

Mount Vernon Signal

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

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The Brodhead Little World's Fair kicked off on Monday and will go through Saturday, August 7th. Officials estimate that just over 3,200 people came through the gates on Monday and Tuesday nights. Monday night featured a demolition derby while Tuesday was an old-fashioned mule pull. The rest of the week will feature truck pulls on Wednesday and Thursday nights and mud runs on Friday and Saturday night. Shown above: Linda Baker and Ashley Harrison are shown riding the Scrambler, a long-time ride on the fair midway. In the bottom photo, Amanda Chism works the concession stand to raise funds for Rockcastle Animals in Need (RAIN).

"Real Guest" nabs thief

Local couple falls victim to wedding crasher

The wedding of Brandi and Reuben Abney at Maretburg Baptist Church last Saturday should have been the happiest day of their lives.

While the newlyweds were taking pictures in the church, the guests in the reception hall say Margaret Campbell, AKA Margaret Knowles of Winfield, TN, arrived uninvited. The Abney's wedding gifts were sitting on a table when guests say they noticed the uninvited stranger rummaging through them.

"I was in line for cake and ice cream and the woman said some woman ran out with gift cards," says Darvel Rader, a guest at the wedding.

Rader said that was when he ran after Campbell, first to the parking lot and then through homes and yards.

"I was wearing dress shoes and kicked them off," says Rader. "I was like 'Woman, I don't know who you are or what you're doing, but you have no business coming into a church, a wedding to take gifts...'"

When he caught up with her, Rader says Campbell sprayed him in the face with pepper spray.

Other guests eventually caught up to Campbell and waited for police to arrive and arrest her, while Rader was

(Cont. to A10)

Could be connected to string of burglaries

Cromer arrested on theft charges

The Mount Vernon Police Department arrested a local man on charges of burglary and theft by unlawful taking late on Tuesday night.

According to Police Chief Terry Jackson, Brandon Cromer, 21, of Mt. Vernon was arrested for a recent burglary on Liberty Drive in Mount Vernon.

However, Jackson said he and officers on the case feel strongly Cromer could be connected to a recent spike of burglaries in the Mount Vernon city limits.

He said that a similar pattern exists between at least five burglaries, all which have occurred in the last few weeks. The pattern includes the offender knocking on the front door, and if they don't receive a response, they go to the back door and kick it in. It also includes the use of pillow cases to carry away items.

It is estimated that thousands of dollars in personal property have been taken in

(Cont. to A10)

Weaver gets 10 years for sexual abuse of minor

William Frankie Weaver, 18, of Mount Vernon, was sentenced to 10 years in prison after being convicted on two counts of sexual abuse of a minor under 12 in Rockcastle Circuit Court last week.

According to Assistant Commonwealth Attorney Jeremy Bartley, the minor was six years of age at the time of the incident.

After being arrested on the charges at age 17, Weaver was initially charged in district court as a juvenile. After a lengthy hearing, he was waived to circuit court and tried as an adult.

Weaver will also be labeled a sex offender for his lifetime and be on supervised probation for five years after completing his sentence.

Kentucky State Trooper Scottie Pennington was the arresting officer in the case that was heard in front of Circuit Judge David Tapp.

cuit Judge David Tapp.

McKinney still listed as critical after car wreck

Former RCHS volleyball player Sarah McKinney was involved in a serious auto accident in Pulaski County early Thursday morning, July 29th, after leaving her job at the information technology company Presidium.

McKinney, 19, was pulling out from the Valley Oak Technology Complex on Ky 461 when she was hit by an oncoming Jeep driven by 28-year-old Justin Wells.

McKinney was airlifted from the scene to the University of Kentucky Medical Center where, as of Wednesday, she was still listed in critical condition.

Livingston: A New Beginning is theme for this year's homecoming

Livingston is a happening place these days and visitors to the annual Livingston Homecoming will be pleasantly surprised by the many improvements that have taken place this year.

The Livingston Revitalization Committee, headed by Mayor J.C. Griffin and Lynn Tatum, project coordinator for

Filing deadline for non-partisan races is Tuesday

Political candidates wanting to run in local city council, mayor, and board of education races have until Tuesday, August 10th at 4 p.m. to file.

To date, no one has filed for mayor in Brodhead or Livingston. The same goes for the council seats in those towns.

The city of Mount Vernon is a different story. Incumbents Shelley Raines Lewis, Sharon Saylor, and Wayne Bullock have already filed their candidacy papers, along with newcomer to politics, Michael Shilega.

The Mt. Vernon mayor's race, which has garnered the most publicity so far because of the four early filings, still features the same slate of candidates.

Those candidates include recently-appointed Mayor Gary Cromer, Dr. Mike Bryant, Sr., Councilman Don Jones, and Nathaniel Price.

Board of education seats are up for grabs in districts one and three. Tina Cain-

(Cont. to A10)

the Development Board, have brought about many changes, especially on Main Street.

The city received a \$400,000 Enhancement Grant from the State Transportation Cabinet and those funds will be used primarily for a major redesign of Main Street.

The city also received a \$12,500 grant from the Appalachian Regional Commission and with those funds, many of the historic downtown building have been painted and Memorial Park landscaped.

Besides admiring the new

Smith named Class 2A Track and Field Athlete of the Year

RCHS graduate Samantha Smith was recently named the Kentucky Class 2A Female Track and Field Athlete of the Year recently for her amazing regular season and state meet performances. Smith becomes the second RCHS athlete to win the award along with former RCHS standout Heather Hammond who won the award in 2005. Samantha was also one of three finalists for the Ms. Track award. She also won the KyTrackXC.com Overall Field Event Athlete of the Year award given to the state's most outstanding field event performer.

This past season, Smith led RCHS to their 7th straight Class 2A Region V Championship title and 10th regional

look for Livingston, visitors can begin their Labor Day week end visit on Friday by enjoying a gospel singing at 7 p.m.

Not all events are set but, to date, the following activities have been scheduled.

On Saturday, the day will start with a pancake breakfast from 8 to 10 a.m. Registration for the two mile run/walk on Hwy. 490 begins at 7:30 a.m. and you can call Susan Brown at 256-7746 for more information.

At 10 a.m. on Saturday, line-up for the parade begins and the parade starts at 11

title overall. The team went on to finish 3rd in the Class 2A State Championships. She claimed regional titles in both long and triple jump for the second straight season, as well as the 100-meter dash regional title, and finished as regional runner-up in the 200-meter dash.

While winning the regional long jump title, Samantha also surpassed the Class 2A all-time state record of 18'4" with a career best jump of 18'7.75". Earlier this season, Samantha shattered the Class 2A state record of 37'8" in triple jump at the Pulaski County Invitational, leaping an incredible 38'5". Her career best and RCHS

(Cont. to A10)

a.m. Mayor Griffin is this year's Grand Marshal of the parade.

At 12:30, the Awards Program will be held, with special recognition for the Citizen of the Year.

The Homecoming Queen Contest will be held at 3 p.m. You must pre-register for the event by calling Cleo Bryant, 453-4213; Rita Mize, 453-3882 or Angie Mink 308-3872.

The Pretty Baby Contest will be held at 4 p.m.. Pre-register with Cleo Bryant or Rita Mize at the numbers above.

At 7 p.m., there will be country music until midnight with the T&T Band, featuring Jessie Lynn with Bobo McGuire.

Sunday's schedule of events include a noon devotional service; the Pretty Pet contest at 1 p.m., an auction

(Cont. to A10)

KU customers will see rates increase

The energy provider for residences in the city limits of Mount Vernon, Brodhead, and Livingston has been approved for rate hikes by the Kentucky Public Service Commission (PSC).

Kentucky Utilities (KU) residential customers will see their rates go up by an average of \$7 per month, according to a PSC press release.

The PSC says that granting the revenue adjustments, which result in the rate hikes,

(Cont. to A10)



The Community Trust Bank sign on Main Street in Mount Vernon registered 100 degrees on Wednesday afternoon and Rockcastle County was under an excessive heat warning as issued by the National Weather Service. The heat index was so high that the RCHS football team was forced off the practice field as a safety precaution.

Points East

By Ike Adams



The rain lasted from well before dawn until 9 a.m. or so last Saturday morning as Loretta and I prepared to venture into Sweet Home Letcher County and then to the head of Blair Branch. Loretta was driving, when the rain eased up here in Paint Lick, and I doubt that we got much above 40 mph when we headed south on on I-75 from Berea to London as we oohed and aahed at the fog billowing out of every little valley.

When we got off 75 and headed east on the Daniel Boone Parkway, I set the radio to 88.7 (WMMT) on the FM dial and tuned into pure static but I turned the volume down. The static stayed there for about 10 miles and then we hit the Clay County line to learn, clear as a bell, according to a banjo picking woman, that somebody had dug on Pretty Polly's grave the best part of last night. The stage was set.

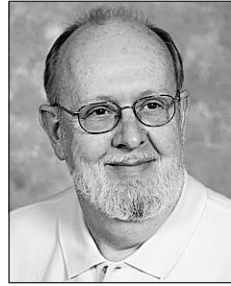
Then, almost suddenly, we were in real mountains and it seemed to me that we had left one world and entered another. Or maybe we had just gotten into Heaven because the clouds were low, way below the peaks and I would al-

most swear that I saw an angel sitting on one just outside of Hyden.

That's where we got off the parkway to take old Highway 80 some 25 miles to Hazard and the deeper into the hills we got, the louder WMMT became and all they were playing was the music I grew up on. The Carter Family, Stanley Brothers, and a huge host of dulcimer pickers, fiddle players, old time drop-thumb banjo and guitar players making the hills come alive with the music of my youth. Easily the most emotional phenomenon I have experienced in the last decade.

"Up this hill and down and up this hill again. It's a mighty, mighty long road, what ain't got no end", according to Bob and Sonny Osborne (The Osborne Brothers) (who coined Rocky Top) grew up in Hyden, have been perpetual stars in Nashville and the world at large over the last four decades. A sign in Hyden says the boys are coming home this month to host a music festival where they grew up. A woman running a

(Cont. to A4)



Rockcastle Memories

By David J. Griffin

The roots of my southern expressions

One morning my wife got out of bed before I did and took her morning Ale 8 to the den to read the Herald Leader. When I finally joined her, she handed me the City-Region section with a passage she had marked in red. Kathy said, "This might be something you can use for a column." The piece was written by Betty Dotson-Lewis and is located on a website called Daily Yonder. Later in the day, I decided to investigate what Dotson-Lewis' article was all about and was I ever surprised!

The internet commentary was entitled Mountain Talk, and Dotson-Lewis said, "In Appalachia, we know where you're from by the way you talk." It made me recall the way that my grandparents spoke. I was taken back to my roots on a small mountain top farm near the Pine Grove section of Rockcastle County where I lived with my mother (Bee) and my grandparents (Pop and Mommie Katie) in the '50's.

Neither of my grandparents had what would be considered today as formal education, but to me they were just plain – "common sense smart." For example, Pop could do more math in his head than most folks could with a pen and paper. He had a wealth of knowledge about farming, hunting, carpentry, and living. Mommie Katie could recite more scripture verses than anyone I have ever known. I think I learned more from them than I did by getting my degrees in college. The things they taught helped me to become a man.

They were like most of the folks we lived near – they had an Appalachian or southern "twang" in the way they spoke. Mommie Katie con-

sidered herself to be the health care-giver of the family and many of her dialects were quite amusing as she went about treating our illnesses. If we suggested to her that we were not feeling very well, she might say, "I think you are looking a mite peak-ed today." If it was cold outside, she would suggest that we, "Come by the far (fire) and sit a spell (a while) until you are feeling better." Or, many times I have heard her ask, "Do you have a crick (stiffness) in your neck?" If we answered yes, she would reply, "I reckon (suppose) you slept crooked last night."

If Mommie Katie was discussing someone who had attended college, she often said they were book red or educated. Several times when I was just a young boy, she told me that I should go to college and not be just a hard (hired) hand and spend from daylight to dark working in the fields.

I admired her so much from the time that I entered high school; it was my intention to attend the University of Kentucky because she had planted the seed in my mind. She often said, "If you get an education, you will not be beholden to anyone."

Pop also had his wonderful southern terms that became part of who he was to me. On Sunday afternoons, he would suggest, "David Joe, Let's mosey (go to) down to visit Aunt Corey." She was his older sister and often he might say, "She is not feelin' tolerable (good) this week." Almost every week he and I walked down old US 25 approximately a half mile to her house. She and Uncle Clayton lived in a small house that did not have running water or indoor plumbing. Pop would sometimes explain to me,

(Cont. to A4)

The Roots of Rockcastle

by: Tonya J. Cook



The Little Fair That Became a Big Success, Part 2

From the memories of Bryan Bussell, Shirley Martin, and Jean Gentry, the humble beginnings and the notorious history of the Brodhead Fair came to life last week in the Roots of Rockcastle series. Jean Gentry also had some documentation which was very helpful. This week, we'll attend the fair, at least in memory.

This week marks the one hundred fifteenth annual Brodhead Fair. It is the fourth longest running fair in the state, following Harrodsburg, Shelbyville, and Germantown, in that order according to Bryan Bussell. In 1895, the first year of the fair and for several years to follow, the fair was held in tents at night. This was probably because during that era, people were farming or working out in the public, and didn't have time for such luxury during the day. I'm also suspecting that the fair didn't have electricity for light, so tents only had the light from lanterns, candles, or coal oil lamps. It isn't clear when the first rides began to appear at the fair, but I'd say it wasn't in 1895. According to sources, the fair was more agricultural, as one would suspect. The fair was, and still is, one of the major social events of the year. People used it as a gathering place for the various families in the area, and it has been reported that many boys from the county found their future wives there.

The "golden days" of the fair were during the 1920s. By this time, the fair was well-known throughout the state. The L&N Railroad had to add at least one or more extra passenger cars to their Louisville to Corbin route through the county to be able to accommodate the fair-goers from out of town. Willis Bussell, the great-grandfather of Bryan, drove a hack. He

would meet the passengers from the train, and take them to the fair. Not related to the fair, there was also a Huffman-Vincent tent show that would set up in the vacant lot in Brodhead to take advantage of the fair being in town. This made Brodhead doubly attractive for those seeking entertainment.

The fair was known for being very equine. The horse shows were well-noted, but there were horse pulls and mule pulls, as well. In the 1980s, the fair-sponsored horse shows ended. This was a particular disappointment for me. The reasoning was that the horse shows became too expensive to present, and through the years, the spectators' interests had changed. People weren't interested in seeing the horses, but became interested in the horsepower of a different sort. The truck pulls, mud slings, and demolition derbies became popular. From time to time, there is a horse show, but not involving the fair.

The fair is known for its food, as most fairs and carnivals are. The aroma of the food cooking drifts through the air, and makes you hungry even if you've just eaten. Shirley Martin relates that many of the local students have worked the concession stands each year, and learned to make change.

Through the years, there have been a great number of icons who have put their particular mark on the fair. One of the most noteworthy was Danny Sargent, who began working there in 1935, and worked until 1992. He worked in security, parking, and selling tickets. Another famous face to the fair was organist, Jimmy Richards. He played various popular tunes during the course of the evening, as the horses paraded

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Obituaries



Lyda "Sis" Alcorn

Lyda "Sis" Alcorn, 55 of Mt. Vernon, died Thursday, July 29, 2010 at the St. Joseph Hospital in Lexington. She was born in Berea, December 16, 1954 the daughter of William "Shorty" and Edna Graves Moore. She was a bus monitor for the Rockcastle Co. School System and attended Northside Baptist Church.

She is survived by: her

husband of 36 years, Eddie Alcorn; a daughter, Janice (Glen) Smith of Copper Creek; two brothers, Estill "Tobo" Moore of Mt. Vernon and Donald "Buckshot" (Barb) Moore of Clover, SC; four grandchildren, R.J. Smith, Emma Smith, Dylan Guinn, and Brooklyn Guinn; and a very special niece, Kristie (Roger) Guinn of Corbin. In addition to her parents, she was preceded in death by two uncles, Willis Manis and Robert Moore.

Funeral services were conducted Sunday, August 1 at the Dowell & Martin Funeral Home Chapel by Bro. Jack Weaver. Burial was in the Family Cemetery.

Pallbearers were: Shelly Alcorn, Roger Guinn, Michael Lewis, Brandon Reynolds, Glen Smith and Jackie Weaver.

Please visit www.DowellMartin.com or our Facebook® page to view online obituary.

Dorothy Allen

Dorothy Loretta Allen, 57, of Berea and formerly of Rockcastle County died Saturday July 31, 2010 at the Compassionate Care Center in Richmond. She was born on August 10, 1952 at Piney Branch the daughter of the late Virgil and Katie May Allen. She was a waitress and did house keeping, enjoyed gardening and reading and was of the Christian Faith.

Survivors are: two sons, Nathan Allen of Richmond, IN and Shannon Allen of Detroit, MI; one daughter, Angelia Lovell of Berea; six brothers, Ebb Ben Allen of Smithfield, Charles H. Allen of Lancaster, Samuel H. Allen of Richmond, IN, Jack Allen of Gravel Switch, Denver Allen of Covington, and Danny Allen of Minnesota; and four grandchildren. She was preceded in death by: three sisters, Gladys, Edna Lou, and Rose Allen; and one brother, Freddy Dean Allen.

Services were held Tuesday, August 3, 2010 at the Cox Funeral Home Chapel with Bro. Alan Hensley officiating. Burial was in Red Hill Cemetery.

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

Cynthia Willett

Cynthia Ann Willett, 22, died Monday, August 2, 2010 at the Rockcastle Regional Medical Center.

A native of Nelson County, she is survived by her parents, Louise Willett Williamson, New Haven, Ky. and her father, Ralph Williamson, Mt. vernon; two siblings and her maternal grandmother.

Services were held in New Haven with Fr. Ken Fortener officiating.

Card of Thanks

Thank You

Thank you for the Benefit Singing held at Lighthouse Assembly of God on Saturday, July 31st.

To all the singing groups and singers, to those who planned the event, to the Lighthouse Assembly of God for the use of the church. To all those who gave an offering, those who donated their time and those who have us in their prayers.

Thank you and God bless you all!

Please keep us in your prayers.

With our love and appreciation,

Larry and Bonnie Wynn

In Loving Memory

In Loving Memory of Faithia (Polly) Carpenter

A Chosen Angel in the Heavenly Garden

Sometimes God picks the flower that is still in full bloom. Sometimes the rose bud's chosen that we feel He picked too soon.

Sometimes the flower is fading with petals floating down, but God knows the perfect time to gather flow-

ers from the ground.

There is a Heavenly Garden in which God takes great pleasure because He's placed within it the loved ones that we treasure.

He walks among the blossoms giving them eternal rest and I know that it must please him because He chose our very best.

You will always be remembered in our hearts. No

words could ever fully express the gratitude as a loving wife, mother, mother-in-law, grandmother and great grandmother.

Husband Saul Carpenter and five sons, Lester (Centine), Ray (Mandy), Clyde (Denise), Johnny (Gladys), Wayne (Carolyn) Carpenter and many grandchildren

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Saddle Club Annual Cancer Ride

Rockcastle Co. Saddle Club will be having annual cancer ride at Red Hill Horse Camp starting at 9:30 a.m. Saturday, August 14th. Dinner will be provided. Proceeds go to local Hospice.

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Announcement

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Back to School Tips



Lighten the load: Backpack safety

- Choose a backpack with wide, padded shoulder straps and a padded back.
- Pack light. Organize the backpack to use all of its compartments. Pack heavier items closest to the center of the back. The backpack should never weigh more than 10 to 20 percent of your child's body weight.
- Always use both shoulder straps. Slung a backpack over one shoulder can strain muscles.

Source: American Academy of Pediatrics

A message from



Our Readers Write

Sound system is needed...

Dear Editor,

The issue of purchasing a sound system for the meeting room has been mentioned at the last four meetings of the Mt. vernon city Council and the Mayor has found ways to avoid the subject.

At the first meeting, the mayor was asked (after the meeting) about purchasing a sound system and he said "get some figures to see what the cost will be."

At the second meeting, the mayor said we need to delay the sound system, because he wanted to remodel the meeting room and the five "puppets" approved contacting an architect for cost of remodeling the meeting room.

The third meeting, the mayor came up with a cost of \$210,000 to remodel the meeting room, but not mention of a sound system. So, I guess the \$1,200 price tag for a sound system just wasn't enough to spend.

The fourth meeting, Councilman Don Jones asked about a sound system and (according to others at the meeting) the mayor said the acoustics are not right in the meeting room and pushed the subject aside. When the meeting room is remodeled, a sound system will be needed anyway.

The mayor is all about spending money but not for anything that will benefit the citizens of Mt. vernon (or maybe we could put it in a way that it would benefit Renfro Valley or the Tourist Commission).

Ron Taylor

An invitation to Rockcastle County parents and student-athletes...

Dear Editor,

Rockcastle County Schools has developed an out-

standing reputation in many areas, one of which is our excellent athletic programs. We have many students who wish to continue playing their sport in college but may not understand the eligibility rules and standards on the college level. There is a good chance that most of the colleges our students wish to attend are affiliated with one of the major intercollegiate athletic associations. All impose strict high school academic rules for student-athletes.

GEAR UP and the RCHS Guidance Department are collaborating to provide an opportunity for parents and students to learn more about playing college sports. On Monday, August 9th, at 6:00 p.m., in the RCHS auditorium, college coaches from Eastern Kentucky University, Georgetown College, Transylvania College, Union College, Berea College, and Lindsey Wilson College will participate in an Athletic Forum entitled "Are You Serious About Playing College Sports?" The coaches will explain the differences in the athletic divisions in college sports, the eligibility requirements in each division, recruiting of high school athletes, and scholarships and financial aid available to student athletes. They will also share information about the core content requirements and the combined GPA and test score requirements that must be fulfilled before high school students are allowed to play their freshman year in college.

We would like to invite middle school and high school parents to attend the Athletic Forum along with their student-athlete daughter or son. The coaches will be available following the forum to talk with parents and athletes personally.

For more information on the Athletic Forum, please contact Mrs. Nancy Hale, GEAR UP Coordinator or Mr.

Dale Whitaker, Guidance Counselor, at Rockcastle County High School (256-4816).

Thank you.
*J. Barry Noble
Assistant Principal and
Athletic Director
Rockcastle County High
School*

Thanks for making Rockcastle Redi-fest a success...

Dear Editor,

Thank you to everyone that participated in this years Redi-fest event. We appreciate each individual, business, agency, and organization that provided information and supplies for our students. We appreciate the time you gave as well. We served approximately 300 students and 200 families. This event has been a success for the last 4 years thanks to each of you.

*Satica Morgan,
BFRC Coordinator
Sandy Bullen,
RES Coordinator
Regina Hull-Brown,
MVES Coordinator*

"Roots"

(Cont. from A2)

around the track during the horse show. Many people described it by saying that the horses were almost dancing to the music. Jimmy Gover did the announcing, and became the "voice" of the show. Henry Blankenship was the ring manager, who ensured the fairness of competition.

At one time, the fair had three managers. Two of the three managers were Eddie Hurt and C. N. Scott. J. B. Messer, who is credited for giving the fair the title of "Little World's Fair" was the third. There was a Ms. Spoonamore, who tended the ladies' restrooms for many years, making sure it was cleaned and well-stocked.

This evening will be the opening night for the annual phenomenon known as the Brodhead fair. It was once described as an "elegant affair"-one that I hope never fades away.

Remember that I'm looking for good stories about the county, people and the events in their lives. I may be contacted at theroots@rockcastle@windstream.net

"Points East"

(Cont. from A2)

yard sale assured us that they do it every year as she sold me a designer shirt for a me money in Hyden. I left a dollar there and Loretta left about 10.

We checked into brother Steve's house /old home place there in the head of the holler on Blair Branch at mid-afternoon, took long naps and then wound our way some 15 miles to SECO and The Highlands Vineyard and Winery where our niece, Tracy, (Keeter's baby) was getting married. SECO was once the headquarters of Southeast Coal Company (hence the name) which was probably the largest coal mining company in eastern Kentucky from World War I into the sixties.

Still has the post office but the company property was going down hill in a hurry until some local entrepreneurs purchased the old office

and commissary buildings, lots of acreage, and started growing grapes. Local folks who still live in SECO voted the prescient wet and wine became legal. That was a couple of decades back but now you can get the best wine made in Kentucky at SECO if you care to drive there.

They have nice bread and breakfast rooms and the view is nothing short of pastoral. The phone number is 606-855-7968. Their email is sandra02@bellsouth.net.

In the meantime my baby and Keeter's is a married woman. Easily the prettiest bride I've ever seen. Keeter never shed a tear. I cried.

"Memories"

(Cont. from A2)

"Clayton is down in his back (meaning he had a back injury) and can not help Cory do most of the chores; she even does the wash (laundry) by herself."

Pop took pride in how his house and yard looked. On a weekly basis, he paid me 50 cents an hour to assist with the yard work. I can hear him saying on Saturday morning, "This yard is in a gom (mess) and we have to get it cut before company comes on Sunday." He always paid me as soon as we were finished with the yard because he did not like to be beholden to anyone. If we worked late in the afternoons, he would say, "We better hurry, it is pert-near (almost) dark." Pop also had back trouble and he often exclaimed, "My back is actin' up (meaning it was hurting him), and I hope I don't get down (have to go to bed)."

I may not use the kind of language that my grandparents did, but I have to admit some of my up-bringing shines through. When I was in college, my friends made fun of me for saying, "daddum-it." Some of my coaching buddies came to using that slang. Many of my college friends said that it was evident that I was from Renfro Valley because of the "country slang" that I used. It is and was just a natural part of my speech patterns.

My grandparents were very special to me, and I loved them dearly. I suppose Pop had more influence on me as

a growing boy than anyone else in our family. To Pop, integrity was essential. Mommie Katie taught me the principles of spirituality and was instrumental in my search for religion as a young boy. She was the first one down the isle when I became a Christian during a revival at the First Baptist Church in Mt. Vernon. That was in the

summer of 1953, and she always reminded me, "David Joe, you should never be skittish (nervous or ashamed) of being a Christian because all of your kin (relatives) are very proud of you!"

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

Livingston Firemen's Club, Inc. will be hosting a

\$5⁰⁰ Pancake Breakfast

Saturday, August 7th
7 a.m. to 11 a.m

This is an ongoing event the first Saturday of every month!
Come on down, visit with your neighbors and support your local firefighters!

