

Mount Vernon Signal

Serving Rockcastle County Since 1887

Mount Vernon, Kentucky 40456 - (606) 256-2244 Volume 124 • Number 49 .50 per copy - Thursday, November 4, 2010



Two Mt. Vernon families lost their homes to fires this past week. In the above photo, Jack and Patty Taulbee of West Main Street lost their home on Monday morning. Mt. Vernon Fire and Rescue put the blaze out after about an hour. Livingston Fire and Rescue was also called to the scene. According to Mt. Vernon Fire Chief David Bales, the cause of the fire is unknown, but probably was electrical in nature. In the photo below, Johnny, III and Lori Eaton lost their home last Wednesday night after a fire broke out in the attic of their home. Mt. Vernon Fire and Rescue, as well as Brindle Ridge, Western, Brodhead and Livingston Fire Departments responded to the fire. Mt. Vernon Fire Chief David Bales said that the Eaton's home was too far gone when the fire department arrived to determine the cause of the blaze.



Celebrating our 200th Birthday

More firsts from Rockcastle

By Sara Coguer

I had so many comments last week from people who enjoyed reading about "firsts" in Rockcastle County, that I thought I would continue with twenty more this week.

Many of the comments were that people loved reading the names of the first innovators and entrepreneurs in our county, because they might see the name of a relative or two!

These firsts are repro-

duced from the January 4, 1907 edition of the *Mount Vernon Signal*.

1. R.S. Martin opened the first tobacco factory in Brodhead. Established by "Dick" Martin, of Virginia, who ran his works at

Brodhead many years but moved his headquarters later to Junction City to take advantage of freight rates.

2. The first coal was shipped by Miller and

(Cont. to A10)

Rash of burglaries happening in county

By Sara Coguer

A recent rash of burglaries in the county has led to the issuance of a warrant for a suspect.

Kentucky State Police, and the Rockcastle County

Sheriff's Dept., both issued a warrant for Matthew Holden for Burglary, 2nd degree, in the recent rash of burglaries of vehicles and

(Cont. to A10)

58 suits filed over '08 property taxes

Rockcastle County Attorney Billy Reynolds filed 58 delinquent property tax suits in Rockcastle District Court this week. The suits are all for the 2008 tax year and total around \$7,380 after interest and fees were added. The total of the 58 tax bills originally was \$3,388.

These bills are in addition to the ones already

bought at the Sheriff's Tax Sale by companies who buy them up and are able, by law, to add seemingly exorbitant fees to them before they are redeemed by the

(Cont. to A10)

Boil Water Advisory

Mount Vernon Water Works and Western Rockcastle Water Assn. have issued a boil water advisory for customers from Burr to White Star until further notice.

Time Change Saturday

Don't forget to set your clocks back one hour before you go to bed Saturday night as Eastern Standard Time returns at 2 a.m. Sunday.

Last year, the time change was moved to the first Sunday in November instead of the last Sunday in October.

Carloftis barely holds on to seat; Mt. Vernon elects Bryant as mayor

By Sara Coguer

5,191 Rockcastle countians turned out Tuesday for a hotly-contested general election in both the county and statewide.

Heavy voter turnout in the county helped incumbents and newcomers alike, as 46% of registered voters went to the polls. By contrast, only 39% of registered voters went to the polls in May, which usually has a larger voter turnout.

Although many incumbents were swept out of office statewide and nationally Tuesday night, County Judge-Executive Buzz Carloftis managed to hold onto his seat by less than 200 votes. The race between Carloftis and Independent Doug Bishop was as close as everyone thought it would be but, in this race, evidently experience trumped change. Carloftis garnered 2,528 votes to Bishops 2,345.

The lead went back and forth throughout the count Tuesday night, with Bishop winning five of the fourteen precincts. Bishop's largest margin came from the Roundstone precinct, the only precinct Carloftis lost in the primary. Bishop won Roundstone 253 to 177.

When announced, West Mt. Vernon was the precinct that gave Carloftis the final lead, supporting him 308 to 211, which was also the precinct with the largest margin of victory for Carloftis with 97 votes.

However, Carloftis will have two new Magistrates to work with on the Fiscal Court, as Republicans Lee Earl Adams of District 1, and Gary Burdette of District 4 won those seats from Democrat incumbents John Holbrook and Jan Stevens.

Adams handily won over incumbent Holbrook 587 to 273. Burdette also easily defeated Stevens 613 votes to 256. Fourth district write-in candidate Burton Stephens, who also ran against Burdette in the primary, garnered 150 write-in votes.

Incumbent Republican Magistrates Ralph Allen and Billy McKinney held onto their seats. Allen, who received 455 votes and was challenged by write-in candidate Michael McGuire, kept his seat by 111 votes over McGuire's 344.

McKinney easily won his seat with a more than 400 vote margin of 797 over Troy Cromer's 388, returning for his fifth term as magistrate.

Second district magistrate William Denny ran unopposed, as did most of the county officials who won their primaries in May including PVA Margaret Office, County Attorney Billy Reynolds, incoming County Clerk Danetta Allen, Sheriff Mike Peters, Jailer James Miller and Coroner Billy Dowell.

Also running unopposed were the three judges that serve Rockcastle County, including Supreme Court Justice Daniel Venters, and District Court Judges Jeffrey Scott Lawless and Katie Wood. State Representative Danny Ford also did not have opposition.

None of the constables who won in the May Primary faced opposition except for Richard Dean who handily won a write-in challenge by Mike Peters, Jr., 731-77.

Mt. Vernon elects new mayor

Only thirty votes separated the two leaders in the Mt. Vernon mayoral race. Mike Bryant captured 48% of the city's voters to become the next mayor with 309 votes. Incumbent mayor Gary Cromer, who was appointed in February of this year to fill the unexpired term of former Mayor Clarice Kirby, received 43% of the vote with 279, and councilman Don Jones got 9% of the vote with 60.

There will be two new members of the Mt. Vernon City Council come January. Mt. Vernon Elementary teacher Jamie Bryant, who

(Cont. to A10)



Heavy voter turnout in Tuesday's General Election was evident at the North Mt. Vernon precinct where election officers Shannah Surber, seated, helps Virginia Miller and Janet Vaughn, standing, register Alan Hendrickson to vote. At right, Rockcastle County Clerk Norma Houk and Election Board members Rita Mize and Joe Bullens read write-in votes from the Orlando precinct. 5th District magistrate candidate Michael McGuire received 112 write-in votes from the Orlando precinct alone.



Ramblings . . .

A New Generation
by:
Sara Coguer, Editor



How time flies when you are having fun! I really cannot believe how fast October came and went, but I have been told that in this business this is the norm.

Wow, what an election! If you are not a little wrapped up or interested in what happened both locally and nationally last night, well you must be laid up on a cold slab over at the local funeral home.

I am so proud to be from Rockcastle County. For 46% of us to show up and vote Tuesday, during a mid-term, non-presidential election, I believe shows that we do care about the direction of our cities, county, state

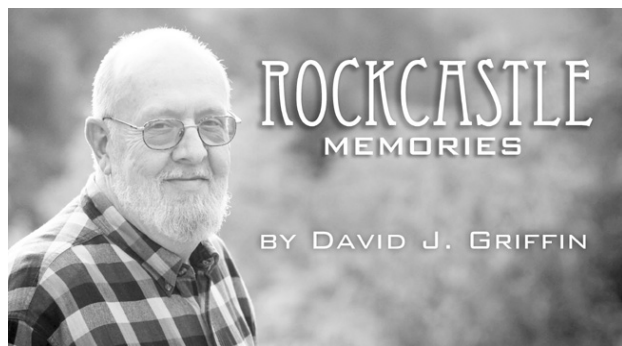
and nation.

In an election of sweeping change, for County Judge Carloftis to hang onto his seat is, I believe, a sign that the majority of the people in our county are happy with the progress we are making.

Having said that, to only win by 183 votes should also tell the judge that many people in the county are expecting him to listen to and take into consideration what the other half thinks.

A margin that slim should be an indication to any elected official that they have not been given a blank

(Cont. to A4)



"Men's Handkerchiefs – A perfect pocket accessory"

When I was growing up, my father, my grandfather (Pop), and my older brother each carried a handkerchief in his pocket at all times. As a matter of fact, all of the men whom I knew and trusted used pocket kerchiefs as a matter of convenience and habit. In those days, the cloths were used for things like wiping your brow, or your hands or face, and cleaning dust from your shoes. They were also used as a decorative accessory in the chest pocket of a suit. It was fashionable.

I suppose it was upon entering high school that I felt the need to have a handkerchief in the pocket of my jeans as a routine matter of getting dressed. I had used them on occasion starting probably when I was 10 or 12 years old. By the time I was in high school, it certainly seemed that almost everyone carried a kerchief of some sort in his pocket.

Upon doing a little background work, I was surprised to learn that handkerchiefs have a long and storied history. It appears that the first use of a hankie was in Ancient Rome, where actors used white pieces of linen while playing certain roles. The audiences waved similar cloth squares to offer tributes to the actors. During the Middle Ages, ladies presented men with their handkerchiefs to show them favor or to give the man a reason to return the gift at a later date.

Men have always felt the need to have a kerchief that was practical and useful. They most often were large 15-inch squares, usually made of cotton or linen. Dress handkerchiefs tradi-

tionally had a monogram on one corner. My mother knew that I always carried a hankie in my back pocket, so she gave me Pop's monogrammed handkerchiefs upon his death. I still use them to this very day.

Girls sometimes used handkerchiefs as well in those days. They usually carried them in a purse. My wife says that she remembers her mother instructing her to put one in her clutch bag the first time that she dressed for a formal event. Women had embroidery and designs on their hankies, unlike men who wanted something of sturdy substance so that they could be used and be easy to wash.

But it was rare to see a gal use a hankie of her own – if you were in a situation where she found need of one, it was yours. Most girls of the 50's and 60's were impressed when a young man offered her his handkerchief.

Although I have never fully understood why, it has always been my experience that offering a lady your handkerchief seems to make an impression. I can even remember my wife telling me that she was impressed the first time I took my hankie out of my hip pocket and offered it to her when we were watching a very sad movie.

I remember my mother (Bee) washing and ironing my handkerchiefs when I was in high school. It was evident that she used a small amount of starch so they would be very neat and wrinkle free. She always carefully folded them and placed them on my bed when they had been washed.

(Cont. to A4)

Points East

By Ike Adams



It seems like yesterday but it's actually been almost thirty years since the first time that Loretta and I took a station wagon load of pre-teen offspring and their friends to Brummet's Orchard there out 39 some 7 or 8 miles from Crab Orchard as you head out on the crooked old road toward Somerset.

The parking lot was full and customers were lined up to purchase, by the bushel, winesaps and rome beauties and golden and red delicious and Grime's golden and name your favorite heirloom apple.

It was early October and business was brisk but this matron of a lady came out from behind the counter to touse the kids' hair and tell them to help themselves to an apple out of the hundreds of heaping bushel baskets neatly stacked against the walls of the concrete building. The aroma inside the apple house was so sweet and spicy and intoxicating that it took our breaths away. And I was thinking that Heaven just might

smell this way in the fall of the year.

And so began the annual pilgrimage to Brummet's Orchard where the apples were picked off some 1,600 trees on the rolling acres there behind the house. And where the Grime's goldens tasted like they had been spiced on the tree and were so sweet they made your teeth hurt. Somewhere along the line, I began writing about the orchard and the Brummetts in the paper and we became fast friends.

We also got to know one another on a first name basis even though we only visited once or twice a year. Mr. Francis and Mrs. Rovenna Brummet.

Francis is Mr. Personality. He could sell ice to Eskimos on Christmas Day and make them feel good about the purchase. In fact, he would load it up and carry it to the sled the way that he hoists 60 pound bushels of apples to the backseat or cargo space of your vehicle.

Rovenna has always

(Cont. to A4)

Time For Flu Shots

Presented by Dr. Kevin Rowe

It is time for flu shots again. Each fall and early winter, people at high risk of complications if they catch this serious influenza virus should receive the shot. Unfortunately, only about 20-40% of people who should get the immunization, do so. This low immunization rate allows the virus to spread through a community more easily. The virus normally spreads through the United States during the winter months, so it is important to get the shot by mid-November.



A person should get the shot if he is over 65 or if he has any severe or chronic illness, such as heart disease, lung disease or diabetes. Residents of nursing homes or other long-term care facilities should routinely get the shot. Younger people should be immunized if they have any chronic illnesses, such as kidney failure or immune deficiencies.

The vaccine is incubated in eggs, so if a person is allergic to eggs, chickens or feathers, he should not receive the shot without first doing a scratch test to verify the allergy. The shot should not be given during an acute respiratory infection or other active infection.

The shots are very safe and if any reaction occurs it is usually a mild fever, aching and fatigue. This may last one to two days. Rarely, a person will get hives, which is probably due to an egg allergy.

The more serious paralysis of Guillain-Barre syndrome is very rare and is only known to be associated with the "swine flu" component which was last used in 1976. Epidemiologists predict which strains of the virus are likely each year, so the shot is different each year.

Mount Vernon Signal

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

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

James Anderkin, Jr., Publisher Emeritus
Perlina M. Anderkin, Managing Editor
Aaron Anderkin, Editor
Paige Anderkin Bengel, Advertising Manager

SUBSCRIPTION RATES

In County - \$20.00 Yr.
Out-of-County In State - \$27.00 Yr.
Out-of-State \$35.00 Yr.

e-mail address - mvsignal@windstream.net

Bobby Amburgey Attorney-At-Law

606-308-4091
606-256-0404

185 School St. • Mount Vernon, Kentucky



Obituaries



Irene Reynolds

Irene Reynolds, 89, of Mt. Vernon, died Friday, October 29, at the U.K. Medical Center in Lexington. She was born on March 3, 1921 in Rockcastle County the daughter of the late Logan and Mary Elender Pruitt. She was a homemaker, enjoyed cooking, gardening, quilting, and was a member of the Little Country Holiness Church.

Survivors are: her husband, John Reynolds of Mt. Vernon; seven sons, L.C. (Ruby) Mink, J.D. (Glenna) Mink, Marvin (Darlene) Mink, Johnny (Tammy) Reynolds, Michael (Brenda) Reynolds, and Delbert Reynolds, all of Mt. Vernon, M.B. (Gale) Mink of Dayton, OH; three daughters, Bonnie (Bob) Combs of Lily, Mae (Danny) Renner of Stanford, and Karen Bray and husband Walter Huitt of Mt. Vernon; one brother, James Pruitt of West Chester, OH; three sisters, Cordie Harper of Mt. Healthy, OH, and Rosie Cromer and Charlene Reynolds, both of Mt. Vernon; 19 grandchildren; 29 great grandchildren; and 23 step grandchildren.

She was preceded in death by: her first husband, Elza Mink; one son, Ronnie Dale Reynolds; two brothers, Gilmer and Joyce Pruitt; three sisters, Lola Pruitt, Rissie Kidwell, and Bronith Mink; one grandson, Gary Mize; one daughter-in-law, Retha Reynolds; and seven step children.

Funeral services were held Monday, November 1, 2010 at the Cox Funeral Home Chapel with Bro. Jack Weaver officiating. Burial was in Mareburg Cemetery.

Pallbearers were: Brian Mink, David Mink, Greg Mink, James Mink, Scott Renner, Daniel Renner, Jonathan Coning, and Jonathan Reynolds.

Honorary pallbearers were her granddaughters: Christy Phillips, Melissa Risner, Sandy King, Natasha Hensley, Tracy Sewart, Veronica Bray, Stephanie Reynolds, Jerri Reynolds, Chelsey Norman, and Grace Reynolds.

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

Lucy Durham

Lucy Durham, 90, of Mt. Vernon, died Monday, November 1, 2010 at the Rockcastle Regional Hospital.

Funeral services will be conducted (today) Thursday, November 4, 2010 at 2 p.m. at the Dowell & Martin Funeral Home Chapel. Burial will follow in the Red Hill Cemetery. Friends may call at Dowell & Martin Funeral Home from 10 a.m. until time of Services on Thursday.

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

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

Deadline for next week is 4 p.m. Monday due to Veterans Day Holiday



Mary "Libby" Harris

Mary Elizabeth "Libby" Harris, 77, of Brodhead, died Tuesday, October 26, 2010 at the Rockcastle Regional Hospital. She entered this life on April 22, 1933 in Brodhead, the daughter of Arthur and Susie Cash Harris, both of whom preceded her in death. She retired from the assembly line at Dresser Corporation in Berea and was a member of the Valley Baptist Church.

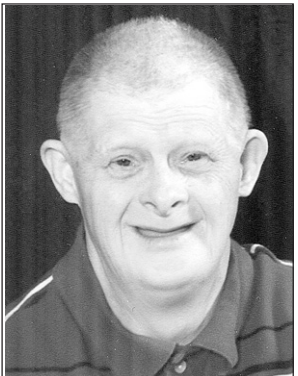
She will be lovingly remembered by: her daughter, Suzy (Ken) Smith of Brodhead; her grandson, Joshua Lee Cromer of Jacksonville, NC; and a host of friends and neighbors.

Besides her parents she is preceded in death by: four brothers, James, Kenneth, Douglas, and Arthur Harris, Jr.; and two sisters, Lora Harris, and Irene Burke.

Graveside services were conducted Friday, October 29, 2010 at the Ottawa Cemetery, with Bro. Greg Lakes officiating.

In lieu of flowers, memorial contributions in memory of Mrs. Mary Elizabeth "Libby" Harris may be made to the Ottawa Cemetery Fund.

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



Gene Jones

Gene Edward Jones, 59, of Brodhead, died Tuesday, October 26, 2010 at the Good Samaritan Hospital in Lexington. He was born on October 25, 1951 in Berea, the son of the late Casper and Janie Hamm Jones. He enjoyed southern gospel music, watch collecting, singing in church, loved the Kentucky Wildcats, and was a long time member of the Ottawa Baptist Church. He had a pure heart and a genuine love for all, and everyone who met him was greeted with a loving smile and a handshake.

Survivors are: one brother, Dean (Rosemary) Jones of Brodhead; two nieces, Vicki Whiteley of Mt. Vernon, and Janice (Doug) Mullins of Brodhead; one nephew, Michael (Beth) Jones of Brodhead; seven great nieces and nephews, Jessica and Danny Clay, Sarah and Christopher Mullins, Chelsea Whiteley, and Lucas and Lindsey Jones; and one great great nephew, Carson Daniel Clay.

Funeral services were held Saturday, October 30, 2010 at the Ottawa Baptist Church with Bro. Dan Gutenson and Bro. R.C. Flynn officiating. Burial was in Ottawa Cemetery.

Arrangements by Cox Funeral Home.

Pallbearers were: Coy Taylor, Lewis Coffey, Roger Reynolds, Jerry Deboard, Doug Hamm, and Jones Oscar Hamm.

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



J.B. Alcorn

J.B. Alcorn, 46, of Mt. Vernon, died Tuesday, October 26, 2010 at his home. He was born on September 7, 1964 in Mt. Vernon the son of the late Virgil and Arnella McKinney Alcorn. He was a mechanic.

Survivors are: two sons, Jacob Alcorn Jr. of Wakefield, MA, and Jonathon Blain Alcorn of McKee; one daughter, Jessica Alcorn of Brodhead; three brothers, Johnny Alcorn of Mt. Vernon, Joseph Alcorn of Perry GA and Herbie Alcorn of Brodhead; one sister, Mrs. Wanda Gail Jones of Mt. Vernon; and one grandchild, Joselynn Alcorn. He was preceded in death by one brother, Bobby Alcorn.

Funeral services were held Friday, October 29, 2010 at the Cox Funeral Home Chapel with Bro. Lester Caldwell officiating. Burial was in Elmwood Cemetery.

Pallbearers were: Jamie Alcorn, Jason Alcorn, Sam Alcorn, Robbie Alcorn, Bill McKinney, William Denney and Hank Coates.

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



Wayne Owens

Wayne Owens, 50, of Orlando, died Friday, October 29, 2010 at his home. He was born in Paris, KY on May 25, 1960 the son of Lloyd and Ruth Mink Owens. He was a retired stone mason and was of the Baptist Faith. He enjoyed gardening, hunting, fishing, and spending time with his family and friends.

He is survived by: his wife of 27 years, Marecca VanWinkle Owens; his mother, Ruth Owens of Mt. Vernon; two sons, Cody (Maria) Owens of Mt. Vernon, and Jeremy Owens of Orlando; two daughters, Kendra (Michael) Mowery of Berea and Kirsta Owens of Mt. Vernon; six brothers, Clarence (Martha) Owens and Bob (Kim) Owens, all of Orlando, Kelly (Trinia) Owens of London, LeRoy (Crystal) Owens of Ottawa, Jeff (Debbie) Owens of Mt. Vernon, and Randall Owens of Tennessee; and two sisters, Treasa (Tony) Fields of Muhlenburg, and Imogene (Dennis) Williams of Mt. Vernon. Also surviving are two grandchildren, Karson Owens and Kenzley Mowery. He was preceded in death by his father, Lloyd Owens.

Funeral services were conducted Monday, November 1, 2010 at the New Hope Baptist Church by Bros. Keith Carr and David Carpenter. Burial was in the Laswell Cemetery.

Arrangements were by the Dowell & Martin Funeral Home.

Pallbearers were: Dustin Albright, Darrell Croucher, Joey Miller, Tim Rowland, BJ VanWinkle and BJ Vaughn.

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



Gertrude Stephens

Gertrude Stephens, 79, of Mt. Vernon, died Monday, November 1, 2010 at the Mercy Medical Center in Knoxville, TN. She was born in Disputana, in Rockcastle County on November 11, 1930 the daughter of Henry and Joyce Smith. She was a member of the First Baptist Church of Mt. Vernon and a retired employee of Parker Seal Company in Berea.

She is survived by: one daughter and son-in-law, Brenda (Jerry) Hodges of Knoxville, TN; two grandchildren, Jason and Stephanie Hodges of Cincinnati, OH and Craig (Kayla) Hodges of Atlanta, GA; five brothers, Mearle (Lana) Smith of Trenton, OH, Herman (Connie) Smith of Mt. Vernon, Shirley (Libby) Smith of Wildie, Arnold (Norma) Smith of Trenton, OH and Kenneth Smith of Glendale, AZ; four sisters, Edith Coffey of Wildie, Esther (James) Houston of Cincinnati, OH, Bonnie Lou (Paul) Schwarz of Milford, OH and Faye (Mike) Peters of Mt. Vernon; two sisters-in-law, Bonnie Smith of Mt. Vernon and Barbara Smith of Middleton, OH; and one brother-in-law, Jim Smith. Also surviving are many nieces and nephews.

In addition to her parents she was preceded in death by: her husband, Howard Stephens; three brothers, Ed Smith, Leonard Smith and William Smith; and one sister, Hazel Smith.

Funeral services will be conducted Friday, November 5, 2010 at 11 a.m. at the Dowell & Martin Funeral Home Chapel by Bros. Harry Harmon and Eddie Nation. Burial will follow in the Scaffold Cane Cemetery. Friends may call at Dowell & Martin Funeral Home from 6-9 p.m. on Thursday.

Pallbearers will be: Anthony Coffey, Brian Coffey, Tommy Hodges, Donal Isaac, Butch Sloan, Douglas Smith and Keith Smith.

Please visit www.DowellMartin.com to view online obituary.



Robert (Bob) Beyer

Robert (Bob) George Beyer, 76, husband of Mrs. Barbara (Hunt) Beyer of Eustis, FL, died Friday, October 29th, 2010. He entered

this life on January 26th, 1934 in Detroit, MI, the son of Raymond and Viola Beyer, both of whom preceded him in death. He proudly served his country in the U.S. Army in the Korean Conflict.

He will be lovingly remembered by: his wife, Barbara (Hunt) Beyer, a daughter of the late Dallas and Lucille Hunt of Rockcastle County; a son, James (Jim); five daughters, Susan, Karen, Deborah, Dawn, and Kim; one sister, Gertrude Beyer; and grandchildren.

Graveside services were conducted Wednesday, November 10th, 2010 at the Mareburg Cemetery with Bro. Nathaniel Fugate officiating.

Send condolences to www.marvineowensfuneralhome.com



Philip Smith

Philip Wayne Smith, 59 of Brodhead, died Saturday, October 30, 2010 at the University of Kentucky Medical Center. He entered this life on May 30, 1951 in Brodhead, the son of Luther and Wanda Maxine Lawrence Smith. He was a farmer, and a member of the Baptist faith. He will be remembered by his friends and family for his love of hunting.

He will be lovingly remembered by: his mother, Wanda Maxine Lawrence Smith of Brodhead; one daughter, Rebecca Ann (David) Gilbreath of Somerset; one granddaughter, Morgan Gilbreath of Somerset; two brothers, Gary Smith and Ronnie (Louise) Smith, all of Brodhead; three sisters, Darlene (Bill) Cromer of Brodhead, and Judy (Benny) Childress and Debbie (Rick) Barnett, all of Mt. Vernon; and a host of aunts, uncles, nieces, nephews, friends, and neighbors.

He is preceded in death by his father, Luther Smith.

Funeral services were conducted Monday, November 1, 2010 at the Marvin E. Owens Home for Funerals with Bro. Rick Barnett officiating. Interment followed in the Ottawa Cemetery.

Casketbearers were: Teddy, Jackie, and Charles Lawrence, Jason and Shawn Childers, and Raymond Brown.

In lieu of flowers, memorial contributions can be made to the Philip Smith Burial Fund P.O. Box 658 Brodhead, KY 40409.

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

Please send e-mails to us at mvsignal@windstream.net

..... Thank You!
I would like to thank the citizens of Mt. Vernon who have shown support and confidence in me during this election season.
Gary Cromer

Paid for by Gary Cromer

Thank You!
I would like to thank the voters in District 1 for their support, and also John Holbrook for running a good, clean race.
Lee Earl Adams

Paid for by Lee Earl Adams

Thank You!
I would like to thank the voters of Mt. Vernon for your trust and support in my bid for Mt. Vernon City Council.
I will work hard for you.
Jamie Anderkin Bryant

Paid for by Jamie Bryant

Our Readers Write

Thank You...

Dear Editor,

We, the class of 1960 - Livingston High School, want to thank Buzz Carloff and J.C. Griffith and the people they had working to help get the Preston Parrett gym fixed and cleaned and ready for our 50th class reunion. It was really appreciated and everyone was glad to be "home."

We are also happy that

they are trying to keep Livingston alive, because this is where our roots are and we're proud to call Livingston our hometown! And we are so thankful for people who care enough, like Buzz and J.C. Just keep up the good work because we love and support you guys. Again, "Thank You So Much."

Class of 1960
Livingston High School

"Ramblings"

(Cont. from A2)

check to do whatever, without serious consideration of the ramifications for the whole county.

If I know Judge Carloff like I think I do, I truly believe he will take these election results to heart and will continue to work for the greater good of all Rockcastle Countians.

I truly hope that the newly elected and the re-elected will take this opportunity to find a common ground, set aside petty differences, and work together so that our county, state and nation can move forward for the betterment of us all.

On a completely personal note, I want to say how proud I am of my big sis on winning her first run at an elected office.

It's funny in this business how you never know how people are going to take you. When reporting the news in a small town, you constantly have to walk a fine line between providing facts and news for people, and hurting the feelings of someone you may have to look at every Sunday in church.

When Jamie decided to run for council, we joked in our family about how many votes she would or would not get because of her connection to the "local media."

