility located in Business Park South. Those on hand for the event were, front row, from left: Magistrate Jan Stevens, State Rep. Danny Ford, Rockcastle Judge-Executive Buzz Carloftis, Magistrate Ralph Allen, Magistrate John Holbrook, Rockcastle School Board Chairman Martin Vanzant and Chris Girdler, Field Representative for United States Congressman Harold Rogers. Back row: Neal McCall, Operations Manager, East Region, SourceCorp; Tom Dorazion, senior vice-president, national operations of SourceCorp; Kerry Walbridge, president of SourceCorp; Corey Craig, president of the Rockcastle County Industrial Development Authority; Tom Clouse, Branch Manager for Project Development for the District 8 State Highway Department; David Pensol, school system Instructional Supervisor and Rockcastle School Board member Anna Goff.

State ranks Lambert Road first for repaving

Lambert Road, off of U.S. 25 in the northern end of the county, has been ranked the number one priority for repaving the three mile long

road with additional road funds made available to the county recently.

However, instead, two other roads may be the ben-

eficiaries of the funds unless property owners of Lambert Road sign easements needed by the county to widen the road. "I don't think it would be right to resurface the road and then have to tear it up in order to widen it," Rockcastle County Judge/Executive Buzz Carloftis told a group of residents of the road at a recent meeting of the fiscal court.

The nub of the problem is that the road is too narrow for

two cars to meet in some places and anytime a car meets a school bus, the car has to back up until the bus can pass. "In some places, the

(Cont. to A12)

Restrictions for visitors at Rockcastle Regional continue

In an effort to protect patients, their families and the staff this flu season, Rockcastle Regional Hospi-

Several Halloween events in the county

There will be numerous things for trick or treaters to do in Rockcastle County on Saturday night.

In Mt. Vernon the annual

(Cont. to A12)

tal and Respiratory Care Center began temporarily restricting visitors under the age of 18 in the acute care unit. The visitor restrictions went into effect on Monday, October 19th

"Rockcastle Regional does not take the decision to restrict visitors under the age of 18 lightly," said Traci Bullens, RN, Infection Control Nurse at Rockcastle Regional Hospital.

"Our patients and the quality of their care is our highest priority and we want to ensure that we minimize the

(Cont. to A12)

LVHS Reunion is this Saturday

The annual Livingston School Reunion will be held this Saturday at the Rockcastle County Middle School in Mt. Vernon. Meet and greet starts at 4:30 p.m. with appetizers and regular dinner beginning at 6 p.m. All former students, teachers,

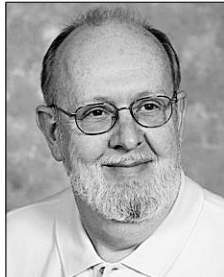
(Cont. to A12)



Although somewhat later than usual, the trees in the county have turned to their beautiful fall colors. Tuesday night's heavy rain did dampen the brightness of many of the leaves in the county, but many of the trees are still holding their color. The above photo was taken in front of Rockcastle County Attorney Billy Reynolds' office on Monday.



Rockcastle second district magistrate William Denny and Rockcastle County Judge-Executive Buzz Carloftis played a game of shuffleboard before Friday evening's dedication at Quail Community Park. Several improvements have been made at the park, located on Willailla Road, including the above shuffleboard court, a new building, basketball court and playground equipment. \$140,000 was spent at the park for the improvements. (Front page photos by: Richard Anderkin)



Rockcastle Memories

By David J. Griffin

Fall Colors – Nature's Splendor
I love how Nature is getting ready for one last fling before settling down into winter's sleep. As the days shorten and evening temperatures become crisp, the green palette of summer is being transformed into the awe-inspiring fall palette of reds, oranges, golds, and browns before the leaves fall to the ground.

This season is absolutely my favorite time of the year. Because I live in the mountains with property that is completely wooded, I look forward to this time of the year all year round. Recently, my wife and I enjoyed driving down the roads of eastern Kentucky and viewing the leaves making their fall changes. The Weather Service says that the next two weeks in Kentucky will be the peak season for autumn's spectacular occurrence of colors.

Walking through the woods can be quite breathtaking this time of year. Certain areas have dominant colors, responding to the species of trees that are present. As you first enter the gravel road leading into my woods, oaks, beeches, and hickories project a distinct yellow hue to the forest. This yellow tinge is so inviting that it only makes one desire to travel deeper into the forest to see what is lurking around the next corner.

After a brief evergreen section, the woods open up into a bright selection of red maples, golden oaks, and bronze hickories. In prime peak season, the area is simply spectacular and stunning. This is exactly the spot we have developed into our campground – complete with a fire ring, stacked wood for the fire, picnic tables, and a spot for our RV.

The woods array in full colors reminds me of being our small farm in Rockcastle County when I was a youngster. I think my love of the woods originated on the rolling hills around our farm. The predominant trees of that area were poplars, one of my favorites, and my woods are filled with them today. Their stately physique and their

height point to the heavens. In some spots, they reach nearly 100 feet into the canopy of the forest.

Adding to the lure of the colors is the frantic disposition of the wildlife present in my woods. The squirrels, turkeys, and other small game are hard at work gathering food for the coming winter. Several days ago, I watched a ground squirrel scamper from rock to rock looking for small nuts to stuff into its cheeks for its winter nest. Its spirited determination was a priceless thing to observe. It paid no attention to me as it went about its business.

Leading away from the campground, I have constructed a path that leads along the back cliff of my property. Traveling along this trail, one is taken to an area that is definitely the climax portion of my woods, indicated by the size of oaks and hickories that are predominant there. Many hardwoods are so old that I cannot even reach half-way around the trunks with my arms. In this area, the colors are simply stunning. I find that something lures me to this area almost every time I visit my woods. Sitting on the cliff's edge, you can see into the valley below. Additional hardwoods are thriving there also, making the colors seem to blend into the distance.


On several occasions, Kathy and I have been on the cliff's edge soaking in the colors of the forest when we have heard the "scream" of wildcats in their dens along the rocky boundary. The first time we experienced this eerie sound was very unsettling. However, we have become accustomed to sharing this environment with all of our neighbors that reside on our property. Once, one of these magnificent creatures slowly walked toward a camp fire we were enjoying when he noticed that he was not alone. Watching us out of the corner of his eye, he slowly sauntered back into the forest without a sound.

I am so thankful that my heritage was influenced by

(Cont. to A4)

Points East

By Ike Adams



It used to be, this time of year, that we would call out a little treeing squirrel dog and take him to the woods and rejoice when he treed one we could shoot there in the high timber just under the ridges that separated all the hollows in the lower end of Letcher County. And on a good day my cousins and our good friends and I might harvest a dozen gray squirrels or even more than that for supper like I think they'll serve in real thick gravy in Heaven if we ever get there.

The trick was to shoot them in the head so that they didn't suffer and the good meat did not get messed up from gunshot wounds. Mike Mitchell, who lives there at Red Star on the lower end of Letcher County just above the Perry County line, and I were pretty good at doing that. Everybody else who hunted squirrels used shot guns and filled the carcasses full of lead shot that you had to pick out your teeth come

eating time.

Mike and I learned to shoot them in the head with a .22 rifle so that when they were dressed out, the meat was as clean as anything you'd see on the butcher's display at your favorite grocer. Takes a little patience and a keen eye but it can be done. In our old age we took to using magnifying scopes instead of iron sights on our .22s but we still fared well until we quit hunting ten years or so ago.

We quit because the squirrels got too tame. There has to be a little sport in this hunting business to make it worth the effort. But when you have parked your truck at the edge of the woods beneath a hickory tree there in the morning frost, half an hour before daylight, and you wake up with your coffee splattered in your lap because the squirrels have discovered that the best way to get the hulls off a

(Cont. to A5)



KEN & TUCKY

By Don White
Harrodsburg man was a shining star at Lexington clubs

An entertainer who was once the toast of the town in Lexington now settles for toast and coffee on Sunday mornings at Dairy Queen in Harrodsburg.

Jack Bailey is far from the limelight enjoyed in the 1960s and 70s when people watched the young organist put on a show with about as much energy as possible while remaining seated.

In about a 15-year span, his name appeared on the marquees of some of the finest dining rooms and cocktail lounges in town, including such bygone places as the Continental Inn, the Ramada Imperial, and the old Phoenix Hotel.

"A woman named Jill Lass played the Phoenix Hotel, singing raunchy songs with a bird perched on her shoulder. She ruined that place," (for other entertainers), he says.

The soon-to-be 71-year-old Mercer County native remains as outspoken today as he was in 1963 when quoted as saying "In Lexington, the entertainer does not have the status symbol he should have.

"An entertainer undergoes as much intensive training as a doctor, yet his public is seemingly unappreciative. This is especially true here of organ music, for I find that people here are not used to hearing organ music other

than in church."


And church is exactly where he took his music soon after playing his last cocktail lounge gig in 1977.

People's taste in music and being civil to entertainers was taking a turn for the worse, says the man who first played in Lexington while majoring in music at what is now Eastern Kentucky University.

(Cont. to A5)

The Roots of Rockcastle

by: Tonya J. Cook



Last week, we explored a historical establishment in Livingston that is noted to be a favorite "haunt" to many in the area, as well as something supernatural. Glenna Robinson and others have experienced several abnormal occurrences while at her business, Whisper and Cranky's Karaoke. This week, we'll conclude the visit.

About two or three years ago, Glenna hadn't seen "the shadow man" for a while, and had begun to wonder what had happened. She remembered that she had gotten upset with him always being underfoot and making such a nuisance of himself. She told him to leave, so apparently he did.

A few days later, she had another encounter with him, so he hadn't gone far away

after all. She was painting with oil or acrylic on a canvas, and noticed him staring at her while standing in the doorway between the buildings. He is drawn to the right side of the building that runs parallel to the old barber shop next door, and there has been a door built that allows passage from Glenna's building to the old barber shop. The shadow man even got playful with her, as he would peep around the door, and then jerk back, playing "peekaboo", so to speak.

On one occasion, a few years ago, there was an elderly strange man that had come into the karaoke. It was during the time of the homecoming celebration. He came in and chatted a while over a

(Cont. to A4)

October is National Physical Therapy Month Exercise Reduces Blood Pressure

Presented by James Messer, P.T.

Exercise helps the body in many ways. One of them is by lowering the blood pressure. High blood pressure is harmful because it increases the risk of heart disease, strokes and kidney damage.

There are many excellent medicines for lowering the blood pressure and they should be used when necessary. But many people can avoid the cost and possible side effects of these medicines by lowering the blood pressure through exercise.

How does exercise lower the blood pressure? The exact mechanisms are not known, but there appears to be a variety of reasons for the improved blood pressure.

As the heart becomes more fit it beats at a slower rate and the blood vessels appear to relax slightly causing less resistance to the blood flow. Exercise also makes the blood more slippery—it flows through narrow vessels more easily.

Many people will make changes in their diets when they begin to exercise. They may eat less salt, consume less alcohol, and very likely decrease or quit smoking. Most people who exercise also lose weight. It may be only a few pounds or it may be twenty pounds or more, but any weight loss has a good effect on the blood pressure.

Another reason is the relaxation that exercise brings many people. A person has less anxiety and less adrenaline-like hormones in the system.

The reasons may be complex but the results are good and can be noticed with exercising as little as 20 minutes three times a week. Just remember, there is no blood pressure pill that makes you feel as good and look as good as exercise does.

Mount Vernon Signal

Publication Number 366-000
Periodical Postage Paid in Mt. Vernon, Ky. 40456
606-256-2244

Published every Thursday since November, 1887. Offices in the Mt. Vernon Signal Building on Main Street in Mt. Vernon, Ky. 40456. Postmaster, send address changes to P.O. Box 185, Mt. Vernon, Kentucky 40456.

James Anderkin, Jr., Publisher Emeritus
Perlina M. Anderkin, Managing Editor
Richard F. Anderkin, Editor
Paige Bengé, Advertising Manager


SUBSCRIPTION RATES
In County - \$20.00 Yr. Out-of-County In State - \$27.00 Yr.
Out-of-State \$35.00 Yr.
e-mail address - mvsignal@windstream.net

Bobby Amburgey

Attorney-At-Law

606-308-4091
606-256-0404

185 School St. • Mount Vernon, Kentucky



Absolute Auction

of Mrs. Glenna Baker's
Bedford Stone House and Lot
plus Extra Lots & Personal Property

Saturday, November 7th • 10:00 a.m.
Greenhill - Roundstone section of Rockcastle County, Ky.



Location: From the intersection of US 25 and Hwy. 461 (the light at McDonalds), take US 25 North 4.6 miles to Old Sigmon Road. Subject property is the first property on the right. Auction signs are posted. From Berea take US 25 South 10.5 miles to Old Sigmon Road. Turn right onto Old Sigmon Road and proceed to the property. Subject property is the first property on the right. Auction signs are posted.

Mrs. Glenna Baker is downsizing and has authorized our firm to sell this property for the absolute high dollar at auction.

Tract #1: Contains 0.6674 of an acre and has 56.93 feet of road frontage along Old Sigmon Road. There are no buildings on this tract, so you can build to suit yourself.

Tract #2: This tract contains 0.9375 of an acre and has 133 feet of road frontage along Old Sigmon Road. It is improved with a spacious Bedford stone home consisting of a living room, eat-in kitchen, large family room with gas fireplace, 4 bedrooms, 2 baths, utility room and a screened-in back porch. Amenities include: central gas furnace with air plus ceiling cable heat, wall to wall carpet, shingle roof, modern white cabinetry, built-in blacktop driveway and nice landscaping. This home would be a great residence.

Tract #3: This tract is a vacant lot consisting of 0.5628 acres and has 101 feet of road frontage on Old Sigmon Road. It is a nice level lot and there is a storage building present.

In addition to the real estate the following personal property will be selling: Couch ~ Loveseat ~ 2-Platform Rockers ~ 21 ft. cubic ft. Magic Chef Refrigerator ~ CD player and Radio (with remote) ~ Chest of Drawers ~ Coffee table ~ End tables ~ 22 cubic ft. Freezer ~ Microwave ~ Stereo

Auctioneer's Note: If you're looking for a nice, modern home with plenty of elbow room or a lot to build on then make sure to attend this Absolute Auction on November 7th at 10:00 a.m. Reminder... last bid will buy!

Terms: Real Estate: 20% down day of sale, balance in 30 days. Personal Property: Cash or check in full day of sale. MasterCard or Visa will also be accepted with a processing fee.

Note: The purchaser of a single-family residence built before 1978 has a maximum of 10 days to inspect the property for the presence of lead base paint. The period for inspection begins October 28th through November 6th. The successful bidder must sign a waiver of the 10-day post sale inspection period.

Multi-Parcel Auction: This will be a multi-parcel auction. The property will be offered in tracts and combinations selling in the manner that reflects the best returns for the seller. This concept gives each and every prospective buyer the ability to purchase his or her individual tract or combination.

Announcements day of sale take precedence over printed matter.
For additional information, contact the selling agents.



www.fordbrothersinc.com
Somerset, KY 606-679-2212 Mt. Vernon, KY 606-256-4545 London, KY 606-878-7111
800-435-5454



Obituaries



Katie Ellie Mink

Katie Ellie Mink, 84, widow of James Monroe Mink of Brodhead, died Sunday, October 25th, 2009 at the Rockcastle Regional Hospital in Mt. Vernon.

She was born on May 7th, 1925 in Lunar, KY, a daughter of the late Hiram Mink and Nanny Mae Carpenter Mink. She was a member of Sand Hill Baptist Church, who enjoyed family and flowers. She was united in holy matrimony on July 15, 1941 to James Monroe Mink and from that union came five children, Viola, Wanda, Dalme, Charles and Kathy.

Those left to cherish her memories include: her five children, Viola Mae (Preston) Miller of Brodhead, Wanda Fay (Benton) Miller of Mt. Vernon, Dalme (Deronia) Mink of Brodhead, Charles Wayne Mink of Brodhead, and Kathy (Bill) Hammond of Brodhead; 11 grandchildren, Brenda Kelley, Patty Denny, Anita Ashley, Katie Alcorn, James Mink, Tracey Abel, Larry Ray Mink, Angie Sample, Kathy Jo Mink, Tanya Cromer and Kayla Cromer; 17 great grandchildren; a brother, Bradley (Pauline) Mink of Somerset; a sister, Sally Mae Arnold of Calloway; and a host of nieces, nephews, friends and neighbors.

Besides her parents, she was preceded in death by: her husband, James Monroe Mink; three brothers, Hiatt Mink, Zade Mink and Thernie Doan; two sisters, Bea Mink and Pearl Mink; and two grandchildren, James Edward Hammond and Pamela Sue Mink.

Funeral services were conducted Wednesday, October 28th, 2009 at the Marvin E. Owens Home for Funerals Chapel with Bro. Jimmy Williams officiating. Burial was in the Sand Hill Cemetery.

Casketbearers were: Brandon Alcorn, Scott Browning, Jeff Cromer, Kenneth

Cromer, Chase Cromer, Jordan Kelley, Jeff Able, Tim Kelley and honorary casketbearer, John Thomas Kelley.

Condolences may be made online www.marvineowensfuneralhome.com

Ralph Halcomb

Ralph Halcomb, 69, of Lexington, formerly of the Mt. Vernon area, died October 25, 2009 at his home. He was a Funeral Director for many years at Riverside Chapels in southern Florida.

Survivors include: his wife, Wanell Halcomb; two daughters, Melanie Halcomb and Rona Kirby; three stepdaughters, Wanetta Rogers, Genell Blancet and Angela Eneias; 13 grandchildren; and one great grandchild.

He was preceded in death by a daughter, Arnetta Halcomb.

Services will be at 6 p.m. (today) Thursday, October 29, 2009 at Christ Center Church, 2275 Eastland Pkwy in Lexington. Visitation will be one hour prior at the church.

Memorial gifts may be made to the American Diabetes Association.

Arrangements have been entrusted to Arch L. Heady & Son Funeral Home Westport Road.

Wesley Robert Noe

Wesley Robert Noe, infant son of Wesley Noe and Darnell Hawkins of Nicholasville, born and died, Monday, October 12th, 2009.

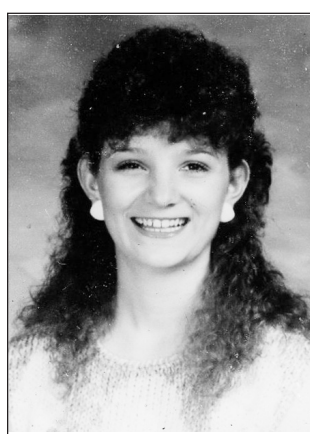
Those left to cherish his memories include: his father, Wesley Noe; his mother, Darnell Hawkins; a brother, Amos Hawkins; a sister, Danielle Hawkins; a grandfather, Ronnie Noe; a grandmother, Louise Noe; and a great grandmother, Grace Noe.

He was preceded in death by: great grandfather, James Robert Noe, a great grandfather, Fred Vernon Moore; and a great grandmother, Beatrice Moore.

Graveside services were Sunday, October 18th, 2009 at the Piney Grove Cemetery with Bro. Ken Gayheart officiating.

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

In Loving Memories



Sheila Harper Lovell

10/27/70 - 6/21/09

No farewell words were spoken

No time to say goodbye
You were gone before we knew it,

And only God knows why.

You would have been 39 years old on October 27th. It is still hard to believe you are gone. We think about you every day. There is a piece missing in our family and we'll never be the same again. But we know we will all be together again someday. We love you and miss you so much.

Happy Birthday,
Tommy, Tasha, Tyler, Mom,
Dad, Brothers, Sisters,
Aunts, Uncles, Nieces,
Nephews and Cousins



In Memory of Lowell Dean Gray

It wasn't too obvious, but he knew the way.

He only had one arm, you see
But he could do more than most men with three.

He loved that old Cow Bell Hollow,
And trading with folks that came by for a dollar.

He loved hay and he loved to pick corn,
He loved life and to see life being born.

He loved his wife and his dogs,

He loved feeding slop to them big fat hogs.

He loved to see coons up a long tall tree,

It was much, much more than that, he loved his friends and family.

He loved guns, coffee, horses and bees.

He loved Emma the most of all, it was her he aimed to please.

He loved them two daughters and both the same,

He couldn't talk to you long without mentioning their name.

He loved his granddaughters playing in the yard,

He told me "them little fellows hardly ever get tired."

He loved old Jessy Baker and that at first I could hardly see,

Until I got to know old Jessy and he made a good friend

to me.

Lowell had a good and blessed life,

It was kinda like yours and mine though,

Not completely free of trouble and strife.

I know we all look forward to seeing Lowell up yonder again,

Hey, I'll bet you ten dollars he still has that special laugh and that grin.

And, like it was for Lowell, It won't be long on life's little journey,

Somebody will be putting us on that old hard gurney.

I'll miss you.
Your friend and neighbor,
Mike McGuire

Cemetery Notices

Clark/King Cemetery

The Clark/King Cemetery, beside the old Climax Post Office, has been mowed and weed eaten for the last two years.

Any donations to help with maintenance costs would be greatly appreciated and can be sent to: Amberly Phillips, 7449 Climax Road, Mt. Vernon, Ky. 40456 or Dennis Clark, 9188 Climax Road, Mt. Vernon, Ky. 40456.

Subscribe to the Signal Call 256-2244

Too Late To Classify

Wanted: To buy a lock on tree stand. Call 256-3599.

For Sale: 2 older trailers - 2 bedroom. \$1,500 each. Call 256-1523.

Cards of Thanks



Lowell Gray

The family of Lowell Gray would like to give thanks for all the support we received following his loss. The time, energy, food and especially prayers that family and friends donated made the days a little more bearable.

We would also like to give special thanks to Bro. Tim Hampton for preaching his funeral and the McGuire Sisters for their beautiful singing. Michael McGuire wrote a beautiful poem about Lowell that was true and read with sincerity.

More than anyone, we want to thank God for carrying us and keeping us with Him during this difficult time.

Lowell, you are greatly missed by your

Loving wife, Emma; your children, Lora and Abe Brown and Susan; your two loving granddaughters, Janelle and Cortney; your sisters, Alma and Faye and your many nieces and nephews.

We will meet you in Heaven one glad day.

Thank You

Lowell Gray's family wishes to thank Marvin Owens Home for Funerals staff for being so kind to us after his passing. We have been in a lot of funeral homes but never treated so well.

Marvin Owens followed us to the cemetery to mark Lowell's grave himself to make sure it was marked correctly.

They brought chairs to our home for friends and family. They did not put makeup on Lowell or disfigure him in any way. They provided food at the viewing to make sure we all had the opportunity to eat the day of the burial. They went back to the funeral home and brought Lowell's flowers to our home so we would not have to.

We thank God that we chose Marvin Owens Home for Funerals to take care of Lowell.

We also want to thank Rev. Reynolds for the comforting words he spoke at the cemetery. We did not expect that. We also want to thank him for the beautiful prayer he gave for us at our home when he brought the flowers.

They are kind, caring, patient and loving people. They treated us, and Lowell like their own family.

Again, our sincere thanks to Marvin Owens Home For Funerals

Lowell's Family

Central Body Service
275 Richmond Street - Mt. Vernon
Precision Collision - Repair
Quality Work Since 1966
Free Estimates - All Work Guaranteed
606-256-4210

NOTICE to Patients

Effective **November 1, 2009** Rockcastle Regional Hospital & Respiratory Care Center will verify the identity of all patients before releasing information or providing services. For the protection and safety of patients, a photo ID or verification of home address will be requested at registration.