All proceeds will be used by the club to purchase items for the firefighters that cannot be purchased by the Fire Department.

Douglas G. Owen, M.D., F.A.C.S

Eye Care for You and Your Family



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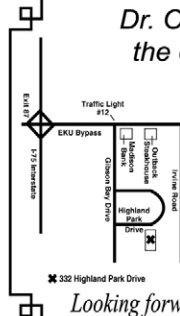
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Treating Osteoporosis

Presented by Dr. Kevin Rowe

Our bones get thinner as we get older, starting as early as age thirty. In recent years there has been a great interest in treating osteoporosis to prevent the risk of broken hips and to keep the back from becoming stooped. Fortunately, there is a lot we can do to delay these changes, especially for women.

Women have more trouble with thin, brittle bones as they grow older because estrogen levels drop rapidly at menopause. Estrogens help absorb calcium from the diet and prevent loss from the bones. They are one of the main keys to keeping bones strong in women, and they are easy to take. There are risks of heart disease and blood clots, however, so you must have a full discussion with your doctor about their value and their risks before starting them.

The second step is to get plenty of calcium in the diet. You can get this through dairy products, or by taking supplemental calcium. A woman should take between 1000-1500 mg. a day. This can be obtained by taking calcium pills, or by calcium-containing antacids such as Tums® or Titralac® (4/day).

It is also important to keep physically active. Aerobics, walking with hand weights, and many other activities stimulate the bones to become stronger and also improve your general health. At least twenty minutes of a weight bearing activity four or five times a week is excellent. And quitting smoking is extremely important.

When the osteoporosis has become more severe, there are a variety of medicines your doctor can prescribe. Bisphosphonates are medicines that prevent resorption of bone, thus slowing the thinning process. They are long-acting, and are given on a once a week basis. One is even available as an intravenous dose just once a year.



ROCKCASTLE
KEVIN ROWE
MD, FRCPC

Rockcastle UNITE Coalition MOTORCYCLE RIDE

DOOR PRIZES



First 50 registered will receive a t-shirt!

Saturday, August 7, 2010

Wendy's Restaurant, Mt. Vernon, KY
(I-75, exit 62, South US 25, approx. 1/2 mile)

10:00 a.m. - sign up
11:00 a.m. - ride
(Approximately 100-mile Scenic Ride)

Make a Tax Deductible Donation to Rockcastle UNITE Coalition

Sponsored by: Wendy's Bike Night Committee
Door prizes to be drawn for at conclusion of ride.

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* Discounts subject to digibility.

Marlene Lawson, Agency Mgr.

Shelly Mullins, Agent
US Hwy. 25 S • Mt. Vernon
606-256-2050

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CHURCH NEWS

Wanted

Anyone willing to work anytime, anywhere, whenever called upon. No training necessary, male or female, any age. Any nationality, race, size, shape or form. All participants accepted. Report to Jesus Christ our Lord and Savior. Welcome to attend Maple Grove Baptist Church. Best retirement and benefits available.

Contact Bro. Jerry Owens for transportation at 606-256-3075.

Fellowship Revival

Calloway Holiness Church will be in a Fellowship Revival beginning August 8th, with various speakers. Sunday service is at 6 p.m. and Monday through Saturday at 7 p.m.

Pastor Elzie Doan and congregation welcome everyone to attend.

Singing

There will be a singing at Ottawa Baptist Church on Sunday, August 15 at 7 p.m., featuring the Chimney Rock Boys.

Benefit Singing

Brush Creek Holiness Church will host a benefit singing for Evangelist Tommy Hogue on Friday, August 6th, beginning at 7 p.m.

Pastor Lonnie McGuire

and congregation welcome everyone.

Minister Needed

We need a minister at Pine Hill Baptist Missionary Church. If you are a minister and need a church or a student going to Bible College and needs a church -- we need you. Our church sits on the hill at Pine Hillo.

Philadelphia United

Upcoming events at Philadelphia United Baptist Church, 834 Bryant Ridge Road, Brodhead, include: Sat., Aug. 14th at 7 p.m. New Dawn and Sunday, Aug. 15th at 6 p.m. the Praise Singers. On Sat., Aug. 21st, at 7 p.m., Heaven's Helpers and on Saturday, August 28th at 7 p.m., Kentucky Mt. Trio.

Pastor Gordon Mink and congregation invite everyone to attend.

Healing and Miracle Crusade

Grace Fellowship, in the Carnaby Square Shopping Center on Main Street in downtown London, invites you to a Healing and Miracle Crusade with evangelist Tommy Combs his Sunday, August 8th at 10:30 a.m. and 6 p.m.

For more information, call 606-864-4635 or go to www.graceforyou.com.

An encouraging word:

A Curve Can Be Used
By Howard Coop



A short time ago, a friend wrote a brief note in which he said, "Seems as though life keeps throwing me curve balls."

I thoroughly understand and can identify with my friend at that point, for I have been there, and I have experienced that. But who hasn't? However, we don't give up; we don't quit. Even a curve ball can be hit and, sometimes, hit hard. That brings abiding satisfaction to the heart.

When I was in High School, participation in organized sports was limited to basketball. Neither our school nor other neighboring schools had organized baseball teams, but we played baseball. Each year students on their own formed a team, played as often as possible, and occasionally scheduled a game with a neighboring school. I may not have been the best player on the team, but I eagerly participated, for I enjoyed playing baseball very much.

After all of the years have past, one game and one play in that game vividly stands out in my memory, for it was the final play of those four years. We were playing a neighboring school, and the team had an excellent pitcher. It was the last inning. The other team was leading by one run. There were two outs, and one runner was on second base. It was my turn to bat, and my teammates, not optimistic about my possibilities, were ready to concede victory. I, hesitatingly, walked to the plate, and the pitcher, confident and poised, prepared to pitch. He threw a hard curve ball that I could hardly see. Then, to my surprise, I heard the crack of the bat and saw the third baseman look up. I watched in amazement as the ball soared beyond the playing field and fell somewhere in an adjacent cornfield. Unexpectedly, our team won by one run.

Frequently, life throws curves at us, but we don't have to quit. With determination, focus, and willingness to accept the challenge, a curve can be used to an advantage!



Keibel - Mullins

Diana Marie Keibel and James Nathan Mullins III were married on July 17, 2010 in Myrtle Beach, South Carolina. The bride is the daughter of Mr. and Mrs. Donald Keibel of Virginia and the groom is the son of Mr. and Mrs. Nate Mullins of Lexington and the grandson of James and Thelma Mullins of Mt. Vernon.

After a honeymoon in St. Thomas Island, the couple will reside in Lexington. Both bride and groom are graduates of Coastal Carolina University and are now employed by Fayette County Schools. Diana is a teacher at Tates Creek High School and Nathan is a teacher at Henry Clay High School.

Email community news to the Signal at mvsignal@windstream.net

Upcoming Reunions

McHargue Reunion

The McHargue Reunion will be held Saturday, August 14th at Levi Jackson State Park, from 11 a.m. to 5 p.m. Bring a covered dish.

Marler/McClure and Stevens Reunion

The Marler, McClure and Stevens Reunion will be held Saturday, September 4th at Sand Springs Baptist Church's picnic shelter, beginning at 1 p.m. All friends and family are invited to come, bring a covered dish and enjoy the day.

Carpenter/Kirby Reunion

The families of Tobe and Jane Rash Carpenter and Jerry Kirby will hold their 15th annual reunion August 29, 2010 at the Russell Acton Recreation Center, 212 Jefferson Street in Berea, from 10 a.m. until 4 p.m.

Bring your families and one or two of your favorite foods. Friends are welcome also.

For more information, Faye Miller at 859-266-7819. Come and have a great day.

Niceley Reunion

The Niceley Reunion will be held Saturday, August 14th at Quail Community Park. Lunch will be around noon, All friends and family are invited to come. Bring a covered dish and enjoy the day.

Battle of the Bluegrass Blood Drive is Aug. 24th

A "Battle of the Bluegrass Blood Drive" will be held Tuesday, August 24th from 2 to 6:30 p.m. at First Baptist Church in Mt. Vernon.

All donors will receive a free Battle of the Bluegrass t-shirt. Also, donors will be eligible to win two tickets to the UK-UL game on September 4th and a \$5,000 travel package.

Anthem



Stop by and see Marlene Lawson for all your life and health insurance needs!

You can have an affordable managed care plan with the freedom of choice and the security of Anthem Blue Cross and Blue Shield — Blue Access.

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Visit us on the Internet at <https://www.kyfb.com/rockcastle/insurance/>

Welcome to a

Gospel Meeting

Church of Christ at Chestnut Ridge

2 Miles South of Mt. Vernon on Highway 25

August 11th - August 15th

Wednesday thru Saturday Services at 7:30 p.m.
Sunday Worship Service at 10:00 a.m.

Speaker will be Evangelist Brett Hickey
Everyone is invited to attend!



Please Join Us In Celebration of

KCA's Founding Fathers' Day

Dedicated to:

Clay A. Colson and the original trustees & directors
August 22, 5:30 p.m.
Pitch-in Picnic & Service
Ky. Christian Assembly

ABSOLUTE AUCTION

LENDER ORDERED INVENTORY LIQUIDATION SALE
Online Only Sale ending Thursday, August 12, 2010 at 1:00PM
OPEN FOR BIDDING NOW AT WWW.COMLY.COM
WEBSITE HAS COMPLETE TERMS AND CONDITIONS OF SALE.

Lender ordered sale of inventory from a local building supply/hardware store. A partial listing of items for sale includes:
300+ gallons of GRAYSEAL paint * MAKITA power tools * SKIL power tools * STANLEY tools * CAMPBELL HAUSFELD tools * CRESCENT tools * IRWIN tools * PLUMB hammers * LENOX cutting tools * LUFKIN tapes * RUBBERMAID coolers * JOHNSON levels * GREEN BULL ladders * WOOSTER/MERIT PRO/BAKER paint brushes & rollers * CUTLER-HAMMER load centers * indoor lighting & fans * wood augers * drill bits * hole saws * diamond concrete blades * 5/7/8/10 inch saw blades * 100+ bolt bins & bolts * boxes of nuts, bolts, screws, lag bolts, etc * outdoor lighting * bathroom & kitchen power vents * axes/shovels/sledges/picks/pry bars/shovels * hardwood flooring * drywall supplies * finished lumber * trim/edging/chair rail * 100+ doors * 1/4, 1/2, 3/4 plywood * black water line & drain pipe * 4 bundles of decking lumber * landscape timbers * ceiling fans * 200+ door locks * decorative stone * 2x4/2x6/2x8/2x10/2x12 lumber some 20ft * kitchen & bath faucets * lattice * kitchen cabinets * large quantity of steel rack & shelving * and other items too numerous to mention. The vast majority of everything in this store is name brand products, quality and selection is excellent.



Merchandise located at 1500 Lebanon Rd. Danville, KY

Preview dates:

Aug. 2-6:00pm • Aug. 5-6:00pm
Aug. 7-5:00pm • Aug. 9-5:00pm

For other possible times call Paul at 859-583-7788



Paul Playforth
Local agent
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Fax: 606-256-9526

FFA members participate in Dairy and Beef Show

Submitted by:
Chapter Reporter:
Billy Cameron
Asst. Reporter:
Megan Martin
Ag. Extension Agent:
John McQueary

On July, 30th, at the Brodhead Fair Grounds, Rockcastle County youth participated in the Little World's Fair annual dairy show. Members included Billy Cameron, Brittany Adams, and Andrew Laswell. Billy Cameron showed registered Holsteins and won Junior and Grand Champion of the Holstein show. He also won the Senior Showmanship class. Brittany Adams showed registered Brown Swiss and won Grand

Champion in the Brown Swiss show Andrew Laswell showed registered Guernseys and won Junior Champion in the Guernsey show.

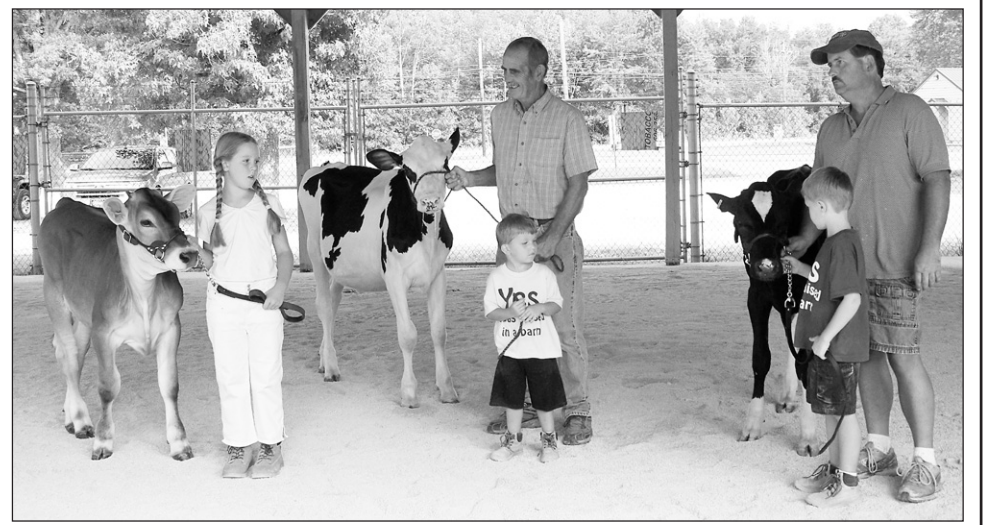
On Saturday, July 31st, Rockcastle County youth participated in the Brodhead Little World's Fair Beef Show. The three members included Robert Reynolds, Dustin Reynolds, and Kayla Reynolds. Robert Reynolds won Champion in the Gelbvieh show and won Supreme Champion.

We would like to express our thanks to the sponsors that helped make our shows possible.

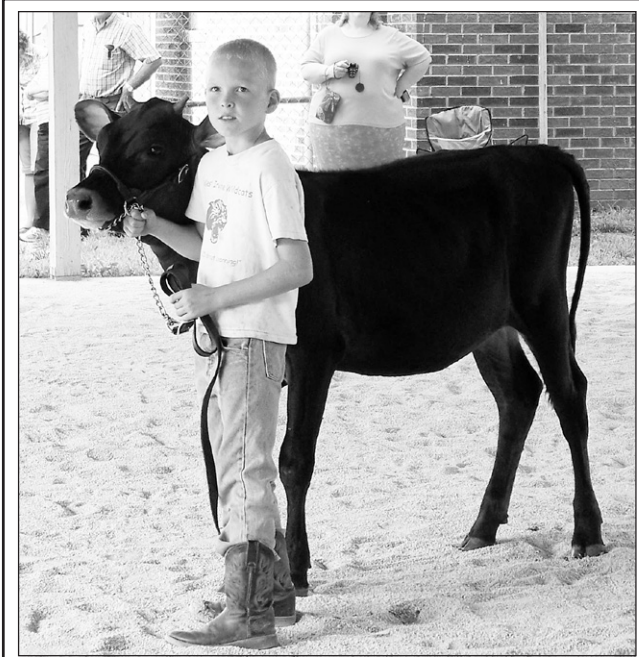
2010 Sponsors of the Beef and Dairy Show

•Gold Sponsors -\$250
Burkman Feed, Eubank; Brodhead Farm Equipment; Citizens Bank; Shafer Auto Body; Farm Credit Services; Farm Bureau; and Rockcastle County Beef Association.

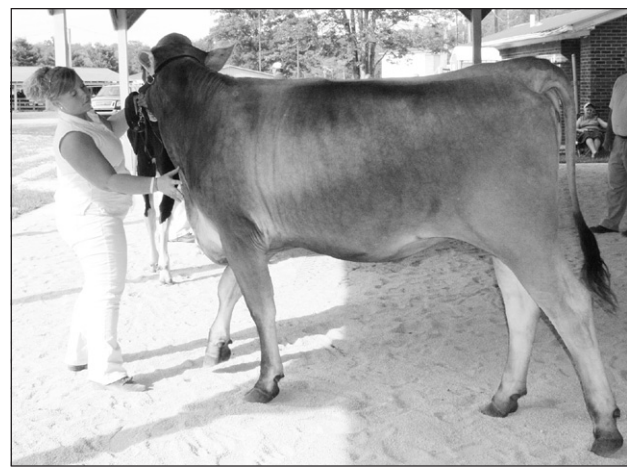
•Silver Sponsors -\$100
Community Trust Bank; Rockcastle County Conservation Board; Farmer's Supply; Ford Brothers; and Southeastern Graded Milk.



Little showmen participate in the novice showmanship class. Showmen included, from left: Callie Lewis, Carson Cameron, and Caleb Cameron.



Leonard Young is pictured holding his registered Jersey during the Junior Showmanship class.



Brittany Adams is pictured showing her registered Brown Swiss during the Senior Showmanship class.



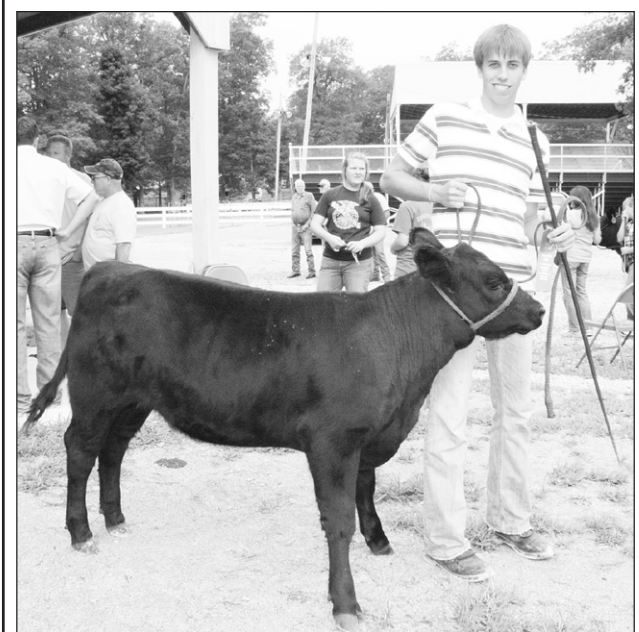
Kayla Reynolds is pictured showing her Gelbvieh heifer. The heifer won her class against tough competition.



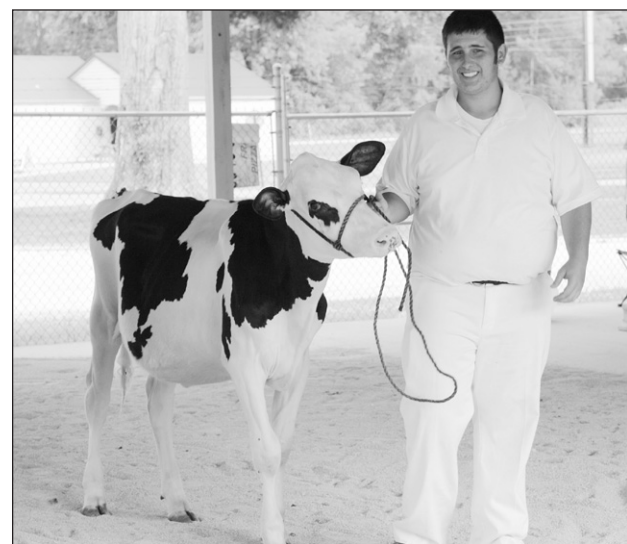
Mike Barron is pictured showing his Charlois heifer. The heifer went on to win Reserve Champion in the Charlois show.



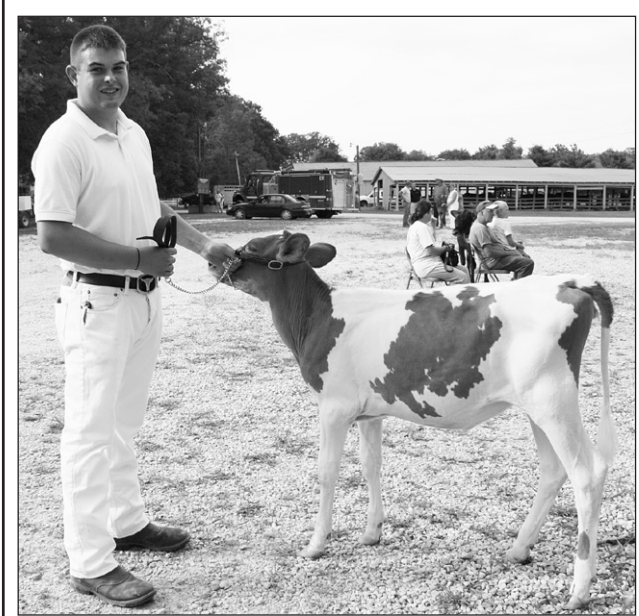
Robert Reynolds is shown holding his class winner in the Gelbvieh show. The heifer went on to win Supreme Champion.



Dustin Reynolds is pictured showing his Angus Junior calf that won her class in the competitive Angus show.



Billy Cameron is pictured winning first place in the Junior Calf class. The junior calf went on to be Honorable Mention Junior Champion.



Andrew Laswell is pictured holding his registered Guernsey before his class. Andrew went on to win Junior Champion in the Guernsey show.

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Bible Talk

Our study will be on the family, a topic that relates and affects us all in one way or another.

Husbands- The Lord gives his instructions of what husbands are to be in the family. Consider what Paul said in Eph.5:23 & 25, "For the husband is the head of the wife, even as Christ is the head of the church; and He is the Savior of the body... Husbands, love your wives, even as Christ also loved the church and gave Himself for it." Our headship is tempered by a sacrificial love, like Jesus had for the church.

Wives- Look at what Paul said about wives. "Wives, submit to your own husbands, as to the Lord...Therefore as the church is subject to Christ, so let the wives be to their own husbands in everything." Eph.5:22 & 24. Wives are to submit to their own husbands, not to momma's husband. Daddy's little girl needs to learn to let go and look to her husband for leadership.

Parents- A solemn responsibility for parents is the rearing of children. "Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord." It is parents' job to rear, nurture, train, develop their kids. "Train up a child in the way he should go; even when he is old he will not depart from it." It will take time and effort to train children. At times even corrective discipline will need to be administered. "He that spareth his rod hateth his son; But he that loveth him chasteneth him betimes." Prov.13:24.

Children- The word of the Lord declares, "Children, obey your parents in the Lord: for this is right. Honor thy father and mother (which is the first commandment with promise), that it may be well with thee, and thou mayest live long on the earth." Eph.6:1-3. Children need to learn to mind while they are young and at home. We all must learn to follow the rules. For even God follows his own rules of justice and righteousness. Children also need to look to the needs of aged parents. "But if any widow hath children or grandchildren, let them learn first to show piety towards their own family, and to requite their parents: for this is acceptable in the sight of God." 1 Tim.5:4.

Assaults on the Home- There are many assaults against what God has ordain for families. Adultery, homosexuality, women's lib, parental delinquency, etc. The home is God's first great institution, let us respect divine order, divine law, for God knows best.

We invite you to study and worship with us at the Providence church of Christ.

Our Time of Services:

Sunday 10am Bible Study, Worship 10:40 & 6:00pm; **Wednesday** 7:00pm.

Our Web Site: www.WhatSaithTheScriptures.com

Too Late To Classify

Garage Sale: 3 families, Friday and Saturday, August 6th and 7th, rain or shine. 97 N. Daily St.
Yard Sale: Friday and Saturday, 9 to 5, 385 Floyd St. Home of Rissie Gentry Ballinger. 4 push mowers for parts, hot peppers, clothes - all sizes, men, women and kids clothes, lots of everything.

Brodhead Bengal Football Sign-ups

Brodhead Elementary School
Saturday, 9 to 12 • 4th & 5th grade
For more info. call Shawn Thacker at 308-1199 or Jerry Saylor at 606-386-0420

5 Family Yard Sale

Saturday, August 7th, right on Quail Rd., exactly 2 miles, lots of parking across street.
Longaberger, large and small pictures, McCoy and Bybee pottery, lots of children's and large women's clothes, small trunk sets, microwave and small kitchen appliances.



Happy late birthday Shelly Miller-Mason!
"We Dig Your Style"



Rockcastle Kiwanis Club welcomed John Musterman of Community Trust Financial Services to their July 28th meeting held at the Rock Fire Steakhouse. With baby-boomers coming into retirement age, Social Security benefits are becoming a concern for some and so the information that John shared with us makes us realize we need to be thinking about "what kind of money will we need for retirement and keep our same lifestyle?" The Kiwanis Club meets every Thursday at noon at the Rock Fire Steakhouse, the public is invited. Shown above from left are: Betty Frederick, Becky Mays, Mr. Musterman and Kiwanis president Vicki Cox.

**Commonwealth of Kentucky
28th Judicial Circuit
Rockcastle Circuit Court • Division I
Civil Action No. 09-CI-00140**

OCWEN Loan Servicing, LLC Plaintiff
v.

**Danielle Capuson,
Commonwealth of Kentucky,
County of Rockcastle,
City of Brodhead and
unknown spouse of
Danielle Capuson** Defendants

NOTICE OF SALE

Pursuant to a judgment and order of sale entered in this action on September 30, 2009 and order to re-schedule sale entered on June 25, 2010 for the purpose of satisfying the judgment against the defendants in the amount of ONE HUNDRED FOUR THOUSAND THREE HUNDRED THIRTY ONE DOLLARS AND 86/100 (\$104,331.86) plus interest, costs and attorney fees. I will offer at public auction the hereinafter described real property in Rockcastle County, Kentucky.

**At the Courthouse on East Main Street
Mt. Vernon, Kentucky
on Friday, August 20, 2010
Beginning at the Hour of 11:00 a.m.**

Said property being more particularly bounded & described as follows:

114 Water Tank Hill, Brodhead, KY 40409

Beginning at a steel pin on the Water Tower Road 500' S East of Kentucky 1505 in Brodhead; thence due East 172' to steel pin, S 31 degrees W 142' to steel pin on N East side of Water Tower Road; thence with said road, N 66 degrees W 56' to 8 inch black oak and N 23 degrees W 106' to the beginning, containing 0.28 acres more or less.

There is excluded and not now conveyed that portion of the above and more particularly described as follows:

Beginning at a steel pin at Water Tank Hill Road, running East 94 feet; thence running West 93 feet to a steel pin at said road; thence running North 35 feet down said road to a steel pin.