I have been identified as "one of those Anderkin kids" for as long as I remember. When I first went back to school, I was observing with a teacher who had a meeting with a parent and I went along. When I shook the parent's hand and introduced myself as Sara Coguer, the parent looked right at me and said,

"You're an Anderkin, aren't you?"

I kind of laughed and told her that depended on whether that was a good thing or a bad thing, because it is usually a 50/50 shot, and she said, "no, it's okay." So I told her, that yes, I definitely was one of the Anderkins.

Small towns, you absolutely have to love them!

Congratulations to all of the newly elected or re-elected officials - the next four years should prove interesting for us all. We'll be watching!

"Memories"

(Cont. from A2)

I have a feeling that she liked the idea of her young son carrying one.

I remember one time when I was attending the University of Kentucky in the fall of 1962 when my handkerchief came in handy. One of the older female professors fell on the sidewalk outside the library and skinned her knee. I was the only student who witnessed the event so I quickly went to her assistance. After getting her in a seated position on the sidewalk, I noticed that her knee was bleeding. I took out my handkerchief and offered it to her. The look on her face was priceless - I felt like a hero of some sort. She, too, was impressed.

The professor took my kerchief and wiped away the blood on her leg. The only thing she asked was my name. From that point on, she always gave me a smile and called my name when we met on campus from time to time. And I think it was the hankie that made the impression on her.

I am also reminded of the times when Bee would comment on the lipstick that she had found on one of my handkerchiefs. She could not resist letting me know that she had spotted it - it was her way of teasing me gently I suppose. The next time that I would see one of those stained hankies, it would be washed, starched, ironed, and placed on my bed.

I am glad that my generation used and carried handkerchiefs as an accessory for being properly dressed. I recently saw the term "discerning gentleman" used in an ad for men's handkerchiefs. I think it would please my mother if she thought I was in that category.

Handkerchiefs - one of the small details that marks living in such an extraordinary time and place.

(You can reach me at mtvman@mis.net - I appreciate your comments.)

"Points East"

(Cont. from A2)

been the ultimate candidate for Mrs. Candor. "He got me in trouble when I was 14 and my Daddy would have shot him if he hadn't married me. I loved getting pregnant but having babies was a royal pain in the..." Etc. (She delivered 11 and 8 are still living).

Rovenna Brummet sort of became a heroine to me as time went by. I have listened to her reveal of all the hard times she and Francis went through and I have sat there in the apple house not knowing when she was pulling my leg or not. I've heard the stories about when she worked in a sewing factory and Francis sold wagons loads of peaches door to door and how he would give any kid alongside the road a nice firm peach if they couldn't afford to buy one.

In October 2009, Loretta and I along with a couple of friends dropped by the orchard to pick up a couple bushels of Grimes goldens and Rovenna literally sprang from behind the counter to love on us.

Francis, as he has been doing for the last decade, had a special peck of Black Ben Davis apples squirreled away and Ravenna had a gallon zip-lock bag of apples she had dried outside and they pressed them upon us. Not that it took any effort.

So last week end Loretta and I made the pilgrimage in glowing sunlight on a Saturday afternoon and pulled into the apple house. Covered up with customers as usual and here came Francis, his arms waving and his grin as big as China when he saw us. Hugs all around and he grasp my arm as we went into the building. Francis Brummet is the epitome of youthful enthusiasm and delight even though he is 84 years old.

But right away, we noticed that Rovenna was not there and I glanced toward the farm house thinking that maybe she needed a nap.

We sat down in chairs at the back of the apple house and Francis confided, "You know I lost my wife?"

Of course, we didn't know and the lumps in our throat were visible as our eyes well up and all was silent for a couple of minutes as we tried to adjust to this heartbreaking news.

"Right where you are sitting," Francis said. "She told me she thought was coming down with the flu. I went outside to load some apples for a customer and when I came back in she was just leaned back like she had gone to sleep but her heart had busted in her chest."

And I thought to myself how fitting that she cross over to the other side from that wonderful old apple house she loved as well as home. Rovenna Brummet was 77 years of age. She was a jewel in my life and every life she touched.

"We have talked about it over the last few years - about which one of us might go first," said Francis, "and we promised one another that we'd just sit there in Heaven and twiddle our thumbs while we waited to open our arms and welcome the other one home."

We drove home pretty much speechless with a bushel each of Rome Beauties and Grimes Goldens after a two hour visit with lost and lonesome Francis Brummet and I began humming and then singing out loud the old Cox Family standard.

"I'll be waiting on the far side banks of Jordan."

I'll be waiting drawing pictures in the sand.

And when I see you coming I will rise up with a shout

And come running through the shallow waters reaching for your hand."

Rovenna Brummet was an angel on earth and if she isn't one in Heaven, the rest of us may as well give up. And you can bet your bottom dollar that she is waiting for Francis to be back in her arms.

At this writing Francis is there in the apple house acting like he is 50 years old,

even though he is 84 and lugging bushels of apples to the trunks of waiting cars and the beds of pick-ups as spryly as a teenager. The phone number at the apple house is 606-355-7526 and you probably ought to call to see what they have in stock. I can tell you for sure, that the Golden's are way beyond delicious and the Rome Beauties are huge

and red and sweet and oh so juicy. I can also tell you that. If you are down and out, all you have to do is shake hands with Francis Brummet and you will be cheered right up.

Francis says they will be open seven days a week through the holidays or until he runs out of apples. Whichever comes first.

FALLing Prices!

Mann... What a Deal!

Check Out Our Daily Specials At mannchrysler.com


CARS	WAS	NOW
08 Chrysler PT Cruiser	\$10,988	\$9,988
09 Ford Focus	\$13,988	\$12,988
07 Toyota Camry	\$14,988	\$12,988
09 Toyota Yaris	\$13,988	\$12,988
09 Pontiac GTO	\$14,988	\$12,988
08 Toyota Camry	\$15,988	\$13,988
06 Chrysler 300	\$16,988	\$14,988
07 Saab 9-3	\$15,988	\$14,988
09 Hyundai Sonata	\$16,988	\$14,988
08 Ford Mustang	\$15,988	\$14,988
09 Saturn Aura XR	\$18,988	\$16,988
08 Nissan Altima, 2.5, Roof	\$18,988	\$16,988
09 Chevy Malibu LTZ	\$19,988	\$17,988
10 Dodge Avenger, Leather	\$18,988	\$17,988
10 Dodge Charger	\$19,988	\$17,988
09 Chrysler Town & Country	\$19,988	\$17,988
10 Dodge Gr. Caravan	\$20,988	\$18,988
09 Chevy Impala LTZ	\$20,988	\$18,988
10 Chrysler Town & Country	\$20,988	\$19,988
07 Cadillac CTS	\$23,988	\$19,988
07 Mustang GT	\$21,988	\$20,988
10 Chrysler Town & Country	\$24,988	\$22,988
07 Lexus 350	\$26,988	\$25,988
07 BMW 335i	\$26,988	\$25,488
10 Challenger Plum Crazy RT	\$38,988	\$33,988
TRUCKS & SUV's		
01 Ford F150 4x4 Crew	\$10,988	\$9,988
05 Jeep Gr. Cherokee	\$15,988	\$13,988
09 Jeep Patriot	\$18,988	\$15,988
06 Chevy Tahoe	\$18,988	\$15,988
10 Dodge Nitro, 2 to Choose	\$20,988	\$19,988
05 Ford F150 4x4 Crew	\$20,988	\$19,988
10 Dodge Dakota Crew	\$21,988	\$20,988
06 Hummer, Leather, Roof	\$23,988	\$21,988
10 Jeep Liberty	\$23,988	\$21,988
09 Jeep Wrangler	\$24,988	\$22,988
10 Jeep Commander	\$25,988	\$23,988
10 Jeep Wrangler, Auto	\$26,988	\$24,988
07 Dodge Ram 2500 4x4	\$27,988	\$25,988
08 Dodge Ram 3500 4x4 C&C, Diesel	\$31,988	\$29,988
05 Dodge Ram 2500 4x4, 5.9 Diesel	\$32,988	\$29,988
07 Dodge Ram 2500 4x4, Diesel	\$34,988	\$31,988
07 Cadillac Escalade	\$37,988	\$34,988

Over 100 More To Choose From!

MANN CAN HELP FINANCE YOU!
Call Bill at 877-847-6266

Richmond
On the Bypass At Irvine Road
877-847-6266
859-625-1422

Tax, tag & fees not included.



Mann
CHRYSLER • DODGE • Jeep

DePuy Hip Replacement

Important Recall Notice

DePuy Orthopaedics, a division of Johnson & Johnson, has pulled two of its hip replacement systems from the market. If you received a DePuy hip replacement, you may need additional surgery.

Please call your doctor immediately, then call

Gary C. Johnson, P.S.C.

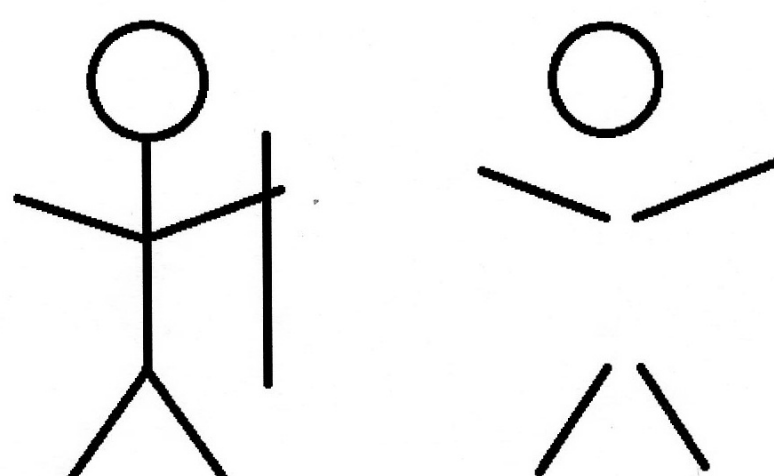

to discuss your case
www.kentuckyhiprecall.com

Lexington Office 570 East Main Street Lexington, KY 40588 (859) 268-4300	Pikeville Office 110 Caroline Avenue Pikeville, KY 41502 (606) 437-4002
---	--

1-866-268-4200
www.garycjohnson.com

THIS IS AN ADVERTISEMENT-OTHERS IN FIRM MAY PERFORM SERVICES

We've Got Your Back

Mt. Vernon

CHIROPRACTIC

Monday, Wednesday & Thursday 8:30 a.m. to Noon & 1:30 to 6:00
Tuesday 8:30 - Noon • Friday 8:30 - 1:00

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



Sinking Valley Winery

In Celebration of our 5 year Anniversary,
we are hosting a

PIG ROAST

Saturday, November 6th

4 to 6 p.m.

The day will include Free Tastings and our menu will be

Pulled Pork (or Turkey) Sandwich
Potato Bake • Baked Beans
Spinach Enchilada Casserole and Asst. Desserts

\$8 per person

(Includes coupon for \$5 off any wine purchase on November 6th)

10 different varieties to choose from

Bring a lawn chair or blanket to sit on
13 miles from Mt. Vernon just off 461 at
1300 Plato Vanhook Rd., Somerset • 606-274-0223
sinkingvalleywinery.com

Agricultural News

By: Warden Alexander, FSA Director

Committee meeting
The Rockcastle County Farm Service Committee (COC) will hold its monthly meeting Thursday, November 4, 2010 beginning at 8:00 a.m. The meeting will be held at the FSA office.

COC members are vital to the day-to-day operations of FSA. The COC members help FSA at the local level by deciding the kind of program their county will have and how they will operate. FSA committees operate within official regulations designed to carry out Federal laws and applying their judgment and knowledge and knowledge to make decisions.

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

Livestock Indemnity Program (LIP)
This program compensates producers for livestock death losses in excess of normal mortality due to adverse weather that occurred on or after January 1, 2008, and before October 1, 2011. Eligible Adverse Weather Events include: blizzard, tornado, lightning, ice storms, earthquakes, flooding, extreme cold, extreme heat and wildfire, if related to an adverse weather event.

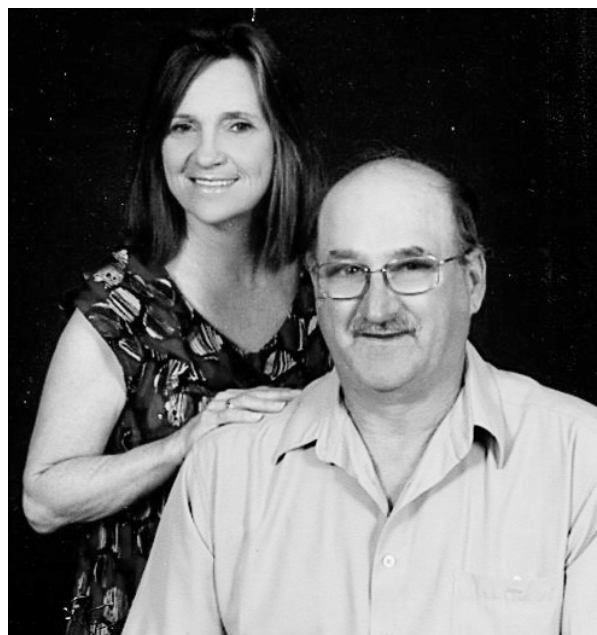
A notice of loss must be filed at the Rockcastle Farm Service Agency Office thirty days after the loss is apparent. Proof of death of livestock must be provided and documentation must provide sufficient data that identifies: Kind/type/weight range of livestock; Beginning and ending inventory

The normal mortality rate is the percentage of livestock, that can be expected to die normally in a livestock operation, during the calendar year, as a result of disease, injury, or other causes that can routinely occur using good livestock handling practices. The normal mortality rate is established by the FSA State Committee in concurrence with state livestock organizations, extension service, and other knowledgeable and credible sources for each type of livestock. Please call the Rockcastle Farm Service Agency at 606-256-2525 for further information.

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>.

The US Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, age, disability, and where applicable, sex, marital status, familial status, parental status, religion, sexual orientation, genetic information, political beliefs, reprisal, or because



40th Wedding Anniversary

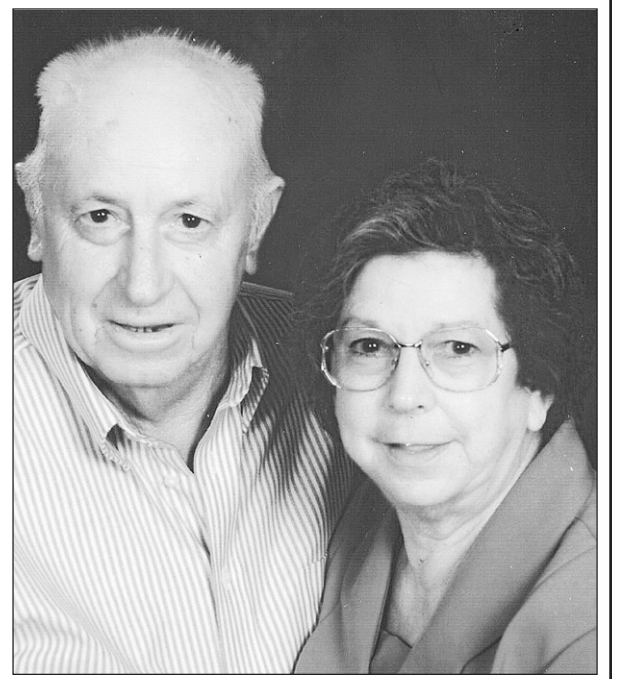
Plese and Linda Brock of Brindle Ridge celebrated their 40th anniversary on November 4th. The couple has two children, Jeremy and Jason Brock, two granddaughters, Ashlyn and Alexis and a grandson, Bailey Jacob.

all or part of an individual's income is derived from any public assistance program. (Not all prohibited basis apply to all programs). Persons with disabilities who require alternative means for communication (Braille, large print, audiotape, etc) should contact USDA's Target Center at 202-720-2600 (voice and TDD)

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).

USDA is an equal opportunity provider, employer and lender.

Lordy Lordy Look Who's 40!
Happy 40th Birthday Sheila & Angie Denny
Love - Tiffany, Candice, Eric, Tonya, Frost, John



50th Wedding Anniversary

Garner and Mary Ann Brown were married on November 5, 1960 in a double wedding at the home of her mother. Together they have found a friendship, raised a family and beautiful marriage. Together they have a daughter, Connie, married to Danny McClure along with four grandchildren, Jessica, Chris, Lorrie (Ricky) and Katelynn. They have four great grandchildren Jordan, Faith, Trinity and Braxton. Their family wishes them a Happy 50th anniversary. We love you both.



Katelynn McClure and Dustin Winkler welcomed their son, Braxton Cole on August 6, 2010. He was born at Lake Cumberland Regional Hospital a few weeks premature weighing in a 5 lbs. 8 ozs. and was 18 3/4 inches long. Braxton was welcomed home after a brief stay in UK Hospital by his family. He is the grandson of Danny and Connie McClure of Brodhead and George and Janie Winkler of Berea. Great grandparents are Garner and Mary Ann Brown and William and Mary Ida Taylor of Brodhead.



Two Sisters - Two Birthdays This Week
At left: Jacqueline Barnes will be 12 Nov. 3rd
At right: Heather Barnes will be 10 on Nov. 6th
I love you - Happy Birthday - Love, Mom & Bobby

SAVE-A-LOT

Great Food Great Prices!

****Save up to 40% Everyday on your total grocery bill****
We Gladly Accept WIC and EBT

<p>Extra Savings</p> <p>Whole Bnls.</p> <p>Beef Sirloin Tip</p> <p>1.99 lb.</p>	<p>Extra Savings</p> <p>Half Boneless Pork Loins</p> <p>1.99 lb.</p> <p>Extra Savings</p> <p>Family Pack Split Fryer Breasts</p> <p>99¢ lb.</p>	<p>Extra Savings</p> <p>Family Pack Western Style Ribs</p> <p>1.49 lb.</p>	
<p>Extra Savings</p> <p>3 Lb. Bag Yellow Onions</p> <p>99¢</p>	<p>Extra Savings</p> <p>10 Lb. Idaho Potatoes</p> <p>2.50 lb.</p>	<p>Extra Savings</p> <p>Baby Carrots</p> <p>99¢ lb.</p>	<p>Extra Savings</p> <p>Lettuce</p> <p>89¢</p>
<p>Extra Savings</p> <p>Family Pack Pork Sirloin Chops</p> <p>1.49 lb.</p>	<p>Extra Savings</p> <p>Family Pack Beef Top Sirloin Steaks</p> <p>2.99 lb.</p>		

910 W. Main St. • Mt. Vernon • Phone 606-256-9810
Open Monday - Saturday 8 to 9 • Sunday 9 to 9



Honoring

ALL WHO SERVED

Veterans Appreciation Day

Community Trust Bank salutes America's veterans. We thank you for your service and sacrifice for our country. To show our appreciation, we invite you to come in to any of our convenient locations for refreshments.

Wednesday, November 10, 2010
10 am - 2 pm
At any Community Trust Bank Location

Downtown Mt. Vernon
120 E Main St.
606-256-5142

Mt. Vernon By-Pass
2134 Lake Cumberland Rd
606-256-5141



Community Trust Bank
building communities...built on trust®

www.ctbl.com Member FDIC 

CHURCH NEWS

Free Bible Courses

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

Concert

The Freedom Baptist Church on Freedom School Road will be hosting the Oneida Baptist Institute Choir for a concert on Sunday morning, October 31st at 11 a.m. A potluck dinner will be served following the concert. Pastor David Sargent and congregation invite everyone to attend this special concert. For more information, call 256-2968.

Fall Revival

Freedom Baptist Church, on Freedom School Road, will have a Fall Revival Nov. 7-10 with evangelist Travis Freeman. Bro. Travis is blind and has a powerful testimony. Sunday morning service will begin at 11 a.m., followed by a potluck dinner. Each evening, the services will begin at 7 o'clock. Special singing each service. Pastor Bro. David Sargent and congregation invite everyone to attend. Call 256-2968 for more info.

Weekend Revival

Pastor Stacy Smith and congregation invite you to a Weekend Revival at Mt. Vernon Church of the Nazarene Saturday, Nov. 13th at 7 p.m. and Sunday, Nov. 14th for Sunday School at 10 a.m. and worship services at 11 a.m. and 6 p.m.

Revival at Good Hope

Revival services will be held at Good Hope Baptist Church Nov. 14-19 at 7 o'clock nightly. Bro. Jimmy Molden will be the evangelist. Bro. Anthony Brock is pastor. For transportation call 606-758-9309 or 606-379-6616.

Revival

Freedom Baptist Church, on Freedom School Road, will be in Revival Nov. 7-10 at 7 o'clock each evening.

Bro. Travis Freeman will be the evangelist. Bro. David Sargent is pastor.

Bro. Travis is a remarkable person with a unique and compelling story of how God can use our weaknesses to encourage and inspire one another. At the age of 12, he lost his eyesight to a severe illness. In spite of his blindness, Bro. Travis played high school football, served as an equipment manager at the University of Kentucky during his college years, received a Master of Theology degree from

Southern Baptist Theological Seminary and is now pursuing a PhD in expository preaching.

Come and hear of God's awesome power through Travis Freeman's story.

For more information, call 256-2968.

Fall Revival

Cupps Chapel Holiness Church will hold a Fall Revival Nov. 8-13 with evangelist Marlow Napier speaking Nov. 8-10 and Evangelist Scott Kilborne Nov. 11-13. All services are at 7 p.m.

The church is located on Copper Creek Road, Brodhead.

Pastor Dewayne Carpenter invites everyone.

Revival

Bro. Dennis Doan will be in revival at Calloway Holiness Church beginning Sunday, October 31. Service will be at 6 p.m. on Sunday and 7 p.m. Monday - Saturday. Come expecting. Pastor Elzie Doan and conegation welcome everyone to attend.

"Heaven's Glory, Hell's Torments"

Conway Missionary Baptist Church's youth will present their annual Fall Harvest Message "Heaven's Glory, Hell's Torments" Where Will You Be? on Saturday, Nov. 13 at 7 p.m. and Sunday, Nov. 14 at 6 p.m.

The church is located at Conway on U.S. 25 between Berea and Mt. Vernon. Everyone welcome!

Benefit Singing

A benefit singing will be held at Philadelphia United Baptist Church, 834 Bryant Ridge Rd., Brodhead, on Sat., Nov. 6th at 7 p.m. Bro. Eugene Webb and group, and the Praise Singers will be performing. Refreshments will be served.

On Sunday, Nov. 28th, the church will be at the Brodhead Nursing Home at 10 a.m.

An Evening of Gospel Music

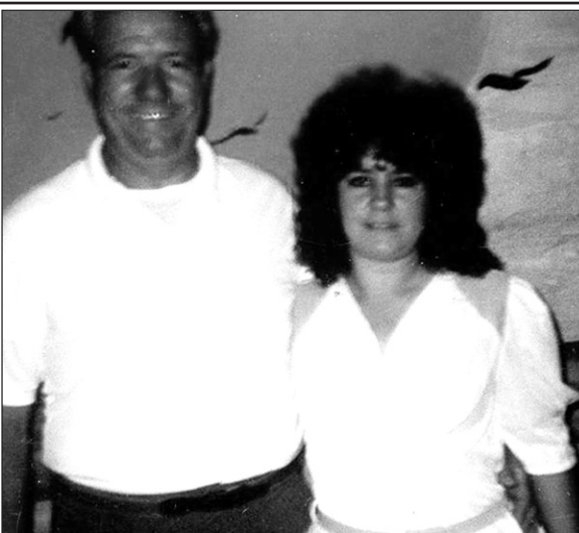
Word of Faith Pentecostal Church in London will hold an Evening of Gospel Music Saturday night, November 13th at 7 o'clock. Featured will be Living Faith, The Barrett Family and television's own Bob Smallwood.

For more information or directions, call 606-598-9265. A love offering will be taken.

Subscribe to the Signal



Pastor Bob Bradley and wife Claydean of Sand Springs Baptist Church, we all appreciate all you do for us. Sorry we are a little late for Pastor Appreciation Month but we love you both. Members of Sand Springs Baptist Church.



In Loving Memory of James Goforth who passed away November 3, 2006. Sadly missed by Patsy and P.J. You were a dear friend to us. We love you and miss you. Patsy and P.J.



We do catering!



Weekly Special

3 piece bone-in meal • 2 sides • biscuit

4⁹⁹

Exit 62 Inside Marathon • Special runs 11-4 to 11-11

Deadline for next week's paper is 4 p.m. Monday due to Veterans Day holiday on Thursday.

Look for your paper in Wednesday's mail!

Congratulations Rockcastle

Voters on Choosing Buzz Carloftis

A Proven Leader!

Paid for by Citizens for a Better County
Ann Henderson, Treasurer

Bible Talk

Where will you live in eternity, in Heaven or in Hell? How you live today will affect your destiny.

Heaven- Our Lord said in Matt.5:12, "Rejoice, and be exceeding glad: for great is your reward in heaven: for so persecuted they the prophets which were before you." Also, Jesus said to the 70 disciples, "Notwithstanding in this rejoice not, that the spirits are subject unto you; but rather rejoice, because your names are written in heaven," Luke 10:20. To have one's name written in heaven and to anticipate a home in heaven is indeed a great cause of rejoicing! Heaven is the abode of God; it is where angels and the higher created beings reside, Rev.4-5. It will be the future home of all the redeemed, Heb.9:15; 12:23. It will be a place where righteousness dwells, 2 Pet.3:13. A home in heaven, is made possible by the grace and mercy of God, (though we deserve punishment); "For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord." Rom.6:23. God will grant us this gift, when we receive it conditionally through Jesus Christ, Rom.1:5. God will inscribe your name in the Lamb's book of life, in heaven, when you obey from the heart that form of doctrine. In Rom.6:17-18 Paul said, "But God be thanked, that ye were the servants of sin, but ye have obeyed from the heart that form of doctrine which was delivered you. Being then made free from sin, ye became the servants of righteousness."

Hell- When we look at what the scriptures declare, we know that hell is a real place. "And if thy foot offend thee, cut it off: it is better for thee to enter halt into life, than having two feet to be cast into hell, into the fire that never shall be quenched: Where their worm dieth not, and the fire is not quenched." Mark 9:45-46. Jesus did not have any doubt that this is a real place. In fact, Jesus uses the word "gehenna" 11 out of the 12 times that it is mentioned in the New Testament. Yes, hell is a real place that was prepared for the devil and his angels, Mt.25:41, "Then shall he say also unto them on the left hand, Depart from me, ye cursed, into everlasting fire, prepared for the devil and his angels." Now the scary thing is, that we will also be cast into hell if we don't flee for refuge through Jesus Christ, Rom.5:9, "Much more then, being now justified by his blood, we shall be saved from wrath through him." Have you been saved from wrath to come? Have you fled to the rock of salvation? Jesus is the only answer for sin. Not only can he save you from wrath to come, but he can also give unto you eternal life!

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

Mamaw's Kitchen

By Regina Poynter Hoskins

In 1995 Will and I decided that I should temporarily move to Kentucky so I could spend more time with my mother while she was recovering from the heart attack. I found jobs to help support the two households Will and I were keeping. Since money was so tight, I created this version of Chilaquilies—a dish that we enjoyed often when we lived in Mexico. It is inexpensive, easy and quick, not to mention tasty and nutritious when served with the salsa. This became my favorite meal after a long hard day at two jobs or just a day of running around visiting family.

