

Mount Vernon Signal

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Thursday, February 3, 2011



Mikala Rollins and Jewell Jackson of Willailla look at two of the puppies that were up for adoption on Tuesday at the Rockcastle County Animal Shelter. Shelter volunteer Chris Trump, right, helped Director David Carpenter adopt out 35 dogs on Tuesday alone.

Mt. Vernon man arrested for calls made

By: Sara Coguer
A Mt. Vernon man was arrested last Saturday for making threatening calls to a Somerset hospital.

Todd Croucher, 46, of Mt. Vernon, was arrested at his residence by State Trooper Chris Ison after State Police Post 11 in London was contacted by the Kentucky State Police Headquarters in reference to bomb threats being made to the Lake Cumberland Regional Hospital.

During Ison's investigation, he learned that the threatening calls, which began late night on Friday, January 28th, were coming from a phone

number which belonged to Croucher.

Croucher was arrested and charged with one count of Terroristic Threatening, 2nd degree, two counts of Terroristic Threatening, 3rd degree and five counts of tampering with physical evidence.

Croucher is lodged in the Pulaski County Detention Center under a \$10,000 cash/property bond and will appear in court on Wednesday, February 9th.

Trooper Ison was assisted in the investigation by Trooper Coby Smith and State Police Sergeant Lafe Owens.

Misunderstanding leads to outcry at local animal shelter

By: Sara Coguer

A misunderstanding, during a phone call to the Rockcastle County Animal Shelter Monday morning, galvanized animal lovers from all over to practically storm the shelter and adopt 53 of its occupants by Tuesday afternoon.

Several reports early

Monday morning that the shelter was going to put down all of its 55 occupants because they were getting ready to remodel was not quite right.

According to County Judge-Executive Buzz Carloftis, shelter director David Carpenter told a caller from Frankfort that the shelter was going to

have to put many dogs down due to overcrowding. The fact that the shelter was being remodeled was also mentioned by Carpenter, but the remodeling is to help with the overcrowding, not the cause of the dogs being put down, Carloftis said.

The person from Frankfort then sent sev-

eral emails, including to news agencies in Lexington, that the euthanasia was taking place Tuesday morning.

Carloftis, who was unaware of the date for the euthanasia, only heard about the uproar late Monday afternoon and

(Cont. to A12)

Kiwanis Club hosts candidate David Williams

By: Sara Coguer
The Kiwanis Club held their monthly meeting last Thursday afternoon at Rock Fire Steakhouse, and Kentucky Senator David Williams was the featured speaker.

Williams is running for the Republican nomination for governor, along with Agriculture Commissioner Ritchie Farmer, his running mate for Lt. Governor.

After Kiwanis President Billy Reynolds finished with club business, Senator Williams spoke for about 45 minutes on various activities that the senate hopes to accomplish during this legislative session, including taking a look at Kentucky's tax structure,

in an effort to make it more "job friendly."

He also stated that his ideas for getting new jobs to Kentucky included looking at infrastructure (roads, water, sewer) and making sure they are in

(Cont. to A12)

USFS logging plan draws criticism at group meeting

A plan by the U.S. Forest Service, known as the Crooked Creek Vegetation Management Project, to commercially log, and spray herbicides in areas, on 365 acres of the Daniel Boone National Forest on the hills above Climax Spring and other national forest lands about 1.5 miles west of the Great Saltpetre Cave, has drawn opposition from several local residents. That opposition, particularly to the part that involves the spraying of herbicides, was voiced at a meeting of over 30 opponents on Monday night at the Appalachian-Science in the Public Interest (ASPI) office in Mt. Vernon.

The meeting was moderated by Jim Scheff of Kentucky Heartwood, a non-profit conservation group, who told the crowd that the forest service had prepared their scoping document and "it does not match up with what is found on the ground." Scheff said the forest service was using a model from the 60s, which does not apply to the forest at present, to

justify the cutting and that the herbicide would be used to kill undesirable tree species in the clean cut areas such as maple, black gum, etc.

That was the major

concern for those gathered -- the fear that the herbicide would leach into ground water poisoning springs and wells in the area. And, the danger to endangered bats in the

many underground caves in the area.

Scheff also pointed out that although the herbicide has a half life in

(Cont. to A11)

Spoonamore sentenced to 12 years imprisonment

Eddy F. Montgomery, Commonwealth Attorney for Rockcastle, Lincoln and Pulaski Counties, announced that on Wednesday, February 2, 2011, a Rockcastle County man was sentenced to 12 years imprisonment on firearms charges.

According to Asst. Commonwealth Attorney, Jeremy A. Bartley, who handled the prosecution, Joe Michael Spoonamore, 36, originally pled guilty in January to first degree possession of controlled substances in front of Judge

Jeffrey T. Burdette.

While awaiting sen-

(Cont. to A12)

Blood Drive at MVES

Attention parents of students at Mt. Vernon Elementary and community members. The Kentucky Blood Center is having a blood drive Monday, February 7 from 2:30-7 p.m. in the cafeteria at Mt. Vernon Elementary.

If your child is a student at MVES, they will receive a special gift be-

(Cont. to A12)

Clerk at Rite Aid helps stop shoplifter

By: Sara Coguer
A would-be shoplifter at Rite Aid was stopped by a brave clerk and then arrested.

Erica Stewart, 29, of Brodhead, was arrested Sunday around 1:30 p.m. after observant clerk

Bethany French caught Stewart shoplifting several items from the store.

French followed Stewart from the store into the parking lot while calling 911 and told

(Cont. to A12)



Over 30 people attended Monday night's meeting at the ASPI office in Mt. Vernon, concerning the U.S. Forest Service plans to log in eastern Rockcastle County in the Daniel Boone National Forest. The meeting was held by Kentucky Heartwoods, a volunteer conservation organization.