This being the property which Danielle Capuson obtained by deed dated July 17, 2007, executed by Paul Douglas Day, et ux. and recorded in Deed Book 217, Page 27 in the Office of the Rockcastle County Clerk.

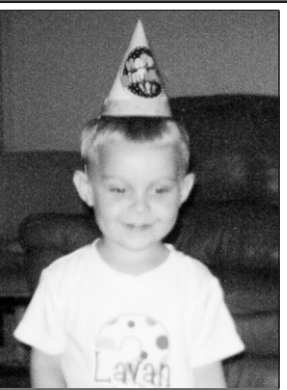
The property shall be sold on the following terms & conditions:

1. The real property shall be sold for cash or upon a credit of sixty (60) days with the purchaser required to pay a minimum of ten percent (10%) of the purchase price in cash on the date of sale and to secure the balance with a bond approved by the Master Commissioner.
2. The bond shall bear interest at the rate of twelve percent (12%) per annum until paid in full. The bond shall have the force and effect of a judgment and shall be and remain a lien upon the property sold as additional surety for the payment of the purchase price.
3. Unpaid taxes of record at the time of entry of judgment shall be paid out of the proceeds of the sale.
4. The purchaser shall pay the 2009 local, county and state property taxes.
5. Full satisfaction of the plaintiff's judgment shall be paid out of the proceeds of the sale.
6. The purchaser shall have possession of the real property upon compliance with the terms of the sale.
7. In the event that the plaintiff is the successful bidder and the sale price does not exceed the amount of the plaintiff's judgment, no deposit or bond shall be required.
8. The sale shall be made subject to all easements, set back lines, restrictions or covenants of record or otherwise and shall be sold "as is".

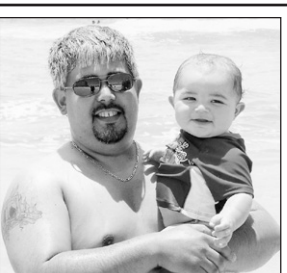
**John D. Ford
Master Commissioner
Rockcastle Circuit Court**



Chelsi Laswell will celebrate her 4th birthday on August 4th. Happy birthday big girl. Love - Mommy, Gracee May, Grana, Papaw, Aunt Angie, Uncle Zack and Aunt Hazel



Happy 3rd Birthday Lavan Evans With lots of love from, Dad, PaPaw and MaMaw Evans, Uncles, Aunts, Cousins and Friends



Happy Birthday Daddy August 5th Before I was born, you fell in love with me, now and forever, Daddy's boy is what I'll be. I'm everything you hoped for. I'm all your dreams come true, this little boy couldn't be happier, to have a Daddy as special as you! I love you Daddy Ashtin

**Mount Vernon
Signal
Contact
numbers
Phone:
606-256-2244
Fax:
606-256-9526**

**Commonwealth of Kentucky
28th Judicial Circuit
Rockcastle Circuit Court • Division I
Civil Action No. 09-CI-00350**

U.S. Bank, N.A. Plaintiff
v.
**Jeremy D. Elkins and
Natasha G. Elkins** Defendants

NOTICE OF SALE

Pursuant to a judgment and order of sale entered in this action on July 20, 2010 for the purpose of satisfying the judgment against the defendants in the amount of TWO HUNDRED EIGHTEEN THOUSAND FIVE HUNDRED THIRTY TWO DOLLARS AND 16/100 (\$218,532.16) plus interest, costs and attorney fees. I will offer at public auction the hereinafter described real property in Rockcastle County, Kentucky.

**At the Courthouse on East Main Street
Mt. Vernon, Kentucky
on Friday, August 20, 2010
Beginning at the Hour of 11:00 a.m.**

Said property being more particularly bounded & described as follows:

2916 South Wilderness Road, Mt. Vernon, Rockcastle County, Ky. Tax Parcel No. 060-00-061.05

Beginning on a 1/2" conduit with plastic cap stamped RLS #2773, corner to Clifford Collins and line of Joan Calhoun, said point is being S 07 09' 48" W, 190.20 feet from a point in the South right of way of U.S. Highway No. 25 which is a corner to Jean Calhoun and Clifford Collins; thence going with the line of Jean Calhoun S 07 40' 23" W, 506.00 feet to a 1/2" conduit with a plastic cap stamped RLS #2773 corner to Collins and in the line of Jean Calhoun; thence going with the line of Clifford Collins the following calls: S 82 57' 48" E, 331.70 feet to a 1/2" conduit with a plastic cap stamped RLS #2773; N 17 30' 39" E, 233.55 feet to a 1/2" conduit with plastic cap stamped RLS #2773; N 42 07' 36" W, 121.46 feet to a 1/2" conduit with a plastic cap stamped RLS #2773; N 50 56' 39" W, 300.68 feet to a 1/2" conduit with a plastic cap stamped RLS #2773; N 23 43' 49" W, 42.44 feet to the point of beginning. Containing 3.01 acres.

Grantors further convey unto the grantees an easement for the purpose of ingress and egress which is 30 feet East of and parallel to the following calls: Beginning at a point in the South right of way of U.S. Highway No. 25; thence going S 07 09' 48" W, 190.20 feet; S 23 43' 49" E, 42.44 feet; S 50 56' 39" E, 300.68 feet; S 42 07' 36" E, 121.48.

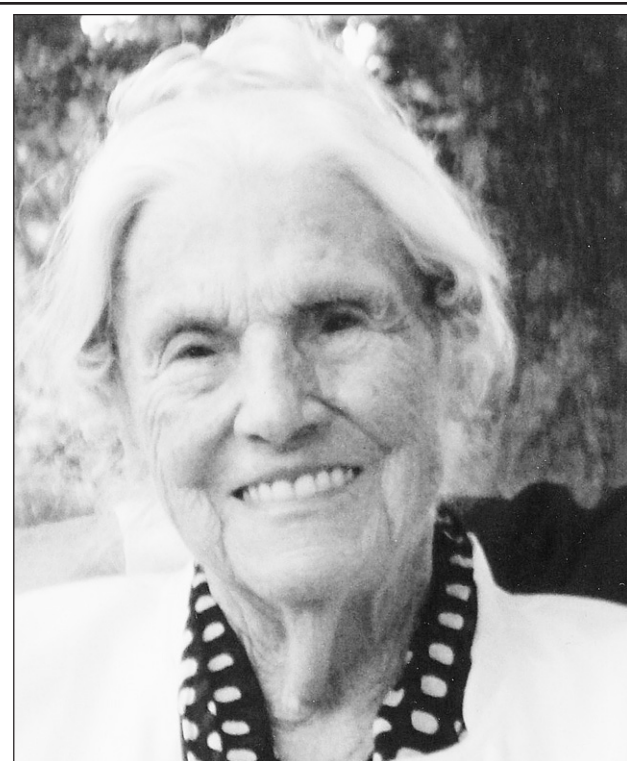
Being the same real property which Jeremy D. Elkins, et ux. obtained by deed dated August 16, 2007, executed by Reavis D. Gibb, et ux. and recorded in Deed Book 217, Page 494 in the Office of the Rockcastle County Clerk.

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

1. The real property shall be sold for cash or upon a credit of thirty (30) days with the purchaser required to pay a minimum of ten percent (10%) of the purchase price in cash on the date of sale and to secure the balance with a bond approved by the Master Commissioner.
2. The bond shall bear interest at the rate of twelve percent (12%) per annum until paid in full. The bond shall have the force and effect of a judgment and shall be and remain a lien upon the property sold as additional surety for the payment of the purchase price.
3. Unpaid taxes of record at the time of entry of judgment shall be paid out of the proceeds of the sale.
4. The purchaser shall pay the 2010 local, county and state property taxes.
5. Full satisfaction of the plaintiff's judgment shall be paid out of the proceeds of the sale.
6. The purchaser shall have possession of the real property upon compliance with the terms of the sale.
7. In the event that the plaintiff is the successful bidder and the sale price does not exceed the amount of the plaintiff's judgment, no deposit or bond shall be required.
8. The sale shall be made subject to all easements, set back lines, restrictions or covenants of record or otherwise and shall be sold "as is".

**John D. Ford
Master Commissioner
Rockcastle Circuit Court**

Birthdays



92nd Birthday Celebration

Rissie Brock, of Brodhead, celebrated her 92nd birthday August 2nd with family at the Rock Fire Steakhouse. *Happy Birthday - we love you so much!*

**Commonwealth of Kentucky
28th Judicial Circuit
Rockcastle Circuit Court • Division II
Civil Action No. 08-CI-00146**

**Lasalle Bank National
Association as trustee for
First Franklin Mortgage Loan
Trust 2007-FF1, Mortgage Loan
Asset-Backed Certificates,
Series 2007-FF1** Plaintiff

v.

**Dustin McClure,
Crystal McClure,
Mortgage Electronic Registration
Systems, Inc., U.S. Bank National
Association, as successor in interest to
Wachovia Custodian for Sass Muni
V DTR US Bank Cust,
Addington Oil Co., Inc.** Defendants

NOTICE OF SALE

Pursuant to a judgment and order of sale entered in this action on September 17, 2010 and order to re-schedule sale entered on June 16, 2010, for the purpose of satisfying the judgment against the defendants in the amount of ONE HUNDRED ONE THOUSAND SIX HUNDRED EIGHTY ONE DOLLARS AND 31/100 (\$101,681.31) plus interest, costs and attorney fees. I will offer at public auction the hereinafter described real property in Rockcastle County, Kentucky.

**At the Courthouse on East Main Street
Mt. Vernon, Kentucky
on Friday, August 20, 2010
Beginning at the Hour of 11:00 a.m.**

Said property being more particularly bounded & described as follows:

Beginning at an iron pin corner to Carl Speaks in the north right of way of U.S. Highway No. 150; thence going with the Speaks line N 15 degrees 21 minutes 53 seconds E, 161.17 feet to an iron pin corner to Speaks in the south right of way of the L & N Railroad; thence with said railroad right of way N 79 degrees 48 minutes 36 seconds W, 240.00 feet; N 66 degrees 19 minutes 57 seconds W 630.00 feet; N 53 degrees 22 minutes 23 seconds W, 100.00 feet to an iron pin corner to Emma Crank; thence leaving railroad right of way and going with the Crank line S 39 degrees 09 minutes 07 seconds W, 56.00 feet to a post corner to Crank in the north right of way of Highway No. 150; thence going with said highway right of way S 56 degrees 35 minutes 08 seconds E 706.76 feet; thence S 75 degrees 15 minutes 00 seconds E, 306.08 feet to the beginning and containing 2.505 acres as surveyed by C. Douglas Mullins, Registered Land Surveyor No. 2773.

There is excepted from this tract herein described and not conveyed 140 feet with highway and railroad conveyed to Terry Shaffer by deed of record in Deed Book _____, page _____ in the Office of the Rockcastle County Clerk.

Being the same property that Dustin McClure and wife Crystal McClure obtained by deed dated November 15, 2006 and recorded in Deed Book 213, page 342 in the Office of the Rockcastle County Clerk.

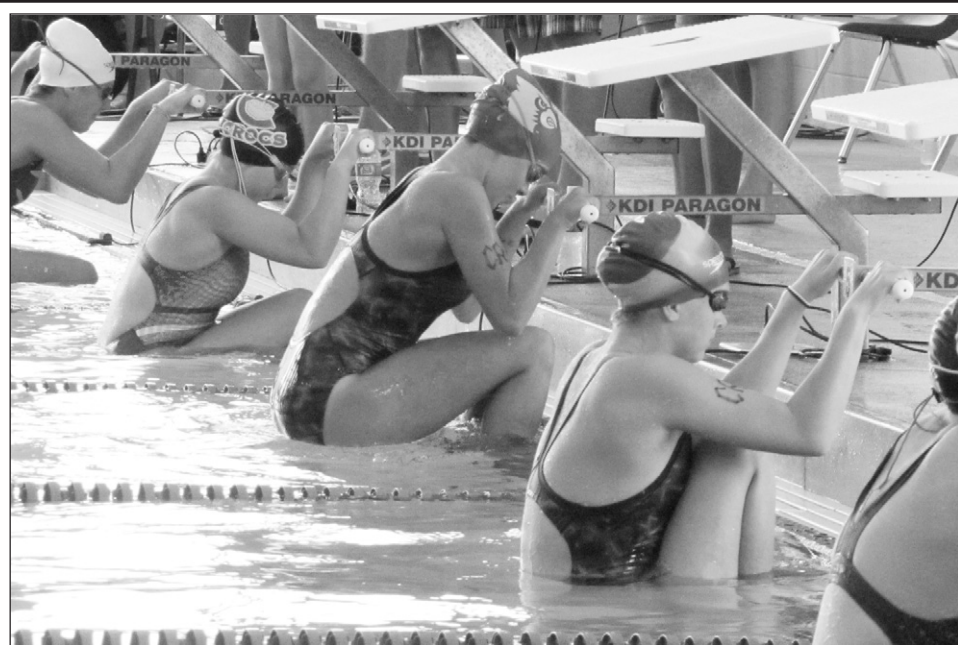
The property shall be sold on the following terms & conditions:

1. The real property shall be sold for cash or upon a credit of thirty (30) days with the purchaser required to pay a minimum of twenty five percent (25%) of the purchase price in cash on the date of sale and to secure the balance with a bond approved by the Master Commissioner.
2. The bond shall bear interest at the rate of twelve percent (12%) per annum until paid in full. The bond shall have the force and effect of a judgment and shall be and remain a lien upon the property sold as additional surety for the payment of the purchase price.
3. Unpaid taxes of record at the time of entry of judgment shall be paid out of the proceeds of the sale.
4. The purchaser shall pay the 2010 local, county and state property taxes.
5. Full satisfaction of the plaintiff's judgment shall be paid out of the proceeds of the sale.
6. The purchaser shall have possession of the real property upon compliance with the terms of the sale.
7. In the event that the plaintiff is the successful bidder and the sale price does not exceed the amount of the plaintiff's judgment, no deposit or bond shall be required.
8. The sale shall be made subject to all easements, set back lines, restrictions or covenants of record or otherwise and shall be sold "as is".

**John D. Ford
Master Commissioner
Rockcastle Circuit Court**



Cedar Rapids Dolphin's Sydney Arvin dives into the pool at the Southern Kentucky Swim Conference held last Saturday at Russell Springs. The Dolphins competed against Lakewood Country Club and Crooked Creek Country Club.



Lauren Burton, center, prepares for the backstroke event during the swim conference. Burton was the high point swimmer in her age group.



Brandon Young competes in the 50 yard butterfly event. This is Brandon's final year with the Dolphins and he was honored after the conference for his 13 years of swimming.



Another year of Rockcastle Co. fast pitch softball has come to a close, and has been the best year for the program thus far. Lots of fun was had by all and the girls learned a lot. As a team manager and board member, I hope to see all the girls and many more participate next year. Pictured above are the Reds, who had a good year. I would like to thank all my girls for their great spirit and hard work, and my parents for their patients and support. Five of these girls were on the 10-U all-star team, who also had a great run this year. I am very proud of all these girls and hope to see you all again next year. *By Glen Smith.* Reds team members are shown above, front row from left: Rachel Carroll, MaKayla Blair, Emma Smith, Jordyn Powell and Erin Thompson. Back row from left: asst. coach Jeff Ham, Presley Cromer, Shelby Ham, Heaven Davidson, Brittany Wright, Laney Poynter, Dana Hatfield and team manager Glen Smith. Not shown: Cassie Poynter.

RCHS Football will bring flag football to grade school students

RCHS Head Football Coach Scott Parkey will be in Rockcastle County elementary schools the first week of school to unveil a new flag football opportunity his program will begin this year.

Below are the details of the league. Parkey will explain how to get students signed up while at the respective schools.

General Overview

- Mission:
The mission of the Rockcastle County Youth Flag Football League is to create an environment of fun competitiveness while introducing participants to the game of football through active, physical exercise.

- Ages of Participation:
Students in the 2nd and 3rd grades will be eligible to participate.

- League Officials:
RCHS Football coaches will oversee the league and all practices and contests. Coaches will be chosen for

each school through an application and interview process. Current RCYS football players will assist in some practices and contests in various roles.

-League Arrangement:

Students from each elementary school will represent their school. The number of teams each school will field will be based on the number of participants to sign up. Each team must have a minimum of 12 players, but no more than 15. No team will start a contest (game) with less than 9 players.

Signups and team divi-

sions will take place in the second week of August. Coaches will be selected at that time as well. Mandatory coaches' clinic(s) will take place before any practices are held.

-Practices:

Practices will be held on Tuesday evenings, beginning August 31, at each school with RCYS football coaches in attendance. The purpose of practice is to introduce the game of football and its fundamentals to the players. Incorporation of flags and the

(Cont. to A9)

**Commonwealth of Kentucky
28th Judicial Circuit
Rockcastle Circuit Court • Division I
Civil Action No. 09-CI-00092**

Reavis D. Gibb and Diane H. Gibb Plaintiff
V.
Darrell Scott and Barbara Scott Defendants

NOTICE OF SALE

Pursuant to a judgment and order of sale entered in this action on June 28, 2010 for the purpose of satisfying the judgment against the defendants in the amount of TWENTY ONE THOUSAND NINE HUNDRED SIXTY FIVE DOLLARS AND 97/100 (\$21,965.97) plus interest, costs and attorney fees. I will offer at public auction the hereinafter described real property in Rockcastle County, Kentucky.

**At the Courthouse on East Main Street
Mt. Vernon, Kentucky
on Friday, August 20, 2010
Beginning at the Hour of 11:00 a.m.**

Said property being more particularly bounded & described as follows:

Being Tracts 8, 15 & 17 a shown on the plat recorded in Plat Cabinet 4 at Slide 602, reference to which is hereby made for a more particular description.

Being a portion of the property which Darrell Scott, married, obtained by deed dated April 13, 2007, executed by Reavis D. Gibb, et ux. and recorded in Deed Book 215, Page 434 in the Office of the Rockcastle County Clerk.

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

1. The real property shall be sold for cash or upon a credit of forty five (45) days with the purchaser required to pay a minimum of ten percent (10%) of the purchase price in cash on the date of sale and to secure the balance with a bond approved by the Master Commissioner.
2. The bond shall bear interest at the rate of twelve percent (12%) per annum until paid in full. The bond shall have the force and effect of a judgment and shall be and remain a lien upon the property sold as additional surety for the payment of the purchase price.
3. Unpaid taxes of record at the time of entry of judgment shall be paid out of the proceeds of the sale.
4. The purchaser shall pay the 2010 local, county and state property taxes.
5. Full satisfaction of the plaintiff's judgment shall be paid out of the proceeds of the sale.
6. The purchaser shall have possession of the real property upon compliance with the terms of the sale.
7. In the event that the plaintiff is the successful bidder and the sale price does not exceed the amount of the plaintiff's judgment, no deposit or bond shall be required.
8. The successful bidder shall at bidder's own expense carry fire and extended insurance coverage on said improvements from the date of sale until the purchase price is paid in full with a loss payable clause to the Rockcastle Master Commissioner.
9. The sale shall be made subject to all easements, set back lines, restrictions or covenants of record or otherwise and shall be sold "as is".

**John D. Ford
Master Commissioner
Rockcastle Circuit Court**

ROCKCASTLE COUNTY BOARD OF EDUCATION
MARTIN E. VANZANT, CHAIRMAN
TINA CAIN HASTY, VICE CHAIRWOMAN
MICHAEL BURDETTE
ANGELA STALLSWORTH MINK
ANNA M. GOFF

Meeting Location – Rockcastle County Board Of Education
(Rockcastle Teaching & Learning Center) / 245 Richmond Street

**AGENDA
Regular Meeting
August 10, 2010
7:00 P.M.**

- 1. CALL TO ORDER:**
 - A. Silent Prayer
 - B. Roll Call
 - C. Reading of Board Team Commitments
- 2. ADOPT AGENDA/ACTION:**
- 3. COMMUNICATION:**
- 4. OPERATIONS/ACTIONS:**
 - A. Approve minutes of the July 15 special meeting
 - B. Approve bills for payment
 - C. Approve Emergency Substitute Teacher Application TC-4: Jake Woodall
 - D. Approve Fund Raiser Requests for Rockcastle County High School
 - E. Approve advertisement for bid request for Roundstone Elementary School roof project BG 10-280 pending KDE approval
 - F. Approve Contractual Agreement with Kimberly Cornelius to provide consultation and advisory services to the school health program for the 2010-2011 school year
 - G. Approve Agreement with Midway College to Accept Student Teaching Placements and Field Placements for the 2010-2011 school year
 - H. Approve Agreement with Morehead State University to Accept Student Teaching Placements for the 2010-2011 school year
 - I. Approve Agreement with University of Kentucky College of Medicine, Department of Orthopaedic Surgery and Sports Medicine for Athletic Training Services for the 2010-2011 school year
 - J. Approve disclosure of free and reduced priced information agreement
 - K. Approve School Trip Forms
- 5. DISCUSSION/ACTION:**
 - A. Review/Approve finalization of property disposal at Intersection of School Street and Highway 25 (signing of deed) pending KDE approval
- 6. DISCUSSION/REVIEW:**
 - A. Review Monthly Financial Reports
 - B. Review Superintendent's Personnel Action Report
 - C. Review Board Policy Update #33 and Procedure Update # 14
 - D. Other: Technology Discussion
- 7. ADJOURNMENT:**

Prayer Garden built at KCA to honor the late Suzanne Brown

Last Fall, it had been nearly five years since the passing of Ronnie and Debbie Brown's daughter, Suzanne.

It was then that her mother, Debbie, started considering ways to honor her eldest child's life.

Suzanne grew up active in youth activities at Mt. Vernon's First Christian Church. It was there that she was introduced to the Kentucky Christian Assembly where she would spend a number of summer weeks developing a relationship with other children her age and, most importantly, God.

With those experiences from Suzanne's childhood in mind, Debbie thought it most appropriate to develop a prayer garden at the KCA that would create an environment for both "campers and adults alike to walk with Him," Debbie said.

The project has been underway since last Fall and includes nine planting areas to symbolize the nine fruits of the spirit.

Each of the four corners also has its own focal point. A waterfall, a statue of Jesus, a big, flat rock with the inscription "Jesus is

Rock," and a cross make up the points.

The prayer garden is almost complete with stone benches being placed and electrical wiring currently being laid along with perennials being planted.

Debbie says the spirit of volunteerism that people have brought to the project has been the most encouraging part of the process. To date, almost 75 volunteers have donated their time and talents she said.

However, the last phase of the project is yet to be completed and displays a beautiful water feature. The cost of the feature and the additional mulching that still needs to be done is a little over \$3,000.

The camp is open to the public every day from 9 a.m.- 4:30 p.m.

You can send an offering to K.C.A., P.O.Box 71 Brodhead, KY 40409. You can also contact Director Arthur Hunt at (606) 679-3013.

There is also an opportunity to contribute by attending a "Taste of Lavendar Garden Party" on Saturday, August 28th from 1 to 3 p.m. Tickets are on sale for

\$25 at the *Mount Vernon Signal* Monday-Friday from 9 a.m.-4 p.m.

"This experience has been very soul-healing for me and I know it will continue to be. Seeing so many people lend a helping hand really restores your faith in God and in people," Brown said.

Taste of Lavender Garden Party

To raise funds to complete the garden, a "Taste of Lavender" Garden Party will be held at the church camp on Saturday, August 28th from 1 to 3 p.m.

At the party, you can tantalize your palette with tastings of food and drink that have been prepared with hints of culinary lavender.

Tickets are \$25 each and are on sale at the *Mount Vernon Signal*. You can also donate to the garden in honor of a loved one.

"Football"

(Cont. from A8)

rules of the league will also be introduced, explained and reinforced. Practices should be fast-paced and FUN for all participants. 100% involvement by each participant is a must.

-Games:

Games will be held in Round Robin tournament formats. The contests will take place on three Saturdays on the high school practice field. September 11th, 25th, and October 9th will be the dates of the tournaments. Officials will be used for each game.

Gameplay and Rules

-Clock Rules:

--Two (2) 20 minute halves will be played with a 5 minute halftime break. Clock will stop only for timeouts, injuries, under two minutes of the game or by official discretion.

--30 second play clock will be used from the time the ball is spotted until it is snapped.

--Two (2) timeouts are allowed for each team per half. Each timeout is one minute in length.

--Under two minutes of the second half, clock will stop on dead balls as stated in high school rules.

--Clock is kept by the head official on the field or game official on sidelines.

-Equipment:

--Mouthguards must be worn by all participants while on the field.

--Shirt must be uniform and tucked in not to obstruct flags.

--Flags must not be obstructed

--Metal cleats or metal tipped cleats are NOT allowed

Playing the Game:

--7 on 7 with one coach allowed on the field (5 yds behind QB and 5 yds behind safety)

--Coin Toss with decision to kick or receive

--Kickoffs are made from the "C" line. Ball is dead when an offensive player controls the ball. Possession begins at that spot. NO ONSIDE KICKS

ALLOWED.

--Interceptions by the defense are live and can be returned.

--Punts must be declared by the offense. After the ball is punted, it is dead once controlled by the return team or downed by the kicking team.

--Playing Time for participants-each player should play at least 20 min (half the game). The object of the league is for kids to have fun and learn about football. Let them play, set a rotation or platoon system that enables all kids to play.

--A rotation must be in place to allow each player to have the opportunity to play QB and RB for at least two plays each. No player should play QB or RB for more than four consecutive plays in order to develop more runners, throwers, and receivers.

--Scoring rules: Touchdown 6, safety 2, extra point rushing 1, Extra point passing across line of scrimmage is 2. Interceptions by the defense on an extra point are 2 points for the defense.

Going out of Business The Attic at Berea

As a result of the president of Mountain Missions Development Corporation retiring, the Attic at Berea is closing!!

A Special GOING OUT OF BUSINESS SALE started Friday, August 1st from 8:30 a.m. to 4:30 p.m. and continues through August.

EVERYTHING WILL BE SOLD!!

Clothes for men, women and children • Furniture - home and office
Exercise equipment • Child development center equipment and furniture
Woodworking equipment • Crafts • Quilting Machine • Sno-Cone Machine
Candle-Making equipment and supplies • Loom

Something for everyone!!

For more information, call 875-985-4518



The above photo is of the Prayer Garden in its early stages of work. Plants, benches, a beautiful waterfall and a cross have since been added to the garden.