REGINA'S CHILIQUILIES
2 tablespoons vegetable or olive oil

1/2 onion, chopped
1 clove garlic, minced
2 cups tortilla chips or hard taco shells, crumbled
Leftover cooked chicken or pork, optional
2 eggs, lightly beaten with fork

1 1/2 cups Mexican blend cheese, shredded
Pour oil into a large non-stick skillet. When hot, add the onion. Cook until tender and slightly browned. Add the garlic and cook another 2 minutes or so. (Garlic burns easily so watch carefully.) Add chips. If desired, add the

cooked chicken or pork. Stir to coat with oil, onions and garlic. Cook for about 2 minutes more. Add eggs. Cook until eggs are done. Turn off heat, but leave skillet on stove. Add cheese, stir until melted. Serve with your favorite salsa. Serves two.

FRESH TOMATO SALSA
1 sweet onion, chopped
Cilantro – if desired
1 clove garlic, minced
2 large tomatoes, chopped
Juice of 1 lemon
1 small can black olives, sliced, optional
1 jalapeño or pickled banana pepper, minced
Salt

Mix all together. Home grown tomatoes are the best for this, but cherry or grape tomatoes work well.

KRISTIE'S CABBAGE SALSA

Jeff (Kristie's husband) and I worked at Atlantic Credit Union in Malvern, Pennsylvania.

Head of cabbage, shredded
1 or 2 cloves of garlic, finely minced

1 jalapeño finely, chopped
Juice of 1 or 2 limes

1 red onion finely, chopped
5 to 7 plum tomatoes, seeded and chopped

Cilantro to taste
Mix everything together. Add salt to taste.

GRAND OPENING OF

AJ'S

Saturday, Nov. 6th • 4 p.m.

(7 p.m. every other Saturday night)

Featuring: "Steel Tracks"

All Musicians Welcome

Located at Exit 49 (909) - 49er Fuel Center

You will see signs straight across from the

49er Truck Stop

Come kick your heels up! We have dancing, laughing and good, good music - Southern Rock! All ages welcome!!

Free: Coffee and Hot Chocolate

Pot Luck Dinner Saturday night Nov. 6th

Come, Join the Fun - Bring your old friends and make new ones! See You There!

REVIVAL

Freedom Baptist Church

Freedom School Rd. - Mt. Vernon

November 7-10

7:00 p.m. each evening

Evangelist: Bro. Travis Freeman

Bro. Travis is a remarkable person with a unique and compelling story of how God can use our weaknesses to encourage and inspire one another. At the age of 12, Travis lost his eye sight due to a severe illness. In spite of Travis' blindness, he played high school football, served as an equipment manager at the University of KY during his college years, received a Master of Theology degree at the Southern Baptist Theological Seminary and now Travis is pursuing a Ph. D in expository preaching. Come and hear of God's awesome power through Travis Freeman's story.

Pastor: Bro. David Sargent
welcome everyone!

For more information call 256-2968



Employees at Kentucky Fried Chicken got into the Halloween spirit last week. Shown in the front row from left: Gerald Polk, Lucy Cole, Billy Hensley and John Griffith. Back row from left: Kim Shackelford, Pamela Johnson, Angel Smith, Peggy Noland, Amanda Reed and Andrea Reynolds.



Renfro Valley's goal is to become the friendliest place in Kentucky. Last month, the entertainment center began the "I'm In The Running" campaign, which is a competition among Renfro Valley employees to see who can be the friendliest and most helpful to visitors. Guests are invited to fill out comment cards to "vote" for the employee of their choice. Renfro is very proud to announce that the first winner for "Friendliest Employee Of The Month" is Janie King, third from right. Janie is Crew Leader and Head Server at the Historic Lodge Restaurant. She was awarded the certificate in the photo as well as \$50.00. Also pictured from left: Audrey Carpenter, Human Resources; Vicki Kidd, Renfro Valley CEO; Employee of the Month—Janie King, Lodge Restaurant Crew Leader & Head Server; and Ginnie DeBorde, Director of Food Services.



Have a Rockin Halloween
What! Is this really Cooper Canterbury?
Oh well, that's Cooper for you.
We love you - all your fans in Rockcastle!

NOTICE!!
Brodhead Volunteer
Fire Department
Fish Fry cancelled
for this weekend

**Lucky's
Furniture and
Variety Store**
Hwy. 150 between
Brodhead and Mt. Vernon
**Going out of
business sale**
Starts Thursday daily
except Sunday
606-308-1399

**Too Late
To Classify**
Tree Trimming and Bob-
cat services. 606-404-
1760. 49x3p

For Sale: Custom ladder/
lumber rack for pick up.
Paid \$480, asking \$250
obo. 606-308-1334. 49x1p

Free Hot Tub w/cover.
Minor problems - needs a
little "TLC" Must pick up.
606-392-9853. 49x1p

**Applications will be
accepted** for Mt. Vernon
police officer through Friday,
November 12th. Applica-
tions may be picked up at
city hall. Applicants must
be 21 years of age, have a
Kentucky driver's license
and be able to pass the
Kentucky POP Standards
Test. 49x1

Free dental screening and cleaning available

Kids First Dental Care, in conjunction with the Rockcastle County Schools Youth Services and Family Resource Centers, will have available free dental cleanings and screenings in late January or early February.

Any Rockcastle County student, elementary age through high school, can sign up to have this service performed at their school during the school day. Volunteer dentists from the Kids First Dental Program will be on hand to clean each student's teeth as well as screen that student for other dental issues.

Parents will be made aware if the dentist finds problems, such as cavities, so they may seek treatment at their regular dentist's office.

The registration deadline

for the service is Friday, November 12th. Parents are urged to call their child's school to speak with someone from the Youth Services and Family Resource Center for more information.

Country Care Daycare
State Licensed Child Care Home
Juetta Potter, Director/Owner
*Safety First!
*Clean, Country Air!
*Lots of Fun, Learning & TLC!
*15 Years Experience
3 STARS RATED BY THE STATE!!
Located in Quail area of Rockcastle Co.
Brodhead School District
637 Shug Road, Mount Vernon
Phone: 606.256.KIDS(5437)
juetta@countrycaredaycare.com www.countrycaredaycare.com
"Quality Care with a Mother's Touch"

**Rockcastle Community
Bulletin Board**
Sponsored By
Cox Funeral Home
Family Owned & Operated Since 1907
80 Maple Drive, Mt. Vernon, Ky. Ph. 256-2345
Toll Free 1-888-825-2345 • 24 Hour Obit Line 256-5454
www.coxfuneralhomeky.com

Bookmobile Schedule
Mon., 8th: No service. Tues., Nov. 9th: Brodhead and Copper Creek. Wed., Nov. 10th: Green Hill, Conway, Fairview, Lambert Road.
Cub-Vembergrass featuring Dale Bradley
Dale Ann Bradley proudly presents the 1st annual "cub-venberggrass: Sat, Nov. 13th at Rockcastle County High School auditorium from 6 to 10 p.m. There will be performances by Southern Strings, Cumberland River Band, evel Green and 3rd Time International Bluegrass Assoc. Female Vocalist Dale Ann Bradley. Tickets are \$10 purchased in advance and \$12 at the door. Tickets are available at People Bank in Mt. Vernon. All proceeds go to Cub Scout Pack 263.

Class of 1985 Reunion
Rockcastle County High School Class of 1985 will hold their 25th Class Reunion Saturday, November 6, 2010 at Gillum's in Richmond. The celebration will begin at 7 p.m. For more details, or to confirm attendance, contact Angie Winstead Thomas at 606-308-1727 or Melissa Singleton at 606-225-2779. You can also find info on the event on Facebook. Hope to see you there!

Tribute to Veterans
Northside Baptist Church will hold a Tribute to Veterans on Sunday, Nov. 14th at 11 a.m. Come join us as we pay tribute to our men and women of the Armed Services. Guest speaker will be Capt. Roger Coldiron (USN Ret.).

Kiwanis Club Meetings
The Rockcastle Kiwanis Club meets every Thursday at noon at Rock Fire Grill. Everyone welcome.

Upcoming Events - Berea Parks & Recreation
Free Fun Flicks at the Russel Acton Folk Center on Sat., Nov. 6th at 7 p.m. Limited to 150 people. **Fall Fest:** Free event for individuals with special needs of all ability levels and ages on Nov. 11 from 6:30 to 8 p.m. at the Russel Folk Center. **2010 Chili Supper Fundraiser** to benefit Madison County Special Olympics. Nov. 5, 2010 - 6 to 9 p.m. at the Russel Acton Folk Center. **2010 Veterans Day Parade** Sun., Nov. 14, 2 p.m. Call 986-9402 for more information on these events.

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.

The Country/Rock/Pop
MEDLEY BOYS
Band
Nov 6th
8-11 pm
Ages 13 & Up - \$5
Children - FREE
Grand Opening
Livingston Community Center

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
November 9, 2010
7:00 P.M.

- CALL TO ORDER:**
 - Silent Prayer
 - Roll Call
 - Reading of Board Team Commitments
- ADOPT AGENDA/ACTION:**
- COMMUNICATION:**
- OPERATIONS/ACTIONS:**
 - Approve minutes of the October 11 special meeting
 - Approve bills for payment
 - Approve Emergency Substitute Teacher Application TC-4: Neil Sellers
 - Approve Fund Raiser Requests for Rockcastle County High School
 - Approve Family Medical Leave of Absence request for Treena Burdette in compliance with board policy 03.12322
 - Approve Family Medical Leave of Absence request for Audrey Tanya Clark in compliance with board policy 03.12322
 - Approve Family Medical Leave of Absence request for Angela Payne in compliance with board policy 03.22322
 - Approve School Trip Forms
- DISCUSSION/ACTION:**
 - Review/Approve plans for Renovation at Rockcastle Academy for Academic Achievement based on recommendation from staff and VanHook Architectural Services BG # 10-256
 - Review/Approve Architect to proceed to bid on plans and specifications for renovation at Rockcastle Academy for Academic Achievement pending Kentucky Department of Education approval BG # 10-256
- DISCUSSION/REVIEW:**
 - Review Monthly Financial Reports
 - Review Superintendent's Personnel Action Report
 - Other:
- ADJOURNMENT:**

RCMS girls' cross-country team competes in state championships

The RCMS girls' cross-country team competed in the KTCCCA Middle School State Cross-Country Championships this past Saturday at Masterson Sta-



RCMS 8th grader Rachel Cain placed 73rd at the Middle School State Cross-Country Championships this past Saturday.

tion Park in Lexington. With over 3,300 athletes competing during the annual Meet of Champions, 105 schools and nearly 400 athletes competed in the middle school girls' race.

RCMS had an outstanding team performance over the 4,000-meter, 2.4-mile course, placing an impressive 13th overall out of 105 teams. The performance of the team was even better considering this was their only middle school meet of the season due to the fact that the girls competed on the varsity team the entire year. As a result, the group had no competitions and very little practice at this race distance which is much different than the 5,000-meter races they're accustomed to.

7th grader Amber Collins continued her brilliant first season of cross-country with a great race at state, despite

having gotten a late start due her participation in basketball. Amber placed 34th overall in an exceptional time of 17:05.72 and earned a medal for finishing in the top 50 runners. Despite only having raced in four varsity meets, Amber has proven herself a contender for the individual regional title in Class 2A Region 5.

8th grader Rachel Cain added to her list of amazing performances this season with another at the state championships. Rachel finished a great race in 73rd place overall with a career best 4,000-meter time of 17:49.05. Another contender for the regional crown, Rachel has been the leader in most of the races for RCHS this season and recently won our local Bittersweet 5K Race.

8th grader Alyssa Cox, also competing in her first-ever cross-country season,

capped off a very successful year with an impressive state race. Alyssa made the top 100 with a 96th place finish overall with an excellent effort of 18:10.33. Alyssa has battled terrible blisters for most of this season, but has not missed one practice or meet in spite of them.

8th grader Rakhi Patel, another newcomer to the cross-country scene this season, had a superb state meet race. Rakhi covered the difficult course in 19:15.55 and placed 173rd overall. Rakhi has been Rockcastle's most improved runner so far this season having knocked off eight minutes from her first 5k to her second one at the beginning of the season.

7th grader Tori Phillips had a great race and fought hard until the end. She finished 269th overall with a solid effort of 20:54.84. Tori has had a successful

first year of varsity cross-country after competing in middle school and elementary competitions as a 6th grader last year.

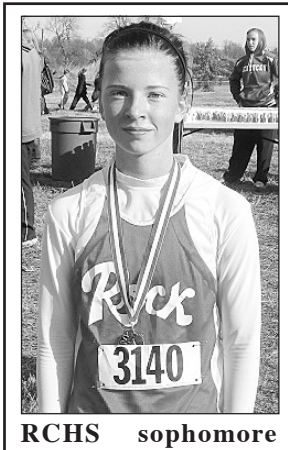
8th grader Samantha Bustle capped off a great first-ever season of cross-country with a superb effort

at the state championships. Samantha finished 313th overall with a time of 21:59.15. Samantha has also had a very successful first season of varsity cross-country.

(Cont. to A9)



RCMS senior Jessica Albright placed 11th at the Meet of Champions senior race this past Saturday with a season's best time.



RCHS sophomore Bryonna Cromer finished 27th at the Meet of Champions race this past Saturday with one of her best races this season.

Rocket Madness to be held November 16

The annual Rocket Madness supporting both girls and boys basketball teams at RCHS will be held Tuesday, November 16 beginning at 5:30 p.m.

A spaghetti supper in the cafeteria will begin at 5:00 p.m., with a silent auction also taking place during Rocket Madness. Many great items have been donated for the silent auction from people and businesses throughout the county and surrounding counties.

During Rocket Madness boys and girls basketball players as well as cheerleaders will be introduced. A scrimmage game for each of the teams will follow the introductions.

Come out and help support your RCHS Rocket and Lady Rockets. There will also be two other upcoming opportunities for you to sup-

port your boys basketball team.

Rook Tournament

The Rockcastle Rockets boys basketball team will be sponsoring a rook tournament on Saturday, November 20th at the Family Life Center of Bible Baptist Church.

Cornhole Cup

On Saturday, November 13th there will be a Men's Basketball Tournament inside and a Cornhole Tournament outside at Mt. Vernon Elementary School, also sponsored by the boys basketball team. Concessions will be available throughout the day.

For more information about or to enter a team in either tournament, call 308-4399 or 308-4437. Help support your RCHS boys basketball team.



RCMS 7th grader Amber Collins led the girls' team with a 34th place finish out of 389 runners at the Middle School State Cross-Country Championships this past Saturday.



The RCMS girls' cross-country team finished 13th out of 105 schools at the recent KTCCCA Middle School State Cross-Country Championships held at Masterson Station Park in Lexington. The team is pictured here at the recent Pulaski County Invitational. Team members are from left: Tori Phillips, Rachel Cain, Rakhi Patel, Amber Collins and Alyssa Cox. Not pictured - Samantha Bustle.

Rockcastle loses another close one to Whitley Co.

Trying to rebound from a heartbreaking loss to Southwestern on senior night the week before, the Rockets looked to try and knock off Whitley County who was hosting senior night of their own.

Each team desperately needed a win to avoid a losing season and both teams came up with big plays at key times, but in the end Whitley County was able to edge out the Rockets 28-19 in a game that had its share of controversy.

After an apparent fumble by Whitley County's Jordan Chute at the Rockcastle 40 yard line, Rockcastle recovered the ball but the officials convened and decided that Chute was down and there was no fumble, helping Whitley to retain possession. The Rocket defense responded and held the Colonels on fourth and one to kill the drive and the Rocket offense took advantage on their very next drive.

The Rockets got on the scoreboard with a 19 yard

pass from Clarke Rowe to a wide open John L. Saylor out of the "Wild Cat" package to go up 7-0 after Rowe's extra point kick was good. The scoring drive took 4:55 seconds off of the first quarter clock and covered an impressive 77 yards.

The lead however was short lived as Whitley County responded with a 43 yard touchdown run by Justin Goins with :25 left in the first. The extra point was good and the game was tied at 7-7.

The teams traded possessions to begin the second quarter and on Rockcastle's second possession there was contact between the Rocket receiver and a Colonel defensive back, causing the Rocket receiver to fall down as the ball was thrown in the area. The Rocket bench pleaded for a flag for pass interference and the no call would prove costly for the Rockets.

Whitley took advantage and wasted no time cashing in with a quick strike on a

one play, 65 yard touchdown pass from Travis Inman to Goins and the Colonels took the lead 14-7 with 6:42 left in the second quarter.

The Rockets fired back on their next possession, on a three play drive that ended with a Rowe 49 yard touchdown run. The extra point was missed and the Rockets closed the gap to 14-13 with 5:03 left in the second quarter.

The Colonels then again struck through the air, this time with a 41 yard touchdown pass between the familiar duo of Inman to Goins to give the Colonels a 21-13 lead at the half.

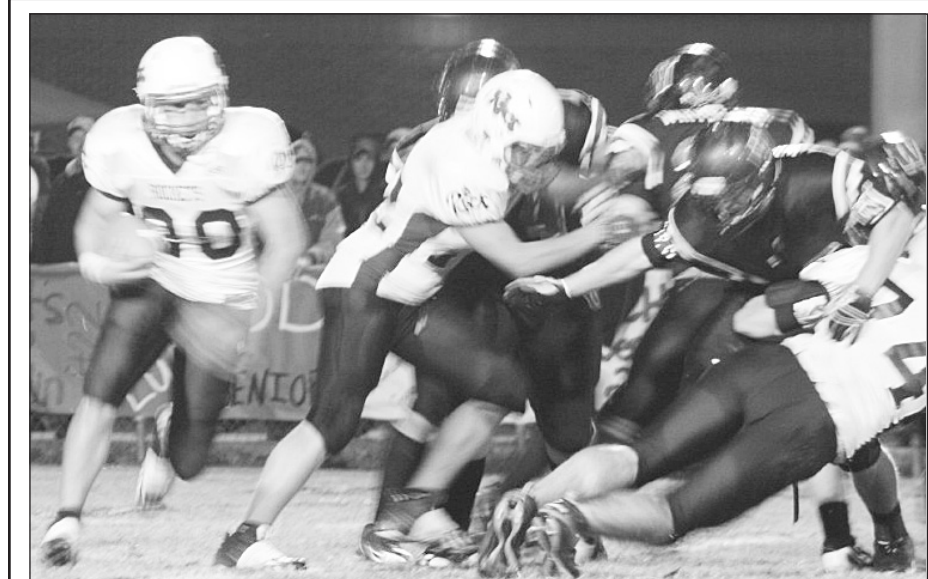
Coach Parkey was impressed with the Rocket defense as they held Whitley County scoreless in the third quarter, giving the Rockets a chance to climb back in the game. "Our defense shut Whitley down in the second half. They played great and are gelling as a group that pursues the ball as good as any unit we have had in a while."

The Rocket offense went to its workhorse and it was Rowe getting it done on the ground as he broke free for a 76 yard touchdown run with 8:04 left in the third. The two point conversion failed, but the Rockets closed the gap to two at 21-19.

That would be as close as they would get though, as Whitley County again seemed to benefit from penalties late in the fourth.

On third down, the Colonels went to the air and the pass was incomplete. The intended Colonel receiver and the Rocket defender were step for step but there was no contact. However a late flag came in and the call was pass interference. The result of the call was an automatic first down and 15 yards which kept the drive

(Cont. to A9)



Clarke Rowe breaks loose for a 76 yard touchdown run in the 28-17 loss against the Whitley County Colonels last Friday night. The Rockets travel to Louisa this Friday night for first round playoff action against Lawrence County.



Sophomore Bryan Jude kicks off after a Rockets score during Friday nights action.



Junior Chris Luna returns the ball for a 30 yard gain early in the first quarter against Whitley County last Friday night.

Rockcastle Stats v. Whitley County

OFFENSIVE YARDS GAINED

	ROCKCASTLE	WHITLEY
Total Rushing	165 yards	239 yards
Total Passing	20 yards	113 yards

ROCKCASTLE RUSHING

PLAYER	Attempts	Total Yards	Touchdowns
Zach Reams	2	7	0
John L. Saylor	7	22	0
Clark Rowe	19	149	2
Jadon Brock	3	-13	0

ROCKCASTLE PASSING

PLAYER	Att.	Comp.	Int.	Total Yds.	Touchdowns
Clarke Rowe	4	1	2	20	1

ROCKCASTLE RECEIVING

PLAYER	Attempts	Total Yards	Touchdowns
Boone Saylor	1	20	1

ROCKCASTLE DEFENSE (Tackles)

PLAYER	Solos	Assists	Sacs
Nick Thomason	6	5	0
Steven Thomason	1	4	1
Ben Lake	1	1	0
Jared Lake	3	3	0
Dylan Thacker	2	3	0
B.B. Bradley	7	6	0
John L. Saylor	6	7	0
Clarke Rowe	2	3	0
Tyler Smith	3	0	0
Curtis Causey	3	1	0
Corey Baker	1	3	1

“Rockets”
(Cont. from A8)

alive, deep in Rocket territory. Parkey burned a time out and tried to get an explanation of the call but instead was ordered back to the sideline. The next play from scrimmage for Whitley saw a call for a hit to the helmet and another 15 yard penalty

helped Whitley County punch it into the end zone to seal the game at 28-19. Parkey talked about it being important to have the right attitude towards questionable calls by the officials, “There were some questionable calls that went against us, leading to two Whitley scores. It does leave a sour taste in our mouths, but we still must play every play as hard as we can. What is or isn’t

called is out of our control for the most part. Our kids played with the energy and determination of winners, then walked away from there composed and with character. That is what we wanted to see.” For the second week in a row, Rockcastle was in position to win the game but it has been the little things that have kept them from getting over the hump. “We played well, just not well enough to win. The time of possession hurt us. Our offense ran around 40 plays. We averaged around 5 yards a play, but that number needs to be in the upper 50s to 60 for us to really be in control. We had some fundamental mistakes on the line of scrimmage that we hadn’t had in the previous four games.”

eraging 20 points per game while giving up 27 points per game. Rockcastle has gained 2,211 yards per gain while their defense has held their opponents to 1,113 yards per game. Clarke Rowe is 280 yards away from recording 2,000 yards for the season.

Park in Wayne County. The girls’ race begins at 11:30 am. The course at Cave Lake is a very challenging one with much of the first mile taking place on a steep incline. The remainder of the course surrounds a lake for which the park is named after. RCHS has a great opportunity to qualify for the Class 2A State Championships, but will face some great competition in the form of Boyle County, ranked 2nd in the state in Class 2A, and Bell County, ranked 7th in 2A. At this time, RCHS has shot at the top three and a berth at state. On the individual side, RCHS will look to have several girls in the top twenty competitors, while a few will set their sites on the top ten. RCHS also qualified for state last season. In the last decade, the team has had an impressive run winning five regional championship titles along with two regional runner-up finishes.

“State”
(Cont. from A8)

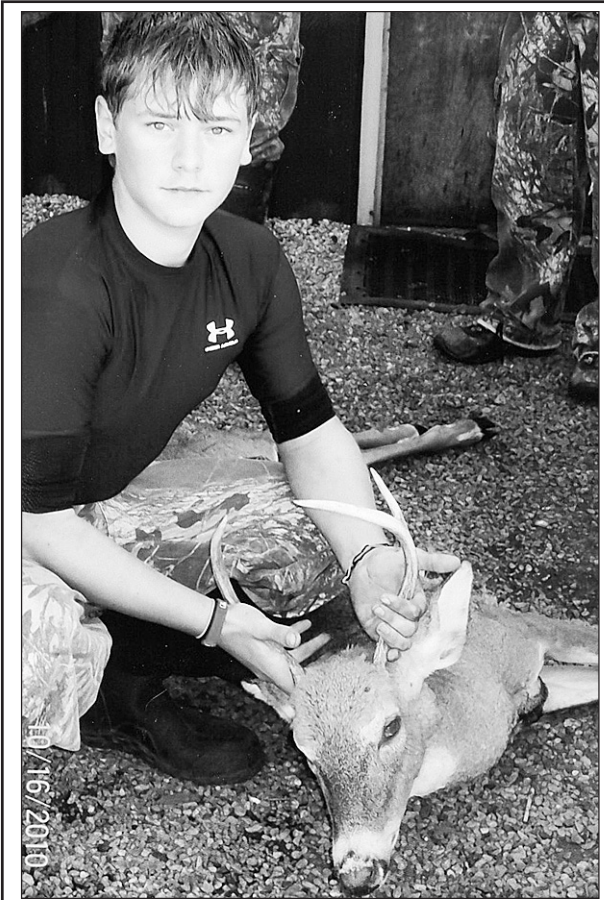
RCHS senior Jessica Albright ran in the Meet of Champions Senior Race this past Saturday, also at Masterson Station Park. Jessica came through with her best performance of the season on a very challenging, hilly 5,000-meter course. Jessica finished an amazing 11th overall in a season’s best time of 23:05.26.

RCHS sophomore Bryonna Cromer competed in the Meet of Champions Sophomore Race on Saturday. Bryonna ran exceptionally well and finished the race in an impressive 24:25.51, one of her best performances of this cross-country season.

The RCHS girls’ cross-country team will compete in the Class 2A Region 5 Championships this Saturday at Cave Lake Event



8-year-old Elijah Miller killed this 11-point buck in Pulaski Co. on October 17th. His proud parents are Dennis and Brie Miller of Brodhead.



R.J. Smith of Copper Creek killed this 3 point buck on Sunday, October 17, 2010. He would like to thank Fred and the Lewis family for this hunt. Good job, R.J.!



Zachary and Tyler Langford killed their first turkeys at the Bluegrass Army Depot during the youth hunt Saturday. The turkeys weighed 17 and 20 lbs. One had a 10 inch beard and one had a 10.5 inch beard and 7/8 and 3/4 inch spurs. Thanks Papaw Langford for all your help.

A bright spot for the Rockets, that continues to get better, is the kicking game and particularly the punting unit. “I don’t like to punt, but when we have to, we want it to be strategic in putting the opposition as deep as possible. Spencer Childress and the attackers did another outstanding job of flipping the field for us.”

The Rockets end their regular season at 4-6 but will now begin the play-offs on the road in Louisa, this Friday night against Lawrence County (8-2) who is coming off a 42-21 win over Tolsia, WV. Kick-off is slated for 7:30.

Parkey recognizes what a good team Lawrence County will put on the field and the Rockets will have to be firing on all cylinders to grab a play-off road win. “They have size on the line and a couple of guys in the backfield that can run away from a lot of guys. Their quarterback has an accurate arm and his receivers do a good job of running routes and catching.

Defensively, they like to put as many up front in the box as possible and bring pressure to stop the run. I feel like we can find some lanes to get our backs through for some good yards. Bringing the numbers and pressure that they do makes them vulnerable to play action passing—but we have to throw the ball on time—meaning quickly. Our defense has played extremely well the past few weeks and we look for that trend to continue.”

Rocket Notes:

Directions to the Lawrence County High football field: For GPS navigators: 100 Bulldog Lane, Louisa, KY or go to Ashland/Louisa exit off I-64, turn right on 23 South to Louisa.

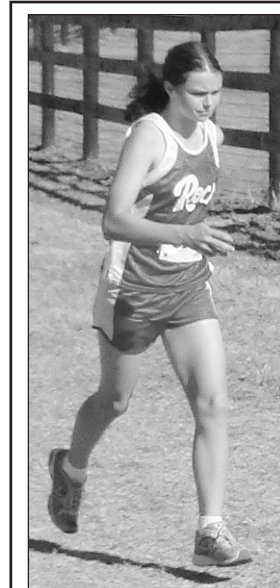
Lawrence County is averaging 45.1 points per game, while surrendering less than 14 points per game.

Lawrence County has gained 2,748 yards on the ground and 1,345 yards through the air.