IT'S FALL AND THE ALLERGIES ARE A' BLOOM!!
Are You Experiencing Any Of The Following Symptoms:
Sneezing, wheezing, trouble breathing, itchy watery eyes, runny or stuffy nose, headaches, congestion, cough, sore throat, hives or other skin rashes.

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

ALLERGY, ASTHMA & IMMUNOLOGY CLINIC
Located in the Rockcastle Medical Arts Bldg. 140 Newcomb Ave. Mt. Vernon
606-256-4148 or 1-800-640-0246

OCTOBER IS BREAST CANCER AWARENESS MONTH
KNOCK OUT CANCER WITH EARLY DETECTION
rockcastleregional.org/preventcancer

During October, Rockcastle Regional is offering a reduced rate on mammograms.

To schedule, call (606)-256-7878

ROCKCASTLE REGIONAL HOSPITAL & RESPIRATORY CARE CENTER

“Points East”

(Cont. from A2)

hickory nut is to bounce it off the windshield and eat it by your truck door. The hunt is over when it comes to using guns because they get too close and there is some danger of shooting yourself in the foot. But if you’ve brought along your golf clubs, there’s still some sport in trying to knock them in the head with the sharp end of a sand wedge.

We could have shot them but it would have been in self defense. Mike looked at me and shook his head. “Lets go fishing while we still have time,” he said.

But the point is that I still love squirrel gravy slathered on baked sweet potatoes with hot corn bread at dinner time on cold autumn evenings.

One the other hand, I am in awe of squirrel intelligence, as in “lets just play easy to get and the hunters will leave us alone. “It has never bothered me to wring a chicken’s neck, scald off all the feathers and dress it up for

the frying pan and serve it up, but the thing about squirrel in gravy is that it only tastes good if you have to hunt it down and shoot it, running through the upper limbs of big timber, from some decent distance far below. I would not give you a nickel for a squirrel if I had to wring it’s neck before I skinned it.

This has worked wonderfully for squirrel-kind. Nobody hunt’s squirrels anymore. We mostly dodge them on the road. Some people call them furry rats and that’s because they feel no guilt when they hit one on the highway.

Well actually that might be an overstatement. There are some guys out there with guns who will shoot a house cat if it ventures off your porch—and skin and eat it and swear it was fair game. Or take it to a taxidermist and have it mounted and put it on his mantel and swear that it was something wild. Not actually a wild bob cat, but it sort of looks like one when the hackles are raised up there on it’s back and it glares and shows it’s teeth like a UK Football player. Not very in-

timidating but still fair game. (Same guy has a lizard mounted on his desk and claims that it is a gator that chased him in the Everglades. And then it shrunk way down to nothing after he shot it and brought it to Kentucky.)

We dream here in the Bluegrass. And we tell tall tales.

In the meantime, here on Charlie Brown Road and over on the Main Road known as Old Railroad Grade, the black walnuts are falling onto the pavement by the buckets full. It has frosted here, three nights in a row, and the walnut leaves are on the ground. But we have had a magnificent growing season and the nuts still hang ripe and heavy on the limbs until the wind blows.

And then they fall down on the road and we who live hereabouts take great fun in squashing green walnuts with our automobile tires, believing that we will go back and pick up some hulled out fruit that we may stash away in coffee or onion sacks to dry and crack to season cakes come the holidays.

The squirrels huddle, shoulder to shoulder, and point to one another as we drive by. My truck not only hulls them out but my tires are so hard they mash the nuts down to the core and splatter kernels all around.

As soon as I drive by, the squirrels hop out into the road and gather up the bounty. It’s far more convenient than having to sit on a limb and gnaw for half a day to get a single mouthful of tender kernels. It seems to me that I have become fair game instead of the other way around.

“Ken & Tucky”

(Cont. from A2)

“I decided I had had it with people, drunks, and smoke-filled rooms. And I was drinking too much myself, so I walked out of the Campbell House and never looked back.”

It was a sad parting from the place where he had recorded his first record album. It was also where he had

been “discovered” by a man from California who convinced him he needed to display his talents out west.

“I had spent eight months out there when my mother came for a visit. She didn’t approve of my lifestyle, so I came back home to Harrodsburg in 1967.”

A year later he was married and living in the mountains, teaching at Southeast Community College in his wife’s native Eastern Kentucky.

Leaving the nightclub scene a decade later was a major decision for a man who had been known as one of the most exciting and entertaining artists ever to hit Lexington.

He was so busy, he didn’t have time to get out and see other performers, not even the legendary Van Cliburn.

But Cliburn came to see Bailey when he was in town for a concert, perhaps taking some lessons from the man who took organ playing to a new and exciting level.

He was known for playing his modified Hammond B-3 with gusto, even to the point of hitting the instrument so hard on one occasion that he broke a plastic key and his finger went into the hole.

“When I pulled it out, it was bleeding rather badly,” he recalls, now able to laugh about the painful experience.

Upon leaving the Campbell House for the final time, he even left his prized organ behind.

“A friend of mine picked it up, and he still has it. I didn’t need it because I never again played another club,” he says.

Over the ensuing years, he continued to play at horse shows and at churches where he served as choir director.

His last paying job was at the First Christian Church of Danville, where he served as choir director for three years before resigning last year.

His mother died four years ago at age 91 after living a full life that included commuting to Lexington, where she owned and operated a health food store until she was 88.

“She was a real charmer,” he recalls, also noting she had a habit of driving too fast.

“She even tried to outrun

a trooper one time on Bluegrass Parkway. When he finally caught up with her, she rolled down the window and said....’What’s the problem, officer?’”

“He only gave her a warning ticket.”

An only child and divorced father of one son, Bailey says the large and comfortable home he shared with his mom can get a bit lonely now.

Of course, the mellow tones of singers like Johnny Mathis and Nat King Cole help fill empty rooms as they emit from the easy listening

channel on a daily basis.

Broadway music is his first love, but he can tolerate some country “when they can sing on pitch, which is almost never.”

And what about rock?

As far as Jack Bailey is concerned, it may as well be toast.

Columnist Don White has served as editor at several newspapers in Kentucky.

His Kentucky Traveler features are published throughout the state.

Contact him at thekytraveler.com.



Mt. Vernon CHIROPRACTIC

Happy Halloween

Most Insurances Accepted Including:

- Humana
- Anthem Blue Cross/Blue Shield
- Medicare • Medicaid

We are currently accepting new patients.
Call today to schedule an appt. and start the path to better health!

Now Offering Massage Therapy

Most Insurances Accepted




Dr. Matthew Tackett & Gari Sue Thacker
Monday, Wednesday & Thursday 8:30 a.m. to Noon & 1:30 to 6:00
Tuesday 8:30 - Noon • Friday 8:30 - 1:00

70 School St. • Mt. Vernon • 606-256-1986

Pool Tournaments
New Arcade
Pool Tournaments
New Pool Tables



8 Ball/9 Ball Pool Tournament

Every Saturday Night @ 7 p.m.
Beginning November 7th at 7p.m.

Mt. Vernon Pizza & Subs
1772 S. Wilderness Road • Mt. Vernon
606-256-5000

\$5 entry fee. Tournament will be a race to three Double Elimination with a Calcutta.
(Tournament will be run by Jerry Denny)

Everyone Welcome

Homeland - Cave Valley challenged Winterwood, Inc. - Mt. Vernon Manor, Mt. Vernon Greens, Town Branch to a Cornhole Tournament September 12th



Winners - Winterwood
Ruth Evelyn Setser from Mt. Vernon Manor and Mary Jane Hasty from Mt. Vernon Greens




Runners-Up - Homeland
Flora Manning and Kristie Manning Cave Valley



Some participants from Winterwood



Some participants from Homeland



You’re invited to a free catered dinner and a presentation entitled

“All About Shoulders”


(Focus on rotator cuffs)

Christian Latterman, M.D.
Director of UK Center for Cartilage Repair and Restoration


Rebecca Tutt, P.A.

November 12, 2009 • 6:00 p.m.
Bible Baptist Church

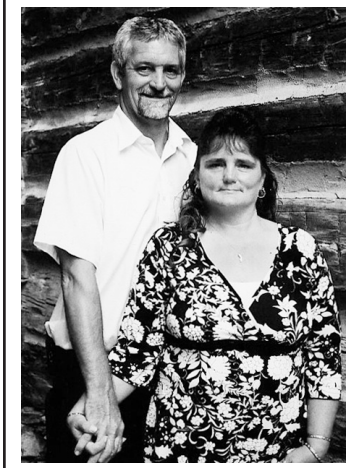
Please sign up before November 9 by calling 256-7746 and leave a message with number of guests or register on-line at www.rockcastleregional.org.



ROCKCASTLE REGIONAL
HOSPITAL & RESPIRATORY CARE CENTER
www.rockcastleregional.org

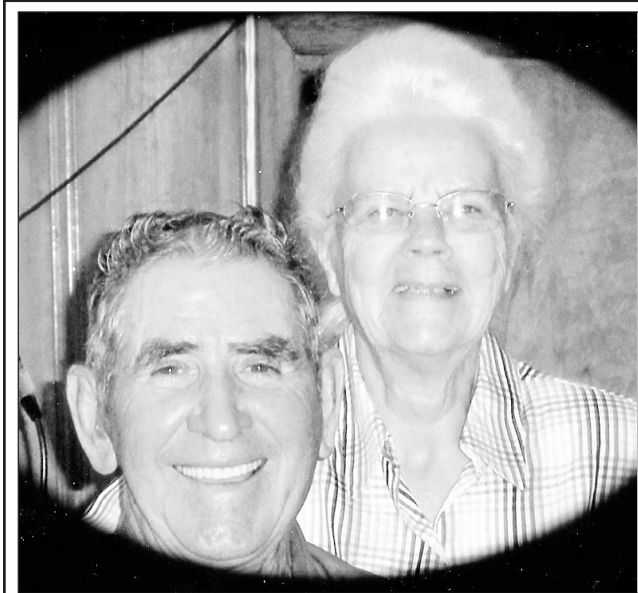


UK HealthCare



For two years of dedicated service, prayers and friendship, The Little Country Church would like to thank Pastor Jack Weaver and wife Kathy. May God continue to bless you and our church.

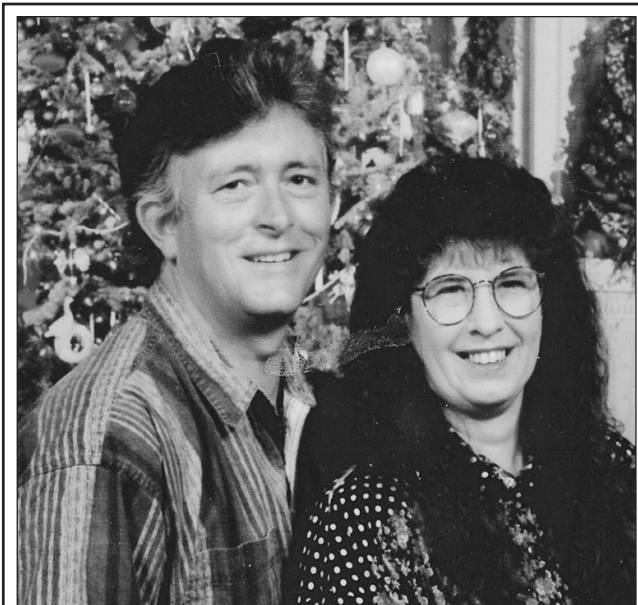
The Little Country Church



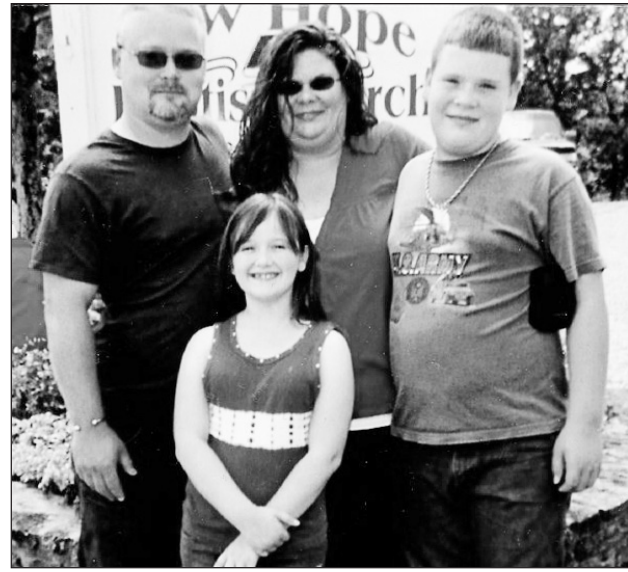
The Crab Orchard Pentecostal Holiness Church would like to show our appreciation for our dear Pastor Donald and his good wife Ollie Mae King. We love and appreciate you very much and may God bless you!!



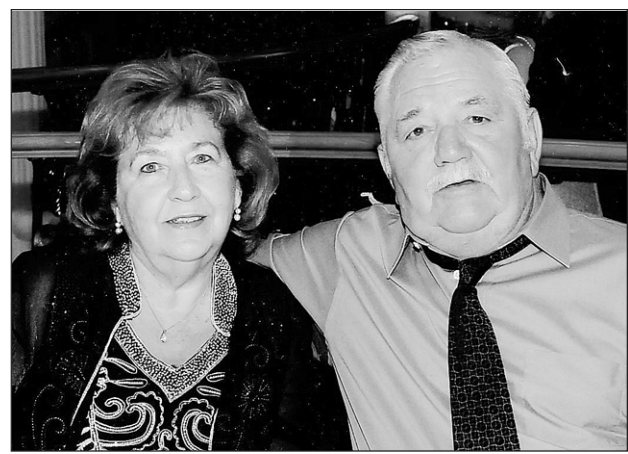
Ottawa Baptist Church would like to take this opportunity to show our appreciation for our pastor and his wife, Brother Jim and Janice Craig. Thank you so much for your leadership and for your love for the Lord. We look forward to serving the Lord together in the future.



Buffalo Baptist Church would like to recognize our pastor and his wife, Bro. Buddy Rose and Margie, during Pastor Appreciation Month. We thank you for all you do and appreciate you greatly!



In Appreciation! In honor of our pastor, Bro. David Carpenter and wife Gail of New Hope Baptist Church, we wish to extend our love and appreciation. We are so blessed to have Bro. David as our pastor. We truly believe God sent him our way. He is always with us in prayer. He is so much appreciated for all he does and all the great messages that God gives him. We love you Bro. David and Sister Gail and children Haley and Lucas. *Love and God Bless, New Hope Baptist Church.*



Grace Baptist Church would like to express our sincere appreciation for our Pastor Bro. Raymond Offutt and his wife Sis Margaret Offutt. He is a true man of God and is a blessing to all that know him. He loves the church and is a very spiritual man of God, full of faith and has a zeal from God that is rarely seen in these modern times. I Corinthians chapter 15 verse 58. We thank him also, for the radio program, nursing home ministry, visits to the sick and door to door, hospital visits and all ministries of the church. He loves the true Church and the one and only true word of God and our Saviour the Lord Jesus Christ. We are truly blessed to have him as our Pastor. Everyone is welcome at the Grace Baptist Church.



Pastor Appreciation Day was held Sunday, Oct. 25 at the Freedom Baptist Church where Bro. David Sargent is the pastor. A potluck dinner was served and he and Kim were given some nice gifts and cards of appreciation. Thank you, Bro. David, for serving as our pastor. We appreciate your faithful service to our church and to our Lord. May God bless you and your family as you serve with us at Freedom.



And I Will Give You Pastors According To Mine Heart, Which Shall Feed You With Knowledge and Understanding.
Jeremiah 3:15

Thank you Pastor Allen and Sister Rose for all you do. We are very blessed to have you as our pastors. With much love and appreciation from All the PHHC members. Pine Hill Holiness Church Services: SS 10 am; Sunday Night 7pm; Thursday & Saturday 7:30 PM www.pinehillholinesschurch.com

B&M Liquidators
Hwy. 150 • Between Mt. Vernon & Brodhead • 256-0234
New Shipment!
25% OFF
Storewide Sale

*Subscribe to the Signal
Call 606-256-2244*

CHURCH NEWS

Fall Festival
"Hallowed be Thy Name"
Fall Festival will be held at Brush Creek Holiness Church on Saturday, October 31st from 5 to 8 p.m. in the fellowship hall. There will be games, food, prizes and candy. The dress-up theme will be the 50s. Everyone is invited.

Revival
Faith Chapel Pentecostal Church will be in revival starting Monday, Nov. 2 with Evangelist Shannon Lyman. Everyone is welcome.

You're Invited
"I was glad when they said unto me, Let us go into the house of the Lord," Psalms 122:1
If you are just sitting around home some Sunday or Tuesday evening, with nothing to do, or maybe out driving on Big Cave or Maple Grove Road, why not stop by Brush Creek Holiness Church some good anointed singing and preaching. Service begins about 7 p.m.

Pastor Lonnie McGuire and congregation welcome everyone.

Gospel Singing
Lighthouse Baptist Church, 1371 Gabbardtown Rd., Berea, will have a gospel singing Sat., Nov. 14th, beginning at 6 p.m. The church will also host a fund-raising dinner, right after the singing. The menu will be: sloppy joes, pulled pork sandwiches, cole slaw, chips, drinks, dessert. All donations will be split between Relay for Life and Lighthouse Youth Group.

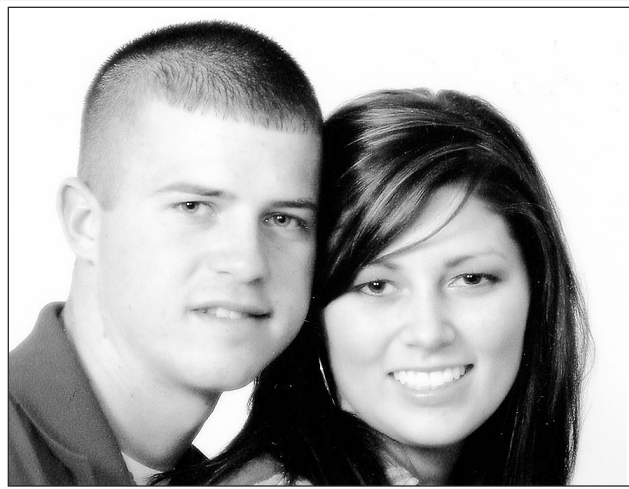
Singings
On Saturday, Nov. 7th, there will be a benefit singing and meal at Philadelphia United Baptist Church. Featured singers will be the Praise Singers and Eugene Webb and Group. This will be our last Saturday night service until March 6, 2010.

Come and be with us, you won't be disappointed. there will be great singing and fellowship.

The church now has a van and if you need a ride to church, call Bro. Gordon at 256-9724 or 606-308-5368.

Come Celebrate the Harvest Season at the Bible Baptist Church
Kids For Christ Ministries
FALL FESTIVAL
For Kindergarteners through 5th Graders
Saturday, October 31st
6pm – 8pm
At Bible Baptist Church in Mt. Vernon
Admission is \$1.00
OVER 30 FUN – FILLED BOOTHS!!!!
MOON BOUNCE GIANT SLIDE
MECHANICAL BULL
SNOW CONES POPCORN FACE PAINTING
Admission is \$1.00
6 Foot Stocking to be Given Away filled with Candy and Toys!
For more information, call 606-308-5220

Fall Festival
October 31 6-8pm
First Baptist Church Mt. Vernon
Join us for tons of fun, games and CANDY!
Admission is FREE!
Costumes are welcome, but please refrain from scary or gory costumes.
Safe fun for the whole family!
Call the church office for more details (606) 256-2922
Games Candy Fun Inflatable Games



Cameron - Parker

Jeff Parker of Berea, Ronnie and Bonnie Roark of Mt. Vernon, along with Mike and Debbie Cameron of Brodhead would like to announce the engagement of their children, Jeffrey Michael Parker and Kayla Marie Cameron. Jeffrey is a 2006 graduate of Rockcastle County High School and is currently employed by Mt. Vernon City Police Department. Kayla is a 2009 graduate of Rockcastle County High School. She is currently attending Eastern Kentucky University seeking a nursing degree and is employed by Rockcastle Regional Hospital. The couple is planning a June wedding.



Allen - Bradley

Kellie Lynn Allen and Ronnie "BJ" Bradley will unite in marriage on Saturday, November 7th at 4 p.m. at Northside Baptist Church. No formal invitations will be sent. All friends and relatives are invited to attend.

Sigmon Farm Haunted Corn Maze & Hayride
Oct. 31st Dark-Midnight
Admission \$4 IF YOU DARE
Concessions Available

3 miles North of Renfro Valley on U.S. 25 take JNCT. 3275 turn Right at Sigmon Farm Sign. For info Call (606) 256-2781 Canceled in case of rain or snow

"What Is Written"

We are studying about religious people who will be rejected in the day judgment for working iniquity, lawlessness, doing things not authorized by Jesus, Mat.7:21-23. Let's look further.

Another erroneous practice is, sprinkling or pouring for baptism. The word baptism itself means to dip or plunge, an immersion. We see this taught in Rom.6:3-4, "Know ye not, that so many of us as were baptized into Jesus Christ were baptized into his death? Therefore we are buried with him by baptism into death: that like as Christ was raised up from the dead by the glory of the Father, even so we also should walk in newness of life." We all know that Jesus was buried in a solid rock hewed tomb completely surrounded by rock. Even so, we are to be buried in water, completely surrounded by water. Sprinkling and pouring does not follow the biblical picture as Paul teaches us here. These practices got started in what was called "clinical baptism." If they had somebody that was very sick, they would perform "clinical baptism" because they felt the person could not be immersed. Then over time, assuming such was acceptable to God, it was reasoned, why not practice the sprinkling or pouring all the time, for it was more convenient and easy to do. But such is a work of iniquity. Let's be found doing God's will, not our own!

PROVIDENCE CHURCH OF CHRIST - 758-8524
 E-mail: Dan.McKibben@Juno.com
 Web Site: www.WhatSaiTheScriptures.com
 Time of Services: **Sunday** 10am Bible Study, Worship 10:40 & 6:00pm; **Wed.** 7:00pm. Radio program, Sun.8am, 1460 AM

Portrayals of famous Kentuckians Kentucky Artisan Center celebrates Halloween Oct. 31

The Kentucky Artisan Center at Berea will celebrate Halloween on Saturday, October 31, with costumed portrayals of well-known Kentucky characters. Center staff selected their favorite historical characters, researched their lives, and developed dialog and period dress - to allow visitors a chance this Halloween to "visit with" and learn about famous Kentuckians.

Staff will also portray their Kentucky characters for school groups scheduled throughout the week preceding Halloween. Sales and Service Supervisor Cindy Ball explains, "The idea really started as a way for the Kentucky Artisan Center staff to do some creative educational outreach for students and the public." Artisan Center staff has selected an interesting variety of famous Kentuckians to portray - from John G. Fee, the founder of Berea College, to singer Rosemary Clooney, Henry Clay, and even contemporaries such as Wynonna Judd, former Governor Martha Layne Collins, and Loretta

Lynn. Costumes, which were a big part of developing each character, were put together with the assistance of Artisan Center sales staffer Cindy Sutton, who is also a costume designer for Richmond's Rose Barn Theater. Sutton states, "It's amazing. Once they put on the costume, they seem to transform and become the character."