Stella and Lexi Young, Keeley Goff and Linda Clontz won the Ladies' Tee Time held at Cedar Rapids Country Club. The team shot 3 under par for the victory.

ATHLETIC FORUM So you want to be a COLLEGE ATHLETE?

For all RCHS Parents and Student Athletes

College Coaches will be sharing information about:

- Athletic Eligibility in College
- Recruiting for College Athletics
- Differences in Athletic Divisions in College
- NCAA Clearinghouse

August 9, 2010

6:00 p.m.

RCHS Auditorium

Sponsored by GEAR UP and RCHS Guidance Department

Coaches from:

- Georgetown College
- Eastern Kentucky University
- Lindsey Wilson College
- Union College
- Transylvania University



Coming to Rock Fire Steakhouse Little John's Pizza Monday, August 9th

**Hot & Ready \$5 Lg. Pizza
1 Topping**

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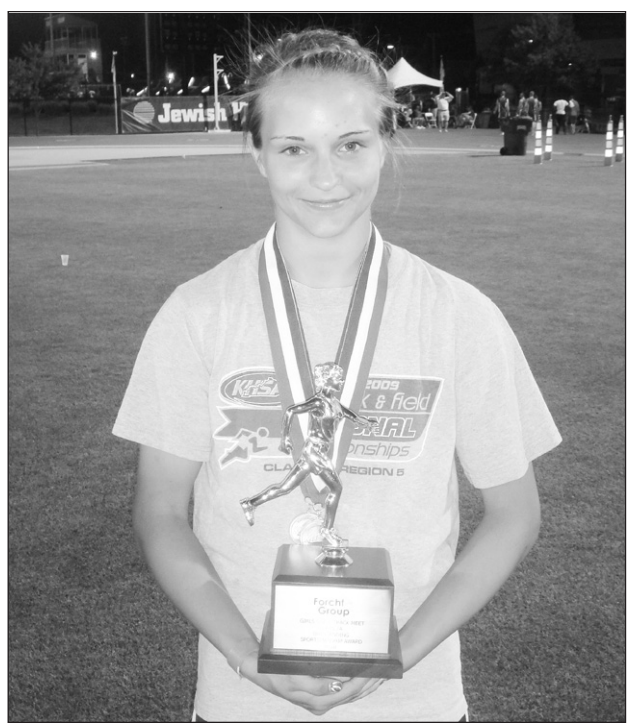
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Rock Fire Steak House Owner, John VanWinkle, right, shown with Frank Mullins who has joined our team as a delivery driver.

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\$2.00 OFF	One FREE	Buy One Lg. House
Purchase of med. or	2 Liter	Specialty Pizza at
Lg. 1 topping Pizza	Pepsi Produce	Reg. Menu Price -
(At reg. menu price)	w/purchase of \$25	Get Med. 1 Top-
Not redeemable on any other	or more	ping Pizza FREE
special or Hot & Ready Pizza	PLEASE MENTION COUPON	PLEASE MENTION COUPON
PLEASE MENTION COUPON	Expires: Aug. 31, 2010	Expires: Aug. 31, 2010
Expires: Aug. 31, 2010	VALUABLE COUPON	VALUABLE COUPON



RCHS graduate Samantha Smith was recently named the Kentucky Class 2A Female Track and Field Athlete of the Year recently for her amazing regular season and state meet performances. She also won the KyTrackXC.com Overall Field Event Athlete of the Year award given to the state's most outstanding field event performer. She won state titles in both long and triple jump this season and surpassed the Class 2A state records in both events.

“Smith”

(Cont. from front)

record marks were historic, ranking her in the top five all-time in both events out of all three classes combined in the state of Kentucky.

Smith continued her excellence in the jumping events at the Class 2A State Championships, winning her second straight state title in long jump and her first state title in triple jump while dominating her class in both events. She was named 1st team all state in both long and triple jump and finished the season with the top marks in the state in all three classes in both events. She also finished 5th in the 100-meter dash and 6th in the 200-meter dash at state.

Smith led all scorers at the Class 2A State Championships with an amazing 27 points. She was awarded the KHSAA Sportsmanship award for her outstanding

performances along with her attitude and conduct in the sport during the season and at the state championships.

“Livingston”

(Cont. from front)

at 2 p.m. and, at 8 p.m., music featuring the Medley Boys Band who will perform until dark. There will be a break at dark for fireworks and then the Medley Boys will play until around midnight.

Food will be available throughout Livingston during the festivities and the Revitalization Committee will be sponsoring a Flea Market and Yard Sales at a cost of \$4 per booth. The Flea Market and Yard Sales will continue on week ends through the rest of the summer.

Classified Deadline is 10 a.m. Tuesday

“Crasher”

(Cont. from front)

taken to the hospital. All the gifts were returned to the newlyweds.

“We’re really blessed for good friends and family,” says Brandi Abney.

Campbell was reportedly running toward a purple Chevy Camaro where a man was waiting. Because those giving chase were so close, Campbell yelled to him to go and he did. The Camaro was last seen traveling in the direction of Mt. Vernon.

Campbell has been arrested on charges of Theft by Unlawful Taking and Assault 4th Degree.

A court appearance is scheduled for August 9th.

(Ed’s note: Parts of this story were taken from a news report by WKYT TV and from a report by the Rockcastle Sheriff’s Dept.)



Margaret Campbell

“Cromer”

(Cont. from front)

the string of burglaries. Items as high in value as LCD televisions have been reported stolen.

There was also, what Jackson thinks is an unrelated burglary, at Cash Express in Mount Vernon on July 22nd at around 6:30 p.m. There were three units at the scene within a minute of the call, but a trail of the suspect could not be picked up.

Jackson says that if you witness a burglary occurring, you should call 911 immediately. He says the general tendency is to wait until the offender has left the premises. However, waiting makes it much more difficult for law enforcements officers to successfully track the offender.



Brandon Cromer

“Deadline”

(Cont. from front)

Hasty, who currently serves the third district, has filed for re-election. There have been no filings in the first district, the seat currently held by Angela Stallworth Mink.

Candidates who wish to run as a write-in for any of the local races have until October 22nd.

“Rates”

(Cont. from front)

is in the public interest because it will “result in a lower rate increase than justified by our traditional rate-making analysis.”

Also noted in the July 30th orders was the acknowledgement that the PSC has received numerous complaints about KU billing and collection practices. In response to those complaints, the PSC has initiated a focused management audit review that will review all aspects of the customer service

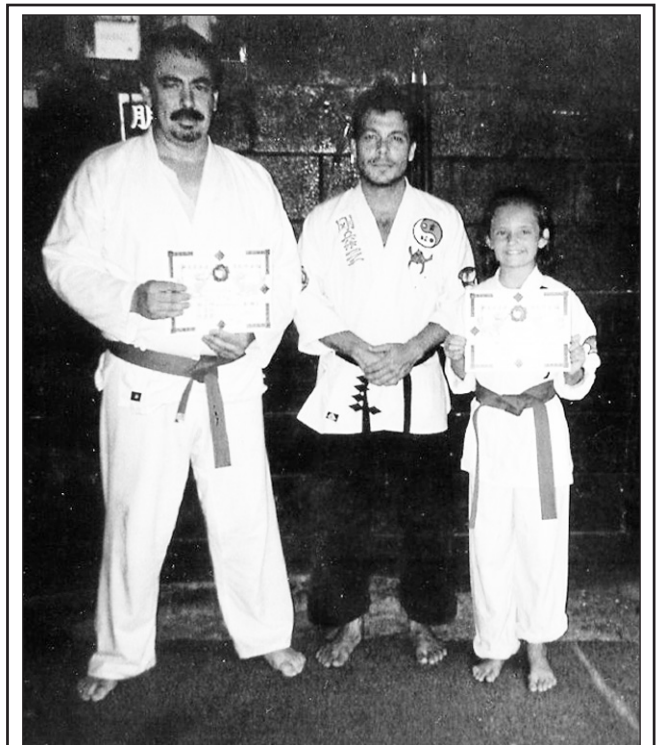
functions.

The revenue adjustments covered for by KU included recovery of the costs from the September 2008 wind storm and the January 2009 ice storm.

The release also says that the stipulations of the agreement between the PSC and KU will change rates for non-residential customers but doesn’t specify the degree to which they will change.

KU has 504,000 customers in 74 counties of the state.

Subscribe to the Signal



On July 13th, two students from the Mt. Vernon Shaolin Karate Club tested before Master Eric Bullock. Both students passed their tests from yellow belt to blue belt and received rank advancement certificates. Shown from left are: Steve Caudill, Master Eric Bullock and his daughter Haley Bullock.

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Elaine says she's coming down off the roof to give everyone a great deal!



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6' Round Area Rugs **\$99.00**

Select Berber **\$3.99** Sq. Yd. (Or **44¢** Sq. Ft.)

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Congoleum Vinyl **\$4.99** Sq. Yd. (Or **55¢** Sq. Ft.)

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Mount Vernon Signal

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Second Section

Thursday, August 5, 2010

Students learn about health careers at Summer Summit

In July, high school students gathered from six Kentucky counties to participate in the Berea College GEAR UP/AHEC/WEEA Summer Summit on the campus of Berea College. Among those students were Catherine Hounshell, Rachel Hemsley, Katie Linville, Crystal Holt and Mary Robinson, all from Rockcastle, as well as students from Madison, Fayette, Lee, Jackson, and Estill counties. The weeklong, overnight experience gave participants a taste of campus life and broadened their knowledge of career opportunities in health care.

The camp kicked off on Monday afternoon, July 12th, with a health career overview which set the stage for many great learning experiences through

the week. Rockcastle Regional Hospital's own Shannon Stevens and Lindsey Gabbard presented a dietary information session on Thursday, followed by a respiratory therapy presentation by Mike McFerron and Rodney Weaver on Friday. Etiquette training, a hospital tour, guest speakers and a nursing workshop are a few more events that led up to what most campers believed to be the highlight of the camp. On Thursday morning students had the opportunity to watch the live feed of a gallbladder removal surgery by Dr. Joseph Iocono of the University of Kentucky Department Of Surgery.

Campers wrapped up the week with presentations which had been in production for the duration

of the camp. Students and Southern Kentucky AHEC, alike, appreciate the time and effort on behalf of the medical community to make the 2010 Summer Summit an enriching experience.

Battle of the Bluegrass Blood Drive is Aug. 24th

A "Battle of the Bluegrass Blood Drive" will be held Tuesday, August 24th from 2 to 6:30 p.m. at First Baptist Church in Mt. Vernon.

All donors will receive a free Battle of the Bluegrass t-shirt. Also, donors will be eligible to win two tickets to the UK-UL game on September 4th and a \$5,000 travel package.



Holden Renner and Brittany Bradley are shown watching the Demolition Derby on Monday night at the Little World's Fair at the Brodhead Fairgrounds. The fair began Monday and runs nightly through Saturday with the gates opening nightly at 5:30 p.m. and the Midway opening each night at 6 p.m.



Darlene Durham and her daughter, Sara, are shown above on the Scrambler, a long-time ride at the Little World's Fair.

Rhonda Nottingham and Joanie Alexander, both of Brodhead, make a stop at the Jared Carpenter for State Senate booth at the Little World's Fair. A number of vendors were on hand for the first night of festivities.



Rockcastle County High School students Rachel Hemsley and Catherine Hounshell participate in a nursing skills workshop during the 2010 Summer Summit at Berea College. At the weeklong overnight program, students were immersed in college prep workshops and learned daily about a variety of health careers. The program was co-sponsored by the Southern KY AHEC, GEAR UP, and WEEA.

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Did you reverse your ceiling fan rotation for summer? Making sure your fan is spinning in the right direction for the season can help you save more energy dollars than most people think by making the home feel at least **4 degrees cooler!**

How do you know when the fan is going in the right direction at the right time of the year? Stand directly under your ceiling fan and look up. In the summertime, and with 12 o'clock being at the top, the blades should be turning counter-clockwise and you should feel the breeze. You also want to use the higher fan speeds in the summer. It's the air movement against your skin that makes you feel cooler! If you feel a breeze, you're on the mark!

Note: In the winter, keep your fan on the low settings. This will help circulate the warmer air that tends to rise back down into the living area without creating too much of a cooling breeze.

Remembering the phrase "**Counter keeps you cool!**" will help remind you that counter for the summer and clock is for the winter!

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Course lasts for six weeks. Registration Required. Call 606-256-0218 to enroll! Classes are held in the former vocational school at 955 W. Main Street, Mt. Vernon.

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- Students will develop basic computer skills to aid them with college studies and workforce readiness



To learn more, call (606) 256-0218.

News from the Rockcastle Courthouse

District Civil Suits

Rockcastle Hospital and Resp. Care Center vs. Paul Renner, Jr., \$315.98 plus claimed due.

Rant Saylor vs. Mary Carr, complaint. C-00154.

Circuit Civil Suits

Chase Bank vs. Peter Coffey, \$25,434.22 plus claimed due.

Angel Rakestraw Godbey vs. Joshua Howard Godbey, petition for dissolution of marriage.

Commonwealth of Ky. vs. Mary Mink, complaint for child support and medical support.

Commonwealth of Ky. vs. Shawn Mink, complaint for child support and medical support.

Commonwealth of Ky. vs. Gary Wayne Caldwell, complaint for child support and medical support.

Deanna Marie Crank vs. Cecil Scott Crank, petition for dissolution of marriage.

Chase Home Finance LLC vs. Steven Moberly, et al., \$18,905.86. CI-00214

Deeds Recorded

Jeff and Ada Waddle, and others, property in Carpenter Subdivision in Livingston, to Rosemary and Chuck Baker. Tax \$2.50.

William Charles and Denise Norton, Michael Eric and Kyiva Norton and Bonita Yvonne and George Michael Lay, property on east side of Hwy. 250, to Jody and Jamie Carter. Tax \$37.

Bob and Betty Parker, property in Rockcastle County, to William Kelly Cromer. Tax \$31.

Joel and Bethany

Deathage, property in Rockcastle County, to Sherri Lynne and Jeffrey Harness. Tax \$79.

Charles K. Cornelius II, property on Chestnut Ridge Road, to Angela Cornelius. No tax.

Angela J. Cornelius, property on the Billy Rash Road, to Charles K. Cornelius II. No tax.

Marriage Licenses

Correction: Tammy Michelle McGuire, 38, Mt. Vernon, unemployed to Vincent Clayton Robinson, 38, Mt. Vernon, Sherwin Williams. 7/19/10.

District Court

July 26, 2010
Hon. Kathryn G. Wood

Laura Biggs: fines/fees due (\$328) bench warrant (bw) issued for failure to appear (fta)/7 days in jail or payment in full.

Raymond D. Blackburn: operating motor vehicle under influence of alcohol/drugs, \$200 fine and costs, \$375 service fee, 30 days operator license suspension/ADE authorized.

Gail E. Cash: terroristic threatening, harrasing communications and harassment, 20 days/concurrent/each charge plus costs.

Walter T. Douglas: no operators license in possession, \$25 fine and costs.

Speeding: Tiffani R. Ellis, license suspended for fta; Scott A. Gill, Amber C. Jones, paid \$36 fine plus \$133 costs; Ashley C. Graham, paid;

Erin M. Murphy: speeding and seatbelt anchor, paid.

Angela K. Samples: failure to wear seatbelts, paid.

Eddie S. Hopkins: criminal trespass, 30 days/probated 24 months on condition plus costs.

Alicia D. McGuire: operating motor vehicle under influence of alcohol/drugs, \$200 fine and costs, \$375 service fee, 30 days operator license suspension/ADE authorized.

Christopher E. Miller: public intoxication, escape, possession of drug paraphernalia, 90 days (each count)/concurrent and merged costs.

Margaretta J. Petrocelli: public intoxication, \$150 fine and costs.

Daniel L. Turner: theft by unlawful taking, 90 days/to severe 15, balance probated 24 months on condition plus costs.

Jessie D. Weaver: operating motor vehicle under in-

fluence of alcohol/drugs, \$200 fine and costs, \$375 service fee, 30 days license suspension/ADE authorized.

James R. danies: public intoxication, \$100 fine and costs; failure to wear seatbelts, \$25 fine.

Anthony W. Hart: failure to wear seatbelts, paid.

James E. Adams: failure to wear seatbelts, license suspended for fta.

Ashley N. Chattelle: failure to wear seatbelts, paid.

Olivia Day: failure to wear seatbelts, paid.

Latasha A. Debord: failure to wear seatbelts, paid.

Jeffery E. Hall: theft by unlawful taking, bw issued for

fta/6 days in jail or payment in full.

William Z. Jordan: no operators license in possession, \$25 fine and costs.

Ottie M. Kirby: theft by unlawful taking and criminal trespassing, 30 days/each count/concurrent.

Aaron S. Kleinmann: public intoxication, \$100 fine and costs; possession of marijuana, \$100 fine and use/possession drug paraphernalia, \$100 fine.

Jack McCormic, Jr: failure to wear seat belts, \$25 fine; operating on suspended/revoked operators license, \$100 fine and costs.

Brandon D. Robinson: op-

erating motor vehicle under influence of alcohol/drugs, \$200 fine and costs, \$375 service fee, 30 days operator license suspension/ADE authorized.

Jennifer L. Terry: fines/fees due (\$188), bw issued for fta/4 days in jail or payment in full.

Christopher Foster: fines/fees due (\$223), bw issued for fta/5 days in jail or payment in full.

Mary J. French: failure to wear seat belts, no/expired registration receipt/plates, failure to maintain insurance, license suspended for fta/bw issued.

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Saturday, August 7th • 5 p.m.
Livingston Fire House

Music provided by The Doan Family

Meal:
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Cornbread and Drink

Donations Accepted & Appreciated
Everyone Welcome

Rockcastle County Recycling Trailer Schedule Changes


The Rockcastle County Recycling Center is now providing recycling drop-off opportunities in outlying areas of Rockcastle County. Due to the purchase of two new recycling trailers, beginning June 1st, the recycling trailers will be left permanently at the following locations: City of Brodhead (gravel lot across from Citizens Bank), City of Livingston (gravel lot across from old Livingston Gymnasium), Brindle Ridge Volunteer Fire Department (at Conway), and at the Pongo Volunteer Fire Department. The trailers will only be pulled out to empty them and will then be taken back to the same location.

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.

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Godfather's Pizza in Mt. Vernon is temporarily closed due to remodeling and upgrading of equipment. Sorry for any inconvenience.

Keep watching for re-opening information, new deals and specials!

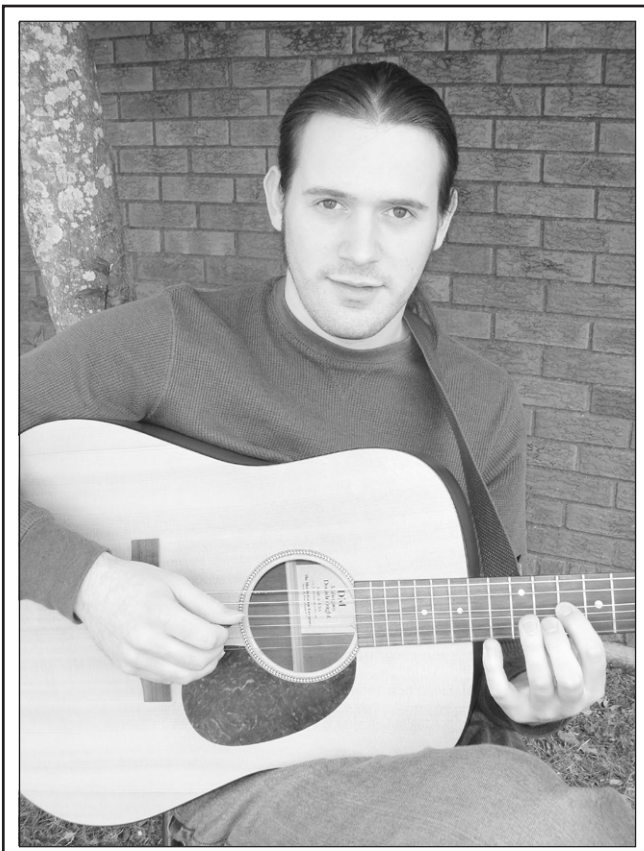


Local musician returns home after studying 3 years in New Zealand

Rockcastle County native and RCHS alumni, Freddy Chris Mullins, recently returned home after spending 3 years overseas studying at the New Zealand School of Music (NZSM) in Wellington, New Zealand. Mullins graduated with a Bachelor of Music, with studies focusing on composition, theory and music technology. Mullins is the son of Freddy Mullins and the grandson of Fred Mullins Jr. Mullins studied with the world renowned composer, John Psathas, whose music has been commissioned and performed by many great musicians and orchestras around the world, as well as writing the ceremonial music for the 2004 Olympic Games. Prior to moving to Wellington, New Zealand, Mullins studied audio engineering and studio production at the Lexington School of Recording and worked as the

Resident Musician at the Kentucky Music Hall of Fame and Museum in Renfro Valley. "NZSM combined jazz, classical, and contemporary music studies through Massey University and Victoria University of Wellington and allowed me to really diversify my influences and goals," said Mullins.

While living in New Zealand, Mullins helped support himself by performing with local bands and giving private lessons on guitar, mandolin and banjo. Mullins is now giving private lessons throughout central Kentucky as well as working part time at the Kentucky School of Bluegrass and Traditional Music in Hyden, Kentucky. Anyone interested in taking lessons in guitar, bass, mandolin, banjo or music theory can contact Chris at mullinsmusic@gmail.com



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KU offers advice to help reduce impacts of extreme heat

June and July have been some of the hottest months on record, and as temperatures reach record levels across the Commonwealth today and tomorrow, so can energy usage. Kentucky Utilities Company encourage customers to take simple energy efficiency steps to help lower energy consumption during the extreme heat wave and help reduce stress on customers' HVAC systems and demand on the KU and LG&E power system.

- Set air conditioners to the highest comfortable setting during the day: 78-80 degrees works for most people. Raising your air conditioner setting by one degree can save you 4-7 percent on the cooling portion of your energy bill.

- Turn off all unnecessary lights. Use fluorescent lighting, which is cooler.
- Turn off all unnecessary appliances. Run your dishwashers, dryers and washing machines during the evening hours (after 7 p.m.) when energy consumption is lower.

- Use ceiling fans to circulate the cool air. Fans can help you feel more comfortable at higher temperatures. Window fans, ceiling fans or whole-house fans use much less power and are an alternative to air conditioners. Turn the fan off when you leave the room since the fan does its job by cooling you - not the room.

- Close curtains, drapes and/or blinds to keep the hot sun's heat out of your home.
- Don't close air registers and do not close off rooms completely because it can increase system pressure and damage the compressor. Furniture or drapes should not block air registers.
- Cook outdoors on your grill; use a microwave oven or crockpot or prepare cold meals to avoid heating up the kitchen and adding moisture

to the air. Microwaves use less than half the power of a conventional oven and cook food in about one-fourth the time.

- Check your air filters monthly - even on extended filters. Change if necessary. Dirty air filters make your air conditioner work harder. Clean the filter in window units as well. It is behind the front panel.
- The outdoor unit of an air conditioner should be kept free from plants, dirt or grass clippings that will interfere with air circulation. Wash the coil periodically with a garden hose.

"We work hard to ensure our generation system can meet the increased energy demand, but we also know that customers want information on how to better control their energy usage on days of near-record temperatures," said Chip Keeling, Vice President of Communications for E.ON U.S., parent of KU and LG&E.

"By following just a few simple steps, customers can maintain their comfort level, but help curb energy consumption, reducing overall demand on our system as well as their HVAC systems."

On June 23 at 5 p.m., KU and LG&E experienced a combined system, June and year-to-date record peak of 6,709 megawatts. By way of comparison, the all-time combined system peak of 7,132 megawatts came on Aug. 9, 2007 at 4 p.m., when the temperature reached 101 degrees. (One megawatt can power up to 720 households that use an average of 1,000 kilowatt-hours of electricity each for one month).

Visit www.eon-us.com/ee for additional tips and information concerning energy efficiency programs.

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Reduced

Great location for a Commercial or Residential Property - This home was formerly used as an office building and features a waiting room, sun room, 3 offices, kitchen, 1 bath and 2 bedrooms upstairs. Other amenities include: gas furnace, central air, city water, city sewer, and an attached covered carport. M2489

Reduced

Elegant Home...in Mt. Vernon. Frontage on two roads. Home features a family room and living room each with a fireplace, eat-in kitchen, dining room, 3 bedrooms, 2 baths all on the ground level. Large family/recreation room plus other room in basement. Carport as well as garage. Take a look! \$249,900. M2453

Spacious! This 1999 doublewide measures 28x60 and is situated on 16.5 acres m/l. Features include: LR, FR, DR and Kit combo, 4 BR, 2 BA and utility room. Other amenities include: 30x40 metal building w/ concrete floor and electric, wood storage building, city water, septic system, electric heat, central air, front and rear porches. \$99,500. M2521

Reduced

Beautiful Home and Great Location! This 2-story brick home situated on 4.876 acres features LR, DR, FR, Kit, Foyer, Bath and Utility room on the first floor. The second floor features 3 BR and 2 BA. Other amenities include a 2-car attached garage, front porch, rear patio, blacktop driveway, storage building, kitchen appliances, heat pump, central air, city water septic system, fireplace and alarm system. Priced at \$154,900. M2522

Cozy, Comfortable, Convenient! This property is near the hospital on a level lot. Brick home featuring 4-5 bedrooms, 2 1/2 baths, living room, kitchen-dining room combo, family-recreation room in basement and a 2-car detached garage. Just \$109,000. M2575

9.3 Acres + 1,200 sq. ft. house just outside the Mt. Vernon city limits. This vinyl sided house with 3 bedrooms, 2 baths, affords country living to those who wish to have the convenience of being in town. Priced at \$149,900. Call today and don't miss out! M2511

Reduced

Welcome Home! Check out this nice brick home in the city limits of Mt. Vernon. Home consists of 3 bedrooms, 1 1/2 baths, living room, kitchen/dining room combo, utility room and full finished basement. Priced at \$109,900. Call today for your appointment. M2504.