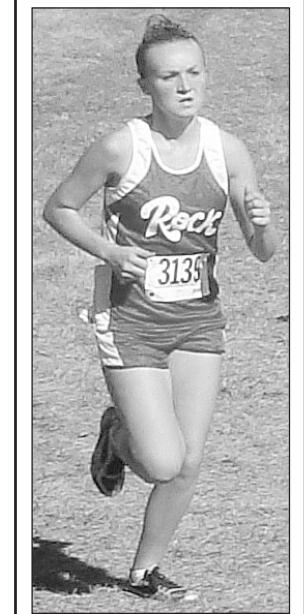
Rockcastle County is av-



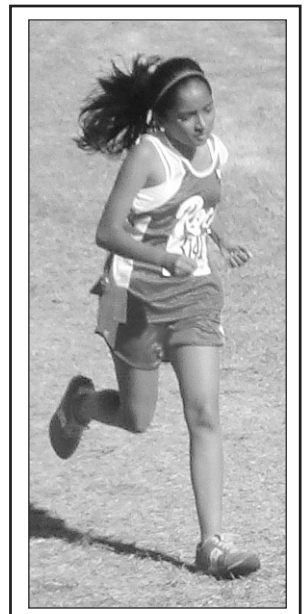
RCMS 8th grader Alyssa Cox finished 96th at the Middle School State Cross-Country Championships this past Saturday.



RCMS 7th grader Tori Phillips placed 269th at the Middle School State Cross-Country Championships this past Saturday.



RCMS 8th grader Rakhi Patel placed 173rd at the Middle School State Cross-Country Championships this past Saturday.



RCMS 8th grader Rakhil Patel placed 173rd at the Middle School State Cross-Country Championships this past Saturday.

Deadline for next week’s paper is 4 p.m. Monday

Rockcastle Co., KY and its People-1992 ✂

ORDER FORM **DEADLINE: NOVEMBER 5, 2010**

PLEASE ENTER MY ORDER FOR: Name _____

____ COPIES *Rockcastle Co. KY and its People - 1992* Address _____
@ \$59.50 picked up in Mt. Vernon (no PO boxes please)

____ COPIES *Rockcastle Co. KY and its People - 1992* City, State _____
@ \$69.50 shipped to the address at right Zip _____

\$ _____ Total enclosed **Send check or money order to:**
Rockcastle Co. and its People 1992 County Heritage, Inc.
c/o Mt. Vernon Signal
PO Box 185
Mt. Vernon, KY 40456

Thank You!
I would like to thank the citizens of Mt. Vernon for the continued faith and trust you have in me as your councilman.
Clark “Joe” Mullins
Paid for by Joe Mullins

B&M Liquidators
Hwy. 150 • Between Mt. Vernon & Brodhead
256-0234

Moving Sale

50% Off

Lowest Price

Open House

163 Coral Ln.
Mt. Vernon
Saturday
November 6th
11 a.m. to 3 p.m.

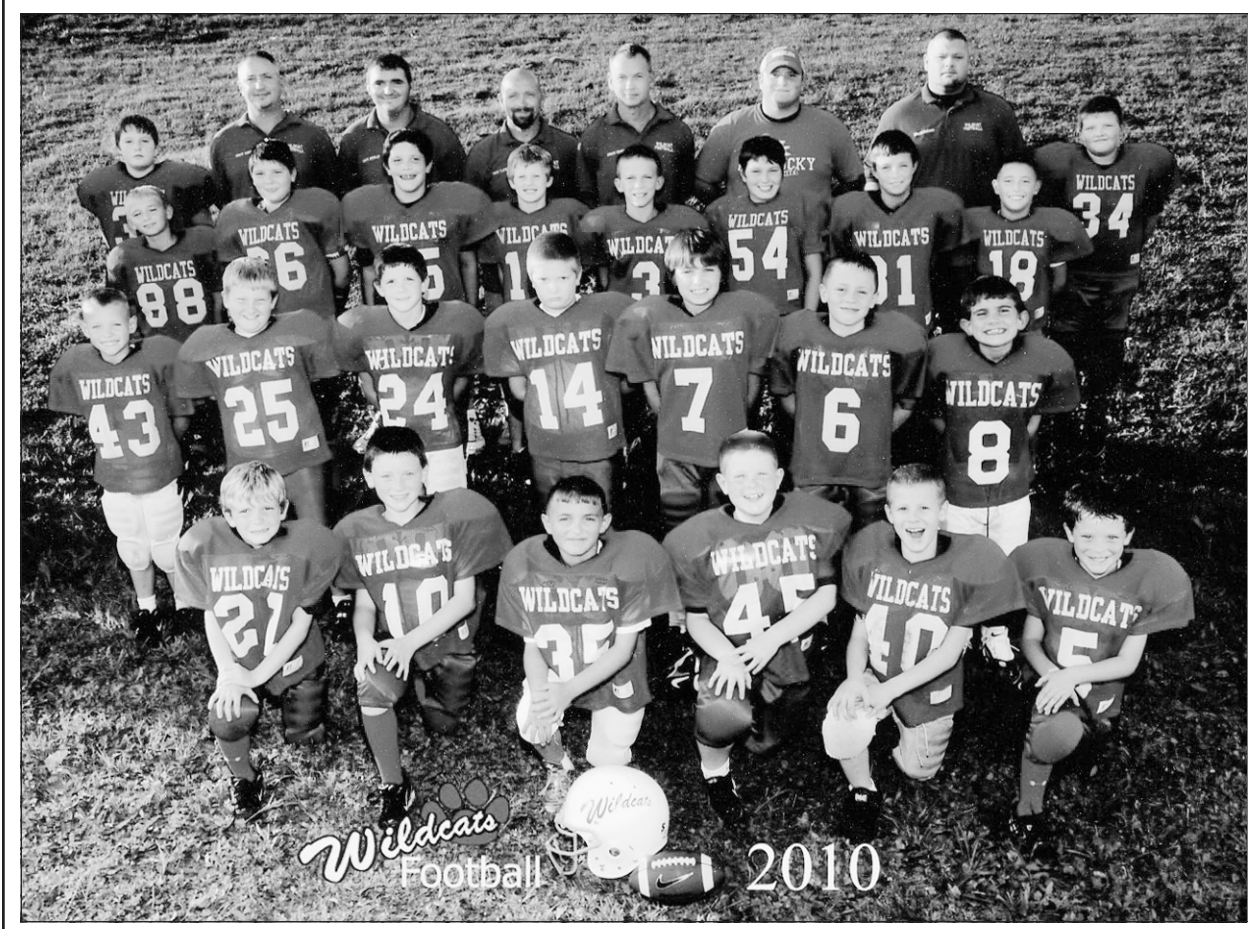
Must see! 3 bedroom, 2 bath home with hardwood floors, atrium windows, a jetted bath tub in the master bath and huge closets. This home is only 5 years young with a large level lot. Move in ready and close to everything yet a private setting.

Directions: From Ford Brothers’ office go up the hill toward Bible Baptist Church. Turn right and go down the hill to Coral Lane. House is at the end of the road in Castle Ridge Subdivision.

Jennifer Poynter Hand - Realtor

Ford Brothers, Inc.
Architects & Realtors
Selling the Country

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



Mt. Vernon Wildcats had a very successful season going undefeated. Members of the team are shown above, front row from left: Isaiah Bowles, Kaden Fletcher, Dalton Payne, Blaine Rumsey, Dustin Hamilton and Xander Fletcher. Second row from left: Dylan Cromer, Logan Smith, Nathan Renner, Chase Roberts, Kaleb Burns, Alex Vanzant and Noah Reams. Third row from left: Michael Sizemore, Jonathan Blackburn, Austin Renner, Jameson Poynter, Ethan Vanzant, Isaiah Amyx, Brent Lovell and Clifton Boone. Back row from left: Holdan Barnett, coach Jarrod Amyx, coach Dale Hensley, head coach Kyle Fletcher, coach Jeff Cameron, coach Michael Brummett, coach Brian Cromer and Nick Dillingham.

“Firsts”

(Cont. from front)

Denny, Pleasant Valley station, then known as Cove. Other coal shippers were Cash Crooke, Pine Hill Coal Co., George Sambrooke, Livingston Coal Co.

3. Charles Colyer made and sold mill stones from hail grit from 1842 until the roller process killed his profession.

4. The first member of legislature was Gen. Wm. Smith, born in 1773. Gen. Smith was the grandfather of James Merrit, and received his title from being a general in the State Militia.

5. Gen. Smith owned the larger portion of the land in and surrounding the town of Mt. Vernon. His descendant and relatives are the Cooks, Singletons, Fish’s, Millers, Marets, Myers, Smiths, Terrils, and others.

6. E.S. Albright brought the first power cylinder printer press.

7. Fritz Kreuger brought the first Lime Kiln for commercial purposes.

8. The new courthouse built in 1873, which replaced the old courthouse that burned down, cost \$17,000.

9. The new jail, which was built in 1887, cost \$3,500.

10. The railroad reached Mt. Vernon in 1868, was extended to Livingston two years later where the terminus remained for 12 or 15 years.

11. The first business brick house was erected by Harrison Carpenter, with the second business house built by Fritz Krueger for J.W. Baker & Son.

12. S.W. Davis brought the first gasoline gas lights to Rockcastle.

13. In 1906, J.W. Rider made the first turnpike up School House Hill from the Mt. Vernon Depot.

14. W.J. Sparks crushed the first concrete stone at Sparks Quarry in 1906.

15. The first wagon bridge was built across Roundstone Creek at Livingston about 1899.

16. The first tan barn was shipped by J.J. Williams and

M.I. Miller.

17. The first brass band was organized in 1869. George Severance was the teacher and William Poynter, Joe B.H. Joplin, “Dude” Owens, Charles Stewart, J.E. Vowels, and G.B. Bragg were some of the members.

18. S.C. Franklin started the first ginseng nursery in 1896 at Mt. Vernon. He shipped ginseng to nearly every state.

19. W.H. Colyer, of Brodhead, had the first Monumental Works.

20. Gum Sulpher claimed the first gas burning well in 1860.

“Election”

(Cont. from front)

led all council candidates with 488 votes, and Mt. Vernon fireman Adam Bales who received 254 votes. They will join current councilmembers Clark “Joe” Mullins who was the next highest vote getter with 377, Shelley Raines-Lewis, who received 332 votes, Sharon Saylor, who got 358 votes, and Wayne Bullock, with 260 votes.

Mt. Vernon residents Michael Sheliga and Darrell Smith also ran, each receiving 169 and 224 votes, respectively.

Paul and Carpenter win big in county

Republican newcomers Rand Paul and Jared Carpenter swept into their respective seats Tuesday night, with a big push from Rockcastle County voters.

Paul carried the county against Kentucky Attorney General Jack Conway 3,182 votes to 1,301. Carpenter won in an even larger margin against Democrat Lee Murphy, garnering 3,797 votes to Murphy’s 816.

“Taxes”

(Cont. from front)

delinquent taxpayer. Three companies bought delinquent 2008 tax bills in May of 2009 worth \$62,185.

Delinquent tax bills constitute a lien on the property which must be satisfied before the property can be sold.



Citizens Bank recently raised \$175 towards Relay for Life for breast cancer research. Patrons could purchase a balloon in memory or in honor of a loved one who has been touched by cancer. In the above photo, employees released the 125 balloons purchased at the Brodhead branch. Corey Craig, Citizens Bank president, his son Walker, wife Emily and son Wyatt, along with Cynthia Wesley, Kathy Burgin, Virginia Hansel, Jenny Bray and Anita Shackelford released the balloons from the parking lot adjacent to the bank.

“Burglaries”

(Cont. from front)

property in the Brodhead area. Holden has not been apprehended.

According to Mt. Vernon Police Chief Terry Jackson, when Mt. Vernon police officers went to a Mt. Vernon residence to question Holden about the robberies in Mt. Vernon, he had escaped out a window and fled on foot.

In the last week, according to Jackson, at least 10 reports of burglaries, of vehicles and properties, have been filed with the Mt. Vernon Police Department. Most of the reports have concerned unlocked vehicles.

In the majority of cases, various electronics and loose cash have been reported missing. On last

Saturday night alone, five burglaries were reported along U.S. 25 South in Mt. Vernon.

“The easiest way to avoid becoming a victim is to remove valuables and lock your vehicle,” stated Chief Jackson. “Also, if you see someone or hear something suspicious, call 911.”

Mt. Vernon Police sent out an undercover officer, dressed in dark clothing with a “hoodie” covering his face in the area of the recent burglaries and none reported a suspicious person, even though the officer said that several people did see him walking in the area.

“If someone looks out of place, or something seems wrong, report it” Chief Jackson said. “Don’t assume someone else is reporting the suspicious person or act.”

71st anniversary of Renfro this Saturday

Seventy-one years of traditional country entertainment! That’s what Renfro Valley will celebrate this Saturday. The performance of the world-famous Barn Dance Show will begin at 7:00 p.m. in the Old Barn Theater in Renfro Valley.

This will be a night of nostalgia for many of the entertainers that once performed on the stages of Renfro Valley. You will not want to miss this historical event at Renfro Valley Entertainment Center.

Renfro Valley is good for the community, region and state and offers a variety of family activities from shopping, picnics and family entertainment. Make your visit to Renfro Valley complete by attending one of the many great shows, concerts,

or special events Renfro Valley has to offer. Whether it’s Bluegrass, Gospel, Traditional or today’s Country Music, Renfro Valley offers something for everyone. Come watch the “stars” come out.

The popular entertainment complex, which includes the Historic Lodge Restaurant, lodging, RV Park, two state-of-the-art show barn theaters, meeting facilities, Country Music Store and quaint shopping village, is located on Hwy 25 just off I-75, Exit 62, 45 minutes south of Lexington.

For reservations and information about Renfro Valley shows, concerts, festivals and special events, call “Kentucky’s Country Music Capital” at 1-800-765-7464 or 606-256-2638.

See last night’s election’s recap sheet in next week’s paper
Deadline for paper is 4 p.m. Monday

I am very grateful for your support in the General Election.

I look forward to serving the people of Rockcastle County for the next four years.

County Judge-Executive Buzz Carloftis

Paid for by Buzz Carloftis

Welcome to a
Gospel Meeting
Church of Christ
at Chestnut Ridge

2 Miles South of Mt. Vernon on Hwy. 25

November
5th, 6th & 7th

Friday and Saturday Services at 7:30 p.m.
Sunday Worship Service at 10:00 a.m.

Speaker will be
Evangelist
Doug Hawkins
Everyone is invited to attend!

Saint Joseph - Berea Foundation

Be a part of the 24th Annual

Lights for Life

A glowing tribute to a community that cares!

As we approach the holiday season, our thoughts turn to sharing with those who are less fortunate. A minimum donation of \$10* to the Lights for Life project recognizes a special person and provides some very important medical care to our community through Saint Joseph - Berea Foundation initiatives.

Each light of recognition will shine on our beautiful tree beginning at the LIGHTING CEREMONY at 6 p.m. Friday, December 3rd and shining through January 1, 2011.

TO SHARE IN THIS COMMUNITY PROJECT, FILL OUT FORM BELOW AND SEND IT WITH YOUR DONATION TO:

Saint Joseph - Berea Foundation
Attention: Chris Schill
305 Estill Street, Berea, KY 40403
You also may make a donation online by visiting SaintJosephBerea.org.



**Donations are tax deductible.*

Saint Joseph - Berea 24th Annual Lights for Life \$10 Minimum Donation Per Name

Please light a light for: _____ Do you want an acknowledgement sent to the family?
 Yes No

In honor of... Name _____ To: _____
 In memory of... Name _____ Address: _____
City: _____ State: _____ Zip: _____

In honor of... Name _____ My/Our Name: _____
 In memory of... Name _____ Address: _____
City: _____ State: _____ Zip: _____
Phone: _____
E-Mail: _____

For additional names and donation, please attach a separate sheet.

Mount Vernon Signal

Serving Rockcastle County Since 1887

Second Section

Thursday, November 4, 2010



Local attorneys Carrie and Bobby Amburgey, and their daughters Lydia and Aden, passed out candy Saturday night during the Mt. Vernon Halloween on Main event.



Local Geisha Girls Journey, Tiffany, and Daya McGuire, along with others, enjoyed walking around Main Street in Mt. Vernon during Saturday night's Halloween on Main festivities.



RCHS Key Club Advisor Kayla Bryant, and RCHS students and Key Club members Carri Hunt, Casey Hunt and Courtnie Smith, along with Kiwanis member Eliza York, pass out candy during Halloween on Main Saturday night in Mt. Vernon.



Adam, Jade, and Christopher Thornberry and Adam's mom Angel McQueen walked around visiting each business that was giving out candy during the Halloween on Main event Saturday night. There was a great turnout at both the Mt. Vernon and Brodhead events.



Brodhead Mayor Walter Cash poses with Raggedy Andy and Ann, a.k.a. Irene Kidwell and Tammy Shelton.



Brittany Adams and her cousin Haleigh Riddle enjoyed the festivities during Halloween on Main last Saturday night.



Brandon Bullock and Rylee Creech enjoyed Halloween in the Park at Brodhead Saturday night. The City of Brodhead provided inflatables as well as candy booths for children to enjoy.

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

The cost of home heating is a problem for many low-income Kentuckians.

Your Community Action Agency, Daniel Boone Community Action Agency, may be able to help. If you live in Rockcastle County, you may apply at the Daniel Boone Community Action Agency located at 105 Main St., Mt. Vernon, Ky. for the Home Energy Assistance Program (HEAP). Applications will be taken by the last name of the head of the household from November 2 through December 11, 2010. See the list below for your assigned day.

You will need to bring with you (1) Social Security numbers for everyone living in the household; (2) proof of your household's income for the preceding month. You must present award letters, copies or checks etc.; documentation from the local DCBS office will not be accepted, with the exception of zero income households receiving food stamps (3) Your most recent heating bills or verification from your landlord that the heating expenses are included in your rent. All customers that apply for assistance must present an electric bill at the time of application. All eligible households that apply will receive assistance. Gross monthly income must be within the guidelines listed below, and with limited liquid resources. Households not receiving food stamps with no income will be required to fill out a self-declaration form prior to sign up date. DBCAA will assure that persons who are working or commuting during the agencies typical business hours may apply for LIHEAP. Call 256-5315 for more information. DBCAA does not discriminate because of race, religion, color, national origin, sex or age.

If your last name begins with:

- A apply on Nov. 1
- B apply on Nov. 3, 4
- C apply on Nov. 8, 9
- D or E apply on Nov. 10
- F or G apply on Nov. 15
- H apply on Nov. 16, 17
- I or J apply on Nov. 18
- K or L apply on Nov. 22
- M apply on Nov. 23, 29
- N, O, P apply on Nov. 30
- Q or R apply on Dec. 1
- S apply on Dec. 2, 6
- T apply on Dec. 7
- U, V, W apply on Dec. 8
- X, Y, Z apply on Dec. 9

Income Guidelines

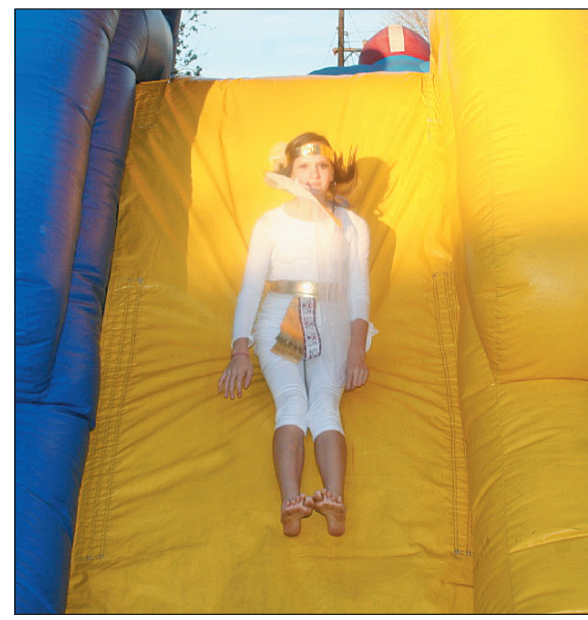
Household Size	Gross. Mo. Income	Household Size	Gross. Mo. Income
1	\$ 1,174	5	\$2,794
2	\$ 1,579	6	\$3,200
3	\$ 1,984	7	\$3,605
4	\$ 2,389	8	\$4,010

Add \$406 for each additional family member

CRISIS Applications can be made from January 4, 2010 through March 31, 2010 or until available funds have been expended.



Addison Atkin of Mt. Vernon helped his family pass out candy during Halloween on Main festivities.



Rachael Davis enjoyed the inflatable slide Saturday night at Halloween in the Park at Brodhead.

AUTO ; HOME ; LIFE ; BUSINESS ; A MEMBER SERVICE ; KYFB.COM

Accidents happen close to home. Shouldn't that be where your insurance is?



No matter where you live in Kentucky, there's a Kentucky Farm Bureau Insurance agent nearby committed to taking care of your insurance needs.

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

KENTUCKY FARM BUREAU  BIG ON COMMITMENT.®

News from the Rockcastle Courthouse

District Civil Suits

World Finance Corp. vs. Gary Kirby, \$3,235.22 plus claimed due.
 Pioneer Credit Co. vs. James M. Brown, \$2,301.09 plus claimed due.
 Rockcastle Hospital and Respiratory Care Center vs. Keisha Warrick, \$548.25 plus claimed due.
 Cashland Financial Services, Inc. vs. Betty Smith, \$294.10 plus claimed due.
 Asset Acceptance LLC vs. Lyndie Crawford, \$413.08 plus claimed due.

Circuit Civil Suits

Mark Stephen Buras vs. Alma Renee Buras, petition for dissolution of marriage.
 Tony Lee Baugh vs. Lisa Diane Morgan Baugh, petition for dissolution of marriage.
 First Resolution Investment Corp. vs. Penny S.

Hensley, \$4,446.06 plus claimed due.
 Richard Dewayne Hysinger vs. Tiffany Rose Hysinger, petition for dissolution of marriage.
 Lori Lynn Smith-Hart vs. John Thomas Hart, Jr., petition for dissolution of marriage.
 Margie Weaver Dees vs. James Edward Dees, petition for dissolution of marriage.
 Walter Scott Hail vs. Kristi Buchanan Hail, petition for dissolution of marriage.
 Kevin Gibbons vs. Ada McGuire, complaint.
 Riverwalk Holdings LTD vs. Jerome S. Fish, \$9,563.74 plus claimed due.

Deeds Recorded

James and Lois Noe, property in Rockcastle County, to Roland and Nancy Mullins. Tax \$45.
 Jesse and Helen Taylor, property in Quail commu-

nity, to Bethany and Andrew Gilbert. No tax.
 Gary L. and Marjorie K. Kerr, property on Jones St., Mt. Vernon, to Luis and Martha G. Marandis. Tax \$60.
 Gary and Dianna Barnett, property in Rockcastle County, to Rodney Smith. Tax \$25.
 Steven and Joan Barney and Kevin and Winona Clifton, property in Willailla, to Jessica Carpenter. Tax \$5.
 David L. and Julia A. Pigg, property in Rockcastle County, to Edward VanHook, Jr. and Patricia D. VanHook. Tax \$38.50.
 Jerry and Gwendolyn Carter, property in Rainbow Ridge Subdv., to Alfredo C. and Helia Cahue Gomez. Tax \$16.50.

Marriage Licenses

Ashley Nicole Teeters, 22, Leland, N.C., unemployed to Ronald Kelvin Taylor, Jr., 22, Brodhead, unemployed. 10/23/10.
 Teresa Gay Brown, 42, Crab Orchard, Rockcastle Hospital to Nickalos Wayne Gentry, 43, Brodhead, American Greetings. 10/23/10.
 Nancy Lee Bush, 27, Oviedo, Fl., production secretary to Dimitri Stephane Molimis, 27, Oviedo, Fl., accountant. 10/23/10.
 Samantha Lynn Cromer, 18, Mt. Vernon, Hardees to Cory Richard Sowder, 19, Mt. Vernon, Hardees. 10/26/10.


District Court

Oct. 20-27, 2010
Hon. Jeffrey S. Lawless
 Alvaro Avila: operating motor vehicle under influence of alcohol/drugs, and four other charges, bench warrant (bw) issued for failure to appear (fta).
 Barry Blanton: theft by deception, bw issued for fta.
 William H. Renner: fines/fees due (\$594), bw issued for fta/15 days in jail or payment in full.
 Michael J. Cromer: operating motor vehicle under influence of alcohol/drugs, resisting arrest and 2nd degree possession of cs/drug unspecified, sentencing orders entered.
 Lewis C. Denny: fines/fees due (\$238), convert to 25 hours csw in lieu of fines and costs.
 Christopher D. Fredericks: fines/fees due(\$263), bw issued for fta/6 days in jail or payment in full.
 Krystopher G. Garrison: license to be in possession, operators license suspended for fta.
 Melissa A. Hahn: fines/fees due (\$238), bw issued for fta/6 days in jail or payment in full.
 Kevin G. Halcomb: failure to maintain insurance, bw issued for fta.
 Robert W. Kelsey: permit unlicensed operator to operate motor vehicle, \$50 fine and costs.
 Ryan B. Kinney: restitu-

tion (\$1,151.65) and fees due, bw issued for fta.
 Richard D. York: alcohol intoxication in public place, \$50 fine and costs.
 Annastasia Rowland: no operators license in possession, \$100 fine; failure to wear seat belts, \$25 fine.
 Jessie J. Rowland, Jr: alcohol intoxication in public place, \$129.50 total fine, costs and fees.
 Mary B. Shackles: fines/fees due (\$743), bw issued for fta/14 days in jail or payment in full.
 Rodney Spoonamore: show cause deferred/installment payment, bw issued for fta.
 Angela S. Stevens: operating motor vehicle under influence of alcohol/drugs, sentencing order entered.
 Halona L. Wynn: fines/fees due (\$291) plus restitution, fees, bw issued for fta.
 Jamie L. Sutton: theft by unlawful taking, 120 days in jail/probated two years on condition plus restitution; receiving stolen property and theft by deception, sentencing orders entered.
 Randy Lee Vanwinkle: operating motor vehicle under influence of alcohol/drugs, sentencing order entered.
 James R. Willis: no/expired Kentucky registration receipt, \$25 fine/suspended; failure to register transfer of motor vehicle, 3 days in lieu of fines and costs.
 Alicia S. Niceley: operating on suspended license, \$100 fine and costs.
 January M. Azbill: fines/fees due (\$183), bw issued for fta/4 days in jail or payment in full.
 James Baggett: operating on suspended/revoked operators license, \$100 fine and costs.
 Mark A. Barrett: fines/fees due (\$396), convert to 10 days in jail (each count)/concurrent.
 Tracey Barrett: fines/fees due (\$218), bw issued for fta/5 days in jail or payment in full.
 Jerry Barron: fines/fees due (\$183), convert to 10 days in jail/concurrent.
 Douglas W. Beasley: no operators/moped license, \$100 fine and costs.
 Johnathon Bingham: fines/fees due (\$268), bw issued for fta/5 days in jail or payment in full.
 Curtis L. Broughton: fines/fees due (\$238), bw issued for fta/5 days in jail or payment in full.
 Gary I. Carney: theft by unlawful taking, bw issued for fta.
 Steven E. Coffey: no operators license in possession, \$100 fine.
 John Mark Coyle: theft by deception (four counts), contempt of court and failure to appear plus \$500, \$193.31 and \$54.40 restitution plus \$50, \$9.66 and

\$9.52 fees, bw issued for fta.
 Robert P. Tackett: no operators/moped license, \$100 fine and costs.
 Brent A. Powell: alcohol intoxication, \$50 fine and costs.
 Kevin M. Rogers: speeding, \$18 fine; no motorcycle license in possession, \$50 fine.
 Laguada Thomas: speeding and failure to produce insurance card, license suspended for fta.
 James W. Vaughn: possession of marijuana, sentencing order entered.
 Jessica E. Williamson: speeding, \$18 fine and costs; failure to wear seat belts, \$25 fine; license to be in possession, \$50 fine.
 Jamie W. Wright: public intoxication, \$100 fine and costs.
 Steven D. Frederick: alcohol intoxication in public place, \$25 fine/suspend on condition plus payment of costs.
 Daniel M. Gross: failure too use child restraint device in vehicle, operating motor vehicle under influence of alcohol/drugs, endangering the welfare of a minor, sentencing orders entered.
 Troy E. Haight: speeding, \$18 fine and costs; no operators license in possession, \$50 fine; no/expired Kentucky registration receipt, \$25 fine.
 Leslie Harrison: failure to wear seat belts, \$25 fine; failure to use child restraint device in vehicle, \$25 fine.
 Adam L. Hellard: criminal mischief, bw issued for fta.
 Angela S. James: operating on suspended/revoked operators license, bw issued for fta.
 John N. Parsons: theft by deception, bw issued for fta.
 Amanda G. Collins: public intoxication, operating on suspended/revoked operators license (two counts), 20 days each/concurrent.
 Calvin Denny: alcohol intoxication in public place (two counts), \$50 fine and costs/convert to 20 hours csw each count.
 Marsha L. Denny: operating motor vehicle under influence of alcohol/drugs and contempt of court, bw issued for fta.
 Sandra J. Fain: no insurance card in possession, \$50 fine and costs.
 Stephanie Marie Hines: disorderly conduct, 10 days in jail and costs; public intoxication, 10 days in jail.
 Karen R. Kirby: theft by unlawful taking, \$250 fine/suspended on condition.
 James D. Robbins: alcohol intoxication in public place, bw issued for fta.
 Johnathan K. Rodgers: failure to wear seat belts, improper lane usage, improper display of registration plates, license suspended for fta.