Kentucky Education Commissioner Terry Holliday, right, is shown above with Rockcastle Superintendent Larry Hammond and RCHS Principal Jennifer Mattingly as he toured the high school on Monday. Holliday also visited RCMS and the Vocational School. Photo courtesy of Justin Poynter.

The Roots of Rockcastle

by: Tonya J. Cook



The Proud Tradition of the Freemasons and Their Place in Rockcastle's History, Part I

From my earliest childhood days, I can recall hearing about "the Masons". It seemed all the men folk in my family were a part of this fraternal order, even producing two 32nd degree Masons, my uncles.

As the years passed, it seemed this was a dying organization, as I didn't hear of it so much. The Mason folk in my family slowly died, and younger generations didn't seem to show any interest in taking their place.

However, I've been hearing of the Masons more often, with recent documentaries and specials on TV. These shows really go into what is believed to be the beginning of the order, always eluding to the secrecy of it, and that they have a "big secret" to hide. Then, when all is said and done, these "experts" don't know any more than they did after lengthy discussion about the organization, or their alleged "big secret".

Some of the men folk in my family got their first experience with the Freemasons right here in Rockcastle County in the late 1890s to early 1900s. At that time, from what I can gather, Freemasonry was at a peak. There were at least two or three lodges here in the county. In the next column or so in the Roots series, I hope to uncover some of the history of the Freemasons here in the county, as to when and where they met, some of the early founders, and the benefits that they have contributed to the area.

According to theory, there are two time periods of Masonry: before 1717, and after. Before 1717 is mostly legend or theory. In 1717,

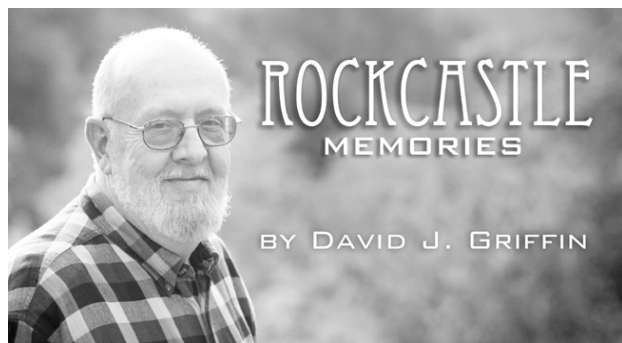
there was a Grand Lodge formed in London, England, which spread worldwide and is well-documented. In 1733, the first lodge in America, St. John's Lodge, was established in Boston. The organization is exclusively for men, but prior to 1733, a few women joined, namely Elizabeth Aldworth.

For years, the Masons have met with opposition, especially in the Christian community, claiming they were involved with "evil powers" of the occult. However, the Masons have made several charitable efforts in nursing care for the sick, educational grants, medical assistance, Masonic child identification programs (CHIP), research labs, and most notably, the Shriner's Hospital for Crippled Children.

During the Holocaust, between 80,000 and 200,000 Freemasons were killed in the concentration camps and were identified by an inverted red triangle. It seemed the Nazis were fearful the Masons would aid the Jews in rebuilding King Solomon's temple. The Freemasons often wore a forget-me-not as a secret sign of membership. After World War II, in 1948, Masons often wore a forget-me-not as a symbol of remembrance for all those fraternal brothers who suffered and died in the Holocaust.

The Freemasons have given us many great men: several signers of the Declaration of Independence, several presidents, kings, and numerous world leaders, composers, artists, astronauts, entertainers and actors of every venue, authors, Supreme Court judges, athletes, corporation heads, and politicians of every rank. Although our local Masons may not have achieved notable greatness as some noted here, they nonetheless have benefited this community and left their legacy. In the days ahead, I hope to explore their history.

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.



Woodlands – a central part of my life

As a child I never knew any place to live other than nuzzled up to the forest. Not only was the small farm where I grew up surrounded by woods, our yard had a selection of different deciduous trees. It always seemed just right to me.

The place where my mother (Bee) and my grandparents (Pop and Mommie Katie) had built their homes contained several varieties of hardwoods, including oak, poplar, locust, persimmon, wild cherry, hickory and maples. Surrounding the yard were dense stands of trees. It was in those woods that Pop taught me the variety of uses for the types of timber growing there.

On many occasions, Pop took me with him to locate straight hickory saplings in order to secure the makings for chair bottoms. I can remember us dragging those small trees back to his tool shed. He used a large sharp knife to make his splits. Usually, he skinned the bark from the saplings and then soaked the splints in water to make them pliable. It was wonderful watching him weaving those hickory strips so close together and so amazingly tight around the chair bottom frame. (Our family still has a small stool that Pop carefully bottomed which is very dear to me.)

Weaving chair bottoms took a special talent to get them just right, so Mommie Katie walked to the shed on occasion to see if Pop's work was to her satisfaction. Of course, it always was. I have no idea why she felt so duty-bound to supervise the procedure!

Pop also used hickory to make fires when the family was making lye soap and or when killing hogs each fall. He explained to me that hickory produces extreme amounts of heat, burns the longest, and makes the best coals. It was the ashes from these fires that were used in the actual soap-making process.

Mommie Katie also cherished living in those woods. I remember her carrying her sharpest butcher knife into the woods in search of small, wild-cherry trees. She skinned their bark for making her "wild cherry" cough medicine. She always took a strip from one tree and then moved to the next one so her supply would not be extinguished. I swear I can smell that concoction cooking in her kitchen right now.

On one section of our small farm, near the back property line, were large stands of locust trees. Pop used the straightest of these saplings to make his fence posts. He taught me that lo-

cust was very strong, did not rot when exposed to moisture, and was resistant to termites. Occasionally, I was permitted to accompany him to that area to assist in cutting posts. I remember one day when he and I used a crosscut, two-man saw to make several fence posts for his chicken lot. The work was hard, but I was glad he asked me to assist him. I recall never having realized how many muscles are involved in using a two-man saw.