Beautiful 1,820 sq. ft. modern brick home with 3 bedrooms, 2 baths, open floor plan of living room, family room and dining room, the kitchen has beautiful cabinets and an island. The back covered porch and fenced back yard will make for great entertainment. Priced at \$155,000. M2536

Sit on the Front Porch... this vinyl & brick sided home features LR, Din/Kit combo, office, 3 BR, and 1 Bath. Other amenities include: city water, septic system, fuel oil heat, central air, covered front porch, 12x16 metal storage building and a 24x38 detached garage. \$48,000. M2589

56 Acres, Convenient and Private! Ranch style house with 3 BR, LR, Kit, Bath plus a barn, garage and outbuilding. Nestled among the hills with 35 acres of cropland and balance in woods. Picturesque is the best description! Only \$199,900. M2582

Reduced

Modern Rustic Home near city limits and has 4 bedrooms, 2 baths, living room, dining room, kitchen and a den to be enjoyed by its new owners. The kitchen has a nice island and eat-in bar area. The den and living room each offer wood burning stoves. Barn wood walls add a special uniqueness to the den area. Other amenities include central heat/air, in ground 10 ft. swimming pool, 2-car detached garage with a great 2 bedroom apartment above it. Call today, don't miss out! \$159,900. M2530

Hurry! Hurry! Hurry! Come view this beautiful home located in the Eagle Creek Subdivision. This spacious home offers 3 BR, 2 BA, Kit, DR, LR and Utility. Other amenities include: central heat/air, hardwood and tile flooring, attached garage, city water, restricted subdivision. Don't hesitate to call...if you wait, it might be too late! Priced at only \$124,900. M2571

Country Living at it's Best! - 1 1/2 story beautiful 3 BR, 3 1/2 bath home with full basement. Situated on 3 acres. Property is between Stanford and Danville on Garmen Lane and is improved with boundary fencing, blacktop driveway, deck overlooking a pond and beautiful landscaping. Don't miss out, call today! \$225,000. M2572

Acreage For Sale

2 acres across from Rainbow Ridge Subdivision... in Mt. Vernon, Ky. Priced at \$33,500. M2565

Do you like privacy? A great view? Woods? then you will like this 9 1/2 acres located on Hwy. 1249 near Pongo Fire Department. This acreage has city water and would be a nice building site. Just \$19,900. M2578

125 acres with 1/2 interest in other 175 acres. Priced at \$212,500. M2579

189 acres +/- in the Sand Springs/Blue Springs area. \$189,900. M2580

83.53 acres in the Sand Springs/Blue Springs area of Rockcastle County. Priced at \$85,000. M2581

New Listing! Development Land or Farmland - Prime country setting, approximately 40 acres of level land, city water, 3/4 mile of road frontage. Owner will consider dividing. It won't last long at only \$119,900. M2574.

Approximately 40 acres located at 1427 Alum Springs Crosspike Road in Danville, Ky. Located just outside the city limits this farm offers a panoramic view of surrounding farmland and overlooks the city of Danville. Land is gently rolling and has city water available. There is a large barn for handling cattle or crops. Very private. M2501

One of the best farms in Rockcastle County is now for sale! This farm contains 105 acres more or less with road frontage on Strawberry Lane and also access of Hwy. 1650. Improvements on property include: tobacco barn, 2 equipment sheds, dairy barn building, stack pad, and trench silo. Other amenities include: 3 ponds, 2 locations with city water, and good fence around pasture land. M2546

Reduced! Secured! Unimproved vacant land ideal for hunting or as recreation land. Being sold by boundary deed. Deed copy available for your review. Approximately 8 acres for \$12,500. M2524

Hunting or Farming! 27.9 acres with road frontage, private with blacktop road. Located in Northern Pulaski County between Hwy. 27 and Hwy. 39. \$29,900. M2525

Hurry! Hurry! Hurry! If you are looking for a new place to reside, look no further, here's your place! Located just minutes from Brodhead and in a great country setting. This spacious 3 acre more or less tract has lots of potential. Priced at only \$16,000. Hurry, before it's too late. M2514

5 miles from Danville...59 acres farm with pond. Approximately 35 acres of level, cleared land + 24 acres of woods. Priced to sell at \$189,900. M2533

Little Hideaway... 18.08 acres of good hunting and recreational prospects. Timber growing from Main Street only \$25,000. M2441

2 Acres... in the Ottenham Community that front on Hwy. 643. City water available, great building or home site. Owner out of state and says SELL. Only \$11,500. M2479

Gently rolling, fully fenced eleven acres! Located on Elm Street in Crab Orchard. City water and electric at the property. M2181

Elbow Room Close to Town... 3.32 acres of unrestricted land for you to use as you please. Over 475 feet of road frontage along Old Brodhead Road (Hwy. 1326). Priced at \$15,900. M2480

50 Acres - Wild and wooly. Remote in the Daniel Boone National Forest. Great for investment - hunting - recreation. Just \$45,900. M2455

18 Acres Near McKee. Timber land. Priced at \$25,000. M2456

5 Acres of Prime Land - for development near Exit 59, I-75. Easy access off of US 25. Priced at \$55,000. M2465

13 acres overlooking Mt. Vernon on old US 25. Building sites - convenience. This won't last long priced at \$24,900. M2444

Future Auctions

Auction of Mr. and Mrs. Bruce Potter's House, Garage Building & 2.67 Acres
Saturday, August 7th at 10:00 a.m. • 838 Gabbard Road, Berea, KY (Garrard County)

Absolute Auction of Clifford Schell Estate's House and approximately 30 acres
Saturday, August 7, 2010 at 10:30 a.m. • 475 Todd Road, London, KY

Absolute Estate Auction of the Late Ms. Judith Field's House & Lot
Friday, August 20th at 5:00 p.m. • 1291 Oak Hill Road, Somerset, KY

Absolute Auction of Mrs. Nora Poynter's 37 Acres +/- and Timber
Saturday, August 21st at 10:00 a.m. • Clear Creek section of Rockcastle County, KY

Absolute Auction of 70 acres
Saturday, August 21, 2010 - 2:00 p.m. • Hwy 23 just south of Berea

Absolute Auction of 30 Acres More or Less
Saturday, August 21, 2010 - 10:30 a.m. • North Hills Subdivision, Corbin, KY

Absolute Estate Auction of the Late Ms. Geneva Meece's House, Lot & Per. Property
Sat. August 21st at 10:00 a.m. • 1108 Rose Road - Somerset, Ky

Marching Rockets complete week of camp

Submitted by A. B. Sharpe
 Many Rockcastle parents got up before dawn last Friday to travel to Lebanon Junction to see a preview of this year's show "Wicked". It was another hot July day. Forty-two members of the Rockcastle Marching Rockets had just spent a long week filled with intense experiences of marching, electronic deprivation, more marching, aggressive insects and curious snakes, ambiguous food and always more marching.

This year the Marching Rockets shared their camp experience with 4 other bands -

Estill County, the Christian Academy of Louisville, Glen Este of Ohio and Greeneville High from Tennessee. There are some bright spots in each day's marching agenda. One night was a volleyball competition, another evening a talent show, then a swim meet, and a dance on the last night. Free swims are awarded to the cleanest rooms each day, both boys and girls. And there is always the Rec Center. According to 8th grader Casey Walker "The Rec Center has warm food like hotdogs and pizza for sale, as well as chocolate and

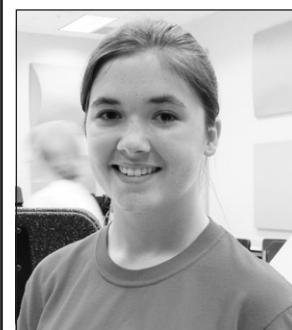
other candy, and ice cream. It's a good place to relax. They hold the talent show and dance there."

On the last day of camp all the participating schools give a preview of their show that they had been working on all week and then awards are given out. David and Derek Wynn swept the swimming category and believe it or not the girls of room 19 (Heather Bradley, Shelby Brown, Laiken Coffey, Megan Gray, Mallory Harper, Dakota Johnson, Sarah Morgan, Emily Mullins) and the boys of room 43 (Mark Berry, Tyler Elam, Jarrett Hamm, Dylan Hillard, Elliot Jackson, Brandon McFerron, Kyle Shelton, Will Walker) won

the Clean Room Award given out by Camp Crescendo. Maybe our households should run like Band Camp. Rockcastle took the most awards this year!

The schools also give out awards and this year senior Sarah Morgan and junior Jarrett Hamm won the National Band Association Leadership Award and senior Dalton Hutton won the coveted "Camper of the Year" voted on by band members.

I asked a few of the band's newest members about their first experience of band camp. 8th grader Levi Sparks said his favorite time was "when we were all together having fun in the afternoons in the Rec Center." And 8th grader Allison Estes really liked "getting to hang out with friends." Freshman David Wynn said, "My favorite part was the sectionals rehearsal and of course the free time." His brother, freshman Derek Wynn differed "After marching all day my favorite part was going to sleep." Derek also said "Once we started marching and playing the music I saw how much it



Leadership Award winner Sarah Morgan.



Outstanding Camper Dalton Hutton.

Rockcastle Community Bulletin Board

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MVHS Annual Reunion

The Mt. Vernon High School Annual Reunion will be held Sept. 11, 2010 at the middle school. Make plans to join us on this important occasion. Invitations will go out at the end of August.

Little League Football

Sign ups and drafts for the Mt. Vernon Little League football teams will be held Monday, August 9th at 7 p.m. at Mt. Vernon Elementary for ages 8 thru 12.

Battle of the Bluegrass Blood Drive

A "Battle of the Bluegrass Blood Drive" will be held Tuesday, August 24th from 2 to 6:30 p.m. at First Baptist Church in Mt. Vernon. All donors will receive a free Battle of the Bluegrass t-shirt. Also, donors will be eligible to win two tickets to the UK-UL game on September 4th and a \$5,000 travel package.

Pancake Breakfast at Livingston

The Livingston Firemen's Club, Inc. will be hosting a Pancake Breakfast for \$5 on Saturday, August 7, 2010 at the Livingston Fire House from 7 to 11 a.m.

Camping Class

A Camping Basics class for individuals, with special needs of all ability levels and ages, will be offered by Berea Parks and Recreation on Saturday, Sept. 18th from 7 to 8:30 p.m. at Berea City park. Call 986-9402 for more info.

Computer Course

A Free Computer Literacy course is available. Sign up by calling 606-256-0218.

Patriot Pride Golf Scramble

The Patriot Pride Golf Scramble will be held at the Old Bridge Golf Club in Danville on Saturday, Sept. 11 with a shotgun start at 8 a.m. Prizes awarded for first through third place teams. First hole-in one on #7 wins a new car provided by Bob Allen Dodge. Tournament open to first 22 teams (men and women) who pay fee. \$50 entry fee per player includes green fee, cart, breakfast and lunch. Deadline for registration is Sept. 2nd. Proceeds will benefit Lincoln Co. Boys Basketball Boosters Club. For more information, e-mail michelelejacobs@yahoo.com or call 1-606-669-3039.

Kiwanis Club Meetings

The Rockcastle Kiwanis Club meets every Thursday at noon at Rock Fire Grill. On Thursday, August 12th, guest speaker will be Amanda Blessings with the Job Corps.

Extension Service Activities

Leader Lesson on Couponing - August 24, 21010, 1 p.m. Please call 256-2403 for material list and more information.

2010 Back to School Bash

The 2010 Back to School Bash, sponsored by The Berea Parks and Recreation Department, will be held August 14th, beginning at 7 p.m. The evening will include swimming, games and fun and will end with a Movie Under the Stars, beginning at dark. Free event for all ages. Call 986-9402 for more info.

Arts Alive Concert Series

The 2010 Arts Alive Concert Series will continue every Friday night in September at Memorial Park in Berea. The music genre for this month is blues and jazz. All concerts being at 7 p.m. and are free. In the event of rain, the concert will be moved to the Russel Acton Folk Center. Call 986-9402 or 986-2550 for more information.

Grandparents Program

Applications will be taken for the Kentucky Family Caregiver Program (Grandparents) on August 19th at the senior citizens center on U.S. 25 in Mt. Vernon from 9 a.m. to 2 p.m. The program is state funded and offers various services to grandparents providing full-time care to their grandchildren and who meet specific guidelines. You must bring proof of household income, social security numbers and birthdates

VFW News

VFW Post 5988 is open Monday, Wednesday and Thursday at 5 p.m. for members and their guests. The monthly meeting will be held the fourth Thursday of each month, beginning at 7 p.m. Bingo is held at the post every Tuesday, beginning at 6:30 p.m. and is open to the public.

Brodhead Lodge Meeting

The Brodhead Masonic Lodge #556 meets every third Saturday at 7 p.m. on Main Street in Brodhead above Brodhead Pharmacy.

Historical Society Hours

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

RCIDA Meetings

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

NA Women's Meeting

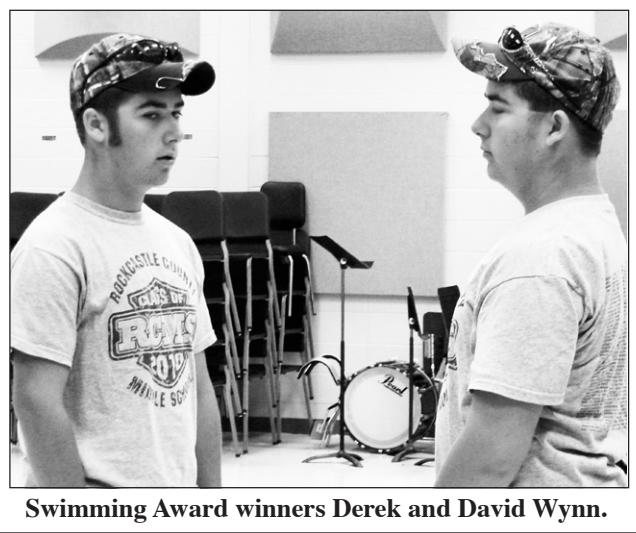
The Women's NA Serenity Group of Mt. Vernon meets each Monday at 8 p.m. at the Christian Appalachian Project Community Center, 64 Beiting Lane, Mt. Vernon. Open meeting, non-smoking.

Women's Narcotics Meeting

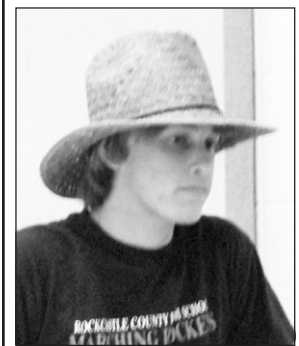
There will be a Women's Narcotics Anonymous Meeting every Monday evening at 8 p.m. at the Community Center, sponsored by Christian Appalachian Center. For more information, contact the Healing Rain Center at 256-5810.

Alcoholics Anonymous

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

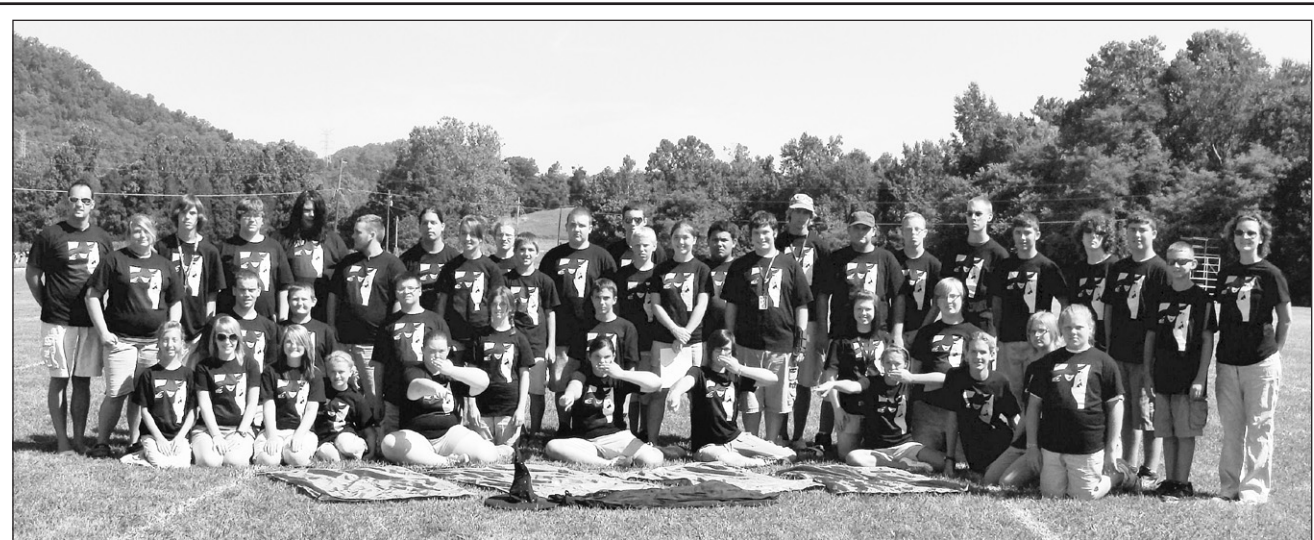


Swimming Award winners Derek and David Wynn.



Leadership Award winner Jarrett Award.

(Cont. to B8)



2010 Marching Rockets

Rockcastle County Public Health Taxing District

FINANCIAL STATEMENT

Fiscal Year Ending June 30, 2010

Published in accordance with KRS 424.220 and 65.070

The following information and supporting data may be inspected by the general public at the Rockcastle County Health Center, 120 Richmond Street, Mount Vernon, Kentucky after August 05, 2010 between the hours of 8:00 a. m. and 4:30 p.m.

Rockcastle County Board of Health

Jerry Cox, Chairman	Mt. Vernon, Kentucky
John Parsons, D. M.D.	Mt. Vernon, Kentucky
Martha Cox	Mt. Vernon, Kentucky
James Chism, D.V.M.	Mt. Vernon, Kentucky
Lee Cain, O.D.	Mt. Vernon, Kentucky
William P. McElwain, M.D.	Mt. Vernon, Kentucky
Callie Shaffer, M.D.	Mt. Vernon, Kentucky
C. Douglas Mullins	Mt. Vernon, Kentucky
Judge Buzz Carloftis	Livingston, Kentucky
Tina Hasty RPh.	Mt. Vernon, Kentucky
Rhonda Childress R.N.	Mt. Vernon, Kentucky

RECEIPTS

Balance carried forward from previous year	
Checking Account No. 800-162-6	\$ 50097.50
Certificate Of Deposits	\$ 90000.00
Amount received from collection of public health taxes for current fiscal year less sheriff's fee	\$ 151691.77
Amount received from County Court Clerk for delinquent and vehicle taxes less clerk fees	\$ 28511.66
Kentucky State Treasurer	\$ 6990.67
Interest from checking	\$ 555.87
Interest form Certificate of Deposits	\$ 2044.88
TOTAL RECEIPTS	\$ 329892.35

DISBURSEMENTS

Cumberland Valley District Health Department for general operation of county health center.....	\$ 178790.00
Mt. Vernon Signal for publication of previous year's financial statement.....	\$ 258.60
Rockcastle County Sheriff refund of overpayment	\$ 17.35
Superior Sign	\$ 15.00
TOTAL DISBURSEMENTS.....	\$ 179080.95

BALANCE..... \$ 150811.40

This is to certify that at the close of business June 30, 2010 a balance of 150811.40 was credited to the account of Rockcastle County Public Taxing District.

Donna Stoyton
 Officer or Manager of Bank

Community Trust Bank

Witness by my hand this the 2 day of August 2010 *Jerry J. Cox*, Chairman
 Rockcastle County Public Health Taxing District Board,
 Commonwealth of Kentucky
 County of Rockcastle

Subscribed and sworn to me by Jerry J. Cox before me on the 2nd day of August, 2010.

My commission expires: 2-10-2013

Amanda M. Brown
 Notary Public - State of Kentucky

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 Sale or Rent: Former Mt. Vernon Oil and Tire building. 606-256-2319. 35xntf

For Rent: Trailer in Brodhead, Hwy. 1505. 3 bedrooms, central air. \$300 month/\$200 deposit. 758-8692. 36x1p

For Rent/Sale: 2 bedroom trailer and 2 lots. Just off Freedom School Road. Call 256-1523 after 5 p.m. 36x1p

For Rent: 2 bedroom house in Brodhead. No pets. 758-4729. 32xntf

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. 36ftn

Property For Sale

For Sale: Gorgeous manufactured home on 2+ acres with split 3/2, huge eat-in kitchen with garbage disposal, DR,

For Rent
Maple St. Storage of Brodhead
256-2884 or
606-308-2491

LAND LAND LAND

Pulaski County

- Between Somerset & Mt. Vernon.
- Ideal building tracts with features such as woods/pastures/views, water/electric/telephone. Suitable for DW or Home, Elrod Rd.
- 4.9 acres with nice pond, \$32,500 (\$1,625 down, \$304/month). Hwy. 934 6.1 ac. w/ woods \$34,900 (\$1,745 down, \$326/month).
- 1.6 ac. of nice land @ \$21,500 (\$1,075 down, \$201/month).
- 3.4 acres & good barn @ \$27,900 (\$1,395 down, \$261/month).
- OWNER FINANCING AVAILABLE Call Today!!! 1-877-331-4888
- **DGSCHHELL.COM**

LR, FP, Util., screened deck, breathtaking view. Hwy. 70, walking distance to Quail Community Park. \$85,000 firm. 615-547-9698

For Sale: 50 acres, barn, older home, 2 ponds, farm fenced, 95% tendable and pasture, road frontage on Rt. 1650, Ottawa Church Road, 1/4 mile off Rt. 70. Call 606-308-3997.

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

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

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

Posted

Posted: No hunting or trespassing on land belonging to William E. and Anna Clifford, Spiro area off 1250 on Sayre School Road. Violators will be prosecuted. Not responsible for accidents. 32x4p

No Trespassing on land belonging to Dell F. Ponder in Red Hill area of county. 36x5p

No Trespassing or Hunting on any and all properties of Gary and Cheryl Sears, located in Rockcastle and Pulaski counties. Not responsible for accidents or injuries that may occur. 36x1

Posted: The Farm of Judy and Bradley Asher, located at 418 Doc Adams Road. No hunting or fishing. Violators will be prosecuted. 36x1

Posted: No hunting or trespassing on property belonging to Farmer Waddle and Clista Spivey heirs on Hwy. 490. Violators will be prosecuted. Not responsible for accidents. 7/6/11

Posted: No hunting or tres-

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

passing on any land belonging to Tony and Roger Bullock in Rockcastle and Pulaski Counties. Violators will be prosecuted. 32x5p

Posted: No trespassing on land belonging to James and Dorothy Rash heirs on Chestnut Ridge. Posted as private property. No hunting, camping, ATVs, trespassing for any purpose. Not responsible for accidents to anyone. Violators prosecuted. 52(09)x52

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

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 Jason and Sara Coguer 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. 25ftn

Posted: No trespassing on property of Darrell and Helen Whitaker. 26x6

Posted: No trespassing or hunting on any and all properties of Gary and Sheryl Sears, located in Rockcastle and Pulaski Counties. Not responsible for accidents or injuries that may occur.

Posted: The farm of Judy and Bradley Asher, located at 418 Doc Adams Road. No hunting or fishing. Violators will be prosecuted.

Mobile Homes For Sale

For Sale: 14x60 mobile home. Many upgrades. Everything goes to reset. Appliances included. \$5000 firm. Local mover available at your cost. Call 606-758-0033. 36x2p

For Sale: 2003 Clayton Mobile home. 3 bedrooms, 2 full baths. 16x82, total electric. 606-308-9500. 36x5p

House For Sale: 2 bedroom, 2 bath 1997 mobile home on one acre private lot. 1 1/2 miles on Sand Springs Road. \$28,500. 256-1523 after 5 p.m. 36x1p

For Sale: 18 acres of land on Old State Road. Call 606-758-8995. 36x2p

For Sale: 1994 Fairmont, 28x80 double wide with .66

acre lot. 4BR/2 1/2 baths, total electric, brick foundation, butters, 6" walls, thermo windows, family room w/fireplace. Bank repo. Priced at \$56,999. Owner financing available. Perfect credit not required. Phone Jim 606-365-0391 or 859-623-3089. D&D Mobile Homes, Richmond. 36x2

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. 7ft

Local Factory Foreclosures!! Save Thousands!! Get 'em while they last!! Call 606-678-8134. 35x4

Huge 4 Bedroom Home!! Seller reduced to \$38,500. must sell quick. Call today 606-451-0748. 35x4

Zero Down With Land Options. Save thousands. 3.4 and 5 bedrooms. Call 606-678-8134 or Toll Free 866-338-0416. 35x4

Take Over Payments. Going thru divorce. Must sell now!! Real nice home. Call 606-451-0715. 35x4

Notices

I will stay with the elderly. I am a honest Christian with references. I am reliable, experienced and have my own transportation. Call 606-256-5742 or 256-9549. 36x2p

Notice: I will not be responsible for any debts other than my own. Amanda Ballew Cromer. 36x2p

Notice is hereby given that Patsy Barnes, 2272 Quail Rd., Mt. Vernon, KY 40456 has been appointed Guardian of Jaiden Brooke Barnes, a minor. Any person having claims against said estate shall present them, according to law, to the said Patsy Barnes or to Hon. Gary Hudson, PO Box 915, Mt.

White Barn Auction & Flea Market

AUCTION

Every Saturday Night at 6:30
At Conway - Old Merritt Garage
Appliance Sales & Service
FLEA MARKET
Mon.-Fri. 9 a.m. to 5 p.m.
1-859-302-2195

For Sale

14x60 mobile home. Many upgrades. Everything goes to reset. Appliances included. **\$5000 firm.** Local mover available at your cost. Call 606-758-0033.

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!
504 Poplar Gap Rd.
Orlando
\$134,900



247 Proffitt St. Brodhead \$159,900



Reduced!
19 Silver Mist Corner Mt. Vernon \$279,900



1722 Gabbard Rd. 12.25 A - \$44,900
Reduced! 947 Copper Creek Rd. - Berea \$90,500 -
SOLD! 469 Chickadee Lane (3.15 A) \$169,900
SOLD! 2425 Jack Black Rd. (Garrard Co.)
Reduced! Spiro Rd., Mt. Vernon (3+/-A) - \$47,500
Reduced! Quail Rd. (14.26 A) Owner/Agent - \$45,000
Reduced! 3.03 A on Menifee Hill Rd. - \$19,900
2.5 A on Menifee Hill Rd. - \$18,900
SOLD! Lot #7 - Hwy. 1249, 3.7 A. - \$21,000

Vernon, KY 40456 on or before January 31, 2011 at 11 a.m.