Douglas G. Owen, M.D., F.A.C.S.
Eye Care for You and Your Family



Specializing In
 Cataracts ~ Glaucoma ~ Diabetes
 Ocular Plastics ~ Eye Exams

Dr. Owen is pleased to announce the opening of his new office at
**332 Highland Park Drive
 Richmond, Kentucky 40475**

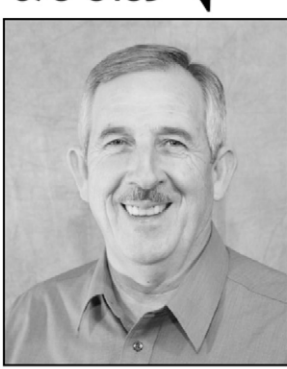
Call today for an appointment
859-623-5070
 or Toll Free
1-866-656-EYES (3937)

Looking forward to assisting you with your eye care needs.

just say
SAMUEL Ray
 GODBY REALTY & AUCTION


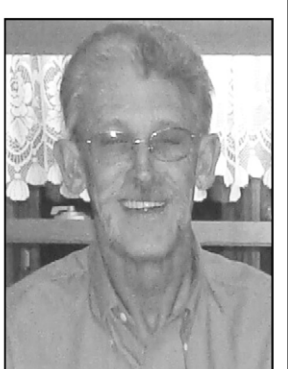
FOR ALL YOUR AUCTION or PRIVATE REAL ESTATE NEEDS CALL ONE OF OUR AGENTS or AUCTIONEERS BELOW. WE THINK YOU WILL LIKE HOW WE TREAT YOU AND YOUR PROPERTY. 43 YEARS STRONG & STILL MOVING ON!

768-8189



Rick Barker
 Principal Broker
 Principal Auctioneer

Give us a call today!

WILLARD BULLOCK
 606-308-0894
 AUCTIONEER

TONY SAYLOR
 606-875-1020
 REALTOR/APPRENTICE AUCTIONEER

WWW.GODBYREALTY.COM **606 678-8189**

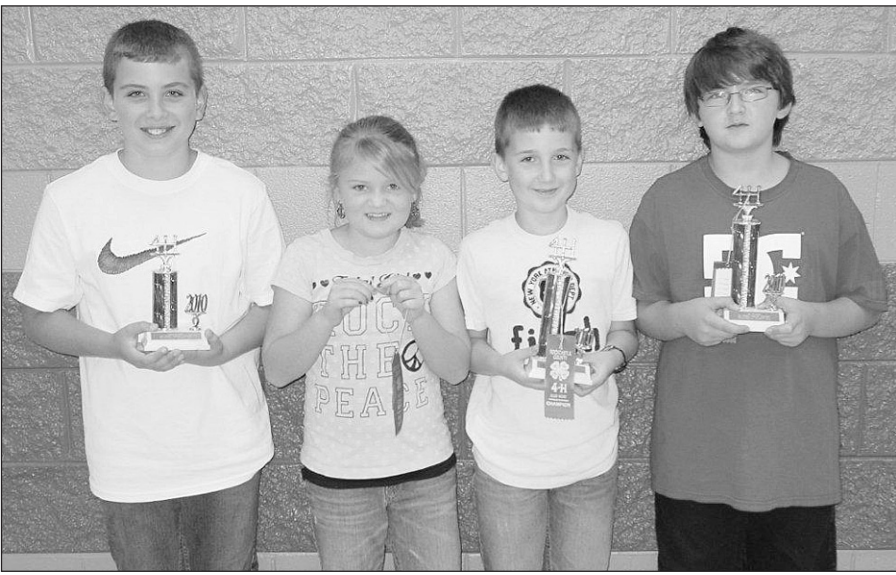
Subscribe to the Signal
 mvsignal@windstream.net
 606-256-2244

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

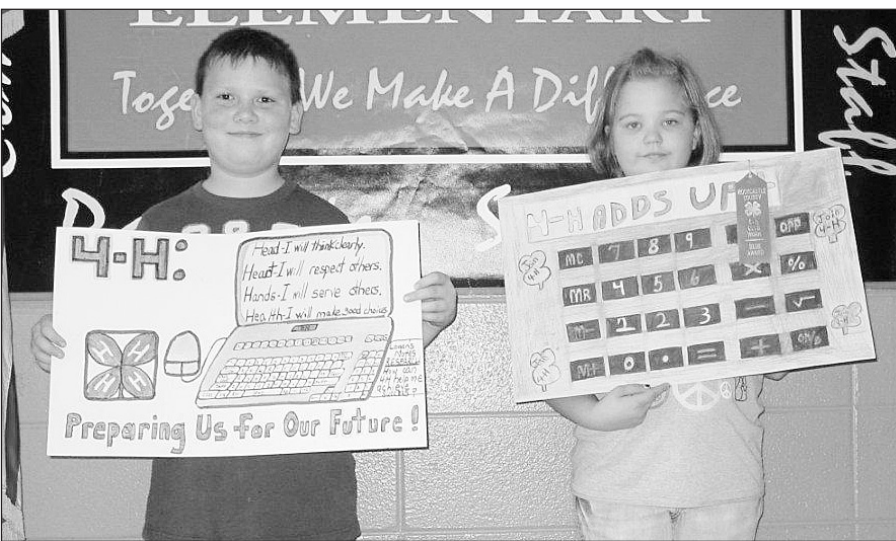
80th Anniversary
Celebration of Veterans Day
 November 11, 2010

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

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



4-H Poster Contest winners from the 4th and 5th grade were, from left: 2nd Place, 4th Grade- Evan Hendrickson; 3rd Place, 4th Grade- Savannah Neeley; 1st Place, 4th Grade- Dalton Durham; and 1st Place, 5th Grade- Jesse Day. These students were all from BES.



Rockcastle County 4-H would like to announce 4-H Poster Contest winners from the 5th grade. They were from left: 2nd Place - Logan Miller from MVES and 3rd Place - Tyler Robinson from MVES.

Copper thefts cause injuries, outages, and extra costs

Attempted copper theft at a substation serving Jackson Energy members in Lee County led to serious injuries and 2500 homes without service on Sunday, but the economic effects of the attempted theft are spread across the electric cooperative's service area.

Donald Shuler, 28, suffered burns over 30 percent of his body and was airlifted to the University of Kentucky Hospital. Police say he was trying to steal copper when he was injured at an East Kentucky Power substation near Beattyville. Jackson Energy line techs found Shuler when they went to the substation, located on HWY 52, to make repairs around 7:30 p.m.

Kentucky State Police have said Shuler will likely be charged with theft and trespassing.

Power was restored to all the homes affected by the outage by midnight, according to Jackson Energy Director of Public Rela-

tions Karen Combs.

"Copper theft is a serious problem," said Jackson Energy President & CEO Don Schaefer, "and can lead to not only outages, but as in this case, serious injury or even death." Schaefer said anyone seeing suspicious activity around electric lines or substations should report it to the local authorities and Jackson Energy. "They could not only prevent a serious power outage, but also help save a life."

Dealing with copper thefts has been a problem for Jackson Energy and other utilities as the price of scrap copper has fluctuated in the last few years. Between 2005 and 2008, the price rose from \$1 per pound to \$4 per pound. Currently, the price is around \$3.00 per pound, based on a phone survey of area metal recycling businesses.

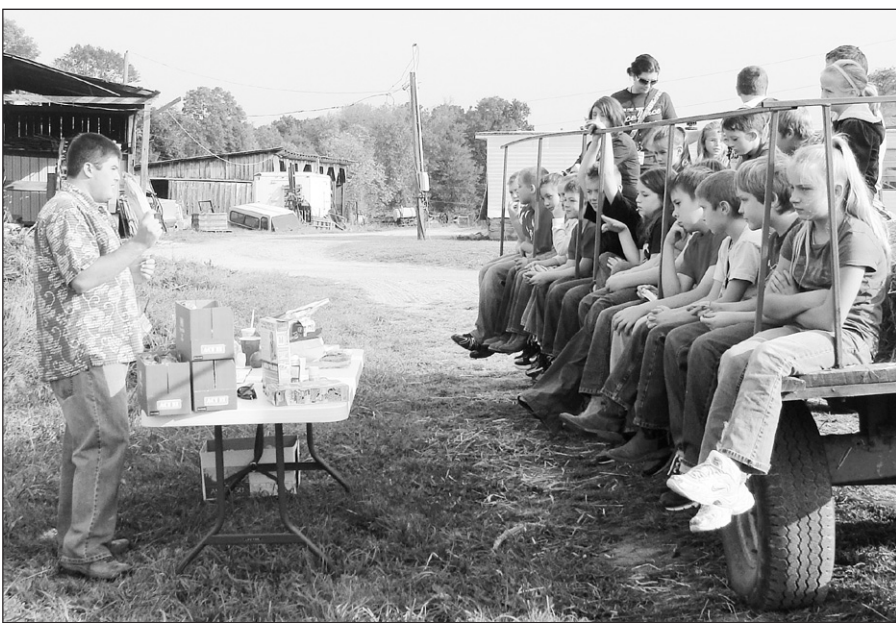
Jackson Energy spends thousands of dollars each

year making repairs related to copper thefts, as well as repairing outages, said Chief Operations Officer Carol Wright. "These repairs and expenses hit our bottom line, which ultimately affect what our cop members pay for electricity," Wright added.

To report a copper theft or suspected copper theft, call the Kentucky State Police at 1 800-222-5555.

Jackson Energy has taken steps to help curb the thefts. Wire used by the cop is now copper clad, or fake copper. It is made primarily of steel with a copper weld.

Kentucky also has regulations in place designed to help curb the thefts. The law requires scrap metal dealers to keep records of sellers of scrap metal, other than iron. They must photocopy the seller's driver's license, the license number of the seller's car and the time and date of the transaction.



Rockcastle County District Technician Zach Gentry talks to students about corn and the many products that are made using corn as a main ingredient. Over 230 4th graders attended the annual Field Day. (See Farm Field Day story on B4)



Hazel Jackson, Extension Agent for Family and Consumer Sciences, speaks to students from Roundstone about the ingredients required to make salsa, and offers them samples of those ingredients. The theme of this year's Field Day was "From Farm to Plate: Where Your Food Comes From."



If you are driving north from London, one mile north of exit 41, you will see a billboard on the left promoting activities in Rockcastle County. The billboard asks the viewer if they are *Ready to Play* and five photographs invite visitors to canoe, horseback ride, attend music concerts, and promotes the lake with a beauty shot and jet ski riders. The billboard installation is a result of the Rockcastle World Equestrian Games Committee, Rockcastle County Development Board, Inc. and financial support from the City of Mt. Vernon. This is a short term contract and the billboard which was installed in September, will be taken down in November.

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.**

(606) 256-2050

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

Were Selling the Country!

Ford Brothers, Inc. Selling the Country

Call Our Agents Or Visit Our Website At www.fordbrothersinc.com For Information About These And More Properties!

Sam Ford256-4588	Johnny Alcorn256-4510
Danny Ford256-4446	Jeff Burdette308-4611
Danetta Allen256-2071	Harold Bustle308-3963
Jeff Cromer308-1314	Sandy Bullen758-8418
Teresa Stevens758-8051	Crystal Frith256-9298
Matthew Silcox308-2339	Jennifer Hand606-392-1999

Reduced **Historic** Describes this 2-story log home (Lair House) + 5 acres. Home has been completely renovated and has approximately 5,600 sq. ft. of living area. Great for commercial use or residential. Unsurpassed workmanship. There is an apartment over the garage. Priced at \$395,000. M2460.

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

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

Need Farm Land? If so, we've got it! Enjoy this beautiful, secluded, yet convenient 95 +/- acre farm with lots of potential for livestock or cropland. This outstanding farm is improved with a 3 BR, 1 BA home consisting of 1,800 +/- sq. ft. with a walk-out basement. Enjoy the farm life with a 14x13 milk house and 2 barns great for storage. Other amenities include: city water, spring water available, hardwood/carpet flooring, and much more. Hurry today and be the owner of this farm. \$379,500. M2606

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.

Affordable & Convenient! This property consists of 2 acres with city water, city sewer, and KU electric. The 14x60 mobile home has 2 BR, 1 BA, LR, Kit/Dining room combo and washer/dryer hook-up. There's also a storage building on this property for your storage needs. Call now for your appt. to view this affordably priced (\$32,000) and conveniently located property. M2607

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

Log Cabin located at the Rockcastle River. Nice get-away of vacation home. Log cabin with built-in wood stove. Insulated bullet proof glass in eye of cabin, colored glass. \$48,500. R95940

Reduced **Modern Rustic Home** near city limits and has 4 BR, 3 BA, LR, DR, Kit and a den. The kitchen has a nice island and eat-in bar area. The den and LR 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 2 BR apartment above it. Owners would consider a lease or a lease with option to buy! Call today, don't miss out! \$155,000. M2530

Commercial Building - Main Street Mt. Vernon. Ideal for office or retail with city water and sewer. Just \$29,900. M2549

Commercial Corner Lot located at the intersection of Hwy. 25 (Richmond Street) and US 150. Building with approximately 1,200 sq. ft., water and sewer, KU electric and high traffic count. \$94,900. M2560

Acresage

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

This 26.9 acres +/- would make an ideal building site with plenty of elbow room or simply a nice get-a-way. \$29,500 or make best offer. M2595

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

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

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

Looking for that country setting, with privacy? - This 70 acre tract of land offers that down home country feel, with timber, possible coal, barn, some fencing. If you like four wheeling, turkey or deer hunting, then check out this property. Joins Daniel Boone National Forest at back of property lines. R95680

Lots

Make this your building site. - Measuring 0.73 of an acre this lot is located in Cedar Point Subdivision. \$6,500. M2345

Corner Lot ... this piece of real estate could be yours for only \$24,900. Its location gets heavy traffic each day because of its strategic location at the corner of West Main Street and Hysinger Hollow Road, making it a prime location for a small business or a conveniently located home. The property has city water and sewer and is serviced by KU electric. Make your offer today! M2596

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

Lot #6 in Quail Landing available. Nice lot located in the Quail Landing Subdivision. Restrictions available at Ford Brothers Mt. Vernon office. Call for more details. \$9,900. M2556

Future Auctions

On Line Auction of Commercial Building and Lot - 6274 Hwy 490, East Bernstadt, Laurel Co.
Bidding Opens November 12, 2010 And Bidding Ends November 22, 2010 - Approx. 5:30 P.M.

Online Only Auction of 9 Lots in Evening Shade - Evening Shade Subdivision - Somerset
Bidding Begins Nov. 12th and Bidding Ends: Nov. 23rd At Approximately 3:30 p.m.

Absolute Auction of Ms. Pauline Spears' House, Garage and 3 Acres
Saturday, November 13, 2010 at 10:00 a.m. • 1130 Shopville Road, Somerset, Ky

Absolute Auction of Guthrey Properties' House and Lot
Saturday, November 13, 2010 at 10:30 a.m. • Between Williamsburg and Jellico

Absolute Auction of Dermonetti F. Dawson's Real Estate, Case # 1052072JMS
Monday, November 15th @ 10:30 a.m. ON SITE
Furniture, Memorabilia, Firearms, Personal Property, Watches and Vehicles, artwork, work out equipment
Monday, November 15th @ 1:00 p.m. at the Lexington Center
Lexington, KY

Working Together Works

AmeriCorps worker, Krystal Gatliff recently teamed up with Satica Morgan from Brodhead Elementary School Family Resource Center to host the Make a Difference Week Food Drive. Food collected during the drive was donated to the FRC to help support the Snack Pack Program offered at BES. Each day of the food drive was designated a specific item for students to bring in. Food collected needed to be non-perishable, healthy and easily opened by a child. Over 3,500 individual items were donated. "I was truly overwhelmed at the response to our snack pack food drive. Our students and community did a fantastic

job! Thanks to everyone that contributed" says Ms. Satica Morgan. We would like to send a special thanks to Citizens Bank and Peoples Bank for their donation.

Things you need to know:

Fall Back! Set your clocks back one hour on Saturday, November 6.

Fall Picture Retakes – Tuesday, November 9.

Community Thanksgiving Lunch – Wednesday, November 17.

Thursday, November 18 – SBDM Council Meeting @ 5:00

Thursday, November 18 – Parent Teacher Group Meeting @ 6:00



Eddie Wilson, a local beekeeper from Flat Gap, demonstrates to students from Brodhead Elementary how a bee hive works.

18th Farm Field Day held at Sigmon Farm

The Rockcastle County Conservation District, along with the Rockcastle County Extension Service, held its 18th annual farm field day on Tuesday, October 12th at the farm of Bill and Nancy Sigmon. The theme of this year's field day was "From Farm to Plate: Where Your Food Comes From."

Fourth grade students from Brodhead, Mt. Vernon, and Roundstone Elementary schools were treated to hay rides, entertaining messages from selected guest speakers about many different food items and where they come from, lunch, and the chance to purchase a pumpkin from Sigmon Farm. At each stop on the hay ride, students were made aware of the importance of food items such as corn, nuts, pumpkins, livestock, and the ingredients that are required to make salsa, and were able to sample products that came from that food item.

Another stop gave the kids the opportunity to go under a tent and taste apple cider served by Nancy Sigmon, have their picture made with a dairy cow provided by the Health Department, sample nutritious treats offered by the Hospital, and taste real honey made by Eddie Wilson, who had a display that included working beehive.

As the students prepared to leave, they were treated to ice cream sandwiches by Bill Sigmon, and also given a bag filled with pencils, stickers, activity sheets, tattoos, and brochures. Rockcastle County Healthy Communities sponsored the event by providing a grant to pur-

chase the supplies needed to make the field day a success.

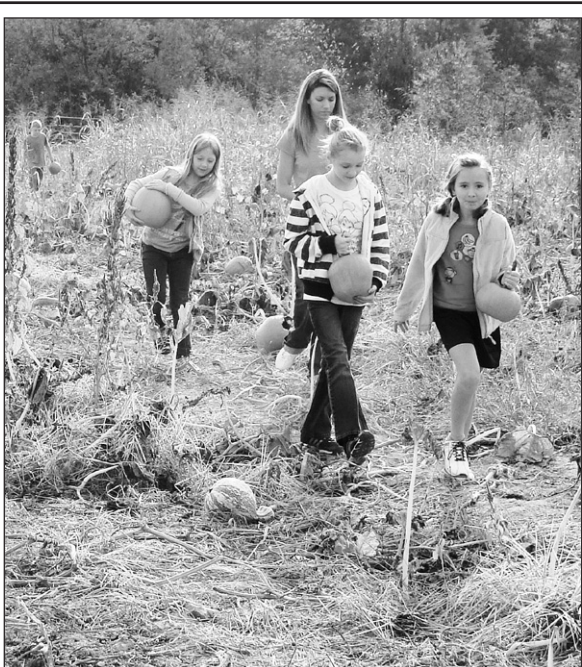
The field day has been held at Sigmon Farm every year since it was started in 1992. The Conservation District would like to take this opportunity to express our sincere thanks and gratitude to Bill and Nancy, and their children, for their outstanding cooperation and devotion to the field day. They have always been a true partner in the event, providing tractors and wagons to ride on, and the place for the field day.

The district would also like to send out a special thanks to all those who helped make the day a huge success: Rockcastle County Healthy Communities, guest speakers; Zach Gentry-Conservation District, Hazel Jackson-Family and Consumer Sciences Agent, Tom Mills-County Extension Agent, Bonnie Sigmon, Michael Froelich-KY Division of Forestry, Eddie Wilson, Rockcastle County Health Department, Rockcastle County Hospital, all the many tractor drivers and farm guides, and Brodhead, Mt. Vernon, and Roundstone Schools for allowing their students to participate.

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



Eldon Simpson organizing food donated during the Make a Difference Week Food Drive.



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



Satica Morgan from Brodhead Elementary FRC and Krystal Gatliff, Americorps member are shown receiving a donation from Citizens Bank from Kathy Burgin and Cindy Wesley.

Eagle Echoes

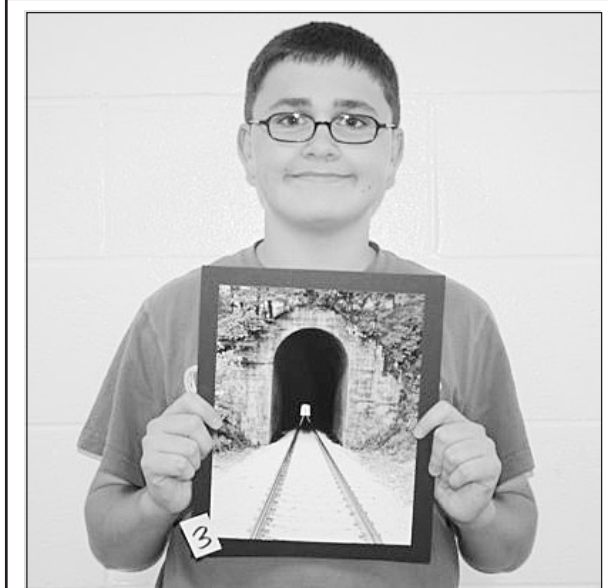
In their unit of study on plants, Mrs. Craig's 4th grade class performed a plant investigation to demonstrate capillary action. The students used carnations donated by Aletha's Mount Vernon Florist to conduct their investigation. They used a plastic knife to trim off the end of the carnation stem and then filled a container half full of water colored with food coloring. Then, the students placed a white carnation into a container and observed it throughout the school day. As the colored water was absorbed, students were able to see how the water was absorbed into the plant and how the petals of the carnation change color. Next, the students slit the carnation straight down the middle and put each half of the stem into cups of different colored water (one blue and one red). The stems were held in the cups with clothes pins. This way, one side of the flower would turn red, while the other side would turn blue. The students were able to see that when a flower is cut, it no longer has its roots, but the stem of

the flower still absorbs the water and provides it to the leaves and flowers. They learned that coloring the water with food coloring does not harm the plant, but it allows them to see the movement of water up the stem and onto the rest of the plant. The students found that the blue dye went up the carnations the fastest, followed by the red dye, and then the green dye.

A student in Mrs. Craig's class, Jake Neeley, said that "After a few days, most of the petals of the flower were totally covered with the (green) coloring. I like that we got to do this experiment because I actually got to see my flower change color right before my eyes, instead of just reading about it in a book."

"This simple hands-on investigation demonstrates the process of capillary action. The students gain a better understanding of science concepts when hands-on activities are involved. They are having fun and learning at the same time," Mrs. Craig commented.

The fourth grade would like to give a special thank you to Aletha's Mount Vernon Florist for the donation of the carnations.



RCMS 7th grader Tristan Begley was the winner of the 1st annual PTSA Photography contest. The contest theme was "History of Rockcastle County." Tristan took the winning photograph at Twin Tunnel Road in Orlando. He was the winner of a \$25 cash reward.



Congratulations to RCMS 8th grader Shalanta McClure. Shalanta won two tickets to the University of Kentucky's Big Blue Madness. RCMS art teacher, Ms. Jennifer McGuire donated the tickets to the PTSA for a raffle.

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

FREE TRASH DROP-OFF DAY

The Rockcastle County Fiscal Court, in conjunction with PRIDE (Personal Responsibility in a Desirable Environment) is pleased to once again offer a **Free Trash and Bulk Goods Drop-Off Day**. This event will be held **Saturday, November 6th from 8 a.m. to 3 p.m.** (rain or shine) at the Brodhead Fairgrounds. This event is open to Rockcastle County residents only! Identification will be checked at the gates!

The following items will be accepted: household trash, bulk goods (such as couches, chairs, mattresses, etc), appliances, televisions, computer equipment, etc. Personnel will be on hand to assist with unloading items.



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

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

STRUGGLING WITH ADDICTION?
Toll-free Treatment Help Line
1-866-90-UNITE
Take control of your life TODAY!

Commonwealth of Kentucky
28th Judicial Circuit
Rockcastle Circuit Court • Division II
Civil Action No. 10-CI-00200

Citizens Bank Plaintiff
Floyd McFerron and his unknown spouse Defendants

NOTICE OF SALE

Pursuant to a judgment and order of sale entered in this action on October 8, 2010 for the purpose of satisfying the judgment against the defendants in the amount of SEVENTY SEVEN THOUSAND FIVE HUNDRED THIRTY-EIGHT DOLLARS AND 36/100 (\$77,508.36) plus interest and costs. I will offer at public auction the hereinafter real property in Rockcastle County, Kentucky.

At the Courthouse on East Main Street
Mt. Vernon, Kentucky
on Friday, November 5, 2010
Beginning at the Hour of 1:30 p.m.

Located in Rockcastle County, Kentucky, on the south side of US Highway No. 25 approximately one mile south of Mt. Vernon and being LOT NO. 1 of the McGuire Subdivision as shown by plat of record in Plat Book 1, page 49, in the office of the clerk of the Rockcastle County Court, Mt. Vernon, Kentucky. Reference is made to said plat for a more particular description of said lot.

Being the same property the defendants Floyd McFerron and Loretta McFerron obtained by survivorship deed dated April 27, 2005, executed by Wendell McFerron, et ux., of record in Deed Book 151, Page 692, in the Office of the Clerk of the Rockcastle County Court, Mt. Vernon, KY.

