

Mount Vernon Signal

Serving Rockcastle County Since 1887

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The Wildie home of Jon and Amanda Kerns was destroyed by fire early Sunday morning, as fire crews from Mt. Vernon, Brodhead and Brindle Ridge all responded to the fire. Kerns, who is a volunteer fireman with both the Brodhead and Mt. Vernon fire departments was the first fireman on the scene and began attacking the fire before the crews arrived. The Kerns's have one son, Austin, who is three.

Local firefighter loses everything in Sunday fire

Around 2:30 Sunday morning, Mount Vernon, Brodhead, and Brindle Ridge fire departments responded to the report of a structure fire in the Wildie area at the home of Jon and Amanda Kerns and their three-year-old son Austin. Mr. Kerns is a firefighter and a member of Mount Vernon and Brodhead Fire Departments.

Mount Vernon Police Officer Jeff Parker was first on scene and observed heavy smoke coming from the residence with the front rooms heavily engulfed in flames.

Fire crews from all three departments arrived within minutes and were able to make entry into the structure and contain the fire but not before the occupants lost practically everything.

Mr. Kerns was the firefighter who made first entry and attack of the fire at his own home.

Also, Sunday evening around 9 o'clock Mount Vernon Fire Department was notified of a fire at Polka Dots on Richmond Street in Mount Vernon.

First arriving fire crews observed a tremendous amount of smoke coming from the building.

The owner of the property, Matthew Shepherd, was on scene immediately and unlocked the front door to allow a crew to enter the building without causing any further damage. That crew located a very small fire in a back room of the building and extinguished the fire with a minimal amount of water and no fire damage to the rest of the building.

Cromer wraps up tenure as mayor during last regular council meeting

It was a short meeting Monday night - 20 minutes - but during that time, Mt. Vernon Mayor Gary Cromer managed to give the council an update on outstanding city projects, present outgoing councilmen Don Jones and Jackie Weaver with appreciation plaques and thank the council for the opportunity to serve as interim mayor during the last 10 1/2 months.

Mayor Cromer listed six projects underway or recently completed, including: the sidewalk on Crawford Street; insulation for the old firehouse adjacent to the new fire house which was recently insulated at a cost of \$834; a study underway by engineers of

dredging Lake Linville which Cromer said would should be completed in February; the Tank Farm Project which will eventually see a new tank on Town Hill and looped together with the tank on the south end of town and the main line on Richmond Street and a new garage door for the water department in the basement of city hall which should be completely installed by the first of the year and refurbishing the roof of Quonset hut storage building behind city hall which will entail scraping the rust, priming and painting.

Cromer also told the council that the School St/Newcomb St. project is complete except for the lighting and traffic light.

And, the mayor said that he had received a letter from EPA in Atlanta, GA stating that there were no environmental violations and that the documentation would be posted at the courthouse for two weeks after which final application could be made and the project put out for bids.

After his report, Cromer made presentations to outgoing council members Don Jones and Jackie Weaver of plaques recognizing their service to the city. He also told the council that it had been a please working with them during his tenure and appreciation the confidence in allowing him to serve in the position. "We have done a lot of things to improve the city. Mt. Vernon is a good place to live and I know Mike (Bryant) will do a good job and the city will be in good hands."

Cromer went on to thank the city's office staff, police and fire departments and Dennis

McClure and his crew for the job they all do.

The mayor has worked with incoming mayor Mike Bryant to help him become familiar with the city's operation and Bryant, who was at the meeting with his wife, Carol, expressed his appreciation to Cromer for his help to make the transition smoother. "I appreciate your support and friendliness," Bryant told Cromer, "and I feel sure I will still have to call on you."

Long time council member Joe Mullins expressed his appreciation

(Cont. to A11)

7eventh Time Down to perform at RCMS

Need something for the whole family to do New Year's Eve? For the second year, local Christian rock band 7eventh Time Down will rock in 2011 at the Rockcastle County Middle School.

Doors open at 8:30 New Year's eve and a

concert featuring recording artists *Guest*, and *My Heart Remains* with the feature of the night being local recording artists 7eventh Time Down.

First Christian Church, in conjunction with

(Cont. to A11)

Swearing-In is Dec. 28th

The oath of office will be given to elected officials on December 28th by Chief Circuit Court Judge Jeffrey Burdette.

The event will be held on the third floor of the courthouse at 6 p.m.

School board gets hit with 100% rate increase for workers' comp

Because of an increase in the last several years of workmen's compensation claims, the Rockcastle County Board of Education was hit with a whopping 100% increase in their renewal rate for the coming year

Superintendent Larry Hammond told board members, at their regular

monthly meeting Tuesday night, that the district's loss ratio over the past four years of 157% had caused the rate to increase and that the \$180,000 price tag, from State Auto, through Van Meter Insurance Group, was the lowest bid submitted. Last year's car

(Cont. to A11)

Fugitive caught last Thursday

By: Sara Coguer

The Rockcastle Sheriff's office finally caught up with a fugitive that has been on the run since the middle of November.

Michael D. Johnson, 24, of Crab Orchard, was arrested last Thursday night after an anonymous tip to the Rockcastle County Sheriff's Department.

Sheriff's Deputies Nick Thomas and Jason Kirby found Johnson at Castle Village Apartments in Brodhead.

Johnson is facing four charges, including two counts of burglary 2nd degree and one count each of possession of a controlled substance first degree, first offense, and one count of criminal possession of a forged instrument, 2nd degree.

The burglary charges are in connection to bur-

glaries committed in the county in the month of October, allegedly with his uncle, Matthew Holden, who is also in jail.

Johnson is currently under a \$100,000 cash/property bond, a \$50,000 cash/property bond, a \$30,000 cash/property bond and a \$25,000 cash/property bond.

No Signal next week

The *Signal* will not be printed next week, as we will be on vacation. The office will close Thursday, December 23rd and re-open Monday, January 3rd.

Have a very Merry Christmas and a blessed New Year from all of us at the *Signal* - Perlina, Paige, Sara, Spencer, Jason, Jimmy and Eric.



Three people were taken to the Rockcastle Regional Hospital Wednesday morning after a one-car wreck on Hwy. 618 in the Quail community. Brenda L. McKinney, of Eubank, says she lost control of her Dodge Caravan after hitting a patch of ice and flipped her vehicle. An attempt to fly McKinney's ten-year-old son Brandon to UK were unsuccessful due to weather conditions. Above, James Bowles helps Ms. McKinney and her mother-in-law Rosemary McKinney at the scene.

**Merry Christmas and Happy New Year
from all of us to all of you**

Perlina • Paige • Sara • Spencer • Jason • Jimmy • Eric

Signal office will be closed December 23rd - January 2nd • No paper next week

Ramblings . . .

A New Generation
by:
Sara Coguer, Editor



It's funny when you start actually trying to think about blessings, and really how easy it is to come up with so many that I take for granted on a daily basis.

I have been told in the past two weeks how much I am glowing, that you can really tell how much I am enjoying my new job.

I even had one person tell me I had a glow about me like a pregnant woman, and I couldn't decide if she was telling me I looked good or I looked pregnant. Both are possibilities, but I gave her a hard time until she assured me she was talking about the glow.

Another person told me that she was proud of my decision, that there will always be a need for teachers, but the opportunity to work with your momma was a once in a lifetime chance. I couldn't agree more.

By the way, the public outcry of my calling Jason out two weeks ago has not been as spectacular as he thought it was going to be, so please if you see him over the holidays, throw him a bone and tell him how awful I was for doing it. Especially if you can do it with a straight face.

I really do have a lot of blessings, and I hope as I bring a few to light it will remind you, also, of your blessings and how we need to ponder on them, and appreciate them, every day.

First and foremost, I am blessed with three healthy children. It seems that there are more St. Jude's commercials around the holidays, and who can watch those dry eyed. My family, in general, has been very blessed with healthy chil-

dren and I am so thankful.

I am also blessed with a wonderful husband. I am blessed, because so many marriages fail these days. I often wonder when a movie star or beautiful woman like, say Sandra Bullock, can't keep her husband from wandering, what hope do the rest of us have?

However, I figure since Jason has let me move our family four times since July without too much heartache, he's a keeper. Also, after all, what would I do without my PCG (Primary Care Giver), as he likes to call himself?

I am blessed to be a part of a wonderful body of believers at First Christian Church who are an encouragement to me when I need it most.

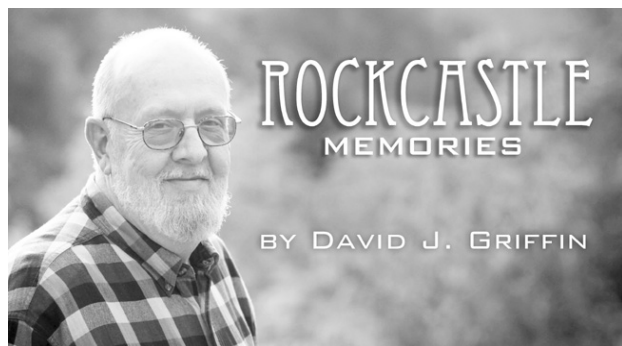
I am blessed to live in a community where I am not afraid to leave my children home alone for awhile, knowing that others who know them will keep an eye out for them.

I am blessed to have such a wonderful, large, noisy family (as you would have seen or heard if you had been at El Cazador after church last Sunday). We may not always agree on philosophy, politics or the best place to eat, but we always agree that we function as one unit and we are what we are.

I believe most families are like this, and I guess we should all live by the mantra, "I can talk about my family, but you can't."

On a lighter note, I am blessed to have another Democrat coming into the fold next July (Allison's fiance Daniel), because you

(Cont. to A4)



ROCKCASTLE MEMORIES

BY DAVID J. GRIFFIN

Preserving Your Music Collection

Upon reading an article from Rolling Stone Magazine last week, I learned something about storing music in this day and age. The article is called "File Not Found: The Record Industry's Digital Storage Crisis" in which the author, David Browne, explains, "We can record so easily now with digital recorders. But at the same time, the stuff is at a greater risk than it used to be." The famous T Bone Burnett agreed, "Digital is a feeble storage medium." Feeble? News to me. Terrible news.

The article contains several tips on preserving your music collection. It begins with some common sense advice: "Back it up, stupid" and "Keep in mind - CDs are not safe!"

All of this is very unsettling to me as a music lover and collector—even though it probably shouldn't be. My efforts at collecting music go back to the late 50's when "rock and roll" had stormed onto the scene.

In those days, my music collection was limited to 45 RPM records and 33 RPM albums. At that time, I thought that my music was "safe" as long as I did not scratch my records or allow them to warp. Even in those early years of preserving my music, I occasionally would consider purchasing a duplicate of an LP just to have a "back up" in case the original was lost or scratched. I actually did that with Roy Orbison's Lonely And Blue. That entire album was so good that I felt that I must have an extra copy in order to keep one in its original shrink-wrap condition.

By the time of my high school graduation, I probably had 40-50 albums and a small box filled with 45 RPM records. In those days when someone had a party, it was common for you to take your 45's with you to the party. Of course, we had marked our own records with initials so that we were sure to be able to take them all back home.

When I was packing for college, I decided to take a trunk that I could lock to house my record collection. Those possessions meant a lot to me, and it was imperative that I felt good about

their safety. Upon arrival at my dorm room at UK, I immediately positioned my trunk in what I believed was the best way to keep my records safe.

One of my friends at Hagan Hall was in my room chatting one evening, and he told me about an idea he had for storing rock and roll music. His idea was to record his favorite songs on a tape recorder so he could play them in the sequence he desired. The idea appealed to me, and the next day I drove to Barney Miller's on Main Street to check out the recording process.

When I arrived, I was greeted by Mr. Miller, who explained to me that a reel-to-reel recorder was exactly what I needed to preserve my collection. The unit came with a cord that would allow me to record my albums from my stereo directly with a patch cord. So I purchased a Webcor 7.5 inch reel-to-reel recorder for my very own. Of course, it was also necessary to purchase several 7.5 inch boxes of recording tape.

When I returned to my dorm, several guys came into my room to see what I was doing with my new device. One by one, I played and recorded each song that I deemed necessary to store on tape. Very carefully, I selected my favorite songs in the order that I wanted to hear. After filling one tape, I decided to listen to it to see how the beginning of my collection sounded.

I rewound the tape and took a seat on my bed to hear my latest music format. I was pleasantly surprised to hear the quality of the records that I taped. I played that recording over and over and over again. It included such artists as: Elvis, Roy Orbison, Johnny Mathis, Perry Como, Buddy Holly, and many more of my favorites. Over the following years, I taped many of my most favorite songs and artists.

In the late 60's, a new tape format called 8-Track came upon the scene. Many music lovers thought this new medium was the answer to storage of music for posterity. I am glad to say that at least I never bought into that idea.

As time passed, the formats kept changing. In the late 60's, the cassette tape craze became the new

(Cont. to A4)

The Roots of Rockcastle

by: Tonya J. Cook



Christmas Traditions of Years Gone By

In the "olden days", Christmas was celebrated much differently than today, and was celebrated a little differently in various parts of the country, as well. Economic status played a part, as well.

In the Victorian days, 1837-1901, came the first Christmas cards. Christmas trees were brought back into popularity. Quite often, an ornament fashioned to resemble a pickle was hung on the tree. The person to find it was ensured good fortune in the next year. It was used as a time for families to celebrate their faith and thankfulness for their blessings. Caroling was popular.

It was a common practice to make the tree ornaments by hand. A primary point of interest was the "kissing-bough" or "ball". It was a double hoop of evergreen boughs, holly, ivy, apples, pears, ribbons, and lighted candles with streamers going up to the central point. It contained a sprig of mistletoe in the center.

Candles played an important part of the holiday. They were often placed in the windows of homes, twelve days before Christmas to signify that food and shelter was available for weary travelers. Candles were often given as gifts by business people to their customers.

The traditional end of the Christmas dinner was the Christmas pudding. It was a thick porridge made of boiled beef, mutton, raisins, currants, prunes, spices, eggs, bread crumbs, ale, and other spirits. It was made a few days before serving. Each family member would stir the pot and make a wish. Usually a coin, button, thimble, or ring was put into the pudding. The finders of these objects were destined to have good luck, to wed, or become wealthy.

On Christmas Eve, families would gather and read, or tell stories. Children

would open their Christmas crackers. The crackers were a tube-shaped object filled with sweets and small favors. The crackers made a "pop" when opened.

Some of these traditions have survived to one extent or another still today. However, our ancestors here in Rockcastle County for the most part didn't have the luxury of such customs, nor did most any other rural Appalachian community.

As I've been told, their Christmases were much different. The families were hard-working, and had several children. If they were fortunate enough to have a tree, the decorations were handmade. Most of the children received their gifts in their stockings, or they were put in their chair at the family table. Their gifts were often no more than a stick of candy, an orange, and/or an apple. Those items were considered a rare treat, and not as commonplace as today. A store-bought toy was reserved for the children of the wealthier families. Other popular gifts were usually something practical, such as knitted mittens, scarves, or embroidered ladies' handkerchiefs. Fancy needlework pieces were prized, as well. As I've read, it was considered quite a quality gift for a beau to give to his best girl a package of sewing needles.

Each family in rural Appalachia developed their own set of traditions and favorite foods for the holiday, that in some cases are handed down even today. An old tradition in our family came through my maternal great-grandma. Upon seeing her family gather in for breakfast or other guests arriving during the day, she would exclaim, "Christmas gifts!" This indicated that she or some other member of the family that would beat her to it, would get to open their gifts first.

Other traditions are the

(Cont. to A4)

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With best wishes to our neighbors, friends and associates at this joyous time of year.

For your trust in us, we are deeply grateful.

Bobby Amburgey

Attorney-At-Law

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185 School St. • Mount Vernon, Kentucky

Letters to the Editor Policy

Letters to the editor must be no more than 300 words without prior arrangements having been made. Letters are published in the order in which they are received as space permits. Letters must not contain libelous materials. Letters must be in the Signal office before 4 p.m. on Monday to be considered for that week's publication. All letters must include the author's name, signature, address and telephone numbers. Illegible letters will not be considered for publication. Letters not meeting these guidelines will neither be published nor returned to the author. For questions or to make arrangements for a letter exceeding the word limit, contact the editor at 256-2244.



From our hearts to yours, the staff at Lisa's Little People would like to say

Merry Christmas and Happy New Year

to all of our patrons, family, friends, and community.

Thank you for your continued support and encouragement. We look forward to serving you in 2011. God Bless.

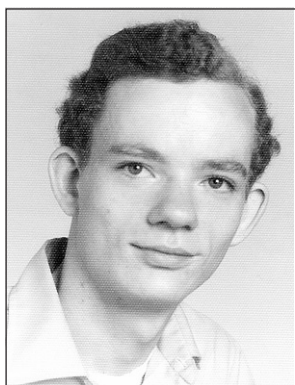


Front row from left: Doris Lawrence, Lana Sturgill, Lisa Evans, Eva Payne and Jessica Barron.

Lisa's Little People

Mt. Vernon • 606-256-8858

Obituaries



Jackie Anglin

Jackie Dean Anglin, 58, of Mt. Vernon, died Saturday, December 18, 2010 at the Rockcastle Regional Hospital. He was born at the old Stanford Hospital in Stanford, on August 17, 1952 the son of the late Cledus and Mable Pensol Anglin. He was a life long member of the First Christian Church in Mt. Vernon and Livingston. He was a Past District Deputy Grand Master of the Lodge of Kentucky, a member of Oleika Shrine Temple of Lexington, a 32nd degree Mason, Scottish Rite and past member of the Order of the Eastern Star Chapter #460 of Mt. Vernon. He attended Somerset Community College and retired after 27 years of service at the Cumberland River Comprehensive Care Center in Mt. Vernon. For a time he was a licensed Disc Jockey for radio station WRVK in Renfro Valley. Upon retiring, he expanded his hobbies of reading, photography, spending time with his family and friends and enjoying the antics of his pets. He spent considerable time in his equipped shop engaged in such activities as wood work and metal work.

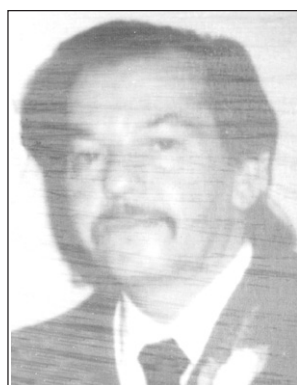
He is survived by: his wife of 36 years, Debbie Morris Anglin; two sisters, Andrea (Benny) Evans of Louisville and Sonya Edwina Anglin of Mt. Vernon; a nephew, Robert Andrew and Elizabeth Evans; two great nieces,

Lillianna and Caroline Evans and a host of other relatives and friends. In addition to his parents, he was preceded in death by his maternal grandparents, Andrew D. and Sadie Mink Pensol and his paternal grandparents, Ivory and Celia Anglin.

Funeral services will be conducted Wednesday, December 22, 2010 at 1 p.m. at the Dowell & Martin Funeral Home Chapel by Bros. Bruce Ross and Don Stayton and Mrs. Carolyn Morris. Burial will follow in the Cresthaven Cemetery.

Pallbearers are: George Clark, Danny Ford, Kenny Higgins, Kenny Robinson, Terry Osborne and David Shivel.

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



Robert John Zentz

Robert John Zentz, 75, of Mt. Vernon, died Saturday, December 18, 2010 at the UK Medical Center in Lexington. He was born in Orlando, FL on March 13, 1935. He was carpenter.

He is survived by his wife, Margaret Zentz of Mt. Vernon and one step-daughter, Jackquyne Sue Miller of California.

Graveside services and burial were conducted Tuesday, December 21, 2010 at the Fairview Cemetery near Berea by Bro. Eddie Nation.

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

Bill Mink

Bill Mink, 91, of Mt. Vernon, and widower of Mondell Mink, died Monday, December 20, 2010 at the Rockcastle Health and Rehabilitation Center in Brodhead.

Funeral services will be conducted Thursday, December 23, 2010 at 11 a.m. at the Dowell & Martin Funeral Home Chapel. Burial will follow in the Cresthaven Memorial Cemetery. Friends may call at Dowell & Martin Funeral Home from 6-9 PM on Wednesday.

A complete obituary will appear in next week's *Signal*. Please visit www.DowellMartin.com or our Facebook® page to view online obituary.



Ruby B. Sturgill

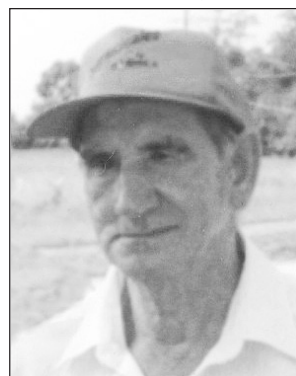
Ruby B. Sturgill, 86, of Mt. Sterling, and formerly of Orlando, died Friday, December 17, 2010 at the Windsor Care Center. She was born in Orlando, on September 11, 1924 the daughter Major T. and Virginia Lee Baker Ball. She was a homemaker and a member of the Calvary Baptist Church of London. She was a member of the Order of the Eastern Star and enjoyed crocheting, knitting and baking.

She is survived by her husband, Samuel T. Sturgill and two sons, Raymond (Deulah) Sturgill of Mt. Sterling and Larry (Debbie) Sturgill of Paris. Also surviving are three grandchildren, six great grandchildren and

one great great grandchild. In addition to her parents, she was preceded in death by six brothers and three sisters.

Funeral services were conducted Tuesday, December 21 at the Dowell & Martin Funeral Home Chapel by Bro. Harlan Avery. Burial was in the Briar Field Cemetery.

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



"Junebug" Johnson

Ray Junior "Junebug" Johnson, 80, of Mt. Vernon, died Sunday, December 19, 2010 at the Rockcastle Regional Hospital in Mt. Vernon. He was born in Wilmore, on July 28, 1930 the son of George W. and Jessie Bostic Johnson. He was a farmer and a member of the Blue Springs Church of Christ.

He is survived by one brother, James E. Johnson of Corbin and three sisters, Evelyn Keller of Marshall, MI, Linda McKinney of Tennessee and Mable Reppert Burdette of Mt. Vernon. In addition to his parents, he was preceded in death by one brother and one sister.

Funeral services were conducted Monday, December 20, 2010 at the Dowell & Martin Funeral Home Chapel by Bro. Mark Reppert and Bro. Garry Reppert. Burial followed in the Cresthaven Cemetery.

Pallbearers were: Jeff Burdette, Mike Bussell, Jim Morris, Ben Reppert, Larry Reppert and Herman Smith.

Honorary Pallbearers were: Mack Allen and Roger Morris.

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



Scottie Berryman

Scottie Dwayne Berryman, 47, of Mt. Vernon, died Sunday, December 19, 2010. He entered this life on July 22, 1963 in Winchester, the son of Wendell Young Berryman and Linda Sue Reed, both of whom preceded him in death. He worked as a grocery store clerk, at Peg's Market in Mt. Vernon for eight years. He was baptized at Northside Baptist Church, and attended Morning View Holiness Church. He will be remembered by his friends and family for his love of hunting, fishing, singing, and watching movies.

He will be lovingly remembered by: his children, Meagan Ryan Berryman of Lexington, Nathan Scott Berryman of Brodhead, and Amelia Anne Berryman of Brodhead; two brothers, Anthony Ray "Tony" (LeAnn) Berryman and Thomas Christopher "Chris" Berryman, all of Winchester; two nieces; one nephew; and a host of friends and neighbors.

Funeral services will be conducted Wednesday, December 22, 2010 at 2 p.m. at the Marvin E. Owens Home for Funerals with Bro. Jon Burdette officiating. Interment will follow in the Morning View Cemetery.

Those acting as casketbearers are: Nathan Berryman, Timmy Daugherty, John Daugherty, Thomas Daugherty, Clint Daugherty, Cody Carpenter, James Scott Berryman, and Tony Berryman.

Honorary casketbearers are Tom Daugherty and Chris Berryman.

In lieu of flowers, memorial contributions in memory of Scottie can be made to D.A.R.E. America P.O. Box 512090, Los Angeles, CA 90051.

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



William Cox

William "Billy Steve" Cox, 72, of Beaver Creek, OH, and formerly of Mt. Vernon, died Thursday, December 16, 2010 after a long illness. He was born on January 2, 1938 the son of the late Bill and Bernice Snodgrass Cox. He was a graduate of the University of Kentucky, was an avid Wildcat fan, was retired from Wright Paterson A.F.B. as a logistician, was a member of the Hope United Methodist Church, had a lifetime love of reading, and learning, and enjoyed biking, hiking, fishing, traveling, and, most of all, family times.

Survivors are: his wife of 51 years, Rae Wild Cox of Beaver Creek, OH; one son, Stephen (Kathy) Cox of Dayton, OH; two daughters, Cynthia (Larry) Anderson of West Chester, OH, and Pam (Jeff) Pruitt of Alabama; two brothers, Jerry and Bud Cox of Mt. Vernon; seven grandchildren; two step-grandchildren; and one great-granddaughter.

Services were held in Ohio. Contributions may be made to: The Alzheimer's Association or Hospice.

Subscribe to the Signal



Roy and Pamela Martin



Dowell & MARTIN Funeral Home

Sparks Flowers & More

From the Families and Staff of Dowell and Martin Funeral Home and Sparks Flowers & More we would like to wish you and yours a very blessed Christmas and thank you for your continued trust and confidence.

Steve Martin Leigha Cameron Garry Hansel Billy Dowell

Melanie Gray Evelyn Ponder Sherri Hansel Linda Martin

Jerri Lynn Smith Jan Cummins Parker

Sherry Robinson Kaye Rader Gayla Winstead

C.S. & Carolyn McKinney

Wanda Cromer



By Don White

What bad economy?

George Joseph has seen his business double in volume the past two years....and a good portion of the increased traffic is coming from small towns.

The 72-year-old Harlan native moved his shop from London to Richmond four years ago so he could reach a broader market.

"You need a population of over 30,000 to sustain a business like this," says the owner of Joseph's Shoe Repair & Sales.

Located at light #3 on the EKV Bypass, the store takes up several rooms of what used to be the Robbins Hotel and is the only business of its kind this side of Lexington.

The congenial owner/operator, who is assisted by his grandson, Brian Joseph, 20, George comes from a family of shoe repairmen.

His oldest brother learned the craft while serving in the army during World War II. After the war, he returned to Harlan and taught his siblings.

They all branched out to open shops in Kentucky and Tennessee, and all are still operated by family members today.

George was only 13 when taught by his brother and went on to serve in the military and work for awhile as superintendent of a utility company.

He wed a Laurel County native and now lives just north of London, making the 45-minute commute to his new location.

Brian, who grew up in Fort Myers, Florida, resides with his grandparents and will take over the business one day, according to his

grandfather.

"I'm not saying this just because he's my grandson, but I've trained several people in my lifetime, and he's the best I've ever seen."

"I've always been good at working with my hands," says Brian, who now has two years of experience in the shop.

Brian says he enjoys his new vocation because of the variety of materials and people he gets to work with.

People from all walks of life, from motorcycle club members, dance groups, lawyers, fire and police personnel, bring their shoes in for repair.

"We get quite a bit of work from EKV professors," says George, just getting the words out of his mouth when retired English professor Fred Johnson walks in the door.

"You know what, the more I come in here, the more I realize I don't need to go to a shoe store," says Johnson.

The shop offers a full line of name brand new and rebuilt shoes at prices George vows are below what is being charged in Lexington.

Fast service is a trademark of the business, with same-day service offered whenever possible.

"We do that to save people an extra trip," says George.

Besides shoes and boots, the shop offers repair service on most anything leather, ranging from purses to saddles.

George says he encourages men to buy good leather shoes with proper arch support and a cushion sole if they're on their feet a lot.

He's also willing to ad-

vised women, but not so sure suggestions will be heeded.

"There's nothing you can say to women....they're going to buy whatever they want," he says, smiling.

"Ramblings"

(Cont. from A2)

wouldn't believe the crap I get because my beloved loves nothing better than a rousing political debate most anytime he is with my family.

I could keep going but I won't, but finally I am blessed with the memories of loved ones passed, who taught us how to persevere when times are tough, who taught us to love without conditions, who taught us loyalty no matter, who taught us to always laugh, even when you feel like crying, and who taught us family first - always.

I write this in loving memory of my dad, Jim Anderkin, brother, Rick Anderkin, mother-in-law, Ruth Coguer, father-in-law Larry Coguer, and Jason's grandmother, Victoria Reese, who all passed away recently, but will forever be a blessing in our hearts.

From all of us at the *Signal* we would like to wish you all a very Merry Christmas and blessed New Year. We would also like to thank you again for your patronage, without which we could not do what we love.

Remember, there will not be a paper next week as we are on vacation, and the *Signal* office will be closed December 23rd through January 2nd. Merry Christmas!

"Memories"

(Cont. from A2)

salvation for rock and roll storage. Over the next ten years, I probably filled three hundred tapes with songs. You could accurately say that I was obsessed with putting as many tunes and artists on cassette tape as was possible at the time. Alas, that medium dwindled by the wayside, too.

Then came computer storage, so for a few years I have been saving my collection on my personal computer. I now have approximately 4,500 songs saved on my iPod and have backed them up on "flash drives" in case my computer and iPod both crash—only to now be informed that digital storage is "FEEBLE."

Oh woe is me! Is there no end to this? I simply cannot have all of this music and not have it secured. It feels like leaving the door unlocked (which I am also obsessed about). Worry, worry, worry! Surely, there MUST be a way

(You can reach me at mtman@ms.net I appreciate your comments and suggestions.)