Notice is hereby given that Kathy McKibben, 3168 Quail Road, Mt. Vernon, KY 40456 has been appointed Executrix of the estate of Ray Howard Reynolds on the 28th day of July, 2010. Any person having claims against said estate shall present them according to law, to the said Kathy McKibben or to Hon. William D. Reynolds, PO Box 1250, Mt. Vernon, KY 40456 on or before January 31, 2011 at 11 a.m.

\$1,000 Reward for info. leading to the arrest and conviction of persons who stole 660 Yamaha Grizzly July 2nd from Spiro Rd. 606-256-8005.

Notice: Not responsible for any debts made by anyone other than myself, effective July 14th. Scotty Wayne Hopkins. 34x3p

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, 2010 at 11:00 a.m. 25x3

Notice: I am not responsible for any debts made other than my own, effective April 9, 2010. Raymond Gross, Jr.

Notice is hereby given that Deborah J. Wozniak, 419 1/2 Fulton St., Sandusky, OH 44870 has been appointed executrix of the estate of Betty Leone Wetzel on the 15th day of July, 2010. Any person having claims against said estate shall present them, according to law, to the said Deborah J. Wozniak on or before Jan. 17, 2011 at 11 a.m. 34x3

Notice is hereby given that Preston P. Nunnelle, 3000 Brookmante Ln., Lexington, Ky. 40515 has been appointed Executor of the estate of Robert Preston P. Nunnelle on the 15th day of July, 2010. Any person having claims against said estate shall present them, according to law, to the said Preston P. Nunnelle on or before Jan. 17, 2010 at 11 a.m. 34x3

Stewart Salvage

We buy junked vehicles, radiators, aluminum wheels, starters & alternators.



Also, used parts and tires for sale.

\$125 and up for used cars

Call 859-358-3560 or
606-256-3841 anytime

PUBLIC (LEGAL) NOTICE ADVERTISEMENT ROCKCASTLE COUNTY EMERGENCY PLANNING COMMITTEE

Pursuant to Section 324, Title III of the 1986 Federal Superfund Amendments and Reauthorization Act (SARA) OF 1986 (PL99-499), the following information is provided in compliance with the Community Right-to-Know requirements of the SARA Laws, and the open meetings and open records provisions of Kentucky Revised Statutes. Members of the public may contact the Rockcastle County Emergency Planning Committee by writing the Rockcastle County Emergency Planning Committee PO Box 755, Mt. Vernon, KY 40456, or contacted by telephone at (606) 256-8436 Fax: (606) 256-8536. The Rockcastle County Planning Committee conducts meetings at the Rockcastle County Home Health Conference Room, located at the Industry Park or at other locations; in accordance with the Kentucky Open Meetings Law. Members of the public may request to be notified of regular or special meetings as provided in KRS 61.820 and KRS 61.825. Records of the Planning Committee, including the county emergency response plan, material safety data sheets, and inventory forms, or any follow up emergency notices as may subsequently be issued, are open for inspection, and members of the public who wish to review these records may do so from 8:30 a.m. to 4:00 p.m., Monday thru Friday at Rockcastle County Emergency Management office, located in the County Courthouse, as required by the Kentucky Open Records Law. The local 24-hour telephone number for purposes of emergency notification, as required by SARA, is (606) 256-1327. The next meetings will be at the Rockcastle County Home Health Conference Room, located at the Industry Park, at 12:00 p.m. 10/21/2010.

Summer Cleaning Special!

Get two rooms cleaned at regular price
get third room FREE

Thinking About Cleaning Your Carpet? Some things to think about...

What is the best way to clean my carpet, should I use the old technology of steam cleaning or the new technology of dry foam?

- Test results from Consumer Report, 2008.
- **Option 1: Steam Cleaning-How does it work?**
 - A. Steam Cleaners saturate your carpet and floor pad with hot (150° degree) soapy water containing lye and bleach to help dissolve stains.
 - B. After your carpet reaches its maximum saturation point the solution is then extracted by means of a commercial shop vacuum.

The results: Removes less than 20% of the soil from the carpet driving the remainder down deeper into the carpet fibers. The lye/bleach solution used by steam cleaners to dissolve stains fades carpet colors. Drying time is 1 to 5 days depending on the carpet texture. As a result of the water saturation, carpet fibers harden and the floor pad remains damp, which promotes bacteria growth and mildewing, causing carpet threads to rot, shorting the life of your carpet. Carpet manufacturers recommend that you do not steam clean carpets.
- **Option 2: Dry Foam-How does it work?**
 - C. Carpet fibers are agitated with carpet combs to separate the fibers loosening dirt particles, which are then dry cleaned with an industrial strength vacuum.
 - D. The carpet is then shampooed with horse hair brushes using Dry-Foam lather, a solution that contains six different cleaners and fabric softener, color brightener, deodorizer, disinfectant, crystalline agent, scotch guard, & degreaser. Does not contain lye or bleach.
 - E. Carpet fibers are then groomed to fluff up worn walk areas to give a uniform look to the carpet.

The results: Removes over 90% of carpet soil. Rejuvenates and brightens colors and patterns of carpets. Drying times is less than 2 hours. Floor pads remain dry-Fabric Softener makes carpets soft again-Promoting the life of the carpet. Carpet manufacturers recommend Dry Foam to clean Carpets.

Rocket Carpet Cleaners
Circular Dry Foam Cleaning
(606) 256-9870

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email: prudentialberea@donfoster.com

Prudential Don Foster Realtors®

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; 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.

6732 BRINDLE RIDGE - 3 bedroom, 2 bath manufactured home, 5 acres. \$129,900. MLS 37601
1025 COPPER CREEK RD. - 3 bedroom, 2 bath. \$123,900. MLS 36881.
COPPER CREEK RD. - 138 acres. Blacktop road frontage. \$225,000. MLS 36693
2835 HAMMONDS FORK RD. - 30 acre farm. Older home being updated. \$159,900. MLS36892
134 DEEP HOLLOW RD. New construction. 3 bedrooms. 3 baths. \$129,900. MLS36987
530 MT. VERNON RD. 1 bath mobile home, 2 bay garage, 80x80 unfinished Butler building. \$159,900. MLS36970
8 C. VALLEY DRIVE - 40 acres. Has several home sites. Doublewides welcome. \$95,000
BEREA. We have many nice homes listed in Berea. Call one of the above agents for a showing.

Help Wanted

Wanted: Employee for variety of jobs. Some week ends necessary. Send resume to: P.O. Box 450, Mt. Vernon, Ky. 40456. 35xntf

Help Wanted: Local grooming salon seeks certified groomer for full/part-time position. Call 256-3749 Tuesday-Saturday, between 8:30 a.m. and 5 p.m. Serious inquiries only. 36x2p

Drivers Needed!! Flatbed. Weekly hometime. Pd. vac. and benefits starting @40cpm loaded. CDL-A 1 y recent OTR flatbed exp. req. Ask for Jenni 800-213-1199. 36x1p

Equal Opportunity Employer AVON: Earn money by selling Avon. 1-888-528-7875. 49xntf

Miscellaneous For Sale

Green Beans For Sale at Parsons Farm. 256-2370 or 06-231-3918. 35x2p

For Sale: PS2 with 2 controllers, one memory card for \$50. Lots of PS2 games to sell separately. If interested, call 308-0766. 36x1p

Quality New Farm Gates: From 4 to 20 ft. All kinds of hay feeders. Specializing in name gates, treated posts. 606-305-7965. 35x12

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. www.happyjackinc.com 33x4

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

Yard Sales

Huge Yard Sale: Bed, chest of drawers, baker's rack, bicycles, nice school clothes for guys and girls. Fri., Aug. 6 and Sat., Aug. 7th from 9 a.m. until 6 p.m. at Clebert and Oneida Robinson's house on 2289 Big Cave Road (old 1004). 2 1/2 miles past Jean's

Restaurant on the left. Rain cancels until next week end.

Four Family Yard Sale: 235 West Main St. Fri. & Sat., 8 a.m. to ? Rain cancels till next week end. Name brand clothing - women's sizes 10, 12 and 16-2X, maternity clothes, kid's clothes girls 6/7, boys 7/8, baby girl 12-18 mos. Household items, crystal dishes, etc.

3 Family Yard Sale: Rain or shine. First time this year. Fri. & Sat., 8:30 to 5. Men's, women's and kids' clothes - American Eagle, Aeropostale, Tommy Hilfiger, Levis - various sizes. Also tools, furniture, shoes and more. Across from Quail Landing, 4.5 miles out Hwy. 70, 2nd brick house on the right past B&L Grocery.

Yard Sale: At Rockcastle County Senior Citizens Center, next to Lumber King. Saturday Nice girl clothes (sizes 5T-10), misses clothes (sizes 8-10, dresses (sizes 6 & 8). Twin bed, books, pictures, puzzles, shoes, scrubs, misc. items. Rain cancels.

Neighborhood Yard Sale: Quail Nesting Subdivision. take Hwy. 70 to B&L Grocery, subdivision to the left of B&L Grocery. Briar Rose Road and Iroquois Lane. Fri. & Sat., Aug. 6 and 7.

Katha's Yard Sale: in front of Livingston Firehouse. Fri., Aug. 6th.

Yard Sale: Fri. & Sat., 9 to 5. 385 Floyd St., home of Rissie Gentry Ballinger. 4 push mowers for parts, hot peppers, clothes all sizes - men's, women's and children's. Lots of everything.

Motor Vehicles For Sale

For Sale: 2006 Dodge Ram 4x4. 33K miles, loaded w/extras. 256-3018 after 6 p.m., leave message. 33x4p

BAD CREDIT? NEED A CAR? NO PROBLEM!

1-800-266-1965

Motor Vehicles For Sale

For Sale: 2006 Dodge Ram 4x4. 33K miles, loaded w/extras. 256-3018 after 6 p.m., leave message. 33x4p

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Motor Vehicles For Sale

For Sale: 2006 Dodge Ram 4x4. 33K miles, loaded w/extras. 256-3018 after 6 p.m., leave message. 33x4p

1993 Chev. Caprice Classic. Excellent condition, cruise control, power seats/windows, power mirrors, air conditioning, cassette player, V8 engine. Call 606-758-8995. 36x2p

For Sale: 1996 Caravan, no title. \$250. 606-256-2692 after 5 p.m. 36x2

For Sale: 2002 Saturn L200. \$2700. 606-256-2692 after 5 p.m. 36x2

For Sale: Kawasaki T-Rex, 100 hours, Camo color, serious calls only 606-312-1758.

For Sale: '94 Chevy LS S10 pickup, one owner, 212,000 miles. Kelly Blue Book value \$1,400, asking \$975, needs some work. Call 606-392-3357.

Subscribe to the Signal

BUY JUNK CARS



CALL MIKE
606-308-0955
606-308-4188

Stewart Salvage

We buy junked vehicles, radiators, aluminum wheels, starters & alternators.

Also, used parts and tires for sale.

\$125 and up for used cars

Call 859-358-3560 or 606-256-3841 anytime

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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.

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Waterfalls, Ponds, Streams, Fountains, Stone Work

Max Phelps

606-416-3911

www.rockcastles.com

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

CLASSIFIED ADS NOTICE

All classified advertisements must now be paid for in advance.

For your convenience, we now accept VISA and Mastercard

To place your classified, have your credit card ready and call 606-256-2244

Professional Services

Gravel Hauling: Driveways, etc. 256-4695 or mobile 859-544-7730. 14xntf

Will do odd jobs -- mowing, hedge trimming, carpenter work, painting, etc. References available. Call Robert Barron, 606-308-4236. 35x2

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

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.

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.

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

Waterfalls, streams, ponds, landscape consultations. Call Max Phelps 606-416-3911. Pond cleaning \$300 and up. max@rockcastles.com or www.rockcastles.com 26x6

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

David's General Handyman Service

Hard work at an honest price; Dependable Dave will treat you nice.

PHILIPPIANS 4:13

(859) 985-0106 Painting • Mowing
302-0197 Landscaping • Roofing
Free Estimates, but not over phone House Washing • Drywalling

Live Bluegrass & Country Music

Every Saturday Night - 7 p.m.

At the "Hog-Pen" behind **Dari-Delite in Brodhead**

Bring Lawn Chair

Subscribe to the Signal

County Occupational Licenses expired June 30th

You may obtain your new license in our office or, if you prefer we can send it by mail. The rates are listed below. If you want the licensed mailed, please check each license you want and return this ad along with the indicated fee.

<input type="checkbox"/> Restaurant	\$11.50
<input type="checkbox"/> Soft Drinks	\$6.50
<input type="checkbox"/> Ice Cream	\$6.50
<input type="checkbox"/> Soft Drinks & Ice Cream	\$11.50
<input type="checkbox"/> Tobacco	\$11.50
<input type="checkbox"/> Pool Table	\$31.50
<input type="checkbox"/> Additional Pool Table	\$6.50

Norma Houk
Clerk Rockcastle County
Mt. Vernon, Kentucky 40456

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

Respite Assistant #2759
Rainbow Respite
Rockcastle County

11:00 p.m. - 7:00 a.m. Sunday - Thursday

Provides respite services in center based setting or in community to children/adults who are developmentally, physically and/or mentally challenged; provides care according to participants individual needs; maintains records; and implements various activities that encourages recreation, socialization, educational and self-help skills.

Requirements: High school diploma or GED; 1 year of successful experience in a job-related field or the equivalent combination of education and experience. CAP offers competitive pay and benefits.

If interested and qualified, please respond by August 6, 2010 to:

Christian Appalachian Project
Human Resources #2759
PO Box 459 • Hagerhill, KY 41222
or e-mail to: wmurphy@chrisapp.org

No phone calls accepted • An Equal Opportunity Employer

Rockcastle County Recycling Trailer Schedule Changes

The Rockcastle County Recycling Center is now providing recycling drop-off opportunities in outlying areas of Rockcastle County. Due to the purchase of two new recycling trailers, beginning June 1st, the recycling trailers will be left permanently at the following locations: City of Brodhead (gravel lot across from Citizens Bank), City of Livingston (gravel lot across from old Livingston Gymnasium), Brindle Ridge Volunteer Fire Department (at Conway), and at the Pongo Volunteer Fire Department. The trailers will only be pulled out to empty them and will then be taken back to the same location.

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.

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Agricultural News

By: Warden Alexander, FSA Director

USDA Announces Conservation Reserve Program General sign-up
Agriculture Secretary Tom Vilsack has announced that a general sign-up for the Conservation Reserve Program (CRP) will begin on August 2, 2010 and continue through August 27, 2010. During the sign-up period, farmers and ranchers may offer eligible land for CRP's competitive general sign-up at their county Farm Service Agency (FSA) office.

CRP (Conservation Reserve Program) is a voluntary program that assists farmers, ranchers and other agricultural producers to use their environmentally sensitive land for conservation benefits. Producers enrolling in CRP (Conservation Reserve Program) plant long-term, resource-conserving covers in exchange for rental payments, cost-share and technical assistance. CRP (Conservation Reserve Program) protects

millions of acres of America's topsoil from erosion and is designed to improve the nation's natural resources base.

Participants voluntarily remove environmentally sensitive land from agricultural production by entering into long-term contracts for 10 to 15 years. In exchange, participants receive annual rental payments and a payment of up to 50 percent of the cost of establishing conservation practices.

FSA (Farm Service Agency) will evaluate and rank eligible CRP (Conservation Reserve Program) offers using an Environmental Benefits Index (EBI) for environmental benefits to be gained from enrolling the land in CRP (Conservation Reserve Program). The EBI (Environmental Benefits Index) consists of five environmental factors: wildlife, water, soil, air and enduring benefits and cost. Decisions on the EBI

(Environmental Benefits Index) cutoff will be made after the sign-up ends and after analyzing the EBI (Environmental Benefits Index) data of all the offers.

Accommodations

Persons with disabilities who require accommodations to attend or participate in FSA meetings/events or functions should contact Warden Alexander at 606-256-2525 or Federal Relay Service at 1-800-877-8339

Important Program Dates

Milk Income Loss Contract (MILC) Program-signup continues

Conservation Reserve Program-signup continues

Farm Storage Facility Loan Program continues

Maximum Discount Rate for TTPP

Farm Ownership Loans (Direct) continues

Farm Operating Loans (Direct) continues

Limited Resource Loans continues

Emergency Loans continues

For more information about FSA programs and other vital information please contact your local FSA service center or visit <http://www.fsa.usda.gov>.

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To file a complaint of discrimination write USDA, Director, Office of Civil Rights,

1400 Independence Avenue, SW, Washington, DC 20250-9410 Or call (800) 795-3272 (voice) or (202) 720-6382 (TDD).

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Airman Michael Nicely

Nicely graduates

Air Force Airman Michael P. Nicely graduated from basic military training at Lackland Air Force Base, San Antonio, TX.

The airman completed an intensive, eight-week program that included training in military discipline and studies, Air Force core values,

physical fitness, and basic warfare principles and skills.

Airmen who complete basic training earn four credits toward an associate in applied science degree through the Community College of the Air Force.

He is the son of Paul and Shannery Nicely Mount Vernon.

Nicely is a 2008 graduate of Rockcastle County High School.

Miller graduates from Rogers Explorers

Rockcastle County student Madisan Miller put her math and science skills to work this summer as she participated in and graduated from The Center for Rural Development's Rogers Explorers summer youth program.

Miller—a rising ninth-grader—received hands-on experience in math and science and developed critical leadership skills at the third and final 2010 summer session of Rogers Explorers held

July 21-23 at its newest host site on the campus of Eastern Kentucky University (EKU) in Richmond.

Miller is the daughter of Danny and Tammy Miller of Mt. Vernon. She attended Rogers Explorers as a representative of Rockcastle County Middle School.

“Marching”

(Cont. from B4)

takes to be a Marching Rocket.” And senior Elliot Jackson summed it up, “When it all comes together - it all comes together. It sounds amazing.”

Mr. Daugherty, the Band Director of the Marching Rockets was positively ebullient. “Rockcastle was the band to follow this year. I'm really proud of the work ethic of our group. And their positive attitude paid off this week. As a group they have a good sense of commitment to team effort.”

This week the Marching Rockets return to school and a regular practice schedule. The idyllic days of camp are over. The “Wicked” season is underway.

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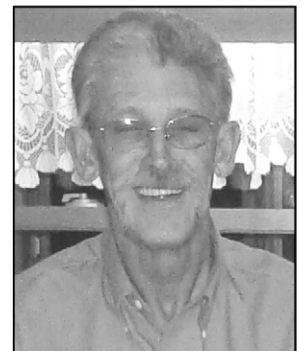


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HEALTH *signal*



ROCKCASTLE
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HOSPITAL ■ RESPIRATORY CARE CENTER

Breathing *Life* into healthcare

Fit Camp 2010: Promoting Healthy Lifestyles

Graduates of Rockcastle Regional's first ever Fit Camp celebrate the end of the six-week program with Rockcastle Regional employees.



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 ventilator 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

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
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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.

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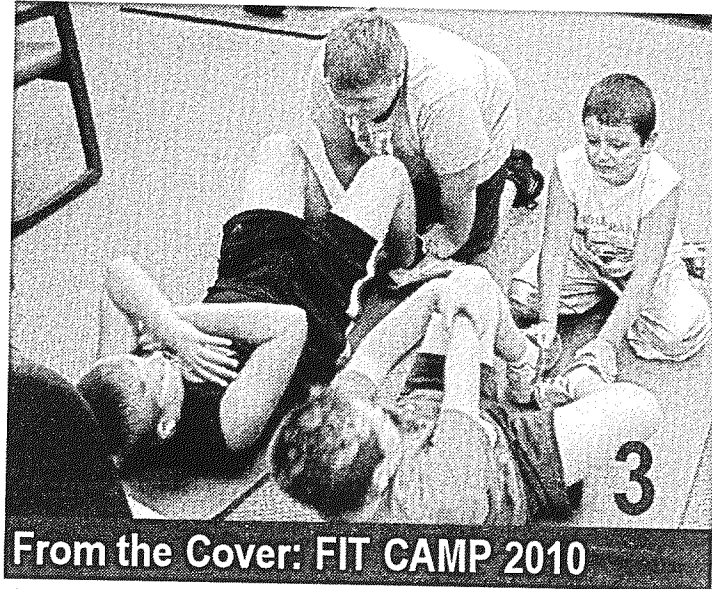
Health Signal is produced by the Community Relations Department of Rockcastle Regional Hospital and Respiratory Care Center.

Arielle Reese, Director
Susan Brown, Page Design
Kristopher Hammons



ROCKCASTLE REGIONAL HOSPITAL ■ RESPIRATORY CARE CENTER

FEATURES



From the Cover: FIT CAMP 2010



Tradition of Quality



'On Deck for a Cure'



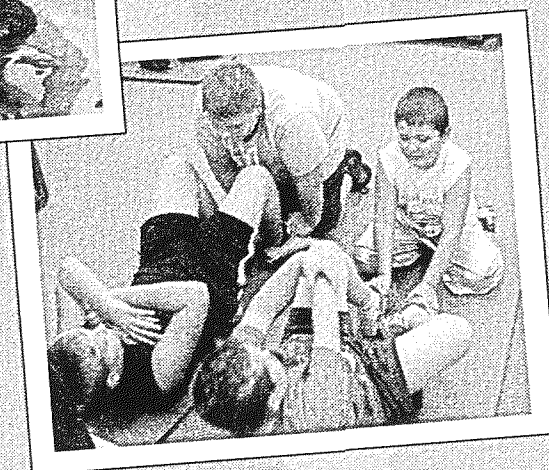
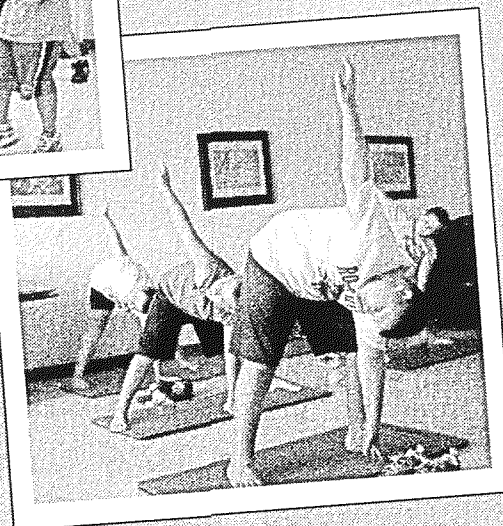
Back-to-School Tips

- 6 Saddle Up Safely
- 7 Now Open: New UK Chandler ED
- 9 Breast cancer awareness
- 12 A clearer view
- 13 Unique technology
- 15 Your Health: Cholesterol
- 16 What the doctor ordered

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

• FIT CAMP 2010 •

Promoting healthy lifestyles



Fit Camp Overview

Duration: 6 weeks

Graduates: 9

Fitness data:

- Mile time improved for each camper an average of 2:30
- Pushup and sit-up max doubled
- Total of 28 pounds lost
- Each camper lost an average of 2 inches from waist
- Body Mass Index (BMI) decreased for 6 of 9 the campers

Activities:

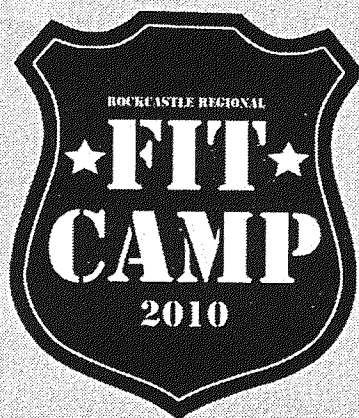
Yoga, zumba, swimming, relay races, dancing, Frisbee and gym workouts along with nutritional counseling

Staff volunteers:

Randy Calico, PT
Lindsay Gabbard, RD
Emily Kerr, PT
Morgan Kincer, student
Emmitt Mastin, PTA
Callie Shaffer, MD
Mikhael Shaffer
Robby Taylor, PT

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QUALITY

has become tradition

By Arielle Reese
Community Relations Director

Rockcastle Regional receives quality award for fourth year

Rockcastle Regional Hospital & Respiratory Care Center has received the 2010 Kentucky Hospital Association (KHA) Quality Award for hospitals with less than 100 beds. Rockcastle Regional won the prestigious award in 2006, 2008 and 2009.

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

The project that won the Quality Award focused on the safety at Rockcastle Regional on nights and weekends. Using the Safety on Nights and Weekends (S.W.A.N.) Tool, Rockcastle Regional considered: leadership and organizational structure, services available on nights and weekends, staff issues on nights and weekends, physician availability on nights and weekends, communications, technology, data analysis and services for patients and families.

Rockcastle Regional was also the recipient of the KHA Circle of Friends Clarence C. Traum Award. This award is in honor of outstanding support of KHA's legislative and regulatory efforts to enhance patient care.

"Quality and patient safety is our top priority at Rockcastle Regional and it is inspiring for us to be recognized for our efforts," said Tammy Brock, RN, Director of the Quality Department.

"Embedded in the mission of Rockcastle Regional is the desire to provide service excellence experiences that are of quality. It is our belief that a patient of Rockcastle Regional should be confident they're receiving the same level of care—whether it's 10 a.m. or 10 p.m."

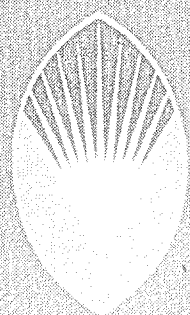
"We were looking to implement process change to enhance the safety and efficacy of care on nights and weekends and to be able to measure our commitment to best practices in this area. The S.W.A.N. process allowed us to do that. It is particularly gratifying to win this award. It illustrates that Rockcastle Regional is committed to creating and supporting a cul-



Quality Department Director Tammy Brock, RN, right, meets with Peggy Hurd, RN, a night-shift nurse on the Special Care Unit. Making safety rounds on nights and weekends was a new program implemented at Rockcastle Regional after using The Safety on Nights and Weekends (SWAN) tool.

ture that focuses on excellence in delivery of service and an absolute obsession with patient safety and customer satisfaction," said Stephen Estes, Rockcastle Regional President and CEO. "We are a team of dedicated and involved individuals and receiving the KHA Quality Award for a fourth time and the Traum award for a fifth time is validation of the continuous performance improvements efforts of the entire organization, and in particular the great work and leadership of our quality department."