As part of their portrayal to visitors on October 31, staff will tell about their characters in short autobiographical talks. Center sales and café staff participating are: Kathleen Purcell, Lancaster; Tracy Marcero, Berea; Cameron Morgan, Berea; Dawn Miller, Berea; Lisa Holt, Berea; John Broadus, Richmond; Cindy Ball, Irvine; Cheri Weidlich, Nicholasville; Beth Bondurant, Berea; Falene Honegger, Berea; Jeri Ramsey, Mt Vernon; Pearl Moran, Richmond; Amanda Gibson, Mt. Vernon; Cindy Sutton, Richmond; Natalie Pinkston, Richmond; Melora Jones, Mt. Vernon; Kathy Hood, Richmond; Donna Anderson, Berea; Chris Banks, Richmond; Chelsea Hood, Richmond; and Amber Didonato of Berea.

Come to the Kentucky Artisan Center at Berea October 31, to "meet" famous Kentucky characters such as Colonel Sanders, Laura Clay, Mary Todd Lincoln and many more - while enjoying all that the Center has to offer.

The Kentucky Artisan Center at Berea is located at 975 Walnut Meadow Road, just off Interstate 75 at exit 77 (Berea).



Happy Birthday Blanca Aurora Vega
 Get well and come home soon!
 The Hammond Family

UNITE receives \$714,000 grant to treat drug addicts

U.S. Congressman Harold "Hal" Rogers (KY-05) announced that Operation UNITE's Substance Abuse Treatment Voucher Program has received a \$714,000 grant from the Department of Health and Human Service's (HHS) Center for Substance Abuse Prevention to assist individuals seeking treatment for substance abuse.

"Treatment is one of the most effective ways to treat those bound by the chains of addiction," said Rogers. "Operation UNITE should be commended for their three-pronged strategy -- investigation, education and treatment -- to fight the scourge of drugs in our region. It is refreshing to see our communities come together to help those who are seeking assistance. We can draw our strength from one another to keep drugs off our streets and protect our families from the perils of addiction."

Operation UNITE's Substance Abuse Treatment Voucher Program assists individuals and families living in Kentucky's Fifth Congressional District that suffer from substance abuse issues. UNITE will provide a one-time limited payment for substance abuse treatment at residential facilities. As of April 30, 2009, Operation UNITE's Treatment Voucher Program

has had 3,634 applications taken since inception. Over 1,440 participants have entered a residential treatment program and 919 of those participants have completed a residential substance abuse treatment program. UNITE intends on assisting at least 120 voucher recipients enter a residential substance abuse treatment program through this funding.



Jesus said, "Let the little children come to me... for the kingdom of heaven belongs to such as these."
 Matthew 19:14 (NIV)

Operation Christmas Child brings joy and hope to children in desperate situations worldwide through gift-filled shoe boxes and the Good News of God's love. Here is how you can pack a shoe box and make a difference in the lives of those children:

Pack A Shoe Box: Use an empty shoe box (standard size) or plastic container. Determine whether your gift will be for a boy or girl, and the child's age category: 2-4, 5-9, or 10-14, then fill the box with gifts. Some suggestions are:

- School Supplies** (pens, pencils, crayons, markers)
- Toys** (small cars, balls, dolls, stuffed animals, yo-yos, jump ropes)
- Hygiene Items** (toothbrush, toothpaste, mild soap, comb, washcloth)
- Other:** hard candy and lollipops, mints, gum, T-shirts, socks, ball caps, sunglasses, hair clips, toy jewelry, watches, flashlights with extra batteries

Include \$7 (make checks to Samaritan's Purse) to help cover shipping and project costs.

OPERATION CHRISTMAS CHILD SHOE BOX DROP OFF:
 First Baptist Church
 340 West Main Street
 Mt. Vernon, KY 40456
 For more information call (606)256-2922

HOURS OF OPERATION:
 November 16: 9am-7pm
 November 17: 9am-3pm
 November 18: 9am-8pm
 November 19: 9am-3pm
 November 20: 9am-3pm
 November 21: 9am-12pm
 November 22: 4pm-7pm
 November 23: 9am-3pm

DOGWOOD GIFTS & CRAFTS

GARDEN CENTER

- Pumpkins • Mums • Gourds
- Indian Corn • Ferns

Truckload of new pansies

256-3007
 Located 3 miles north of Renfro Valley on US 25 at Brindle Ridge Rd, junction Hwy. 3275



If your **"CHECK ENGINE"** or **"SERVICE ENGINE SOON,"** light is on, bring your vehicle to

Kentucky Iron Horse LLC

For a FREE diagnostics check.

Kentucky Iron Horse LLC has the latest in computer diagnostic equipment for BOTH domestic and imported cars and trucks.

We are located at 45 Woodland Place 1/2 Block from West Main Road near the County Extension Office.

We offer a full range of car and truck repair and service from minor repairs to engine changes and overhauls.

Hours of operation: Monday through Thursday - 9 a.m. until 7 p.m. Friday 9 a.m. until 5 p.m.

Other arrangements can be made for emergency repairs.

Phone (606) 256-2883

Or (606) 392-3001

Special until Thanksgiving: Oil change \$19.99.*

*Limited to five quarts of non-synthetic oil and filter.

ATTENTION BIBLE STUDENTS

Central Baptist Church "Sunday School" presents the following Adult classes beginning this coming Sunday.

- **"Biblical Music"** - What the Bible teaches concerning music.
- **"One Book Stands Alone"** - A detailed study regarding the King James Bible controversy.
- **"Parenting Made Practical"** - A practical look at the Bible way of raising children and common pitfalls that Christian parents often fall into.
- **"Soul Winning"** - How to lead a lost person to Christ.
- **"The Book of Acts"** - A verse by verse study of Acts.

God has commanded us to study His Word. Sadly, many Christians fail at this Bible command. At Central Baptist Church we take this command very seriously and desire to assist you in obeying it. In addition to the many classes for children, we have five different classes from which adults can choose.

Another opportunity for study is quickly approaching. Beginning November 5th, we will be offering a college level class examining "Baptist History" each Thursday evening at 7:00 PM. If you would like information about this class please call our office, Tuesday through Friday between 8:00 AM - 3:30 PM.

Please come and join us as we study the Word of God. Transportation and Nursery is provided for all of our services.

SERVICE TIMES

SUNDAY SCHOOL ----- 10:00 AM

SUNDAY MORNING ----- 11:00 AM

SUNDAY EVENING ----- 6:00 PM

WEDNESDAY BIBLE STUDY ----- 7:00 PM

CENTRAL BAPTIST CHURCH

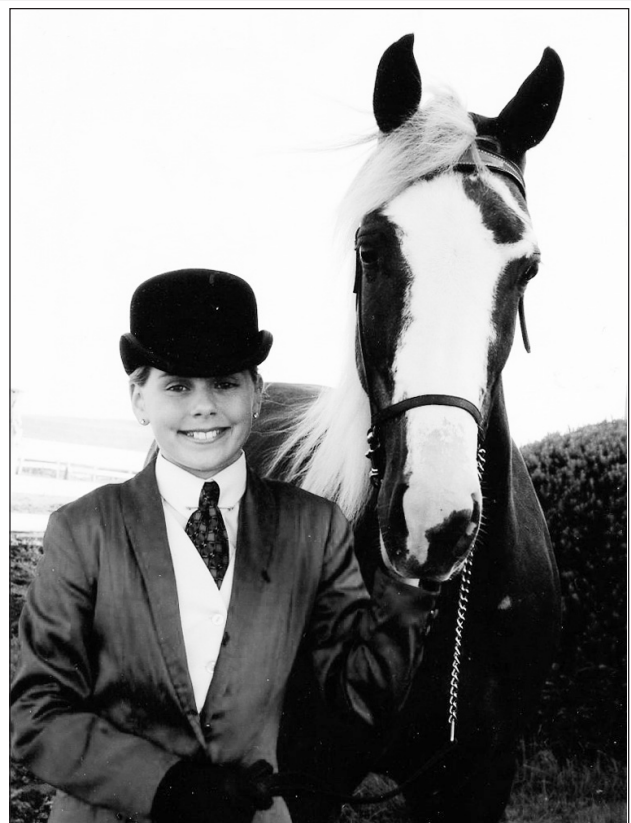
86 MAINTENANCE RD.
 MT. VERNON, KY 40456
 606-256-2988



The Rockcastle Co. Kiwanis Club made a donation of \$1,000 to the Mt. Vernon Elementary School to purchase playground equipment. The funds were raised with proceeds from the Kiwanis Charity Golf Scramble and Woodmen of America Matching Funds. Kiwanis would like to invite anyone interested in joining to attend a meeting any Thursday at the Renfro Valley Lodge at noon. Pictured above are from left: past president Larry Hammond, Lt. Governor Div. 6 Tamara Cox, Young Children Priority One Chair Jessie Murray, president Vicki Cox, MVES principal Leon Davidson and treasurer Tarina Helton.



On October 8th, the Rockcastle Co. Kiwanis Club presented Brodhead Mayor Walter Cash with a \$1,000 donation to the Brodhead City Park Improvement Project. The total project costs \$4,000. The Rockcastle Co. Development Board is the facilitator for the project along with Leadership Rockcastle '09 participants. Woodmen of America provided matching funds with proceeds from the Kiwanis Charity Golf Scramble. Pictured above, from left: president Vicki Cox, Brodhead Mayor Walter Cash, past president Larry Hammond, Kenny Robinson and Jim Earl Hammons.



Audrey Halcomb and her Kentucky Mountain Spotted horse, Pusher's Confederate Lady

Halcomb claims 4-H titles

Audrey Halcomb, daughter of Beth Halcomb and Denny Halcomb, of Somerset has once again claimed several prestigious 4-H State Horse Program titles.

Audrey, 11, and her Kentucky Mountain Spotted horse, Pusher's Confederate Lady, took home three blue ribbons and two red ribbons at the District 5 4-H Horse Show in Casey County earlier in the year. These wins qualified her to participate in the Kentucky State Fair 4-H Horse Show.

During the state fair, Audrey and "Princess," and she is known in the barn, took home the English Mountain Pleasure Championship over 16 other district qualifiers. The pair also receive second place in the Junior Equitation Class. With these wins, Audrey was named Reserve High Point Award Winner in the Mountain Horse Division for the 2nd year in a row! In addition to these classes, Audrey competed with her 4-H horse club, the High Hopes Horse Club of Wayne County in the Drill Team competition, placing 9th overall.

Although Audrey loves spending time in the saddle, this summer she competed with other horse club members at the annual 4-H State

Horse contests in Lexington. There she won the Junior Division Demonstration Contest, with her informed talk on monitoring the vital signs of horses. She also received 2nd place in the Equipment Contest with her handmade trail bridle/halter and a 2nd place in for her sequence photographs in the Photography contest.

In August, Audrey was recognized at the state fair during the first annual 4-H Horse Program awards. She was awarded Centennial Ribbons, certificates and a jacket in recognition of her High Point Aard and State Contest Championships.

In addition to their 4-H accomplishments and countless blue ribbons from local horse shows, Audrey and Princess were Showmanship Champion of the 11 and Under class in the Kentucky Mountain Horse International Show held last October.

After this horse show season ends, Audrey will continue to work with her 4-H horse club and her trainer, Kari Sullivan of High Hopes Stables in Monticello, to prepare for another winning season.

Audrey is the granddaughter of Dennis and Bonnie Halcomb of Somerset, and formerly of Mt. Vernon.

Have Diabetes? A flu shot could save your LIFE

If you live with Diabetes, you are more likely to die with the flu.

During outbreaks of the flu, deaths go up 5-15% for people who have diabetes.

People with Diabetes are 6 times more likely to go to the hospital with the flu.

Each year, 10,000 to 30,000 people with diabetes die because of flu and pneumonia.

Both Flu and Pneumonia shots are covered by part Medicare Part B.

People with diabetes (6 months old or older) should receive the H1N1 shot (inactivated) and Should Not receive the "live" intranasal flu vaccine.

People with diabetes may receive the "seasonal" Flu and "H1N1" Inactivated vaccines at the same visit NOT the "live" intranasal vaccines.

Where Do I Get A Flu Shot ?

Call your doctor, health care provider, or local health department for dates, times, and places where flu shots are given.

Information provided by: Carolyn E. Hacker, MS.RD.LD., Level III Regional Diabetes Coordinator. Cumberland Valley District Health Department: Bell, Clay, Harlan, Jackson, and Rockcastle Counties.

Subscribe to the Signal

Rockcastle UNITE Coalition

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

Rockcastle County Taxpayer's Notice

The 2009 County tax bills are due Monday, November 2nd. If you do not receive your bill in the next few days, please contact the County Sheriff's Office. When mailing your payment, please include your copy of the tax bill or put the tax bill number on your check. If you wish a paid receipt returned to you, please enclose a self-addressed, stamped envelope.

The following are the collection dates:

2% discount...November 1 - November 30, 2009
face amount....December 1 - December 31, 2009
5% penalty.....January 1 - January 31, 2010
10% penalty.....February 1, 2010 and thereafter

IMPORTANT NOTICE:

Payments made during the 10% penalty period but prior to the sheriff's delinquent tax claim sale are subject to an additional 10% sheriff's fee. In addition to the 10% penalty, payments made after the sheriff's delinquent tax claim sale are subject to a 20% county attorney's fee and a 10% county clerk fee.

Sheriff's Office hours are

8:30 a.m. to 4:00 p.m. Monday thru Friday
8:30 - Noon Saturday

FREE TRASH DROP-OFF DAY

The Rockcastle County Fiscal Court, in conjunction with PRIDE (Personal Responsibility in a Desirable Environment) is pleased to once again offer

Free Trash and Bulk Goods Drop-Off Day

This event will be held Saturday, November 7, 2009 from 8 a.m. to 3 p.m. at the Brodhead Fairgrounds. This event is open to Rockcastle County residents only! Identification will be checked at the gates!

We will be able to accept the following items:
household trash, bulk goods (couches, chairs, mattresses, etc), appliances, televisions, computer equipment, etc. Personnel will be on hand to assist with unloading items.



We will **NOT** accept any tires, liquids, brush, clean wood or hazardous materials.

For more information, call the Rockcastle County Solid Waste Office at 606-256-1902



Mt. Vernon's 6th Annual Halloween on Main

Sat., Oct. 31st • 6 to 8 p.m.

Once again, local businesses and organizations will be handing out treats on Main Street.

Local businesses and organizations that wish to participate need to call City Hall at 256-3437 to sign-up for your space.

Space numbers will be given out on Saturday night.

Participants need to wear name tags for safety purposes.

There will be a Costume Contest going on throughout the evening for youngsters to age 12.

Best-Decorated store window and table will be recognized! Sponsored by Rockcastle Chamber of Commerce (Main St. will be closed at 5:00 p.m.)

Join us for a "Spooky Nite on Main" in a well-lit area with safety officers present!!

NEAR NEW AUTO CENTER • NEAR NEW AUTO CENTER

EXPECT MORE! SAVE BIG!
Since 1976
NEAR NEW AUTO CENTER
US 25 North, Berea, KY
(859) 986-8888
1-800-735-1028
NO BULL Just Good Deals
VIEW OUR SPECIALS @ WWW.NEARNEWAUTO.COM
Business Hours: Mon-Fri 9 a.m. - 6 p.m. Sat 10 a.m. - 3 p.m.

12 GAS SAVERS

CHECK THESE LOW-MILE SPECIALS

90 DAYS TO 1st PAYMENT W.A.C.

0-DOWN IS AVAILABLE W.A.C.

"Wholesale Pricing • First Come, First Served"
Hurry, won't last at these prices

'08 CHEV AVEO LT Auto, loaded, low miles  \$198/mo	'08 CHEV PT CRUISER Auto, air, low miles  \$219/mo
'08 SUZUKI FORENZA S 4 dr, all power, low miles  \$219/mo	'08 HONDA CIVIC LX 4 dr, loaded, low miles  \$308/mo
'08 CHEV COBALT LT 4 dr, loaded, low miles  \$231/mo	'08 TOYOTA YARIS 4dr, auto, loaded, low miles  \$253/mo
'07 FORD F-150 X-CAB V-8, auto, 4x4, nice  \$253/mo	'08 HYUNDAI ELANTRA 4 dr, auto, moon roof, 2 to choose from  \$264/mo
'09 PONT G5 2 dr. Loaded, low miles  \$286/mo	'09 CHEV COBALT 2 dr. Alloys, spoiler, low miles  \$286/mo
'08 CHEV HHR 4 dr, loaded, low miles  \$242/mo	'08 CHRYSLER SEBRING 4 dr, loaded, low miles  \$242/mo

The 12 units above have been fully serviced & detailed & are ready for immediate delivery.

Bring copy of ad for special sale!

See dealer for details. Subject to bank approval.

Just Remember... PRICE SELLS
Good Cars Make Happy Customers - We Have Both
OUR REPUTATION IS OUR GUARANTEE!

NEAR NEW AUTO CENTER • NEAR NEW AUTO CENTER

Rockets lose to Warriors in final minutes of game

By: Richard Anderkin
 The Rockcastle County Rockets fell to 4-5 on the season Friday night, after a 35-28 loss to the Southwestern Warriors.

The Rockets had a one point lead with 2:8 seconds to go in the game, but Southwestern took the football and marched down the field, scoring on a fourth and 20 with :28 seconds left, to win their 7th game of the season against only two losses.

"That was an extremely painful loss for both our players and the coaching staff," said second year head coach Scott Parkey. "Our players

fought with everything they had to overcome being down at halftime and then in the fourth quarter," Parkey said.

Parkey also had praise for several of his players, including seniors Matt Bullens, Cole Abney, Dalton Dillingham and junior John L. Saylor. "Bullens and Abney had terrific games, helping our offensive line control the line of scrimmage. Dillingham and Saylor did a great job blocking for Clarke Rowe," Parkey said.

"We made some mental mistakes on defense late in the game and it seemed like

one mistake led to another," Parkey said.

The Rocket offense picked up 316 total yards, led by sophomore tailback Clarke Rowe, who ran for 258 yards and scored three touchdowns. Rowe has gained 1,734 yards for the season and scored 20 touchdowns.

Saylor had 18 yards on six carries and quarterback Dustin Bishop completed four passes for 51 yards. He also threw two interceptions.

Bullens caught three passes for 49 yards and Jamie Todd caught one pass for two yards.



A Southwestern Warrior gets ready to catch the game winning touchdown on Friday night with 28 seconds left in the game. The Warrior receiver got behind the Rocket defense on a fourth and 20 play to score the touchdown. The Rockets are 4-5, after the 35-28 loss. Rockets in the photo are #82 Matt Bullens who had 14 tackles and assists in the game, #3 quarterback and defensive back, Dustin Bishop and #33 John L. Saylor. The Rockets host Whitley County on Friday night, their last regular season game and senior night at the ROCK.



Trevor Richardson, of Mt. Vernon, killed this 9 point buck on October 17th with a muzzle loader.

Besides Rowe's three touchdowns rushing, senior Derek Thacker scored on a 47 yard fumble recovery in the first quarter.

Bishop had four extra point kicks in the game.

Defensively the Rockets gave up 341 yards.

Bullens got 14 tackles and assists and he also intercepted a pass.

Abney had 11 tackles and assists, as did Saylor. B.B. Bradley had 10 tackles and assists, followed by Dillingham, Bishop and Thacker with 7 each, Corey Baker and Steven Thomason accounted for 6 each, Todd, 4, Rowe and Ben Lake, 2 each and Dylan Thacker, 1.

Besides Thacker's fumble recovery, Todd also recovered a Warrior fumble.



A host of Rockets, including #48 Steven Thomason and #33 John L. Saylor, combine to stop a Southwestern Warrior runner on Friday night. The Rocket defense gave up 341 yards to the Warriors, who won the game with a touchdown pass with 28 seconds left to play in the game. The Rockets host Whitley County on Friday night.

"ROCKET SPECIALS"
 at McDonald's®

Friday October 30th

Quarter Pounder® w/ Cheese ONLY \$1.50
plus tax

"Rocket Specials" are back. 3 p.m. to Midnight Every RCHS football game... Home or Away...

Offer good only at McDonald's® in Mt Vernon. Not valid with any other offer or coupon. Valid on game night played by RCHS.

Friday night the Rockets will host Whitley County on senior night at the ROCK.

Whitley County is 5-4 on the season and defeated Perry County Central last week, 63-18. Last season the Colonels defeated Rockcastle 37-23.

"Offensively they are very good and they start ten seniors," said Coach Parkey. "Whitley County has a better overall passing attack than Southwestern and they finished first in their 5A district," Parkey said.

"In order to win, we must eliminate turnovers and mental mistakes," he added.

Senior night festivities will take place before the game, which begins at 7:30 p.m.

The Rockets will hit the road the first week of the play-offs when they travel to Morehead to take on Rowan County High School.

Rowan County is 6-3 on the season.



Offensive lineman Derek Thacker, #50, his brother, #72 Dylan Thacker and fullback John L. Saylor, block for tailback Clarke Rowe, #20, who scored three touchdowns on Friday night. Derek Thacker also scored a touchdown on a 47 yard fumble recovery.

Doubleheader Absolute Auction of Mr. and Mrs. Steve Spoonamore's

Property 1 - House and 0.984 Acres
Property 2 - 50 Acres more or less as a whole
Saturday, November 7th • 1:30 p.m.

1442 Brindle Ridge Road, Brodhead, Ky.

Location: From Mt. Vernon, follow Hwy 150 to Hwy 1505 in Brodhead, Turn right on Hwy 1505 and proceed 1 1/2 miles to the property located on the right. Watch for auction signs.

Property 1 - House and 0.984 Acres

This vinyl sided home is situated on a nice level 0.984 acre lot. The home offers a floor plan of three bedrooms, two baths, kitchen/dining room combination, living room, family room, and utility room. Other amenities include: propane fireplace, security system, heat pump, central air, city water, and septic. In addition, there is a 24 x 28 detached garage with an unfinished apartment overhead and an above ground pool.

Property 2 - 50 acre tract more or less.

This property consists of a 50 acre tract more or less. It is mostly wooded with a few cleared acres. Ideal for recreational use or a hunter's dream. City water is available.

Auctioneer's Note: Whether you are in the market for nice country home or a weekend retreat, come take a look at these properties. Remember, this is an absolute auction and the last bid will buy.

Terms: 20% down day of sale, balance in 30 days.

Multi-Parcel Auction: This will be a multi-parcel absolute auction. The properties will be offered separately and together selling in the manner that reflects the best returns for the sellers. This concept gives each and every prospective buyer the ability to purchase his or her individual tract or combination.

Announcements day of sale take precedence over printed matter.
 For additional information, contact the selling agents.