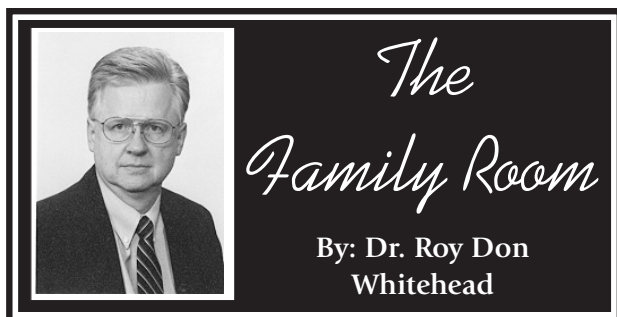
"Roots"

(Cont. from A2)

holiday foods which are delicious, and the yearly arrival is much anticipated. Our family has eaten sageless fried dressing for generations. It's quite unique, and surprisingly very good. The other two foods really go together: boiled custard and fruitcake. All three of these recipes go back prior to the Civil War. Every time I enjoy these, it's like biting into our family's history and traditions, and imagining how they enjoyed them, too.

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

The Signal office will be closed Dec. 23rd thru Jan 2nd



Domestic Violence Does Not Take a Holiday

Domestic violence happens every day of the year. Often called Intimate Partner Violence (IPV), one partner's violence against the other can occur in July or December. Recent information from the National Resource Center on Domestic Violence does shed some light on when domestic violence is more likely to occur.

Due to a lack of nationwide information, the Center focused on a study done in 2005 in the state of Idaho. The Center believes that the statistics from Idaho will be fairly similar to those from other states. Findings from seven years of data indicate that:

1. A greater percentage of all crime occurs at night, on weekends, in the summer and at one's home than at other times and places.

2. The summer months are when the greatest number of IPV incidents are reported with July having the most.

3. The first day of the month and weekends consistently included more incidents of domestic violence.

4. Valentine's Day, Thanksgiving and Christmas saw fewer reports of IPV than other holidays.

5. New Year's Eve, New Year's Day, Super Bowl Sunday, Memorial Day and Independence Day were dates with total domestic violence reports higher than the normal daily average.

6. The three days reporting the highest number of domestic violence calls were New Year's Day, Independence Day and Super Bowl Day, in that order. (One thing all these three days have in common is increased

alcohol consumption.)

The National Resource Center on Domestic Violence also looked at calls to the National Domestic Violence Hotline in the years 2004-2009. Here they found:

1. There is a drop in call volume during the Thanksgiving holidays.

2. Call volume the week after Thanksgiving is lower than normal.

3. Call volume from December 15 - January 1 is lower than normal with volume on the actual holidays (Christmas and New Year's) being even lower still.

4. After the holidays end there is an average 5% increase in volume over the next several weeks.

Domestic violence does not stop for the holidays. On some occasions the presence of extra family members may keep the abuse from occurring. On other occasions the additional financial pressures of the holidays may even add to the abuse. The availability of alcohol may be another factor that contributes to the abuse.

Families deal differently with the holidays and not all families who feel stressed become abusive. While alcohol and financial pressure may be aggravating factors, the decision to abuse is still made by each individual abuser. There is still no excuse for abuse. (If you would like a copy of the studies from which this information was taken, send an email to betanhuschw@newswavecomm.net)

Family Life Abuse Center is open 24/7 throughout the year to help victims of domestic violence. Call 800-755-5348 if you need help.

Merry
Christmas
&
Happy
New Year!

From Danny and Gaylen Settles, manager Chris Settles and all the employees at



US 25 North • Mt. Vernon • 256-5611 or 256-0818

Closing at 6 p.m. Christmas Eve • Closed Christmas Day



Front row from left: Chris Settles, Savannah Renner, Megan Wilson, April Bullock, Marsha Harris, Joel Lakes, and Angel Kirby. Back row from left: Jack Arnold, Gaylen Settles, Jessie Mason, Joel Lakes and Jack Stephens.

Wendy's/Marathon closing at 8 p.m. Christmas Eve • Closed Christmas Day

Wendy's/Marathon closing at 10 p.m. New Year's Eve • Opening at 8 a.m. New Year's Day

Our Readers Write

Government spending out of control...

Dear Editor,

As the Christmas Season and New Year approach, it is a good time to take stock of where our country is at and what we have at the end of the year.

Our national debt is approaching \$15 trillion dollars, a number so large few understand it. This works out to roughly \$180,000 for an average family of four which will be put on the backs of our children and grandchildren.

During the year our collective national, state, county and city governments chose to make citizens pay for all or parts of a Corbin Convention Center (costing roughly \$25,000,000), water parks in Somerset and Williamsburg (\$1,200,000 and \$250,000),

the Artisan Center in Berea (\$708,000), \$150,000 to \$200,000 trolleys, sewage for 50 families that had functioning septic systems (\$2,500,000 or \$50,000 per household), Williamsburg City Hall (\$1,300,000), 3 State Music Hall of Fame type buildings (~\$166,000 each), \$78,000 or more salaries for all state sheriff's, county judge executives, and full time jailers, \$10,000 to study dredging Lake Linville (\$1,300,000 to \$1,800,000), Namibian Cheetah preservation (\$5,000,000), and a wide variety of similar expenses.

While these rough numbers may be refined, each of us, no matter how unfortunate or how successful, only produced so much this year.

Therefore, when politicians bought the above items, these items were not "free" no matter where the funding came from. These expenses cost families the option of buying other things.

Things such as nicer Christmas presents for our children and grandchildren.

Wishing Everyone a Merry Christmas and Happy New Year,

Michael Sheliga
msheliga@gmail.com
256-9458

Local KY ASAP chapter offers many opportunities to fight substance abuse

The Rockcastle KY ASAP (Kentucky Agency for Substance Abuse Policy) is a local board that was formed for our county to assist in designing a system for planning, funding and evaluating prevention efforts.

The mission of the Rockcastle KY ASAP is a healthy community that is free of the abuse of alcohol, tobacco, and drugs and related consequences.

KY-ASAP was created in the 2000 General Assembly to promote the reduction of alcohol, tobacco, and other drug use through the implementation of comprehensive research-based strategies.

The State KY-ASAP Board is composed of 18 members that are appointed by the Governor. Fourteen (14) seats are occupied by statewide agencies as designated by the legislation. The legislation also provides for a total of two (2) seats to be filled by local tobacco addiction and substance abuse advisory and coordination boards and the

other two (2) seats are filled by private community based organizations with experience in substance abuse prevention.

KY ASAP

- Promote the implementation of research-based strategies that target Kentucky's youth and adults.

- Allow communities to form Local Boards that will assist in designing a system for planning, funding and evaluating prevention efforts.

- Encourage widespread involvement in substance abuse prevention activities.

- Seeks to reduce duplication of services and increase effectiveness of community programs.

- As of 2010, KY ASAP has provided over \$150,000 to help support short and long-term substance abuse treatment options in Rockcastle County.

The Rockcastle KY ASAP is dedicated to increasing short and long term treatment options in our community. Several treatment options include:

Cooper Clayton Smoking Cessation Program

The Rockcastle Hospital and Respiratory Care Center, Inc. is offering the Cooper-Clayton Tobacco Smoking Cessation Program. The program will serve any person (excluding those who are pregnant) in Rockcastle County who wishes to stop smoking.

Cooper-Clayton Smoking Cessation is a

highly successful 12-week program that provides education, group support and utilizes nicotine replacement patches.

The grant money received by the hospital will be used to provide participants who attend each week of the program with nicotine replacement patches free of charge. Please contact Rodney Weaver, Rockcastle Regional Hospital at 256-2195 if you would like further information.

Healing Rain Women's Substance Abuse Recovery Center

Healing Rain is a six-month residential women's substance abuse treatment center operated by CAP. The KY ASAP grant money received by the center is used to support their goals for women to achieve and maintain sobriety through spiritual, mental, physical and emotional transformation. Please contact Linville Rose at 256-5810 if you would like more information about the center.

Northside Treatment Referral Program

Northside Baptist has been working with treatment for substance abuse for the past five years. The monies received for the SWAT (Servants With A Testimony) Treatment Referral Assistance Program will be used to assist residents of Rockcastle County who need to be referred and placed in a substance

abuse treatment center. Recipients of assistance must agree to participate in an after-care program when released from the rehab center. If you would like more information, please contact Northside Baptist at 256-5577.

Rockcastle Detention Center Substance Abuse Treatment Program

The Rockcastle Detention Center Substance Abuse Treatment Program is offered to inmates that are incarcerated for substance abuse related arrests. The jail partners with Family Life Counseling (CAP) to serve 50-75 inmates every 6 months. A trained substance abuse counselor provides Intensive counseling consisting of 2-hour sessions over 28 weeks.

The program seeks to reduce recidivism rates among those incarcerated by helping them improve their lives through treatment of substance abuse.

Please contact James Miller, Rockcastle Detention Center at 256-2178 or Family Life Counseling Services at 256-0017 for more information.

Current Members of the Rockcastle Local KY ASAP Board are: Lynnett Renner, Rockcastle Health Dept., Chair

Charlie Napier, Media Representative, Vice Chair

Kathy Robinson, Fiscal Court, Secretary

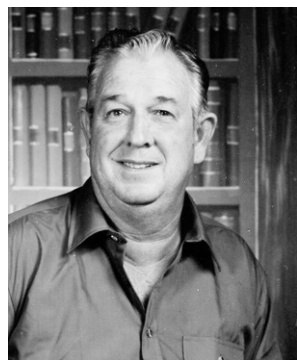
(Cont. to A6)

Donations/Gifts Sought

Donations and gifts would be appreciated to Maple Grove and Flat Rock Cemeteries.

There would be no better gift to give at this time of year.

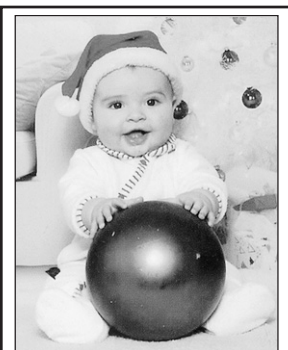
Andrew Miller
1167 Maple Grove Rd.
Olando, Ky. 40460



In Loving Memory of Glyn Bullock

You were the best husband and father any family could ever hope for. I miss you every day and look forward to the day we will be together again but, until then, you will always be in my heart.

Love Forever, Pat



AJ Martin will be celebrating his first Christmas this year. AJ was born on June 9, 2010 at Lake Cumberland Regional Hospital. He is the son of Joshua and Michelle Martin of Brodhead. Maternal grandparents are Garry and Janet Taylor of Crab Orchard. Paternal grandparents are Roy and Jill Gibbons of Brodhead. Everyone wishes AJ a very Merry Christmas.



Happy 21st Birthday Choe Mae Love - Mike

Happy Late Birthday December 8th Joy Burdette Love Tommy and Kevin

•• Thank You ••

Don and Betty Sue Long, owners of Long's Automotive, Inc., have decided to retire as of December 31st after 36 years in the automotive business.



Don and Betty Sue Long

We want to thank our customers whom many have become great friends over the years.



Wishing you and yours a very Merry Christmas and a Happy New Year

Anyone interested in continuing this great tradition, please call 256-5305

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Extra Savings Fruit Baskets Variety of sizes Made to Order 6.99 And Up	Extra Savings <small>5 lb. Bag</small> Red, Gold and Rome Apples 2/\$5		

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Fish and Wildlife Commission to review deer season length

The Kentucky Department of Fish and Wildlife Commission will revisit its decision to lengthen the 2011 modern gun deer hunting season for zones 3 and 4 at its scheduled spring meeting.

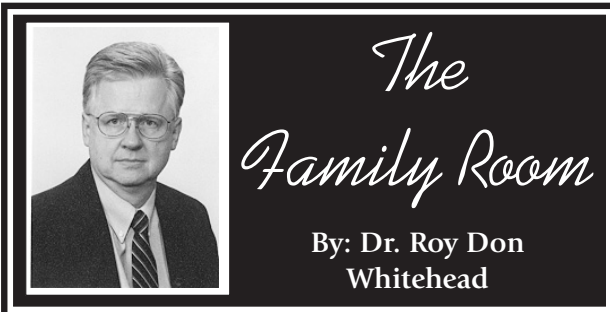
Commission Chairman Stephen Glenn said hunter input during the recent series of department Town Hall meetings is prompting the Commission to take another look at its December meeting action that added six days of bucks-only hunting opportunity to the current 10-day season for these zones.

"A number of deer hunters expressed their concerns and indicated their desires that we bring this issue back up for discussion," said Glenn. "It will be heard in the February Wildlife Committee meeting and also on the agenda for the full commission's review in

March."

The Commission took the December action in response to hunters from zones 3 and 4 who are restricted to weekend hunting because of work or other obligations. The bucks-only extension was a way to give them additional days in the field to harvest their single buck without impacting herd growth. Deer hunting pressure Monday through Friday in the season's second week is typically extremely light.

The Wildlife Committee meeting is scheduled for Feb. 4, 2011 at the Kentucky Department of Fish and Wildlife Resources headquarters in Frankfort. The full commission will meet March 4, 2011 at 8 a.m. Commission and committee meeting dates and agendas are posted on the department website at www.fw.ky.gov.



The Family Room

By: Dr. Roy Don Whitehead

Why Did She Stay with Her Abuser?

As a counselor at Bethany House Abuse Shelter since 1994, I have talked with more than 2,000 victims of domestic violence. The most important thing I have learned is that leaving an abusive relationship is not as easy as walking out the door. Instead of just leaving, she has to escape. The abuser has a strong hold on the victim, and he is usually unwilling to let go.

Many folks, including some professionals, do not understand this important fact about victims of abuse. These are the people who say, "She could have just left." If they had sat with me for the last sixteen years, they would not say that.

Here are some of the ways the abuser keeps his victim from leaving:

1. He may threaten to kill her or harm the children or her family if she leaves.
2. He may threaten to take the children if she leaves.
3. He emotionally destroys her self-esteem until she believes she is worthless and cannot survive without him.
4. He brainwashes her into believing the abuse is her fault.
5. He controls the money so she has no way to leave.
6. He tells her the children should have both parents living with them, neglecting to mention the effect his abuse is having on the children.
7. He does not become abusive until she "falls in love with him." Her feelings for him then make it hard for her to leave.
8. He promises to change - quit drugs/alcohol, go to church or to

counseling, or never hit her again, and she wants to believe him.

9. He promises he would never seriously hurt her.

10. He excuses his behavior by blaming his childhood or his addiction.

11. The abuser isolates her from family, friends and community resources. He wants her to believe there is no way out.

12. He tells her that "the Bible says divorce is wrong" and plays on her religious beliefs.

13. She feels ashamed about the violence and doesn't tell anyone.

14. He tells her "all couples fight" and denies he is abusive.

15. He tells her there is no one to help her, and she may not know that Bethany House, Family Life Abuse Center and the courts are there for her.

16. His abuse makes her depression and/or anxiety worse so that she is paralyzed and cannot act.

17. He may have beaten her so badly when she tried to leave before, that she is afraid to leave again.

18. Victims have told me that they feel safer being with him and knowing where he is than leaving and not knowing what he is up to.

It is easy to judge a domestic violence victim for not leaving - until you walk a mile in her shoes. Leaving is probably the hardest decision she has ever made, and the abuser fights her every inch of the way. He wages a physical and emotional war to keep his hold on her.

If you need help escaping an abusive relationship, call Family Life Abuse Center at 800-755-5348. There is help and hope.

Rockcastle Community Bulletin Board

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Bookmobile Schedule*

Mon., Dec. 27th: No service. **Tues., Dec. 28th:** Scaffold Cane, Disputanta, Clear Creek and Wildie. **Wed., Dec. 29th:** Pongo, Ky. Hwy. 3245 and Bryant Ridge. **Mon., Jan. 3rd:** Brodhead and Copper Creek. **Tues., Jan. 4th:** Green Hill, Fairview and Lambert Road. *Schedule subject to change due to weather. Also, library hours may change due to weather.

Livingston City Hall Holiday Hours

Livingston City Hall will be closed beginning December 22 thru January 3rd for the holidays. Anyone with a water emergency can contact Trish cell 308-4424 or David cell 308-0677.

Health Department Hours

The Rockcastle County Health Department will be closed December 23 and 24 and December 30 and 31.

Blood Drive at FBC

There will be a blood drive at First Baptist Church Tuesday, December 28th from 2 to 6:30 p.m. It may be cold outside but please brave the weather and be a donor. All donors will receive a \$10 Walmart gift card.

Fun Flicks

The Berea Parks and Recreation Department introduces Fun Flicks! Enjoy a family friendly film at the Russel Acton Folk Center on Saturday, January 8th. The show begins at 7 p.m. and is free. Limited to 150 people. Call 986-9402 for more information.

Group Fitness Classes

Berea Parks and Recreation is offering two group fitness classes: Cardio Tone for Beginners on Monday and Wednesday night and Zumba on Tuesday and Thursday nights. Four other class choices will also be offered. All classes begin January 4, 2011 at 5:45 p.m. and will be held at the Russel Acton Folk Center in Berea. For ages 14 and up. Space is limited. Call 986-9402 for more information.

Mondays With Maggy

Mondays with Maggy, an after-school fitness program for children in grades 3-5, will be held on Mondays from 2:30 to 3:10 p.m. at the Berea Community School Gymnasium. Call 859-986-9402.

Kiwanis Club Meetings

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

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.

CCFFG Meeting

Concerned Citizens for Fair Government, CCFFG, has their monthly meetings the third Tuesday of each month at 6 p.m. in the Rockcastle Courthouse, 3rd floor, please use rear entrance. There will be no meeting for December. The next meeting will be January 18th and will be an election meeting. Everyone is encouraged to attend.

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.

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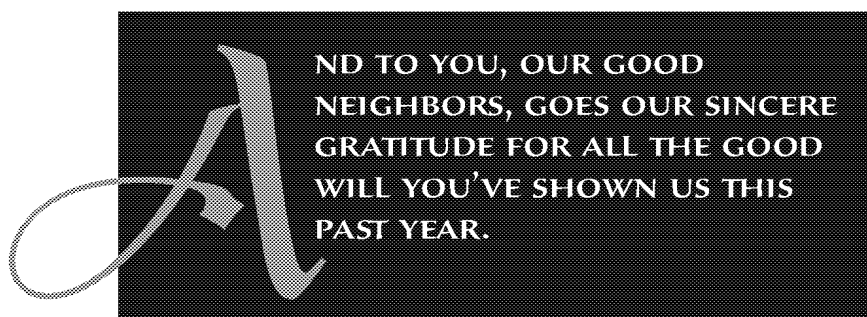
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AND ON EARTH PEACE,
GOOD WILL TOWARDS MEN

- LUKE 2:14



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Front row from left: Jeff Mink, Chris Couch, Dylan Bishop, Bobby Bishop, Jr. and Bobby Bishop, Sr. Back row from left: Aaron Graves and D.J. Couch

KY ASAP

Cont. from
pg. A5

Rose Brown, Rockcastle Co. Schools

Shannon Franklin, Rockcastle Sheriff Office
Linville Rose, Healing Rain

Tarina Helton, Citizens Bank

Jessie Mahaffey, Youth Services

James Miller, Jailer
Angie Thacker, Rockcastle Co. Health Dept.

Rodney Weaver, Rockcastle Hospital
Patrick Blevins, Treatment Access Liaison

Tony Shelton, Faith Based Representative

Sandy Davidson, Cumberland River Comprehensive Care Center

Tom Conner, Substance Abuse Counselor

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Learning and fun during the holidays for children and parents

Family and Consumer Sciences

Hazel Jackson

Rockcastle County Extension Office



Even though school is out for a short break, learning continues for children at all times. You can do many educational and fun activities with your children to keep their minds working and imaginations flowing.

An easy way to keep your child's mind sharp is to encourage play. Studies show playtime has an important role in child development. Independent play can help children learn critical thinking and life skills as well as develop creativity.

Play is not only for your children. Studies show that parents who participate in unscheduled playtime with their children are seen as more supportive, nurturing and productive.

Play includes many different facets, and not everyone will fit all children. Children of various ages and genders enjoy different things. Older children may enjoy playing board games or cards. Younger children may like playing with dolls or cars and trucks. Some children may want to participate in organized activities like camps or sports teams while others are more interested in free play activities, such as playing with friends. Many children enjoy quiet activities like writing, reading, drawing and construction toys, and

yet others like more physical activities like tag and hide-and-go seek.

Embark on family projects together. The projects not only are educational for your child, but you may learn something new in the process. Some examples of projects include reading a book together, teaching a new skill, or preparing a meal. Children can learn responsibility, time management, mathematics, science and improve reading skills through these projects.

Get outside of the house and enjoy the environment around you. Put on your coat, mittens, and scarf and take your child on a nature walk. In addition to being educational, this type of activity will help your child develop an appreciation for the natural environment. Also, it's a great chance for physical activity.

Children also need social interaction with their peers. In fact, a great deal of learning occurs when children play together. You can provide your child with an opportunity for social interaction by letting them explore some of their interests or hobbies.

Teenagers also need interaction with their peers. During the holiday break, consider inviting your teens friends over to your home for an evening of movies, video games, and

snacks.

While it's good to involve your child in activities, you should understand that too many events can overwhelm some children. Every child is different. Some may thrive with hectic schedules, but many become anxious or stressed out and prefer quiet, less-structured activities. It's important to find the balance in scheduling activities for your child. Children learn best when they are allowed to freely choose play activities that engage their imaginations.

This Christmas break, give your children the gifts of free play time and your attention to their interests. By doing so, you are nurturing your relationship with them and their learning at the same time. For more information on ways to make learning enjoyable for your child, contact the Rockcastle County Cooperative Extension Service at 256-2403.

Educational programs of the Cooperative Extension Service serve all people regardless of race, color, sex, religion, disability or national origin.



Blast from the Past... Pictured above is the Webb Theater in Livingston in 1957. There are lots of wonderful memories of movie theatres, and what may have taken place in one. Many small town theatres were the scenes of first dates, and other memorable occasions. Do you remember any of the town theatres in Brodhead, Mt. Vernon, or Livingston? If you have any pictures or thoughts to share regarding any of the old theaters in Rockcastle County contact David Owens at scoopowens24@yahoo.com or 606-256-9870.



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Merry Merry Merry Merry Christmas!

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James and Teresa Smith

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Front row from left: Attorney Jerry J. Cox and Attorney James L. Cox
Back row from left: Tasha Dillingham, Amanda Brown and Shari Proctor



CHURCH NEWS

Free Bible Courses

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

You're Invited

"I was glad when they said unto me, Let us go into the house of the Lord," Psalms 122:1

If you are just sitting around home some Sunday or Tuesday evening, with nothing to do, or maybe out driving on Big Cave or Maple Grove Road, why not stop by Brush Creek Holiness Church some good anointed singing and preaching. Service begins about 7 p.m.

Pastor Lonnie McGuire and congregation welcome everyone.

Watch Night Service
Philadelphia United Baptist Church will hold

a Watch Night Service on Friday, December 31st from 8 p.m. till midnight. Come out and be with us.

The church is located at 834 Bryant Ridge Road, Brodhead. Pastor is Gordan Mink.

Let the Bible Speak

Tune into "Let the Bible Speak", with Brett Hickey, on Sunday mornings at 8:30 a.m. on WDKY Fox 56.

Rock Before Christmas Tour

Join us for "The Rock Before Christmas" Tour by 7th Time Down on Wednesday, December 22 at 7 p.m. at Northside Baptist Church. Free admission. Any donations of gently used coats or non-perishable foods would be greatly appreciated for the people of Rockcastle County.

Calvary

Submitted by
Midge Smith

Jesus Christ, 33, of Nazareth, died Friday on Mount Calvary, also known as Golgotha, the place of the skull. Betrayed by the apostle Judas, Jesus was crucified by the Romans, by order of the Ruler Pontius Pilate. The cause of death were crucifixion, extreme exhaustion, severe torture and loss of blood.

Jesus Christ, a descendant of Abraham, was a member of the House of David. He was the son of the late Joseph, a carpenter of Nazareth, and Mary, His devoted mother. Jesus was born in a stable in the city of Bethlehem, Judea. He is survived by His mother, Mary, His faithful Apostles, numerous disciples and many other followers.

Jesus was self educated and spent most of his adult life working as a Teacher. Jesus also occasionally worked as a medical doctor and, it is reported the He healed many patients. Up until

the time of His death, Jesus was teaching and sharing the Good News, healing the sick, touching the lonely, feeding the hungry and helping the poor.

Jesus was most noted for telling parables about His Father's Kingdom and performing miracles, such as feeding over 5,000 people with only five loaves of bread and two fish and healing a man who was born blind. On the day before His death, He held a Last Supper, celebrating the Passover Feast, at which He foretold His death.

The body was quickly buried in a stone grave, which was donated by Joseph of Arimathea, a loyal friend of the family. By order of Pontius Pilate, a boulder was rolled in front of the tomb. Roman soldiers were put on guard.

Have you heard the rest of the story?

In lieu of flowers, the family has requested that everyone try to live as Jesus did. Donations may be sent to anyone in need.

By Max Phelps
"At Home for the Holidays"

Sooner or later you'll be staying home for the holidays. Maybe a weak economy has you traveling less, or perhaps you're saving for the "trip of a lifetime".

Some love to play the host for get-togethers. Others drive or fly for extended hours in "rush hour" conditions to reach a destination of their choosing which may or may not provide fun or tranquility. For whatever reason, if you have time to read the paper, you probably have time for a few ideas on doing something fresh and new at your place.

The routine visit to grandma's house, or an extended weekend excursion to a waterfront location in the off-season when things are quiet and peaceful (and more economical); those are some choices if you choose not to stay at home during the holidays.

But, this is a landscaping column and not a travel column, so I am thinking you're either wanting ideas to better welcome guests to your place, or you are already wishing for warmer weather and longer days so you can spend time in the backyard.

Here's a few ideas to help get past the cold or snow and employ creatively those days you usually stare out the window and shiver.

Dreaming now can lead to more of a paradise sometime in the future. Give the dreams room to develop and see what happens.

Not everyone is driven inside by chillier weather. Some actually enjoy it. Of course, I doubt there'll be a need for swimsuits or suntan cream unless you have an enclosed and heated pool or glass-enclosed sun room, Florida room, or outdoor greenhouse.

A walk in a private or semi-private backyard can be nice even in frigid weather if you're dressed well for the conditions. Seeing the squirrels or chipmunks scurry out of sight is much easier when the deciduous trees and

Yards to Paradise

plants have become naked after losing their leaves.

Tree trunks of many shapes and textures, maybe limbs of unusual shapes or colors, may catch your eye. Things you'd never pay attention to in summer when the shrubbery is cloaked in green can give you a whole different dimension to appreciate this time of year.

Maybe you could, if you haven't already, put up a feeder for the birds. And on a winter stroll, you may see where the robins or the squirrels made a nest and raised families last summer. Birds need an unfrozen watering hole to get a drink in winter—maybe you could provide them a place.

If you're thinking of outdoor entertaining in cooler weather, a fire of some type is almost a requirement. A trip to a home & garden store or a pool and patio merchant for a "ready-to-use" firepit or chimenea can meet the need quickly. A more substantial (but not instant) outdoor fireplace, in-ground firepit or stone oven could offer a bigger plus towards the ultimate backyard paradise.

Some outdoor lighting, whether traditional holiday lighting or simply a few inexpensive solar lights to light walkways and some points of interest, could make your home brighter this holiday season. Try something different. It doesn't have to be permanent or expensive. Experiment.

Suppose your home needs a makeover to give it curb appeal. Maybe the drive, or the walk, are boringly plain. Or in need of repairs. Would a new stamped concrete or brick paver drive be a huge improvement to your home? Would a new, wider, or stone topped walkway to your front door give your house some pop and make it more welcoming? Dream a bit. Even if it's not in the budget to do major improvements at the moment.

I've seen a number of tired looking brick homes get a paint job and fresh new shrubbery. The results can be stunning. Even making visitors double-check the house number to verify they've come to the right address!

Would a new entry door or extended entry way be something you should consider? Remember, our theme is transforming your yard—your abode—your address—into paradise. Most of us have to do that in steps. (Hopefully following a plan, even if it gets changed from time to time.)

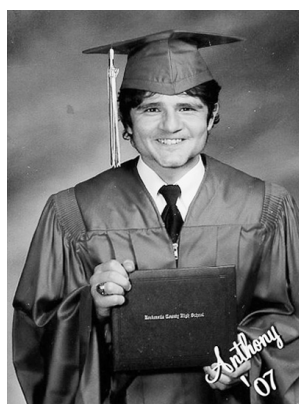
If the view from the street is OK at your place, how about the view from inside? Do you look out your window and see a perfectly lovely view? I wonder if there is a simple change you could make to improve that look?

Whatever your reason for spending time at home this holiday season, I encourage you to make productive use of

idle moments when you stare out on a bleak landscape. Dream of what could be.

Paradise is not created instantly. Have a blessed holiday season. And we'll have more ideas in future articles on turning your yard into paradise.

The author is a landscaper. Ideas, calls and emails welcomed.
www.rockcastles.com



Cook to Graduate

Anthony Cook will graduate from Somerset Community College in May of 2011 with a Commendation Welding Diploma and an Associate Degree in General Occupational and Technical Studies.

Anthony completed eight semesters at Somerset with a 2.92 gpa. A 2007 graduate of Rockcastle County High School, Anthony had a 2.34 gpa while a student there.

While a student at Somerset, Anthony was a two time winner of the American Welding Scholarship.

He is the son of Shirley Cook of Livingston and Michael Savale of Illinois.

Blood Drive at First Baptist

Kentucky Blood Center will host a blood drive Tuesday, December 28 from 2 to 6:30 p.m. in the gym at 340 W. Main St., Mt. Vernon. All donors will receive a \$10 Walmart gift card.

Call 1-800-775-2522 or visit www.kybloodcenter.org for details.

Donors must be 17 years of age (16 with pa-

rental consent), weigh at least 110 lbs., be in general good health and meet additional requirements. 16-year-olds must have a signed parental permission slip, which can be found on the center's web site.

The Kentucky Blood Center, serving more than half of Kentucky's counties, is a non-profit organization dedicated to en-

suring a safe, adequate blood supply for patients at nearly 70 Kentucky hospitals and clinics. KBC relies on volunteers to collect 400 units of blood per day to meet area patients' needs. Over the last year, KBC distributed nearly 130,000 units of blood and blood products.