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 bearing interest at the rate of ten percent (10%) per annum.
2. Unpaid taxes of record at the time of entry of judgment shall be paid out of the proceeds of the sale.
3. The buyer(s) shall pay the 2010 local, county and state property taxes.
4. The buyer(s) shall have possession of the real property upon compliance with the terms of the sale.
5. 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.
6. The sale shall be made subject to all easements, set back line, restrictions or covenants or record or otherwise and shall be sold "as is".

Jerome S. Fish
Special Master Commissioner
Rockcastle Circuit Court

Classifieds

CLASSIFIED RATES

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

For Rent

For Rent: 2BR trailer. \$300 month/deposit required. No pets. Stewart Rentals. 606-256-3841 or 859-358-3560. 46xntf

Ready or Not... The holidays are coming! Why are you still renting? Give yourself the gift of a new home! Call 859-623-9404. 49x3

House For Rent: 60 School St., Brodhead. 2 bedrooms. No pets. 4 people maximum. \$400 month/\$400 deposit. Central AC, electric furnace heat. 606-758-9683 or 606-510-3719. Cecil King. 49xntf

Renfro Valley, Exit 62: Inside boat and trailer storage. Starting at \$25 month. Call Jim 513-313-0840. 48x4p

For Rent: In Mt. Vernon. 670 West Main St. 2BR, electric heat, no appliances, no pets. \$400 month/\$400 deposit. 758-8491. 49x1p

For Rent or Lease: Ground level portion of 100x40 building in Mt. Vernon on U.S. 25. Good location for almost any business. Call 606-308-5561 for more info. 48x3p

For Rent: 2BR trailer on Hwy. 461. \$150 month plus \$200 deposit. 308-5389.

For Rent

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

LAND LAND LAND Pulaski County



Between Somerset & Mt. Vernon 2 bdrm Farm House that needs TLC and it sits on 3.9 acres with great country & mountains view. \$39,500 (\$3,950 down, \$350.07/month).

Single wide with a new septic system on 3.92 acres \$33,500 (\$3,350 down, \$296.90/month).

Barn on 3.43 acres would be great for horses \$27,900 (\$2,790 down, \$247.27/month).
Lease Option Available! Call Today!!!
1-877-331-4888
DGSHELL.COM

48x4p
For Rent: Duplex in Brodhead. Call Amy Nicely 256-8700. 48xntf

Lot For Lease: 10x100 w/ access to water and electric. \$450 monthly. Call 606-256-5678. Right on 461 - high traffic area. 48x3p

For Rent: 3BR trailer, Brodhead. \$350 month plus \$300 deposit. 2 references required. 606-758-8922. 47x4

For Sale or Lease: 40x102 building plus 30x30 garage on 461. Two central heat and air units, 2 bathrooms. Good for any business. High traffic area. \$1,200 monthly. Call 606-256-5678. 48x3p

Barnett Cycle and Rental has 10x20, 10x10 and 5x10 storage units for rent. No deposit required. Call Ronnie at 606-256-5678. 48x3p

For Rent: Trailer in Sunnyside Estates. 2 or 3 BRs. \$375 month/\$375 deposit. No pets. References required. 606-3082319 or 606-875-1579. 47xntf

For Rent: 2 or 3 bedroom, appliances included, \$500 month/\$500 deposit. No pets. Exit 59 off I-75. 319 McHargue Branch Rd., Mt. Vernon. 606-682-7474. 44x6p

For Rent: Accepting applications at Mt. Vernon Housing Authority on Mondays

9 a.m. til 12 noon. Rent based on income. 256-4185. 14xntf

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

Property For Sale

New Listing: Nice lot in Hunters Ridge between Whitaker and Sweet residences. \$30,000. 606-271-0479. 49x4p

For Sale: 20x100 storage building on 1.43 acres on Hwy. 461. Has 22 rental units. Monthly income of \$700. \$55,000. Lots of room for more storage units. Call 606-256-5678. 48x3p

For Sale: 1.15 acre lot on 461. Water and electric accessible. \$12,000 obo. Call 606-256-5678. 48x3p

Lot For Sale: 1 acre w/all utilities, located at 140 Christmas Tree Drive, Mt. Vernon. Just off Freedom School Road. \$10,500. Call 256-3558. 48x5p

For Sale: House and garage on 1/2 acre on Calloway Branch Road. 663-9128. 48x2p

For Sale: 5 room/1 bath home. Good barn with 32 acres, more or less, two miles from Mt. Vernon. Call 606-274-4167. 49x5p

For Sale: House and lot with chain link fence and block garage at Calloway, beside church. 606-304-7398. 47x4p

For Sale: Trailer lot. 80T. St., Mt. Vernon. 502-448-3666. 47x4p

For Sale: Mobile home and lot in Brodhead with down payment. 606-758-4729. 39xntf

For Sale: 1.9 acre wooded lot on Freedom School Road. Septic tank and city water already there. 3/4 mile from 150. 606-308-2290. 37xntf

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.

Posted

Posted: Absolutely no trespassing on property of Dell Ponder on Red Hill and Black Bear Lick Lane. Violators will be prosecuted.

Posted: Absolutely no hunting, fishing or trespassing on property belonging to William and Donna Asher, located on School House Hill Road. Violators will be prosecuted. 49x4p

Posted: No hunting or trespassing on Shannon Hellard property on Cove Branch Road without written permission. 48x12p

Posted: Absolutely no trespassing without written permission on land belonging to Debra Clark at 1625 Big Sandy. 48x4p

Posted: No hunting or trespassing on property owned by Judy Hopkins Marsh (formerly the Berl and Ruth Hopkins property) on US 150 and 461, unless with express written permission from owner. 48x4p

Posted: No trespassing on land belonging to Roberta Richards, Big Cave Road. Violators will be prosecuted.

Posted: Absolutely no tres-

passing, for any reason on property belonging to Ernest Alcorn. Located at 257 Rev. Green Loop and 23 Jarber Road (formerly Old Rocky Road). 47x3p

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 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.

Posted: Absolutely no trespassing, for any reason on property belonging to Ernest Alcorn. Located at 257 Rev. Green Loop and 23 Jarber Road (formerly Old Rocky Road). 47x3p

Posted: 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.

Posted: The farm of Judy and Bradley Asher, located at 418 Doc Adams Rd. no hunting or fishing. Violators will be prosecuted. 49x1

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

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

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.

Yard Sales

Yard Sale - Four Families: Thursday evening, Nov. 4 (4 to 8 p.m.) and Friday, November 5, 8 a.m. to 4 p.m. Hunter Ridge Subdivision (off 150 across from Country Club) at 158 Eddie Drive - Home of Judy Bullock and given by friends Donna Hopkins and Beth Saylor. Lots of boys/girls clothing (including Christmas clothing) girls sizes 3T-6; boys infant - size 2T. Women's and men's designer and brand name clothing; women S-XL; sizes 6-14, including coats, tops, sweaters, dresses, slacks, jeans, jogging sets, shoes

and purses; men's M-XL coats, jackets, sweaters, shirts, t-shirts, jeans and athletic wear. Household items include: area rugs, throw rugs, stair step carpet runner, oak bar stools, bedding, wall decor, glassware, dishes, candles, picture frames, Universal Cruise Control, power trailer vent, screen door, computer monitors, VCR. Lots of great Christmas decor and children's toys.

Gigantic Yard/Garage Sale: Sat., Nov. 6, 8 a.m. to 2 p.m., 151 Green Acres Lane, Mareburg. Rain cancels. Furniture, including Cherry dining table w/4 chairs, small breakfast table w/4 chairs, leather sectional sofa, 2 cherry bar stools, cherry computer desk, cherry bathroom vanity cabinet, loveseat, maple settee and matching chair. Assorted bed frames, set of tables, miscellaneous tables, storage cabinet, shelves.

Home decor, including lamps, mirrors, pictures, dishes, floral arrangements, rugs, etc. 9' Pre-Lit Christmas Tree, 2TVs, 2 refrigerators, electric stove, exercise equipment - including Ab exercises and like new Gold's Gym Treadmill. Miscellaneous light fixtures, including Hunter ceiling fans, stainless double sink w/Kenmore disposal.

Miscellaneous 6 panel interior doors, vacuum cleaners, lots of men's and women's name brand clothing, teen boy and girl name-brand jeans, clothing and shoes. Books, movies, AM-FM Radio w/CD player.

Mobile Homes For Sale

For Sale: Mobile home in Mt. Vernon and mobile home in Brodhead on land contract with down payment. 758-4729. 46xntf

Bank Repos, single and doubles - some with land. Owner financing available. Perfect credit not required. Also, will do land in lieu of down payment. Call Jim at 606-365-0391 or 859-623-3089. D&D Mobile Homes at Clays Ferry, Exit 97 on I-75 north of Richmond. Open 7 days. 47x3

14x70 Kentuckian, 3 BR/1BA, front deck. \$9,500. **1990 Fleetwood,** 14x60, 3BR/2BA, vinyl/shingle, \$16,500. **1997 Sunshine Doublewide,** 28x54, 3BR/2BA, new roof. \$30,600. Financing available. Homes located in Stanford's East Moreland Park. Call Jim at 606-365-0391. 49x2



House For Sale By Owner • Evergreen Estates - Mareburg

3 bedroom, 2 bath brick ranch located in Evergreen Estates, Mareburg. Home was remodeled in 2008 and has approx. 1,850 sq. ft. on 3/4 acre lot. Hardwood floors in living area, tile in bathrooms and new carpet in bedrooms. All new vinyl windows and doors, and lighting inside and out. New roof in 2008. Wired for security. Home has large kitchen with island, large family room, living room, dining area, walk-in pantry, separate office/multi-purpose room, large back porch and 2 car carport with attached storage. There is also a separate 12x16 storage building on property. All stainless steel appliances stay with property, as well as front load washer and dryer. Asking \$130,000. Shown by appointment only.

Call Jason or Sara Coguer at 606-308-5033 or 606-308-3742.

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

Land For Sale

Looking for a private retreat? 127 acres for sale on Birch Hollow Rd. off 1955 in the Red Hill area. Wooded area with beautiful views. "Old John D. Shepherd Farm." Asking price \$227,500.

606-308-2834



Newly remodeled home for sale • \$139,900

Three bedrooms, two baths, formal living room, dining room with fireplace, and a large family room. This beautiful home is situated on a nice, level lot in a fabulous location that is within walking distance to the grocery store, bank, church, school and more.

Call 308-3847 or 308-5478

www.donfosterrealty.com
email: prudentialbera@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; Yvonne Lovern - 582-0263

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.

25 BREEZY HOLLOW RD - 3.1 acres, \$15,900. MLS38106
193 BISHOP LANE - 3 bedroom, 2 bath singlewide, 12.2 acres. \$47,000. MLS 38481
BIG SANDY - 25.7 acres. \$48,500. MLS 38360
914 PLEASANT DR - 7.2 acres. \$12,900. MLS38127
6732 BRINDLE RIDGE - 3 bedroom, 2 bath manufactured home, 5 acres. \$119,900. MLS 37601
1025 COPPER CREEK RD - 3 bedroom, 2 bath. \$120,000. MLS 36881.
COPPER CREEK RD. - 138 acres. Blacktop road frontage. \$225,000. MLS 36693
2835 HAMMO. **SOLD** er home being updated. \$159,900
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. \$89,000
BEREA. We have many nice homes listed in Berea. Call one of the above agents for a showing.

Rocket Carpet Cleaners

Now Carrying
Electrolux products
Vacuum cleaners - air purifiers
vacuum bags, etc.

David Owens - Operator
(606) 256-9870

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

Subdivision For Sale

Completely developed subdivision for sale.
22+ acres, 17 lots available.
City water, paved streets.
Hwy. 2549 across from SourceCorp in industrial park.
4 homes already built.
\$50,000
Owner financing • No money down

606-510-3719 - Cecil King
606-510-3759 - Judy King

The Terrace

Nursing & Rehabilitation Facility

Now Hiring:

Nurse Aide Training Class

- No previous experience required
- Receive an hourly wage while receiving free on the job training
- Full benefit package

Apply at: 1043 Brooklyn Blvd., Berea. Ky. 40403

Kenwood Health and Rehabilitation has the following opportunities for qualified candidates:

- Full and Part Time RNs
- PRN or "Pool" RNs
- LPNs on Evening and Night Shifts

Interested candidates can contact Scott Klein or Tom Davis at

Kenwood Health and Rehabilitation Center

130 Meadowlark Dr. • Richmond, KY 40475

Phone 859-623-3564

or apply on-line at www.extendicare.com
Extendicare, helping people live better! • EOE

Professional Services

Gravel Hauling: Drives, etc. 256-4695 or mobile 859-544-7730. 14xntf
House Cleaning: Will do housecleaning, yard work, dog walking and bathing and other odds and ends household jobs. Call for more information 1-600-392-9633. 49x2p

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

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! *No Garbage!!* Light backhoe and landscaping. 256-9222 or 606-308-1629.

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

Gail's Pampered Pooch
57 West Main St. • Brodhead

For appt. call 606-758-0064
17 Years Experience Pet Grooming 20xntf

Pets

For Sale: Rabbits. All sizes. All corols. Also, dressed rabbits. For more info. call 308-0545 or 758-9405.

Wanted

4 or 5 room house or mobile home. Pet friendly, reasonable. Call 606-392-3383.

**BAD CREDIT?
NEED A CAR?
NO PROBLEM!
1-800-266-1965**

Waterfalls, Ponds, Streams, Fountains, Stone Work

Max Phelps

606-416-3911

www.rockcastles.com

For that hard to buy for person....

Cookbooks For Sale

\$10 each

Bible Baptist Church

606-308-4010 • 606-308-2969

See breaking news?

Call us at
606-256-2244

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.

Help Wanted

Drivers: O/OP's CDL - A great pay/hometime! 5 day week. Paid all miles. 100% fuel surcharge. Weekly settlements. 800-394-1908 Ex. 210
www.quickwaycarrier.com 49x2p

EST Tool & Machine, Inc. is looking for a part/full time janitor/delivery driver. Must have a clean driving record. We also have an opening for an experienced CNC Machinist. Apply in person from 9 a.m. to 2 p.m. M-F or mail to P.O. Box 357, Brodhead, Ky. 40409. 48x3

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

Miscellaneous For Sale

For Sale: Remington 22 rifle, 10 shot clip, model 77 Apache with green plastic stock. \$300. Call 859-302-4569. 49x1

For Sale: Wood and coal stove, with blower. \$100. 256-2090. 49x1p

For Sale: 200 gal. plastic water tank, \$100. Wheel chair to give way. 256-4787. 49x2p

For Sale: 1995 Jayco RK 305 Eagle Series Fifth Wheel RV trailer. 30 or 31 ft. long. \$4,500. 606-308-3303. 48xntf

For Sale: Firewood. \$50 per rick/truckload; \$120 per rick/16 ft. trailer load. Will deliver and unload. 606-669-9568 or 859-893-2729. 49x3

For Sale: Camper, fits on pickup truck. Has stove, refrigerator, heater, \$1,200. Also, heavy duty safes, \$500 eac. Call Victor Bond at 606-256-5644 after 10 a.m. 48x1p

For Sale: Firewood. \$40 load. Call 308-0908 or 308-2553. 48x2p

For Sale: Beautiful red 3 pc. living room suite w/4 matching throw pillows. Like new. Asking \$700 for all or will sell separately. Call 606-3-8-5561. Alma Vanzant. 48x3p

Hay For Sale: 5x5s good Orchard grass mix, barn kept. \$20 roll. Call 606-308-3280. 48x3p

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

Firewood For Sale

We accept heat vouchers

Terry Harris

308-3574

Notices

Sealed Bids: The City of Brodhead will be accepting sealed bids on the following: 1973 International Dump Truck. Bids will be accepted until 3 p.m., November 3, 2010. Bids may be brought to City Hall, 7 West Main, Brodhead, Ky. or mailed to City Hall, P.O. Box 556, Brodhead, Ky. 40409. The outside of the envelope should be marked "Sealed Bid - Dump Truck." The City has the right to refuse any and/or all bids. For questions call 606-758-8635. 48x2

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.

Notice is hereby given that Boyd Ray Harrison Cotton, P.O. Box 552, Mt. Vernon, Ky. 40456, has been appointed executor of the estate of Nellie Alice Tyree on the 13th day of October, 2010. Any person having claims against said estate shall present them, according to law, to the said Boyd Ray Harrison Cotton or before April 13, 2011 at 11 a.m. 47x3

Notice is given that Cassandra Smith has filed a final settlement of her accounts as Administratrix of the estate of Christopher James Smith, deceased. A hearing on said settlement will be held November 29, 2010 at 11 a.m. Any exceptions to said settlement must be filed before said date.

Notice is hereby given that Barbara Faulkner, 458 Mulberry Lane, Crab Orchard, Ky. 40419 and Shelia Severance, 182 Mulberry Lane, Crab Orchard, Ky. 40419, have been appointed co-executors of the estate of Rissie Brock on the 25th day of October, 2010. Any person having claims against said estate shall present them, verified according to law, to the said Barbara Faulkner and/or Shelia Severance or to the Hon. William D. Reynolds, P.O. Box 1250, Mt. Vernon, Ky. 40456 on or before April 25, 2011 at 11 a.m. 49x3

Motor Vehicles For Sale

For Sale: 1986 pick-up truck. 256-2383. 38xntf

For Sale: 1987 Chevrolet pick-up. 98K original miles. Lots of new parts. 606-308-4505. 48x2p

For Sale: 2007 Toyota Siena LE mini van. Great condition. For more info. call Mikhael or Callie Shaffer. 606-802-1212

Rocket Carpet Cleaners

Circular Dry Foam Cleaning

(606) 256-9870

BUY JUNK CARS

859-575-0632

859-200-9432



CALL MIKE

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

B.C.C. Metals

Featuring metal roofing, siding, trim and insulation.

Same day service available on most orders.

Contact Jerry Blair

Toll Free 1-800-658-4902

Located 4 miles s. of Berea, off U.S. 25 at 862 Lambert Rd. Serving Rockcastle County & surrounding counties.

www.bccmf.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

Subscribe to the Signal

Aluminum **Mark's** Cast Iron
Welding & Fabrication
 U.S. 25 North, Renfro Valley
 606-256-1504 • 606-308-4579
 Hand Open 8 to 4 Monday thru Friday
 Rails "Sandblasting" Gates

Angel's Upholstery
 Angel Smith Owner
 55 Indian Lane
 Mount Vernon, KY 40456
 606-682-9247
 smithmama1@aol.com
 www.angelsupholstery4U.com



Boats Furniture
 Enclosures
 Bimini
 Seats Boat
 Covers
 Slip Covers

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



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

PERRY'S Autobody & Auto Rental Service
 Full body, frame and paint service
 New Location 110 Old Somerset Rd. • Mt. Vernon
PERRY & AMY MINK PROPERTIES, LLC
 Storage and Rental Units • 12x20 units fully lined
 floor to ceiling & fenced for your security
 Fairground Hill off Hwy. 150 • Formerly AB Thomason Property
 606-256-5198 or 606-308-1008



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

B&D Hauling & Excavating
 Backhoe, Bulldozer, & Bobcat Work
 Structure Demolition & Removal
 Top Soil, Fill Dirt, & Gravel Hauling
 Farm & Residential




Home 606-758-4248 Cell 606-271-2417

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

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

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

Carpenter's Dozer & Backhoe Service



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

606-256-5370 or 859-661-2814

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

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

John's Appliance Repair
 Faucet & Toilet Repair
 Mobile Home Repair
 John Tyler, Owner • 606-308-5646

Russell's Lawn Care Service
 117 Wallin Street
 Brodhead, KY 40409
 We Do:
 Mowing, Weed Eating,
 Trimming and All Other Lawn Care Services




Call
 Russell Gorham at 606-386-0172
 Call me for all your Fall maintenance - leaves, etc.

Heating & Air
Amara Goodman
 LASTS AND LASTS AND LASTS. Thank goodness for Goodman.
COMPLETE HOME COMFORT
 Locally owned and Located at:
 575 Richmond Street • Mt. Vernon, Ky.
 Rodney Smith
 Office: 606-256-1683 • Cell: 859-661-5986
 We service all Brands and Models • 20+ years experience
 Free Estimates - Affordable Service - Call for Rates
 Expert Installation & Troubleshooting • Friendly Hometown Service
Heat Pumps and Gas Furnaces
 We also sell Gas Logs and Heaters
 Fully Licensed and Insured HVAC and Electrical • MO-4808 and CE63779

"Mr Fix It" Ken Howard
 606-256-1976 or 606-215-5462
**CARPENTRY, YARD WORK, SIDEWALKS,
 LANDSCAPING, BARNs, FENCING, HOUSEHOLD
 REPAIRS, APPLIANCES**



CAREER OPPORTUNITIES • A KENTUCKY BARBER COLLEGE
TRI-STATE **LOOKING FOR A GREAT CAREER?**
 Become a Barber/Stylist.
I•O•N•D•O•N
 JADE • LONDON CAMPUS
 195 Commercial Drive • Suite 100
 London KY 40744
 (606) 864-4247




On-Site Computer Service
 Tired of sending your computer away to get it fixed?
 Call and let us come to you for all your computer needs!
 Setup, Consultation, Software/Hardware Conflicts
 Virus/Spyware Removal Reasonable Rates
 Call Spencer Bengé at
606-308-5653



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

Winstead's Heating & Air
 Now selling Trane equipment!
 It's Hard To Stop A Trane.
 Pat Winstead M04434
 606-256-1038 • 606-308-4825



CE63745 ME28463
LAKESIDE ELECTRIC
 INDUSTRIAL/COMMERCIAL/RESIDENTIAL
 LICENSED & INSURED
 Danny Offutt Phone (606) 271-6367
 Owner

HOPKINS ROOFING
 New or Old Roofs • Free Estimates
 Tim Hopkins • 606-758-9055





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



Men's & Women's Alterations
 Marba's Sewing, Mending,
 Dressmaking Alterations
(606) 453-4483
 Now Full Time

Firewood For Sale
 We accept heat vouchers
 Terry Harris
308-3574

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

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

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



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



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



RCMS hosts annual Spooky Jamboree

Submitted by A. B. Sharpe

I saw cowboys and indians, fairies and princesses, ghouls and goblins galore being led by Count Dracula (aka Mr. Greg Daugherty), at the RCMS 4th Annual Spooky Jamboree held last Thursday evening. The 7th and 8th grade band students played "Creepy Crawlies", "Night Flight of the Gargoyles" and "A Rockin' Halloween" which included theme songs from "Ghostbusters", "Werewolves in London" and "Scooby Doo". The RCMS Honors Choir, led by a clown (aka Ms. Cassandra Smith), entertained us with "Purple People Eaters", "Bad Moon Rising", and "Time Warp". The music was great and the singing resounding – a great time was had by all!

The RCHS Marching Rockets gathered at the courthouse for the Halloween on Main Celebration last Saturday. A werewolf, clowns, KISS musicians and monsters aplenty, all were being watched over by Count Dracula. So many costumes it was hard to tell exactly who was playing! The Marching Rockets performed pieces from their 2010 show "Wicked" which was very appropriate for the season. The 7th and 8th grade band then performed "Night Flight of the Gargoyles" and "Rockin' Halloween". The RCHS Marching Rockets ended the concert with "Bad Romance" by Lady Gaga and "Carry On My Wayward Son" by Kansas.

The band packed up at the end of the concert and then re-assembled, with their families, at the beautiful home of Bill and Shirley Long in Willailla, where they celebrated the remainder All Hallows Eve with a bountiful cookout, a splendid hayride and an extraordinary bonfire. The chill in the air caused most of the old folks to gather close to those inviting flames while the youth, with their boundless energy unchecked, scattered throughout the land playing an extensive game of hide and seek. Now that October has been properly wrapped up it is time to move on... into November.

This Friday and Saturday several senior and junior

Marching Rockets will be attending a Band camp at the University of the Cumberland in Williamsburg. The culmination of this opportunity will be playing as part of the U of C Patriots Marching Band during the halftime performance at the football game. Go Marching Rockets!

Coming Events

Saturday, November 6th – Several senior and junior Marching Rockets will be performing with the University of the Cumberland Patriots Band at the football game. The game starts at 1:30pm and admission is \$5.00 for adults and \$2.00 for student aged children. Come on out and watch our best in action!

Saturday, November 13th – Specially selected Band members from RCMS will be taking part in the Marching Colonels for a Day at ECU.

Saturday, November 20th – Specially selected members of the RCHS Marching Rockets will be participating in the ECU Marching Colonels for a Day at ECU.

December TBA – You will be able to see the 2010 Marching Rockets in the Christmas Parades in Brodhead and Mt. Vernon.

Band Notes

Fundraising is a necessary part of any band program to help offset the high costs and provide opportunities for all students who wish to be involved in the music programs here in Rockcastle.

The Florida Fruit Sale is now underway! This is the biggest fundraiser of the year for the Marching Rockets! There are Hamlin and Navel Oranges, Red Grapefruit, Tangelos and Tangerines. 2/5 bushel is only \$16 and 4/5 bushel is only \$24 for the Hamlins, Red Grapefruit, and Tangelos, \$26 for the Navels and the Tangerines. And they are the most delicious fruit ever! Orders will be taken until November 10th and delivery will be December 8th, just in time for the holidays! You can order through any band student at the Middle School or the High School or you can call or email Sherry Harper, sherryharper@rockcastle.kyschools or 606-758-9963.



The 7th and 8th Grade Spooky Band.

Toys for Tots 2010

The United States Marine Corps Reserve will assist families in having a happy Christmas through the Toys for Tots Foundation by providing toys for those who may not be able to do so themselves.

Any families in Rockcastle County that need assistance in providing toys for their children this Christmas may pick up and turn in an application at the office of Teresa Vanzant, Circuit Court Clerk or at the Rockcastle Co. Area Technology Center (vocational school).

Applications must be completed to be eligible for the toy give away, which is Saturday, December 18 at the Rockcastle Co. High School, 9 a.m. - 3 p.m. The deadline for applications to be turned in is Monday, December 13.

Anyone interested in supporting the Rockcastle Toys for Tots program may make a monetary or toy donation (preferably new toys).

Toys for Tots boxes will be in several local businesses for members of the community to donate toys. For more information contact Jon Burdette (Brodhead Baptist Church) at 758-8316.

Subscribe to the Signal



National School Lunch Week is a great time to celebrate at RCMS. Our students and staff spend all week letting the awesome lunch bunch know how much we appreciate them. These ladies are the best!



The Rockcastle County High School JROTC raffled off their trailer on Friday, October 22nd at the RCHS football game. Mr. Leonard Francisco of Berea won the trailer off tickets that he had purchased at the Livingston Homecoming Parade. The battalion raised 1,658.50 dollars with their raffle. The top three sellers were Stanley Baggot, David Lunceford, and Tiffany Howard. Baggot sold \$306.50 worth of tickets and was the top seller. Lunceford sold \$268 and Howard raised \$136. Pictured above, Cadet Captain Shawna Smith and Cadet 1st Lieutenant Taylor Anderkin present the trailer to Mr. Francisco.

Beige • Brown • Wood Grain Windows Also Available

White Vinyl Welded Double Hung Replacement WINDOWS

Any Size! **\$189** INSTALLED

DOUBLE PANE INSULATED GLASS

Call For a FREE In-Home Estimate!

VISIT OUR SHOWROOM

Window World, inc.

Simply the Best for Less!