Of course, our woods were also used for gathering kindling to start fires in our kitchen cooking stove and in our only heat source – our Warm Morning stove. Pop was determined to have enough kindling on hand. A large box was kept in the chicken house; a smaller box was always filled to the brim behind the kitchen stove.

One of my chores was to keep that small box in the kitchen filled. Pop and I split small sections of wood into the right size for starting fires. He did not particularly care which type of wood was used for that purpose except that it was to be dry and at least somewhat seasoned. Since he was the master fire starter in the family, he usually selected softer woods for that purpose. On cold mornings, the sounds and smells of a newly started fire are so comforting. That aroma permeated our entire home – and you always knew that by the time you had to crawl out of bed, the house would be warm and toasty.

Sometimes Pop would have a stack of "slabs" delivered to his back yard. Those rough-cut slices of

(Cont. to A4)

Points East

By Ike Adams



The amusement of the day is cattle.

I love few things more than watching calves and steers meandering in the pastures and going about the business of eating grass and fattening up to be steak and hamburger. But we humans have to eat something and beef is pretty good if it's cooked right. (I like mine rare. A rib eye steak is done enough for me if it is not wiggling or saying moooooo.)

Yesterday the temperature got up to 47 here in the valley. To the best of my knowledge, this was the first time that we have been above the normal high since well before Thanksgiving. We are having a heat wave, a tropical heat wave as Walter Matthau sang so cheerfully in Grumpy Old Men and which I've been humming just under my breath all day.

My neighbor's herd of Angus and Herford steers, who have long been camped under some trees on the farthest edge of the back 40 waiting for delivery of big round bales of timothy and alfalfa, decided to venture forth and graze upon dead chicory stalks and on the orchard grass and fescue that stubbornly refuse to concede to snow and bitter

cold.

There are between 25 and 30 head in the herd, all in the 500 pound range and they look amazingly healthy given the weather we've had this winter. Sunday was the first time I'd seen them up close and personal in many weeks. They wandered about, right up to the fence that separates my back yard from the pasture and they paid me no more mind than they would a field mouse or the devil starlings that follow them about waiting to chow down on the next bowel movement.

Needless to say that when the starlings have had their fill, they fly in droves over my place and redeposit the cow poop on our rooftops and automobiles. They do this just to taunt me because they know I hate them. Or perhaps they are in cahoots with some car wash owners where business has been slow.

But I could not bring myself to be much perturbed by the flying rats because there is something very pleasant about watching cattle graze and standing so close by that I can hear them contentedly munching and swishing their tails to drive away imaginary flies. It was a

(Cont. to A4)

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.

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e-mail address - mvsignal@windstream.net

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Obituaries



Eva Ann McFerron

Eva Ann Norton McFerron, 77, of Mt. Vernon, died Saturday, January 29, 2011 at the Compassionate Care Center in Richmond. She was born August 29, 1933 in Rockcastle County the daughter of the late Rosevelt and Rhoda McKinney Norton. She was a member of the Swiss Colony Holiness Church.

Survivors are: five step sons, Roger (Joann) McFerron of Cincinnati, OH, Ronnie (Dianne) McFerron of Berea, Frankie (Tanya) McFerron of Lexington, Mark (Leslie) McFerron of Louisville, and Paul (Pennie) McFerron of Somerset; one step daughter, Charlene (Gary) Pennington of Mt. Vernon; 17 step grandchildren; 10 step great grandchildren; and a very special friend and caretaker, Rathel Lee Collins.

She was preceded in death by: her husband, Roman McFerron; and two brothers, Glen and Bernard Norton.

Services were held Tuesday, February 1, 2011 at the Cox Funeral Home Chapel with Bro. George Poynter. Burial was in Mt. Pleasant Cemetery.

Pallbearers were: Bill Reynolds, Rick Neal, Justin Daniels, Buddy Mullins, Dustin McFerron, Matt McFerron and Jason McFerron.

Sue Beth Cox

Sue Beth Holman Cox, 91, of Brodhead, died Monday, January 31, 2011 at the Rockcastle Regional Hospital. She entered this life on May 9, 1919 in Rockcastle County, the daughter of Thomas Jefferson and Lina Pearl Coffey Holman, both of whom preceded her in death. She was a graduate of Brodhead High School and was united in marriage on July 3, 1942 to Casper Clarence Cox and to this union came a son to richly bless their home. She was a homemaker and spent her days loving and caring for her family. She was a life-long member of the Brodhead Baptist Church and will be remembered for her love of quilting and flowers.

She will be lovingly remembered by: her grandchildren, Paula Kay (Eddie) Smith of Frankfort and Paul Ray (Elizabeth) Cox, Jr. of Butler; four great grandchil-

dren, Michael Smith, Bethanie Smith, Haleigh Cox and Zachary Cox; her daughter-in-law, Ruth Ann Cox of Frankfort; and several beloved nieces, nephews, friends and neighbors.

Besides her parents, she is preceded in death by: her husband, Casper Clarence Cox; a son, Paul Ray Cox; five brothers, Harrison Holman, Craig Holman, Carroll Holman, Thomas Holman and John Holman; and three sisters, Lauviece Monk, Ruth Holman, and Elizabeth Holman.

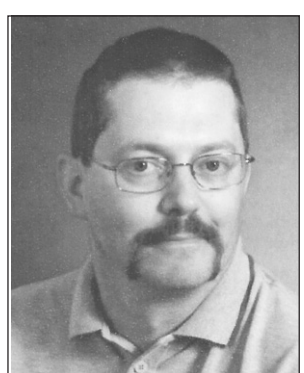
Funeral services were conducted Wednesday, February 2, 2011 at the Marvin E. Owens Home for Funerals with Bro. Luther Allen and Bro. Mark Whicker officiating. Interment followed in the Piney Grove Cemetery.