**The Signal office will be closed
December 23rd - January 2nd.**

**There will be no paper
December 30th.**

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Christmas
hymns of
praise*

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Join us as we worship and praise our Heavenly father for the gift of His Son. Let us come together to celebrate the birth of Our Lord and Savior, Jesus Christ.

Christmas Eve Mass

Monday, December 24 @ 10:30 p.m.

at

**Our Lady of Mt. Vernon Catholic Church
Williams Street • Mt Vernon, Ky.**

The people of Our Lady of Mt. Vernon Catholic Church wish each and everyone a Blessed and Holy Christmas and a Faith Filled New Year.

Kentucky Afield Outdoors

Backreeling saves big fish on light line

On a recent Sunday, we put the boat in right after dawn and fished Lake Cumberland hard for smallmouth bass. It was a long day of bite-free fishing. I threw a small jig for most of the day until I surrendered about 3:30 p.m. to a live shiner.

I didn't get a hit for a good hour after switching presentations, until a tiny 8-inch dink smallmouth hit my shiner. I just bought my highest-quality spinning rod to date and wanted to break it in with a fish longer than a hot dog bun.

About 5:30 or so, I struggled to see the shoreline in the quickly falling dusk and made one of the last casts of the day. I didn't have much hope, but I felt a thump and my rod tip bent down immediately, often the sign of a heavier than usual fish.

It was a heavier than usual fish. After I set the hook, a huge smallmouth wallowed on the surface of Lake Cumberland and my pulse jumped. She made the move of trophy smallmouth: coming to the surface and then bulldogging to the bottom.

The big smallie swam down and backward to the way I faced. The brute had me pinched under the boat. I've broken off some big fish in this position before, but I flipped off the anti-reverse switch and backreeled. After a tense give and take, the 21-inch came to hand.

Backreeling involves switching your spinning reel's anti-reverse switch off and reeling backward, forsaking the drag system. You can give a big fish line much faster reeling backward than relying on the drag. The technique is the best prevention for break-offs while winter fishing with 4-, 6-, or 8-pound test line. It relieves much of the stress on the line and knot.

Learning to backreel will also put more trophy bass in the net when fishing the highly effective float and fly technique. This presentation involves suspending a small craft hair or duck feather jig under a bobber to entice smallmouth bass during the coldest time of the year. Anglers developed different riggings for the float and fly over the seasons, but all use 4-pound monofilament or fluorocarbon line at the business end.

Last January, I landed

my biggest smallmouth ever on the float and fly by flipping the anti-reverse switch off and reeling backward. Just a little over 20 inches long, the big smallmouth weighed 5 pounds even and I got her to the net on 4-pound monofilament line. I would've lost this fish without backreeling.

Practice backreeling on average-sized bass before trying it on a trophy. A farm pond or small lake is a good place to rehearse before hitting the big water. It felt weird the first time I tried it, but I soon grew to like the great amount of control I had on the fish.

Don't let go of the reel handle while the anti-reverse switch is off. The handle will quickly rotate backwards and lead to a nasty tangle. Also, avoid reeling backwards too fast or the same thing will happen. Let the movement of the fish dictate the release of line. You always want to feel the weight of the fish as you backreel.

Backreeling works best on deep lakes like Lake Cumberland, Herrington Lake, Laurel River Lake and such. You need room to let the fish run while you give it line. It is also a proven way to land trophy stream smallmouth bass when they make a downstream power run while fishing 4- or 6-pound line.

I don't backreel when I am fishing shallow lakes, heavy cover, docks or timber. You'll backreel the fish right into snags and break your line.

The technique also prevents line twist, the worst enemy of a spinning reel. The drag releasing line through the line roller on the bail of a spinning reel causes line twist. Reeling against a slipping drag is a mistake even the most seasoned angler makes. This triggers terrible line twist as well.

Line twist is the culprit when you hear a funny sound on a cast and see a bird's nest clogging the lowest guide on your spinning rod. This leads to a cut and retrieve almost every time. Backreeling puts little to no twist on the line.

Using light line is essential for catching finicky, cold weather bass. Learning to backreel greatly increases the opportunity for putting a trophy in the boat when using whisper-thin line in winter.



Mt. Vernon Mayor Gary Cromer presented outgoing council members Jackie Weaver, left and Don Jones with plaques in recognition of their service to the city at Monday's night regular meeting of the council.

New SKED SBA Micro Loan Program Designed to assist entrepreneurs

Did you know that some of the most successful businesses in America, such as Dunkin' Donuts™ and Curves for Women™, began with an SBA Micro Loan?

The Southeast Kentucky Economic Development (SKED), in partnership with the U.S. Small Business Administration, is now offering entrepreneurs in Southeast Kentucky low-interest loans to turn their dreams into job producing small businesses through its new SBA Micro Loan Fund.

SKED now offers loans from \$500 to \$50,000 to aspiring entrepreneurs and small business owners seeking working capital and equipment financing to start and grow their businesses. The program is expected to create 10 new small businesses in the next year throughout its 42-county service area.

"We at the SBA are delighted to have SKED on board as a micro lender. SKED is a very successful economic development organization in the region," said Steven Ayers, SBA's Kentucky District Director. "Just last year they became a certified SBA 504 Loan lender and already a strong player in the Kentucky market. SBA's Micro Loan Program is an extremely viable product for start-up companies with loans up to \$50,000 and technical assistance provided. We look forward to SKED's success with the SBA Micro Loan Program."

SKED is not new to the micro lending business, having made a total of 20 micro loans since 2005. Staff provided technical assistance to each of those 20 businesses; in addition to more than 80 other potential micro loan applicants who were either not approved for financing or declined the financing after receiving technical assistance.

However, the new SBA Micro Loan Fund will en-

able staff to provide funding to a greater population of its service area with a greater return, said SKED Executive Director Greg Jones.

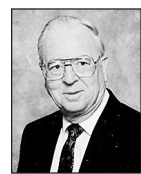
"The \$350,000 grant award from the SBA gives SKED staff the funding necessary to assist more entrepreneurs in making their dreams realities," Jones

said. "We're look forward to working with some of the region's most promising new businesses in the coming months."

An encouraging word:

When Good Will Is Supreme

By Howard Coop



"The world in solemn stillness lay" is a pleasing poetic phrase Edmund H. Sears used in a beloved Christmas carol to describe the world on that night of nights a little over two thousand years ago when Jesus was born in a stable in Bethlehem of Judea. Yet, at that moment, the world was not at peace. The heavy and burdensome hand of Roman oppression was felt by many throughout the world, and an activist group known as Zealots fomented revolt against Rome. There was turmoil in the world, and that turmoil was real.

Yet, in the Christmas story as recorded in the Gospel of Luke, an angelic host appeared to shepherds keep-

ing watch over their flocks by night in the fields near Bethlehem and proclaimed, "Glory to God in the highest, and on earth peace to men on whom his favor rests." So, for two thousand years, the proclamation of peace on earth has been at the heart of the Christmas message, and for two thousand years that message has been faithfully delivered to people living in a world in turmoil.

With thoughts of Iraq, Afghanistan, turmoil in the Middle East, and widespread terrorism by extremists in mind, peace seems to be illusive and the Christmas message, first delivered by that angelic group, appears to be an unrealistic

dream. But in this situation, we do not despair, and we do not give up. The Christmas message of peace is still heartening.

Good things can, and do, happen in the worst of times, and peace is always possible any time when good will fills the heart. Herbert Hoover, thirty-first President of the United States, was right when he said, "Peace is not made at the council tables, or by treaties, but in the hearts of men." Peace is made when good will is supreme in the heart. For this reason, any individual, living in the midst of turmoil, can experience an inner peace that passes all understanding.

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To our valued friends,
we wish you a
Merry Christmas
and a
Healthy New Year!

State Senator-Elect Jared Carpenter



State Senator-Elect Jared Carpenter, Erica and family

Paid for by Jared Carpenter

Miniature horse offers “equine therapy” at children’s hospital

Reprinted from
Lexington Herald-Leader
Saturday,
December 18th

Patients at the Kentucky Children’s Hospital found a new Buddy on Friday.

Buddy, an eight-year-old miniature horse, walked right into the hospital — he took the elevator too — to visit with the children and bring them some Christmas cheer. He was decked out as a Santa’s helper, sporting a red cap, red cape, and red-and-white striped socks.

Buddy, who works as a therapy horse, also has visited young patients at hospitals in Nashville and Cincinnati, and at St. Jude Children’s Research Hospital in Memphis. This was his first appearance at Kentucky Children’s Hos-

pital, located within the University of Kentucky Chandler Medical Center on Rose Street.

As always, he was a hit with the kids and their parents, who were amazed to find a real live horse in the hospital — even though Buddy stands only 32 inches tall at the withers.

He got an anti-bacterial bath at Rood & Riddle Equine Hospital Friday morning to make sure he would be shiny clean for the patients at UK.

“He loves people; the more attention he gets the better,” owner Tracy Kujawa said.

Kujawa, a horse lover and cancer survivor, operates Angel Heart Farm, an equine therapy program that allows chronically or seriously ill children to spend time with and work

with horses to speed the process of healing. She said the program grew out of her own experience battling cancer, which she says she survived in part because of the friendship of her Arabian mare Khuryia.

Buddy is one of 11 horses in the Angel Heart Farm program, which Kujawa recently moved to Fayette County from the Nashville area. Kujawa plans to work with children’s hospitals in Lexington, Louisville and Cincinnati.

“I got Buddy when he was three weeks old and we raised him on a bottle,” she said. “He was no bigger than my dog when we first got him.”

Now, Buddy helps young patients forget about their illnesses, at least for a while.



Tracy Kujawa, left, and Carolyn Shively visited with 11-year-old patient Brent Lovell, son of Billy and Marcella Lovell of Mt. Vernon, before he had his photo made with “Buddy,” a miniature horse at the Kentucky Children’s Hospital located within in the University of Kentucky A.B. Chandler Hospital on Rose St. in Lexington, Ky., Friday, December, 17, 2010. Buddy is an 8-year-old therapy horse owned by Angel Heart Farm, an equine therapy operation for children that recently moved to Lexington from Nashville.

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Get your last minute Christmas shopping done December 23rd • Noan’s Wholesale - Dealer
Sale Every Saturday at 6:30 p.m. • Flea Market Monday - Friday 9 a.m. to 5 p.m.

Merry Christmas and Happy New Year Sabrina’s Hair Design

Reverend Green Loop Rd. • Mt. Vernon • 606-256-1537



In front: Lindsey Carpenter. Back row from left: Tina Abney, Sabrina Bishop, Katie Stevens and Erin Maggard.

Books for Bikes program starts Jan. 3rd

Eighth annual Books for Bikes: Reading for Wheels’ registration runs January 3-21, 2011 for children ages 3-12. Register at the Rockcastle Public Library, 60 Ford Dr., Mt. Vernon. For more information call 606-256-2388.

Rockcastle County, Kentucky and its People - 1992 available for pickup through December 22nd at the Mount Vernon Signal Signal office will re-open Jan. 3rd

Too Late To Classify

Posted: No trespassing on 20 Smith St., Brodhead, Ky.

Tune In To:

Let The Bible Speak



With Brett Hickey

Sunday Mornings at 8:30 a.m. on WDKY Fox 56

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Season's Greetings

*To wish you the gift of faith,
the blessing of hope, and
the peace of His love at
Christmas and always.*



From left: Kevin Fletcher, Judy and Marvin Owens, Bob Beaty, Scott Morgan and Rick Reynolds



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www.marvineowensfuneralhome.com



45th Wedding Anniversary

Ronald and Joyce Rogers of Bee Lick will celebrate their 45th Wedding Anniversary on Saturday, December 25th. Happy Anniversary & Merry Christmas to you both!
--Love, Your Family & Friends

postsecondary education and to reinforce the belief that this is a viable option for students in the Rockcastle school system. The EKU workers will make at least ten trips per semester to the high school.

Information provided will include education opportunities and entrance requirements, financial aid and scholarship availability.

"Council"
(Cont. from front)

to Cromer for taking on the job when asked, bringing respect back to the office and helping get the city's business back on track.

In other action, the council heard a report from Police Chief Terry Jackson. Jackson said that things "had slowed down" since the string of burglaries back in October. His report showed 30 arrests during the month of November - less than half of the usual amount.

Fire Chief David Bales also reported less "business" than usual with 20 runs made and 42,550 gallons of water used.

The next meeting of the council will be January 24th because of the Martin Luther King Holiday on the 17th.

Incoming Mayor Mike Bryant and new council members Adam Bales and Jamie Bryant will be sworn into office on December 28th at the courthouse at 6 p.m.

"Rock in 2011"
(Cont. from front)

UNITE, will be hosting the concert to give Rockcastle's youth and families a safe, friendly environment in which to ring in the new year, and your ticket makes you eligible for amazing door prizes throughout the night, including a PlayStation 3.

Tickets are \$5 in advance and can be purchased at www.rockin2011.com or by calling 606-386-0937.

Subscribe to the Signal
Call 606-256-2244

"School Board"
(Cont. from front)

rier, FFVA, declined to submit a renewal bid.

However, the superintendent said that the district would be more proactive in the education of workers as to their safety and making sure the district's equipment was in the best shape possible in an effort to cut down on claims.

Hammond also told the board, "we have worked hard to be more cost-efficient and tighten our budget but this rate increase will probably consume the savings

we've managed to make."

Last year's premium was \$89,000.

In other action, the board approved a Memorandum of Agreement with Eastern Kentucky University which will provide, at no cost to the district, an informational computer kiosk at the high school. The kiosk will be manned by an EKU student worker, usually one that is an RCHS graduate, and the student worker will also provide first-hand accounts about his/her college experience.

The kiosk will provide students with information about going on to

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With Best Wishes At the Holidays

May the coming season bring Peace and joy and all good things; and when the holiday is through, May its message of hope remain with you.

Merry Christmas and many thanks for your business this year.

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Alison Hunley and Debra Lambert
Not pictured: June Coleman

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Hospice Care Plus is a non-profit organization serving Rockcastle County for more than 25 years

GREETINGS OF THE SEASON

May you and your loved ones enjoy all the splendor of this very special time of year. It's been a pleasure serving you.

From Danny and Gaylen Settles and all the employees at

Front row from left: Evett Bullock and Kimberly Shackelford.
Back row from left: Amanda Smith, Andrea Reynolds, Kathy Rice, Lucy Cole, and Angel Smith.

*KFC will close at 8 p.m. Christmas Eve and be closed Christmas Day
KFC will close at 9 p.m. New Year's Eve and will be open New Year's Day*



Center Sara Hammond scores two of her 22 points in the district win against Somerset last Friday night.

Lady Rockets beat Somerset; win Corbin Invitational Tourney

Coming off a knockout win over Scott County, who was ranked fourth in the state, the Lady Rockets were primed for the proverbial let down game. Would Rockcastle take the 2-5 Somerset Lady Jumpers seriously as they opened up 47th District play on the road? After all, Coach Noble's team had not played a game in seven days.

Rockcastle must have enjoyed the time off as they dismantled Somerset by jumping out to a 20-8 lead after the 1st quarter and continued to steamroll past the home team for a 74-42 win.

Nine Lady Rockets scored but senior center Sara Hammond led the way with 22 point and Michaela Hunter added 11 points off the bench.

The Lady Rockets again used their trademark pressure man to man defense to convert Somerset turnovers into easy baskets.

Rockcastle led 40-16 at the break and doubled up the Lady Jumpers 18-9 in the third quarter by orchestrating a 13-4 run to begin the quarter. From there Rockcastle took a commanding 58-25 lead going into the fourth.

Although Hammond and Hunter were the only Lady Rockets to reach double figures, the scoring was balanced with Sydney Arvin adding 9, Kristen Abney 7, Shanlee Burton and Angie Lawrence 6 each, Alexis Chasteen 5 and Emily Miller and Ella McQueary 4 each. The Lady Rockets improved their record to 4-0 overall and 1-0 in the district.

Corbin Lady Red Hound Invitational
Lady Rockets 87
Bell County 42

After taking care of business at Somerset, the Lady Rockets had a short turn around before their next game.

Try only 17 hours of wait time before hopping back on the bus and traveling down to Corbin to play in the Cumberland Falls Lady Red Hound tournament to take on Bell County who was 3-1.

It may have been a different town, different team but the result was the same as Rockcastle overpowered The Lady Bob Cats 87-43. The Lady Rocket defense held Bell County to just

36% shooting from the field before advancing to the semifinals to take on Whitley County.

Seven players for Rockcastle got into the scoring column with Sara Hammond leading with 17 points, Sydney Arvin 13, Micheala Hunter 8, Alexis Chasteen 6, Katie Cowan 5, Kadi Cobb and Emily Miller 4 each, Ella McQueary 2 and Sara Adams 1.

Lady Rockets 64
Whitley County 41

Rockcastle's opponent in the semi-finals in the Lady Redhound Invitational would be the 3-3 Whitley County Lady Colonels.

After a sluggish start, Rockcastle cruised to a 23 point win, 64-41 to advance to the finals and extended their record to a perfect 6-0 on the season.

Coach Noble saw four of

her players reach double figures against the Whitley County Colonels. Angie Lawrence led the way with 16 points, Sydney Arvin 12 and Sara Hammond 12 each, Michaela Hunter 11, Kristen Abney 4, Katie Cowan 3 and Alexis Chasteen 2.

With the win, Rockcastle advanced to the finals to take on the host of the tournament, Corbin.

Lady Rockets 59
Corbin 38

Rockcastle was looking to play their fourth game in four days and a chance to win the championship game of the Lady Redhound Invitational. If Rockcastle was going to take home the hardware they would first have to take on the host of the tournament, the 5-2

(Cont. to A13)



Freshman Corey McPhetridge and Junior Cody Noe pressure the ball in their team's win over Somerset last Friday night.

Rockets get district win at Somerset; lose to McCreary in tournament

Rockcastle traveled to Somerset last Friday night to take on the Briar Jumpers of Somerset High School in a 47th district matchup. For the Rockets, it would be their opening game in district play and Somerset was looking for their first win in the district after losing to Casey County at home earlier in the week.

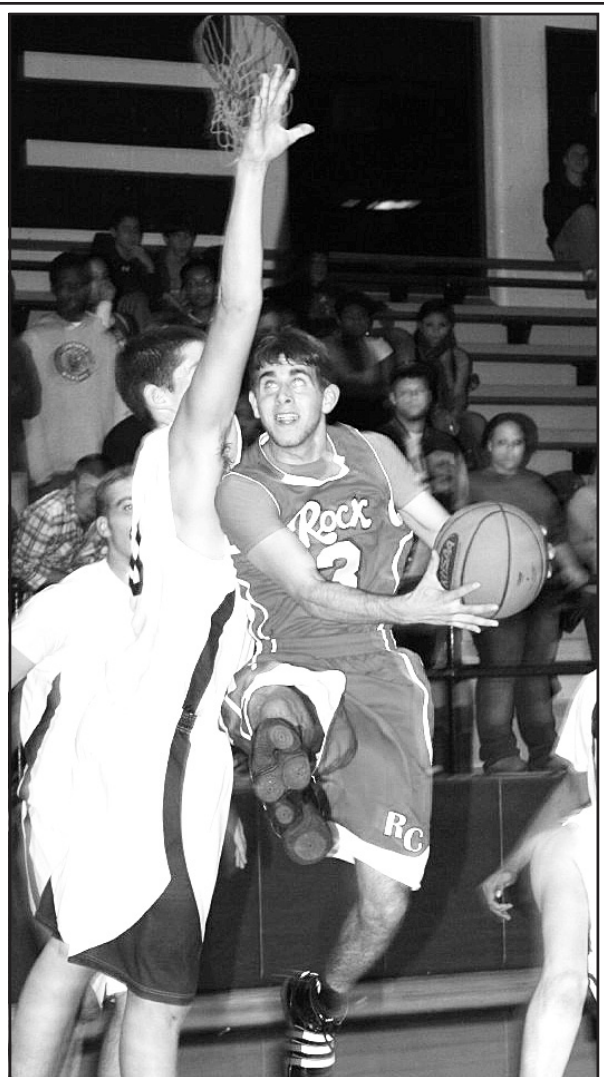
Somerset would have to wait a little longer for that

first district win as Rockcastle turned in a gutty performance, knocking off the Jumpers 67-62. It was a seesaw affair all night with 12 lead changes and six ties and the biggest lead by either team was five points which belonged to the Rockets.

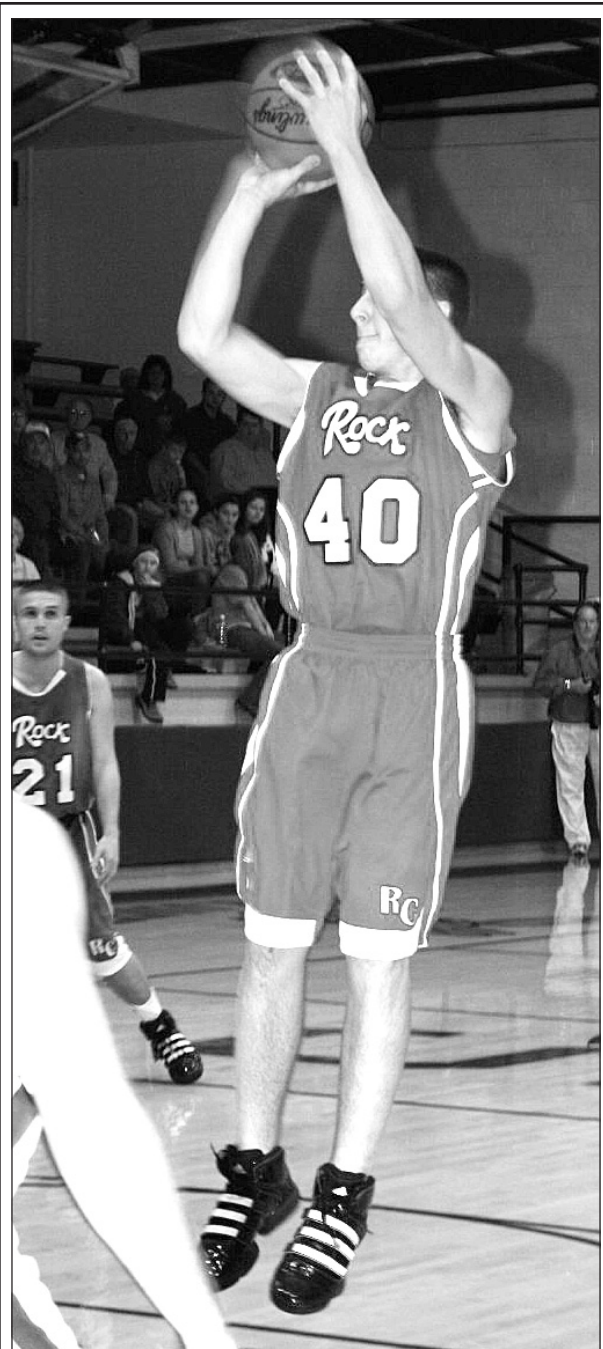
Rockcastle trailed by three at the intermission only to reclaim the lead at the end of the third period,

50-47. Somerset would not go away and went on an 8 to 2 run to battle back go-

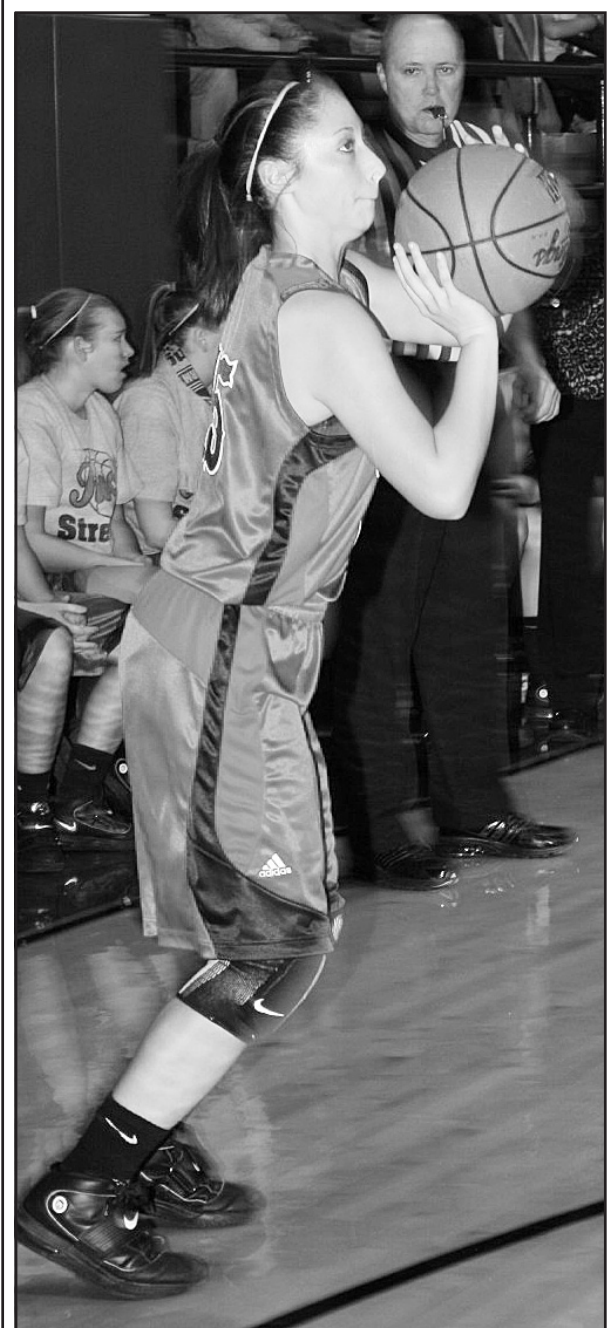
(Cont. to A13)



Guard Josh McKinney goes around a defending Briarjumper in action against Somerset.



Center Ben Allen goes for two of his season high 17 points in the district win against Somerset.



Point guard Angie Lawrence shoots and hits a three in action against the Lady Briarjumpers last Friday night.



Sophomore forward Alexis Chasteen goes for two of her five points in the district win over Somerset.



Hospice Care presents Saddle Club with award

On Tuesday, December 7th, Hospice Care Plus held its annual Holiday Dinner and presented the 2010 Above and Beyond Awards. These awards honors area agencies, businesses and service organizations who, for at least two years, have gone above and beyond to support Hospice patients, families and the work of the Hospice staff. This year, the Rockcastle County Saddle Club was presented with an award for its support of hospice care in Rockcastle County. Since 2002, the club has made annual contributions to hospice through funds raised at their annual horse ride. The group has contributed more than \$7000 to support hospice care and services. Pictured are: Gail McGillis (Hospice CEO), Gene and Rosalind Philbeck and Carol and Robin Anglin.



Congratulations on a successful season to the 2nd/3rd grade girls Bobcats basketball team from MVES. Each team member showed dedication, hard work and enthusiasm for the game. Special thanks go to Coaches Jason and Melissa Brock for their time and support this season. Pictured from left to right are: Aliyah Lopez, Bailee Deborde, Nichole Griffin, Jaylon Ponder, Ashlyn Brock and Amy Cornelius. Shown in back is coach Jason Brock. Not pictured is Kiara McClure.



Guard Ella McQueary looks for a teammate in Friday's action against Somerset.

“Rockets”

(Cont. from A12)

ing up by three 55-52 with 5:04 left in the fourth.

Senior guard Travis Carpenter, who finished with a team high 22 points, knocked down two free throws with 3:25 left to put the Rockets up for good at 57-55. Rockcastle would fend off the Jumpers going four of five from the charity stripe in the last 50 seconds to nail down their second win in a row and their first in the district.

Rockcastle's sophomore forward Ben Allen turned in his best performance of the young season by scoring 17 points. Coach Blanton was impressed with Allen's play saying, "Ben was aggressive tonight and gave us a low post presence. His rebounding and put backs were a plus tonight."

For the second game in a row the Rockets were able to get three players in double

figures, along with Carpenter and Allen, senior point guard Josh McKinney added 11 points, including going 4 for 4 from the free throw line. Other Rockets getting in the scoring column were, Ashton Arvin 6, Bryson Amyx 5 and John Curtis Wilson 4.

**Rockcastle 55
McCreary Central 92**

Riding the momentum of a two game win streak, Rockcastle traveled to Stearns to take on the 1-3 McCreary Central Raiders in the first round of the Arby's/KFC Classic at McCreary Central on Monday night. The Raiders raced out to a 51-24 lead at the half and cruised to a 92-55 win over the Rockets.

Rockcastle placed four players in double figures: Josh McKinney took top honors in scoring for the Rockets with 14 points, Ben Allen and Travis Carpenter got 12 each, Cody Noe 11 and Ashton Arvin, Jadon Brock and Corey

McPhetridge scored 2 each. With the loss, Rockcastle is now 2-5 on the season.

The boys will travel to Jackson County on Dec. 27th to play in their invitational and will play January 4th at home against Somerset in a doubleheader with the girls team.

“Lady Rockets”

(Cont. from A12)

Lady Redhounds.

The Lady Rockets led after the first quarter 14-8 and then extended their lead to eight points going into halftime.