TOLL FREE 1-800-353-4313

www.windowworldinc.com

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

ENTRY DOORS & STORM DOORS NOW AVAILABLE



The RCMS Leadership Team has been busy collecting paper towels, toilet tissue, Kleenex, laundry detergent, trash bags, and cleaning supplies for the Hope Lodge in Lexington. These supplies will be used by cancer patients and their families who are receiving treatments at UK's Markey Cancer Center, some of whom are from Rockcastle County. Pictured are, front from left: Cassie Poynter, Abby Bray, Carson Noble, Mikaela Sadler and Aaron Pevley. Back row from left: Laney Poynter, Jarod Robinson, Drew Martin, Hailey Harper, David Gabbard, Kayla Shafer, James Clay Ballinger, Dakota Bishop, Caleb Ballinger, and Zach Ellison. The group helped unload the truckload of supplies RCMS students collected during the Sharing Hope Drive during the first two weeks of October.



Pictured are, from left: Arielle Reese, Community Relations Director for Rockcastle Regional, Alex Spragens, Caroline Coguier, Tiffany Fain, Sara Clark, Brad Taylor, and Melissa Brown, Oncology Service Line Manager for Rockcastle Regional. They are shown outside Rockcastle Regional's Chemotherapy Infusion Center with just a few of the 350 items collected by the RCMS Leadership Team.

Absolute Auction of Ms. Terri Mize's and the late Mr. Ronnie Mize's

42 Acre Farm more or less in Tracts

Saturday, November 6th at 10:00 a.m.

Schoolhouse Hill Road, Near Mt. Vernon, Ky.

Location: 4 miles southwest of Mt. Vernon. From Mt. Vernon, take Hwy 150 to 461. Turn south on 461 toward Somerset and go about 3 miles to School House Hill Road (opposite State Route 1250). Turn onto School House Hill Road and go about 3/10 mile to the beginning of the property. Auction signs are posted.

Ms. Mize has decided that she doesn't need this property and has authorized our company to sell it for the high dollar.

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

Tract 1 – 6.21 acres with 458 ft. of frontage. Mostly cleared hay cropland.

Tract 2 – 4.12 acres with 164 ft. of frontage. Mostly cleared hay and crop land.

Tract 3 – 5.51 acres with 115 ft. of frontage. Mostly cleared.

Tract 4 – 13.73 acres with 173 ft. of frontage. Mostly wooded.

Tract 5 – 3.98 acres with 122 ft. of frontage. Mostly wooded.

Tract 6 – 3.81 acres with 124 ft. of frontage. Mostly wooded.

Tract 7 – 5.43 acres with 249 ft. of frontage. Mostly wooded.

City water is available to each of the tracts. The terrain offers great building site potential whether you want a wooded tract with privacy or an open tract with a great view. You can farm or use these tracts recreationally. Deer, turkey and other small game are common sights here.

Auctioneer's Note: Land is the best investment in America. Here is your opportunity to own a "little piece". Remember, they "ain't" makin' no more.

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

Announcements day of sale take precedence over printed matter.

For additional information, contact the selling agents.

Ford Brothers, Inc.
Selling the Country

Sam Ford - Broker/Auctioneer

www.fordbrothersinc.com
Mt. Vernon, KY
606-256-4545 • 800-455-5454

Somerset, KY 606-679-2212
London, KY 606-878-7111

MAA

HEALTH *signal*



ROCKCASTLE
REGIONAL
HOSPITAL RESPIRATORY CARE CENTER

Breathing *Life* into healthcare

Safety *for ALL seasons*

*Rockcastle Regional, Kentucky
Children's Hospital and Rockcastle
Professional Pharmacy launch
a year-long campaign for child
safety awareness (see pg. 3)*

November 2010

Vol. 6 - Issue 4

About Us

Rockcastle Regional Hospital and Respiratory Care Center is a not-for-profit community health-care system that operates emergency, inpatient and outpatient acute care programs, a long-term care program for patients dependent upon mechanical ventilation, a 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
UK HealthCare Network Affiliate—Kentucky Neuroscience Institute Comprehensive Stroke Program

Speakers Bureau

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

Leadership

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

Joseph E. Lambert, Chairman
Bigge W. Towery, Jr., Secretary
William B. Bailey, Jr.

William B. Bailey, Sr.
Debra H. Lambert
Jeffrey T. Burdette

Executive Management

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

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

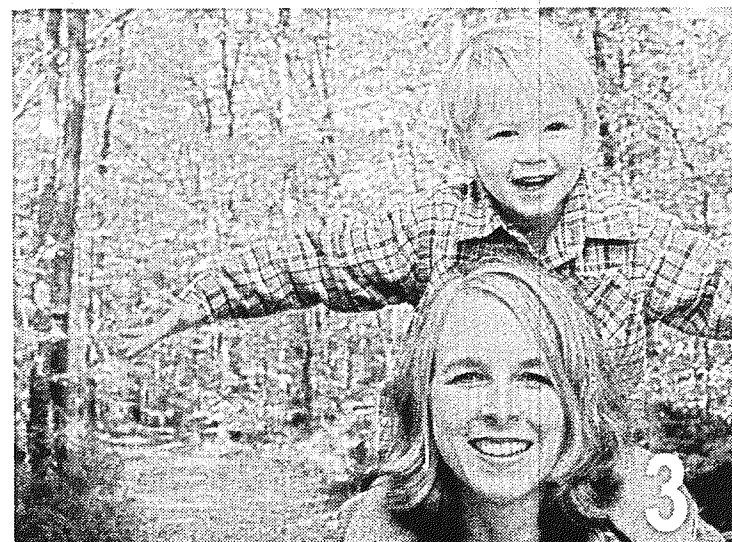
Health Signal is produced by the Community Relations Department of Rockcastle Regional Hospital and Respiratory Care Center.

Arielle Reese, Director
Susan Brown, Page Design
Kristopher Hammons



ROCKCASTLE REGIONAL HOSPITAL ■ RESPIRATORY CARE CENTER

FEATURES



From the Cover: SAFETY FOR ALL SEASONS



Celebrating 50 Years



Sharing Hope

7 News and notes

8 Healthy holiday tips

10 Your Health: Diabetes myths

11 Your Health: Flu basics

12 Reaching out

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

A Year of Safety

By Arielle Reese
Community Relations Director

Rockcastle Regional starts a year of child safety events and education

According to the Center for Disease Control and Prevention (CDC), across the United States, each year an estimated 9.2 million children visit the emergency department for an unintentional injury. Rockcastle Regional, in partnership with Kentucky Children's Hospital and Rockcastle Professional Pharmacy, wants to increase access to child safety education, clinicians and resources.

"If we can protect one child and prevent even one injury from occurring, then it's worth it," said Stephen A. Estes, Rockcastle Regional President and CEO, commenting about the outreach. "We want to educate mothers, fathers and all caregivers about the importance of preventing injuries before they ever happen."

According to the CDC, injuries are among the most under-recognized public health problems facing the United States today. About 20 children die every day from a preventable injury – more than die from all diseases combined. Injuries requiring medical attention or resulting in restricted activity affect approximately 20 million children and adolescents and cost \$17 billion annually in medical costs.

The child safety campaign kicked off in June with a "Child Safety Expo" at the hospital.

During the month of July, the campaign focused on the dangers of hot cars. Educational ads were run in the Mount Vernon Signal and parents were invited to visit Rockcastle Professional Pharmacy to get educational materials about the dangers of hot weather and vehicles. Sunglasses were given away to children.

August was "Back to school" time and a series of ads about healthy snacks, walking to school and study tips were printed. Occupational Therapists from the hospital went to Mount

Vernon Elementary for "backpack checks."

One of the most prevalent ways that children are injured is from car accidents. Many times the injury could have been prevented by a car seat. On September 21, a car seat check event was held in Renfro Valley. Car seat technicians from SAFE Kids Lexington and the Rockcastle County Health Department made sure that the child's car seat was properly installed and checked for recalls. Car seats and boosters were given away to those who needed a replacement.

In recognition of National Teen Driver Safety week, a "Click It Crew" went out to Rockcastle County High School and reminded teen drivers about the importance of wearing a seat belt and not texting while driving. Posters were hung in the

halls to remind students of driving safely.

A "Child Safety Section" has been opened at Rockcastle Professional Pharmacy with a variety of safety related items for a low cost. Among the items available are car seats. "We just don't want to be a place that people can come when they are sick or need medicine," says Rockcastle Professional Pharmacist Tim Young. "We are a partner in the prevention of injury. Rockcastle Professional Pharmacy is the location the community can visit for child safety items and education."

The campaign will continue in the following months and will highlight other child safety recognitions. For more information, visit www.rockcastlelregional.org.



Clockwise from top left, Child Safety Expo, car seat checks, backpack checks, and the 'Click It Crew'.

[UK CONNECTIONS]

UK College of Medicine celebrates 50 years

The year 2010 marks a significant date in the history of the University of Kentucky College of Medicine as it celebrates its 50th anniversary. The festivities culminated on October 15 with the 50th Anniversary Signature Event, held at the Keeneland Sales Pavilion. This year commemorates individuals who have been a part of the accomplishments of the past five decades and for those who will be a part of its bright future.

Rockcastle County native Sarah Mullins, a third-year medical student at the University of Kentucky College of Medicine, was chosen to represent the College at the event as one of the student ambassadors.

“Over the past half century, the University of Kentucky College of Medicine has been reaching beyond as the state’s flagship medical school to educate the best physicians and researchers, provide patient care across the Commonwealth and conduct breakthrough biomedical research,” said College of Medicine Interim Dean Emery A. Wilson, M.D. “This year-long celebration is the perfect way to honor the College’s rich history and prepare for an even more promising future.”

The Signature Event was part of the three-day 50th Anniversary Alumni Reunion and Family Weekend. Attractions inside the Keeneland Sales



Pictured at the 50th Anniversary Signature Event are Kimberley Cornelius, M.D. left, Rockcastle County native and UK College of Medicine student Sarah Mullins, William McElwain, M.D., Vicki Whiteley, RN, and Emery A. Wilson, M.D. Interim Dean of the College of Medicine.

Pavilion included a birthday cake designed for the College by none other than Charm City Cakes, made famous by Food Network’s top-rated show, “Ace of Cakes.” One of the staff members of Charm City Cakes was in attendance with the specially-created UK College of Medicine cake.

The event commemorated the rich history of the College with an emphasis on each of the past five decades’ food, sights, and sounds, including oral histories from students and faculty throughout the era and special presentations. Musical entertainment was provided by numerous notable musicians, including the Johnson Brothers, with special guest performer Dr. Jay Zwischenberger, chair of UK’s

Department of Surgery and 1977 alumnus of UK’s College of Medicine.

The University of Kentucky College of Medicine is currently undergoing construction on UK HealthCare’s new \$762 million, 1.2 million square-foot hospital and is one of the few universities in the nation to have all six health science colleges (Medicine, Dentistry, Health Sciences, Nursing, Pharmacy and Public Health) on one campus.

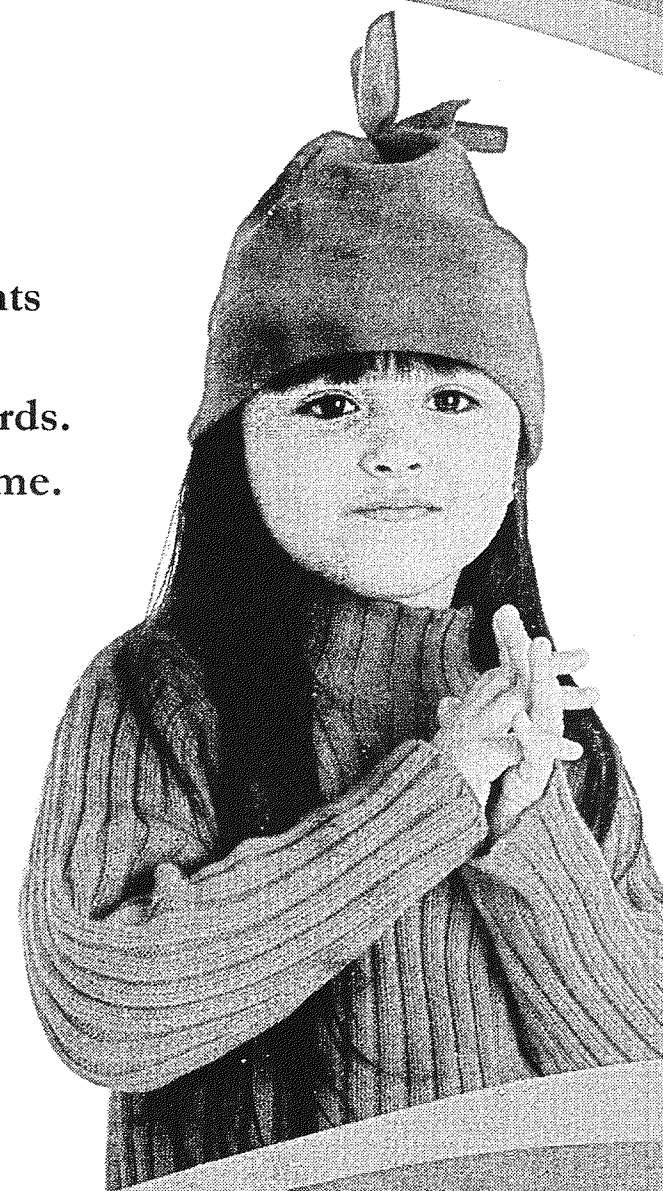
Visit the UK College of Medicine’s 50th Anniversary Website at www.mc.uky.edu/medicine50 to view historical highlights and listen to oral histories of those who helped establish and advance the UK Medical Center.

UK HealthCare

- Shamik Aikat, M.D.
Cardiology
- Jorge Alegria, M.D.
Cardiology
- Michael Anstead, M.D.
Adult & Pediatric Pulmonology
- Susanne Arnold, M.D.
Hematology & Oncology
- Louis Bezold, M.D.
Pediatric Cardiology
- Ketan Buch, M.D.
Pulmonology
- Charles Campbell, M.D.
Cardiology
- Mara Chambers, M.D.
Hematology & Oncology
- Aftab Chishti, 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
- 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
- Timothy W. Mullett, M.D.
Cardiothoracic Surgery
- Robert Owen, M.D.
Neurosurgery
- Amit Patel, M.D.
Otolaryngology
- Navin Rajagopalan, M.D.
Cardiology
- William Robertson, M.D.
Pediatric Neurology
- 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

Follow these tips to celebrate holidays safely.

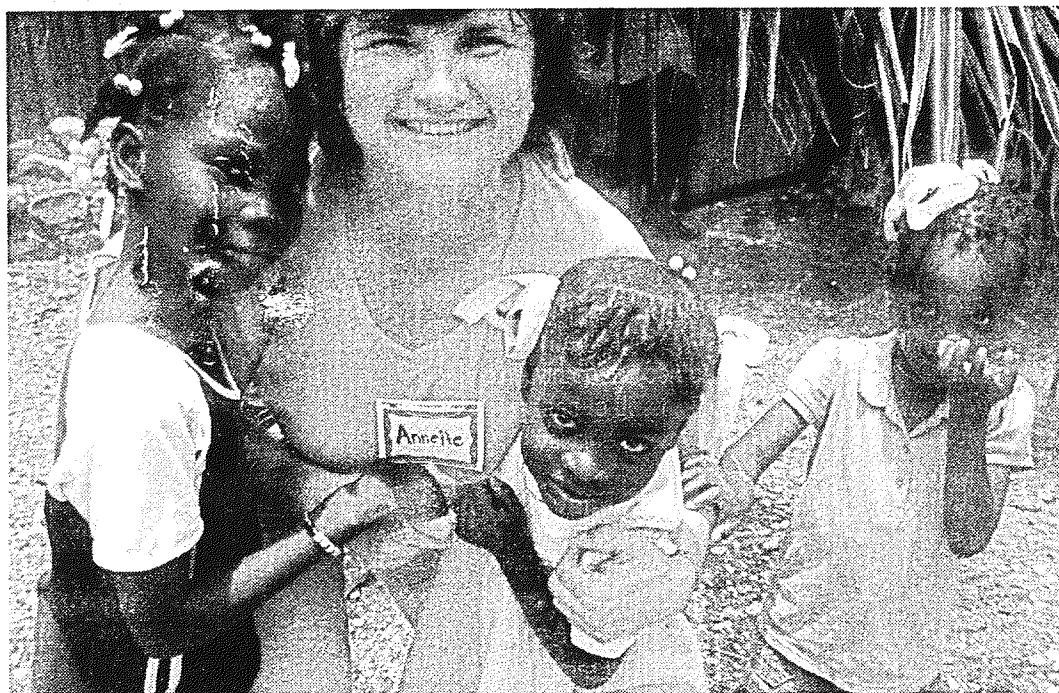
- Consider buying a fire-resistant artificial tree.
- Set up fresh trees away from heat sources such as vents and fireplaces.
- Decorate trees using only UL-approved lights and cords.
- Turn off tree lights when you go to sleep or leave home.
- Keep small ornaments and other decorations out of reach of small children.
- Securely anchor all hanging decorations.
- Do not obstruct handrails.
- Keep poisonous plants out of reach.
- Keep hard food and candy out of reach.
- Do not place candles near draperies or anything that might easily catch fire.
- Open the flue in your fireplace before lighting a fire.
- After building a fire, always use a screen.
- Keep matches and lighters out of children's reach.
- Never leave young children unattended.



ROCKCASTLE
PROFESSIONAL PHARMACY


UK HealthCare
Kentucky Children's Hospital


**ROCKCASTLE
REGIONAL**
HOSPITAL • RESPIRATORY CARE CENTER



Sharing *hope*

By Arielle Reese
Community Relations Director

Rockcastle Regional employees spend a week in Haiti

The shortest path between Lexington, Kentucky and the island of Haiti is 1,529 miles. When Annette Leone, PTA and Chris Kemker, SLP decided to travel to Haiti they took a car, plane and bus to spend a week in Bayonnais, Haiti as a part of a mission trip of Quest Community Church in Lexington.

The church was inspired to help the people of Haiti after the catastrophic earthquake in January of 2010. Annette works in the Physical Therapy department and travels into homes of patients to provide care and Chris is a Speech Therapist who helps patients learn or re-learn a basic skill of speaking and swallowing. They both felt led to travel to Haiti and work with 20 other people to install a well and provide a vacation bible school to the children. The group also collected supplies to take with them including toiletries, candy, clothes and basic medicine.

Quest Community Church partnered with the International Christian Development Mission to coordinate a trip to Haiti. Chris and Annette left Kentucky with an agenda to serve and came home with an inspiring outlook on life.

They reached Haiti on July 20 in the dead heat of summer and traveled six hours outside Port Au Prince. They reached Bayonnais and spent the next week with the families and children. Annette and Chris were amazed at how different the lifestyle was from their own. Their home for the

next week would be a place where children from all ages come to learn Spanish, English, Math, Science and the Bible. This area wasn't directly affected by the earthquake... there was no physical damage. Some of the families lost older children or other family members who lived close to Port Au Prince.

There was no mail, electricity or sanitation. Some of the children had to walk three hours one-way to reach the school each day. Goats were like buying a car in America; they came with their own documentation. The average income was \$500-\$800 a year. It was a simple lifestyle with rice and beans everyday and washing clothes in the river, but the children were happy. "I went with a different attitude than what I came home with," said Chris. "We built relationships with these people and are interested in partnering with them in the future. I think about these kids all the time."

The trip turned into a personal connection. "It was the best week of my life," said Annette. "Those people are now a part of my family. I will definitely be going back."

During the week, the members from Quest worshipped, ate, slept, cooked and lived with the families. On July 28, the mission trip ended, but the work did not. Quest is still working with a

contractor to get the well built and are encouraging members of their church to sponsor a child in Haiti.

"A big part of the mission, after coming home, has been to cast a vision for people who can't go to this country," said Chris. "We only did a small part while we were there. But if we can get others involved in prayer, donations and sponsorship of children and just general awareness of the need in Haiti, this small mis-



Chris Kemker and Annette Leone with a group of children from Bayonnais, Haiti.

sion trip has the potential to turn into a huge impact!"

Chris and Annette were very thankful of the opportunity to travel to Haiti and look forward to returning. There were many people who contributed to their trip and they expressed sincere appreciation for every Rockcastle Regional employee who supported their journey.

For more information go to:
<http://www.questcommunity.com> or <http://www.icdm.us/>

[NEWS AND NOTES]



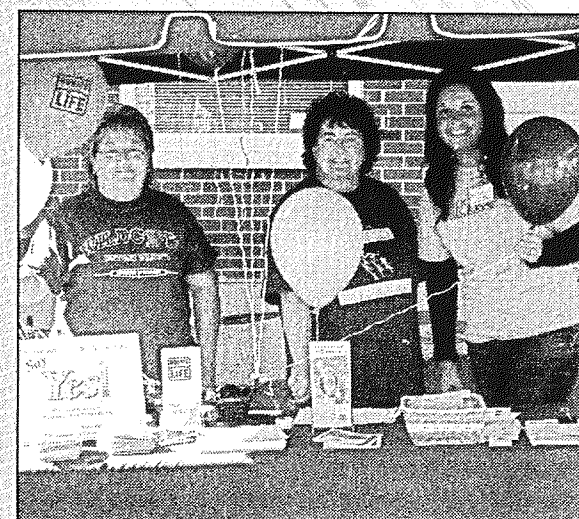
Rockcastle Regional Hospital Run, Bike or Hike • The first-ever Rockcastle Regional Hospital Run, Bike or Hike attracted 165 participants from throughout Kentucky and some from out of state. The unique event, held on August 28 at the Lake Linville Recreational Area, featured multiple sports that participants could choose from, including a 5K run, a 2-mile walk, a duathlon, and bike tour. The 5K Run by the Lake attracted the most participants at 71. Local runner Justin Poynter, pictured at right, took first place overall with a time of 17:42. In the women's division, Melissa Ramsey of Alpha, Kentucky, won first place with a time of 22:58. Forty athletes competed in the duathlon, which consisted of a 5K run followed by a 16.5 mile bike ride. Willis Coffey was the first Rockcastle County resident to cross the finish line with a time of 1:27:55. The event raised over \$2,334.



Livingston Leap • Forty-two runners and walkers participated in the first ever Livingston Leap 2-mile Run/Walk on Saturday, September 4. Justin Poynter was the top finisher overall with a time of 10:45. The top female finisher was Rachel Cain with a time of 14:32. \$125 was donated to the Livingston Homecoming Committee.



Ladies Night Out • Rockcastle Regional sponsored an event for Breast Cancer Awareness on September 30. Nearly one hundred women gathered at Quail Community Park for the 2nd annual Ladies Night Out event. The guest speaker was Heather Wright, M.D., the Medical Director of UK Comprehensive Breast Care Center. The event educated women on the importance of early detection and prevention of breast cancer.



Bittersweet Festival • Eliza York, left, Circuit Court Clerk Teresa Vanzant and Rockcastle Regional Community Relations Director Arielle Reese share Organ Donor Awareness at the annual Bittersweet Festival on October 9.

For more news and notes, visit our website at rockcastleregional.org

Wishing you a *safe* and

Be "food safe" during the holidays

Food is always an important part of holiday festivities. But holiday meals can take a turn for the worse if food safety isn't a regular ingredient in preparing and cooking the food. The food you serve your family can be very harmful if your turkey, ham, gumbo, crab dip and home-prepared meatballs aren't handled safely or refrigerated promptly.

Foodborne disease infections continue to be a serious health issue in the United States, causing an estimated 76 million people to become sick each year. The most common foodborne diseases associated with meat, poultry and fish are *Salmonella*, *Campylobacter*, and *E. coli*. Most people become sick by eating contaminated foods or beverages or by coming in contact with someone who has a foodborne illness. Pregnant women, older adults, infants and young children, and those with weakened immune systems are at higher risk for severe infections.

Remember, be "food safe" during the holidays by following the four basic steps of food safety: *Clean, Separate, Cook, and Chill*.

Clean Remember to wash your hands with soap and warm water for 20 seconds before and after handling food. Handwashing is one of the best ways to prevent the spread of foodborne illness. Wash all kitchen utensils, dishes, and countertops with hot water and soap.

Separate Try to use one cutting board for raw meat, poultry, and seafood and a separate one for fresh produce. Keep fish and seafood, raw turkey, roasts, hams, and other meats and their juices separate from other side dishes when preparing meals.

Cook Cook meat and poultry to a safe minimum internal temperature: turkey, stuffing, casseroles, and leftovers to 165°F; beef, veal and lamb roasts to 145°F; "fully cooked" ham to 140°F and fresh ham, pork, and egg dishes to 160°F. Use a food thermometer. If chitterlings are on your menu, boil the chitterlings for 5 minutes BEFORE cleaning and preparing them. Egg products can be substituted in recipes typically made with raw eggs, such as eggnog, custard, or key lime pie. Be sure that eggs and products containing eggs are thoroughly cooked when serving those at higher risk for foodborne illness.

Chill Chill food promptly. Keep the fridge at 40°F or below to prevent bacteria from growing. Custard pies and other egg dishes should always be kept cool. Put leftovers in the refrigerator within 2 hours. Remember to never defrost food at room temperature.

Remember, be "food safe" for the health of you and your family. Happy eating!

Source: Center for Disease Control and Prevention

Healthy holiday eating

Food is everywhere during the holiday season, making it tough to stick to your healthful eating and exercise habits. With a little attention, however, you can make it through the holidays without losing track of your healthy lifestyle.

Is it true that the average person gains 5 pounds between Thanksgiving and New Year's Day? People often do gain weight during the holidays, but how much weight? One 2000 study of 195 adults showed an average holiday weight gain of between three quarters and one pound.

However, 14% of those studied gained five pounds or more. In this study those who were overweight or obese gained more holiday pounds than those who were normal weight. This research showed that holiday weight gain explained over half of the annual weight gain for those who were in the study. So, while most people gain less than a pound during the holidays, this weight gain is probably one cause of weight that creeps up from year to year.

I have been losing weight successfully for 6 months. I'm dreading the holiday season because I know I'll gain weight. What can I do to prevent it?

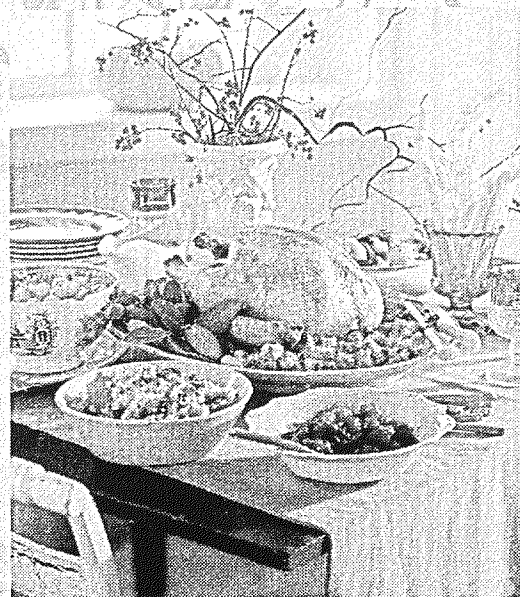
The best advice is to change your mindset. Rather than focus on continuing to lose weight during this 6-week period, focus instead on *not gaining* weight. Consider yourself successful if you continue to exercise regularly and don't gain any weight. Remember—the holiday season should be enjoyable, and fine food is one of the

pleasures of the season. Instead of depriving yourself, allow yourself to splurge on those foods that make your holiday season meaningful. Enjoy your favorites in small amounts, and try to cut back in other ways. And make an effort to keep your exercise schedule on track.

I'll be traveling during the holidays and can't get to my gym. What can I do to stay active?