Casketbearers were: Cecil Hampton, Buddy Hawkins, Michael Smith, Donnie Cox and Mark and John Dyehouse.

Honorary casketbearers were: Ernestine Hampton, Gladys Roberts, Ted Roberts, Clara Faye Hawkins and Luther and Bonnie Rose.

In lieu of flowers, memorial contributions in memory of Mrs. Sue Cox may be made to the Brodhead Baptist Church, P.O. Box 142, Brodhead, Kentucky 40409.

Condolences can be sent at www.marvineowensfuneralhome.com



Gary Houston

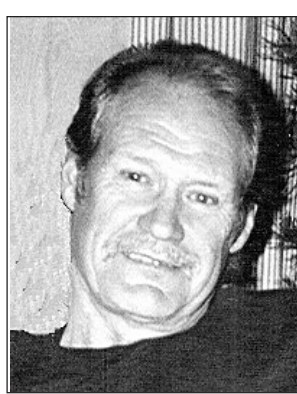
Gary Edward Houston, 52 of Mt. Vernon, died Saturday, January 29, 2011 at his home. He was born in Berea, on February 8, 1958 the son of Carl Edward and Geneva Saylor Houston. He was a long-time employee of Parker Seal Co. and was a member of the First Baptist Church of Mt. Vernon. He was a graduate of Rockcastle County High School and was a huge fan of baseball, football, and basketball. He spent his last day watching a game on TV.

He is survived by: his wife, Tina Himes Houston; and his parents, Carl and Geneva Houston of Mt. Vernon.

Memorial services will be conducted (today) Thursday, February 3, 2011 at 11 a.m. at the First Baptist Church of Mt. Vernon by Bros. Eddie Nation and Aaron Kennedy and Mr. John McQueary.

Arrangements are by the Dowell & Martin Funeral Home.

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



Cecil Abney

Cecil Abney, 69, of Mt. Vernon, died Monday, January 31, 2011 at the Compassionate Care Center in Richmond. He was born March 6, 1941 in Rockcastle County the son of the late Lester and Dorothy Abney. He was a stone mason, a farmer, and enjoyed hunting fishing, story telling, and was a member of the Baptist faith.

Survivors are: his wife, Sybil Day Abney of Mt. Vernon; one son, Alan Abney of Lexington; one stepson, Bill Ramsey of Mt. Vernon; three stepdaughters, Jennifer Malan of Whitesburg, Linda Horn of Lexington, and Carol Ervin of Harrodsburg; three brothers, Jack Abney of Colby WI, Kenneth Abney of Brodhead, and Glen Abney of Mt. Vernon; one sister, Mrs. Gail DeLeon of Mt. Vernon; two grandchildren, Jessica and Stephen Abney; and one step granddaughter, Racheal Sexton. He was preceded in death by one brother, Virgil Abney.

Funeral services will be held (today) Thursday, February 3, 2011 at 2 p.m. at the Cox Funeral Home Chapel with Bros. Darren Cupp and Josh Chasteen officiating. Burial will be in Oak Hill Cemetery.

Pallbearers are: David Cooper, Randal Day, Nathan DeLeon, Justin Loudermilk, Bill Weaver, and Wayne McClure.

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

Walter Arnold

Walter Ernest "Ernie" Arnold of Pleasant Plain, OH, died Thursday, January 27, 2011. He was the Beloved husband of Joetta M. (Lunsford) Arnold. He was born November 23, 1931 in Everett, KY to the late James B. and Bertha (Mink) Arnold. He was a veteran of the US Army and served in the Korean War Conflict.

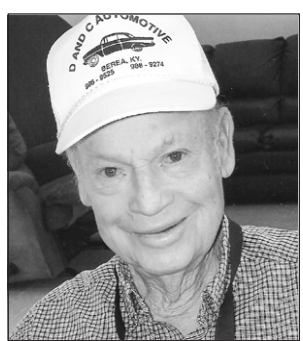
He was a loving father to Brad (Chris) Arnold and the late Cheryl Jean Arnold and Marcia Moore. Proud grandfather of Mandy and Cheri Beth Moore, Andy Hyne, Jesse and Brandon Arnold. A caring great-grandfather of four. He was also survived by numerous nieces, nephews, cousins and many dear friends.

In addition to his parents

and his two daughters, he was preceded in death by two brothers and one sister.

Services were held Tuesday, February 1, 2011 at Mt. Zion Church of Christ with Bro. Thad Eubank officiating. Burial was in Mt. Zion Church of Christ Cemetery with Military Honors By the Caswell Saufley American Legion Post # 18 of Stanford.

McKnight Funeral Home was in charge of arrangements.



James Anglin

James "Jim Bob" Anglin, 86, of Richmond and formerly of Rockcastle County, died Thursday, January 27, 2011 at the Pattie A. Clay Regional Medical Center. He was born in Rockcastle County on July 27, 1924 the son of Richard and Ida Mae Cain Anglin. He was a retired construction worker and was of the Baptist Faith.

He is survived by: two brothers, John Anglin of Berea and Mose (Phyllis) Anglin of Hamilton, OH; and one sister, Polly (Emerson) Voge of West Alexandria, OH. Also surviving are: his dear friends and caretakers, Priscilla and Dustin Hall of Richmond; and several nieces and nephews.