Rockcastle outscored

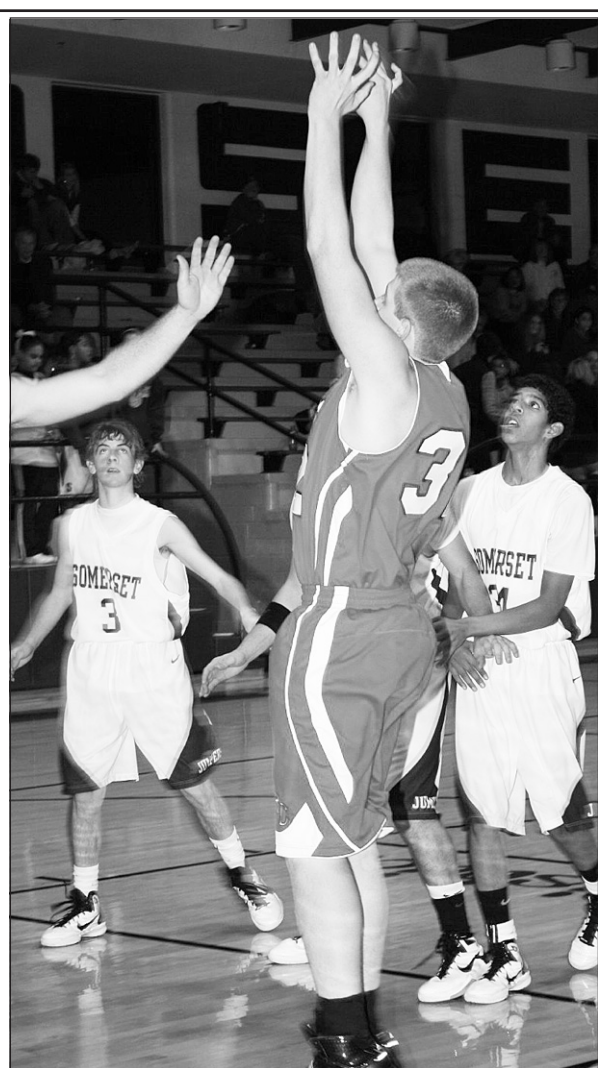
Corbin 11-6 to go into the 4th quarter up 40-27. Rockcastle won the 4th quarter 19-11 on their way to claim the championship with the 59-38 victory.

Angie Lawrence led the way for Rockcastle finishing with 17 points. ShanleeBurton 12 and Sara Hammond got 12 each, Sydney Arvin 9, Michaela Hunter 5 and Sara Adams and Alexis Chasteen 2 each.

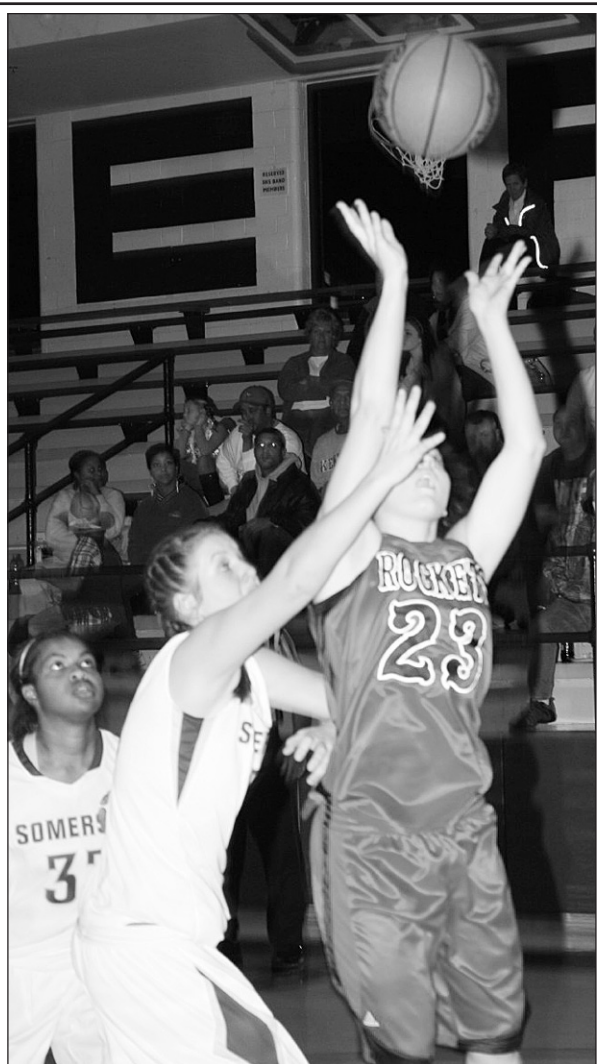
The girls will next see action in the Greenville, Tn. Classic beginning December 27th and will host the Somerset Lady Briar-jumpers on January 4th in a district doubleheader with the boys team.



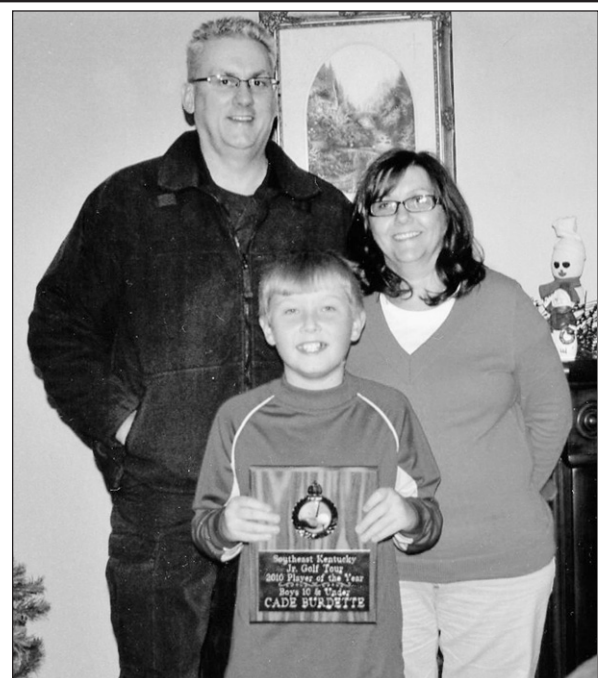
Forward Shanlee Burton drives the lane in the win against Somerset.



Junior Jaden Brock goes for two in last Friday night's district action against Somerset.



Junior forward Kadi Cobb goes for the rebound in the win over Somerset.



Cade Burdette, son of Jeffrey and Trenea Burdette of Mt. Vernon, was named the Southeastern Kentucky Junior Golf Tour 2010 Player of the Year for Boys 10 and under age group. Cade competed in 10 events, in which he won six of those events, finished second once and came in third three times. Cade also received a \$500 college scholarship. Cade is shown above with his uncle and aunt, Rick and Kathy Bobo.

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Mount Vernon Signal

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Second Section

Thursday, December 23, 2010

When the General Store was King

By David W. Owens

Today technology and convenient transportation have created a world of fast paced consumer service and down town businesses bowed to the Wal-Marts and other such stores. During the late 19th and early 20th centuries, traveling peddler retailers were bowing to the new American version of the old English Village Shoppe which came to be known as the general store. The general store was not just a venue for community peoples, entrepreneurs, and farmers to purchase or conduct business; it was also a gathering place to hear news, seek advice, and discuss community happenings.

In the United States, a store named or subtitled "general store" is traditionally a retailer located in a small town or in a rural area. It carries a broad selection of merchandise crammed into a relatively small space where people from the town and surrounding rural areas come to purchase all their general goods. The store carries routine stock and obtains special orders from warehouses.

During the mid to late 19th century, general stores were usually the first business establishments built in a town or settlement. The main floor of a general store was used to display retail merchandise, and storekeepers used every available nook and cranny to maximize storage. Shelves rose to the ceiling to organize the largest amount and variety of items, while excess or specialty items tended to be stacked on the floor, on counters, upturned boxes, barrels, bins, or situated on ceiling hooks. Items like coffee, tea, spices, rice, beans, flour, sugar, salt, cornmeal, crackers, molasses, kerosene, and others in bulk quantities were purchased by store owners, weighed on large scales, and measured into boxes, crockery containers and bags to sell in desired quantities to customers. Pre-packaged or canned items like peaches, sardines, and oysters were popular in general stores. Larger items such as farm equipment, tools, bathtubs, cook stoves, and sewing machines were special ordered for customers.

The General Store of-

ten had space for a post office and served as a local place for people to gather around a potbelly stove, checkerboards, and pickle barrels where people loved to visit and catch-up on the latest gossip. A large inventory of goods was always kept on hand with regular deliveries coming in by horse-drawn wagons and later by train, , mainly in bulk packages.

These establishments were found on every early road in Kentucky. In Rockcastle County, the community of Burr (named after American statesman, Aaron Burr), the local General Store and post office was owned and operated by Aden L. Owens. Owens was a direct descendant of a Revolutionary War Soldier, David Owens, who had come to Kentucky via North Carolina in 1804. Mr. Owens had his business set up along the McHargue Branch of the Wilderness Road two miles south of Mt. Vernon. The Louisville & Nashville Railroad also traveled parallel to this early route which would eventually become the Dixie Boone Highway and still later U.S. 25.

Country stores like the one Owens operated are quickly becoming extinct. They used to provide a useful service to rural Kentuckians and were prevalent along Kentucky's back roads; they were often the heart and soul of rural Kentucky. People shopped there for the necessities of life, such as food, clothing, agricultural supplies, and in the late 1920s a few even added fuel pumps. The stores were a social gathering place, mostly for men who often discussed their crops and politics. A few of the stores served as the local polling place to cast votes.

General Stores were often the places where the first telephones and radios appeared in rural communities. This was the case at Owens' store at Burr. People would come in to use the phone or to listen to a favorite radio show or Reds baseball game while doing some "trading." Sadly this once useful tradition is disappearing. The last general store in Rockcastle was Jan Stevens' at Wildie General Store which closed

its door in 2000.

For those who had never experienced shopping at a General Store, they have missed a wonderful treat. First, shopping at a General Store such as Owens' and Stevens' was as much a social visit as a place to do business. A General Store had that general store smell and community spirit. You could come in pick up your mail, get a friendly cup of coffee or a pop, read the community bulletin board to find out who had what for sell and catch up on all the recent news.

Jan Stevens, who ran the Wildie General Store for 41 years, stated in a recent interview, "I believe it was good for the community. You could come in and get a bit to eat and get a cup of coffee, I never did charge for

coffee. We passed time playing cards and swapping tales."

Lifelong Rockcastle native Dorothy Lovell,

who remembered going to Owens' store as a child, commented, "It wasn't anything like it is now. Mother used to send me to pick up the mail

and she would let me take enough eggs to sell Mr. Owens to buy a pop. I remember her saying 'now

(Cont. to B5)



Pictured, from left, is Aden Owens, Alice Owens and Loretta Owens in front of A.L. Owens General Store in Burr, ca. 1920s.

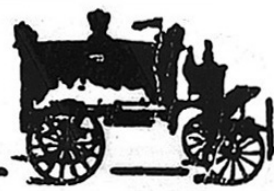
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News from the Rockcastle Courthouse

Circuit Civil Suits

Candi Rose Couch vs. David Joe Couch, petition for dissolution of marriage.

Tax Ease Lien Investments I, LLC vs. William Cope, et al, \$448.71 plus claimed due.

Capital One Bank vs. Beulah Shepherd, \$23,128.10 plus claimed due.

Advantage Assets II, Inc. vs. Dale Barnett, \$4,003.76 plus claimed due. CI-00369

Deeds Recorded

Jimmy Clark, property in Conway Village Subdv., to Mary Virginia Clark. No tax.

Stacy Gentry, property on St. Hwy 70, to William Gary Gentry. No tax.

William Gary Gentry and William M. ad Jean Albright Gentry, property on St. Hwy. 70, to Don and Kathleen Stevens. Tax \$25.

Stacy Gentry, property on Steve Albright Road, to William Gary Gentry. No tax.

Versatile Electric, Inc., property on US. Hwy. 25, to Carl and Trina Bustle. No tax.

District Civil Suits

Ephraim McDowell Health Resources vs. Deshonna Moore, \$809.77 plus claimed due.

Rockcastle Hospital and respiratory Care vs. Sidney Allen Petty, \$1,668.45 plus

claimed due.

Capital One Bank vs. Johnny C. Anderson, \$1,484.66 plus claimed due.

GE Money Bank vs. Jennifer Houk, \$2,739.47 plus claimed due. C-00287.

Marriage Licenses

Shannah Marie Surbur, 31, Brodhead, Rock Fire Steakhouse to Stephen Lee Denson, 38, Brodhead, disabled. 12/10/20.

Melissa Gail Brewer, 28, Mt. Vernon, unemployed to Demetrio Hernandez Hernandez, 31, Mt. Vernon, unemployed. 12/10/10.

Kristin Nichole Brogan, 36, Crab Orchard, registered nurse to Anthony Shane Miracle, 37, Stanfod, cabinet maker. 12/10/20.

Brittany Renee Offutt,

23, Mt. Vernon, Brodhead Elementary to Ronny Lee McClure, 23, Mt. Vernon, Rockcastle County Schools. 12/14/10.

Casey Jo Carpenter, 18, Livingston, student to James Elijah Hensley, 20, Mt. Vernon, unemployed. 12/16/10.

District Court

December 15, 2010
Hon. Jeffrey S. Lawless

Teddi Faye Day: theft by deception, 15 days/concurrent with Laurel Co. sentence plus \$127.80 restitution.

Billy T. Hines: disorderly conduct, alcohol intoxication and resisting arrest, 10 days to serve (each count), costs waived.

Helene R. Jones: alcohol intoxication and failure to appear/citation for misdemeanor, 5 days in jail/concurrent with Knox Co. sentence. Costs and bond fee waived.

Merita Medley: public intoxication, 10 days/concurrent, costs and bond fee waived; probation revoked/ to serve balance of sentence.

Georgeanne Abney: failure to wear seat belts, \$25 fine.

Justin L. Baker: fines/fees due (\$383), bench warrant (bw) issued for failure to appear (fta), 9 days in jail or payment in full.

Hector Bonilla: no operators/moped license, \$50 fine; unauthorized use of motor vehicle, \$50 fine.

Mary Carr: fines/fees due (\$233), bw issued for fta.

Gail E. Cash: contempt hearing, bw issued.

James M. Clark: fines/fees due (\$388), converted to 40 hours community service work.

Trinity M. Collins: no/ expired registration plates and failure to maintain required car insurance, paid \$183 total fines/costs/fees.

Carol J. Crane: alcohol intoxication, paid \$187 total fine/costs/fees.

Kelvin Damrell: Speed-

ing, one headlight, operating vehicle w/expired operators license, license to be in possession, paid \$118 total fines/costs/fees.

Speeding: Brittany R. Dawson, paid \$167 total fine/costs; Christopher C. Turner, \$36 fine and costs; David Hall, Jr, license suspended for fta.

Angela Susanne Durham: fines/fees/restitution due (\$976.46), bw issued for fta.

Ashley B. Durham: public intoxication, \$100 fine and costs.

John W. Gilbert: theft by unlawful taking, \$100 fine and costs.

Lori Elizabeth Griffith: fines/fees due (\$218 and \$60), bw issued for fta/7 days in jail or payment in full.

Troy Haight: theft by unlawful taking, 10 days/to serve/week end service authorized.

Richard A. Hensley: 2nd degree possession of controlled substance and use/possession drug paraphernalia, sentencing orders entered.

tered.

Billy Hines, Jr: assault, 4th degree, 10 days/to serve/costs waived.

Summer McCowan: fines/fees due (\$79), bw issued for fta/2 days in jail or payment in full.

Terry Miller: harassing communications, paid \$263 total fine and costs.

Katrina J. Roberts: fines/fees due (\$263), bw issued for fta/6 days in jail or payment in full.

Dewayne Singleton: fines/fees due (\$223), bw issued for fta/6 days in jail or payment in full.

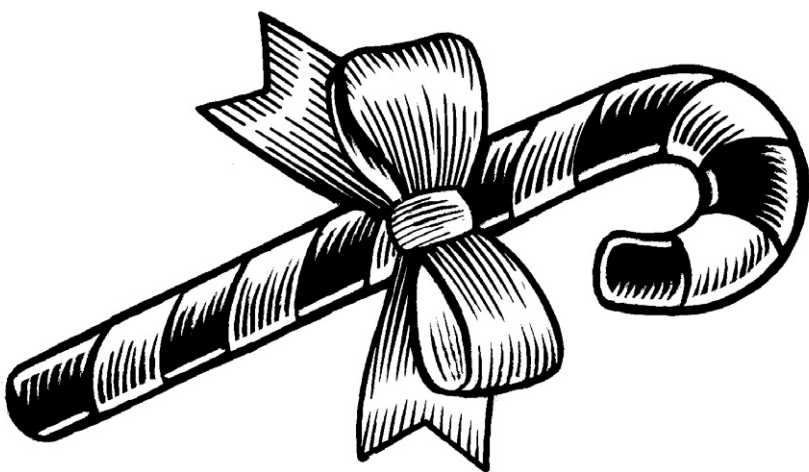
Angela M. Todd: operating motor vehicle under influence of alcohol/drugs, sentencing order entered.

Marshall A. Traugott: failure to wear seat belts, \$25 fine; no operators license in possession, \$50 fine.

Jonathan D. Wells: failure to wear seat belts, \$25 fine.

Ralph J. Williamson: fines/fees due (\$158), bw issued for fta/4 days in jail or payment in full.

Merry Christmas



& Many Thanks

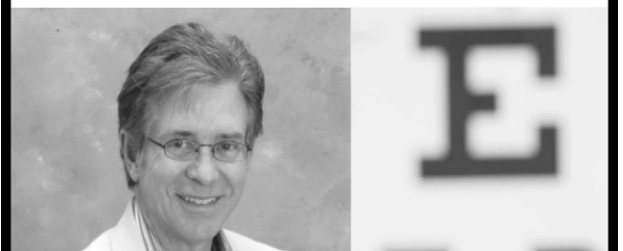
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Mike
Peters
and staff

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Rockcastle County Courthouse • Mt. Vernon • 606-256-2032

Kentucky Afield Outdoors

Waterfowl hunting options that don't crush the pocketbook

A close friend used to always badger me about going waterfowl hunting. I hemmed and hawed because I didn't have the right equipment, nor did I have the money to buy it. I mistakenly believed you needed an expensive shotgun, a ton of decoys, expensive bibs and parkas, waders, dogs, calls and, not to mention, a boat. I felt the sport involved an outlay of treasure beyond my reach.

With gentle prodding from my buddy, I began to slowly accumulate the necessary gear. I waited until after the season and found a nice 4-in-1 waterfowl jacket on closeout for half of what it cost earlier in the season. I also found a pair of waterfowl bibs on sale from the same manufacturer. The camouflage patterns don't match, but ducks never seem to mind. I've hunted a pond in a pouring rain with temperatures in the high 30s and remained warm and dry. In my old inadequate patched together gear, those conditions would send me packing for the house in under an hour.

The new waterfowl hunting outfit also makes the best winter fishing gear I've ever donned. I've fished the float and fly technique for smallmouth in January with air temperatures in the low 20s with the wind chill in the teens and stayed warm all day long.

"The closeout waterfowl clothing may not match or is a little out of date, but if it keeps you warm and comfortable, that is all that matters," said John Akers, maintenance supervisor for the Kentucky Department of Fish and Wildlife Resources. "You can save a lot of money by purchasing waterfowl gear after the season. It still works fine. They often discount hunting waders really low after the season."

Akers, an avid and expert waterfowl hunter, recommends holding on to that gear a while if you have children. "I outfitted my kids with my old waterfowl apparel," he said. "If my bibs or waders got a little worn, I saved them as I replaced them. About half of the stuff my kids use, I used to use myself. They'll grow into it eventually."

A reliable 12-gauge pump shotgun will harvest any waterfowl that flies in Kentucky. Decent used pumps with synthetic camouflage stocks that can handle 3-inch magnum shells line the walls of gun stores all over our state. An outlay of \$200 or less will often bring that gun home.

A pump shotgun doesn't have the glamour of an elegant over-and-under or the ease of use of a semi-automatic. That being said, every time you pull the trigger, a pump goes "boom." Pumps handle adverse weather with ease and you can enjoy your waterfowl hunting without stressing over damaging an expensive gun in the snow, rain or ice. A pump shotgun handles rough treatment and still performs.

Waterfowl shotshells loaded with steel, bismuth, tungsten or other heavy materials cost considerably more than shotshells loaded with

lead. "Many of the department stores and sporting good stores discount their steel shotshells after the season," Akers said. "I buy all of my waterfowl loads after the season."

It is illegal to use lead shotshells for waterfowl hunting.

Decoys can also deliver a wallop to your wallet. "In the old days, I would go in with a friend and split the cost of decoys because we couldn't afford them on our own," Akers explained. "We traded use of them. We also bought a boat that way as well. You can find decoys really cheap at yard sales as well."

Hunters inadvertently shoot decoys, leading to many that are no longer seaworthy. Akers has an ingenious plan to keep decoys useable for many years, even after they've been shot.

"Buy a can of low expansion foam used to fill gaps around pipes," Akers said. "Shoot the foam inside the decoy. A can will fill three or four decoys. They will never sink again, no matter how many times your buddies shoot them."

John Brunjes, migratory bird biologist for Kentucky Fish and Wildlife, used another system to save money on decoys in the past. "You can buy a dozen of the low end water keel decoys for \$25 or so," he said. "They have a hole in the keel to allow water inside intended to keep them upright and in place. Water-keeled decoys flip over in the slightest wind. I fill the bottom cavity with sand and plug the hole. You can also use a bolt. Filling the bottom with sand helps keep them upright."

You also don't need to own a boat or dogs to successfully waterfowl hunt. Farm ponds, small rivers, creeks and even reservoirs offer bank waterfowl hunting opportunities. A set of neoprene chest hunting waders will help retrieve downed birds from shallow creeks, rivers and ponds. Poles designed to set and retrieve decoys also work well for recovering downed birds.

Finding a place to hunt is one of the biggest challenges of waterfowling. Most hunters can't afford to pay a lease arrangement with a landowner. "I've traded labor rather than pay for a lease," Akers said. "A farmer with a river system on his property caught my eye. I knocked on the door and said 'I noticed your barn door is off its track.' I offered to fix it in exchange for hunting rights. I can still hunt there to this day. We're friends now. I've even changed faucets in exchange for hunting rights."

With the economy in the dumpster, frayed nerves everywhere and money tight, use these simple tips to get into waterfowl hunting and save some serious money. A day in a homemade blind pursuing ducks is salve to jarred nerves and relieves the winter doldrums.

Author Lee McClellan is an award-winning associate editor for Kentucky Afield magazine, the official publication of the Kentucky Department of Fish and Wildlife Resources. He is a life-long hunter and angler, with a passion for smallmouth bass fishing.

Merry Christmas

Warm wishes to all of you for a joyous holiday season.

Many thanks for your continued patronage.



Front row from left: Sandy Durham, Julie Pigg, and Ima Jean Taylor. Back row from left: Roy D. Adams, Donna McClure, Karen Bullock, and Mike Blount.



Front row from left: Ashley Cash, Cindy Griffith, Cathy Howard and Donna Stayton. Back row from left: Betty Frederick, Melinda Chowning, Becky Mays and Tasha Dodd.



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Scenes from the Livingston Community Christmas Dinner



Trish Doan, Livingston City Clerk, Nathan Doan, Charlene Newcomb and Denver Goforth enjoyed the meal at the Livingston Community Christmas Dinner held Sunday.



Matthew Newcomb, Makayla Abney and Samantha Abney wait in line to fill their plates at the Livingston Community Christmas Dinner.



Livingston Mayor J.C. Griffin and Clyde Carpenter enjoyed food and fellowship at the Livingston Community Christmas Dinner.



Mayor Griffin, and Tonya and Stanley Cook enjoyed their meals at the Livingston Community Christmas Dinner.



Roger Alcorn and family enjoy their time together at the Livingston Community Christmas Dinner.

more pictures from Livingston on pg. B5



Let us not forget the true meaning of Christmas - the birth of our Savior and His message of love and goodwill toward all mankind.

Wishing you and yours the best this Holiday Season!

State Representative

Danny Ford



from
**Rockcastle Jailer
James Miller**

*& Rockcastle Detention Center
staff*



Danny and Sue Ford
Darrin, Danetta, Ben and Bailee Sue Allen,
Matt, Rebecca, Bryan and Winston Ford
Eric and Angie Adams.



Ernie Mink, Jasper Carpenter, Everett Wagner and Clyde Carpenter enjoyed each other's company during the Livingston Community Christmas Dinner.



Faye Harper and Dell Ponder enjoy their meals at the Livingston Community Christmas Dinner held Sunday. Approximately 75 people attended the event which was held at the Livingston Gym.

"When the General Store was king"

Continued from B1

don't break any because he won't buy cracked eggs.' It wasn't like shopping today where people just walk past you talking on their cell phones without even saying hello. I miss Mr. Owens' store; those were the good ole days."

While we no longer shop at the old general store, as it has faded from our historical landscape. The general store was a significant part of our rural Appalachian heritage and its passing represents a significant change in customs and traditions. It demonstrates how technology creates and demolishes different ways of sustaining human life.

The general store belonged to an age when boys did not wear make-up or earrings, when girls wore dresses and were polite. Children who would have been ashamed to set in front of a screen for hours. When children with just a few cherished toys rather than a warehouse full of plastic gadgets were happy. When the local country doctor came to your house to treat loved ones instead of multiple unknown "specialists" who can never be reached.

A time when people walked about in a congenial alert friendly manner, rather than stumbling around with a cell phone in their ear. When you seldom had to call up a corporation, but when you did you reached friendly, helpful Americans instead of recorded messages, procrustean menus, and Hindu sing-song. When boys played war: cowboys vs Indians,

cops against robbers, the army against the gooks and krauts, though with high spirits rather than hate. Today technology and culture evolution has replaced the old general store with Wal-Mart. Wal-Mart, where we can find everything we need, except good old fashion values.

If you have any photographs of General Stores that were located in Rockcastle County or would like to convey fond memories of one please feel free to contract the author at scoopowens24@yahoo.com or (606)256-9870.



Bobby Wilson enjoys a hot cup of coffee as he waits to get in line to eat at the Livingston Community Christmas Dinner.



Ernie Mink fills his plate at the Livingston Community Christmas Dinner last Sunday.

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Jerry Pensol and his employees wish everyone a

M E R R Y
CHRISTMAS

and a Happy New Year!



From left: Barbara Teal, Stephanie McClure, Jerry Pensol and Barbara Miller



256-1083

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256-5079

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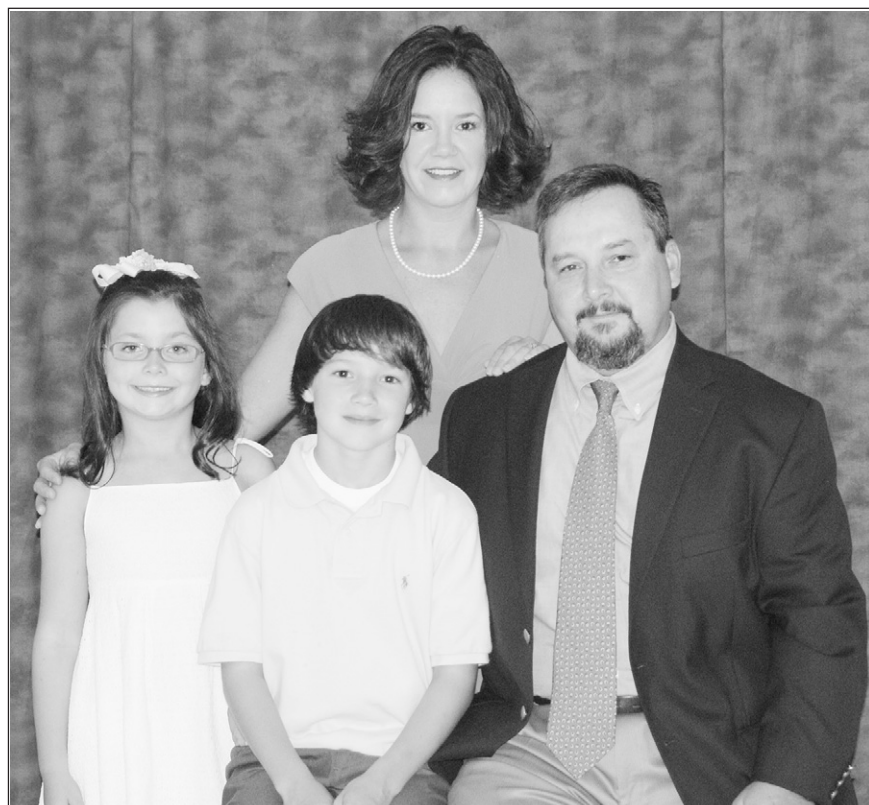
Christmas Eve

Closed Christmas Day

From our family to yours

Merry Christmas

and Happy New Year



Jeff, Twila, Thomas and Zoe Burdette



Unite Club members Jaclynn Thacker and Sara Clark helped organize items for the Annual RCMS Unite Club/Student YMCA Food drive. 807 items were collected. The food drive was cut short due to the snow days, but students who had additional items to donate will have a chance to do so in January.

Yards to Paradise

By Max Phelps

Falling Waters: Is it Music or Magic?

There is just something about a waterfall. Millions visit Niagara Falls each year to hear roars powerful enough to make the earth shake. Thousands of others visit Cumberland Falls in Kentucky or one of hundreds of waterfalls in the Smokies, the Blue Ridge or the Adirondacks. What is it about the sight and sound of falling water that so mesmerizes?

For some, great waterfalls inspire awe. The musical sounds cause many to tune in. And the grandeur of a thundering waterfall captivates more than a few who travel to visit major waterfalls. The whitewater, the mists and splatters, the rapid gurgling as the water plunges to a base or pool and quickly moves over stoney terrain and downstream—some of us could spend endless hours relaxing in close proximity to some of nature's greatest wonders.

As someone who has been building waterfeatures for more than a decade, trying to duplicate the natural look when practical, there's often a priceless look on the homeowner's face as they see their new waterfall in motion for the first time. Those are times you feel graciously paid even if the job took too long and you didn't profit much on the

project.

So, what is it that makes waterfalls uniquely special? And why do many want to live near one, or have one constructed in their own landscape if they can't live near a mountain stream?

Well, a biggie, they look nice to the eyes of most folks, and sound impressive.

Water is a most important element to life itself. I think this may have something to do with the secure and comfort feeling you get in presence of falling water.