Ford Brothers, Inc. Selling the Country

Sam Ford - Broker/Auctioneer
 Jeff Cromer - Realtor/Auctioneer

www.fordbrothersinc.com
 Mt. Vernon, KY
 606-256-4545 • 800-435-5454

London, KY 606-878-7111

Malibu Promo Friday Captain Morgan Promo Saturday

HAPPY HALLOWEEN

CHAMPIONS BAR & GRILL

COSTUME CONTEST - \$100 CASH PRIZE

Medley Boys Band

Oct 31st Show up in costume Get in FREE!! 9pm-1am

Biggest Party In Richmond

myspace.com/medleyboys medleyboys@yahoo.com

Dix River Festival Committee Presents

Halloween in the Park

City Park • Tyree & Albright Street Brodhead

Saturday, October 31st
5 to 8 p.m.
 (For Children 12 and Under)

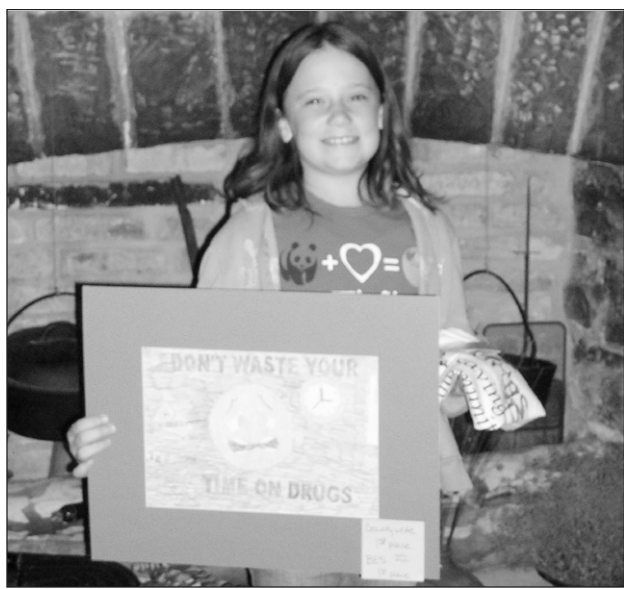
All businesses and citizens are welcomes to come and set up to give "treats" to the children

Due to our contract agreement, if it is raining or a forecast of rain, the inflatables will be cancelled. Listen to WRVK 1460 Radio, or call the following numbers for information.

606-308-3999 • 606-308-1899
 606-308-2082 • 606-308-1517



Representatives from each school in the county participated in the signing of the Proclamation of "Rock Your Red" Day along with Executive Judge Buzz Carloftis.



Destiny Brogan, a BES 4th grader in Mrs. Melissa Neeley's class, won the county wide UNITE poster contest. She was presented with a gift card from Wendy's, a t-shirt, and her poster matted and framed by the High School Art Department.

Roundstone School Yard Sale

(Sponsored by Eagles' Nest Parent Group)

Roundstone Elementary Cafeteria
Saturday, Nov. 7 • 8 a.m. to 2 p.m.
 Proceeds will be used to purchase new playground equipment for our students. A new playground has been planned and is being built in phases as funds permit.

What Families Can Do To Help
 Please help our school while doing your Fall/Winter cleaning and organizing. What better way to motivate yourself to clean and organize your life? Clean out your closets, drawers, cabinets, toy boxes and garages and donate items to our fundraising yard sale. We need clean, gently used clothing, coats, shoes, household items, toys, tools, what-nots, videos, CD's, etc. All items donated must be tied up in garbage bags. All items not sold will be donated to local missions and charities to help others in need.

Please do not send items to school with your child or bring them during the school day. Donations will be accepted at the school only on the following dates and times.

Monday, November 2	3:30 p.m. to 5 p.m.
Tuesday, November 3	3:30 p.m. to 5 p.m.
Wednesday, November 4	3:30 p.m. to 5 p.m.
Thursday, November 5	3:30 p.m. to 7 p.m.

Come to the yard sale and buy needed items and "treasures" for your family. There will be bargains galore!!!! We hope you can attend!!!!

Daniel Boone Community Action Agency, Inc. Low-Income Home Heating Program

The cost of home heating is a problem for many low-income Kentuckians. Your Community Action Agency, Daniel Boone Community Action Agency, may be able to help. If you live in Rockcastle County, you may apply at the Daniel Boone Community Action Agency located at 105 Main St., Mt. Vernon, Ky. for the Home Energy Assistance Program (HEAP). Applications will be taken by the last name of the head of the household from November 2 through December 11, 2009. See the list below for your assigned day. You will need to bring with you (1) **Social Security numbers for everyone living in the household;** (2) **proof of your household's income for the preceding month. You must present award letters, copies or checks etc.; documentation from the local DCBS office will not be accepted, with the exception of zero income households receiving food stamps** (3) **Your most recent heating bills or verification from your landlord that the heating expenses are included in your rent. All customers that apply for assistance must present an electric bill at the time of application.** All eligible households that apply will receive assistance. Gross monthly income must be within the guidelines listed below, and with limited liquid resources. Households not receiving food stamps with no income will be required to fill out a self-declaration form prior to signing up date. DBCAA will assure that persons who are working or commuting during the agencies typical business hours may apply for LIHEAP. Call 256-5315 for more information. DBCAA does not discriminate because of race, religion, color, national origin, sex or age.

- | | |
|---------------------------------------|--------------------------------------|
| A apply on Nov. 2 | M apply on Nov. 24, 30 |
| B apply on Nov. 4, 5 | N, O, P apply on Dec. 1 |
| C apply on Nov. 9, 10 | Q or R apply on Dec. 2 |
| D or E apply on Nov. 12 | S apply on Dec. 3, 7 |
| F or G apply on Nov. 16 | T apply on Dec. 8 |
| H apply on Nov. 17, 18 | U, V, W apply on Dec. 9 |
| I or J apply on Nov. 19 | X, Y, Z apply on Dec. 10 |
| K or L apply on Nov. 23 | |

Income Guidelines

Household Size	Gross Mo. Income	Household Size	Gross Mo. Income
1	\$1,174	5	\$2,794
2	\$1,579	6	\$3,200
3	\$1,984	7	\$3,605
4	\$2,389	8	\$4,010

Add \$406 for each additional family member
CRISIS Applications can be made from January 4, 2010 through March 31, 2010 or until available funds have been expended.

Mt. Vernon Message

Music Notes:
 During our Music rotation we've had much fun learning about Rhythm and Melody! Students have been introduced to various ways to experience rhythm, both in singing, playing, clapping, and moving. Students have also learned about how pitches move upward, downward, and stays the same to create a melody. We now know that this is why our speaking voices are DIFFERENT than our SINGING voices!

One of the favorite activities of our rotation has been the Music Review Obstacle Course, in which students travel from station to station to visit different musical activities. Stations include rhythm clapping, playing a melody, playing a rhythm pattern on a drum, creating and performing a "hand-jive", playing the piano, singing a song, and even performing a song on an Autoharp (a class AND teacher favorite!).

Also, Mrs. Jamie would like to thank seven special 5th grade students who helped with the 1st grade classes as they rotated from station to station. (Ryan Martin, Tara Mink, Keavin Webb, Sarah Alcorn, Anna Carter, Hope Kelley, Lanna Prewitt). You were FANTASTIC "teacher assistants"!

Beef Stew Drive:
 MAKE A DIFFERENCE STOP WORLD HUNGER

As we end October we find that lots of exciting things have happened at BES! At the beginning of the month, we had the Rocket Readers visit and a great visit from the Brodhead Volunteer Fire Department. During the middle of the month, three of our students were chosen to be present as Judge Buzz Carloftis proclaimed October 23, 2009 as "Rock your Red"

day. We also had a great turn out to our Pumpkin Painting Family Night provided by our PTA. As the month closes, we are focusing on Red Ribbon Week. Red Ribbon week began after DEA Enrique Camarena was kidnapped and murdered while working undercover in Guadalajara, Mexico in 1985. Citizens in his hometown of Calexico, California responded by wearing Red Ribbons symbolizing the need to reduce the demand for drugs through prevention and early intervention. Today, the Red Ribbon Celebration is observed annually the last full week in October. This awareness campaign is the kick off to a year of prevention in our schools and in our communities. The Red Ribbon Pledge is "No use of illegal drugs, no illegal use of legal drugs!"

Our Veterans Day Program will be held at 1:00 on November 11th. We are inviting all Veterans to come and attend this program. Refreshments will be served following the program. If you plan to attend, contact the office at 758-8512.

Calendar
 Sat. October 31: Happy Halloween! Be safe and remember to check all of your candy.

October 31: Set your clocks back for Daylight Savings Time

Thursday, November 5: Parent/Teacher conferences (10 Christmas Points)

Monday, November 23: PACS NOW Mtg. 1:00 Taste Testing - 10 Christmas Points

School Reminders
 Please remember that you must send a note with your child on the day he or she returns after being absent from school. If you have a Doctor's statement, please make sure to send it with your child. If not, please send in a hand written note explaining why your child was absent.

Congratulations 4-H poster contest winners!

5th grade: Mahala Saylor, 1st place countywide; Cory Johnson, 2nd place countywide; Courtlyn Van hook 3rd place countywide.

4th grade: Angel Halcomb, 1st place countywide; Shaeyden Housh, 2nd place countywide.

Auction
 of the late Mr. Chester E. Turner's
Machinery, Tools & Personal Property
Saturday, October 31st at 10:00 a.m.
 Cartersville section of Garrard County, Ky.

To view a virtual tour of the auction, visit our website at www.fordbrothersinc.com.

For additional information, contact the selling agents.



BROKER/AUCTIONEER: SAM FORD
www.fordbrothersinc.com
 606-256-4545 Mt. Vernon, KY 800-455-5454

Minds in the Middle

Friday we are saying "Boo!" to drugs. After a week of celebrating being drug free with Red Ribbon Week, we will finish up on Friday by wearing orange and black. Thanks goes out to the Unite Club for emphasizing the importance of a drug free life to us this week.

Also on Friday, the RCMS Leadership Team will be selling boograms for \$1. Proceeds will benefit the Rockcastle Hospital's UK Markey Cancer Center. Students can purchase a boogram for themselves or send one to a friend.

Thanks to Mr. Shawn Burdette, Mrs. Mink, and Mrs. Wolfe for the storytelling presentation last week. Once again, Mr. Burdette was creepy and wonderful with his folk tales.

Congratulations to Mr. Tracy Gabbard's 6th grade

Enterprisers homeroom on winning the attendance battle last week. Mrs. Franklin's Enterprisers came in second place followed by Mrs. Sadler's 7th grade Shooting Stars in third place. Congratulations also to the Enterprisers team on having 100% attendance on Tuesday!

November 1st is the deadline for 7th graders who were planning to participate in the Duke University Talent Identification Program. Applications must be postmarked by November 1st or they will not be accepted.

We are proud that the RCMS student body again showed compassion with their donations to the Leadership Team's Pennies for Patients campaign on Tuesday. The funds raised will benefit the Leukemia and Lymphoma Society.

Veterans Day at BES

All Veterans are invited to attend our Veterans Day Program at Brodhead Elementary School on November 11th at 1 p.m. If you plan to attend please call the office at 758-9812. Refreshments will be served following the program.

Don't forget to "Fall Back" this weekend. Daylight savings time ends Sunday, November 1st. Turn your clocks back one hour this Saturday night before going to bed.

Roundstone School Yard Sale
 (Sponsored by Eagles' Nest Parent Group)

Roundstone Elementary Cafeteria
Sat., Nov. 7 • 8 a.m. to 2 p.m.

Proceeds will be used to purchase new playground equipment for our students. A new playground has been planned and is being built in phases as funds permit.

Get your family what it needs while saving money and helping kids!!! Items in the yard sale will include clothing of all sizes, shoes, housewares, home decor, holiday decorations, toys, videos, books, tools and much more!

Come and Explore the Bargains Galore!!

SMOKEHOUSE GRILL STEAKHOUSE

ALL YOU CAN EAT ALL DAY FRIDAY FISH FRY!

Featuring our original Smokehouse Fish, slaw, fries & hush puppies.

\$6⁹⁹

Only...

359 Peggy Flats Road, Berea, Exit 71 • (859) 986-0830
 Check out our Old Country Breakfast

ROCKCASTLE COUNTY MIDDLE SCHOOL
 CORDIALLY INVITES AREA VETERANS AND THEIR FAMILIES
 TO JOIN US FOR THE

79th Anniversary
Celebration of Veterans Day
 November 11, 2009

The celebration, honoring and remembering those who have served our country, will begin at 10:00 a.m. with a reception in the school's cafeteria for the veterans and their families. Following the reception we will convene in the gymnasium at 1:00 p.m. for a student-led program of honor.

We hope to see all our veterans there. Thank you for giving us this opportunity to recognize you and your service to our country. Please call 256-5118 by November 8th with your plans to attend.



Rockcastle County Industrial Development Authority President Corey Craig spoke during a ribbon cutting ceremony at SourceCorp last Wednesday afternoon. Craig praised the Rockcastle Fiscal Court and applauded the total team effort to keep SourceCorp in the county. SourceCorp, which is planning to add more jobs in November, is located in the Rockcastle Business Park South and is now operating out of a new \$2.9 million facility.

“Paving”

(Cont. from front)

road is only nine feet wide,” Carloftis told the *Signal* recently, “and only 15 feet at the widest point.”

The county needs easements that would make the roadway 15 feet wide on each side of the center line plus the ditch line. However, magistrates and Carloftis have said repeatedly that the entire 15 feet would never be used. Instead, the county plans to use only what is absolutely necessary for the road to be widened so that cars can meet and pass safely.

Carloftis said this Monday that, in a last ditch effort to procure the needed easements, he was considering holding a community meeting -- possibly at the Brindle Ridge Fire Department station house -- of as many of the approximately 80 residents of the road as would attend to make one last plea for the easements so the road can be widened and repaved. “We had money in the spring of this year to widen and repave the road but were unable to without the easements -- we cannot spend county road funds on private property,” Carloftis said.

“Since we didn’t have the easements, that money was put on other roads in the county. Now we have this \$175,000 from the state for repaving and will have to use county road funds to widen the road but, this is the last chance. If the necessary easements still cannot be obtained, then the money will be spent on other roads,” Carloftis added.

Lower River Road and Copper Creek Road are the second and third priority roads set by the state for repaving.

As to the question of condemning the property needed to widen the road, Carloftis said the county simply could not afford the tens of thousands of dollars to survey each piece of property or the court costs involved in the proceeding.

To date, the county has obtained only 18 easements from the 51 property owners along Lambert Road.

All easements have been prepared and any property owner wishing to sign theirs can do so at the office of the County Judge.

“Visitors”

(Cont. from front)

chances of spreading H1N1 and seasonal influenza among our patient population and our

staff. We understand the restrictions may present some challenges for some patients and their families but we felt it was in the best interests of our patients and our staff to put these restrictions in place. We want to thank everyone for their help and understanding in protecting our patients and our community,” Bullens said.

Bullens said last week’s restrictions were made to help keep Rockcastle Regional patients, employees and the community as safe and healthy as possible.

According to the Center for Disease Control, Children are among the population at highest risk for contracting and transmitting H1N1. H1N1, as well as seasonal influenza may be spread before symptoms appear.

“The visitor restrictions at Rockcastle Regional have been made in hopes of protecting children as well as limiting their ability to expose others to the flu,” Bullens added.

Rockcastle Regional also asks that anyone experiencing flu symptoms (fever, cough, muscle aches, stuffy nose, vomiting and diarrhea) refrain from visiting any patient in the hospital. “Many of our patients are highly susceptible to infection. Visitor restrictions are being enforced and the hospital isn’t allowing children unattended in waiting areas,” Bullens said.

“As the H1N1 and seasonal influenza continues to unfold in the community, it is possible restrictions at Rockcastle Regional will change,” she added.

“Reunion”

(Cont. from front)

family and friends are invited to attend. This year we will be specially recognizing the graduates of the classes of 1949, 1959 and 1969.

Registration information will be mailed to previous attendees in early September. If you have not previously attended and need information call Retha F. Thompson at 256-4740 or Barbara P. Fain at 453-4061.

“Ballinger”

(Cont. from front)

conscious in the accident and had to be flown to the University of Kentucky Medical Center, where emergency surgery was performed.

Alexis the daughter of Kenny and Rachel Ballinger of Climax Road.

“Halloween”

(Cont. from front)

Halloween on Main event will take place. Local businesses will be handing out candy and there will be a costume contest going on throughout the evening for youngsters to age 12. Halloween on Main will be held from 6 to 8 p.m.

In Brodhead, the annual Halloween in the Park will be held in the City Park on Tyree and Albright Street beginning at 5 p.m. and running through 8 p.m.

Local businesses and citizens will be passing out treats and there will be inflatables for children to play on during the event.

Organizers said in case of rain the inflatables will be cancelled.

In Livingston, organizers are encouraging anyone wishing to give candy away to either setup on Main Street or inside the Haunted House, where the lights will be on. Organizers also said anyone wishing to setup on Main Street can get chairs from the Haunted House.

There will also be semi-lit tours of the Haunted House from 6 to 7:30 p.m. for children 12 and under.

“Full Scare” at the Haunted House will begin at 8 p.m. and end at midnight. Admission will be \$6 per person and children must be accompanied by an adult.

Besides the three events scheduled in the county, trick or treating is also scheduled from 6 p.m. to 8 p.m. in all three towns.

“Three”

(Cont. from front)

February of next year.

Howard J. Cameron, 34, of Mt. Vernon was indicted on three counts of trafficking in a controlled substance.

He is accused of selling Oxycodone and Hydrocodone to a confidential informer on three different occasions in July.

He is being held on a \$50,000 cash or property bond and is scheduled to be arraigned in Rockcastle Circuit Court on November 25th.

The arrest of the Morgans and Cameron have nothing to do with the drug arrests made on Wednesday morning of this week.

“Drug Bust”

(Cont. from front)

Police post in Eastern Kentucky is currently involved in the investigation.

Sheriff Peters said the investigations in Rockcastle mainly involved people who allegedly brought pills into Kentucky from other states to sell.

About 50 officers were involved in Wednesday’s roundup which began before 7 a.m.

Peters said that for months hundreds of people, including many Rockcastle Countians, have been traveling from Kentucky to other states, mainly Florida and Georgia, to obtain prescription drugs that they bring back to Kentucky to sell illegally or abuse.

As of press time Wednes-

day, not all suspects in the investigation had been arrested.

Peters said he expected all suspects to be in custody by the end of the week.

Arrested on Wednesday were:

Gerald Mink, 52, of Sand Springs Road. He was charged with six counts of first degree trafficking.

Ronald Sack, 50, of Brindle Ridge Road, charged with trafficking in controlled substances first and second degree.

Phillip Brandon “Bones” Barnett, 27, of Floyd Street, Mt. Vernon, charged on two counts of first degree trafficking.

Jason Kirby, 34, of School Street, Mt. Vernon, was charged with trafficking in a controlled substance, first and second degree.

Angela Hopkins, 34, of Fuzzy Duck Road, Brodhead, was charged with seven counts of trafficking in controlled substances, first degree.

Ottie Kirby, 48, of Floyd Street, Mt. Vernon, charged with one count of trafficking in a controlled substance.

Gary “Legs” Kirby, 53, of Wild Flower Road, Mt. Vernon, charged with complicity to trafficking in a controlled substance, first degree.

Charles Cunagin, 44, of West Main Street, Mt. Vernon charged with trafficking in a controlled substance, first degree.

Troy Bullock, 36, of Sowder School Road, Mt. Vernon, charged with five counts of trafficking, first degree.

Charla Milburn, 35, of

Hwy. 3245 Brodhead was charged with first degree trafficking and first degree possession of a controlled substance.

Gerald Dean Mink, 52, of Sand Springs Road, Mt. Vernon, charged with three counts of first degree trafficking.

Kevin D. Jones, 32, of Hwy. 3245, Brodhead, charged with one count of first degree trafficking in a controlled substance.

Linda Michelle Bond, 35, of Lime Plant Hollow Road, charged with two counts of trafficking in a controlled substance.

Bobby R. Bond, 38, also of Lime Plant Hollow Road, charged with two counts of trafficking in a controlled substance.

Royce Gray, 42, of 106 Lime Plant Road, Mt. Vernon, charged with seven counts of trafficking, first degree and two counts of trafficking, second degree.

Raymond P. Bradley, 39, of New Lebanon Ohio, charged with possession of marijuana, less than eight ounces.

Sheriff Peters said that most of those charged on Wednesday sold drugs to a confidential informant who used a video recording device.

Peters also said he appreciated the efforts of the UNITE Coalition in the investigation.

Each defendant is being held under a \$25,000 cash or property bond and will appear in Rockcastle District Court on Monday before District Judge Katie Wood, unless they post bond in which case they are given a different court date.

Time For Home Improvements Before Winter Sets In?

Autumn is a great time of year to complete your home improvement projects. Time to remodel the kitchen or enclose the carport. Maybe the day has come to replace a roof or install new heating and air conditioning. For all the reasons and more, Citizens Bank’s loan professionals stand ready to serve you!

Talk home improvements with us today!

Citizens Bank

Mount Vernon 606-256-2500 Brodhead 606-758-8212 Somerset 606-451-2274 McKee 606-287-8390

Real People. Real Progress.
Member FDIC • Equal Housing Lender



Rocket Carpet Cleaners Halloween Special!

Get one room of your dungeon cleaned of spooks and soil for only \$29.95!



Witches & Zombies 5% off
606-256-9870

Mount Vernon Signal

Second Section

Serving Rockcastle County Since 1887

Thursday, October 29, 2009



A ribbon-cutting ceremony, for the recently renovated Quail Park, was held on Friday evening. The park is operated by the Quail Homemakers and several of those homemakers, their husbands and public officials were on hand for the ribbon cutting and dedication ceremony. Shown above, front row, from left are: State Representative Danny Ford, Shirley Martin, Rockcastle Judge-Executive Buzz Carloftis, Lorene Lawrence, Virginia Hansel, Quail Homemaker's president, Norietta Thompson, Lisa Hopkins, Teet Stevens, Shirley Long and Christine Taylor. Back row: Magistrate John Holbrook, Paul Hansel, Cindy Hansel, Magistrate William Denny, Betty Lou Whitaker, Jack Whitaker, Magistrate Bill McKinney and State Senator Ed Worley.



A new half-court basketball court was built at the Quail Park as part of the renovation project. The park is located on Willailla Road and is available for community events including family reunions. To schedule an event at the park call Virginia Hansel at 758-8178.



First District Magistrate John Holbrook, left, State Senator Ed Worley and Rockcastle County Judge Executive Buzz Carloftis talked before the dedication ceremony at Quail Park on Friday evening. The ceremony took place in the new \$60,000 building that was built as part of a \$140,000 renovation project at the park.



New playground equipment was installed at Quail Park as part of the \$140,000 renovation project. The park is located on Willailla Road and also has a shuffle board court, new basketball court, a new indoor building, a large outdoor shelter, baseball field and newly renovated outdoor restrooms.

Beige • Brown • Wood Grain Windows Also Available

White Vinyl Welded Double Hung Replacement WINDOWS

Any Size! **\$189** INSTALLED

DOUBLE PANE INSULATED GLASS

Call For a FREE In-Home Estimate!

Window World, inc.
Simply the Best for Less!

VISIT OUR SHOWROOM

TOLL FREE 1-800-353-4313

www.windowworldinc.com

142 American Greeting 6/11/07 Corbin, Ky. 741 **606-878-7994**

ENTRY DOORS & STORM DOORS NOW AVAILABLE

Ribbon-Cutting Ceremonies held at Quail Park



The three daughters of the late Roy and Flora Mae Brown were on hand Friday evening at dedication ceremonies for the newly renovated and refurbished Quail Community Park. Land for the park, which is located on Willailla Road, was donated by the Browns in 1977. Their three daughters are, from left: Virginia Hansel, Christine Taylor and Kathleen Ingram. A picture of their parents hangs in the new indoor facility that was built at the park as a part of the renovation. (Photos by: Richard Anderkin).

UNITE receives \$618,000 grant to keep kids off drugs

U.S. Congressman, Harold "Hal" Rogers (KY-05) announced that Operation UNITE's School-Based Adolescent Substance Abuse Counselor Program has received a \$618,000 grant from the Department of Health and Human Service's (HHS) Center for Substance Abuse Prevention to prevent students from using drugs and to help treat those who are currently addicted.