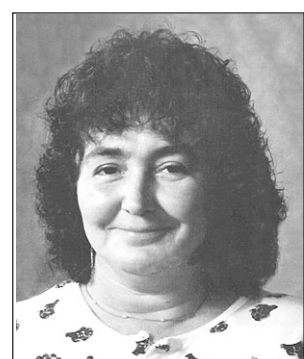
Funeral services were conducted Monday, January 31, 2011 at the Dowell & Martin Funeral Home Chapel by Bro. Cecil Burns. Burial was in the Phillips Cemetery at Three Links.

Pallbearers were: Tom

Anglin, James Lewis, Larry Lunsford, James McCall, Michael Rodgers, and Will Rodgers.

Honorary pallbearers were: Larry Anglin, Dustin Hall, and Jim Lunsford.

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



Wanda Kidd

Wanda Kidd, 67, of Mt. Vernon, died Saturday, January 29, 2011 at the Rockcastle Regional Hospital. She was born in Lincoln County, on May 13, 1943 the daughter of Jenie Owens Hodge and Lodonia Kidd. She was a homemaker and was of the Baptist Faith.

She is survived by: five sons, Danny Kidd of Indiana, and Richard Caudill, Jeremy Caldwell, Gary Caldwell, and Jason Caldwell, all of Mt. Vernon;

four daughters, Donna (Joe) Cummins, Vickie (Dallas) Doan, and Angela (Tim) Gentry, all of Mt. Vernon, and Lynn (Chris) Boisichel of Festus, MO; one brother, Howard Hodge of Crothersville, IN; and three sisters, Lorene Denny of Waynesburg, Laverne Reed of Crothersville, IN, and Mary Middleton of Crab Orchard. Also surviving are: 17 grandchildren; several great grandchildren and great great grandchildren; and a special friend, Donna Cromer of Mt. Vernon.

She was preceded in death by: her husband, Jerry Caldwell; three daughters, Patricia, Michelle, and Connie; one son, Michael Caudill; four brothers; and two sisters.

Funeral services were conducted Tuesday, February 2, 2011 at the Calloway Holiness Church by Bro. Vernon Doan. Burial was in the Friendship Cemetery in Lincoln County.

Arrangements were by the Dowell & Martin Funeral Home.

Pallbearers were: Benson Coleman, Robert Hodge, Anthony Middleton, Chris Middleton, Joshua Middleton and Steve Middleton.

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

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Distance Earning Telework Forum planned for Mt. Vernon

Have you ever wanted the ultimate work-life balance, a rewarding career working from the comfort of your own home, or wished you could utilize your education and work experience to its fullest potential?

The Eastern Kentucky Distance Earning Initiative will sponsor a Telework Forum in the third-floor technology room of the Rockcastle County Courthouse, located 205 East Main Street, at 6 p.m., Tuesday, February 15. This free event will highlight a new and innovative job creation plan in Eastern Kentucky. Participants can learn about the thousands of telework career opportunities and receive information on the Distance Earning initiatives skills inventory, which it plans to roll out in the coming months to target large scale telework job creation across the region.

Sponsored by a consortium of Kentucky Community and Technical College

(KCTCS) member schools, businesses and the Eastern Kentucky Concentrated Employment Program, Inc. (EKCEP), the Eastern Kentucky Distance Earning Initiative is an aggressive economic development strategy that aims to bring sustainable wage jobs that can be performed at home or from a business incubator.

"Work is no longer a place you go, it's something you do," said Joshua Ball, who coordinates the program for KCTCS. "This program is not about job creation, it is about creating opportunities for Eastern Kentuckians to work for progressive and innovative companies that are leading the charge to compete in the global marketplace."

There are currently thousands of jobs available in a variety of different fields like: data entry, clerical, medical transcription and coding, IT support, computer programming, sales, tutoring and teaching, and a variety of management.

According to the U.S. Census Bureau, more than 8 million people worked from home in 2005. Companies like IBM, Dell, American Express and Lockheed Martin have employees who telework.

"Even during a time were jobs are scarce, IBM has over 2,000 telework opportunities available," Ball added. "This strategy helps eliminate some of our region's greatest barriers when it comes to job creation: geography and infrastructure."

Interested individuals will receive free resume and interview coaching. Additionally, they will receive twice-a-week telework job postings emails from the program.

"It's critical that we do

everything we can to link our talented workforce to the many telework jobs that are available," Ball said. "We know that there are a lot of people looking for work, and a large number of talented workers who are underemployed."

The Eastern Kentucky Distance Earning Initiative will roll out phase 2 of its plan in the coming months: a proactive blitz to use a skills inventory taken from forums held across the region to form partnerships with national companies to develop a pipeline to our workforce.

Companies across the globe are seeing the vast benefits to telework. Studies suggest that employees who work from home are more productive and tend to miss work less. It also has massive benefits to the environment. According to the Telework Exchange, if white-collar Americans would telework just one day a week, they would avoid driving 134 billion miles, eliminate 120 tons of pollutants from the air and save nearly \$162 billion.

For more information about the program, contact Ball at (606) 487-3205 or 800-246-7521, ext. 73205.

Our Readers Write

America holds more captive than any other country..

Dear Editor,

In America, citizens are held captive more than any other country. A child born in America is more likely to spend part of his life locked up than anywhere else.

Pharisees among us will say this is a good thing. Conservatives among us will say it is just too bad we have so many criminals. But their conclusion must be, if we justly lock up more than any other country then US citizens must be the most evil people on earth. If the US is the world's evil empire then we need to go invite Iran's muslim caliphate to come take us over so we can become better.

But the conservative premise is wrong. The sons and daughters we lock up

never see a trial, never face their individual accusers, never see the evidence against them. They are simply given a confession to sign or else. Or else a zealous prosecutor will indict their spouse, their parents, their children. Or else charges will be stacked to the sky. Unless you are very wealthy you have no choice but to sign the confession and join the masses behind bars.