Waterfalls are attention-getting. Visit someone's home who has a waterfall you can hear and see if you can resist stretching your neck or asking if you may see it. A nature walk or a botanical garden—the pond and waterfall is where most lookers will linger the longest. In a landscape, as in nature, waterfalls attract attention.

Not just humans are attracted to water. Animals can hear or sense water from great distances. Birds will come to drink or bathe. Frogs, toads, and dragonflies (and yes once in awhile a beaver, a bear, a deer or a snake) will come to check out a waterfeature.

We all know stream-front and lakefront properties garner a higher price. So, is it really a mystery? Professionals from psy-

chologists, chiropractors, massage therapists, to photographers, florists and specialty shops have trended to adding things like tabletop or wall mounted waterfalls or bubbling stones and such.

Take a nice restaurant: how many more customers want to be seated near a waterfeature—it's almost as popular as a flickering fireplace on a chilly evening.

To me it's a music I never tire of listening to. Cascading waterfalls and musical streams seem to magically charm all who come to see and hear.

I'll let the reader decide if it's the lovely sounds of falling water that so attract us, or if there's something magical happening when we find ourselves in a trance in the presence of falling water (and dreaming of taking this experience home to our place).

The author is a landscaper. Feedback always welcome. Contact Max by email waterfallsinyards@yahoo.com



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An encouraging word:

The Secularization of the Season
By Howard Coop



A recent visit to the grocery store was both revealing and a bit depressing. As I made my way through the aisles of the store, I saw a group of workers who were busily engaged in arranging an attractive holiday display. As I watched those workers, I was reminded that Christmas, the joyous season of the year when many celebrate the birth of Jesus in a stable in Bethlehem, is just around the corner. But I noticed that the traditional symbols usually associated with Christmas were not being used to decorate that display. Instead, those workers used a lot of glitter to catch the eyes of shoppers.

This is an indication of that which is happening all around us. The secularists are actively seeking to change society and undermine the traditional values that have been part of our society since our founding fathers brought forth a new nation on this continent. In this environment, political correctness, a tool of the secularists, has determined that, during this season, attention should be focused upon those things that remind us to celebrate the winter solstice with a Win-

ter Festival and Frosty the Snowman.

To a point, the secularists have been successful. Some workers have been instructed to greet others with "Happy Holidays;" it would be offensive to some to say "Merry Christmas." In some schools, the primary institution that moulds the minds of impressionable children and youth, Christmas programs have been replaced with winter festivals. At those festivals, traditional Christmas carols may not be sung; they have been replaced with songs that stress the coming of winter. Some school districts have changed the school calendar. "Winter Break" has replaced "Christmas Holidays." Too, some of the cards we send at this time of the year have abandoned Christmas symbols and use generic symbols that suggest the beginning of winter.

We live in an environment in which the majority have embraced traditional values and have celebrated Christmas as a holy day. We do not have to conform and accept the secularization of this season.



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We're ho-ho-hoping a bundle of good news and glad tidings lands in your mailbox during the holiday season.

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Posted

Posted: Absolutely no trespassing, 4 heeling, hunting, etc. on property owned by Drrell Clifford behind Sand Springs Baptist Church on Hwy. 1249. Violators will be prosecuted. 3x4p

Posted: Absolutely no trespassing on property belonging to Lester and Centena Carpenter on Red Hill - 73 Black Bear Lick Lane, Livingston. Not responsible for any accidents to anyone. Violators will be prosecuted.

Posted: No trespassing - no hunting on Philbeck Farm at Orlando. 4x2p

Posted: Absolutely no trespassing on property of Dell

Ponder on Red Hill and Black Bear Lick Lane. Violators will be prosecuted. 49x12p

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

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 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. 9x52p

Posted: No hunting, trespassing or ATVs on land belonging to Jason and Sara Coguer at Roundstone. Not responsible for accidents.

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

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For Sale By Owner: 205 Lovell Lane - Mt. Vernon. \$82,500. 1,409 sq. ft. of living space and 468 sq. ft. of an attached 2 car garage. There are 4 bedrooms and 2 baths. The house also contains 1 fireplace with gas logs. Several major updates have recently been made. The roof is 4 years old, central heat/air system is 2 years old, all new sewer pipes are less than 1 year old. This great home is located on a corner lot and is very convenient to town, local schools (MVES and RCMS), shopping, hospital, post office and several churches.
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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: Cemetery lots, Cresthaven Cemetery, Mt. Vernon. Call Bill Dowell at 308-1058. 31xntf

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Notice is hereby given that Edward Keith Smith, 140 Williams St., P.O. Box 1734, Mt. Vernon, Ky. 40456 has been appointed executor of the estate of Bonnie B. Smith on the 6th day of December, 2010. Any person having claims against said estate shall

present them, according to law, to the said Edward Keith Smith on or before June 6, 2011 at 11 a.m. 3x3

Notice is hereby given that Anastasia McKinney, 46 Outback Lane, Mt. Vernon, Ky. 40456 has been appointed guardian of the estate of Harley McKinney on the 6th day of December, 2010. Any person having claims against said estate shall present them, according to law, to the said Anastasia McKinney on or before Jan. 10, 2011 at 11 a.m. 3x3

Notice is hereby given that Maudie Arlene Todd, 306 Reverend Green Loop, Mt. Vernon, Ky. 40456 has been ap-

pointed executrix of the estate of Anna M. Tyler on the 1st day of December, 2010. Any person having claims against said estate shall present them, according to law, to the said Maudie Arlene Todd or to Hon. Jerry J. Cox, P.S.C., P.O. Box 1350, Mt. Vernon, Ky. 40456 on or before June 1, 2011 at 11 a.m. 2x3

Notice is hereby given that Janet Harrison, 877 Brindle Ridge Road, Brodhead, Ky. 40409 has been appointed administrator of the estate of Farlie Barnett on the 15th day of December, 2010. Any person having claims against said estate shall present them, according to law, to the said Janet Harrison or to Hon.

William D. Gregory, P.O. Drawer 220, Mt. Vernon, Ky. 40456 on or before June 15, 2011 at 11 a.m. 4x3

Notice is given that Ernie Lee Bowling has filed a Final Settlement of his accounts as Executor of the estate of Loretta Elizabeth Bowling, deceased. A hearing on said settlement will be held January 17, 2011 at 11 a.m. Any exceptions to said settlement must be filed before said date. 4x1

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Waterfowl hunters should keep water safety in mind

Statistics compiled by the U.S. Coast Guard show more duck and goose hunters die every year from cold water shock, hypothermia and drowning than from accidents involving firearms.

"The thing about duck hunters is they don't see themselves as boaters," said Capt. Mike Fields, boating law administrator for the Kentucky Department of Fish and Wildlife Resources. "They see a boat as a tool to use while hunting."

Kentucky law requires a readily accessible U.S. Coast Guard approved wearable life jacket for every person on duck boats. In addition, there must be one U.S. Coast Guard approved throwable device (like a throw cushion) onboard for boats 16 feet or longer.

Manufacturers produce camouflage life jackets made with the waterfowl hunter in mind. They have mesh in the upper body that allows you to shoulder a shotgun and also help to keep you warm when cold winter winds come blowing across the water.

A life jacket, however, doesn't do much if it's stuffed in a decoy sack when the accident occurs. "If you aren't wearing a lifejacket when you hit the water, chances are you won't get it on at all," Fields said. "Waterfowl hunters worry about staying warm, but not nearly as much as hitting the water unexpectedly."

You have about 10 minutes to get to safety in winter cold water with a lifejacket on before you begin to lose dexterity and major motor functions.

"All of your blood leaves your extremities to protect your vital organs," Fields explained. "Find somewhere to get safe. You only have those few minutes to get to where you need to be. Knowing

what to do in the first few minutes can mean the difference between you becoming a statistic or a survivor."

If you fall in cold water without a lifejacket, you only have just a few minutes before you begin to lose your ability to maneuver. "In addition to lifejackets designed for waterfowl hunters, there are float coats, float suits and survival suits to keep you afloat," Field said. "There is a good chance you will not survive if you fall in the water without a lifejacket at this time of year."

Kentucky Fish and Wildlife discourages hunters from wearing hip boots or waders in the boat. Hunters drown while trying to take their waders off after falling into the water or their boat sunk or capsized.

"Falling into deep water releases any air trapped in the boots and can have the effect of binding the victim's feet together so they can't kick or stay afloat," Fields said. "Once the hip boots or waders fill up with water, you can't move and they will only drag you down."

If you do suddenly enter the water while wearing waders, pull your knees up to your chest. Air trapped in the hip boots or waders can act as a flotation device.

Kentucky Fish and Wildlife recommends the following safety tips for waterfowl hunters:

- Wear a life jacket to and from the blind.
- Don't overload the boat; make two trips if necessary.
- Don't wear hip boots and waders in the boat.
- Stay near shore and avoid crossing large open water areas, especially during bad weather.
- Let someone know where you are going and when to expect you back;

tell someone to call authorities if you don't return on schedule. Tell that person what type of boat you will be in and exactly where you plan to hunt.

•In case of capsizing or swamping, stay with your

boat; even when filled with water, it will provide flotation and is more likely to be seen by potential rescuers.

•It is a good idea to bring your cell phone along in a waterproof,

Rally scheduled for Jan. 5th to "SAVE" women's lives

Screen And Vaccine equals Elimination (SAVE) - all this adding up to how we together can S.A.V.E. Women's Lives beginning in January, 2011, the officially designated Cervical Cancer Month. January 5, 2011, at noon (Eastern) the Kentucky Cervical Cancer Coalition (KCCC) will sponsor a rally in the Capitol Rotunda. Guests include advocacy groups focused on cancer elimination and women's health, state leaders and many others across the Commonwealth.

"We have an opportunity to eliminate cancer of

the cervix through proper screening. In addition, this is one of the few cancers for which a vaccine is available that can eliminate the disease in coming generations - we should not hesitate to seize this opportunity," said Dr. Robert Hilgers, retired Louisville GYN-Oncologist and founder of the KCCC. He has cared for over 1000 patients with cancer of the cervix.

Kentuckians should take a particular interest in eliminating cancer of the cervix. It is proven that jobs will be created in communities that are productive, healthy and edu-

reclosable bag to call for help if you get into trouble. You can use the phone without removing it from the bag.

Duck season runs until Jan. 30, 2011 while the season on Canada goose, white-fronted goose and brant closes the next day. For more information on

waterfowl hunting in Kentucky, consult the 2010-2011 Kentucky Hunting Guide for Waterfowl, available wherever hunting licenses are sold. You may request one by calling 1-800-858-1549 or log onto the Kentucky Fish and Wildlife homepage at fw.ky.gov.

Currently, Kentucky ranks 5th for cervical cancer incidence compared to other states and the District of Columbia. The cervical cancer incidence in the US is 8.3 per 100,000 women with Kentucky ranking 9.4. In the Appalachian region of Kentucky where poverty rates and low literacy prevail, the rate is 11.1. (from the CDC United States health Statistics and the Kentucky Cancer Registry.)

Invited speakers at the rally include First lady Jane Beshear who has made women's health issues one of her priority issues; Sylvia Lovely, presi-

dent of the KCCC; Dr. William D. Hacker, commissioner, Kentucky Department of Public Health, and Jill Wilson, a 13-year survivor of cancer of the cervix. A special recognition will be made of Melisha Roar, a London native and mother of two young children, who lost her battle with the disease at age 27.

"There is no reason why Kentucky should not sprint to the finish line to conquer cancer of the cervix - no other cancer can lay claim to the possibility of elimination. Let's rally to the cry - S.A.V.E.!" said Lovely.

Christmas Greetings

Many thanks to our customers and friends this holiday season



All of us at Brodhead Pharmacy would like to thank all of our customers for a great year.

Stop by to see us and let us help you with all your prescription needs.



Front row from left: Allison Davis, owner David Collins and Rachelle Riddle. Second row from left: pharmacist Howard Saylor, Linda Collins, Sherri Collins, Michelle Coffey and Brianna Mullins. Back row from left: Angie Coffey, Matthew Burkhart and Graham Fay. Not pictured: Becky Saylor and Brooke Bishop

Brodhead Pharmacy

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Open 9:30 a.m. to 6:30 p.m. Monday - Friday

David Collins, Owner • Howard Saylor, Pharmacist

A candymaker in Indiana wanted to make a candy that would be a witness, so he made a Christmas Candy Cane. He incorporated several symbols for the birth, ministry, and death of Jesus Christ. He began with a stick of pure white, hard candy. White to symbolize the Virgin Birth and the sinless nature of Jesus, and hard to symbolize the Solid Rock, the foundation of the Church, and firmness of the promises of God.



The candymaker made the candy in the form of a "J" to represent the precious name of Jesus, who came to earth as our Savior. It could also represent the staff of the "Good Shepherd" with which He reaches down into the ditches of the world to lift out the fallen lambs, who, like all sheep, have gone astray. Thinking that the candy was somewhat plain, the candy maker stained it with red stripes. He used three small stripes to show the stripes of the scourging Jesus received by which we are healed. The large red strip was for the blood shed by Christ on the cross so that we could have the promise of eternal life.

Unfortunately, the candy became known as a Candy Cane - a meaningless decoration seen at Christmas time. But the meaning is still there for those who "have eyes to see and ears to hear."

I pray that this symbol will again be used to witness to the Wonder of Jesus and His Great Love that came down at Christmas and remains the ultimate and dominant force in the universe today.

Merry Christmas !
and a Blessed 2011
from Gail Burdette & Staff

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Money tips for students

Tax tips for students

Income tax season is fast approaching, and students may want to consider these tips from the Kentucky Higher Education Assistance Authority (KHEAA) to determine if they are required to or should file.

Although you may not have earned enough to be required to file, you may get a refund if your employer withheld taxes from your pay. But before you file, discuss the tax situation with your parents. Depending on how much they contributed to your upkeep during the year, they may be able to claim you as a deduction on their tax returns, which could save them thousands of dollars.

Although the deadline for filing your federal and state returns is April 15, you should start working on them as soon as you get your last paycheck for the year. That will show how much you have earned and how much has been withheld in taxes.

Students and their parents may be able to take advantage of deductions or income adjustments on their federal taxes. These include the:

- American Opportunity Credit, available for the first four years of college.
- Hope Credit, available for the first two years of college.

•Lifetime Learning Credit, available if a taxpayer or a dependent is taking college courses to acquire or improve job skills.

•Tuition and fees deduction, which lets taxpayers deduct qualified education expenses paid during the year for themselves or a dependent. The expenses must be for college.

•Student loan interest deduction, which lets people deduct up to \$2,500 per year

This weekend

Bull elk season revisited on "Kentucky Afield" TV

"Kentucky Afield" television travels to eastern Kentucky for opening day of bull elk season with a hunter who won his permit by surprise. Watch the story on "Kentucky Afield" television this weekend, Dec. 25 and 26.

While Lexington's Don Jenkins has hunted big game around the world, being drawn to hunt Kentucky elk came as a complete surprise. On the sly, his wife entered his name into a drawing for a special elk permit sponsored by the Kentucky Fish and Wildlife Foundation. Follow Jenkins and our host, Tim Farmer, into the woods of Clay County for the hunt.

For generations, Camp Robert Webb, Camp Earl

Wallace and Camp John Currie have provided a week of outdoor learning and fun for boys and girls across the state. Proceeds from the elk hunting fundraiser won by Jenkins netted nearly \$90,000, which will make needed improvements to camp facilities as well as provide scholarships for youth to attend.

To learn how to plan and prepare for higher education, go to www.gotocollege.ky.gov. For more information about Kentucky scholarships and grants, visit www.kheaa.com; write KHEAA, P.O. Box 798, Frankfort, KY 40602-0798; or call (800) 928-8926, ext. 6-7372.

"Kentucky Afield" is a production of the Kentucky Department of Fish and Wildlife Resources. It is the longest continuously running outdoor television show in the nation. The program airs at 8:30 p.m. Eastern /7:30 p.m. Central Saturdays, and repeats at 4 p.m. Eastern/3 p.m. Central Sundays on KET 1.

Prosecutors and public defenders in Kentucky may qualify for student loan forgiveness

Public prosecutors and public defenders in Kentucky may qualify for student loan forgiveness through the John R. Justice Grant program, administered by the Kentucky Higher Education Assistance Authority (KHEAA).

Eligible attorneys include prosecutors and public defenders who are full-time employees of the Commonwealth or a local government. Attorneys who supervise, educate or train prosecutors and defenders are also eligible.

Funding is available for loan forgiveness for 48 individuals for the 2010-2011 fiscal year. Three prosecutors and three public defenders will be chosen from each of the seven state Supreme Court districts, and three prosecutors and three public defenders with statewide responsibilities will be chosen. Recipients are chosen based on their loan-to-income ratio and total student loan debt.

Funds for this loan forgiveness program are provided by the U.S. Department of Justice, working with agencies in each state and the District of Columbia. KHEAA has received a grant for this fiscal year. Continued funding of the program is contingent upon the availability of federal dollars.

The maximum award is \$2,175 and will be paid directly to the lender. Applicants must sign three-year employment contracts and have annual salaries of less than \$55,000. Applications must be postmarked or received by Jan. 4, 2011, for consideration.

For complete information or to apply, visit kheaa.com and click on the link in the right column of the home page.

To learn how to plan and prepare for higher education, go to www.gotocollege.ky.gov. For more information about Kentucky scholarships and grants, visit www.kheaa.com; write KHEAA, P.O. Box 798, Frankfort, KY 40602-0798; or call (800) 928-8926, ext. 6-7372.

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Mount Vernon Signal

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Third Section

Thursday, December 23, 2010

Kendrick honored at CRCCC Annual Community Day

Approximately 125 persons were in attendance December 10, 2010 at the local Comp Care Center's Annual Community Day. Community Day has been held at the local center since 1978 to honor those in the community who have performed in an outstanding manner. Last year RTEC was recognized. Several physicians were recognized in 2008.

Community Day gives the Comp Care Center an opportunity to thank those in the community for the impact each has on the lives of children, groups, schools, individuals, and families.

This year the center staff

and CRCCC Executive Director Danny Jones paid tribute to Alma Kendrick for a long career spanning over 30 years serving the needs of individuals with developmental disabilities. Alma Kendrick, Carolyn Reppert Morris, Jack Anglin, and Mr. Jess Baker began their CRCCC service together in 1978.

Mrs. Kendrick was recognized for "Her Exemplary Career of Outstanding Service to CRCCC" as she served MRDD individuals with dignity, respect, and kindness. As ADT Instructor she constantly reminded her ADT staff that the individuals (clients) were to al-

ways be #1 and all else was secondary.

Mrs. Lyla Powell and Mrs. Helen Doan served alongside Mrs. Kendrick for many years. They accepted the plaque on Mrs. Kendrick's behalf since she was unable to attend. Mrs. Kendrick recently retired in 2010.

"It is a privilege to serve clients and families with mental retardation, developmental disabilities, substance abuse, and mental health problems," per Carolyn Reppert Morris, Team Manager. LPCA Amanda Gullett provides

(Cont. to C2)



Cumberland River Comp Care Center staff Child Family Interventionist Steve Bolton (provides services at Rockcastle Alternative School) joins Intake Jamie Lainhart and Child Family Interventionist Tabitha Harris (provides services at Rockcastle County Middle School) at Community Day. Rockcastle County High School was the first school contract in Kentucky negotiated by Carolyn Reppert Morris in 1987, and 85 more school contracts were in place by 1998 to serve children and adolescent with multiple emotional and mental health needs throughout the Cumberland River Comprehensive Care Region. Service Coordinator Alisha Gilreath works closely with CFIs as she provides case management services to children and families.



Cumberland River Comp Care Center Therapeutic Rehabilitation Program staff member Linda Burton preparing the Christmas punch for Community Day. Linda has made preparations for this open house event annually for over 20 years.



Executive Director Danny Jones is shown with KY NAMI State Director Kathy Epperson as he is recognized by NAMI Cumberland River for Contributions and Support to erase the stigma of mental illness. Mr. Jones' career at Cumberland River Comprehensive Care, from 1975-present, exemplifies a long career focused on providing services to those needing mental health, substance abuse, and mental retardation services. Mr. Jones contributes daily to NAMI's goal of erasing the stigma of mental illness.



Kathy Epperson, NAMI KY State Director, presents Judge Michael Caperton's Award "For Outstanding Contributions and Support To Erase The Stigma of Mental Illness 2008-2010." NAMI President Wayne Bullock accepted the award on Judge Caperton's behalf since he was unable to attend.



Wishing you and yours a very Merry Christmas and a Happy New Year

We appreciate your patronage throughout the year



Front row from left: Clarissa Hodge, Jennifer Poynter Hand, Teresa Stevens and Chrissy Cash.

Back row from left: Matthew Silcox, Sam Ford, Jeff Cromer, David Henderson and Johnny Bullock.

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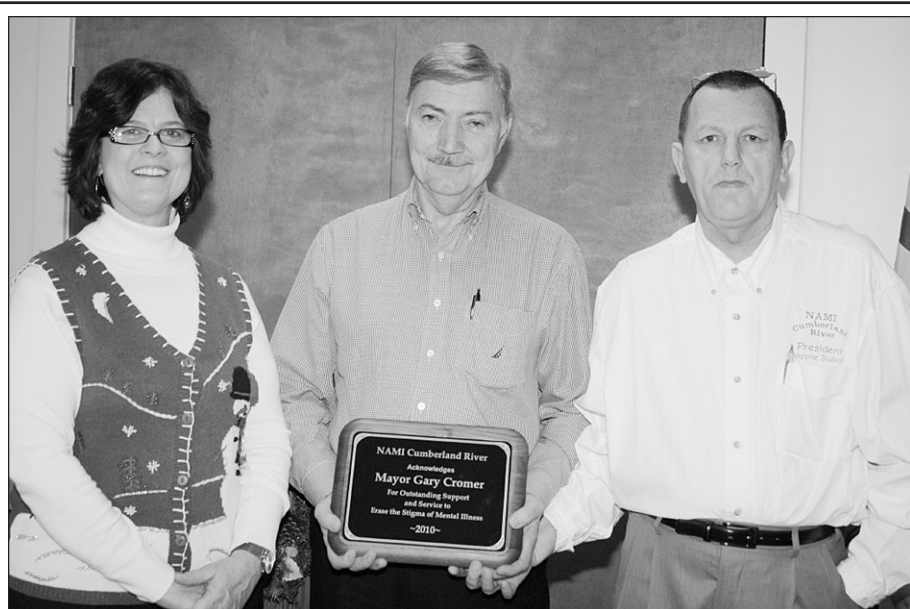
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Mount Vernon

Closed Christmas Eve & New Year's Eve



Lyla Powell, ADT (left) and Helen Doan, ADT (right) are shown with Executive Director Danny Jones joining Mount Vernon Center staff in recognizing Mrs. Alma Kendrick's long and outstanding CRCCC career serving special MRDD individuals. Alma Kendrick was recognized at Community Day "For Her Exemplary Career of Outstanding Service" to Cumberland River Comprehensive Care Center spanning over 30 years.



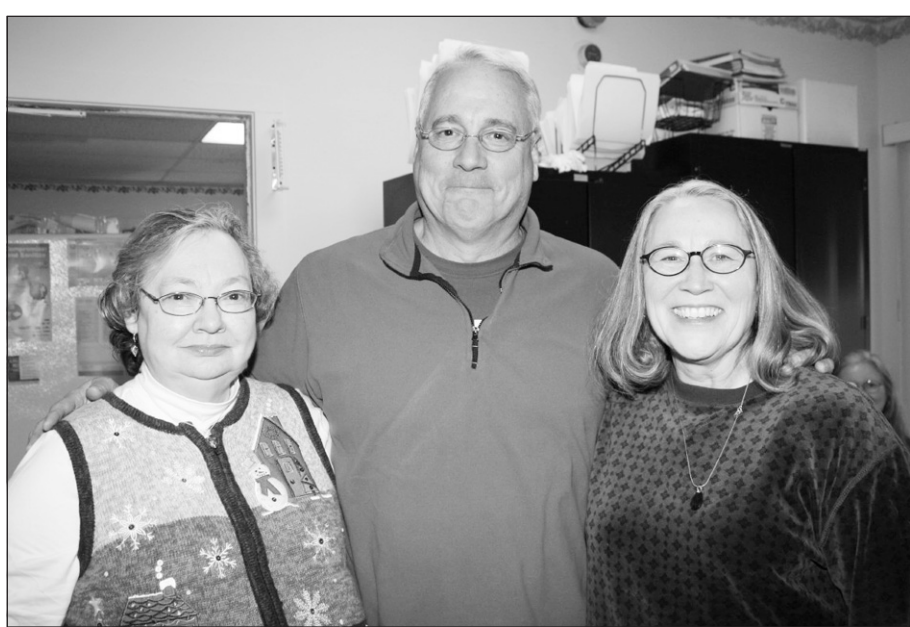
KY NAMI State Director Cathy Epperson recognizes Mayor Gary Cromer "For Outstanding Support and Service to Erase the Stigma of Mental Illness." Mayor Cromer has empathy for those suffering from mental illness and has a keen understanding of mental illness. Mayor Cromer has supported NAMI (National Alliance For Mental Illness) in each term he has served the city of Mount Vernon as Mayor.



Shown pictured are NAMI Program Coordinator Robert Shackelford, CRCCC Executive Director Danny Jones, NAMI KY State Director Cathy Epperson, NAMI Consultant Dr. Carolyn Reppert Morris, NAMI Cumberland River President Wayne Bullock, Treasurer Pearl West, Vice-President Kelley Coffey and Officer Cassie Kendrick. Dr. Morris is shown accepting NAMI Cumberland River plaque for "Outstanding Initiatives, Leadership, Support, and Services to erase the stigma of mental illness." Carolyn initiated the development of the first NAMI consumer/family affiliate in the U.S. and Cumberland River region in 1987. Several NAMI KY leaders including Mr. Ernest Bean assisted Mrs. Morris in this vital development effort to erase the stigma of mental illness. The current NAMI President, Wayne Bullock was one of NAMI's first officers in 1987 as the NAMI affiliate was first being formed, and has done much to erase the stigma of mental illness.



Jessica Blevins joins LPCA/S.A.C. Amanda Gullett and Bob Burns at Comp Care Community Day.



Case Manager Katherine Elkins (left) and Carolyn Reppert Morris, Team Manager of the Mount Vernon Comprehensive Care Center with former employee Major Dan Perry, R.N. who returns yearly to the annual Community Day in Mount Vernon.

"Comp Care"
(Cont. from C1)

substance abuse services. DUI assessments and DUI classes are offered. Carol Stutts; LPCA, Altha Pierce; LCSW, Carolyn Morris; MA, and R.N., Donna Saylor provide out-patient mental health services. Katherine Elkins, LSW provides Adult Mental Health Case Management Services. Tabitha Harris, Steve Bolton, and Devon Bussell are Child Family Interventionists who provide mental health services to children and adolescents in the Rockcastle County Schools. Alisha Gilreath, KY Impact Service Coordinator provides services to children and families in the community. This year 32 children were sponsored for Christmas. Afterschool program is of-

ferred once weekly at the center or Alternative School. The CRCCC summer program for children is offered after school year ends for children from ages 5-18 at the center.

The Therapeutic Rehabilitation program for chronically mentally ill clients operates daily from 8-3. The ADT program for adults with mental retardation/developmental disabilities operates at the center daily from 8-3:30.

The local Mt. Vernon Comp Care Center provides a vast array of services and programs. Dr. Enefino Corales, psychiatrist at the Mt. Vernon Center since 1976 was recently honored for his accomplished career in mental health serving the Mt. Vernon patients/clients in clinic since 1976.

The latest addition to our staff is Mrs. Wanda Collins,

ARNP who does out-patient clinics on Wednesdays and Thursdays. Jail triage services, 202A evaluations, and emergency psychiatric/crisis services are provided by Center staff as well as hospital consults. Tammy Carpenter is center receptionist and works closely with Dr. Enefino Corales and Wanda Collins, ARNP on clinic days. Debbie Bullock is in medical records. Jamie Lainhart does new client intakes. A long time employee Terry Osborne provides transportation to ADT and TRP programs daily. Linda Burton, long time TRP employee and Laura Hensley, TRP serve with Altha Pierce and Carolyn Morris in the TRP daily.

Helen Doan and Lyla Powell, both career ADT employees, serve the ADT individuals with new em-

ployee Tonya Stall and Mary Newcomb. Sheryl Luczak provides Adult MRDD Case Management services.

NAMI Cumberland River meetings are held monthly in the con-

ference room of the local Comp Care Center.

After hours crisis phone numbers for children with emergencies is 1-877-454-3702. Adults may call 1-888-435-7761 for emer-

gency services. If you need an appointment for mental health, substance abuse, or mental retardation services please call the office at 606-256-2129.



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Giving the gift of sight

Kentucky Vision Project provides care for 50,000

For more than 25 years, Kentucky's doctors of optometry have provided approximately \$2 million in free vision care to 50,000 low-income workers through the Kentucky Vision Project.

During this holiday season amid tough economic times, the Kentucky Optometric Association (KOA) reminds Kentuckians of this important service – as a way to give and receive the gift of eye sight.

“Regular eye exams are an important part of preventive health care,” said Julie Metzger Aubuchon, a doctor of optometry in Florence and president of the KOA. “Many eye problems have no obvious signs or symptoms, so people often are unaware that problems exist. Early diagnosis and treatment are important for maintaining good vision and

eye health, and when possible, preventing vision loss.

“These exams also can serve as the first line of defense in identifying diabetes, high cholesterol, multiple sclerosis and other serious medical conditions.”

The Kentucky Vision Project, which is funded solely by private donations, offers free eye exams and glasses to low-income families. Volunteer optometrists receive no compensation for their services or the glasses.