"Operation UNITE gives hope to those families who are struggling to help loved ones grappling with drug addiction," said Rogers. "No doubt, this grant from HHS will go a long way to educate our youth about the dangers of drugs and provide hope for those who need treatment. The more our communities band together in this fight, the more successful we will be in keeping drugs off our streets and protecting our children from the dangers of substance abuse."

Operation UNITE's In-School Adolescent Substance Abuse Counselors assist adolescents in ending use and abuse of alcohol, tobacco and other drug use; supports students, their families, schools and communities in minimizing potential drug abuse risk factors; and helps youth access recovery support services. The program will also assist in drug treatment program referrals in the 29 counties that comprise Kentucky's Fifth Congressional District.

As a senior member of the House Appropriations Committee, Rogers works to secure funding for important initiatives in the Fifth Congressional District.



Rockcastle's third district magistrate Bill McKinney, left and State Representative Danny Ford, talked before Friday's dedication ceremony inside the new building at Quail Community Park. Ford and State Senator Ed Worley were instrumental in obtaining over approximately \$110,000 in state grant money for the park.



Aaron Anderkin, great grandson of Roy and Flora Mae Brown, spoke on behalf of the Brown family at Friday evening's dedication and ribbon cutting ceremony at Quail Park. Anderkin helped write the grant application for the park, along with Travis Burton.

Conservation District and Sigmon Farm co-host Farm Field Day

The Rockcastle County Conservation District's 17th annual farm field day was held on Tuesday, October 13 at the farm of Bill and Nancy Sigmon.

Fourth grade students from Brodhead, Mt. Vernon, and Roundstone Elementary schools were treated to hay rides, entertaining messages from selected guest speakers about conservation, lunch, and the chance to purchase a pumpkin from Sigmon Farm.

The Conservation District's Farm Field Day gives kids the opportunity to learn about different areas of agriculture, how important agriculture is, and how important conservation is. The field day, sponsored by the Conservation District, Sigmon Farm, and the USDA Natural Resource Conservation Service, has been held at Sigmon Farm every year since it was started in 1992.

The Conservation District would like to take this opportunity to express our sincere thanks and gratitude to Bill and Nancy, and their kids, for their outstanding cooperation and devotion to the field day. They have always been a true partner in the event, providing lunch for the students, tractors and wagons to ride on, and the place for the field day.

The district would also like to send out a special thanks to all those who helped make the day a huge success: Guest speakers; Zach Gentry-Conservation District, John McQueary-4-H Agent, Tom Mills-County Extension Agent, Jamie Alton-KY Fish and Wildlife, Michael Froelich and Marvin Stone-KY Division of Forestry. All the many tractor drivers, and Brodhead, Mt. Vernon, and Roundstone Schools for allowing their students to participate.

For those teachers, or any others, that would like pictures from the event, contact the district office at 256-2525 ext. 3.



Rockcastle County Conservation District Technician Zach Gentry talks about the importance of soil as 4th graders from Mt. Vernon Elementary learned that without soil, we would be hungry, naked, homeless, and breathless.



Students from Brodhead Elementary go through the lunch line at the Farm Field Day. Lunch was excellent, a hamburger or hot dog off the grill, and provided by Bill and Nancy Sigmon.



4th graders roam the Sigmon's Pumpkin Patch in search for the perfect pumpkin. Kids were able to purchase a pumpkin from the patch for the special price of \$1.



Jamie Alton from the Kentucky Division of Fish and Wildlife seeks answers from students from Mt. Vernon Elementary in a fish identification activity. Over 200 4th graders from all elementary schools in the county attended the Farm Field Day, sponsored each year by the Rockcastle County Conservation District and Sigmon Farms. The field day is a great way for children to learn about important agriculture and conservation issues that affect the way we live everyday.

Recycling trailers available throughout the county

The Rockcastle County Recycling Center is now providing recycling drop-off opportunities in outlying areas of Rockcastle County. These recycling trailers will be at the Pongo Volunteer Fire Department and the Brindle Ridge Volunteer Fire Department (at Conway) October 19th thru November 2nd, 2009; and at the City of Brodhead (gravel lot across from Citizens Bank) and the City of Livingston (gravel lot across from old gym) November 3rd thru November 16th. The following items may be put in these trailers: mixed paper, mixed plastic #2-7, #1 plastic bottles, clear milk jugs, steel and aluminum cans, glass bottles and jars, and cardboard.

Please help us make this a successful venture by being clean and/or neat with our recycling habits. Do not put anything in the individual bins except what is labeled on them. If you drop something on the ground, pick it up. **Absolutely no trash is to be put into the bins!** Remember, camera surveillance is utilized in Rockcastle County and it is illegal to improperly dispose of trash.

Email the Signal at mvsignal@windstream.net

Absolute Auction of Mr. and Mrs. Jerald Hasty's House, Barn & 28 Acres m/l in Tracts Saturday, October 31st • 10:30 a.m.

West Level Green Road • Willailla Section of Rockcastle County

Directions: From Highway 39, turn east onto Highway 70, proceed approximately 4 miles and turn left onto West Level Green Road. Proceed approximately 1 mile to the auction site. From Brodhead, turn off Highway 150 onto Highway 70 and proceed approximately 6 miles and turn right onto West Level Green Road. Proceed approximately 1 mile to the auction site. Auction signs are posted.

Since Mr. and Mrs. Hasty no longer have a need for this property, they have authorized our firm to sell this house, barn & 28 acres m/l at absolute auction.

- Tract 1:** This tract consists of 1.50 level, cleared acres improved with an older home (in need of repairs). The home has living room, kitchen, 2 bedrooms, and bath and has fuel oil heat. Also on this tract is a small storage building. This parcel is accessed by a 30 ft. easement from West Level Green Road.
- Tract 2:** Consists of 2.14 acres of cleared, level land accessed by a 30 ft easement from West Level Green Road. Here is a great tract for building or for placing a mobile home.
- Tract 3:** This parcel contains 6.76 mostly wooded acres with approximately 249 feet of frontage along West Level Green Road. This tract would make a nice mini-farm.
- Tract 4:** This tract contains 8.2 acres of level land with approximately 2 acres cleared and the balance wooded. It offers approximately 404 feet m/l of road frontage on West Level Green Road. Here is another spacious tract ideal for a mini farm.
- Tract 5:** This parcel contains 2.38 acres m/l of level, cleared land with a tobacco barn measuring approximately 48 x 60. This tract has approximately 460 feet along the 30 ft easement road from West Level Green Road.
- Tract 6:** This cleared, level tract is another ideal for building and contains 0.98 acres m/l with approximately 210 feet along West Level Green Road as well as 210 feet along the 30 ft easement road.
- Tract 7:** Contains 1.54 acres m/l of level, cleared land accessed by 387 feet m/l along the 30 ft. easement road.
- Tract 8:** Consists of 1.31 acres of cleared, level land with 194 feet m/l along West Level Green Road as well as 252 feet along the 30 ft. easement road.
- Tracts 9 and 10:** These tracts contain 1.82 and 1.25 acres with 200 and 405 feet of frontage m/l, respectively, along West Level Green Road. Tract 9 is an all cleared tract and tract 10 is mostly cleared with a small amount of wooded area.

Auctioneer's Note: This farm offers approximately 28 acres of mostly cleared, beautiful level land. Whether you're in the market for a nice building lot, mini farm, or the farm in its entirety, you will not want to miss this absolute auction on Saturday, October 31st at 10:30 a.m.

Note: This will be a multi-parcel absolute auction giving each and every prospective purchaser the ability to purchase any tract or combination of tracts.

Terms: 20% down the day of the auction with the balance due in full within 30 days.

Note: The purchaser of a single family residence built before 1978 has a period of ten days to inspect the property for the presence of lead-based paint. The inspection period is October 21st through October 30th. The successful bidder must sign a waiver of the ten-day post-inspection period.

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 and expressed or implied.

Announcements made the day of the auction take precedence over printed matter. For additional information, contact the auctioneers.



Beige • Brown • Wood Grain Windows Also Available

White Vinyl Welded Double Hung Replacement WINDOWS

Any Size! **\$189** INSTALLED

DOUBLE PANE INSULATED GLASS

Call For a FREE In-Home Estimate!

www.windowworldinc.com

142 American Greeting Blvd. Corbin, Ky. 741 **606-878-7994**

ENTRY DOORS & STORM DOORS NOW AVAILABLE

GOVERNMENT FORECLOSURE SALE

TUESDAY, NOVEMBER 24, 2009 AT 1:00 P.M.
ON-SITE OF HOUSE AND LOT
56 LYNN CIRCLE, BRODHEAD, KY 40409

This is a nice three bedroom Vinyl Siding home on city water and city sewer. It is well located in City of Brodhead. It consists of a living room, kitchen, three bedrooms, and one bath. This property is considered suitable for the Rural Development, Housing Program. This would be an excellent buy for an investor interested in rental property or for resale after minor repairs, or a first time homeowner.

An open house will be held on Wednesday November 18, 2009 from 3:00 to 4:00 PM.

The minimum acceptable bid for this property is \$40,200.

Payment of the current year's property taxes are the responsibility of the purchaser.

Clear title to this property is not warranted. The U.S. Marshal's Deed is not a general warranty deed. Buyers are advised to have the property's title examined. Written notification regarding encumbrances on the property must be made to the London Rural Development Office within 30 days.

LEGAL NOTICE

Notice is hereby given that on Tuesday, November 24, 2009, at 1:00 PM, at 56 Lynn Circle, Brodhead, Kentucky, in order to raise the sum of \$47,337.36 principal, together with interest credit subsidy granted in the amount of 22,970.47, plus interest in the amount of \$3,460.46 as of February 08, 2008, and interest thereafter on the principal at \$8,7542 from February 08, 2008, until the date of Judgment, plus interest on the Judgment amount (principal plus interest to the date of Judgment) at the rate of 0.44%, computed daily and compounded annually, until paid in full and for the costs of this action, pursuant to Judgment and Order of Sale, being Civil Action No. 6:08-cv-80-GFVT on the London Docket of the United States District Court for the Eastern District of Kentucky, entered on August 27, 2009, in the case of United States of America vs. The Estate of Anna B. Riddle ETY AL, the following described property will be sold to the highest and best bidder:

56 Lynn Circle, Brodhead, Ky. 40409. Being all the same property conveyed by deed dated February 06, 1996, And recorded in Deed Book 160 , at Page 353, Rockcastle County Clerk's Office.

TERMS OF SALE: Ten percent (10%) of the bid price (in the form of a Certified Check made payable to the U.S. Marshal) on the day of the sale with good and sufficient bond for the balance, bearing interest at the rate of 0.44% per annum until paid, due and payable in 60 days and said bond having the effect of a Judgment. Upon a default by the Purchaser, the deposit shall be forfeited and retained by the U.S. Marshal as a part of the Proceeds of the sale, and the property shall again be offered for sale subject to confirmation by the Court.

This sale shall be in bar and foreclosure of all right, title, interest, estate claim, demand or equity of redemption of the defendants and of all persons claiming by, through, under or against them, provided the purchase price is equal to two-thirds of the appraised value. If the purchase price is not equal to two-thirds of the appraised value, the Deed shall contain in a lien in favor of the defendants reflecting the right of the defendants to redeem during the period provided by law (KRS 426.530). Under law, the purchaser is deemed to be on notice of all matters affecting the property of record in the local County Clerk's Office.

Inquiries should be directed to: Area Director, RURAL DEVELOPMENT AREA OFFICE, London, Kentucky, Telephone: 606/ 864-2172

Ford Brothers, Inc. Selling the Country

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

www.fordbrothersinc.com

Somerset, KY 606-679-2212 800-526-9430

Mt. Vernon, KY 606-256-4545

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: 3BR/2BA home, hardwood and tile. \$625 month w/12 month lease, \$300 security deposit and references required. Must see to appreciate. Call 859-382-9851 or 859-621-8112 for appt. 49x2

For Rent: 3 bedroom trailer in Brodhead. Must have references and deposit. No pets. 758-8700.

For Rent: Two single person rooms for rent. Large Country mansion on small mountain 10 miles from Mt. Vernon on 461. Unparalleled views and privacy. \$400 month/\$400 deposit (includes all utilities). Deer and turkeys on the grounds. No pets. Call 606-274-8462. 48x2p

For Rent: 88 Bussell Street, Brodhead. 3 bedroom brick, 2 baths, all new hardwood floors, carport. \$500 month/\$1000 deposit. No pets. Cecil King, 606-758-9683 or 606-510-3719. 49xntf

Rent-To-Own
 Laptops
 \$19.99 per week
 Lease Zone
 717 Big Hill Ave.
 Richmond, Ky. 623-1199

Castle Village Apartments
MUST SEE!
 IMMEDIATE OCCUPANCY
 Section 8 assistance available for qualified applicants - pending application approval.
 CERTAIN INCOME LIMITS APPLY
 • Beautiful, quiet country setting
 • Kitchen Appliances
 • Patios • Central Air
 • Private Entrances
 *** A MUST SEE ***
 Open Mon-Fri - 9am-3pm
Castle Village APARTMENTS
 165 Castle Village Drive
 Brodhead, KY 40409
 606/758-4111
 Voice/TTY 800-553-0300

www.donfosterrealty.com
 email: prudentialbera@donfoster.com

 Phil Malicote, GRI-- 582-8882; Al White-- 986-2558; Janet Bowman--302-3123; Brad Warford--582-7757; Leonard Wilder--986-3306
 Dorothy Brown--200-6631; Tammy Jackson--314-3176; Steve Clark--625-4370
711 Chestnut St. • Berea • 859-986-8401
1-800-998-2063 fax 986-6173
Office Hours: Mon. - Fri. 9 to 5; Sat. 9 to 1; Sun. by appt.
 1970 LITTLE CLEAR CREEK 3 bedroom, 2 bath, 2.79 acres. \$70,000. MLS 33764
 504 POPULAR GAP RD 3 bedroom, 2 bath, 7.5 acres. \$138,000. MLS 35514
 1 HOLT AVE Large building for retail business, 1 acre lot. \$150,000. MLS 29330
 4050 COPPER CREEK RD 55 acres fenced on 3 sides. \$179,000. MLS33043
 2916 WILDERNESS ROAD -4 bedrooms, 3.5 baths, 3 acres. \$230,000. MLS34043
 368 CHESTNUT RIDGE -3 bedrooms, 2 bath, 1 acre lot. \$99,900. MLS33957
 8 C. VALLEY DRIVE - 40 acres. Has several home sites. Doublewides welcome. \$95,000
 EXIT 62 RENFRO VALLEY - 20 acres overlooking I-75. \$275,000. MLS25741
 COMMERCIAL PROPERTY Exit 62, Renfro Valley 1 acre leased. \$150,000. MLS25739.
BEREA. We have many nice homes listed in Berea. Call one of the above agents for a showing.

For Rent: 2 and 3 bedroom trailers, starting as low as \$200 month plus \$200 deposit. Call 606-308-5389. 49x4p

For Rent: House and trailer in Brodhead. No pets. 758-4729. 40xntf

For Rent: 2 bedroom apartment w/stove, refrigerator, dishwasher, new carpet. \$400 month. Security deposit required. 308-5561. 49x1

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

Accepting Applications: For 2 and 3 bedroom units at Valley View Apartments. Rent based on income. Call 256-

5912. Equal Housing Opportunity, TDD for hearing impaired only. 1-800-247-2510.

Property For Sale

For Sale: 2 lots in Sunnyside Estates off Hwy. 461. 513-891-4962 or 606-758-8681. 48xntf

For Sale: 3BR/1BA house in town. Central heat/air. 1 car garage. \$69,900. Call 256-8602 or 308-4509. 49x3p

For Sale: 6 1/2 room home w/one bath, full basement on .87 of an acre on Freedom School Road. 3 1/2 rooms down and 3 up. \$67,900. 256-


 3 bedrooms, 2 full baths, kitchen/dining room, living room, utility room, walk-in closets, open floor plan, peaceful country setting. 1500 sq. ft. 3 acres of land Central heat/air. Two miles off Hwy. 461.


HOUSE FOR SALE
 2563 SCHOOLHOUSE HILL RD
 MT. VERNON
 CALL (606) 782-3268 OR (606) 782-3264 **\$93,000**

For Sale
 3 bed, 2 bath, white vinyl ranch style home, sitting on half acre. Country setting only 1 mile from Berea. Just remodeled and ready for you! Has outbuilding as well. \$57,900 buys it! Don't let this one get away.
859-661-3054

New Home in Town For Sale \$150,000
 Beautiful one story home with fully furnished walkout basement. This 3 year old 2,400 sq. ft. home consists of 4 bedrooms, 3 full baths, kitchen/dining combo, living room, family room, and an attached garage. Amenities include hardwood and tile flooring, oak cabinets, stainless steel appliances and plenty of storage space. All of this with a perfect location on Countryside Circle just a few minutes from town.
Call 859-779-3300



GILLIAM
 REAL ESTATE & AUCTION
 427 Chestnut Street, Berea, KY • 859-986-9797
 John Gilliam • Principal Broker
 Realtor Loretta Powell - 859-302-8411
 www.gilliamrealestate.com

Reduced to \$169,900
469 Chickadee Lane (3.15 A)


Spiro Rd., Mt. Vernon (3+/-A) - \$49,900
 Reduced! Quail Rd. (14.26 A) Owner/Agent - \$54,900
 391 N. Upper River, Livingston, 189 A(River Frontage) - \$189,000
 SOLD! 291 N. Upper River, Livingston - \$100,000
 SOLD! 6303 S. Wilderness Rd., Mt. Vernon - \$49,900
 Reduced! Deep Vista Rd., Mt. Vernon (19.17 A) - \$79,900
 3.03 A on Menifee Hill Rd. - \$24,900
 2.5 A on Menifee Hill Rd. - \$18,900
 Lot #7 - Hwy. 1249, 3.7 A - \$25,000

Brodhead Elderly Apartments
 Housing for the Disabled, Elderly & Handicapped
 Free Application Fee
 Rent Based on Income
 Kitchen Appliances Furnished
 Water, Sewer & Garbage Paid
For Applications call or write:
Brodhead Elderly Apartments
 48 Bussell St. • Brodhead, KY 40409
Phone: 606-758-4506 or 1-800-686-4447

 (TDD for speech & hearing impaired 711)

3213 or 606-392-1944. 44xntf

For Sale: Two approx. 1/2 acre lots in Sunny Side Estates off Rt. 461, Mt. Vernon. Blue Springs Rd. - Corner Lot - \$14,500. Lot behind trailer at 4425 Blue Springs Rd. - \$12,500. 606-758-8681 or 513-891-4962. 46xntf

Home For Sale: 3 Bedroom, 2 baths, large metal building, large wood barn and underground storm cellar on 5+ level acres. Lincoln Co., Broughtontown, 1175 Brock Road (Hwy. 3244). Reduced! Was \$189,900 now \$135,000. 513-891-4962 or 606-758-8681. 42xntf

For Sale: 7.7 acres cleared on Breezy Hollow Lane, \$29,900. 256-3213 or 606-392-1944 16xntf

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

For Sale: 3.2 acres with 2 bedroom mobile home located on Sand Springs Road. Lot with water, sewer, and electric located on Freedom School Road. Lot with 3 bedroom doublewide mobile home located in Sunnyside Estates. Serious inquiries call Danny at 606-308-3432 and leave message. We will return your call.

Subscribe to the Signal


Do you need a quiet, peaceful atmosphere? Come join us at
Mt. Vernon Manor
 You must be 62 or over, handicapped or disabled
 These income based apartments feature:
 Bedroom Unit - Fully Equipped - Kitchen
 Energy Efficient - Heating and Cooling System
 On-site Laundry - Ample Parking
 On-site Management and Maintenance Services
Call 606-256-5223 or TDD # 1-800-648-6056
 Office hours are Tuesday 10 to 3 and Friday 8 to 3


Are you 62 or over? Are you handicapped or disabled? Are you looking for "Good Ole Kentucky Hospitality?"
Come join us at
Town Branch Apartments
 These income based apartments consist of:
 Bedroom Unit - Fully Equipped - Kitchen - Energy Efficient - Heating and Cooling System
 On-site Laundry - Ample Parking
 On-site Management and Maintenance Services
Call 606-256-3989 or TDD# 1-800-648-6056

 Our office hours are: Monday 8 a.m. to 3 p.m. & Thursday Noon to 3 p.m.

"Ask About Manager's Special"
 Are you looking for relaxation?
 Are you 62 or over, elderly, handicapped?
Livingston Manor
 is the place you need to be!
Come and check out these income based apartments:
 Bedroom Unit - Fully Equipped • Kitchen - Energy Efficient • Heating and Cooling System
 • On-site Laundry • Ample Parking
 • On-site Management and Maintenance Services
Call 606-453-4311
TDD # 1-800-648-6056

 Office hours are: Tuesday 8 a.m. to 10 a.m. • Thursday 8 a.m. to Noon

JOIN US at Mt. Vernon Greens
 NOW NO INCOME LIMIT
 Are you looking for a convenient place to live? Are you wanting to be within walking distance of hospital, schools, stores and the beautiful downtown shopping area?
If you said yes to any of the above, you need to apply at
MT. VERNON GREENS APARTMENTS
 This complex consists of: • One and two bedroom units
 • Fully equipped kitchen • Central heating and cooling • Ample parking
 • On-site laundry • On-site management and Maintenance service
For more info. phone 606-256-5223 TDD # 1-800-648-6056 Mon. & Tues. 4 to 6:30 p.m. and Wed. 8 a.m. to 3:30 p.m.
1 Bedroom 335⁰⁰ to 510⁰⁰
2 Bedroom 375⁰⁰ to 520⁰⁰


Motor Vehicles For Sale

For Sale: 2005 Camper - Prowler w/super side, sleeps 6, bill of sales only, \$6,500; 2007 Ford Focus SES Ltd., 1600 miles, \$9,500; 1999 Ford Dually, extended cab, 7.3 diesel, 70K, \$12,500; 2007 Cobalt, SS pkg., \$7,800; 1964 Industrial Ford front end loader, needs work, \$1,800; 2007 model 14x7x7 enclosed trailer - like new, \$3,800; 1964 Ford dump truck, only 39K, \$2,500; 1972 Chevy pick-up, \$2,000; 1989 Dodge camper van, \$3,800. Also several farm tractors and equipment. Several riding lawn mowers. 606-256-4739 or 606-308-4739. 46x2p

Wanted

Wanted: To do babysitting in my home or yours 2 - 3 days a week. Experienced grandmother of 8, Christian, non-smoker loves to play games, read to and nurture infants or children. Call Christine Taylor at 606-758-8781 or 606-308-1197.