This month Kentucky's blue ribbon panel on corrections (including prosecutors) said we are locking up people who should be free. God says, "I the Lord have called thee to bring out the prisoners from the prison." Now is the time for us to do the right thing and bring them out.

Bob Coffey
Scaffold Cane

Grassland Reserve Program now accepting applications

Natural Resources Conservation Service in Kentucky is accepting applications for the Grassland Reserve Program (GRP). Although GRP applications are continually accepted, the application ranking cut-off date for 2011 is March 31. Applications received after March 31, 2011 will be deferred until the next ranking cycle.

The Grassland Reserve Program is a voluntary program offering landowners and operators the opportunity to protect grazing uses and related conservation values by conserving and restoring grassland resources.

The focus of GRP in Kentucky will emphasize preservation of native and naturalized grasslands and protection of grazing operations with excellent land management practices. Those easement offers that enhance or establish native grasses, will receive ranking preference for easements while rental offers that exhibit proper grazing use will receive ranking preference for rentals.

The compensation portion of the Food, Conservation, and Energy Act of 2008 for GRP authorizes easement compensation based on the fair market

value of the land, as determined by an appraisal or an area-wide market analysis or survey, which takes into account the grassland value, and is limited to a geographic cap or the landowner offer. GRP rental contracts provide selected landowners and operators to receive annual payments to maintain or restore grassland functions and values for the length of the contract.

All participants in GRP are required to implement a grazing management plan which will be developed in conjunction with NRCS.

Eligible land for GRP includes grasslands for which grazing or haying is the predominant use, or land that has been historically dominated by grassland, forbs, or shrub land. Restoration for land enrolled in GRP has a maximum cost share rate of 50%. Additional program information is provided on the NRCS Kentucky Web page: <http://www.ky.nrcs.usda.gov/programs>. Scroll down to Grassland Reserve Program.

Interested landowners and operators should contact Randall Templeman, District Conservationist, at phone number 606-256-2525 Ext. 3.

"Points East"

(Cont. from A2)

very peaceful experience and I do so hope that it is a harbinger of spring.

As I watched the cattle, a pair of eastern blue birds flitted around the premises to check out the half dozen or so boxes that I've purchased from 4-H kids over the years and mounted on fence posts all around. However they seemed much more interested in an old locust fence post that seems to have a more inviting knot hole than anything the kids have yet contrived.

Surely, I am thinking to myself, happy cattle and industrious blue birds must be signs that warm weather will soon be with us. Heaven know that I am way more than ready for it.

"Memories"

(Cont. from A2)

wood - usually made of pine - were used for securing the farm animals in their pens. His pig lot was made secure by nailing these planks on the lot posts to keep the hogs in a contained area. Boars were separated from the rest of the swine in order to keep down the fighting.

My wife and I live on the ridge-top of a mountain in a small A-frame house. We, too, have a wonderful forest beside our home. I am constantly drawn to that area to walk with my dog and to watch for wildlife. When there, I am reminded of being in the woods with Pop. I suppose my love of nature and of woodlands is directly related to spending time in the same environment with him.

I know that I could never again be satisfied living in the environment of a town or city. And I am unceasingly thankful to have my own little portion of woods in which to take long walks, allowing nature to soak in and warm memories to return.

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

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Requests being accepted until Feb. 28th for Conservation District Cost Share Program

The Rockcastle County Conservation District is accepting requests for cost share funding under the Kentucky Soil Erosion and Water Quality Cost Share Program beginning February 1 and extending through February 28, 2011.

The Kentucky Soil Erosion and Water Quality Cost Share Program was created in 1994 by the Kentucky General Assembly to help agricultural and silviculture operations protect the soil and water resources of the Commonwealth. This financial and technical assistance program assists individual agriculture producers in the development and implementation of their

agriculture water quality plans, which are required under state law. Any person engaged in agricultural or silvicultural operations is eligible to apply through the local conservation district, which oversees the installation of best management practices. The State Cost Share program gives a high priority to animal waste related problems and agricultural district participants where pollution problems have been identified. The best management practices, approved through the State Cost Share Program, help reduce animal waste nutrients, prevent the loss of topsoil, and minimize sediment and other pollutants to Kentucky's

streams, rivers, lakes and groundwater supplies. Among the eighteen practices eligible under the State Cost Share Program, some of the most frequently installed practices are Agricultural Waste Control Facility, Heavy Use Area Protection, Rotational Grazing System Establishment, Stream Crossing, and Streambank Stabilization. Please contact your local conservation district office for details on all eligible practices. In the first twelve years of this program, the Division of Conservation has received 21,465 applications seeking \$214 million in cost share assistance. Based on the available funds to the program in each of these years,

7,725 of those applications have been approved for a total of \$82.5 million.

Funding for practices will be approved by the Soil and Water Conservation Commission and the Kentucky Division of Conservation, located in Frankfort, as funds are available. Approved applicants will be notified in June or July of 2011 and they will have 12 months to complete their practice.

For more information stop by the Rockcastle County Conservation District Office located in the USDA Service Center at 2019 New Brodhead Rd., Mt. Vernon, KY. Office hours are Monday through Friday from 8:00 a.m. to 4:30 p.m. Phone: 256-2525 Ext. 3.

*Teen and Miss Renfro Valley
Kentucky Scholarship Pageant 2011*

February 19, 2011 • 7PM
at Red Barn Facility

*Little Miss and Pre Teen
Renfro Valley Kentucky Pageant 2011*

February 19, 2011 • 1PM • At Red Barn Facility

DEADLINE FOR ENTRY FEB. 15TH



All the information is on the Miss Renfro Valley website
<http://missrenfrovalley.tripod.com>

Or call Brenda at 859-200-5548 or
email: missbereaarea@yahoo.com
Or Dana at 859-361-5459 or
email: danalinz@yahoo.com

ALL WINNERS WILL HAVE THEIR ENTRY FEE PAID TO THE STATE PAGEANT.