Of course continuing regular exercise during the hectic and sometimes stressful holiday season can help you maintain your weight and your sanity. If you are a true "gym rat", most gyms will allow you to pay per visit as a guest, although sometimes at a hefty fee! Walking, running, or stair-climbing are easy when you are traveling—you can do these activities almost anywhere. For resistance training, check your sporting goods or online stores for rubber resistance bands. They slip easily into a travel bag, are lightweight, and can be used to strengthen and tone almost any body part. You may need to adjust your expectations for holiday exercising. Try to be flexible and understand that you may not work out according to your normal pattern. Try to sneak in exercise whenever you can, by taking a walk after a large meal, for example. Be sure to get back to your regular exercise routine when you return home.

Source: www.rd411.com



healthy holiday season

Managing Stress During the Holidays

While the upcoming holidays may be remembered as joyful times with family and friends, adults may experience stress, sadness or even depression during this time. Otherwise healthy individuals can often find themselves overbooked, overworked, overstressed and feeling dread instead of the happiness they experienced as a child. Try these helpful hints for coping with holiday stress:

Acknowledge your feelings. The holiday season can be a mixture of feelings, especially if someone close to you has recently died or you can't be with loved ones. Realize that it is normal to feel sadness and grief, and it is okay to express your feelings. Tackling the holidays after a loss is a work in progress. Make changes that feel right to you and honors those who are not with you.

Set aside differences. Many families have troubled relationships because of behaviors, beliefs, illness, financial worries or disappointments in life choices. These may cause additional stress at holiday gatherings. Try to accept family members and friends as they are, even if they don't live up to your expectations. Set aside grievances until a more appropriate time for discussion. And be understanding if others get upset or distressed when something goes awry. Chances are they are feeling the effects of holiday stress, too.

Stick to a budget. Before you go shopping for gifts and holiday foods, decide how much money you can afford to spend this year. Then, stick to your budget. Realize you can't buy happiness with money. Try alternatives like donating to a charity in someone's name or exchanging homemade gifts.

Plan ahead. Set aside specific days for shopping, baking, visiting and other holiday activities. Plan menus and make lists to avoid last minute running to the store for forgotten gifts and ingredients.

Learn to say no. Saying yes when you should say no can leave you feeling resentful and overwhelmed. You don't have to attend every activity you are invited to.

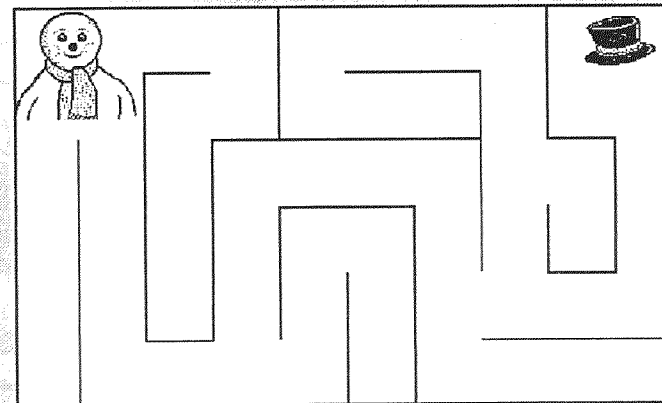
Hold on to healthy habits. Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt. Have a healthy snack before holiday parties so you don't go overboard on empty-calorie foods and drinks. Try to get plenty of sleep and physical activity.

Take a breather. Make some time for yourself. Spending just 15 minutes alone, without distractions, may give you a renewed perspective. Walk away from a noisy crowd. Use your quiet time to set priorities and regroup. Take a walk at night and stargaze. Listen to music – choose whatever type makes you happy. Sing along. Slow your breathing. When your shoulders are up to your ears, it is time to take some deep breaths. Relax your shoulders with the rest of your body. Restore your inner calm.

Source: www.mayoclinic.com

Kids' Corner

Can you help Frosty find his hat?



My Christmas Wish-List

1. _____
2. _____
3. _____
4. _____
5. _____

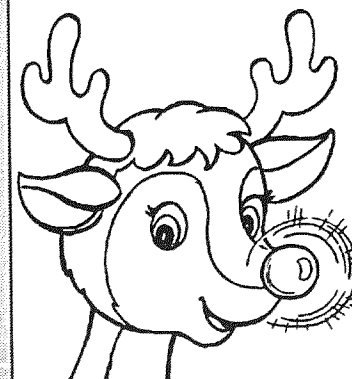
Winter Word Find

s	u	b	c	a	n	d	y
l	s	b	a	l	e	k	
e	n	e	l	f	t	e	d
d	o	l	s	e	r	k	
t	w	l	g	t	r	e	e
o	w	n	i	a	x	a	i
y	b	m	f	r	m	w	c
s	a	n	t	a	f	r	b

ball gift star
bell santa toy
candy sled tree
deer snow
elf



Rudolph needs color



"Rudolph, the red-nosed reindeer
had a very shiny nose.
And if you ever saw him,
you would even say it glows."

[YOUR HEALTH]

Diabetes myths examined



There are many myths about diabetes that make it difficult for people to believe some of the hard facts – such as diabetes is a serious and potentially deadly disease. These myths can create a picture of diabetes that is not accurate and full of stereotypes and stigma. Get the facts about diabetes and learn how you can stop diabetes myths and misconceptions.

• November is American Diabetes Month •

Myth: Diabetes is not that serious of a disease.

Fact: Diabetes causes more deaths a year than breast cancer and AIDS combined. Two out of three people with diabetes die from heart disease or stroke.

Myth: If you are overweight or obese, you will eventually develop type 2 diabetes.

Fact: Being overweight is a risk factor for developing this disease, but other risk factors such as family history, ethnicity and age also play a role. Unfortunately, too many people disregard the other risk factors for diabetes and think that weight is the only risk factor for type 2 diabetes. Most overweight people never develop type 2 diabetes, and many people with type 2 diabetes are at a normal weight or only moderately overweight.

Myth: Eating too much sugar causes diabetes.

Fact: No, it does not. Type 1 diabetes is caused by genetics and unknown factors that trigger the onset of the disease; type 2 diabetes is caused by genetics and lifestyle factors. Being overweight does increase your risk for developing type 2 diabetes, and a diet high in calories, whether from sugar or from fat, can contribute to weight gain. If you have a history of diabetes in your family, eating a healthy meal plan and regular exercise are recommended to manage your weight.

Myth: People with diabetes should eat special diabetic foods.

Fact: A healthy meal plan for people with diabetes is generally the same as a healthy diet for anyone – low in fat (especially saturated and trans fat), moderate in salt and sugar, with meals based on whole grain foods, vegetables and fruit. Diabetic and “dietetic” foods generally offer no special benefit. Most of them still raise blood glucose levels, are usually more expensive, and can also have a laxative effect if they contain sugar alcohols.

Myth: If you have diabetes, you should only eat small amounts of starchy foods, such as bread, potatoes and pasta.

Fact: Starchy foods are part of a healthy meal plan. What is important is the portion size. Whole grain breads, cereals, pasta, rice and starchy vegetables like potatoes, yams, peas and corn can be included in your meals and snacks. The key is portions. For most people with diabetes, having 3-4 servings of carbohydrate-containing foods is

about right. Whole grain starchy foods are also a good source of fiber, which helps keep your gut healthy.

Myth: People with diabetes can't eat sweets or chocolate.

Fact: If eaten as part of a healthy meal plan, or combined with exercise, sweets and desserts can be eaten by people with diabetes. They are no more “off limits” to

people with diabetes than they are to people without diabetes.

Myth: People with diabetes are more likely to get colds and other illnesses.

Fact: You are no more likely to get a cold or another illness if you have diabetes. However, people with diabetes are advised to get flu shots. This is because any illness can make diabetes more difficult to control, and people with diabetes who do get the flu are more likely than others to go on to develop serious complications.

Myth: If you have type 2 diabetes and your doctor says you need to start using insulin, it means you're failing to take care of your diabetes properly.

Fact: For most people, type 2 diabetes is a progressive disease. When first diagnosed, many people with type 2 diabetes can keep their blood glucose at a healthy level with oral medications. But over time, the body gradually produces less and less of its own insulin, and eventually oral medications may not be enough to keep blood glucose levels normal. Using insulin to get blood glucose levels to a healthy level is a good thing, not a bad one.

Myth: Fruit is a healthy food. Therefore, it is ok to eat as much of it as you wish.

Fact: Fruit is a healthy food. It contains fiber and lots of vitamins and minerals. Because fruits contain carbohydrates, they need to be included in your meal plan. Talk to your dietitian about the amount, frequency and types of fruits you should eat.

• Nearly 24 million children and adults in the United States have diabetes.

• Another 57 million Americans have pre-diabetes and are at risk for developing type 2 diabetes.

• One out of every 3 children born in the United States today will face a future with diabetes if current trends continue.

Source: American Diabetes Association

For more information about diabetes or diabetes education, call Teresa Blair, RD, CDE at (606) 256-2195.

[YOUR HEALTH]

Flu Basics

What is influenza (also called flu)?

The flu is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu vaccine each year.

Symptoms of flu

People who have the flu often feel some or all of these symptoms:

- fever* or feeling feverish/chills
- cough
- sore throat
- runny or stuffy nose
- muscle or body aches
- headaches
- fatigue (very tired)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

**(It's important to note that not everyone with flu will have a fever.)*

How flu spreads

You may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick. Most healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5-7 days after becoming sick. Some people, especially children and people with weakened immune systems, might be able to infect others for an even longer time.

Complications of flu

Complications of flu can include bacterial pneumonia, ear infections, sinus infections, dehydration, and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes.

Preventing seasonal flu: Get vaccinated

The single best way to prevent the flu is to get a flu vaccine each season. There are two types of flu vaccines:

- **The "flu shot"**—an inactivated vaccine (containing killed virus) that is given with a needle. The seasonal flu shot is approved for use in people 6 months of age and older, including healthy people, people with chronic medical conditions and pregnant women.
- **The nasal-spray flu vaccine**—a vaccine made with live, weakened flu viruses that do not cause the flu (sometimes

called LAIV for "Live Attenuated Influenza Vaccine"). LAIV is approved for use in healthy* people 2-49 years of age who are not pregnant.

About two weeks after vaccination, antibodies develop that protect against influenza virus infection. Flu vaccines will not protect against flu-like illnesses caused by non-influenza viruses.

The seasonal flu vaccine protects against the three influenza viruses that research suggests will be most common. The 2010-2011 flu vaccine will protect against 2009 H1N1, and two other influenza viruses (an H3N2 virus and an influenza B virus).

When to get vaccinated against seasonal flu

Yearly flu vaccination should begin in September, or as soon as vaccine is available, and continue throughout the flu season which can last as late as May. This is because the timing and duration of flu seasons vary. While flu season can begin early as October, most of the time seasonal flu activity peaks in January or later.

Who should get vaccinated?

On February 24, 2010 vaccine experts voted that everyone 6 months and older should get a flu vaccine each year starting with the 2010-2011 influenza season. CDC's Advisory Committee on Immunization Practices (ACIP) voted for "universal" flu vaccination in the U.S. to expand protection against the flu to more people. While everyone should get a flu vaccine each flu season, it's especially important that certain people get vaccinated either because they are at high risk of having serious flu-related complications or because they live with or care for people at high risk for developing flu-related complications.

Use of the nasal spray seasonal flu vaccine

Vaccination with the nasal-spray flu vaccine is an option for healthy* people 2-49 years of age who are not pregnant. Even people who live with or care for those in a high risk group (including health care workers) can get the nasal-spray flu vaccine as long as they are healthy themselves and are not pregnant. The one exception is health care workers who care for people with severely weakened immune systems who require a protected hospital environment; these people should get the inactivated flu vaccine (flu shot).

**(“Healthy” indicates persons who do not have an underlying medical condition that predisposes them to influenza complications.)*

Cold vs. Flu

What is the difference between a cold and the flu?

The flu and the common cold are both respiratory illnesses but they are caused by different viruses. Because these two types of illnesses have similar flu-like symptoms, it can be difficult to tell the difference between them based on symptoms alone. In general, the flu is worse than the common cold, and symptoms such as fever, body aches, extreme tiredness, and dry cough are more common and intense. Colds are usually milder than the flu. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems, such as pneumonia, bacterial infections, or hospitalizations.

How can you tell the difference between a cold and the flu?

Because colds and flu share many symptoms, it can be difficult (or even impossible) to tell the difference between them based on symptoms alone. Special tests that usually must be done within the first few days of illness can be carried out, when needed to tell if a person has the flu.

What are the symptoms of the flu versus the symptoms of a cold?

In general, the flu is worse than the common cold, and symptoms such as fever, body aches, extreme tiredness, and dry cough are more common and intense. Colds are usually milder than the flu. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems, such as pneumonia, bacterial infections, or hospitalizations.

Reaching Out

By Arielle Reese
Community Relations Director

Occupational Therapy Department sets community outreach goal

Occupational Therapist Daphne Reynolds-Day had a vision for her colleagues in the Occupational Therapy (OT) Department at Rockcastle Regional. She wanted to challenge them to a year of service and encourage them to get involved in the county. Each day, patients visit the OT Department to receive treatment and education on a variety of topics. The department decided to branch from the hospital and reach out to the community that they serve.

The year of service began in December 2009 when Daphne made separate presentations to the Adult Education Program and Rockcastle County Chamber of Commerce. She talked to them about stress management and ways to manage stress related to holidays, family, home and school. In February 2010, Cheryl Mullins provided a continuing education course for the Special Education Co-op on "Sensory Processing Strategies for Behavior and Learning." In March Rockcastle Regional employees were educated on the topic of "Work Injury Prevention" at an employee wellness fair. Tiffany McKibben volunteered at the Special Olympics in April; a life changing event for her. In May 2010, Occupational, Physical and Respiratory Therapy came together to present at "Dinner with the Doctor". Attendees were able to hear about Pulmonary Rehabilitation, which is a service available at Rockcastle Regional. The three disciplines work together to help patients strengthen their lungs. Teri Schott works with Pulmonary Rehabilitation and represented the OT department that night.

During the spring and summer of 2010, OT participated in annual community events such as the Longest Day of Play in June. Children and families are encouraged to come out and take advantage of the longest day of the calendar year. Danny McNew, Raina Remole and Cheryl Mullins set up an obstacle course for attendees to enjoy. At Redi-fest, an event where elementary students can receive free school supplies, Daphne educated them about sensory integration and handwriting. The OT Department has offered a "Handwriting without Tears" class for the last several years.

In August, Daphne partnered with the Christian Appalachian Project to educate community members about how to prepare low-cost, nutritious meals for the family.

Other community education events included participating in a support group for Pulmonary Rehabilitation patients, a service that continues to be offered through the hospital, and a Lunch and Learn with Rockcastle Regional Hospital Home Health.

The OT department contributed to children's

safety by visiting Mount Vernon Elementary School and showing the students how to properly wear their backpacks and teaching them about the importance not making backpacks too heavy. They also visited

the hospital's child development center "The York House" and talked to the children and staff about playground safety.

"It meant a lot to our department to have the opportunity to do this," said Daphne. "We all have extremely busy work schedules and families to care for at home. I was thankful for such great co-workers and the Director of OT to make this possible. We all worked together as a team in an effort to serve the community that Rockcastle Regional is so much a part of."

Along with the presentations and education, a major part of this year-long service to the community was the interaction with the people of Rockcastle County. At the various events, the OT department was able to have the chance to

connect with people in the community. They even were able to make special visits and celebrate with patients on a personal level.



Occupational Therapist Daphne Reynolds-Day teaches healthy meal preparation.



Above, Occupational Therapist Cheryl Mullins, Director, teaches playground safety at a daycare. Below, the Occupational Therapy department celebrating with the community.



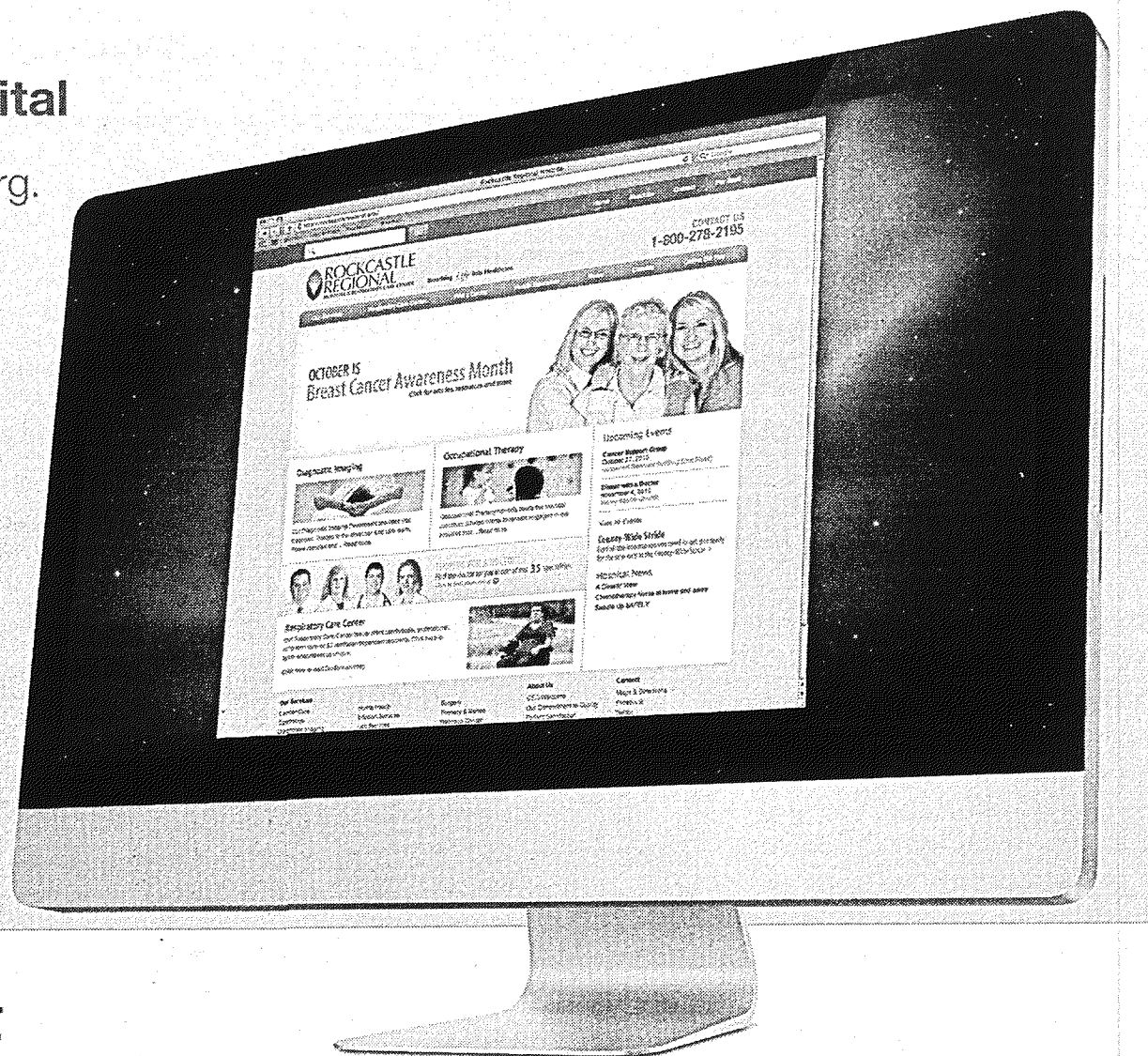
A True Thoroughbred

Last year, we worked hard to build an informative, easy-to-use website for you. Then, things just clicked.

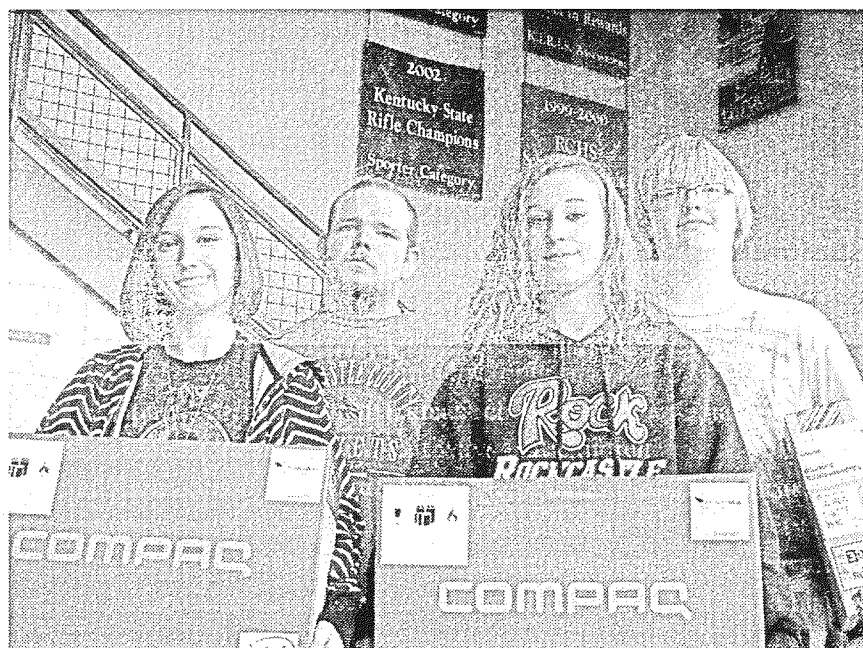
Rockcastle Regional Hospital

Proud home of rockcastleregional.org.

Winner, 2010 Kentucky Society for Healthcare Public Relations and Marketing Thoroughbred Award for "Public Website Design".



rockcastleregional.org



Pictured are computer winners from the third annual "Rocket to a Health Career" event. Jessica Bentley, left, Cody Durham, Megan Richards, and Robert Gray.

Rockcastle students win computers, learn about health careers

The third annual "Rocket to a Health Career" event attracted 112 Rockcastle County High School students and their parents.

The event was spearheaded by the Southern Kentucky Area Health Education Center (AHEC) and Rockcastle Regional Hospital and held during the high school's parent/teacher conference

October 12. It provided students and parents a first-hand look at health

ships.

Students and their parents talked with universities, colleges, GEAR UP, AHEC and representatives of Rockcastle Regional.

"I want to thank RCHS for hosting the event again this year during parent/teacher conference," said Dwain Harris, Southern AHEC Director. "It's a unique

opportunity to get parents and students together to think about a health career. We hope to get the conversa-

tions started about a possible future in healthcare and make the resources easily available."

Southern Kentucky
AHEC

Rockcastle Regional wins Community Relations awards

Rockcastle Regional was recognized recently for community relations projects. At the Kentucky Society for Healthcare Public Relations and Marketing (KSHPRM) conference in Louisville, the hospital received two Thoroughbred Awards and two Certificates of Merit. The community relations projects that were recognized included the Healthy Joe Expo, the hospital's website, The Health Signal and a Rockcastle and Markey Cancer Center radio commercials.

One of the Thoroughbred winners was the Healthy Joe Expo for Rockcastle County men. Held in June each year during men's health week, the event is a health event that covers a variety of men's health topics. Men have the opportunity to receive a mini physical and also hear presentations from local physician and an urologist. The event also features unique extras like a car show, run/walk and door prizes. The other Thoroughbred winner was the hospital's website, www.rockcastleregional.org. The redesigned site launched in July of 2009 and over 25,000 visitors have

clicked the site since then. It features local physician videos, health education library, upcoming event information and sign ups, and much more.

The Health Signal, a quarterly publication that's inserted in the Mount Vernon Signal was recognized with a Certificate of Merit. The publication is written and designed by the Community

Relations department at the hospital. It features local stories, hospital news and health education. Another Certificate of Merit winner is a radio

commercial that educates listeners about the dangers of second-hand smoke and children. It featured nine year old, Zoe Burdette.

The KSHPRM awards were judged by the Maryland Society for Healthcare PR and Marketing. "It's an honor to be awarded by a statewide organization that puts us in competition with hospitals from across the Commonwealth," said Stephen A. Estes, Rockcastle Regional President and CEO. "We are pleased to be recognized in a competition that included public relations agencies and large health-care systems."



NEWS AND NOTES FROM OUR TEAM

Meet one of our newest employees



Worth Anne Harris

Harris joins Social Services Department

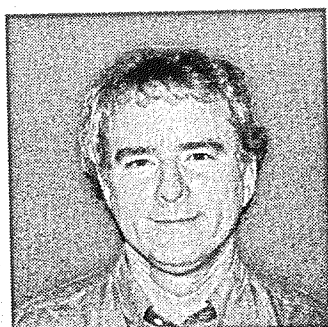
Worth Anne Harris has joined the Social Services

Department at Rockcastle Regional. A native

of Brodhead, Anne received her bachelor's degree in Child and Family Studies from Eastern Kentucky University. She currently lives in Brodhead with her husband, Johnny, and two children, John and

Faith. She enjoys watching her son play sports, UK football and basketball, sitting on her porch and working with children and church.

When asked what she loves most about her job at Rockcastle Regional, she said, "I love working with families. I have worked in long-term care for 26 years and I love it. It was important to me to work close to home and I'm thankful for my opportunity to work at Rockcastle Regional."



Cameron Schaeffer M.D.
Pediatric Urology



Timothy Mullett M.D.
Cardio/Thoracic Surgery

Welcome to the community

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



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
Zoran Danov, M.D.	Pediatric Neurology
Willem J. S. de Villiers, M.D.	Gastroenterology
Thomas DiSessa, M.D.	Pediatric Cardiology
Deborah R. Flomenhoft, M.D.	Pediatric Gastroenterology
Shannon Florea, M.D.	Rheumatology
Amy Hessler, D.O.	Pediatric Neurology
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
Timothy W. Mullett, M.D.	Cardiothoracic Surgery
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
Bryan Rone, M.D.	Gynecology
Cameron S. Schaeffer, M.D.	Pediatric Urology/Plastic Surgery
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

7th Annual

JINGLE BELL

Run/Walk

December 4, 2010

Renfro Valley, KY



Get ready to run...

Why should you run?

Lace up your sneakers and grab your Santa hats for the 7th annual Jingle Bell 6K Run/Walk. Join us for good exercise and great fun in historic Renfro Valley. Proceeds from the race benefit long-term care residents of the Respiratory Care Center at Rockcastle Regional in Mt. Vernon and Rockcastle Health and Rehabilitation Center in Brodhead. The "Miracle Fund" provides assistance to improve the quality of life of long-term care residents. In 2009, over \$3,000 was donated to the Miracle Fund. We appreciate your support!

Event Details

- Date: Saturday, December 4, 2010
- Place: Renfro Valley Entertainment Center, Mt. Vernon, KY
- 6K Walk to begin at 8:30 am EST
- 6K Run to begin at 9:00 am
- Race-day registration to begin at 7:45 am
- \$15 pre-registration fee before December 1
- \$20 registration fee after December 1
- On-line registration at www.rockcastleregional.org/jinglebell6k

Course

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

Unique Reasons to Participate

- Free gift for all participants
- Door prize drawings (Open to all. Must be present to win. Registration form is drawing entry.)
- Hospitality area with refreshments and snacks

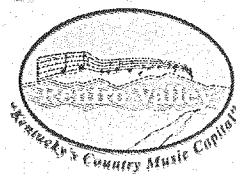
Awards

- Runner Awards: overall male and female race winner and top three male and female finishers in each of the following age groups: 12-under, 13-17, 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+
- Walker Awards: Top 3 male and female finishers
- **NEW for 2010:** A Corporate Award will be given to the company with most employees to participate in the run/walk.

For more information or to register go to
www.rockcastleregional.org/jinglebell6k



UK HealthCare



Signature
HEALTHCARE

Rockcastle Health and
Rehabilitation Center, Inc.