Help Wanted

Independent Contractor needs drivers. Must have own cargo van or straight truck. 859-694-3700. 49x2
Now accepting applications at Derby City. Apply in person, 1990 Richmond St., across from Hardee's. 47x4
AVON: Earn money by selling Avon. 1-888-528-7875. 49xntf

Notices

Notice is hereby given that Jesse James Coates, P.O. Box 4211, Mt. Vernon, Ky. 40456 has been appointed executor of the estate of James H. Mullins on the 12th day of October, 2009. Any person having claims against said estate shall present them, according to law, to the said Jesse James Coates or to Hon. John D. Ford, P.O. Box 247, Mt. Vernon, Ky. 40456 on or before April 12, 2010 at 11 a.m. 48x3
Notice is given that Eugene Mason and Alice Mason have filed a final settlement of their accounts as co-administrators of the estate of Stacy Edwin Mason, deceased. A

NOTICE OF PUBLIC HEARING
 The Public Service Commission of Kentucky will hold a hearing on November 3, 2009, at 10:00 a.m., Eastern Standard Time, in Hearing Room 1 of the Commission's offices, located at 211 Sower Boulevard in Frankfort, Kentucky, for the purpose of cross-examination of witnesses in Case No. 2009-00197, which is the Application of Kentucky Utilities Company for Certificates of Public Convenience and Necessity and Approval of its 2009 Compliance Plan for Recovery by Environmental Surcharge.
 Kentucky Utilities Company
 220 West Main Street
 Louisville, Kentucky 40202

Rent-To-Own

 Washer/Dryer
 \$19.99 per week
 Lease Zone
 717 Big Hill Ave.
 Richmond, Ky. 623-1199

hearing on said settlement will be held November 23, 2009 at 11 a.m. Any exceptions to said settlement must be filed before said date. 49x1
Epperson Air Conditioning, Heating, Plumbing & Electric wishes to partner with similar operating businesses and assets. Call (606) 679-7476. Located at 112 West University Drive, Somerset, Ky. 42503. 37xntf
Notice is hereby given that Gail Sue Bowles, 3686 Old State Road, Mt. Vernon, Ky. 40456 has been appointed executrix of the estate of Donald Lewis Bowles on the 14th day of October, 2009. Any person having claims against said estate shall present them, according to law, to the said Gail Sue Bowles or to Hon. Rebecca Venters, P.O. Box Box 888, Berea, Ky. 40403 on or before April 14, 2010 at 11 a.m. 49x3

Professional Services

Gravel Hauling: Driveways, etc. 256-4695 or mobile 859-544-7730. 14xntf
Tired or raking those leaves? Let us vacuum your lawn. Free estimates. Pressure washing also available. 606-308-3457. 47x5p
Angel's Upholstery: Boats, furniture, enclosures, Bimini, Seats, Boat Covers, Slip Covers. Angel Smith Owner, 55 Indian Lane, Mt. Vernon. smithmamal@aol.com or www.angelsupholstery4u.com 606-682-9247. 45xntf
Robbins Livestock Hauling. "If you call, we will haul." Kevin Robbins 859-473-4141 or Josh Robbins 859-779-3522. 39x4p
L&M Cleaning Services. Residential/Commercial Cleaning. Lisa Bustle 308-4568 or Marcella Lovell 308-3556. Lovell327@aol.com 49x4p
Owens Monument: Located behind Owens Funeral Home in Brodhead. Open Mon-F 8 to 5 and Sat. 9 a.m. to noon. 606-758-9600. 14xntf
Jonathan Collins Remodeling and Repair Service. Home improvements of any kind from doors and windows to roofs and decks - will do it all. Any home, any problem, we're the ones to call. We also offer Bobcat and backhoe service. 606-256-5459. ntf

Jim Sandusky Roofing: Free estimates. Cell 1-859-983-7877. 40tfn
Larry's Seamless Guttering, Vinyl siding, soffit and replacement windows. Fully insured. Free estimates. 606-308-1030 or 606-758-4228. 44xntf
Phelps Roofing. Owner Mike Phelps. Insured, references available, free estimates. 16 years experience. Ph. 606-758-8874. 41xntf
Notice: Will haul off or buy scrap metal, junk cars or trucks. Metal hauled for free. 859-353-1769. 14xntf
Grave Markers & Monuments: In stock at all times. McNew Monument Sales, US 25, 4 miles north of Mt. Vernon. Phone 256-2232. 13xntf
U Call We Haul! Moving? Need Help? Cars, furniture, construction cleanup -- anything that fits on a truck, large or small! We will also haul your junk car or truck away for free. *No Garbage!!* Light backhoe and landscaping. 256-9222 or 606-308-1629.

27xntf
P&P Guttering: 5 & 6 inch seamless gutters, siding, soffit and window installation. Call 256-4393. Free estimates. 21xntf
Lovell's Gun Sales & Repair: New and used guns for sale. Ammo and gun accessories. Repairs, stock refinishing, hot bluing. Certified gunsmith/licensed firearms dealer. Maple Grove Road. Mon-Fri. 6 to 8 p.m. 256-3539. 11tfn
Gail's Pampered Pooch
 57 West Main St. • Brodhead
 For appt. call 606-758-0064
17 Years Experience Pet Grooming 20xntf

Mobile Homes For Sale

For Sale: 1989 Fleetwood, 14x66, 2BR/1BA, total electric, central air, washer/dryer, front porch. Excellent condition. \$10,500. Financing available. 606-365-0391. 49x1p
For Sale: 1995 Fleetwood 16x60, \$16,000. 2BR/2 full bathrooms, open floor plan. Includes stove, refrigerator, dishwasher, washer/dryer. 859-582-2107 after 6 p.m. on


 of London
Foreclosed
Norris D/Wide
 w/9 acre lot.
Info - Pre-Qualify
606-524-0286


 of London
Got Land?
Get A Home!
 Use it Before Nov. 5th
 Pre-Qualify
Clayton Homes of London
606-878-7055


 of London
New FHA Loans for
1st Time Home Buyers
 \$1200 Down
 Only at Clayton Homes of London
606-878-7055


 of London
3BR Clayton 16x76
 Will Finance
 Need Two References
 Free Gift Card
 Ralph
606-878-7055


 of London
Social Security/SSI
\$1250 net income
New Home
 Call
606-878-7055

Stewart Salvage
 We buy junked or repairable vehicles. Also, used parts and tires for sale.
\$125 and up for used cars
 Call 859-358-3560 or 606-256-3841 anytime

B.C.C. Metals
 Featuring metal roofing, siding, trim and insulation.
 Same day service available on most orders.
Contact Jerry Blair
Toll Free 1-800-658-4902
 Located 4 miles south of Berea, off U.S. 25 at 862 Lambert Rd.
 Serving Rockcastle County and surrounding counties.
www.bccmf.com

week days and anytime on weekends. Email us at info@buymobilehome.net. 49x2p
Less-Than-60-Days-Left!!!!
 Don't miss your share of the stimulus Bailout Money! Government will pay you \$8000.00 to buy a new home. No gimmicks, no hype. Call now for info! Clayton Homes of Somerset 606-678-8134 or toll free 866-338-0416. 46x4
Zero down with land or as little as \$1500 cash down. Buy now and make no payment till 2010!! We own the bank! Call toll free 866-338-0416 wac 46x4
SSI-Disability Loans! First time home buyer loans! Zero down options. Call now for prequalification! Clayton Homes of Somerset 606-678-8134 or toll free 866-338-0416. 46x4
For Sale: 2006 Giles doublewide mobile home, 3 bedrooms, 2 baths, front and rear deck, guttering and underpinning. Must be moved. All appliances including washer and dryer stay. Serious inquiries only. 758-4735 or 758-8994. 7tf

For Sale: 2006 Giles doublewide mobile home, 3 bedrooms, 2 baths, front and rear deck, guttering and underpinning. Must be moved. All appliances including washer and dryer stay. Serious inquiries only. 758-4735 or 758-8994. 7tf

Posted


Posted: No trespassing or ATVs on property belonging to Harvey and Wilma Mink. Not responsible for accidents.
Posted: No trespassing on property of Darrell and Helen Whitaker. 49(09)x18p
Posted: Land belonging to George and Virtie Miller is posted - private property. No hunting, fishing, trapping or trespassing for any purpose is strictly forbidden. Violators will be prosecuted. 48x4p
Posted: No hunting, trespassing or 4-wheeling on property belonging to Lorene Bullock on Shug Road. Not responsible for accidents. 49x3p
Reminder: No hunting is allowed on the Great Saltpetre Cave Preserve. The 300+ acre nature preserve has property on both sides of Big Cave Road (Ky. 1004). It is owned by the Rockcastle Karst Conservancy.
Posted: No hunting or trespassing on property belonging to Troy B. Cromer, located at Sand Springs. Violators will be prosecuted. 49x3p
Posted: The farm of Judy and Bradley Asher, located at 418 Doc Adams Road. No hunting


or fishing. Violators will be prosecuted. 39(09)x26p
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.
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.

Yard Sales

Yard Sale: Thursday through Saturday, weather permitting, Perciful Street - below hospital. Two families. Book case, wing chair, George Foreman Grill, coffee maker, men's coats (large), ladies clothes, etc. Too much to list.
Yard Sale: Sat., October 31st, 9:30 to 2 p.m. #95 Woodland Place, home of Yvonne Carmack. Lots of everything. Prices so cheap, it's "Spooky!" Rain cancels.
RAIN Yard Sale: Fundraising reason: raise money to offer a low cost spay/neuter clinic to our community in the near future. Location - rain or shine: Blue Barn in Renfro Valley (either outside or inside depending on weather). Time: October 31st, 8 a.m. to 4 p.m. Items: clothing for children and adults, toys, holiday items, small pieces of furniture. Information on RAIN, dog training and canine medical care will be available.
Community Yard Sale: Castle Village. Saturday, October 31, 9 to 3.
Garage Sale: 1st Time. Lots of like new clothing. Many brand names I- Levi, Polo, Dockers, Gap, Ann Taylor, Old Navy and lots of men's clothes - all at garage sale prices. Nice purses, misc. items, like new shoes. Too much to list. 314 Chestnut Ridge Road. Saturday and Sunday, 9 a.m. to ?

Clinical Education Coordinator
 The Southern Kentucky Area Health Education Center (AHEC) and Rockcastle Regional Hospital and Respiratory Care, Inc. is seeking a Clinical Education Coordinator. Must possess a Bachelors Degree in an approved or related field. Requires strong written and verbal skills. Requires ability to work with University faculty and staff, medical practitioners, hospital administrators, community-based faculty members and physicians. Requires highly developed organizational skill and the ability to be objective. Must have the ability to work well with others, follow instructions and communicate effectively. Considerable travel throughout the So. KY AHEC's 15-county service area required. Interested parties should send resume and cover letter to Carmen Poynter, Human Resource Director, Rockcastle Regional Hospital and Respiratory Care, P.O. Box 1310, Mt. Vernon, KY 40456. Or email c.poynter@hrcc.org. EOE.


Teaching Assistants & Substitutes
Child Development Laboratory
 Berea College is seeking several responsible individuals to serve the College community in the following roles in our state of the art child care center:
 •Teaching Assistants - full time with benefits - Toddler and preschool classrooms
 •Substitute Teachers - temporary positions - on call as needed
Applicants for the Teacher Assistant and Substitute positions should possess a C.D.A., High School Diploma or GED and two years of work-related experience. An undergraduate degree in Early Childhood Education or Child Development is preferred. All applicants should be capable of providing a nurturing learning environment for our children.
 Candidates should apply immediately by obtaining and completing an *Application to Join the College Staff* through the People Services Department, Suite 100, Fairchild Hall, on the Berea College campus. Information about the application process may be obtained by calling 859-985-3070 or 985-3050 or online at www.berea.edu/hr. Completed applications may be mailed to People Services, CPO 2189 Berea, Ky. 40404 or faxed to 859-985-3911.
Berea College, in light of its mission in the tradition of impartial love and social equality, welcomes all peoples of the earth to learn and work here. Employment decisions are based on training, education and experience related to the requirements of the job. All applicants for employment are considered without regard to race, color, religion, gender, sexual orientation, national origin, age or disability.

Halloween Party
 October 30th at
 4:00-5:30pm

 Rockcastle Co. Public Library
 60 Ford Drive
 Mt. Vernon KY 40456
 606-256-2388

Advertisement For Bids
 City of Mt. Vernon is requesting bids for water line relocations on US 150 highway project consisting of the construction of approx. 5,200 linear feet of 8" and 3,800 linear feet of 6" PVC water main and related items.
 Sealed Bids will be received by the Mayor and City Council, City of Mt. Vernon, Kentucky, Mt. Vernon City Hall, 125 Richmond Street until 11 a.m., Thursday, November 5, 2009, at which time they will be opened and read aloud in the Council Chambers meeting at City Hall.
 Plans and Specifications may be obtained from Lynn Imaging, Lexington, Ky. for the cost of printing - non-refundable.
 A bid bond will be required in the amount of 5% of the bid.
 The city reserves the right to accept or reject any and all bids for any reason or for no reason whatsoever. The city will accept the lowest and best evaluated bid price and the criteria for evaluating the bids includes, but is not limited to:
 Location and Serviceability of the bidder
 Versatility of the equipment and services
 Apparent dependability of the equipment and services
 Generally accepted reliability of manufacturer and services, and
 Reputation of bidder
Clarice R. Kirby, Mayor

Miscellaneous For Sale

For Sale: Quality new farm gates, from 4 to 20 ft. all kinds of hay feeders. Specializing in name gates. Treated posts. 606-305-7965. 48x10

Irish Potatoes For Sale. Call 606-256-2370 or 606-231-3918. 49x2p
Ann's Trading Post: Thurs., Fri. & Sat. 10 a.m. to 4 p.m. Hoveround Power Chair; electric stove; living room furniture; hutch; twin bed;

futon w/bunk bed; books/dishes; movies; shoes (nice - most are new - sizes 5 and 6 ladies; 3 dish washers; 2 rolled linoleum rugs. 7 miles south of Mt. Vernon at Calloway. 48x2p
All New Happy Jack Kennel Dip II: controls fleas, deer ticks, mosquitoes and stable flies. treats "hot spots" and mange without steroids. Dyehouse Farm Supply 355-2301 or check us out at www.happyjackinc.com
For Sale: Baldwin piano w/ seat. Plays and sounds great! \$800. Call 606-758-4196 or

606-308-2873. 49x1p
For Sale: Orchard grass mix hay. Square and round bales. 758-8190 or 606-392-1396.
For Sale: Cemetery lots, Cresthaven Cemetery, Mt. Vernon. Call Bill Dowell at 308-1058. 31xntf

Kentucky Auto Exchange
 Public Auto Auction Every Saturday and Tuesday at 7 p.m.
OPEN TO THE PUBLIC
 Dealers Welcome!
 Located on Exit 38 in London on Hwy. 1006
606-878-7815

DOGWOOD GIFTS & CRAFTS GARDEN CENTER
 • Pumpkins • Mums • Gourds
 • Indian Corn • Ferns
 New Load of Pansies
256-3007
 Located 3 miles north of Rentro Valley on US 25 at Brindle Ridge Rd, junction Hwy. 3275

Rent-To-Own
 42" HDTV \$24.99 per week
 Lease Zone
 717 Big Hill Ave. Richmond, Ky. 623-1199

OPERATION UNITE
Drug Tip Hotline 1-866-424-4382
Toll-free Treatment Help Line 1-866-90-UNITE

Subscribe to the Signal



WALLIN Iron & Metal
 WE BUY ALL TYPES OF METAL

Mike Wallin, Owner 364 Cove Branch Rd. Orlando, KY 40460
 859-326-0573

Winstead's Heating & Air



Now selling Trane equipment!
 Pat Winstead M04434
606-256-1038 • 606-308-4825

Tired of Raking Those Leaves???
Let us help by vacuuming your lawn?

- Available 7 Days a Week
- Free Estimates
- Pressure Washing Available!

Call 606-308-3457 for information

ROARK'S GARAGE
 2073 WILDIE RD
 P.O. BOX 884
 MT. VERNON, KY 40456
PH: 606-256-4121 CELL: 859-661-1847

OWNER / OPERATOR
RONNIE ROARK
EMAIL: jandrgarage@inthehills.com

S&S Pressure Washing
ROOF CLEANING - with soft wash we can safely remove black stains from your roof.
 We clean siding, gutters, concrete.
 Decks & wood siding restoration with professional products.
 Hot water for equipment, grease, bubble gum, etc.
 Completely mobile, cleaning up Rockcastle Co. since 2000.
 Call Kevin at 606-758-9094 or 606-682-9725

B&D Hauling & Excavating
 Backhoe, Bulldozer, & Bobcat Work
 Structure Demolition & Removal
 Top Soil, Fill Dirt, & Gravel Hauling
 Farm & Residential
 Home 606-758-4248 Cell 606-271-2417

Caudill Dump Truck Service
 Rock • Gravel
 Agr. Lime
 Sand
 Rock & Job Quotes
 Driveway Spreading
 Dumping/Stockpile

Contact for competitive pricing:
 Myron - (606) 308-1387
 Randall - (606) 308-3280

DeBorde Painting
 We paint barns & fences
 Contact Charles or Paula DeBorde
 758-4614 or 308-4793

Men's & Women's Alterations
 Martha's Sewing Mending, Dressmaking Alterations
(606) 453-4483

Mobley's Heating & Air
"We put quality first to make them last"
 Owner: Aaron Mobley
1-606-224-8941 MO# 4920

Lester Kirby Tree Trimming
No Job Too Big or Too Small Fully Insured • Free Estimates
 Home 606-256-3626 • Cell 606-308-2016
 Cell 606-308-3548

PERRY'S Autobody & Auto Rental Service
 Full body, frame and paint service
 60 Mill Street • Mt. Vernon
PERRY & AMY MINK PROPERTIES, LLC
 Storage and Rental Units • 12x20 units fully lined floor to ceiling & fenced for your security
 Fairground Hill off Hwy. 150 • Formerly AB Thomason Property
606-256-5198 or 606-308-1008

David Spoonamore ROOFING
 Free Estimates
 25 Years experience
 Call 758-4457 or 606-231-4118

Covenant Surveying, LLC
 Land surveying, topographical mapping, construction staking.
 Professionally Licensed Surveyor
606-256-0224

MOBILE PRESSURE WASHING
 Decks, concrete, aluminum and vinyl siding, brick and stone, machinery, equipment and much more.
 Benny Rader
 606-308-3149 or 606-256-3293
 Big Discount for all Churches - Call us!

"Mr Fix It" Ken Howard
 606-256-1976 or 606-215-5462

CARPENTRY, YARD WORK, SIDEWALKS, LANDSCAPING, BARNS, FENCING, HOUSEHOLD REPAIRS, APPLIANCES

Roger Isaacs Flooring

CALL FOR ALL YOUR HARDWOOD FLOORING NEEDS
 606-308-3847 OR 606-256-4304

With fifteen years experience no job is too big or too small. Complete any new construction or remodeling project with hardwood flooring today!

Carpenter's Dozer & Backhoe Service

equipment hauling ~ basements ~ building sites roads ~ ponds crushed stone ~ fill dirt ~ topsoil ~ finish grading ~ clearing general farm maintenance ~ underground utilities ~ footers certified septic tanks ~ licensed septic system installation

606-256-5370 or 859-661-2814

Heating & Air




COMPLETE HOME COMFORT

Locally owned and Located at:
 575 Richmond Street • Mt. Vernon, Ky.
Rodney Smith
Office: 606-256-1683 • Cell: 859-661-5986

We service all Brands and Models • 20+ years experience
 Free Estimates - Affordable Service - Call for Rates
 Expert Installation & Troubleshooting • Friendly Hometown Service
Heat Pumps and Gas Furnaces
 We also sell Gas Logs and Heaters
 Fully Licensed and Insured HVAC and Electrical • MO-4808 and CE63779

Mechanic On Duty

All Types of Repairs
 We do muffler & exhaust replacement and custom pipe bending

David's Tire Center
 24 Hr. Towing & Recovery LLC
 1431 S. Wilderness Rd. (US 25) Mt. Vernon
 David & Josh Thompson, Owners Office/24 Hr. Wrecker 606-256-4606
 Save On All Major Brand Tires For Cars & Trucks Farm Tractors • Lawn & More

ROCKET SPORTS & APPAREL
 Tuesday - Friday 10 a.m. to 5 p.m. Saturday 10 a.m. to 2 p.m.
 Sporting Goods, Custom Screen Printing & Embroidering
 Located on Hwy. 461 bypass behind Sabrina's Hair Design
606-256-9619

CLIFFORD Collins BACKHOE, LLC.
 Excavating and Hauling
 Septic Tanks & Other Concrete Products
 5076 S Wilderness Rd. • Mt. Vernon, Ky.
(606) 256-2535

MADISON TERMITE and PEST CONTROL
 Call Paul Burton - Day or Night
 256-2318 - Mt. Vernon
 STOP TERMITES ROACHES WATERBUGS

On-Site Computer Service

Tired of sending your computer away to get it fixed?
 Call and let us come to you for all your computer needs!

Setup, Consultation, Software/Hardware Conflicts
 Virus/Spyware Removal
 Reasonable Rates

Call Spencer Bengé at **606-308-5653**

Morgan Plumbing Service & Repair
 New Construction • Commercial & Residential Service
 Fully Insured • All Work Guaranteed
256-4766 • 606-232-0666

Town & Country 24 HR. WRECKER SERVICE
 All Types of Mechanic Work
 Call 256-9634 days or 256-4650 nights

BEE Garbage
256-2334
 Weekly residential curbside pickup
 \$17⁰⁰ per month with Curb Cart

<p>Extra Savings</p> <p>Whole Boneless</p> <p>Pork Loins</p> <p>\$1.69</p> <p>lb.</p>	<p>Extra Savings</p> <p>Family Pack Split</p> <p>Fryer Breasts</p> <p>99¢</p> <p>lb.</p>	<p>Extra Savings</p> <p>Boneless</p> <p>Chuck Roasts</p> <p>\$2.19</p> <p>lb.</p>	<p>Extra Savings</p> <p>Red Globe Grapes</p> <p>\$1.19</p> <p>lb.</p>
<p>Extra Savings</p> <p>3 Lb.</p> <p>Tangerines</p> <p>\$1.79</p>	<p>Extra Savings</p> <p>Skippy Creamy</p> <p>Peanut Butter</p> <p>\$3.99</p> <p>36.4 oz. jar</p>	<p>Extra Savings</p> <p>Betty Crocker</p> <p>Hamburger Helper</p> <p>\$1.29</p> <p>6.4 oz. box</p>	

Prices good thru Sunday, November 1st while supplies last

Save
a lot
food stores

**great food.
great prices.
great people.™**

SPECIAL MENU

**Caskey's
Cream Soups**

2/\$1

Assorted

**Marcum
Brown Gravy
Mix**

3/\$1

.87 oz. pk

**Banquet
Family Size
Frozen Dinners**

\$2

assorted

**Red
Delicious
Apples**

\$2

5 lb. bag

<p>Extra Savings</p> <p>Caskey's</p> <p>Turkey Broth</p> <p>59¢</p> <p>14.5 oz. can</p>	<p>Extra Savings</p> <p>Chef Antonio's Pizza</p> <p>\$3.99</p> <p>Asst.</p>	<p>Extra Savings</p> <p>Betty Crocker</p> <p>Instant Potatoes</p> <p>\$2.99</p> <p>28 oz. box lb.</p>	<p>Extra Savings</p> <p>Golden Acres Stuffing Mix</p> <p>89¢</p> <p>6 oz. Box Asst.</p>
<p>Extra Savings</p> <p>Heinz</p> <p>Turkey Gravy</p> <p>\$1.19</p> <p>12 oz. jar</p>	<p>Extra Savings</p> <p>Swanson's</p> <p>Chicken Broth</p> <p>\$1.99</p> <p>32 oz.</p>	<p>Extra Savings</p> <p>Red Baron Pizza Fire Baked Crust</p> <p>\$3.99</p> <p>Asst.</p>	<p>Extra Savings</p> <p>Folger's Country Roast Coffee</p> <p>\$5.99</p> <p>34.5 oz. can</p>

OCT 29 2009

HEALTH
Signal November 2009 • Vol. 5 Issue 4

Stepping Forward™

*Stephen Estes, Rockcastle
Regional President and CEO,
tours the new respiratory care
unit with Unit Coordinator
Sherry Saylor, RN.*

New addition marks
hospital's growth
in respiratory care

See pg. 3



**ROCKCASTLE
REGIONAL**
HOSPITAL ■ RESPIRATORY CARE CENTER



ROCKCASTLE REGIONAL HOSPITAL ■ RESPIRATORY CARE CENTER

About Us

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

Rockcastle Regional has the largest respiratory therapy staff in the state and is nationally known for its excellence.