Mt. Vernon Mayor completes Academy

After attending City Officials Orientation in December, Mt. Vernon Mayor Mike Bryant recently completed the Kentucky League of Cities City Officials Academy in Lexington.

The course included topics such as the framework and forms of city

government; city finance; identifying risks for cities; open meetings and open records laws; ordinances, orders and resolutions; meeting protocol; personnel law; environmental compliance; municipal taxes, finance and investment; local government ethics law; etc.

Mayor Bryant said that, "this was a very comprehensive and intensive training." He further stated that, "the KLC staff and other presenters with expertise in various fields from around the state made the academy really worthwhile." One other matter that Bryant noted is that "this training will prove to be very practical in doing the city's business."

The City of Mt. Vernon is a member of the sponsoring agency, which is the Kentucky League of Cities.

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CHURCH NEWS

Free Bible Courses

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

Benefit Singing

There will be a Benefit Singing at Sand Springs Baptist Church on Sat., Feb. 5th at 7 p.m. for Dennis Doan. All singers are invited. **Revival services** will be held at the church beginning Wednesday, Jan. 26th with services held at 7 o'clock each night. Evangelist will be Brian Powell. Bob Bradley, pastor, and congregation welcome everyone to these events.

Benefit Singing

There will be a Benefit Singing at Maretburg Baptist Church on February 12th from 6 to 8 p.m. Special singers will be Country Charlie Napier, Larry Settles and Samuel Bullock and other special singers are Melissa Singleton, Jill Stevens, Harold Harper and Bobby and Shawna Barnett. Proceeds will go toward the funeral expenses of Charlie Ray Hayes.

Everyone come and join us in Christian fellowship and good gospel music.

Chili, Soup & Sandwich Supper

Calloway Holiness Church will have a chili, soup and sandwich supper, with desserts and drinks at the Livingston Fire Station on Friday, Feb. 11th, starting at 6 p.m. \$5 a plate. The Doan family will be singing. All proceeds go toward the church's building fund.

Benefit Singing

Calloway Holiness Church will hold a benefit singing on February 4th at 7 p.m. at the church. Special singers will be Soldiers for the Cross. Proceeds will go toward the church's building fund.

Pastor Elie Doan and congregation invite everyone to attend.

Revival

Bro. Jim Suits will be the guest speaker at a revival at Livingston Pentecostal Church Wednesday, February 2nd through Sunday, February 6th at 7 p.m. each evening. Pastor James M. Miller and congregation invite everyone to join us for this time of revival.

For more information, call 256-1709.

Passing the Torch

Grace Fellowship Church invites you to attend an upcoming three day conference - Feb. 11-13. The conference is entitled Passing the Torch and special guest speakers will be Dr. T.L. Lowery on Fri., Feb. 11th at 7 p.m. and on Sunday, Feb. 13th at 10:30 a.m.; Tommy Combs on Sat., Feb. 12th at 10 a.m. and Eddie James on Sat., Feb. 12th at 7 p.m.

The church is located at 845 S. Main St. in Carnaby Square, London. For more info, call 606-864-4635 or visit their website www.graceforyou.com.

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.

An encouraging word:

Confident of Better Things

By Howard Coop



It's that time of the year once more. In its annual journey northward, the sun has reached the mid point between the winter solstice, the beginning of winter, and the vernal equinox, the beginning of spring. The gray and gloomy days of winter have become noticeably longer, and the average daily temperature has begun to creep upward every so slowly. To our amazement, winter is half over.

In a folksy and humorous sort of way, we mark that special occasion with Ground Hog Day, named for the little brown marmot that is a native of much of the North American continent.

Folklore tells us that, on this special day, the little hibernating marmot, sometimes called a woodchuck, will awake from its long winter nap and, emerging from the comfort of its den, come out to take a cautious look at the conditions around the opening of its cozy den. What the sleepy little ground hog sees will forecast, in a somewhat re-

liable sort of way for some, the weather for the next six weeks. If the little ground hog sees its shadow while looking over the situation, it will hurriedly return to the comfort of its den and go back to sleep for another six weeks while the raging winter weather continues. On the other hand, the little ground hog will remain outside the den confident of pleasant weather for the next forty-two days if it does not see its shadow.

While this bit of folklore may lack meteorological accuracy, it points toward something far more important. There is an indomitable spirit within the human heart that refuses to be crushed by surrounding circumstances. Although the cold north wind may howl around the corner of the house, and the drifting snow may swirl across the lawn, we know for sure that spring, with warm sunshine and pleasant days, is ahead. With eager anticipation, we await the coming of those pleasant days confident of better things.

In Loving Memory

In Memory of James Richard Thomas

Once there was a little rose vine that grew around Heaven's gates. Finally, it found a little crack to grow into. It grew and grew. And, one day, in January, there was the most beautiful red rose on it Our Heavenly Father said, "Welcome home, Richard. We have been waiting for you."

We would like to thank everyone who prayed for Richard, sent cards, called and sent food. He enjoyed the calls and reading the cards, while he was still with us. We want to thank the Hospice nurses, Nancy Isaacs, Home Health workers, his friends and co-workers at the Blue Grass Army Depot for all that each of them did. Thank you to Lakes Funeral Home and staff for their kindness shown to all of us Over 500 people came to pay their respects to Richard in very cold weather. A special thanks to Rev. Ed Hubbard and White Lick Baptist Church members for feeding all the family and friends of James Richard

Thomas. And, let us not forget all the cousins, nieces, nephews, aunts, uncles and friends that kept in touch and sent special messages on Face Book.