Here's how it works: Local offices of the Salvation Army, Community Action Centers and Kentucky Home Place screen each application using the federal poverty guidelines. People can contact one of those agencies in their area, download an application at <http://www.kyeyes.org/kvpapplicati850.cfm> or call 800-320-2406. The applica-

tion would then be forwarded to an agency in their area.

Approved applicants are assigned to participating doctors in the county where they live. If there is no participating doctor in their county, they are requested to list two alternative counties where they can travel.

Participating doctors of optometry throughout the state donate their examinations to determine the need for glasses. If the doctor determines glasses are required, a \$25 donation is requested for each family member receiving glasses. The voluntary donation helps offset the cost of the lenses, mailing costs and helps to keep the project ongoing.

“The Kentucky Vision Project allows people to make contributions in the name of another person as a tribute, gift or memorial,” Metzger Aubuchon said. “It's a wonderful way to both support the project and solve your gift-giving dilemmas.”

No government funds are used in this initiative. To make a donation, please visit www.kyeyes.org.

About the Kentucky Optometric Association:

There are approximately 550 doctors of optometry in Kentucky.

U.S. optometrists serve patients in nearly 6,500 communities across the country, and in 3,500 of those communities are the only eye doctors. Doctors of optometry provide two-thirds of all primary eye care in the United States.

Doctors of optometry are highly qualified, trained doctors on the frontline of eye and vision care who examine, diagnose, treat and manage diseases and disorders of the eye. In addition to providing eye and vision care, optometrists play a major role in a patient's overall health and well-being by detecting systemic diseases such as diabetes and hypertension.

Prior to optometry school, optometrists typically complete four years of undergraduate study, culminating in a bachelor's degree. Required undergraduate coursework for pre-optometry students is extensive and covers a wide va-

riety of advanced health, science and mathematics. Optometry school consists of four years of post-gradu-

ate, doctoral study concentrating on both the eye and systemic health. In addition to their formal training, doc-

tors of optometry must undergo annual continuing education to stay current on the latest standards of care.

Managing the onslaught of your holiday guests

For millions of Americans, the upcoming holidays mean more guests, more foot traffic and less space in your home. Recognizing that most of us have little time (and money) to prepare for the potentially overwhelming blitz of family and friends, The Art of Storage offers several useful tips to ready your home for overnight guests and make them comfortable without making yourself crazy.

•It's not just the guests, it's the germs. Give overnight guests different color towels

for their stay. This will help prevent the spread of germs.

•Ask guests to keep shoes in the mudroom, front hall or even the garage. No shoes in your house means less mud, dirt and slush tracking onto your floors.

•Have you collected a drawer full of mini-toiletries from recent hotel stays? Now is the perfect time to pull them out and put them to use.

•Are you short on closet space for guests' clothes and jackets? Get a free-standing utility rack like the Art of

Storage Utility Rack (\$59 at Target) where guests can hang coats, purses and clothes.

•If you need more beds, consider an air mattress. You can store it under the bed with the linens on.

•Living out of a suitcase can be tricky. Ensure there is enough shelving in the guest room so guests have areas to put their cell phones, laptops, reading materials and more.

•Give your guests a bag to separate and store their dirty laundry.

Hal Rogers supports Tax Relief Extension

U.S. Representative Harold “Hal” Rogers (KY-05) announced today that last night the House of Representatives has passed a comprehensive tax relief bill that provides small businesses with much needed tax certainty while helping working families through these tough economic times. The Middle Class Tax Relief Act, which heads to President Obama for his signature, will save nearly every taxpayer and small business from \$3.8 trillion in rate increases otherwise slated for January 1, 2011.

“At this eleventh hour, I am relieved that Congress has finally acted to provide some certainty to the many working families and small businesses facing a huge tax increase next year,” Rogers said. “Extension of these lower rates and job-creating tax provisions will allow southern and eastern Kentuckians to breathe a little easier this Christmas.”

The legislation, which maintains income tax rates at current levels for the next

two years, also extends the expanded child and dependent tax credits, and alleviates a spike in the estate tax, which often affects family farms and small business owners. Other provisions in the legislation include payroll tax reductions and the continuation of tax credits aimed at revitalizing low income and rural areas, incentives for mine rescue training and equipment, and an extension of unemployment insurance funding. Finally, the legislation encourages research and development of coal-derived transportation fuels and hastens efforts to energy independence.

Rogers has served Kentucky's 5th Congressional District since 1981. With a focus on economic development, job creation, fighting illegal drugs and preserving Appalachia's natural treasures, he has a reputation for listening to his constituents and fighting for the region he represents. For more information visit www.halrogers.house.gov.

Merry Christmas from the folks at Snack Shack



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Sherry Barron, Terri Woodall and Dicie Allen

Mamaw's Kitchen

By Regina Poynter Hoskins

STRETCH BURGERS

Stretch burgers are so named because it was a way of stretching a small amount of ground beef to feed a very hungry crowd. Growing up I thought these were the best burgers ever made. Later in life I stopped making these because I didn't need to stretch my budget so much. I've gone back to making them simply because I like the taste, plus it never hurts to save a little money.

1 1/2 pounds ground beef
2 eggs

Salt and pepper to taste
1 small onion, finely chopped

1/2 cup oatmeal, uncooked
Mix all thoroughly. Form into desired size patties. Fry in a hot skillet or grill until no pink inside. When done, place a hamburger bun on each and let sit for 2 to 3 minutes for bun to warm.

BAKED FRENCH FRIES

4 or 5 white potatoes

1 tablespoon oil

Salt and pepper

Preheat oven to 475 °.

Scrub potatoes and cut into 1/4- to 1/2-inch strips. Try to get the strips about the same size so they cook more evenly. Dry strips thoroughly on paper towels and

toss in a bowl with oil as if making a salad. When strips are thoroughly coated with the oil, spread them in a single layer on a cookie sheet and place in preheated oven for 35 minutes or until browned and crisp. Turn fries occasionally to brown on all sides. Sprinkle with salt and pepper before serving.

MAMAW'S COLESLAW

When Rhonda was in about the 3rd grade, as was Judy's habit, in the afternoon she asked Rhonda about her time at school. One day, Rhonda told her she had "clothes-all" for lunch. Judy was puzzled so she asked Rhonda what that was. Rhonda replied "It's that white stuff with carrots chopped up in it." Ah—that kind of clothes-all.

1 small head of green cabbage

1 or 2 medium carrots

3 tablespoons milk

1 cup Miracle Whip®

3 tablespoons sugar

Salt and pepper

Shred cabbage and carrots into a large bowl. In small bowl, mix remaining ingredients. Stir in vegetables until all is coated. Chill.

Scams and fraudulent charities

Attorney General and BBB caution consumers

Attorney General Jack Conway and the Better Business Bureau (BBB) of Central and Eastern Kentucky remind Kentucky consumers that the 'season of giving' is the perfect time of year for fraudulent charities and scam artists to prey on the generosity of others.

"Donations to reputable charities can help clothe a child or even provide a warm meal to a family struggling during these trying times," Attorney General Conway said. "I encourage Kentuckians to continue to open their hearts and wallets to those in need, but remember to give wisely."

General Conway's Office of Consumer Protection and the BBB say requests for donations increase during the holidays and consumers need to educate themselves before making a donation. Consumers can research a charity through the Attorney General's website as well as through the BBB.

"We urge consumers to check out a charity before donating to see if the organization is reputable," said Neil Kingery, President & CEO of the BBB of Central & Eastern Kentucky. "The BBB's Solicitation Advisory Program evaluates charities for compliance with 20 voluntary standards including how they are governed, how they raise and use donations, and how donations are divided between the actual cause and fundraising costs."

Tips for Giving Wisely

•Do your research. Ask for written information before giving so you can research the charity through the Attorney General's website <http://ag.ky.gov/civil/consumerprotection/charity/> or through the Better Business Bureau's (BBB) Wise Giving Alliance page at <http://www.bbb.org/charity-reviews/national/>

•Ask what percentage of your donation goes to the charity and what percentage goes to a paid solicitor.

•Donate to charities you know and trust and be careful to distinguish between similarly named charities.

•Don't be pressured into making a donation.

•Ask if the charity is registered with the Office of the Attorney General.

•Charitable solicitors are exempt from Kentucky's No Call law. However, under the Federal Telemarketing Sales Rule (TSR) a consumer may ask to be placed on the charity's Internal Do Not Call list.

Beware of Seasonal

Phishing Scams

Attorney General Conway and the BBB also urge consumers to be leery of seasonal phishing scams and malware campaigns that are sometimes disguised as requests for charitable contributions, electronic greeting cards, online shopping advertisements and credit card applications. One such scam the BBB has seen mimics a shipping/payment confirmation notice from the popular website Amazon.com, urging the recipient to click on links to "view their account."

"In reality, this email could fool a consumer into logging onto a legitimate-looking website and providing personal and financial information to a con artist, or it could infect consumers' computers with a virus," said Kingery. The BBB urges consumers not to open attachments or click links on emails like this, but to verify the communication by calling or logging into their accounts directly from the business' website.

Additionally, General Conway and the BBB ask that consumers follow these tips when shopping online this holiday season.

•Only deal with companies that you know and trust and that offer secure payment processing. Look for an "s" in the URL box (<https://www.>) and a padlock symbol to indicate the site is encrypted.

•Beware of contacts made on some of the popular "for sale" listing or auction sites that require you to wire money. Scammers know wired funds are much harder to trace and rely on services like Western Union or Money Gram for that reason. You should never wire money to buy consumer products.

•Be aware that if you are selling an item, you may be contacted by a con artist.

Gift Cards

Kentucky consumers should also be aware of changes to the Federal Electronic Funds Transfer Act that affect retail gift cards as well as bank gift cards, such as Visa and MasterCard. As a result of an amendment to the Act, retail gift cards and bank gift cards cannot expire for at least five years from the date the card was purchased or from the last date any additional funds were "loaded" onto the card. The federal law does allow for inactivity only after the card has gone unused for one year.

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From left: Melissa Slone, Jennifer Bowles, Amanda Mastin, Latasha DeBorde, Lisa Thacker, Amanda Price and Kendall Kilburn.
Not present: Charlotte Hansel

Open 9 a.m. to 11 a.m. Christmas Eve and closed Christmas Day.

TOUR SEKY hosts annual tourism forum

The Southern I-75 and Cumberlands Corridors received funding to create a tear off map that will promote attractions and destinations along both corridors. The Community Development Funds are monies available to the 47-county region which assist in regional improvement, enhancements and promotion.

TOUR has committed more than \$2.5 million in community development funds and has completed more than 420 projects. "I meet with corridor team members each month," said Maggie Bill, TOUR SEKY Community Outreach Specialist. "Each corridor truly worked as a team during the application process and applied for projects that would benefit the corridor as whole."

TOUR SEKY also recognized many of its volunteers during the luncheon. Awards included the "Rookie of the year, Governmental Impact Award and the APEX award which stands for Achievement, Professionalism, Ex-

cellence, and Xtraordinary in tourism.

More than 300 tourism professionals, elected officials and tourism related business participated in the event which included presentations from Dr. Steve Morse and Davis Avery. Morse is a well-known economist and professor. David Avery is Senior Vice President of the Tombras Group. Morse is a well known economist and professor. David Avery is Senior Vice President of the Tombras Group.

TOUR SEKY is an award winning initiative of Congressman Hal Rogers. The organization's mission is to educate, expand, develop and market the existing and potential tourism economic, cultural growth, health and awareness, and overall quality of life of the region. For additional information about TOUR SEKY visit HYPERLINK "http://www.tourseky.com" www.tourseky.com, or call 606-677-6093.

Vanzant attends Circuit Court Clerks Fall Meeting

Rockcastle County Circuit Court Clerk Teresa Vanzant participated in the 2010 Kentucky Association of Circuit Court Clerks Fall Meeting held Nov. 9-10 in Frankfort. The KACCC hosted the meeting and the Kentucky Association of Counties sponsored the event. The meeting included training for the clerks and offered 6.5 hours of continuing education credit. (Please see the list below for the name of your local circuit court clerk.)

Meeting the Challenge was the theme of the event.

"Circuit court clerks received timely training and updates at the meeting on essential topics for the functions of our office," said Jefferson County Circuit Court Clerk David L. Nicholson, who is the KACCC president. "The meeting also allowed clerks

the opportunity to discuss emerging trends in the courts and related issues."

The meeting included training sessions on Amanda's Law, the jury management system and bookkeeping. The clerks received updates from the Division of Clerk Services of the Administrative Office of the Courts, the KACCC Driver Licensing Committee and the Trust for Life program. Trust for Life is sponsored by the KACCC to promote organ and tissue donation through driver licensing and the computer-based Kentucky Organ Donor registry. The clerks also heard from Virginia Woodward, executive director of the Crime Victims Compensation Board, about restitution for crime victims. Presenters at the meeting included circuit court clerks and AOC personnel.

Dear Santa from Lisa's Little People

Dear Santa,
I love you Santa Claus. I would like a 4-wheeler, a toy one with a red switch to turn on. Ho! Ho! Ho! I love Momma, Dad and Jacob. I love my dog, Obie, and my cats, Chester and Miss Priss.

Love, Eli

Dear Santa,
Ho! Ho! Ho! I really want this new airplane jet (vacation) and this new vacation house and a slinky. I like Santa and I like everything. I also want a prince, princess and dragon costume. I love my Mom and Dad and my baby brother. I also love Reese.

Love, Camryn

Dear Santa,
I would like a Slinky. Snow is falling. I like my Mom, Dad and my brother, Isaac. Jesus makes snow. I like my friends. I would also like games for my DS. I want to build a snowman with Isaac. Merry Christmas!

Love, Aaron

Dear Santa,
I want Zoo Zoo pets for Christmas. A snake and dog too. I love Mom and Dad. Merry Christmas.

Love, Emma

Dear Santa,
Ho! Ho! Ho! I want toys for Christmas. I love Mom and Dad.

Love, Maggie

Dear Santa,
I want a bunch of toys for Christmas. I also want Zoo Zoo pets and a Cinderella costume.

Love, Haylee

Dear Santa,
I want a Buzz Lightyear costume and a robot for Christmas!

Love, Isaac

Dear Santa,
I want a football costume and that is it

Love, Marcos

Dear Santa,
I want a DS, Dora costume and Zoo Zoo pets.

Love, Amber

Dear Santa,
I would like a Barbie, Barbie clothes, a pretend kitchen set, dress up clothes, hats, sparkly gloves and perfume.

Love, Shelby

Dear Santa,
I want a toy jeep that you push around that slings mud. I also want Rocco the Zoo Zoo pet.

Love, Carson

Dear Santa,
I want a Dora and a doggy for Christmas.

Love, Kyleigh

Dear Santa,
Ho! Ho! Ho! I want a Batman toy for Christmas. I also want a tee-ball shirt, bat and ball.

Love, Isaiah

Dear Santa,
I want candy For Christmas. I also want two toys.

Love, Natalie

Dear Santa,
I want a real baby for Christmas. I love Mommy and Shelby.

Love, Delaney

Dear Santa,
I love my dog Daisy. Ho! Ho! Ho! I love mom, dad and Carson. I want Cinderella Toys and pink, blue and white toys.

Love, Addy

Dear Santa,
I want a Barney for Christmas.

Love, Breonna

Dear Santa,
I want a Tinkerbell for Christmas.

Love, Kenzie

Dear Santa,
Ho! Ho! Ho! I want everything. A fish thing, a Barbie. I love mom, dad and Aden.

Love, Lydia



TOUR Southern and Eastern Kentucky (TOUR SEKY) hosted its 10th annual tourism forum December 6, 2010 at The Center for Rural Development in Somerset, KY. The theme was "What's Cooking at your Destination." Shown in the above photo, third from right is Susam Tomes, Director of Rockcastle Tourism.

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Changes proposed by KFWC to elk hunting & modern gun deer season

The Kentucky Fish and Wildlife Commission at its quarterly meeting Dec. 3 proposed issuing 800 quota hunt elk tags for the 2011-2012 season and adding six days antlered deer hunting to modern gun deer season in Zones 3 and 4.

The Commission recommends all hunting, fishing and boating regulations for approval by the General Assembly and approves all expenditures by the Ky. Department of Fish and Wildlife Resources. All recommendations must be approved by legislators before they become law.

Commission members proposed lengthening the 2011 modern gun deer season in Zones 3 and 4 from 10 days to 16 days, matching the season length of Zones 1 and 2. The additional six days of modern gun deer season in Zones 3 and 4 would be for antlered deer (bucks) only.

The Commission also set the number of quota

hunt elk permits for next season.

In 2011, Kentucky Fish and Wildlife will issue 80 archery or crossbow bull permits, 120 firearms bull permits, 240 archery or crossbow cow elk permits and 360 firearms cow elk permits for the elk quota hunts. Hunters may apply for two of the four permit types, but will only be drawn for one.

In other elk-related business, the Commission proposed removing antler restrictions for bulls for the 2011 elk season. A bull elk hunter will be allowed to take any elk with visible antlers, eliminating spike bull tags.

Those hunters drawn for a branch-antlered bull elk tag this year cannot be drawn again for a period of three years. Commission members decided Friday that the three-year ban will not apply to those hunters drawn for a 2010 spike bull permit.

The Commission recommended limiting the first two weeks of elk ar-

chery season to bull hunters only, to alleviate overcrowding from the addition of cow elk hunters. Commission members also propose to ban people from mimicking the sound of an elk from Sept. 1 until the opening of the elk archery season on public land within the elk restoration zone.


In deer-related business, Lewis County Wildlife Management Area (WMA) will be open for the 9-day December muzzleloader deer season in 2011. The newly established Marion County WMA will have two five-day firearms deer quota hunts next fall. The area will remain open to statewide regulations for archery and crossbow deer hunting.


The next Kentucky Fish and Wildlife Commission meeting will be held at 8 a.m., Friday, March 4, 2011 at #1 Sportsman's Lane off U.S. 60 in Frankfort. Persons interested in addressing the Commission must notify the Kentucky Fish and Wildlife's Commissioner's office in writing at least 30 days in advance to be considered for placement on the meeting agenda. People who are hearing impaired and plan to attend the meeting should contact Kentucky Fish and Wildlife at least 10 days in advance and the agency will provide a translator. To request to address the commission, write to Kentucky Fish and Wildlife, Commissioner Dr. Jon Gassett, #1 Sportsman's Lane, Frankfort, Ken-

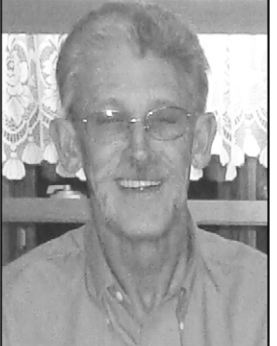
NOTICE

Daniel Boone Community Action Agency, Inc. is soliciting applications for a licensed, insured HVAC contractor to perform work for its weatherization program. The contractor must have all applicable licenses required to install HVAC units in the state of Kentucky. A meeting for all interested parties will be held on December 21, 2010 at 2:00 p.m. at Daniel Boone Community Action Agency 1535 Shamrock Rd. Manchester, KY 40962.

For more information on the meeting please call 606-598-5127. Daniel Boone Community Action Agency, Inc. does not discriminate on the basis of race, color, national origin, religion, age, creed, political affiliation, marital status, sex, or disabling condition. An Equal Opportunity Housing Provider, Employer and Drug Free Workplace.



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 Front row from left: Billye Shoemaker, Christina Headrick, Chelsie Hasty, Lavon Jett, Jamie Robinson, Evelyn Fletcher, Amelia Woodall, Michele Strunk and Darrell Stewart.

Not pictured: Callie Thomas, Carly Asher, Casey Hasty, Danny Hurley, Melissa Cotton, Billy Stewart, Tyler Holman and produce manager Gary Tyree.

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NRCS now accepting applications for WRP

The USDA Natural Resources Conservation Service (NRCS) in Kentucky is accepting applications for the Wetlands Reserve Program (WRP). Upcoming application ranking cut-off dates are Jan. 3, 2011; April 8, 2011; and June 17, 2011.

Applications are continually accepted and those applications received after the cut-off dates will be deferred until the next ranking cycle.

The WRP is a voluntary program offering landowners the opportunity to protect, restore and enhance wetlands on their property. Through this program, NRCS has provided Kentucky landowners with more than \$29 million to restore over 17,000 acres of cropland, pastureland and other altered lands to their original wetland conditions.

While NRCS purchases an easement and all management rights under the program, the landowner retains the rights to hunting and fishing and can keep, sell or will the land title.

The 2008 Farm Bill authorizes the Secretary of Agriculture to pay as compensation for a WRP easement the fair market value of the land, as determined by an appraisal or an area-wide market analysis or survey. The amount paid is limited to a geographic cap or the landowner offer, whichever is less.

NRCS has obtained a market analysis for many Kentucky counties and has established the easement compensation amount for cropland and pastureland.

This allows the landowner to know up front the amount NRCS will pay to purchase an easement on qualified land.

In 2010, NRCS, in partnership with the Kentucky Department of Fish and Wildlife Resources and other federal and state agencies, worked with 29 private landowners to voluntarily enroll more than 2,200 acres at an estimated purchase cost of over \$6 million, the highest amount ever in a single year for Kentucky. "Even with high crop prices and volatile land prices, this is a testament to the popularity of the program," according to NRCS Assistant State Conservationist Jack Kuhn.

Landowners can enroll their land under a permanent or 30-year easement option for a lump sum easement payment, and up to 100 percent of the wetland restoration costs. Eligible lands include farmed wetlands, prior converted cropland, farmed wetland pasture, farmland that floods from rivers and farmland with somewhat poorly drained soils. Eligible lands also include current or abandoned cropland with tile lines, drainage ditches, dikes or other similar alterations.

For more information about this program, please contact your local NRCS-USDA office. You may also call Kentucky Fish and Wildlife at 1-800-858-1549 for the name of the private lands biologist serving your area.

puts the applicant in the draw for one of the elk quota hunts held from October through December. In 2011, Kentucky Fish and Wildlife will award 800 permits. The elk lottery application costs just \$10 and would make an affordable and appreciated stocking stuffer.

For your loved one who loves to hunt and fish, get some of these practical gifts that last all year long. They will be used and appreciated, unlike yet another robe.

Author Lee McClellan is an award-winning associate editor for Kentucky Afield magazine, the official publication of the Kentucky Department of Fish and Wildlife Resources. He is a life-long hunter and angler, with a passion for small-mouth bass fishing.

Kentucky Utilities certificates make great Christmas stocking stuffers

With the holiday season upon us, and so many people left to shop for, give the gift that everyone can appreciate this year – a home utility gift (HUG) certificate from Kentucky



Mike Bryant, incoming Mt. Vernon Mayor, and Wanda Collins, ARNP enjoying Community Day at the Annual Mt. Vernon Comprehensive Care Center's Open House on December 10th.

Utilities Company.

A HUG is a gift certificate that credits the utility account of any KU customer. Instead of working like a traditional gift certificate, which can get lost or become obsolete if an establishment goes out of business, a HUG is a credit placed directly on a customer's account.

The credit is automatically subtracted from the customer's next bill. The purchaser receives a gift certificate to present to the

recipient indicating the amount of the purchase.

"Many families are on fixed budgets because of the skittish economy and are trying to manage their energy usage more wisely," said John P. Malloy, vice president of Energy Delivery – Retail for LG&E and KU. "These non-traditional gift certificates are the perfect idea for many shoppers because they are unique, convenient, and very practical for any recipient."

HUGS are especially

ideal for families in need, senior citizens, and young people just starting out on their own. Many customers also have purchased HUGS for non-profit and social service organizations to help them manage routine expenses throughout the year.

The certificates are available during normal business hours at all customer service walk-in centers. In order to credit the proper KU account, customers should be prepared to provide the address of the HUG recipient.

Kentucky Afield Outdoors

Easy, useful holiday gifts for the outdoor enthusiasts

For the outdoors enthusiast who already owns nearly every hunting and fishing gadget on the market, the gift of a Kentucky Sportsman's License or simply a Kentucky hunting and fishing combination license is always appreciated.

Who doesn't want a gift you actually need and will often use instead of a robe, socks, ties or a Snuggie? The Kentucky Sportsman's License saves \$50 over buying the licenses and permits separately. The Sportsman's License allows the recipient of the gift to hunt turkeys in the spring and fall and also hunt doves, small game and deer. They may also fish year-round for all species, including trout. The Kentucky Sportsman's License includes the combination hunting and fishing license, spring and fall turkey permits, trout permit, statewide deer permit and the Kentucky waterfowl permit, which also covers hunting migratory birds such as doves.

You only need a Federal Waterfowl Permit, commonly called a duck stamp available at post offices across Kentucky, along with a Kentucky Sportsman's License and you can hunt for everything except bear and elk. Another option is the \$20 Kentucky combination hunting and fishing license that saves \$10 over the cost of purchasing annual hunting or fishing licenses separately.

The buyer must know the date of birth and social security number of the person they intend to receive the gift license. Log on to the Kentucky Department of Fish and Wildlife Resources homepage at fw.ky.gov and click on the yellow "Purchase Licenses Here" tab to buy a license or you may purchase a license in the sporting goods section of department stores, tackle shops and hunting stores all over Kentucky. Make sure you click on the button for the 2011-2012 license year if you buy your license online. If you buy a license as a gift at a store, make sure the clerk sells you a 2011-2012 license and not the 2010-2011 license that ex-

pires Feb. 28, 2011.

Another great gift idea only costs \$15 and you get three things the outdoors enthusiast in your family will use often during the year: a one-year subscription to the award-winning Kentucky Afield magazine, the in-demand Kentucky Afield calendar and a copy of the popular and useful "Kentucky Afield" Deer Processing DVD, a \$33 value.

The Kentucky Afield magazine packs its pages with information and techniques for fishing and hunting opportunities across Kentucky. It is the best source for news from the Kentucky Department of Fish and Wildlife Resources. The Kentucky Afield calendar alerts outdoors lovers about upcoming hunting season dates, useful outdoor tips, interesting nature notes plus holidays and moon phases. It is a gift that gives all year long.

The "Kentucky Afield" Deer Processing DVD originally aired on the "Kentucky Afield" television show and remains extremely popular. The DVD informs the viewer how to simply process your deer from field dressing and skinning to the proper cuts for steaks and roasts. Orders placed by Dec. 15 will ship by Christmas, orders received after that date will mail Jan. 3, 2011. On the Internet, log on to the Kentucky Department of Fish and Wildlife Resources homepage at fw.ky.gov and then click on the Kentucky Afield Store tab at the top right of the page.

The Kentucky Afield Store also has Kentucky Afield embroidered hats that feature "Kentucky Afield" emblazoned over the state of Kentucky in camouflage, blaze orange and tan with a green bill. One hat designed for anglers features a largemouth bass jumping between the words "Kentucky" and "Afield." Each hat costs \$16. The store also has the popular "Best of Kentucky Afield Fishing" DVD for \$10.

You may now apply for the 2011 elk lottery. This



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From left: Robert Lay, owner David Collins, owner Shelly Clements, Chaz Cable, Becky Cox, Doug Clements and Randy Cromer. Not present: Logan Cable

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Community Action Agency, Inc.

Tamara Cox
County Coordinator

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Fourth Section

Thursday, December 23, 2010

Scenes from Brodhead Christmas Parade



John Dyehouse drove engine 14 of the Brodhead Volunteer Fire Department in Saturday's Christmas parade in Brodhead.



3rd District Constable Joe Bussell was the grand marshal in the Brodhead Christmas parade, now called the E.J. Taylor Memorial Parade.



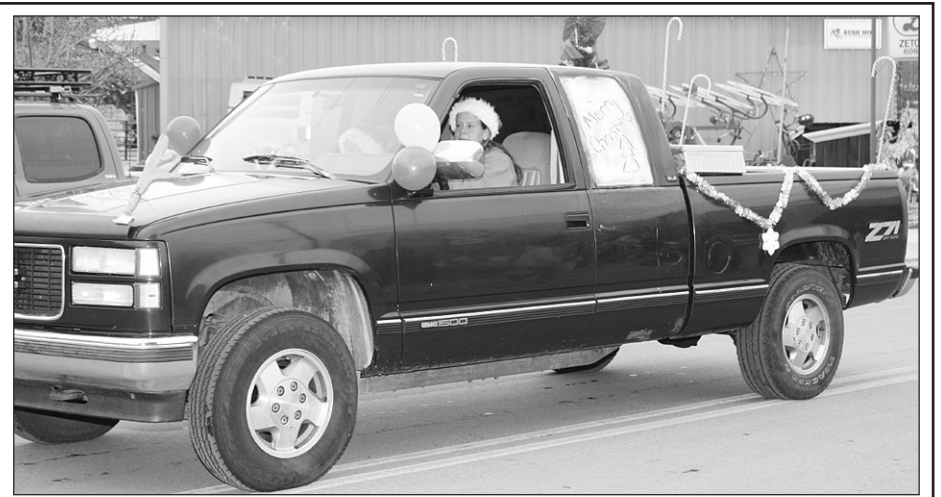
Harold Taylor drove his vintage Chevrolet in Brodhead's Christmas parade last Saturday.



The Brodhead Volunteer Fire Department drove their engine truck in the Brodhead Christmas parade last Saturday.



Michael, Bernice, Ashley and Christopher Whitehead participated in the Brodhead Christmas parade last Saturday.



Robin Taylor and family participated in the Brodhead Christmas parade last Saturday.



To all our friends
both far and near,
"Merry Christmas"
and
"Happy New Year."

May Santa deliver all
you've hoped for,
Like good friends,
good health,
And good times
galore!



From left: Tootle, Danny, Rita, Jackie.

Brodhead Farm Equipment

"Downtown Brodhead" • 758-9532 • Open Mon. - Fri. 8 to 5, Sat. 8 to 12



Dustin Reynolds, Jordan Whitaker, Derrick Pittman, and Devin Hasty rode their horses in Saturday's Christmas parades at Mt. Vernon and Brodhead.