Mission

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

Vision

Rockcastle Regional Hospital and Respiratory Care Center'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 ventilatory care.

Values

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

Accreditation

All Rockcastle Regional Hospital and Respiratory Care Center 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
- UK HealthCare Network Affiliate—Kentucky Children's Hospital
- UK HealthCare Network Affiliate—Kentucky Neuroscience Institute Comprehensive Stroke Program

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 Regional Hospital and Respiratory Care Center is governed by a local board of directors:

- Joseph E. Lambert, Chairman
- Bigge W. Towery, Jr., Secretary
- William B. Bailey, Jr.
- William B. Bailey, Sr.
- Debra H. Lambert
- Jeffery T. Burdette

Executive Management

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

145 Newcomb Avenue
P.O. Box 1310
Mt. Vernon, KY 40456
(606) 256-2195
www.rockcastleregional.org

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

Arielle Reese, Director
Susan Brown, Page Design
Kristopher Hammons

FEATURES



Not your average teenagers

Page 4

Fitness is possible at any age

Page 9



H1N1: What you need to know

Page 10-11

Ready to run?
Page 12



Read these stories on-line, anytime at rockcastleregional.org/healthsignal



Pictured is Sherry Saylor, RN, in one of the resident rooms of the new addition to the Respiratory Care Center at Rockcastle Regional.

Respiratory Care Center continues to **GROW**

*By Arielle Reese, Rockcastle Regional
Community Relations Director*

The ventilator-care program at Rockcastle Regional Hospital is more than 28 years old and continues to sustain excellence...and is still growing. Nurse Sherry Saylor has worked at Rockcastle Regional Hospital and Respiratory Care Center since 1993. As Nursing Coordinator for South Unit B, the newest addition to the Respiratory Care Center, she is entering one of the most exciting times in her professional career. "I'm very excited about the expansion to our Respiratory Care Center," said Sherry. "I love working at Rockcastle because of the residents. Now I'll have 14 more people in my family."

The new unit of the Respiratory Care Center has been a 22 month project to turn nearly 11,000 square feet of office space into livable space for 14 ventilator-dependent residents. The \$1.2 million renovation includes: seven semi-private resident rooms; a day-room for dining, television and activities; a

kitchen and laundry area for assisted daily living activities; nurses station, and a resident personal area for therapy and personal care. The new unit should open for residents the first week of November.

The 14 bed addition brings the bed count to 93. "There is a need for us to have more beds for ventilator-dependent patients. Our current 79 beds are often at capacity with a waiting list," said Stephen Estes, Rockcastle Regional President and CEO. "Our 14-bed addition is good news for Rockcastle and surrounding counties and the entire Commonwealth." The new unit creates 45 more licensed and skilled jobs for citizens of Rockcastle County and Kentucky. "The hospital continues to drive local economy in the middle of a bleak economic downturn," Estes said.

The first ventilator dependent resident was admitted in 1981 to a 32-bed unit. In 1991, 28 additional beds were added and in

2006 an additional 19 beds. The Respiratory Care Center at Rockcastle Regional has become one of the largest ventilator programs in the nation. It is the largest Kentucky non-profit nursing facility treating adult and pediatric ventilator-dependent patients. Patient referrals extend across the Commonwealth of Kentucky into 28 additional states.

Rockcastle Regional Hospital & Respiratory Care Center's facilities recently were awarded re-accreditation from the Joint Commission. This includes the hospital, long-term ventilator care program, home health and Medical Arts building. The Joint Commission is dedicated to continuously improving the safety and quality of the nation's health care through voluntary accreditation. A non-profit organization, the Joint Commission has become a world leader in fairly and objectively evaluating and accrediting healthcare organizations around the country.

Not Your Average Teenagers

RCMS Leadership Team gives back to the community

By Anelle Reese, Rockcastle Regional Community Relations Director

Stereotypically, teenagers are not traditionally known for their empathy. More age-relevant things such as texting, sports or the latest crush are what most of us associate with teenagers. However, a group of Rockcastle County Middle School students decided to change that stigma.

In the fall of 2007, RCMS students were inspired by RCMS principal Jason Coguer's mother's tough battle with cancer and other RCMS staff members that were affected by this dreadful disease. Under the guidance of Gifted and Talented Coordinator Vanessa Bullock and RCMS Guidance Counselor Lesha Cromer, students that were identified as gifted in leadership formed the Leadership Team and decided to begin a school-wide cancer prevention campaign.

The crusade began with Candy for a Cause, where students sold over 500 bags of pink M&M's and used the proceeds to buy items for the Rockcastle Regional Chemotherapy Outpatient Clinic. The next fundraiser was for the Leukemia and Lymphoma Society and raised \$877 toward fighting blood cancers.

A partnership between the Leadership Team, GEAR-UP and Rockcastle Regional made an annual cancer survivor dinner "A Night of Hope" possible. Cancer sur-

vivors and their loved ones are treated to a special evening with a meal, entertainment, inspiring message and door prizes. "It's amazing to see a group of kids that are so connected and aware of the impact of cancer in their community," said Melissa Brock, Rockcastle Regional Oncology Service Line Manager. "Vanessa and Lesha are such great role models for the kids."

Other fundraisers have enabled the Leadership Team to buy items for the Hope Lodge in Lexington, an organization where patients undergoing cancer treatments and their families can stay, if unable to make the drive home between treatments. The Leadership Team also sponsors a "Hats on Day" where students pay one dollar to wear a hat of their choice. All of the money raised was donated to the Foundation for Children with Cancer, an organization that helps children with childhood cancers. The Leadership Team also participates in Relay for Life and raises money for cancer research.

To date, the Leadership Team has raised over \$5000. "RCMS is very proud that our loved ones who have been diagnosed with cancer have been the inspiration for our campaign of compassion," said Mrs. Bullock. "We hope we are teaching these kids to have a life filled with community service and passion."

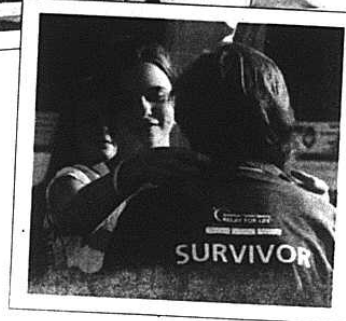


Markita Mink, 7th grade RCMS Language Arts teacher and cancer survivor, pays Leadership Team members Alaina Coguer, Valerie Marler, Hannah Whitaker, and Douglas Nicely to wear her hat during the September 25th Hats On Day to support the Foundation for Children with Cancer. RCMS raised over \$400 during the one day fundraiser.

Pictured at right, 8th grader Brandon Jones pays Leadership Team member Corey McPhetridge for a package of M&M's labeled Candy for a Cause. The Leadership Team sells bags of M&M's several times each year in an effort to raise money and awareness for cancer patients.



Above, Leadership Team members Gage Reynolds, Samantha Payne, and Avery Bradshaw presented representatives from the American Cancer Society and the Lexington Hope Lodge with supplies to help the many cancer patients who stay at the Lodge.



At left, Kayla Reynolds, active Leadership Team member all three years at RCMS, places a survivor medallion on one of the many heroes who attended Relay for Life 2009.

Hospital hosts monthly cancer support group

Rockcastle Regional began hosting a Cancer Support Group in August for people who are currently receiving cancer treatment, cancer survivors and other family members, and anyone who is interested in supportive cancer care. The support group is for anyone interested in sharing educational opportunities and experiences.

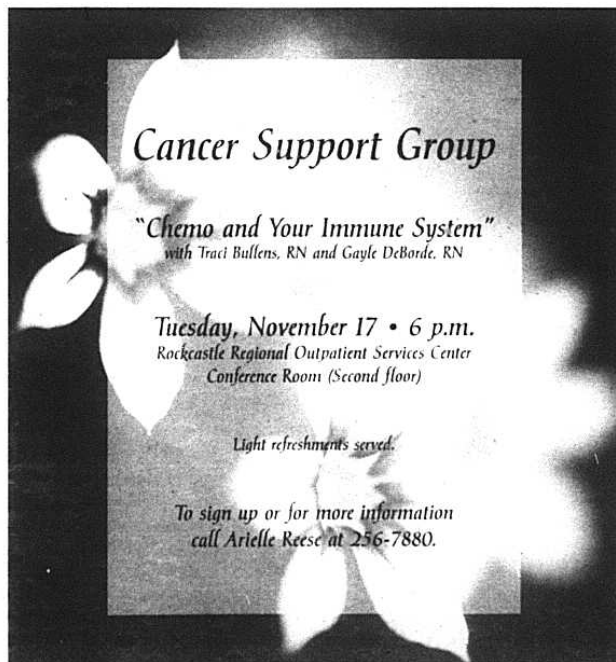
The next Cancer Support Group is scheduled for Tuesday, November 17 at 6 p.m. in the Outpatient Services Center conference room (second floor). The topic of discussion will be "Chemo and your Immune System" with Traci Bullens, RN and Gayle DeBorde, RN.

The idea for a support group was inspired by Rockcastle Regional's affiliation with Markey Cancer Center. "The support group has given us a renewed opportunity to reach out to cancer survivors

and their families in an intimate setting," said Melissa Brock, Oncology Service Line Manager. "Our hope is that just talking to people who have gone through similar experiences will be inspiring and motivating."

Cancer patients have additional needs besides the clinical treatment of their cancer. As they go through chemotherapy, radiation therapy or surgery, patients may have special nutrition, rehabilitation, or other medical needs. Cancer support groups can help deal with the challenges associated with cancer and treatment.

The Cancer Support Group is one aspect of the supportive cancer care provided at Rockcastle Regional. For more information about any programs, or to sign up for the Cancer Support Group, contact Arielle Reese at 256-7880 or visit us on-line at rockcastleregional.org.



Cancer Support Group

"Chemo and Your Immune System"
with Traci Bullens, RN and Gayle DeBorde, RN

Tuesday, November 17 • 6 p.m.
Rockcastle Regional Outpatient Services Center
Conference Room (Second floor)

Light refreshments served.

To sign up or for more information
call Arielle Reese at 256-7880.

PLEASE STOP SMOKING

IF NOT FOR YOU FOR YOUR CHILDREN



**ROCKCASTLE
REGIONAL**
HOSPITAL RESPIRATORY CARE CENTER

UKHealthCare
Markey Cancer Center

rockcastleregional.org/preventcancer



[UK CONNECTIONS]

Community Organizations Partner on Secondhand Smoke Campaign

Roekcastle Regional Hospital and Respiratory Care Center, UK HealthCare and community partners across the state have launched a statewide, five-year campaign to raise awareness of secondhand smoke's dangers and offer tips for avoiding exposure. The campaign will include radio and television public service announcements featuring UK Basketball Coach John Calipari, educational materials, an interactive Web site and a school-based education program.

In a statewide survey conducted by UK HealthCare, it is estimated that nearly 1.6 million Kentuckians underestimate the serious negative impact secondhand smoke can have on one's health. Nearly half (48.4%) of Kentucky adults surveyed reported they had been exposed to secondhand smoke indoors (e.g., at work, home, car) in the last week.

"While most people know that secondhand smoke is bad for their health, a surprising percentage stated on our survey that it has at most only a moderate impact," said Ellen Hahn, director of UK's Tobacco Policy Research Program and Kentucky Center for Smoke-free Policy. "Unfortunately, the health consequences of exposure to secondhand smoke are worse than

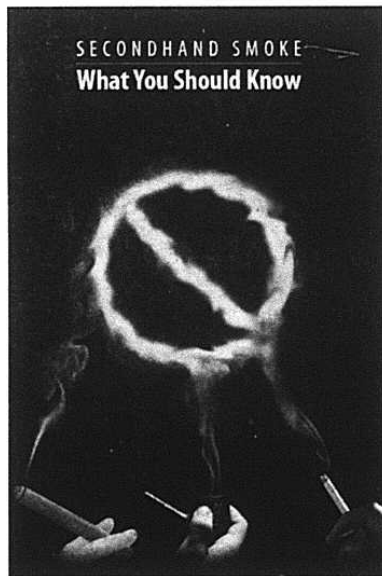
what many people estimate. These results show how imperative it was to create this campaign that will hopefully prevent exposure, disease, and premature death."

The community partners in this campaign include: Appalachian Regional Healthcare, Cumulus, Georgetown Community Hospital, Harrison Memorial Hospital, Kentucky Children's Hospital, Kentucky Department for Public Health, FM Communications, Patti A. Clay Regional Medical Center, Roekcastle Regional Hospital and Respiratory Care Center, St. Claire Regional Medical Center, UK Markey Cancer Center, and WKYT Television.

Secondhand smoke, containing more than 4,000 chemicals, is a mixture of smoke given off by the burning end of tobacco products and the smoke exhaled by smokers.

Many of those exposed to secondhand smoke are children. In 45 percent of homes with children, at least one adult does not believe secondhand smoke is a serious health concern, according to a UK HealthCare study.

To visit the campaign Web site and share tips about experiences involving secondhand smoke, go to www.ukhealthcare.uky.edu/secondhandsmoke



WHEN SMOKERS QUIT: Benefits of Quitting Over Time

20 minutes after quitting: Your heart rate and blood pressure drops.

(Effect of Smoking on Arterial Stiffness and Pulse Pressure Amplification, Mahmud, A, Feely, J. 2003. *Hypertension*:41:183.)

12 hours after quitting: The carbon monoxide level in your blood drops to normal.

(*US Surgeon General's Report*, 1988, p. 202)

2 weeks to 3 months after quitting: Your circulation improves and your lung function increases.

(*US Surgeon General's Report*, 1990, pp.193, 194,196, 285, 323)

1 to 9 months after quitting: Coughing and shortness of breath decrease; cilia (tiny hair-like structures that move mucus out of the lungs) regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.

(*US Surgeon General's Report*, 1990, pp. 285-287, 304)

1 year after quitting: The excess risk of coronary heart disease is half that of a smoker's.

(*US Surgeon General's Report*, 1990, p. vi)

5 years after quitting: Your stroke risk is reduced to that of a nonsmoker 5 to 15 years after quitting.

(*US Surgeon General's Report*, 1990, p. vi)

10 years after quitting: The lung cancer death rate is about half that of a continuing smoker's. The risk of cancer of the mouth, throat, esophagus, bladder, cervix, and pancreas decreases.

(*US Surgeon General's Report*, 1990, pp. vi, 131, 148, 152, 155, 164,166)

15 years after quitting: The risk of coronary heart disease is that of a non-smoker's.

(*US Surgeon General's Report*, 1990, p. vi)

GREAT AMERICAN SMOKEOUT
• November 19, 2009 •

[UK CONNECTIONS]

UK–Rockcastle Regional Stroke Affiliation announced

The University of Kentucky Comprehensive Stroke Program has partnered with Rockcastle Regional Hospital & Respiratory Care Center, Inc. to help develop a community-based stroke program. The partnership is designed to provide the highest quality clinical care, along with educational programs, to the Rockcastle Regional staff as well as the entire Rockcastle community.

The relationship between these hospitals allows patients to receive the best possible care during the early moments of stroke when diagnosis and administering rapid treatment are extremely important. Each year more than 780,000 Americans suffer a new or recurrent stroke which means a stroke occurs about every 40 seconds. Stroke is the nation's third largest killer and is the leading cause of serious long-term disability that requires full-time care.

"Stroke is an especially serious problem for Kentucky," said UK neurologist and medical director of the UK-Rockcastle Regional Stroke Affiliation, Dr. Michael Dobbs. "We are thrilled to partner with Rockcastle Regional to improve stroke care for the Rockcastle County community."

Rockcastle Regional has made a strong commitment to providing current and clinically effective stroke care for their community. UK will support Rockcastle's efforts by providing clinical guidance and oversight, making sure that stroke patients entering Rockcastle Regional receive the right treatment at the right time. A dedicated team of UK stroke center's neurologists, neurosurgeons, neuro-radiologists, and nurses will be able to provide ongoing clinical and educational support to Rockcastle Regional.

"Our partnerships with UK continue to increase access to healthcare to Rockcastle and surrounding counties," said Rockcastle Regional President and CEO Stephen Estes. "Our stroke affiliation

improves our stroke identification and treatment."

UK Chandler Hospital was the first hospital in the region to earn distinction as a Primary Stroke Center by the Joint Commission. UK's stroke center provides comprehensive care including extensive surgical capabilities to handle the most complex stroke cases. The center's capabilities include the Meret Retrieval System, which is the first medical device approved by the FDA to remove blood clots from the brains of stroke patients. The retriever device can be used on those patients who are ineligible for tPA treatment and has been used successfully on patients up to eight hours after the onset of symptoms, extending the treatment window significantly.

Dobbs said community hospitals can benefit from stroke care partnerships because it makes the resources of major stroke center available to their patients and staff.

"UK, a largely academic medical center, has the most full-time stroke neurologists of any hos-

pital in the state and the only dedicated stroke care unit in the region," Dobbs said. "Being treated in a stroke care unit at a stroke center only improves a patient's chance of a good outcome."

Act F.A.S.T. for stroke

With stroke, time lost is brain lost.

If you or someone you know is experiencing symptoms of a stroke, remember to act F.A.S.T.

FACE

Ask the person to smile.

If the face is droopy on one side, call 9-1-1 immediately.

ARM

Ask the person to raise both arms.

If one arm drifts down or has no resistance, call 9-1-1 immediately.

SPEECH

Ask the person to say a simple phrase.

If speech is slurred, call 9-1-1 immediately.

TIME

Call 9-1-1 immediately.

UKHealthCare.
Network Affiliate

Comprehensive Stroke Program

ROCKCASTLE REGIONAL
HOSPITAL & RESPIRATORY CARE CENTER

UKHealthCare

Jorge Alegria, M.D.
Cardiology

Michael Anstead, M.D.
Adult & Pediatric Pulmonology

Susanne Arnold, M.D.
Hematology & Oncology

Ketan Buch, M.D.
Pulmonology

Charles Campbell, M.D.
Cardiology

Mara Chambers, M.D.
Hematology & Oncology

Afrah Chishtil, M.D.
Pediatric Nephrology

Zoran Danov, M.D.
Pediatric Pulmonology

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

Deborah Flomenhoft, M.D.
Pediatric Gastroenterology

Shannon Florea, M.D.
Rheumatology

Hussam Hamdalla, M.D.
Cardiology

Amy Hessler, D.O.
Pediatric Neurology

Suman Jana, M.D.
Endocrinology

Christian Latterman, M.D.
Orthopaedic Surgery

Rick McClure, M.D.
Cardiology

David J. Moliterno, M.D.
Cardiology

Debabrata Mukherjee, M.D.
Cardiology

Robert Owen, M.D.
Neurosurgery

Amit Patel, M.D.
Otolaryngology

William Robertson
Pediatric Neurology

Edward Romond, M.D.
Hematology & Oncology

Bryan K. Rone, M.D.
Gynecology

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

Mark Vranicar, M.D.
Pediatric Cardiology

[COMMUNITY RELATIONS]

Cholesterol screenings

In Recognition of National Cholesterol Awareness Month, Rockcastle Regional once again offered free cholesterol screenings to the community.

A total of 220 people participated in the screenings, up from 205 in 2008.



Pauline Tackett gets her free cholesterol screening at Rockcastle Regional.

Nurses participate in Faith Community Nursing course

Four registered nurses recently completed a course in faith community nursing. The 40-hour course, taught over a period of two extended weekends, was held in a camp-style educational retreat center in Maywoods Forest, a nature preserve of Eastern KY University. The course was sponsored by Ephraim McDowell Health and EKV. Rockcastle nurses participating were Judy Baker, SCU, Shelia Bentley, Home Health, Patti Halcomb, SCU and Sherry Turner, former employee of Rockcastle Regional. Betty Purecell, Wellness Coordinator, participated as a faculty member. Rockcastle Regional and Ephraim McDowell awarded scholarships for Rockcastle attendees.

Hospital co-sponsors 5k

Rockcastle Regional was proud this year to launch a new partnership to promote community fitness. The hospital began a co-sponsorship of the Jerry Cox Bittersweet Festival 5K, offering support and lending its Web site (rockcastle-regional.org) for post-race photos for the event that over the years has become a favorite Rockcastle County tradition. Seventy-eight runners and walkers turned out for the race, which begins and ends on Mt. Vernon's historic Main Street.

Hospital offers blood pressure screenings

Rockcastle Regional participated in the 2009 Bittersweet Festival offering free blood pressure checks to attendees. All attendees who took advantage of the free blood pressure checks were entered in a drawing for a \$50 gas card. Penny Allen of Mt. Vernon was the winner.



Cheryl Falin, RN, Lorrie McClure, and Cheryl Stone, LPN performed blood pressure checks at the 2009 Bittersweet Festival.

Hospital supports Cystic Fibrosis Bike-A-Thon

On October 10, twenty youngsters pedaled their way around the streets of Brodhead raising \$3,750 for cystic fibrosis research and awareness.

Brodhead Elementary School hosts the annual Bike-A-Thon benefiting the Cystic Fibrosis Foundation whose mission includes the pursuit of a cure. The event was held in memory of Suzanne Graves and in honor of Jerika Robbins who suffers from cystic fibrosis.

Rockcastle Regional nurses Audrey Hamm and Robin Floyd provided a first aid station for the event. Rockcastle Regional also donated \$1,000 to the Cystic Fibrosis Foundation.



Audrey Hamm, RN, left, and Robin Floyd, RN were on hand just in case first aid was needed.

Hospital participates in Second Sunday event

Over 150 community members showed up on Mt. Vernon's Main Street to celebrate Second Sunday, a state-wide event promoting physical activity. Participant ages ranged from one year to over sixty-one years young. Rockcastle Regional's three booths were hosted by Home Health, AHEC, and Community Relations. Home Health provided blood pressure screenings; AHEC conducted a Fastest Kid in Town race; Community Relations distributed jump ropes. Participants had fun clogging, skateboarding, bike riding, activities and games encouraged people to get moving more. It was a beautiful autumn day and well worth our efforts to participate with the community.

**Stay connected with upcoming events.
Visit www.rockcastleregional.org**



Living healthy is hard work

Ninety-three year old Henry Owens proves fitness is possible at any age

*By Arielle Reese, Rockcastle Regional
Community Relations Director*

If you visit the Rockcastle Regional Wellness Center on a given day you will find different people and their reasons for being there. Some people are working out to lose weight, some are offering support and working out with a friend and others are there because working out makes them feel better... and that's just the case for 93 year old Henry Owens. After major heart surgery and stroke that left him unable to move his feet, Mr. Owens works out because "It makes me feel better. It loosens me up. My feet are just as good as they ever were... I can dance."

He started working out at the Rockcastle Regional Wellness Center in 2004 after his doctor sent him to physical therapy and he hasn't missed many weeks since then. He often thought about quitting the gym, but the encouragement of his daughter and the persistence of the therapists kept him going. His workout regime now is very similar to the

one he completed while in therapy. "I pretty much use the same eight machines," said Mr. Owens. "I get in a good hour every Monday, Wednesday and Friday. I leave home at 7:15 in the morning for the gym... rain, shine or cold." He appreciates the kindness and encouragement he receives at the gym and said, "Everybody has been so nice to me here."