It's about quality.
It's about you.



ROCKCASTLE
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HOSPITAL & RESPIRATORY CARE CENTER

Four-time
KHA Quality Award Winner
2006, 2008, 2009, 2010

[UK CONNECTIONS]

Saddle Up SAFELY

New campaign launched by UK and community partners aims to make a great sport safer

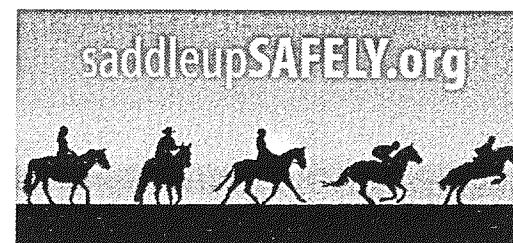
Armed with the number of horseback riders seen annually in UK's Emergency Department, a unique collaboration between the University of Kentucky and community partners was born. "Saddle Up Safely" is a five year educational and awareness campaign to educate horseback riders about horse handling safety, ultimately reducing the number and severity of rider injuries.

National statistics underscore the need. Millions of people ride horses each year, generating approximately 79,000 emergency room visits, with more than 13 percent of those admitted to the hospital. It is estimated

that one in five equestrians will be seriously injured during their riding careers. And novice riders, especially children and young adults, are eight times more likely to suffer a serious injury than professional equestrians. Many of those injuries are preventable.

The campaign, led by UK HealthCare in conjunction with the colleges of Agriculture and Public Health, includes informational brochures; an interactive Web site featuring safety tips; stories from injured riders; a horse rider safety blog; continuing medical education opportunities; education-based programs; and a volunteer-based speakers auxiliary.

For more information about the campaign or its partners please visit www.ukhealthcare.uky.edu/saddleup. Please check back here often, as the campaign will feature a regular column. In it you will find horseback riding and safety tips, safety information, exciting giveaways and new campaign features.



Safety on the ground: Never forget who's boss

Horses are herd animals, and all herds have bosses. For maximum safety, always know which horse is boss. Horses establish a "pecking order," or hierarchy, in the herd.

The pecking order can come into play when feeding as few as two horses, and disregarding it can have devastating consequences. A helpful family member on a small hobby farm once agreed to be the substitute feeder for the family's two horses. Unaware that one horse reigned relentlessly over the other, she approached two hungry, loose horses with one bucket of grain. The herd boss, determined to get first dibs at the contents of the bucket, whirled around at high speed and kicked powerfully with both back feet. Aiming to run off his rival for the grain, he instead landed a kick squarely on the chin of the bucket-bearer, knocking out three teeth and leaving a scar for a lifetime. Remarkably, she remained conscious and got quickly to emergency treatment.

This incident could have been avoided with good safety practices. The dominant horse should be fed first, at a sufficient distance to minimize conflict. It may be necessary to separate the horses before approaching with feed. Understanding herd dynamics will help protect against injuries to people and horses.

Picking out a good horse

Before you purchase a horse, consider how you will be using that horse because different breeds have different personalities and purposes. To select the best horse for you:

Find a reputable trainer/instructor in your area and ask him/her about different breeds and their purposes.

If new to horses, spend as much time around them as you can so you can learn their behavior, handling and how you should behave around them.

When you are ready to purchase a horse, ask the trainer to help you find a horse that suits your horsemanship skills level.

Do not buy a horse sight unseen. Before you buy a horse, you and your trainer should ride him. Also, many people will let you take the horse home for 30 days before you make your decision.

Have a vet do a prepurchase exam to be sure you are getting a healthy horse.

If you are an inexperienced rider/horseman, you should not purchase a green horse (a horse that has not had a lot of training) or a young horse (anything between a foal to a 6-year-old horse.)

Staying safe in an unexpected thunderstorm

Most riders know to postpone a trail ride or outdoor schooling session if the forecast calls for thunderstorms. But how can you best keep yourself and your horse safe when a thunderstorm develops unexpectedly?

Remember that if you can hear the sound of thunder, even if it seems distant, you are in danger. Don't wait for a storm to get right over your head before you seek shelter.

If you can't get to shelter immediately, dismount. Lightning seeks high points and a mounted rider is a target. Seek safer terrain in lower elevations, away from open fields, water and tall isolated objects. Here's where having trained your horse to tie well will be vital. Tie your horse to a sturdy low bush - never a tree - and move 40-50 feet away. Don't lie down, but squat in what safety experts call the "lightning crouch," with your heels together.

Wait 30 minutes after the last thunder clap before emerging. Watch for the after effects of sudden severe weather, such as wind damage and flash flooding. The more you know about your terrain, the safer you can be in bad weather. And if you are in doubt, stay home.

[UK CONNECTIONS]

NOW OPEN:

New UK Chandler Emergency Department

The new emergency department at the University of Kentucky Chandler Hospital has been completed. The new emergency department, which is twice as large as the previous facility (or roughly equivalent in size to a football field), opened to patients at 5 a.m. on July 14.

Congressman Ben Chandler, of Versailles, Lexington Mayor Jim Newberry and Kentucky State Senate President David Williams were among the local and national leaders who joined UK HealthCare administrators and patient-care providers in celebrating the new approximately 40,000-square-foot facility on July 12, 2010. In addition to being much larger, the new emergency department has been equipped with state-of-the-art monitoring and life-support systems.

"There is not a more sophisticated facility in the world than our new emergency department at UK," said Dr. Michael Karpf, UK's executive vice president for health affairs. "In the event of a large-scale emergency, the UK Chandler Emergency Department and its highly trained professionals will prove invaluable for our entire community and this region."

The facility includes three centers: the Makenna David Pediatric Emergency Center, with a separate entrance, its own registration and waiting areas, and special treatment facilities for young patients; the Level 1 Trauma Center; and an Adult Emergency Center that includes Express Care, an area designed for patients with less serious needs including a "chair-centric" room where patients are quickly evaluated and treated while they rest in comfortable recliners.

UK President Lee T. Todd, Jr. heralded the completion of the new emergency department as an important marker of progress in the university's mission to serve the Commonwealth.

"We should all be very proud, and find great peace of mind, in having one of the world's most advanced emergency care centers here in the Bluegrass," Todd said. "We see this as a milestone, as our new hospital takes shape and we continue to advance health care for Kentucky and beyond."

The emergency department includes the latest technological advances, including special wayfinding touch screen kiosks to help patients get where they need to go, electronic documentation of high-risk cases, computerized order entry, Wi-Fi coverage in waiting areas, and wireless and mobile x-ray and endoscopy carts to speed delivery of care to patients. In addition, the department incorporates the "Quiet ED" concept which reduces overhead announcements by using specialized communication devices.

"My family is very pleased to have our name associated with a hospital that provides the highest level of patient care to past, present and future generations of citizens of the Commonwealth," Rep. Ben Chandler said. The hospital is named for Chandler's grandfather, Albert Benjamin "Happy" Chandler, Sr., who twice served as Kentucky's governor and also represented the Commonwealth as a U.S. senator.

"This is an important milestone for the university and UK HealthCare as we move toward Top 20 status," said Barbara Young, UK board of trustees member and chair of the University Health Care Committee. "It also provides an excellent working environment for our already high-caliber health professionals in the UK Emergency Department."

The emergency department is part of the first phase of UK HealthCare's \$760 million expansion project. In 2011, the first two floors of a new 12-story patient care facility also will be completed.

"Everyone hopes they never need high-level trauma care and that a mass casualty situation will never occur in Lexington, but we are reassured in knowing that if the unexpected happens, our community is equipped and ready to handle any emergency situation because of the UK Chandler Emergency Department," said Lexington Mayor Jim Newberry. "Furthermore, this new facility will only enhance Lexington's growing reputation as a national center for quality health care."

For more information about the UK Chandler Emergency Department, please go to www.ukhealthcare.uky.edu/new/ED/index.asp.

UKHealthCare

Shamik Aikat, M.D.
Cardiology

Jorge Alegria, M.D.
Cardiology

Michael Arntstead, M.D.
Adult & Pediatric Pulmonology

Susanne Arnold, M.D.
Hematology & Oncology

Louis Bezdold, M.D.
Pediatric Cardiology

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

Thomas DiSessa, M.D.
Pediatric Cardiology

Deborah Flomenhoft, M.D.
Pediatric Gastroenterology

Shannon Florea, M.D.
Rheumatology

Amy Hessler, D.O.
Pediatric Neurology

Suman Jana, M.D.
Endocrinology

Bahram Kakavand, M.D.
Pediatric Cardiology

Christian Latterman, M.D.
Orthopaedic Surgery

Rick McClure, M.D.
Cardiology

David J. Moliterno, M.D.
Cardiology

Gustavo Morales, M.D.
Cardiology

Debabrata Mukherjee, M.D.
Cardiology

Robert Owen, M.D.
Neurosurgery

Amit Patel, M.D.
Otolaryngology

Navin Rajagopalan, M.D.
Cardiology

William Robertson, M.D.
Pediatric Neurology

Edward Romond, M.D.
Hematology & Oncology

Bryan K. Rone, M.D.
Gynecology

Douglas Schneider, M.D.
Pediatric Cardiology

Scott Scutchfield, M.D.
Orthopaedic Surgery

Steven I. Shedlofsky, M.D.
Gastroenterology

Mushabba Syed, M.D.
Cardiology

Rudolph M. Tovar, M.D.
Gynecology

Mark Vranicar, M.D.
Pediatric Cardiology

Chemotherapy Nurse *at home and away*

By Arielle Reese
Community Relations Director



Rockcastle Regional chemotherapy nurse Renee Miller, RN vacationing on a cruise and participating in 'On Deck for a Cure'.

Whether you take a vacation to relax somewhere close to home or travel great distances, work is the furthest thing from your mind. But for Chemotherapy and Emergency Department nurse Renee Miller that wasn't the case. Earlier this year, Renee took a cruise to the Bahamas and her passion for treating patients and caring for cancer patients wasn't left at home.

Renee has been a nurse at Rockcastle Regional for 25 years and started working in chemotherapy in 2008. Since joining the chemotherapy department, she has had the opportunity to get to know lots of cancer patients, survivors and their family members.

She was able to honor those people during her cruise when she had the opportunity to participate in On Deck for a Cure, a partnership between Carnival Cruise lines and the Susan G. Komen foundation. Now in its fourth year, On Deck for the Cure has raised more than \$1 million for the fight against breast cancer through fundraisers on dozens of the brands' ships, with guests making a donation.

On February 19, 2010 Renee joined over 200 other cruise guests on the ship's deck. It was supposed to be a five mile walk, but do to the large volume of guests that showed up, they only walked one mile. "It was a very inspirational moment for me," said Renee. "There

were young and old alike joined together in the fight against cancer in the middle of the ocean."

Renee was amazed at the number of cancer survivors on the cruise. It was a Christian cruise that featured various Gospel music entertainers including cancer survivors Sheri Easter from the legendary Gospel group "Jeff and Sheri Easter" and Lilly Isaacs from the group "The Isaacs."

Renee said she even did some patient education while on the cruise. "One evening at dinner we were talking to this older couple and I asked if they had their colonoscopies yet," Renee said with a laugh. "I guess once a nurse, always a nurse."



[WOMEN'S HEALTH]

Early breast cancer detection SAVES LIVES

The importance of finding breast cancer early

The goal of screening exams for early breast cancer detection is to find cancers before they start to cause symptoms. Screening refers to tests and exams used to find a disease, such as cancer, in people who do not have any symptoms. Early detection means using an approach that allows earlier diagnosis of breast cancer than other-

wise might have occurred.

Breast cancers that are found because they are causing symptoms tend to be larger and are more likely to have already spread beyond the breast. In contrast, breast cancers found during screening exams are more likely to be smaller and still confined to the breast. The size of a breast cancer and how far it has

spread are some of the most important factors in predicting the prognosis (outlook) of a woman with this disease.

Most doctors feel that early detection tests for breast cancer save many thousands of lives each year, and that many more lives could be saved if even more women and their health care providers took advantage of these tests.

Women age 40 and older should have a mammogram every year and should continue to do so for as long as they are in good health.

Women in their 20s and 30s should have a clinical breast exam (CBE) as part of a periodic (regular) health exam by a health professional preferably every 3 years. Starting at age 40, women should have a CBE by a health professional every year.

Breast self-examination (BSE) is an option for women starting in their 20s. Women should be told about the benefits and limitations of BSE. Women should report any breast changes to their health professional right away.

Women at high risk (greater than 20% lifetime risk) should get an MRI and a mammogram every year. Women at moderately increased risk (15% to 20% lifetime risk) should talk with their doctors about the benefits and limitations of adding MRI screening to their yearly mammogram. Yearly MRI screening is not recommended for women whose lifetime risk of breast cancer is less than 15%.

Signs and symptoms of breast cancer

Although widespread use of screening mammograms has increased the number of breast cancers found before they cause any symptoms, some breast cancers are not found by mammograms, either because the test was not done or because even under ideal conditions mammograms do not find every breast cancer.

The most common sign of breast cancer is a new lump or mass. A mass that is painless, hard, and has irregular edges is more likely to be cancerous, but breast cancers can be tender, soft, or rounded. For this reason, it is important that any new mass, lump, or breast change is checked by a health care professional with experience in diagnosing breast diseases.

Other possible signs of breast cancer include:

- Swelling of all or part of a breast (even if no distinct lump is felt)
- Skin irritation or dimpling
- Breast or nipple pain

- Nipple retraction (turning inward)
- Redness, scaliness, or thickening of the nipple or breast skin
- A nipple discharge other than breast milk

Sometimes a breast cancer can spread to underarm lymph nodes and cause a lump or swelling there, even before the original tumor in the breast tissue is large enough to be felt. Swollen lymph nodes should also be reported to your doctor.



Source: American Cancer Society
(www.cancer.org)

BACK-TO-SCHOOL:

For Parents

Back-to-School To-Do's

Parents themselves can be a little nervous about the first day of school, especially if they're seeing their little one off for the first time or if their child will be attending a new school.

To help make going to school a little easier on everyone, here's a handy checklist:

What to wear, bring, and eat:

- Does the school have a dress code? Are there certain things they can't wear?
- Will kids need a change of clothes for PE or art class?
- Do your kids have a safe back-

pack that's lightweight, with two wide, padded shoulder straps, a waist belt, a padded back, and multiple compartments?

- Do kids know not to overload their backpacks and to stow them safely at home and school?
- Will your kids buy lunch at school or bring it from home? If they buy a hot lunch, how much will it cost per day or per week? Do you have a weekly or monthly menu of what will be served?
- Have you stocked up on all of the necessary school supplies? (Letting kids pick out a new lunchbox and a set of pens, pencils, binders, etc., helps get them geared up for going back to school.)

Medical issues:

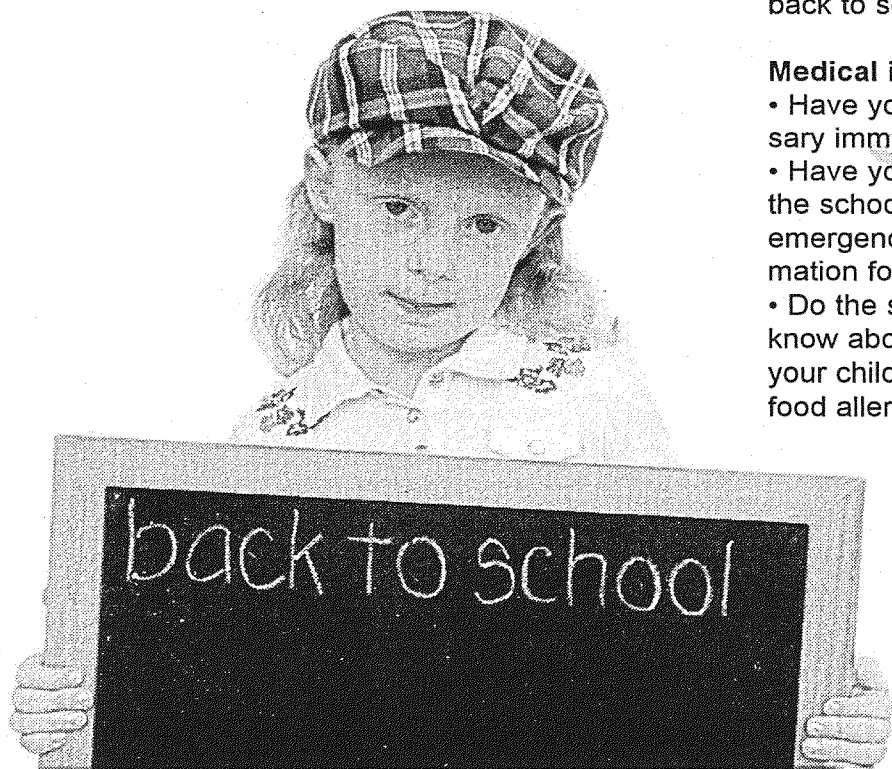
- Have your kids received all necessary immunizations?
- Have you filled out any forms that the school has sent home, such as emergency contact and health information forms?
- Do the school nurse and teachers know about any medical conditions your child may have, particularly food allergies, asthma, diabetes, and any other conditions that may need to be managed?
- Have you made arrangements with the school nurse to administer any medications

your child might need?

- Do the teachers know about any conditions that may affect how your child learns? For example, kids with attention deficit hyperactivity disorder (ADHD) should be seated in the front of the room, and a child with vision problems should sit near the board.

Transportation and safety:

- Do you know what time school starts and how your kids will get there?
- If they're riding the bus, do you know where the bus stop is and what time they'll be picked up and dropped off?
- Do you know where the school's designated drop-off and pick-up area is?
- Are there any regulations on bicycles or other vehicles, such as scooters?
- Have you gone over traffic safety information, stressing the importance of crossing at the crosswalk (never between parked cars or in front of the school bus), waiting for the bus to stop before approaching it, and understanding traffic signals and signs?
- If your child walks or bikes to school, have you mapped out a safe route? Does your child understand that it's never OK to accept rides, candy, or any other type of invitation from strangers?



GET A SMART START

For Kids

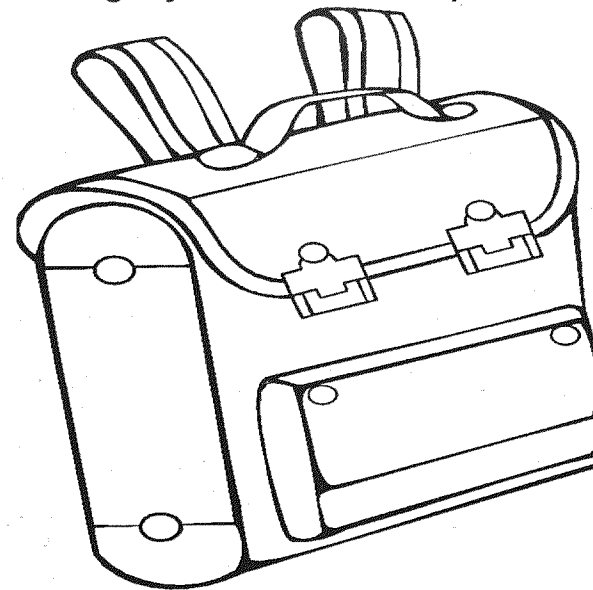
Activities for You

Back-to-School Safety

- ✍ Work out a safe route to school with your parents. Choose the quickest way with the fewest street crossings and use intersections with crossing guards. Stay away from parks, vacant lots, fields, and other places where there aren't many people around.
- ✍ Whenever possible walk to and from school with a friend, neighbor, brother, or sister. Don't go by yourself.
- ✍ Be sure you know your home phone number (including area code) and address, the numbers of your parents at work and of another trusted adult, and how to use 911 for emergencies.
- ✍ Never talk to strangers or accept rides or gifts from strangers. Remember, a stranger is anyone you or your parents don't know well and trust.
- ✍ If you bike or skate to school, wear a helmet. And don't forget to lock up your bike with a sturdy lock wherever you leave it.
- ✍ If you're home alone after school, check in with a parent or neighbor as soon as you walk in the door.
- ✍ Let parents and friends know if you stay late after school. Get permission first if you want to play with a friend instead of going home.

Source: National Crime Prevention Council

Design your own backpack ✍

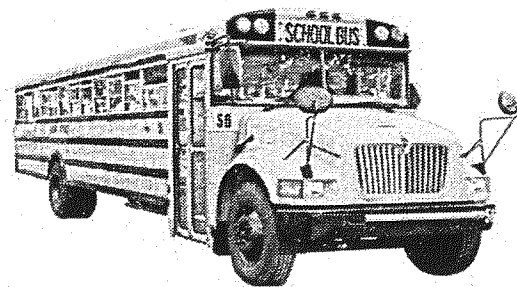


Find the hidden words

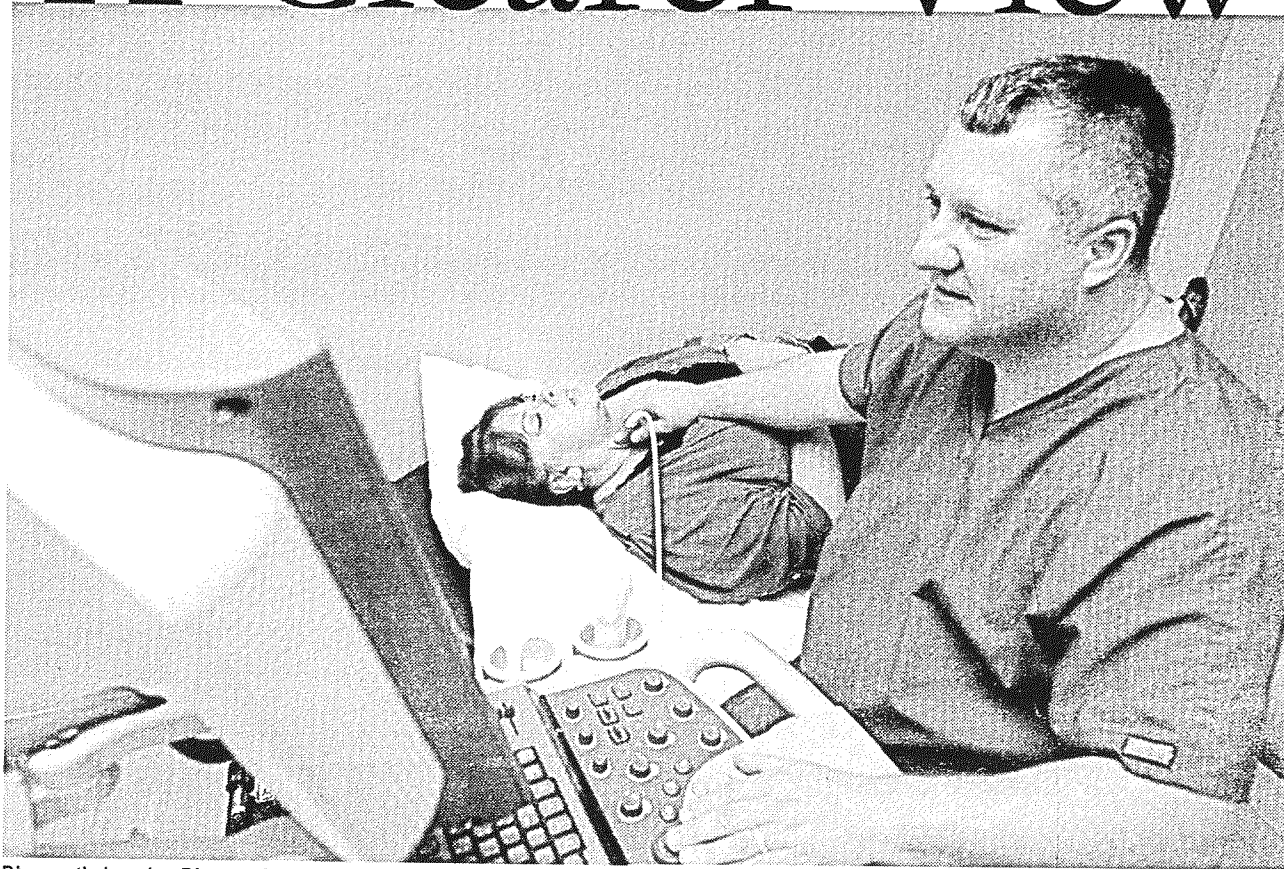
F	F	H	B	I	C	C	G	K	K
G	R	Z	C	R	X	N	P	O	C
Z	I	I	A	N	I	W	E	O	A
C	U	Y	E	N	U	S	N	B	P
Z	O	W	R	N	U	L	C	I	K
N	Q	A	X	B	D	X	I	H	C
R	E	P	A	P	W	S	L	G	A
L	C	D	F	S	H	Z	R	N	B
S	P	G	T	E	A	C	H	E	R
Q	D	K	D	N	Z	M	D	X	Z

BACKPACK
BOOK
BUS
CRAYON
FRIENDS

LEARNING
LUNCH
PAPER
PENCIL
TEACHER



A Clearer View



Diagnostic Imaging Director John Mitchell ultrasounds a patient's carotid artery, checking for plaque buildup.

Hospital purchases new ultrasound machine

By Arielle Reese
Community Relations Director

Rockcastle Regional Hospital & Respiratory Care Center recently purchased an advanced ultrasound for the Diagnostic Imaging Department. The Siemens S2000 ultrasound machine will allow clinicians to assess cardiac activity, basic anatomy and suspected internal bleeding from trauma. It will also aid in determining fetal position, heart beat and other specific conditions in pregnant patients.