Joe McIntosh, Tim McIntosh and Nick McCollum rode their horses in both the Mt. Vernon and Brodhead Christmas parades.

Harris Burton rode his bicycle in the Christmas parade at Brodhead last Saturday. Winners of the Brodhead Christmas Parade were: 1st place Skeggs Creek Baptist Church, 2nd place Rockcastle County High School FFA, and 3rd place Roy and Bernice Beasley of Brodhead. All three entries also participated in the Mt. Vernon Parade which was held earlier in the day.



Roy Beasley shows off his trophy during the Brodhead Christmas Parade for having the best entry in the Mt. Vernon Christmas parade. The Kiwanis Club sponsored the best entry in the Mt. Vernon Christmas parade.

Anthem  

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.

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

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

The Signal will be closed Dec. 23 - Jan. 2
There will be NO paper the week of Dec. 30th



We're Checking It Twice...

And you're at the top of the list of people we'd like to thank this year!
It's always a pleasure seeing you.



Dr. Lee, Marcia, Rachel and Aidan Cain

Richmond Street Eye Care

Located on Richmond Street • Mt. Vernon • 256-3937
Closed Christmas Eve & Day and New Year's Eve & Day

MERRY
Christmas

May you and the ones you care for enjoy a happy and healthy holiday season.

We thank you for your patronage throughout the year and look forward to serving you in the coming year.



Front row from left: Regina Rice, Cindy Lou Noe and Tiffany Smith.
Back row from left: Kelley Hoskins, Chris Sowder, Perry Noe and Robert Miller.

Not pictured: James Noe and Larry Cook.

Mt. Vernon Automotive



Main St. - Mt. Vernon • 606-256-2147

We will be open Christmas Eve at 7:30 a.m. to ?
Closed Christmas and New Year's Day.

RHR celebrates Christmas with families



Residents at the Rockcastle Health and Rehab Center pose for a picture during the Tree Lighting ceremony that was recently held at the center.



Resident Clarence Jackson placing his ornament on the tree at the Rockcastle Health and Rehab Center during their tree lighting ceremony held recently. Residents and their families spent an evening together making Christmas memories.



Charlotte Keeton spent time shopping for kids and grandkids during the Rockcastle Health and Rehab's Tree Lighting, shopping and Christmas party.

*Merry
Christmas
and
Happy
New Year
from
our family
at the
Mt. Vernon
Signal
to you
and yours!*



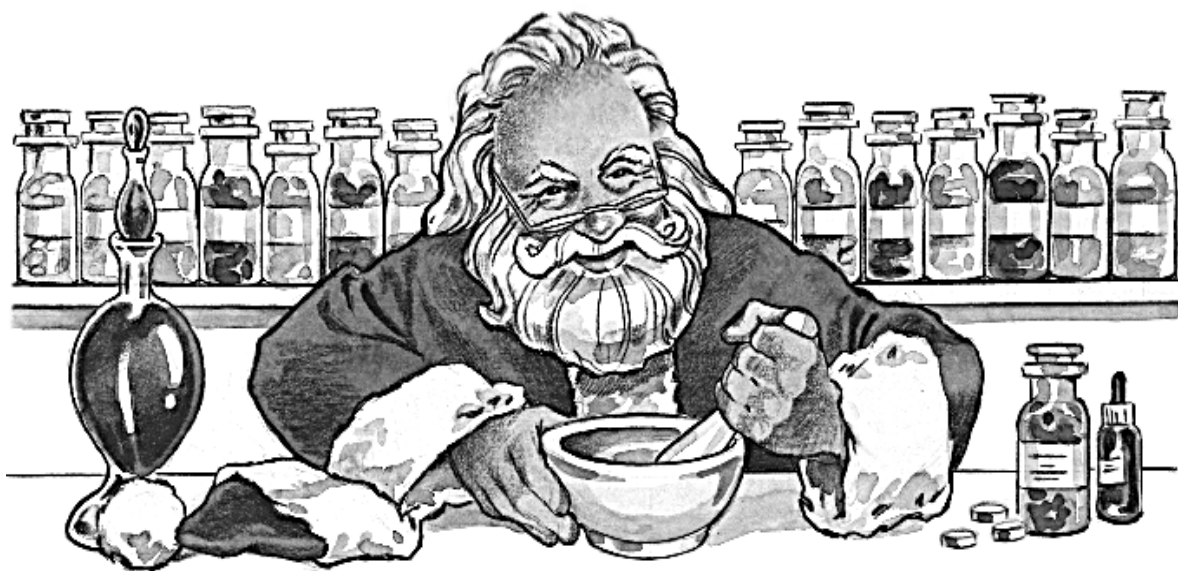
Resident Bob McMillen gets help wrapping his gifts from Trish Harmon and granddaughter Mackenzie King.



Leslie Lunsford's family places her ornament on the tree at the Rockcastle Health and Rehab Center.



Residents at the Rockcastle Health and Rehab Center spent a little time "shopping" for their loved ones, thanks to members of First Baptist Church in Mt. Vernon who provided gifts for the residents to choose from for "free". In the above photo, Administrator David Dickerson with resident Ruby Braughton.



Have a Happy and Healthy Holiday!

We're dispensing our best wishes and they include a large measure of thanks to our loyal customers. We truly appreciate your trust in us.



Front row from left: Vernie Conner, Ashley Rector, Teresa Shafer and Sandra Durham. Back row from left: Alma Hoggard, pharmacist Tracy King, pharmacist Tim Young, and pharmacist Ed Talbot.

With Our Gratitude



To all our friends we hold so "deer," a very Merry Christmas and a Happy New Year.

Thank you for your kind patronage.

Joseph B. Clontz, CPA
Main St. • Mt. Vernon • 606-256-3623

ROCKCASTLE

PROFESSIONAL PHARMACY

Newcomb Avenue • Mt. Vernon • 606-256-4613

Open until 10 a.m. Christmas Eve • Closed Christmas & New Year's Day



season's greetings

From our team to yours,
our very best
wishes for a
Merry Christmas
and a
Healthy New Year



ROCKCASTLE REGIONAL HOSPITAL

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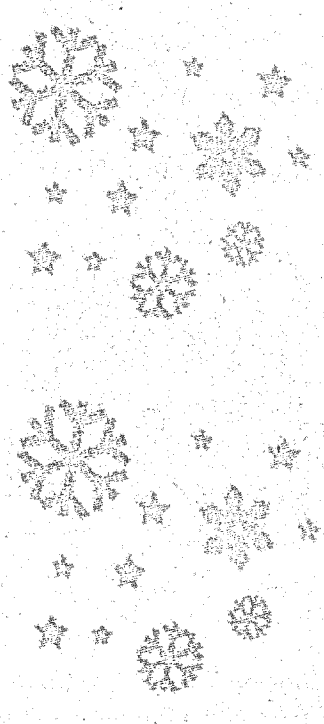
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 Timothy Young
 Vernie Conner
 Shirley Cromer
 Janet Day
 Sandra Durham
 Patricia Harmon
 Alma Hoggard
 Tracy King
 Ashley Rector
 Teresa Shafer
 Edgar Talbott





Santa, aka John Holbrook, was on hand at the Tree Lighting ceremony held at the Rockcastle Health and Rehab Center. Along with Santa were members of First Baptist Church Nicole Helton and her son Noah.



Bonnie Jackson's daughter placing her ornament on the tree at the Rockcastle Health and Rehab Center in Brodhead.

*more
scenes
from
RHR
Center
Christmas
Party*



Resident Lavern Long shops with help from Kevin Fletcher, a member at First Baptist Church ,

Merry Christmas

*May peace and joy come
to you during this holy season*



Teresa Witten • Mary Mathis

Mathis Insurance Agency

Auto • Life • Home



Mary Mathis, Agent

20 Church St. • Mt. Vernon • 256-0047

**MERRY
CHRISTMAS**



*Karen Durham, Brandi Abney
and Sherry Cox*

Not shown: April Hatfield and Carla Rowe



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*Dr. Matthew Tackett and staff
would like to thank
all of our patients for giving
us the opportunity to serve you.*

To all we wish a

**MERRY
CHRISTMAS**

**and a New Year filled with
health, peace and prosperity.**



Dr. Matthew Tackett, massage therapist Angela Banks, Gari Sue Thacker and Kim Shaffer

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

High school seniors may now apply for Byrd Scholarships

The Kentucky Higher Education Assistance Authority (KHEAA) will be accepting applications for Robert C. Byrd Honors Scholarships through Feb. 1, 2011. Students who will graduate from a Kentucky high school or earn a diploma through a home school program during the 2010-2011 academic year are eligible to apply. The scholarships are worth up to \$1,500 a year for four years of college.

Qualified seniors can apply using Zip Access at www.kheaa.com. After the application period ends, high school officials will have until Feb. 15 to select the applicants the school wishes to submit for consideration. Applicants must be recommended by the high school they attend to be considered for a Robert C. Byrd Honors Scholarship. The number of applicants a school may submit depends on the school's total enrollment. Home schools may nominate one student. Kentucky high schools with an enrollment of:

- 1,500 or more may nominate five applicants;
- 1,000 to 1,499 may

nominate four applicants; •500 to 999 may nominate three applicants; and •fewer than 500 may nominate two applicants.

The Byrd Scholarship is named for longtime U.S. Sen. Robert C. Byrd of West Virginia, who authored the legislation establishing the program in 1985. Historically Kentucky has received enough funding to award 84 scholarships each year; 14 from each of the state's six congressional districts. Recipients are chosen by an independent panel based on academics, community service, school involvement and school recommendation. For more information about Byrd Scholarships, call Danny McGaughey at (800) 928-8926, ext. 6-7391.

To learn how to plan and prepare for higher education, go to website address www.gotocollege.ky.gov. For more information about Kentucky scholarships and grants, visit website address www.kheaa.com; write KHEAA, P.O. Box 798, Frankfort, KY 40602-0798; or call (800) 928-8926, ext. 6-7372.



Jayna Singleton placed 2nd in the 25-Yard Backstroke at the recent Wildcat Aquatics Invitational at the University of Kentucky out of 88 swimmers from Kentucky and Ohio in her age group. Jayna is ranked in the State of Kentucky's Top 10 in each of the four primary strokes for her age. She is ranked #2 in the 25-Yard Backstroke, #6 in both the 25-Yard Breaststroke and Butterfly, and #9 in the Freestyle. Jayna swims for the Lake Cumberland Hurricanes USA Swim Club based out of Somerset, KY along with her brother Evan and sister Julianna. The Hurricanes are coached by Barry Garner, who also is the Head Swim Coach of Somerset High School. Jayna is the daughter of Derrick and Kimberly Singleton and granddaughter of Phil and Kay Singleton and Glen and Sue Cromer, all of Mt. Vernon.



Money Tips for Students

Learn about how to pay for college

If you have decided to go to college or you are already there, you have made a smart money move. Kentuckians with bachelor's degrees typically earn \$15,000 more a year than people with high school diplomas.

But you need to find the best way to pay for that college education, preferably with money you do not have to pay back. These tips from the Kentucky Higher Education Assistance Authority (KHEAA) may help.

Your best source of financial aid information will be the financial aid office at your college. A typical financial aid package includes grants, scholarships and student loans. You may also be able to work part-time to reduce the amount of money you have to borrow. Check with your financial aid office to see if you qualify for the work-study program. You can also look for a job off campus.

The amount of state and federal financial aid you receive is determined by a formula set by Congress. To find out how much you may qualify for, you and your parents need to fill out the Free Application for Federal Student Aid (FAFSA), available online at

www.fafsa.ed.gov. If you are applying for a term that starts after July 1, you cannot file before Jan. 1 of that year.

If you are already in college, you should file a FAFSA to reapply for financial aid each year.

Your school may require an additional application for its grants and scholarships. Check with your financial aid office to find out.

A college education increases your earning potential and opens many doors of opportunity. But keep in mind that when you take out a student loan, you are borrowing against your future earnings. Borrowing responsibly may improve your quality of life in the future. Before taking on a lot of student loan debt, you should research the salaries earned by entry-level workers in your intended occupation.

To learn how to plan and prepare for higher education, go to www.gotocollege.ky.gov. For more information about Kentucky scholarships and grants, visit www.kheaa.com; write KHEAA, P.O. Box 798, Frankfort, KY 40602-0798; or call (800) 928-8926, ext. 6-7372.

GEAR UP

Mathematics help prepare students for life

It happens to someone every day. A tire goes flat. A bill gets lost in the mail. The phone number to the doctor's office is out-of-service. People encounter problems of one sort or another that they must solve. Whether they are large or small, they require the same talent, that ability called problem solving.

When most people hear "mathematics," they think of numbers. Certainly, numbers are a large part of the

subject. But what students continuously do with those numbers is solve problems. Students who study mathematics are not only preparing for tests they must take to get into college, but they are also building skills they will use for a lifetimes, regardless of what career they choose.

Before a student even moves on to higher education, it's important to have math skills. At Eastern Kentucky University, for ex-

ample, students must have a math ACT score of 19 or above to begin taking college level math classes. If their score is 18 or below, they must first take a developmental math class, for which they receive no credit. Most colleges require some standardized test score for admittance and a big part of that exam is always math.

Russell Brown, Director of Undergraduate Studies in the Department of Mathematics at the University of Kentucky, says, "Students should take as much mathematics as possible in high school and they should take

advanced courses when possible. Students with a strong background in mathematics will find that they have more options when they arrive at college."


Brown goes on to explain that the specific classes required vary according to the major area of study. To be admitted to an

engineering program at UK, for example, the student should be ready for pre-calculus, which requires an ACT math score of 23. Students in other fields, however, will be prepared for their areas of study if they have some background in Algebra II. Those who are uncertain about their career

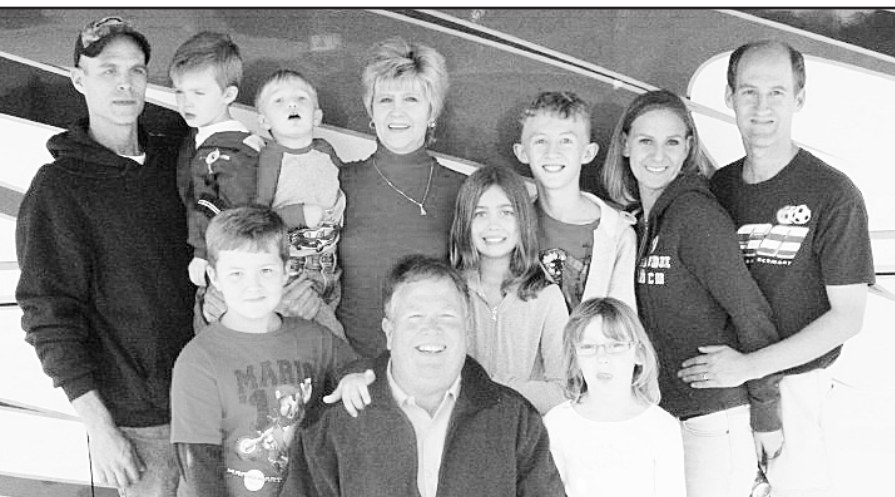
path will benefit from a strong math background that they can draw on whatever they decide to pursue.

EKU statistics professor Patti Costello explains that the math class many take for the general education credit moves beyond math prob-

(Cont. to D8)



*This is the season
to rejoice and celebrate
the birth of our Saviour,
Jesus Christ.*



Front row: Tristan Winstead, Dale Winstead and Brianna McClure.
Back row from left: Jeff Winstead, Conner Bailey, Hunter McClure, LaVerne Winstead, August Winstead, Roy Scott Winstead, Mindy Winstead and Roy Scott Winstead.

**Merry Christmas &
Happy New Year**
from
**Appliance Service
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CHRISTMAS BLESSINGS

from the folks at

Brodhead Tobacco & Tanning

*With sincere best wishes to all
during this season of peace and joy.
We're so glad to have friends and
neighbors like you.*



Shown in front: Mike Brown with "Chance Brown" - Security
Shown back row from left: Krissy Saylor, Sue Brown, Ginny Todd,
David Brock, Danyelle Flynn and Debbie Santon

Hwy. 150 • Brodhead • 606-758-4328
Closing at 6 p.m. Christmas Eve • Closed Christmas Day • Open regular hours New Year's Day

4-H Speech Contest Winners and Participants



Winners of the recent 4-H Speech Contest were: Laiken Coffey, John David Hurley, Logan Miller, Makayla Roberts, Breonya Napier, Lauren Prewitt, Zoe Burdette and Brookelyn Smithern. All of the winners will participate in the area Communications Day in April at North Laurel High School.



9 year olds participating in the 4-H Speech Contest were, front from left: Zoe Burdette, Melanie Mink and Daya McGuire. Back row from left: Brookelynn Smithern, JacyRayn Strunk and Caroline White.



Other participants at the 4-H Speech contest were, front from left: Logan Miller-11 year old, Ronnie Bradley-11 year old and Makayla Roberts-11 year old. Back row from left: John David Hurley-13 year old, Sara Roberts-11 year old, Laiken Coffey- 16 year old and Emily Adams-11 year old.



10 year olds participating in the 4-H Speech were: Sheradyn Cox, Breonya Napier, Pamela Miller, Lauren Prewitt, Cora Machel, Abby Fletcher, Peyton Bowman, Kira Owens, Keaton Renfro, Kayla Doan, Samantha Bullock and Morgan Mason. Not pictured: Aleya Powell and Cade Burdette.

“Gear Up” (Cont. from D7)

lems to connecting them with the real world. “This course tries to cover topics that students may not have

seen in their math classes in high school. They teach students topics of finance that could include loans and credit cards,” Costello says.

She also points out the importance of other math knowledge. “Geometry

skills are useful when you need to measure things and figure out for example how much paint it would take to paint a room. Statistics literacy has become a necessary skill to be able to interpret a lot of information pre-

sented in the news, such as medical studies.”

Costello also notes that math skills are necessary for even the most basic adult decision, like whether to live in an apartment or buy a house. She also says, “Having a problem solving approach can answer nonmathematical questions such as whether or not to take a particular job. The reasoning and logic skills

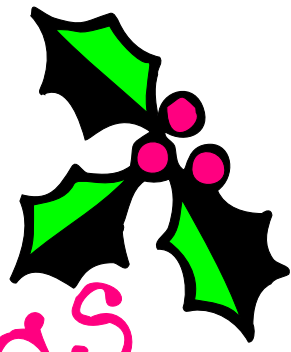
that you learn in math classes can be very helpful.”

Dara Evans, Associate Admissions Director at Berea College, sees math as an important part of creating a well rounded student. “Being successful in math will help you be successful in life,” she says. Evans also points out that one benefit of being well-rounded is that students don’t truly know what they will be do-

ing for their entire careers. “Most individuals switch jobs three to four times in their careers. It might be that you think you will not need math in the future, but you should be prepared in case you switch jobs.”

So whether preparing for school, career or life, math skills are imperative. Do the math!!

Merry
Christmas



from

Kentucky Farm Bureau Insurance

Mt. Vernon • 256-2050



Front row from left: Susan Lovell, Marlene Lawson and Christa Taylor. Back row from left: Connie Woods, William K. Bullen, Betty Sue Bullen, Shelley Mullins and Stacie Thacker.

Farm Bureau will be closed December 23rd, 24th and 31st.



we'd like to join you and your family in giving thanks to our Lord for His love and guidance, just as we thank you for your trust and support this past year.

Coffey & Ford, PSC Attorneys At Law

Willis Coffey and John D. Ford



From left: Willis Coffey, Tracy Mink, Nicole Nicely and John Ford

Closed December 23rd, 24th and 31st

Mount Vernon Signal

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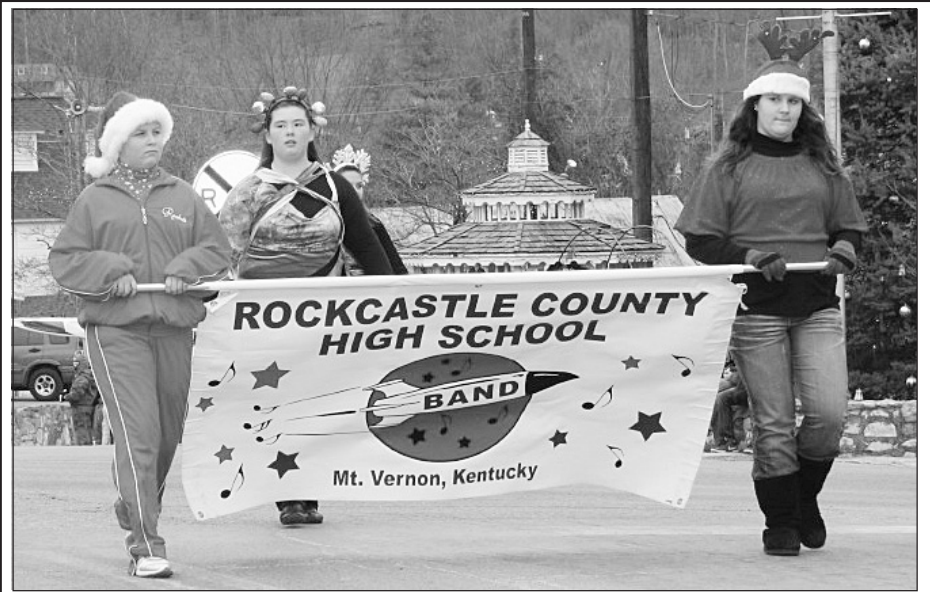
Fifth Section

Thursday, December 23, 2010

Scenes from Mt. Vernon Christmas Parade



The RCHS Band performed for both the Mt. Vernon and Brodhead Christmas parades last Saturday.



Presley Cromer and Caitlin Daugherty carried the banner for the RCHS Band which marched in both Mt. Vernon and Brodhead's Christmas parades.



RCHS Colorguard members Sarah Burdine, Laiken Coffey and Heather Bradley marched through the Christmas parades in both Mt. Vernon and Brodhead.

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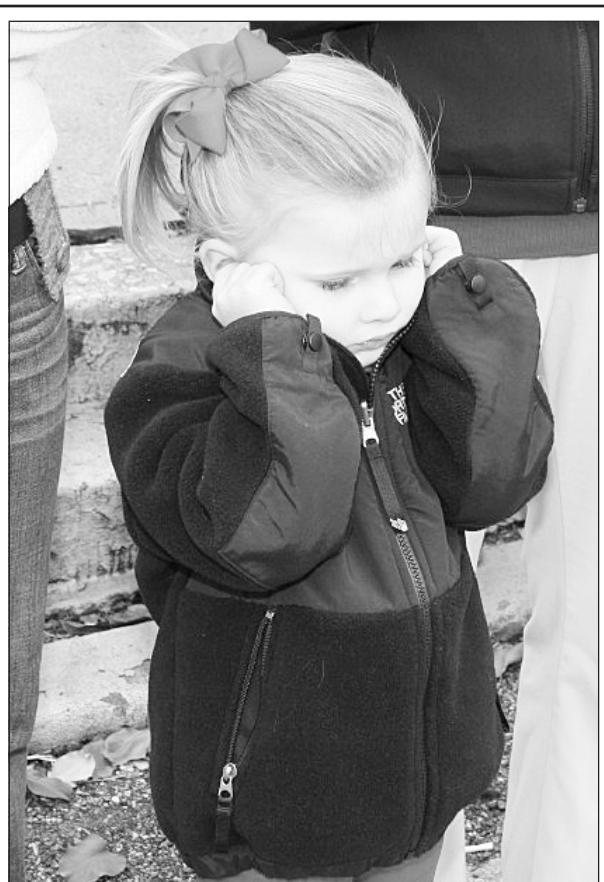
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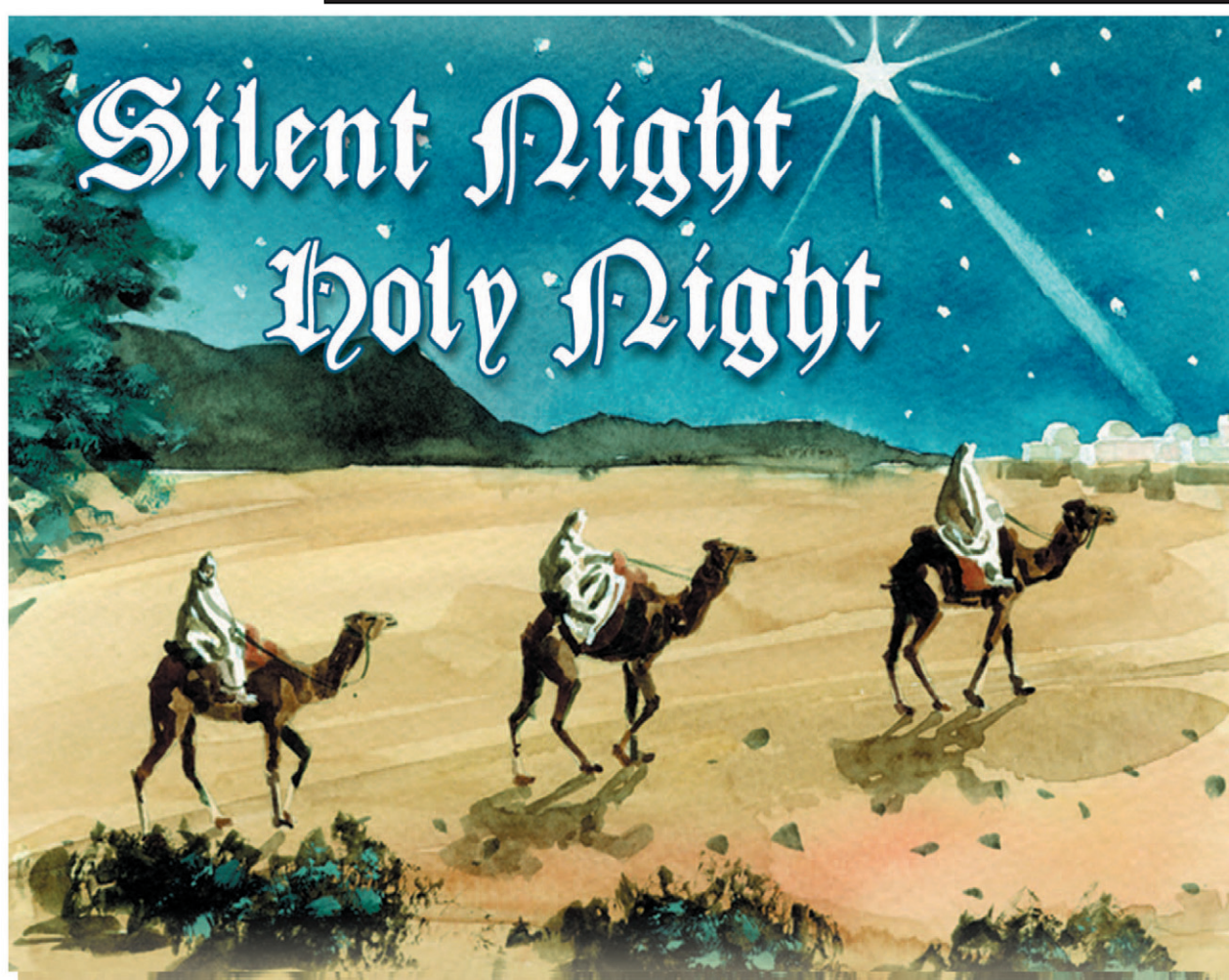
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VISIT OUR SHOWROOM



Allie Payne, daughter of John and Angie Payne of Mt. Vernon, enjoyed the Christmas parade, just not the sound of the sirens from all of the firetrucks and ambulances.



Happy Holidays to You and Your Family

Sigmon Farm

Bill & Nancy Sigmon and family

DOWNLOADING OUR THANKS

Whatever's on your program this holiday season, we hope it's filled with harmony and joy.

We really appreciate your doing business with us and look forward to seeing you in the new year.

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May you and your loved ones be inspired by the true meaning of

CHRISTMAS

and its enduring message of peace, faith and love during this holy season.

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(Inside Alumni Bldg.)
US 25 North
305 Estill St.
(Berea Hospital Lobby)

Mount Vernon
350 Richmond Street

Hours

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 Wal-Mart Super Center 10:00-8:00 Mon.-Sat.
 Drive-Up Window 8:00-5:00 Mon.-Thurs.
 8:00-6:00 Fri.
 8:00-12:00 Sat.

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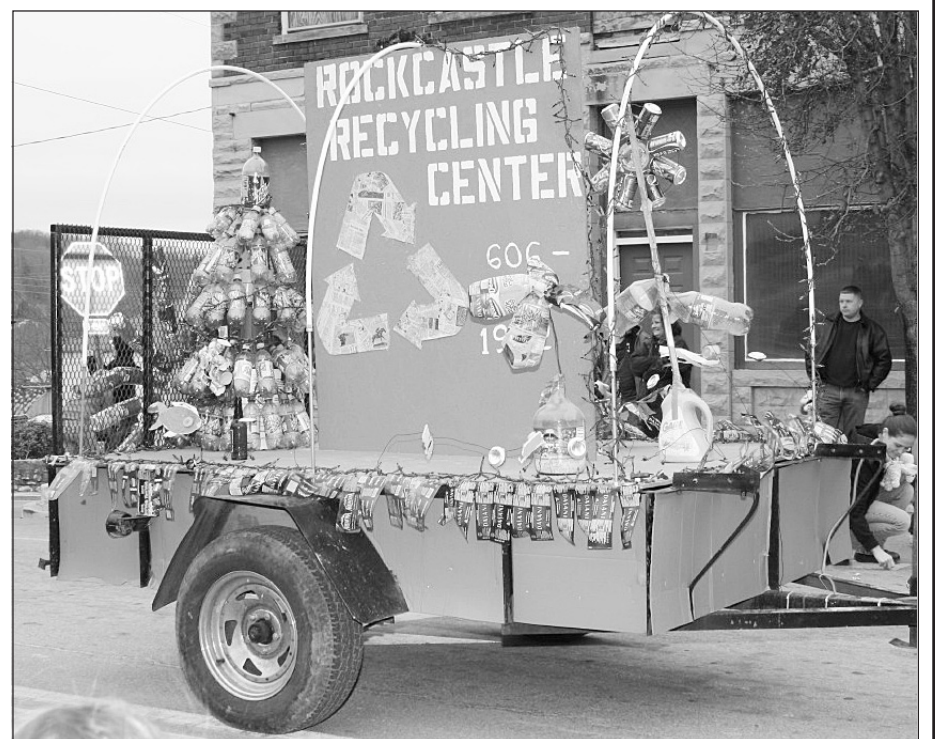
Mt. Vernon Boy Scout Pack 263 rode in the Mt. Vernon Christmas parade last Saturday. Members of the pack that participated in the parade are: Cub Master Jim Bowman, Austin Vanwinkle, Larry Vanwinkle, Logan Bowman, Eli Price, Logan Vanwinkle, Benjamin Tyler, Jeremiah Blevins, Caleb Whitaker, Daniel Mason, James Vanwinkle, Michael Allen, Peyton Bowman, and Kyle Cash.