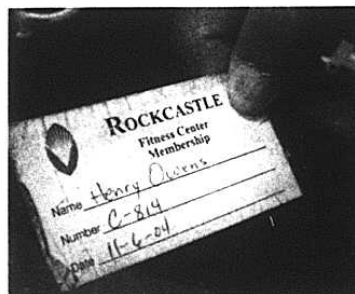
Mr. Owens has lived in Rockcastle County since he was born in 1916. He spent his previous years as a fertilizer dealer and a tobacco and cattle farmer. He says, "Everyone tells me it's because of my hard work," when

asked what he attributes his long, healthy life to. At 87 years old, he was still farming and baling hay. Dedication to hard work is a trait

that Mr. Owens has practiced his entire life – he even spent his honeymoon cutting tobacco. He has been married to his wife, Thressel, for 69 years.

A surprise party complete with a pancake birthday cake is how Mr. Owens recently celebrated his 93rd birthday on September 16, but he shows no signs of slowing down.

"I just got my driver's license renewed," said Mr. Owens. "And I'll keep coming to the gym until I just can't anymore."



Mr. Owens shows off his original wellness center membership card he received nearly five years ago.

H1N1 : What you

What is swine flu and HOW DOES IT SPREAD?

Swine flu (H1N1) is a new strain of flu that is spread the same way seasonal flu viruses are, but it is different. People can spread the flu virus when they cough or sneeze. You can get swine flu by touching something with the flu virus on it. You will need to get separate flu shots for seasonal flu and swine flu.

***You can get swine flu
from other people.***

What can I do to PROTECT MYSELF?

- Wash your hands often with soap and warm water.
- Cough into your sleeve, not your hand.
- Keep away from people who are sick with the flu.

CARING for someone with SWINE FLU

- Check for a fever.
- Give the person small amounts of water (if not throwing up).
- Put used tissues in a trash bag.
- Keep the person at home for at least 24 hours after the fever is gone.

ROCKCASTLE REGIONAL REQUESTS YOUR HE

Rockcastle Regional is temporarily not allowing visitors 18 or younger into our Acute care units. Since children and teenagers are one of the high risk groups for contracting the illness, this measure will help protect them and the patients at Rockcastle Regional. Children that need med-

ou need to know

What are the SIGNS AND SYMPTOMS?

Contact your doctor or health care provider if you have:

- Fever higher than 100 degrees
- Chills
- Headache
- Sore throat
- Cough
- Stuffy nose
- Weak and tired
- Throwing up
- Diarrhea

Contact your doctor or health care provider right away if you or your child:

- Has trouble breathing
- Feels dizzy
- Feels pain in the chest or stomach area
- Throws up often

Who needs a swine flu VACCINE?

Who needs a swine flu vaccine?

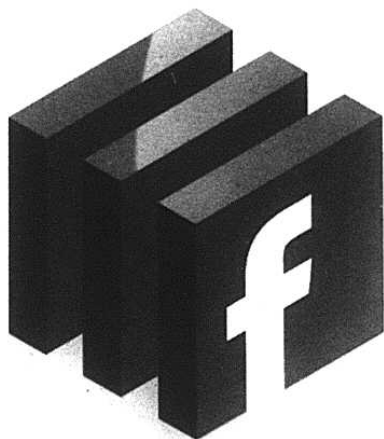
- Pregnant women.
- People who live with or care for children younger than 6 months old
- Health care and emergency medical services workers
- Children and young adults 6 months through 24 years old, especially those with chronic health problems.
- People 25-64 with chronic health conditions.

QUESTIONS?

Call the Kentucky Flu Hotline at
1-877-843-7727 or find more information on-line
at www.healthalerts.ky.gov.

HELP THIS SEASON IN PREVENTING INFLUENZA

Medical attention will continue to be treated as always. We also ask that anyone with any "Flu" like symptoms, such as fever, cough, or sore throat, refrain from visiting as well. We appreciate your cooperation and hope that you have a safe and healthy season.



We've Gone Social

Rockcastle Regional is now on Twitter and Facebook.

Be sure to follow us on Twitter by logging onto twitter.com/rockregional.

Become our fan just by searching for 'Rockcastle Regional' on Facebook.

rockcastleregional.org



**ROCKCASTLE
REGIONAL**
HOSPITAL **RESPIRATORY CARE CENTER**



Before and after: Above, Rockcastle Regional residents and staff prepare to cut the ribbon at the dedication ceremony of The Healing Garden. Pictured at left, is the parking lot that was later enclosed and now houses The Healing Garden.

A beautiful transformation

By Anelle Reese, Rockcastle Regional
Community Relations Director

Rockcastle Regional Hospital and Respiratory Care Center officially opened the Healing Garden with a ribbon cutting and dedication on August 25. Guests in attendance got to see a plot of land once used for a parking lot transformed into a beautiful creation by landscape designer and lifelong Rockcastle resident Jon Carloftis. The garden is nestled near resident rooms in the Respiratory Care Center at Rockcastle Regional and can be seen from many windows, which allows easy access for residents and staff. The garden includes Magnolia trees, hostas, a small stone pond, fountain and circular pathway; all carefully planned by Carloftis.

Joseph Lambert, Rockcastle Regional Chairman of the Board of Directors, welcomed attendees and served as emcee for the event.

Carloftis gave remarks as well and said, "This project and place really got to me. For 21 years now, I have been creating spaces for ultra-wealthy clients in New York City. It is easy to get caught up in the day-to-day petty stuff that fills our world, but it is always good to be brought down to earth and think of how others are living in this same world." Resident Council President Chris Campbell presented Carloftis a painting of the Healing Garden by the residents.

Because many of the residents have respiratory illnesses, gas fumes nor chemicals were allowed during the renovation, and everything was hand-dug and carried and graded on the site. The Rockcastle Regional campus includes two gardens that are accessible by residents and equipped with phones, an emergency call system

and respiratory therapy equipment. The residents are able to enjoy time outdoors and have a special place for visitors. The Healing Garden and the Lambert Walk at Stewart Garden bring the rejuvenating effects of nature closer to the residents.

"It's a combination of big ideas and little touches that really make our facility unique. We have created another special place for our residents and their visitors as a means of enhancing the quality of their lives," said Rockcastle Regional President & CEO Stephen Estes. "We strive to make a significant difference in the lives of our residents everyday. I feel honored to have had the opportunity to work with Jon Carloftis to make this garden a reality. He took a vision and made it real."

Rockcastle students win computers, learn about health careers

The second annual "Rocket to a Health Career" showcase attracted 158 Rockcastle County High School students and 124 parents.

The event, held during the high school's parent/teacher conference Oct. 13, provided students and parents an opportunity to learn about health careers, educational options, and scholarships.

"I wish that something like this was available when I was in high school. I think investigating these educational opportunities early is the key to collegiate success," said Josh Bray, Southern AHEC Health Careers Coordinator. "I didn't realize for the longest time just how many different health careers there are. This field is wide open right now."

Rockcastle Regional donated two laptop computers to give away to students who attended. Those computers, combined with one donated by the

Southern KY Area Health Education Center and one contributed by the University of Kentucky, meant that one student from each class walked away with a new computer. Jesse Mullins, Heather Gregory, Lige Graves, and Aaron McArter were this year's winners.

But all the students walked away with something else — a better understanding of health career and educational opportunities.

Exhibitors at the event included Somerset Community College, University of Kentucky, GEAR UP, Eastern Kentucky University, University of the Cumberlands, Berea College, Kentucky Higher Education Assistance Authority (KHEAA), and UNITE.

Southern AHEC would like to thank all those who attended and look forward to next year's Rocket to a Health Career.



Jesse Mullins, left, Aaron McArter, and Lige Graves are shown displaying their winnings.



Arielle Reese, director of Public Relations at Rockcastle Regional, is shown presenting Heather Gregory her new laptop.

Rockcastle County's future healthcare workers

Rockcastle Regional recently hosted students from Rockcastle County High School and Rockcastle County Middle School, for an afternoon of

job shadowing and learning more about health careers in Rockcastle County. The experience was made possible by a grant from Forward in the Fifth.



RCHS Students: Front from left, Courtney Ham, Hayley Davis, Jaclyn Wolfe, Brittany Boreling, and Jacob Langford. Back from left, Emily Clark, Carly Asher, Kara Canterbury, and Derek Jones.



RCMS Students: Cody Moran, Shalynn Winkler, Corey McPhetridge, Lauren Burton, Dakota Molina, Bethany Robbins, Katelyn McGee, Samantha Taylor, and Austin Helton.

Meet the fastest kids in town



Southern Kentucky Area Health Education Center conducted the Fastest Kid in Town race at the Second Sunday event in downtown Mt. Vernon on October 12. Pictured above, several 7-10 year olds get ready to start the race.

Pictured at right, Josh Bray, center, is shown presenting trophies to Jordyn Powell, left, the 7-10 age group winner and Casey Hardin, the 11-15 group winner.





Taking care of you
and your family with
fast and friendly service.

We offer ...

- Convenient drive-thru for drop
off and pick-up
- \$4 prescription plan
- Free county-wide delivery
Monday-Friday

Stop by or call to discuss how easy
it is to transfer your prescription.



Welcome our
new pharmacist
Ed Talbott to
our friendly staff.

ROCKCASTLE
PROFESSIONAL PHARMACY

256 - 4613

Hours of operation

Monday-Friday 8:30 am to 7:00 pm
Saturday 8:30 am to 1:00 pm

[YOUR HEALTH]

Diabetes: Tips to Help You STAY HEALTHY

There are many good reasons to take action to manage your diabetes.

- Each day you are likely to feel good and have more energy.
- In the future, you are likely to stay healthy and prevent or delay problems that can involve your heart, blood vessels, eyes, kidneys, and nerves.

Follow this four-step action plan. It will help you live a long and healthy life.

Step 1 Learn About Diabetes

Diabetes means that your blood glucose is too high. Glucose comes from the food we eat. An organ called the pancreas (PAN-kree-as) makes insulin (IN-suh-lin). Insulin helps glucose get from your blood into your cells. Cells take the glucose and turn it into energy.

In **type 1 diabetes**, the pancreas does not make any insulin. In **type 2 diabetes**, the body does not make enough insulin or use it very well. As a result, glucose builds up in your blood and cannot get into your cells. If the blood glucose stays too high, it can damage your body. Adults most often get type 2 diabetes. **Gestational** (jes-TAY-shon-al) diabetes occurs when a woman is pregnant. Having it raises the mother's and her child's risk for getting diabetes, mostly type 2, for the rest of their lives.

Step 2 Know Your Diabetes ABC's

- **A1C** measures your average blood glucose level over the past three months.
- **High Blood pressure (BP)** makes your heart work too hard.
- **LDL**, or bad Cholesterol, builds up and clogs your arteries. **HDL**, or good cholesterol, helps remove cholesterol from your blood vessels.

Test	Goal*	Check How Often?
A1C	below 7	Twice a year
BP	130/80	Each doctor's visit
Cholesterol	LDL below 100 HDL above 40	At least once a year

*For most people with diabetes

Step 3 Manage Your Diabetes

- **Know your ABC's** and blood glucose targets. Learn how and when to test your blood glucose, and how to use the results to manage your diabetes.
- **Ask for a diabetes meal plan** to help you choose healthy foods.

Healthy food choices include:

- fruits, vegetables, fish, lean meats and poultry, dry peas or beans, and low-fat or skim milk and cheese.
- whole grain foods - whole wheat bread and crackers, oatmeal, brown rice, and cereals.

Avoid foods that have a lot of sugar, salt, and fat.

Eat smaller portions of meat, fish and poultry, and larger portions of fruits and vegetables.

- **Get 30 to 60 minutes of physical activity**, such as brisk walking, on most days of the week.
- **Seek help if you feel down.** You may feel better if you talk with a mental health counselor, friend, or a support group, clergy, or family member.
- **Stop smoking** — seek help to quit.
- **Take your medicines** even when you feel good. Ask if you need to take a low-dose aspirin to prevent a heart attack or stroke.
- **Check your feet every day.** Call your health care team if a cut, sore, blister, or bruise on your feet or toes does not begin to heal after one day.
- **Brush your teeth and floss every day** to avoid problems with your mouth, teeth, or gums.
- **Report any changes in your eyesight** to your doctor.

Step 4 Get Regular Care

Avoid problems by seeing your health care team at least twice a year to:

- Get your ABC tests, other exams, and yearly flu shot.
- Have your blood pressure, weight, and feet checked.
- Review your record of blood glucose self tests, your ABC numbers, and your action plan.

If you have Medicare, ask what diabetes services are covered. To learn more go to www.medicare.gov.



Work With Your Health Care Team To Create A Plan To Help You Reach Your Self-Care Goals.

- **Make a list** of all your reasons to manage your diabetes for life.
- **Set goals** you can reach. Break a big goal into small steps.
- **Engage the whole family** in being more physically active.
- **Stay at a healthy weight** by using your meal plan and being physically active.
- **Learn** what causes you to slip up in reaching your goals. Plan how to do better next time.
- **Reach out** to friends or family for support or when you feel down.
- **Give yourself a healthy reward** for doing well.

Source: U.S. Department of Health and Human Services' National Diabetes Education Program

[YOUR HEALTH]



Winter Safety

Helpful tips to keep you safe this winter season

Plan Ahead

Winter Survival Kit for Your Home

Here are steps you can take in advance for greater wintertime safety in your home.

Emergency Supplies List:

- an alternate way to heat your home during a power failure:
 - dry firewood for a fireplace or wood stove, or
 - kerosene for a kerosene heater
- furnace fuel (coal, propane, or oil)
- electric space heater with automatic shut-off switch and non-glowing elements
- blankets
- matches
- multipurpose, dry-chemical fire extinguisher
- first aid kit and instruction manual
- flashlight or battery-powered lantern
- battery-powered radio
- battery-powered clock or watch
- extra batteries
- non-electric can opener
- snow shovel
- rock salt
- special needs items (diapers, hearing aid batteries, medications, etc.)

Keep several days' supply of these items:

- Food that needs no cooking or refrigeration, such as bread, crackers, cereal, canned foods, and dried fruits. Remember baby food and formula if you have young children.
- Water stored in clean containers, or purchased bottled water (5 gallons per person) in case your water pipes freeze and rupture.
- Medicines that any family member may need.

- If your area is prone to long periods of cold temperatures, or if your home is isolated, stock additional amounts of food, water, and medicine.

Outdoor Safety

When the weather is extremely cold, and especially if there are high winds, try to stay indoors. Make any trips outside as brief as possible, and remember these tips to protect your health and safety:

Dress Warmly and Stay Dry

Adults and children should wear:

- a hat
- a scarf or knit mask to cover face and mouth
- sleeves that are snug at the wrist
- mittens (they are warmer than gloves)
- water-resistant coat and boots
- several layers of loose fitting clothing

Be sure the outer layer of your clothing is tightly woven, preferably wind resistant, to reduce body-heat loss caused by wind. Wool, silk, or polypropylene inner layers of clothing will hold more body heat than cotton. Stay dry—wet clothing chills the body rapidly. Excess perspiration will increase heat loss, so remove extra layers of clothing whenever you feel too warm.

Also, avoid getting gasoline or alcohol on your skin while de-icing and fueling your car or using a snow blower. These materials in contact with the skin greatly increase heat loss from the body. Do not ignore shivering. It's an important first sign that the body is losing heat. Persistent shivering is a signal to return indoors.

Avoid Exertion

Cold weather puts an extra strain on the heart. If you have heart disease or high blood pressure, follow your doctor's advice about shoveling snow or performing other hard work in the cold. Otherwise, if you have to do heavy outdoor chores, dress warmly and work slowly. Remember, your body is already working hard just to stay warm, so don't overdo it.

Understand Wind Chill

The Wind Chill index is the temperature your body feels when the air temperature is combined with the wind speed. It is based on the rate of heat loss from exposed skin caused by the effects of wind and cold. As the speed of the wind increases, it can carry heat away from your body much more quickly, causing skin temperature to drop. When there are high winds, serious weather-related health problems are more likely, even when temperatures are only cool.

Avoid Ice

Walking on ice is extremely dangerous. Many cold-weather injuries result from falls on ice-covered sidewalks, steps, driveways, and porches. Keep your steps and walkways as free of ice as possible by using rock salt or another chemical de-icing compound. Sand may also be used on walkways to reduce the risk of slipping.

Cool Tip . . .

Taking preventive action is your best defense against having to deal with extreme cold-weather conditions. By preparing your home and car in advance for winter emergencies, and by observing safety precautions during times of extremely cold weather, you can reduce the risk of weather-related health problems.



Ready to Run?

Join us for the
6th Annual Jingle Bell 6K Run/Walk
Saturday, December 5, 2009

Start Times:

The 6K Walk will begin at 8:30 am EST and the 6K Run will begin at 9:00 am EST Saturday, December 5, 2009. Registration begins at 7:45 am.

Courses:

The 6K Run/Walk highlights historic Renfro Valley. Aid and water stations will be located at the turn-around. Officials will direct and supervise the course. The Run/Walk will start and finish at the Renfro Valley Entertainment Center.

Features:

- Custom designed t-shirt
- Door prizes (Open to all. Must be present to win.)
- Hospitality area

Awards:

- 6K Run/Walk—1st three in each age division
- Fastest Walker—1st three male and female
- Overall male and overall female
- Fastest Family

Registration Fees:

- Pre-registration (by November 27)—\$15.00
- Registration (day of run/walk)—\$20.00
- Family Rate—Immediate family of 3-5:
- Pre-registration—\$35
- Registration (day of run/walk)—\$50



Pre-register on-line, visit:
rockcastleregional.org

**Make Checks Payable to:
Jingle Bell Run/Walk**

- Send payment to:
Arielle Reese
P.O. Box 1310
Mt. Vernon, KY 40456
- Fees are non-refundable

Contact:

- Arielle Reese (606) 256-7880

Sponsors:



Rockcastle Health and
Rehabilitation Center, Inc.

Taking a ride for respiratory

Rockcastle Regional played a large part in the 2009 American Lung Association's Bike Trek to Shakertown Sept. 19-20.

In addition to being a silver sponsor the event, the hospital fielded a team for the second year.

The team raised money to support the Lung Association and joined

dozens of riders on a backroads trek through the heart of central Kentucky. The first day of the ride went from the Old Fort Harrod State Park in Harrodsburg to the Pioneer Playhouse in Danville. Bikers chose either a 70 or 36-mile route. Day 2 took the bikers from the playhouse to Shakertown.



Pictured from left are Rockcastle riders Randy Callico, Dwain Harris (AHEC), James Messer (PT), Robbie Taylor (PT), and Chris Kemker (Speech Pathology).



Sridevi Maddineni, M.D.
General, Colon, and Rectal Surgery



Shannon C. Florea, M.D.
Rheumatology



Amy Hessler, D.O.
Neurology



Amit Patel, M.D.
Otolaryngology



Zoran Danov, M.D.
Pediatric Pulmonology



ROCKCASTLE REGIONAL

HOSPITAL ■ RESPIRATORY CARE CENTER

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.
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.
Nancy Vance, M.D.

Family Practice
Plastic Surgery
Family Practice
Internal Medicine/Pediatrics
Radiology
Family Practice
Family Practice
Family Practice
Internal Medicine/Pediatrics
Pediatrics
Emergency Medicine

Visiting Physicians

Jorge Alegria, M.D.
Michael Anstead, M.D.
Susanne Arnold, M.D.
Azhar Aslam, M.D.
Ketan Buch, M.D.
Lee Cain, O.D.
Charles Campbell, M.D.
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.
Zoran Danov, M.D.
Willem J. S. de Villiers, M.D.
Jonathan M. Doty, M.D.
Dorothy R. Flomenhoft, M.D.
Shannon Florea, M.D.
Hussam Hamdalla, M.D.
Amy Hessler, D.O.
Suman Jana, M.D.
Michael Jones, M.D.
Christian Knecht, M.D.
Paul K. Krestik, D.P.M.
Christian Lattermann, M.D.
Iraklis Livas, M.D.
Sridevi Maddineni, M.D.
Anne P. Marshall, M.D.
David J. Moliterno, M.D.
Debabrata Mukherjee, M.D.
Rick R. McClure, M.D.
Robert D. Owen, M.D.
Amit Patel, M.D.
Fred Picklesimer, M.D.
William Robertson, M.D.
Anthony Rogers, M.D.
Edward Romond, M.D.
Bryan Rone, M.D.
Scott Scutchfield, M.D.
Jignesh Shah, M.D.
Steven Shedlofsky, M.D.
Mushabba Syed, M.D.
Rudolph M. Tovar, M.D.
John P. Tuttle, M.D.
Mark Vranicar, M.D.
Byron T. Westerfield, M.D.
Denis Yalkut, M.D.
Cynthia C. Youree, M.D.

Cardiology
Pulmonology
Oncology
Cardiology
Pulmonology
Optometry
Cardiology
Dentist
Oncology
Pediatric Nephrology
Pathology/Cytopathology
Cardiology
Pediatric Neurology
Gastroenterology
Otolaryngology
Pediatric Gastroenterology
Rheumatology
Cardiology
Pediatric Neurology
Endocrinology
Cardiology
General Surgery
Podiatry
Orthopaedic Surgery
Allergy/Immunology
Surgery
Pathology/Cytopathology
Cardiology
Cardiology
Cardiology
Neurosurgery
Otolaryngology
Pathology/Cytology
Pediatric Neurology
Cardio/Thoracic Surgery
Oncology
Gynecology
Orthopaedics
Cardiology
Gastroenterology
Cardiology
Gynecology
Urology
Pediatric Cardiology
Sleep Medicine
Urology
Radiology

Welcome to the community

For more information,
or to schedule an appointment, visit
rockcastleregional.org/physicians

The Super Colon is coming to Rockcastle County!

When and Where

Saturday, November 7, 2009
9 a.m. to 3 p.m.

Cruise in the Valley Car Show
Renfro Valley, KY

This event is free and open to the public.

Event

Prevent Cancer Foundation's Super Colon is proud to be a part of this event in our continuing effort to increase colorectal cancer screening.

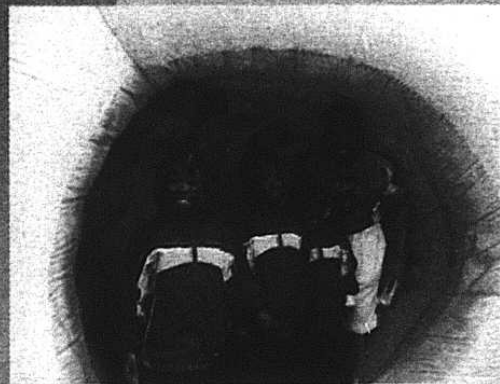
What is the Super Colon?

The exhibit is an Incredible, Inflatable, Interactive colon, that teaches people about the risks, symptoms, prevention, early detection and treatment options for colorectal cancer.

Visitors get a close-up look at healthy tissue, tissue with non-malignant colorectal diseases, as well as tissue with various stages of colorectal cancer.

Colorectal cancer is 90 percent preventable and 90 percent treatable if detected early, yet it remains to be the second leading cancer killer in the US.

For more information, please call Arielle Reese, Rockcastle Regional Community Relations Director at 256-7880.



prevent  cancer
FOUNDATION, INC.

RESEARCH • EDUCATION • OUTREACH

 **ROCKCASTLE
REGIONAL**
HOSPITAL & RESPIRATORY CARE CENTER