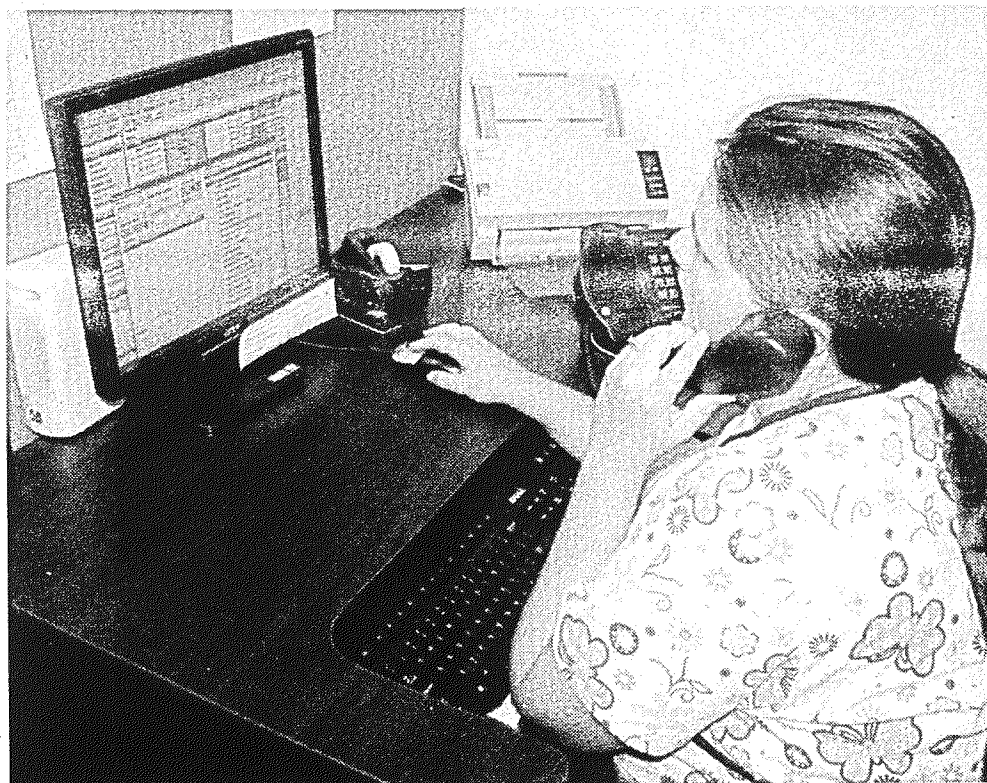
The core advantage of the updated equipment is image quality. Ultrasound provides immediate images that assist clinicians to determine treatment requirements necessary for patients. Whether it is an ultrasound for the abdomen, OB/GYN, small parts, cardiac or vascular, ultrasounds extract information from within the body and provide quality images.

"We are committed to providing qual-

ity care," said John Mitchell, Director of the Diagnostic Imaging Department.

"This ultrasound machine is the latest addition to our department, in an effort to provide the latest and greatest technology for our patients." Mitchell says the new ultrasound provides high resolution images with never before seen details."

The machine is portable and can be used in the Emergency Department and on the Respiratory Care Unit.



Rockcastle Regional Hospital Home Health nurse Stephanie Alexander, RN, calls to check on a patient after checking their vital signs transmitted via telemonitoring technology.

Unique Technology

By Arielle Reese
Community Relations Director

Rockcastle Regional Hospital Home Health professionals offer comprehensive, advanced care in your home. A unique service is telehealth—or the use of a telemonitor in the home to monitor the patient.

Rockcastle Regional Hospital Home Health patients are given a telemonitor that measures heart rate, blood pressure, weight and asks subjective disease-related questions to provide a more complete picture of the individual's health. It automatically prompts in-home users when it's time to take their vital signs. It's a fast solution for meeting the individual needs of patients and their caregivers.

It is perfect in situations where

patients with very specific chronic or acute conditions need to be monitored closely. Clinicians have the ability to develop care plans specific to each patient.

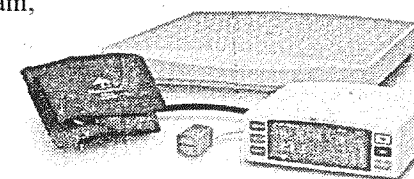
Each day, up to four times a day, a friendly voice and easy-to-use interface guides patients through the monitoring process. With the push of a button, a manual function allows in-home measurements to be taken. Also, if the user fails to respond, or if any or his or her information falls outside the preset parameters, the system automatically alerts Rockcastle Regional Hospital Home Health.

Preventative care can be given to the patient and problems can quickly be

detected, so that hospital stays and emergency room visits can be avoided.

"We've seen a large decrease in the number of hospital admissions since incorporating this technology into our home health program," said Brenda Rainwater, Director of Rockcastle Regional Hospital Home Health. "The telemonitor along with our 'Call the Nurse First' campaign have really benefitted our patients."

For more information about Rockcastle Regional Hospital Home Health call 256-1808.



Making Strides

New run/walk series promotes community fitness

In its ongoing effort to promote health and fitness, Rockcastle Regional Hospital is proud to be a co-organizer of the 2010 County-wide Stride Run/Walk Series.

The series is composed of four run/walks of varying distances throughout the county. Some of the races, such as the Jerry J. Cox Bittersweet 5K, have been around for years. Its organizers have agreed to allow the race to be part of the series and have collaborated with the hospital in forming the series. We've partnered with other community leaders in

the county to form new races, such as the ones in Brodhead and Livingston.

Runners and walkers may participate in any or all four "legs," but must enter and participate in at least three of them to receive a County-wide Stride long-sleeved tee shirt (in addition to individual event giveaways) at the end of the year. No separate registration is required for the series and there is no additional entry fee; we'll keep up with who participates at each event.

So, Rockcastle County, let's get fit. Hit your County-wide Stride this year!

Upcoming events in the series...

Livingston Leap September 4, 2010 Distance: 2 miles	Jerry J. Cox Bittersweet 5K October 9, 2010 Distance: 5K (3.1 miles)	Jingle Bell Run/Walk December 4, 2010 Distance: 6K (3.7 miles)
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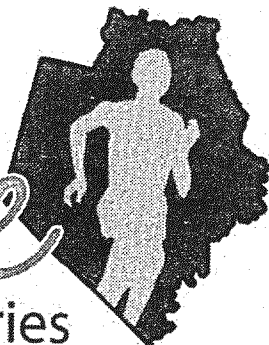
For more information go to www.rockcastleregional.org/countywidestride

COUNTY-WIDE

Stride

Run/Walk Series

Brodhead • Livingston • Mt. Vernon • Renfro Valley



Livingston LEAP

2 Mile Run/Walk

**Saturday
September 4, 2010**
Livingston Volunteer Fire Department

Registration begins at 8:00 a.m.
Race begins at 8:30 a.m.

All participants receive a free sports bottle.

Bring your friends and family to the first ever 2 Mile Run/Walk during the annual Livingston Homecoming Celebration.

Run/Walk Information

The run/walk begins at the Livingston Volunteer Fire Department located at 9254 S. Wilderness Road in downtown Livingston.

Registration Fees:

- \$10 early bird registration (Register on-line by August 30 at rockcastleregional.org/countywidestride)
- \$12 day of run/walk

Awards:

- Top male and female finisher
- Top 3 male and female finishers in each age group

Contact:

Susan Brown, 256-7746

Proceeds benefit the Livingston Homecoming Committee

[YOUR HEALTH]

Cholesterol: KNOW THE FACTS

Rockcastle Regional offers
FREE CHOLESTEROL SCREENINGS
September 13-17 • 7 a.m.-10 a.m.
 Rockcastle Regional Outpatient Services Center
 (Second floor)
No appointment necessary.

What is high cholesterol?

Cholesterol is a waxy, fat-like substance that your body needs. But, when you have too much in your blood, it can build up on the walls of your arteries. This can lead to heart disease and stroke—the first and third leading causes of death in the United States.

Are you at risk?

About one in every six adult Americans has high cholesterol. Anyone, including children, can develop it. Several factors that are beyond your control can increase your risk. These include your age, sex, and heredity. But, there are some risk factors that you can change. Examples

include eating an unhealthy diet, being overweight, and not getting enough exercise.

What are the signs and symptoms?

High cholesterol itself does not have symptoms. Many people do not know that their cholesterol level is high. That's why it's important to schedule regular visits with your doctor. Be sure to ask about having your cholesterol tested.

How is high cholesterol diagnosed?

Doctors can do a simple blood test to check your cholesterol. Most adults should get their cholesterol levels checked every five years. If your total cholesterol is 200 mg/dL* or more, or if your HDL (good cholesterol) is less than 40 mg/dL, you will need to have a lipoprotein profile blood test done. Ask your doctor about what may be right for you.

What levels of cholesterol are healthy?

	DESIRABLE LEVELS
Total cholesterol	Less than 200 mg/dL*
LDL ("bad" cholesterol)	Less than 100 mg/dL
HDL ("good" cholesterol)	40 mg/dL or higher
Triglycerides	Less than 150 mg/dL

* Cholesterol levels are measured in milligrams (mg) of cholesterol per deciliter (dL) of blood.

How is it treated?

Lowering high cholesterol levels is important for people at all ages, with and without heart disease. If you have high cholesterol, you will need to eat a healthy diet, exercise regularly, quit smoking, and you may need to take medication.

Can it be prevented?

You can take several steps to maintain a normal cholesterol level:

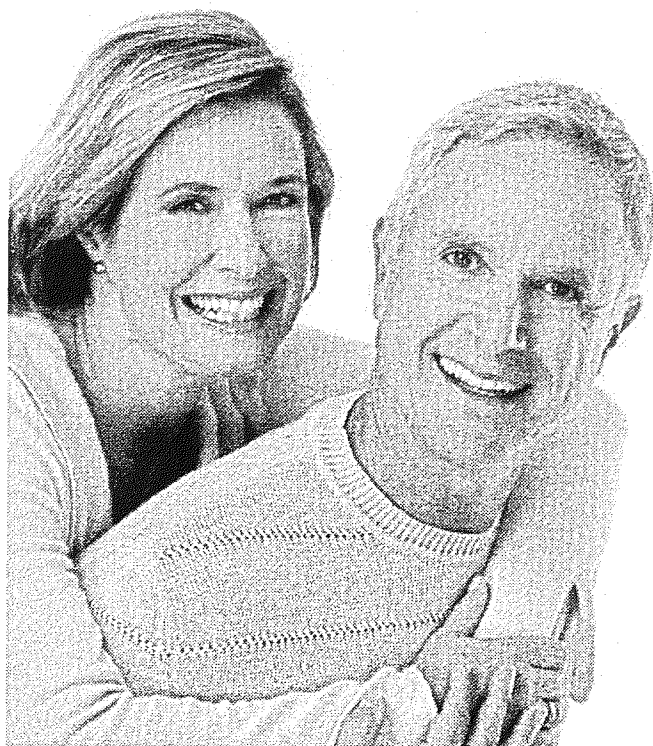
Eat a healthy diet. A high amount of saturated fat and cholesterol in food that you eat can increase blood cholesterol.

Maintain a healthy weight. Being overweight can increase your cholesterol level. Losing weight can help lower your LDL (bad) cholesterol and total cholesterol level, and raise your HDL (good) cholesterol level.

Exercise regularly. Regular physical activity can help lower LDL (bad) cholesterol and raise HDL (good) cholesterol. You should try to be physically active for 2 hours and 30 minutes (150 minutes) each week.

Don't smoke. CDC's Office on Smoking and Health Web site has information on quitting smoking (www.cdc.gov/tobacco).

Source: Centers for Disease Control and Prevention (CDC)



What the doctor ordered

Local clinicians speak at national conference

By Arielle Reese
Community Relations Director

George W. Griffith, M.D. and Cindy Burton, Rockcastle Regional Hospital and Respiratory Care Center Chief Nursing Officer spoke at a Healthcare Management System (HMS) conference in April. Hosted in Nashville, over five hundred people attended. Dr. Griffith and Burton participated in a discussion panel on the implementation of Computerized Physician Order Entry (CPOE). CPOE is a browser-based component of electronic medical records (EMR) that enables clinicians to enter orders anytime, anywhere. It works with other software to give real-time access to the complete patient chart, helps with streamlining the workflow, leads to fewer order errors and increases patient safety.

Since implementing EMR in the fall of 2007, Rockcastle Regional has become a premiere site for HMS. Potential clients visit to learn about HMS because Rockcastle is one of only a few facilities in the nation that is using CPOE. Rockcastle Regional is among the 1.5 percent of hospitals in the country that has a comprehensive EMR sys-

tem as defined in the New England Journal of Medicine, March 2009.

"The panel discussion on CPOE was a conference highlight," said Megan Wiley of HMS. "The participants did an excellent job of shaping realistic views of their experiences."

Some of the benefits of implementing CPOE are: eliminates legibility errors by replacing most faxed, verbal or written orders and uses electronic orders; minimizes time spent interpreting, transcribing and processing hand written orders; reduces wait time for patients and helps deliver better care, faster; provides screenings for medication orders for interactions with food, other medications or allergies; and improves pharmacy, radiology and lab turn around times.

"We realized the potential impact CPOE would have on patient care," said Stephen Estes, President and CEO of Rockcastle Regional. "And with a vision in mind of 100 percent physician use of the CPOE system, our multi-disciplinary

team was able to create a supportive, flexible and encouraging environment to ensure physician success."

A study by researchers from the Medical University of South Carolina in Charleston found that only 6 percent of hospitals across the nation were using CPOE.

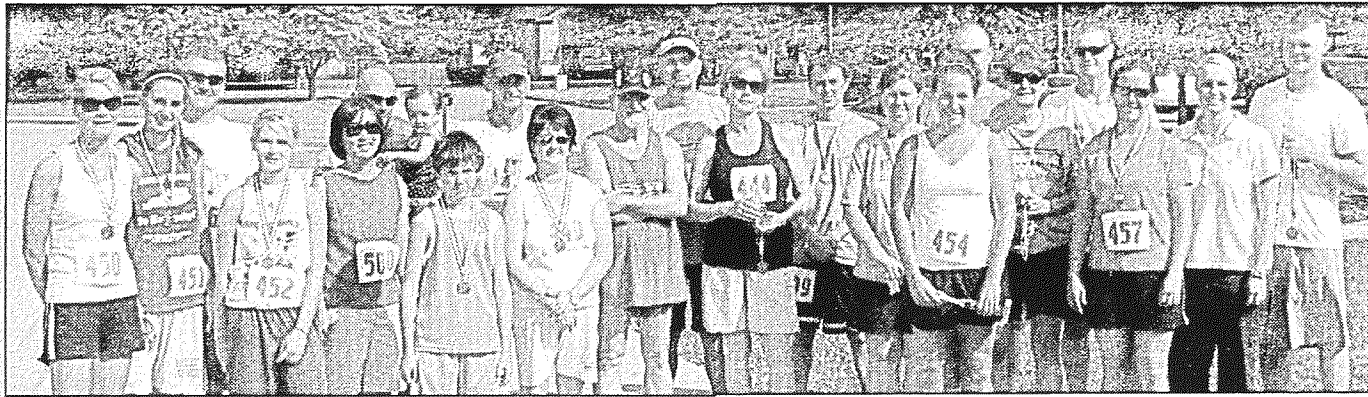
"Patient safety and patient satisfaction has benefitted from our transition to EMR," said Cindy Burton, CNO. "When we set out to move our organization to a virtually paperless system, 100% physician utilization of CPOE was a major component of our goal. It wasn't easy, but the road to success never is."

With physician use of CPOE at 100 percent, Rockcastle Regional is improving patient safety, communication of patient information and access to information.

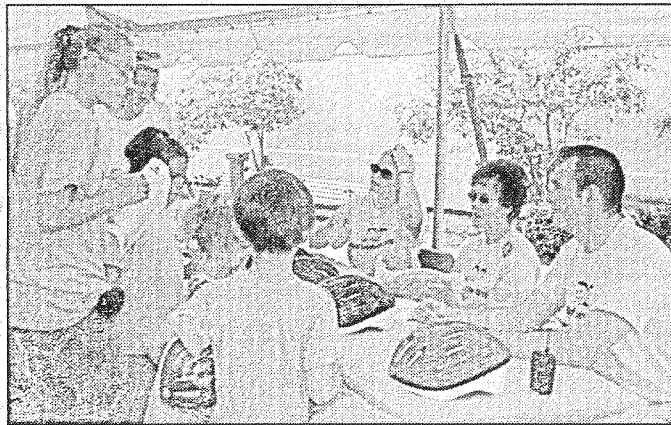


George W. Griffith, M.D., left, and Cindy Burton, Rockcastle Regional Hospital and Respiratory Care Center Chief Nursing Officer spoke at a national Healthcare Management System (HMS) conference in April.

[NEWS AND NOTES]



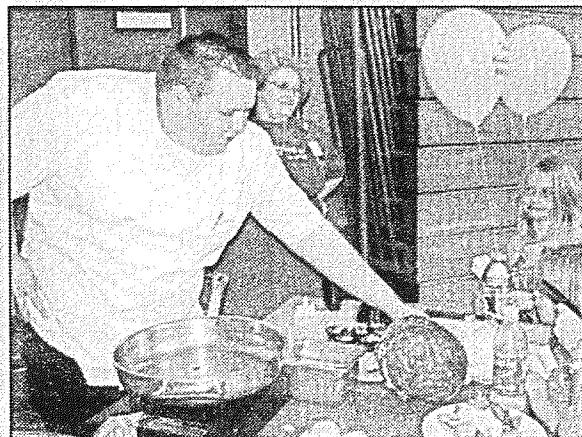
Brodhead Homecoming Hustle • Twenty-three runners and walkers endured the afternoon heat on May 29 to participate in the first ever Brodhead Homecoming Hustle 2-mile run/walk. James Bullen of Mt. Vernon was the overall male winner with a time of 13:05. Lura Cash of Brodhead was the overall female winner finishing in 14:56. Leading the walkers was Marvin McKinney of Mt. Vernon. The Brodhead Homecoming Hustle is the first of four in Rockcastle Regional's County-wide Stride series. Future races include the Livingston Leap on September 4, the Bittersweet 5K on October 9, and the Jingle Bell 6K on December 4.



Child Safety Expo • Nearly two hundred people attended the Child Safety Expo on June 5 at Rockcastle Regional. The fun-filled, educational event taught parents and children various safety topics including: hot car dangers, home safety, poison prevention, first-aid and others. One hundred bicycle helmets were given away along with other safety items.



Healthy Joe Expo • The 2nd annual Healthy Joe Men's Health Expo was held on June 17 at Rockcastle Middle School. Over 50 men attended the event sponsored by Rockcastle Regional and Southern KY AHEC. Attendees received health screening vouchers, educational materials and a discussion of men's health issues with Dr. David Bullock and Dr. John Tuttle.



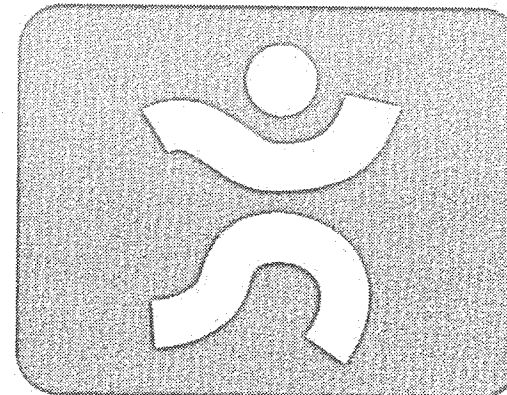
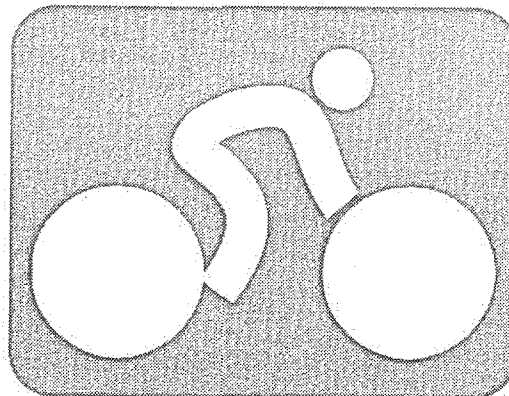
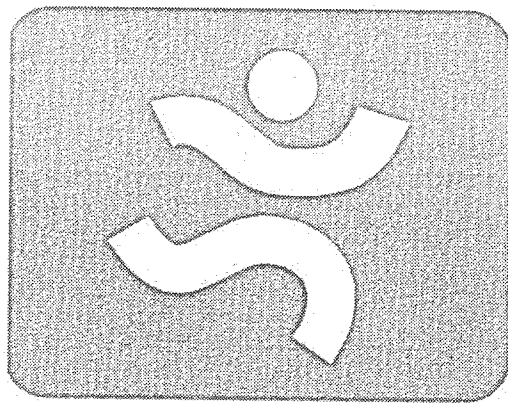
Longest Day of Play • Over 450 people attended the annual Longest Day of Play and Community Health Fair at Mt. Vernon Elementary School on June 23. Rockcastle Regional sponsored several booths, including education on healthy eating, infection control, cancer prevention, and an obstacle course.



WHAS Golf Tournament • The annual golf tournament to benefit WHAS Crusade for Children was held on June 23 at Cedar Rapids Country Club. Pictured above is the winning team sponsored by Community Trust Bank, from left, John Bray, Donnie Helton, Eric Adams, and Richie Bray. The event raised \$5,500 for WHAS Crusade for Children.

1st Annual Rockcastle Regional

RUN, BIKE OR HIKE



Saturday

August 28, 2010

Lake Linville Recreational Area
(Lake Linville Road • Renfro Valley, KY)



2-mile Walk • 8 a.m. EST



5K Run by the Lake • 8 a.m.



Rockcastle Duathlon • 8 a.m.



16.5-mile Cycling Tour • 9 a.m.

Register on-line by **August 18** to guarantee your commemorative t-shirt.

Register at rockcastleregional.org/runbikeorhike

NEWS AND NOTES FROM OUR TEAM

Meet some of our newest employees



Amanda Bradley

Bradley joins Quality Department

Amanda Bradley has joined the Quality Department at Rockcastle Regional. A native of Middlesboro, Kentucky, Amanda received her bachelor's degree in Health Services Administration from

Eastern Kentucky University. She currently lives in Brodhead with her husband and daughter and enjoys scrapbooking, UK football and basketball and spending time with family and friends.

When asked what she loves most about her job at Rockcastle Regional, she said, "I really enjoy the friendly atmosphere."



Carolyn Cain

Cain joins Health Information Department

Carolyn Cain has joined the Health Information Department at Rockcastle Regional. A native of Manchester, Kentucky, Carolyn received her bachelor's degree in Health Services Administration with option in Health Informatics from Eastern Kentucky University. She also received her asso-

ciate's degree in Office Systems Technology from Somerset Community College. She currently lives in McKee with her husband and two sons and enjoys riding motorcycles, playing sports and playing with her grandchildren.

When asked what she loves most about her job at Rockcastle Regional, she said, "I like the environment and everybody is so nice and works well together."

There's no such thing
as too many **candles.**



Living a healthy lifestyle and getting the right cancer screening tests can help you prevent cancer or find it early when it is most treatable. The less cancer there is, the more birthdays there will be. For more information, call the American Cancer Society at 1-800-227-2345 or visit cancer.org. Together we'll stay well, get well, find cures and fight back.

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ROCKCASTLE REGIONAL

Medical Staff

Physicians Based in Rockcastle County

Jon A. Arvin, M.D.	Family Practice
David L. Brabon, M.D.	Plastic Surgery
David S. Bullock, M.D.	Family Practice
Kimberly Cornelius, M.D.	Internal Medicine/Pediatrics
Eduardo R. Gomez, M.D.	Radiology
George W. Griffith, M.D.	Family Practice
William P. McElwain, M.D.	Family Practice
Kevin Rowe, M.D.	Family Practice
Karen B. Saylor, M.D.	Internal Medicine/Pediatrics
Callie Shaffer, M.D.	Pediatrics

Visiting Physicians

Shamik Aikat, M.D.	Cardiology
Jorge Alegria, M.D.	Cardiology
Paul Anaya, M.D.	Cardiology
Michael Anstead, M.D.	Pulmonology
Susanne Arnold, M.D.	Oncology
Azhar Aslam, M.D.	Cardiology
Louis Bezold, M.D.	Pediatric Cardiology
Ketan Buch, M.D.	Pulmonology
Lee Cain, O.D.	Optometry
Charles Campbell, M.D.	Cardiology
Jennifer Chadwell, D.M.D.	Dentist
Mara C. Chambers, M.D.	Oncology
Aftab S. Chishti, M.D.	Pediatric Nephrology
Terry D. Clark, M.D.	Pathology/Cytopathology
James K. Crager, M.D.	Cardiology
Leslie Crofford, M.D.	Rheumatology
Zoran Danov, M.D.	Pediatric Neurology
Willem J. S. de Villiers, M.D.	Gastroenterology
Thomas DiSessa, M.D.	Pediatric Cardiology
Jonathan M. Doty, M.D.	Otolaryngology
Deborah R. Flomenhoft, M.D.	Pediatric Gastroenterology
Shannon Florea, M.D.	Rheumatology
Amy Hessler, D.O.	Pediatric Neurology
Suman Jana, M.D.	Endocrinology
Michael Jones, M.D.	Cardiology
Bahram Kakavand, M.D.	Pediatric Cardiology
Christian Knecht, M.D.	General Surgery
Paul K. Krestik, D.P.M.	Podiatry
Christian Lattermann, M.D.	Orthopaedic Surgery
Iraklis Livas, M.D.	Allergy/Immunology
Sridevi Maddineni, M.D.	Surgery
Anne P. Marshall, M.D.	Pathology/Cytopathology
David J. Moliterno, M.D.	Cardiology
Gustavo Morales, M.D.	Cardiology
Rick R. McClure, M.D.	Cardiology
Douglas G. Owen, M.D.	Ophthalmology
Robert D. Owen, M.D.	Neurosurgery
Amit Patel, M.D.	Otolaryngology
Fred Picklesimer, M.D.	Pathology/Cytology
Navin Rajagopalan, M.D.	Cardiology
William Robertson, M.D.	Nerve Study
Anthony Rogers, M.D.	Cardio/Thoracic Surgery
Edward Romond, M.D.	Oncology
Bryan Rone, M.D.	Gynecology
Douglas Schneider, M.D.	Pediatric Cardiology
Scott Scutchfield, M.D.	Orthopaedics
Steven Shedlofsky, M.D.	Gastroenterology
Mushabba Syed, M.D.	Cardiology
Rudolph M. Tovar, M.D.	Gynecology
John P. Tuttle, M.D.	Urology
Mark Vranicar, M.D.	Pediatric Cardiology
Byron T. Westerfield, M.D.	Sleep Medicine
Denis Yalkut, M.D.	Urology

Information where you need it, when you need it.

Our Web site offers a wide variety of information available anytime, any place. Whether you are looking for health information, up-coming events or want to learn more about our services, it can all be found online.

rockcastleregional.org