Nikki Renner and Tina Miller rode in a float during the Mt. Vernon Christmas parade last Saturday.



The Skeggs Creek Baptist Church youth group members Ben Whitaker, Jarrett Carpenter, Emme Barker and Madelyn Bullen rode in a float during both the Mt. Vernon and Brodhead Christmas parades.



The Rockcastle Recycling Center showed off ways to be festive and earth friendly with their float during both the Mt. Vernon and Brodhead Christmas parades.



The Stallworth family participated in the Mt. Vernon Christmas parade. Jessica and Aaron Stallworth are on the 4 wheeler, and Jack, Jackson, Jacky and Dawn Stallworth.



Rockcastle EMS employees Dharlene Wilson and Jeff Brock handed out stuffed animals to the crowd during the Mt. Vernon Christmas parade.

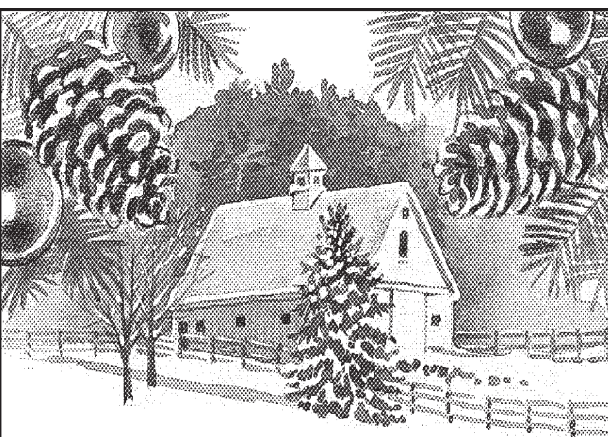


Mt. Vernon Fire and Rescue Chief David Bales and passenger Lorrie Santo drove the city/county's rescue truck through the Mt. Vernon Christmas parade.

MERRY CHRISTMAS

from your friends at the

Rockcastle County P.V.A. Office



With You In Mind At Christmastime

May you and your family enjoy the many blessings that give true meaning to the holiday season. We feel privileged and blessed to have you as our neighbors.

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256-0079

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Christmas Eve

Closed Christmas Day

Open

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Day

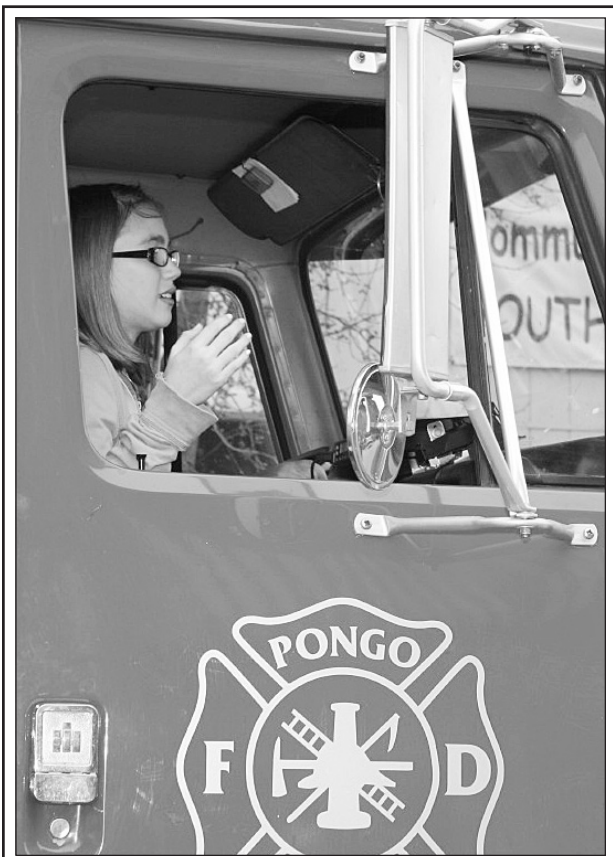


*Janet Vaughn, Cyndie Offutt, Ruth Thompson,
Margaret Offutt*

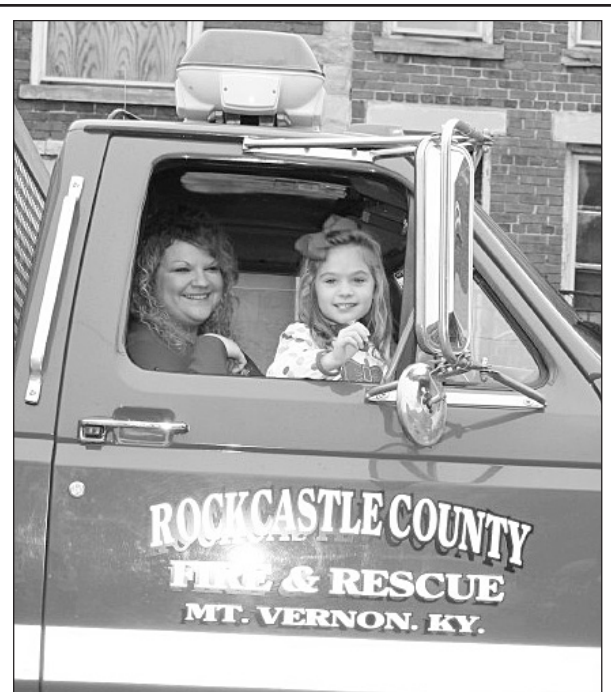
Third Floor Courthouse

Telephone 256-4194

Closed Dec. 23rd & 24th and Dec. 30th & 31st



Marina Blevins hitched a ride in the Pongo Volunteer Fire Department fire truck during Mt. Vernon's Christmas parade.



Autumn Bales and fireman Adam Bales, along with their daughter Halli rode in the county's fire engine during the Mt. Vernon Christmas Parade.



Emily Cheeks, a member of the Skeggs Creek Baptist Church helped pass out toys for the little ones during Mt. Vernon and Brodhead's Christmas parades.



Brodhead Mayor Walter Cash rode in both the Mt. Vernon and Brodhead Christmas parades.



Kiwanis members Gary and Gertha Mink participated in both Mt. Vernon and Brodhead Christmas parades.



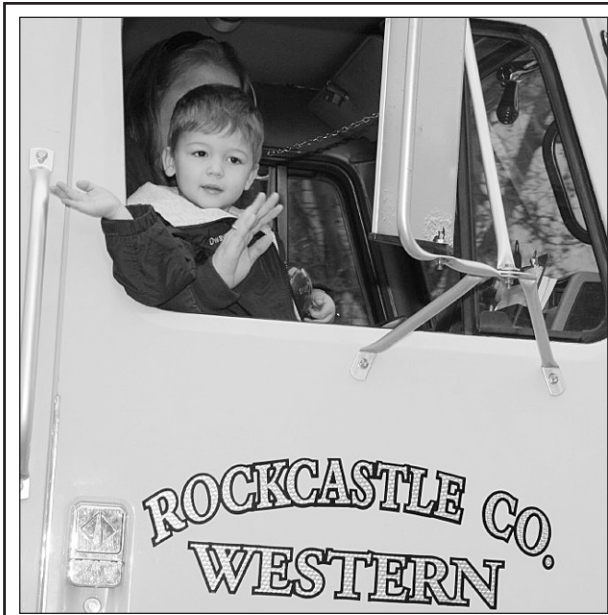
Mt. Vernon Fire and Rescue Assistant Chief Jack Weaver, along with his wife Kathy and grandchildren Keaton, Carleigh and Ciera McClure rode through the Christmas parade in the city's fire engine.



Donavon, Candice and Monica Bishop rode their 4 wheeler in the Mt. Vernon Christmas parade.



Lumber King employees Tiffany Renner and Samantha Miller drove their golf cart through the Mt. Vernon Christmas parade.



Dwayne Clark, of Willailla, rode in the Western Rockcastle fire truck during the Christmas parades in Mt. Vernon and Brodhead.

Signal office will be closed
December 23rd through
January 2nd
No paper next week!

*With Best Wishes
At Christmas*

To all our customers, neighbors and such,
Your visits this year have meant so much to us!
Your patronage, friendship and your kind attitude,
Have given us lots of reasons for gratitude;
That's why we really mean it when we display,
Our best wishes to you for a great holiday!

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M E R R Y
Christmas!
from
**Rockcastle Circuit Court Clerk
Teresa Vanzant**



Front row from left: Austin Miller and Teresa Vanzant.
Back row from left: Marsha Olinger,
Chief Deputy Clerk Brenda McKnight, Doris Cromer, Crystal Griffin,
Teresa Amis, Eliza York, Joyce Allen and Renita Blanton.

Closed December 23rd - December 25th and
December 30th - January 1st

Rockcastle County Courthouse • Mt. Vernon • 606-256-2581

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Mt. Vernon Fire and Rescue members Ricky Santo and Jordan Bales drove the truck that was used to start the Mt. Vernon Volunteer Fire Department in 1937. The truck is a 1937 Ford.



Members of the RCHS FFA Chapter were on hand during the Mt. Vernon and Brodhead Christmas parades. In the above photo are, Sarah Pigg, Amy Hale, Elizabeth Lawrence, Haleigh Riddle, Brittany Adams, Kayla Reynolds, Kristen Bullock, Skylar Holcomb, Dylan Hensley and BB Cameron.



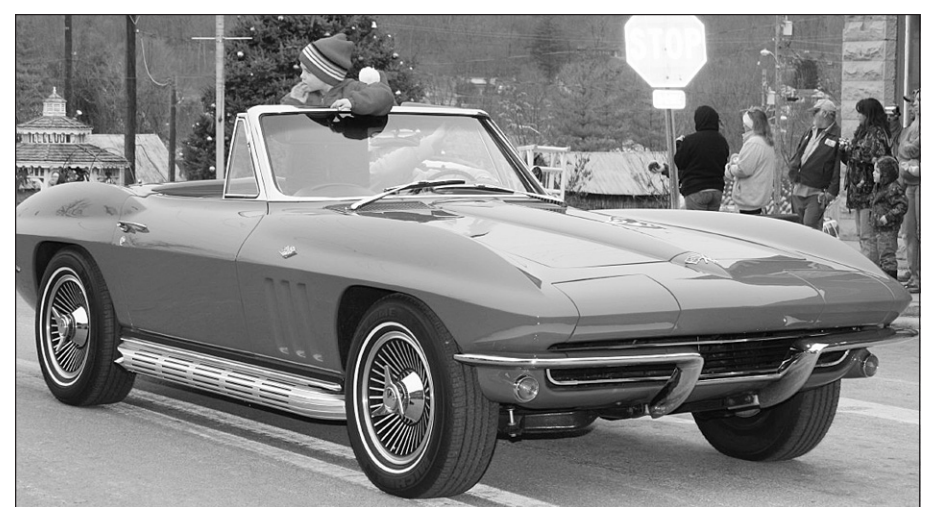
Renfro Valley Entertainment Center participated in Saturday's parade in Mt. Vernon.



Laverne Winstead and grandson Tristan Winstead rode in Mt. Vernon's Christmas parade. Mrs. Winstead was driving a 1995 Indy Pace Car.



Gary Nicely and grandsons Douglas and Dawson threw candy to the crowd in both Mt. Vernon and Brodhead's Christmas parade last Saturday.



Dale Winstead and grandson Conner drove their 1965 Corvette in Mt. Vernon's Christmas parade.

We share the same
JOYS OF THE SEASON.

May this Christmas season
bring you the joy of family
and friends.



Seated: Teresa Jackson. Back row from left: Tiffany Kincaid and Melissa Wilson.

Teresa Jackson
Insurance Agency

Teresa Jackson, Agent

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HOLIDAYS**

Our best wishes to all
our customers.

We appreciate your patronage
in 2010 and look
forward to serving you
in 2011.



David and Millie Eaton, David Eaton, Jr., Pauline Eaton,
Rodney Mullins, Nathaniel Mullins, Steve Robbins,
Eric Wallin, Matt Mullins

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Closed Christmas Eve, Christmas Day and New Year's Day



Roy and Bernice Beasley drove their Kubota, pulling Frosty in both the Mt. Vernon and Brodhead Christmas parades.



Mike Mink of Calloway drove his old time taxi in both the Mt. Vernon and Brodhead Christmas parades.



Wendy's and Marathon employees Jody Carter, Abby Stephens, Jack Stephens, Zach Stephens, and Savannah Renner rode in the Mt. Vernon Christmas parade.



Dale and Glenda Jo Hensley and their children Emma and Isaiah rode their dune buggy in the Mt. Vernon Christmas parade.



The Family Room

By: Dr. Roy Don Whitehead

Peace on Earth Begins at Home
 "Peace on Earth" seems an unlikely option this Christmas. War continues in Afghanistan and in many other countries around the world. People are killing each other even in places where there is no war. "There is no Peace on Earth" seems a more likely conclusion to draw. For those optimistic enough to believe that peace is a possibility, where should they begin? "Peace on Earth" begins at home. Violence at home is still the most likely reason for a woman to be killed. Violence at home scars the children and injures the adults. Violence at home spreads fear and anger throughout the household.

Couples have told me, "Our children don't know we fight." This is almost certainly not true. The children have most likely overheard Mom and Dad fighting when the parents thought they were asleep. Even if the children have not heard, they "know." Children have a sophisticated radar system that is tuned in to Mom and, secondarily, to Dad. When Mom is happy, they know it. When Mom is scared, they also know. While they may not have seen the actual conflict, they sense that something is amiss. They know that Mom is upset and Dad is angry. Violence at home affects them even if they have never seen it.

It is still true that most of the violent acts at home are committed by men. Yes, women are also capable of violence, but men lead the way. Ninety percent of the time, the male is the abuser.

What is it that makes some men so violent? Why is "peace on Earth" simply a pipe dream for many couples? The culture in which they live gives men permission to be violent.

They grow up with heroes like Arnold Schwarzenegger, the governor of California, who is The Terminator on the big screen and allegedly treats women as playthings in private life. They watch professional wrestling which degrades women and glorifies violence. Their buddies may agree with them that sometimes it is necessary to "discipline the little woman" in the same way that children are disciplined.

The culture is not entirely to blame for male violence. Those who do become violent often have themselves been treated violently or have witnessed violence as children. When Dad abuses them or they see him abuse Mom, they become angry. Their anger then comes out later in life, often at women, the same target that Dad chose.

Men who desire "Peace on Earth" must stand up and say that violence is not a part of what it means to be a man. The macho, machismo image of a "real man" must be laid to rest and replaced by the picture of a gentle-man who is tender and loving with his children and his wife.

Men who want peace must speak up and not tolerate violence. Men who want peace must not sit idly by while other men abuse spouses and children. Men who want peace must create a society which does not tolerate male (or female) violence.

Some countries have much less violence than the United States. The murder rate in the United States is far from being the lowest in the world. Violence in America begins at home. Let's stop it there.

Family Life Abuse Center offers help to victims of domestic violence. Call 800-755-5348. An advocate who understands domestic violence will take your call.

Hark! The Herald Angels Sing; Glory To The Newborn King

And the angel said unto them, Fear not; for, behold, I bring you good tidings of great joy, which shall be to all people. For unto you is born this day in the city of David a Saviour, which is Christ the Lord.

Luke 2: 10-11

Wishing you tidings of great joy this holiday season and beyond.

Merry Christmas and Happy New Year

from the families & staff of

William D. Reynolds County Attorney



Front row from left: Patty Kirby, Tammi Martin and Kathy Robinson. Back row from left: asst. county attorney Jerome Fish, Josh McKibben, and county attorney Billy Reynolds. Not pictured: Julie Adams and Amanda Bussell.

Central Body Service

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Santa Claus, aka John Holbrook, got a lift in a fire truck in both Mt. Vernon and Brodhead's Christmas parades last Saturday.



Vincent Fish, and Dylan and Jason Allen rode their bikes in the Christmas parade at Mt. Vernon.



Lola Swinney drove the RTEC trolley through the Mt. Vernon Christmas parade last Saturday.



Ralph Carpenter drove his International tractor in the Mt. Vernon Christmas parade.

*Signal office will be closed
December 23rd - January 2nd.
No paper will be published next week.*



HAPPY HOLIDAYS

*from
Rockcastle County Judge-Executive Buzz Carloftis
and the
Rockcastle County Fiscal Court*

May this great season find each of you in health and good will
for your neighbors and families.

Our personal wishes for a
Merry Christmas and Happy New Year.



Front row from left: magistrate Jan Stevens, Vicky Miller, Court Clerk Patricia Martin, and magistrate John Holbrook.
Back row from left: magistrate William Denny, magistrate Billy McKinney, County Judge-Executive Buzz Carloftis, magistrate Ralph Allen, County Attorney William Reynolds and County Treasurer Joe Clontz.



Rockcastle Librarian Pam Chaliff drove the all new Bookmobile in Saturday's Mt. Vernon Christmas parade.



Wendell Thacker and family drove their horse drawn buggy in both the Mt. Vernon and Brodhead Christmas parades.



KFC manager Denise Wallin and Wendy's/Marathon manager Chris Settles drove the KFC Chicken through the Mt. Vernon Christmas parade.



By Don White

Since I was knee-high to Little Jimmy Dickens, it's been a goal to get a record deal in Nashville.

Heading south on I-65 toward Music City last week, I know in just a few hours I'll be meeting the man committed to making my dream come true.

But it's unimaginable that my first ever appearance on the stage of the Grand Ole Opry will occur on the same day.

The lyrics to Lady J. Dalton's "16th Avenue" cross my mind as the Nashville skyline comes into view....and I think about all "the cowboys, drunks and Christians"....even people with records, who have come before me.

I have traveled the road alone in my old jalopy, but feel surrounded by the presence of many of the greats of country music.

A love of music dates back to the early 1960s when my mom worked at a J. J. Newberry store in a rural Kentucky town.

Every month she would bring home discarded magazines like "Hit Parade" and I would spend countless hours reading and committing the lyrics to memory.

By the time I reached second grade, I knew the words to every popular song of the day.

My first public appear-

ance came when I walked to the front of the classroom one morning and belted out "I'm Gonna Sit Right Down And Write Myself A Letter." From that humble beginning, I advanced on to radio and television, singing along to songs on local radio and American Bandstand.

I thought I sounded great. Nobody ever told me I didn't.

Not until I got married. My new wife said I "couldn't carry a tune in a bucket."

It was clear the honeymoon and my ambitions to be a singer were over.

That's when I started collecting records.

Over the years, what began as an innocent hobby got out of hand.

There were more than 5,000 albums lining the walls of my basement when I turned to eBay as a means of paring down my collection.

The new owner of 1,000 of my albums lives in Nashville and agreed to accept my offer to deliver them to his house.

Almost from the moment Kevin Ferrell and I shake hands in the front yard of his home, it is clear we are "birds of a feather."

While helping him transport the albums from the trunk, front and back seats of my car into his house, I

learn interesting details of his life.

The friendly 40-year-old immediately comes across as a good ol' southern boy, but grew up on the outskirts of New York City.

Ten years ago he left a state job to pursue a career as a songwriter and moved to Nashville.

"I decided I didn't want to grow old not knowing if I could make it or not as a songwriter," he says, noting his idol is Glen Campbell, and he has a particular fondness for his rendition of "Rhinestone Cowboy."

After spending his first two years in Nashville as an employee of the Opryland Hotel, he began working at the historic Ryman Auditorium in downtown Nashville.

Ask him what his job title is, and he searches for an answer before replying...."I take care of the Ryman."

The Grand Ole Opry show is held at the Ryman during winter months, and Kevin invites me to join him there for a tour as the building is being made ready for the weekend performances.

He even agrees to take my picture as I don a cowboy hat and sit at center stage, pretending to strum a guitar.

His love for the old brick structure shines through as he takes me to all three floors and into dressing rooms named for and decorated in honor of people like Johnny Cash, Dolly Parton and Hank Williams.

The job brings him into direct contact with some of the biggest names in the business and he calls Vince Gill and Little Jimmy Dickens "two of the nicest people you'll ever meet."

(Cont. to E8)

Yards to Paradise

Sunroom, Florida Room, Solar Greenhouse

Sunny and cold weather set me to thinking about keeping warm while doing our part to go green and also raise a few flowers and veggies. I mean, not only can an attached solar room on a southern side of a home help with the heating bill, you can also feel warm and smug as you walk on past high priced imported produce at the grocers.

There will be objections to this concept, I am confident. But, if city or subdivision covenants or ordinances don't get in the way, I am also confident such a solar greenhouse can save on winter heating, add oxygen to the indoors in winter, and offer fresh food a few feet from the kitchen.

Gardeners often wish for a greenhouse, a potting shed, a few raised beds to get a start on spring planting, and so forth. Usually greenhouses are separate buildings. They may be state of the art, or humble plastic-wrapped homemade structures not much bigger than cold frames. I encourage anyone to consider an

attached room with lots of glass that can function not only as a greenhouse, but as a passive solar heating system. (If this would not be practical on your current home, file the thought until you decide to build that home in the country and make an attached sunroom for growing things part of the blueprint for the new building from the get-go.)

Sunny rooms with lots of glass to let in light and sunshine are sometimes called Florida rooms.

Actually, in Florida, they also put up curtains, blinds, etc., to reduce sun in these rooms in the hottest of weather, but that's getting off the subject. An atrium is another word for a well-lit area of a home that is conducive to plant life.

The solar greenhouse takes the sunroom to a higher, better level.

Growing lettuce, kale, cabbage and the like can be done in all but the coldest climates in a greenhouse. Growing tropical things may be a challenge in the north, but in the south where it may get into the twenties in winter you can do all the

delicate things you want in a solar greenhouse.

Having an attached solar greenhouse enables opening doors to the home and letting hot greenhouse air heat the house in the daytime, saving on electric, gas or stove wood. Such savings could be substantial if the greenhouse is constructed properly. All the more so if brick or stone or concrete (rather than wood) is what the wall is made of adjoining the home to the greenhouse, for then thermal mass heating will be released slowly over the hours when the sun is not beaming in.

Having plants in a home enables absorption of carbon dioxide and release of quality oxygen for human consumption. Rather than a few house plants, you can have a whole garden growing in the next room!

Finally, the convenience of fresh produce just steps from the kitchen. Can't get any fresher (nor more organic if you're inclined to utilize such practices). It's just a quick walk to harvest the parsley, nasturtiums or kale for the dish you're planning to serve the family at dinner.

The author is a landscaper. Contact by email: waterfallsinyards@yahoo.com

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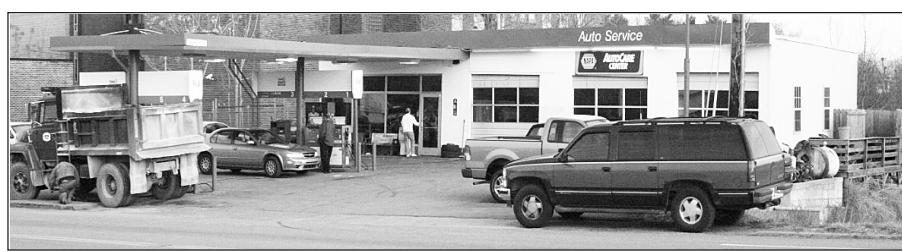
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Local students attend KY Youth Assembly

The Rockcastle County High School Student YMCA donned their professional attire and set out for Louisville and Frankfort, November 21 - 23, to attend the 2010 Kentucky Youth Assembly (KYA). The Kentucky Youth Assembly is a Youth-in-Government program designed to provide hands-on experience in the Executive, Legislative, and Judicial branches of government. The overall goal of the conference is to teach the mechanics of government and to impress upon students the importance of active participation to the success of a democracy. Fundamentally KYA exists because "Democracy Must Be Learned By Each Generation". For three days, students role play the various roles integral to the operation of a state government, including State Representative, Senator, Lobbyist, Media Press Corps, Supreme Court Justice, Governor, and more.

There are four major avenues of participation in KYA. The first and largest is the Legislature. Students write and debate bills addressing the most important issues facing Kentucky. RCHS students participating in the Legislative session included Brittany Adams, Senior Leadership Team Member and Committee Chair. RCHS also had two Legislative Bill Author teams. The first team consisting of Heather Clontz, Rachel Johnson, Rachel Martin, and Alexis Young, authored Legislative Bill #47 - "An Act to require all medications containing the ingredient Dextromethorphan (DM) to be obtained by prescription only". This bill was highly ranked in Legislative Committee (placing in the top 20 legislative bills presented at the conference) and passed on to be heard in the House of Representatives at the Capital by student legislators based on debatability, feasibility, creativity, importance to the Commonwealth, and preparation/presentation. The second team consisting of authors Hannah Eaton and Ashton Arvin presented Legislative Bill #48 - An Act to include body mass index (BMI) screening as a requirement for children in public schools in grades 1, 4, 7, and 10. This well-researched and well-prepared bill was heard in two separate Combined Committees and, while it was not passed out of Committee, it created a great deal of debate on the topic. Both of these legislative bills will be reviewed by Kentucky Representative Danny Ford to be considered as potential topics for actual Kentucky legislation in the future. Several of Kentucky's existing laws, and more which are currently on the docket for the next General Assembly, were first debated and passed by student legislators at KYA.

The second area of participation is the Judicial Program (Supreme Court). Teams of advocates, after researching actual judicial cases, present oral arguments concerning Constitutionality before appointed Youth Justices. RCHS students participating in the Judicial Program included Derek Jones, Supreme Court Justice, and an Advocate Team consisting of sophomore, Matthew Gonzalez, junior Taylor Greene, and senior Ethan

Miller. Taylor Greene was selected by student judicial participants to serve as a Supreme Court Justice at the 2011 KYA conference.

The third avenue is the Premier Legislative Program. Modeled after the Legislative Program, it serves as a training ground for future legislators and is designed for freshmen students and sophomores who are new to KYA. RCHS Premiere Participants included John Hughes, who was elected to serve at the 2011 KYA Conference as the Premiere Speaker of the House. RCHS also had a Premiere Bill Author team consisting of Jacob Taylor, Brianna Burdette and Rebekah Ponder, who presented Bill #P22 - "An Act to Legalize the Sale of all Fireworks in the State of Kentucky". This Premiere bill was highly ranked and passed both the Premiere House and Senate and was signed by the presiding Premiere Lieutenant Governor.

The final program, open to seniors and select juniors, is the Congressional Program. In the Congressional Program, students debate bills of national importance. Senior, Starla Bond presented House Bill #8 - "An Act concerning the safety of childhood vaccinations". The bill, co-authored by Senior, Marie Poynter, passed both the House and Senate and was signed by the presiding Legislative Governor. Junior, Robert Reynolds, also participated in the Congressional Program, presenting many outstanding speeches during pro-con debate in the House.

In addition to the four major program areas, students also serve in other specified roles. RCHS students participating in these roles included: Parliamentarian, Jerika Robbins; Media Corps Members, Hannah Bullock and Sarah Woodall; Lobbyists, Bailey Lake and Will Walker, and Conference Life Committee Member, Starla Bond. Several Rockcastle County High School students were individually recognized for their outstanding performance at KYA. Senior Legislators, Kara Canterbury and Samantha Payne, and Premiere Legislator, Jacob Taylor, received Outstanding Speaker Awards for their exceptional speeches given during pro-con debate.

Also attending the conference from Rockcastle County was home school student, Evan Singleton. Evan presented Premiere Bill #25 concerning animal cruelty which was passed by both the Premiere House and Senate, and signed by the presiding Premiere Lieutenant Governor. Evan also received an Outstanding Speaker Award.

All Outstanding Speaker Award recipients received an invitation to apply to attend the Conference on National Affairs (CONA). The weeklong event, held at the YMCA Conference Center in beautiful Black Mountain, North Carolina, brings the brightest students from across the nation together to debate issues of national or international concern.

The Rockcastle County High School Student YMCA is very active in the local community and the state, providing both civic education and com-

munity service. The Y Club counts on parents and community members for support to help provide student scholarships to attend activities such as the Kentucky Youth Assembly (KYA), the Kentucky United Nations Assembly (KUNA) and the Conference on National Affairs (CONA) and to provide civic education activities for the community.

To learn how you can help support the RCHS Student YMCA, contact club sponsors Holly Robinson at email address (holly.robinson@rockcastle.kyschools.us), Adam Coleman at email (adam.coleman@rockcastle.kyschools.us) or Anita Nation (anita.nation@rockcastle.kyschools.us).



On November 12th, three Welding students from Rockcastle Area Technology Center competed in the Central Kentucky Welding Classic held at Hughes-Jones Harrodsburg ATC. Shannon Mink, Joel Lakes, and Andrew Sowder competed against 15 other schools from across the state. They placed 6th as a team. Welding instructor, Sherman Cook would like to thank them for their dedication to welding and for representing their school.

*Signal office will be closed December 23rd - January 2nd
No paper published week of December 30th*



from everyone at Main Street Pharmacy



From left: Tara Brown, Allie Alexander, Jeff Smith, pharmacist Danette Craig and Kevin Craig.



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