The Family of James Richard Thomas
We all love him dearly and will miss him *very much*

Card of Thanks

Earl Baker

The family of Earl Baker would like to say a special thank you to Bro. Jim Miller, Bro. Jasper Carpenter and the congregation of Livingston Pentecostal Church. We will not forget the kindness and hospitality they showed us. We would also like to say thank you to Marvin and Judy Owens and their staff. And, we would like to thank all our family, friends and neighbors for their love and support.



We would like to wish our big brother Dalton a happy sixth birthday February 3rd. We love you very much. Shown is Dalton holding his brother Colson. Brothers Ashton and Jaden are also shown. They are the sons of AJ and Stephanie Hensley. Love you boys - Mom, Dad, Mommy, Paw, Granny and Paps.



Marcus Alan Shepherd celebrated his first birthday January 30th at his home in Fort Stewart, Georgia with his parents, Spec. E4 Zachary and Tabitha White Shepherd and big brother, James Michael. Grandparents are Cindy and Anthony Hansel of Willailla, Manual Shepherd of Lexington, Patricia and Robyn Isaacs of Somerset and the late Lani White from Missouri. Great grandparents are Leon and Judy Rowe of Mt. Vernon.

Mamaw's Kitchen

By Regina Poynter Hoskins

CREAM OF COCONUT CAKE

1 box yellow cake mix
1 can sweetened condensed milk
1 can cream of coconut
1 container Cool Whip®
Bake cake according to package directions in a 9 x 13 pan. When cake is done, remove from oven and poke holes (with the tines of a fork, or chop stick or handle of a wooden spoon) over entire cake. Mix the condensed milk and cream of coconut together in a bowl. Gently spoon over cake and allow the sauce to soak in. Refrigerate until cold. Spread with Cool Whip® to serve.

NOTE: Cream of coconut is a thick, very sweet mixture of coconut, water, and sugar. It is used to flavor mixed drinks and can be found on the drink-mixer aisle in your local supermarket. I have also found it in the baking section near the evaporated milk or the flaked coconut.

PINEAPPLE UPSIDE DOWN CAKE

The pineapple upside cake was a perfect ending to the perfect meal, in my opinion. 1 box Jiffy® one-layer yellow cake mix
6 tablespoons butter

1 cup brown sugar, packed
1 small cake pineapple slices
Preheat oven to 350°. In an 8 or 9-inch iron skillet, melt butter. Sprinkle brown sugar over top. Place pineapple rings around skillet, cutting to fit. Pour cake mix, prepared according to directions on box, gently over pineapples. Bake for 35 to 45 minutes or until top springs back when touched. Let stand 5 minutes; turn out onto a large plate.

BETTER THAN SEX CAKE

1 white or yellow cake mix with pudding
1 large can crushed pineapple
1 cup sugar
1 box (3 ounce) instant vanilla pudding
1 tub (6 ounce) Cool Whip®
Prepare and bake the cake according to package directions in a 9 x 13 pan. When baked, remove from oven and poke holes in cake. Use a fork, wooden spoon handle or chop stick. Boil the undrained pineapple with the sugar for 3 minutes. Pour over cake. Let cool. Prepare the pudding and spread over pineapple. Cover all this with the Cool Whip®. Refrigerate.

Local school teacher publishes second book

PublishAmerica is proud to present Alex in Paradise by Pamela Turner Anderson of Berea, Kentucky.

When nine-year-old Alex was on his way to visit his dad, he was overjoyed. He had waited a long time for this visit; in fact, the calendar in his apartment was full of red slash marks as he counted down the days for this visit. However, while aboard the plane, bizarre things begin to occur. Sophia, his nanny, begins acting stranger than ever. The glaring white light at the exit door was unexpected. Becoming overwhelmed with fear, Alex hears the voice of a friend and a comforter, which helps calm the fear as the destination changes as Alex finds himself in God's Paradise. While in Paradise he witnesses many new and glorious sights and also runs into some old familiar faces. Everything is wonderful! And Alex is truly happy.

However, Alex soon realizes that the Heavenly Father is in control over all things, and that the plans the Heavenly Father has for him surpass his own understanding.

"It has been an extreme pleasure to work with this talented and dedicated author," said PublishAmerica Public Relations Director Shawn Street. "For ordering information, please visit www.publishamerica.com."

PublishAmerica is the home of 50,000 talented authors. PublishAmerica is a traditional publishing company whose primary goal is to encourage and promote the works of new, previously undiscovered writers. Like more mainstream publishers, PublishAmerica pays its authors advances and royalties and makes its books available through all bookstores. PublishAmerica offers a distinctly personal, supportive alternative to vanity presses and less accessible publishers.

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Feb. 6 - Super Bowl Winner or Super Soul Winner?
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Church Directory

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Morning Worship 11 a.m.
Evening Worship 7 p.m.
Wednesday 7 p.m.
Pastor: Bill Davis
bhob@ymail.com

Bible Baptist Church
100 Higher Ground (off US 25)
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Church Phone 606-256-5913
e-mail: www.biblebaptist.org
Sunday School 10 a.m.
Sunday Worship/Children's
Church 11 a.m.

Sunday Night Worship 6 p.m.
Wednesday Evening 7 p.m.
Video services Tues., Thurs., &
Sat. at 11 a.m., 4 p.m. & 9 p.m.
Channel 3 - New Wave
Cable Channel 5 in Berea and
Richmond 1 p.m. Wednesdays
Pastor: Don Stayton
Associate Pastor/Youth:
Bro. Jeremy Ellis
Kids for Christ
Children's Ministry:
Bro. Jarrod Amyx
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Music Director: Dan Dull

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Sundays 10 a.m. & 6 p.m.
Preaching Brethren
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Coy Cromer, Marcus Reppert**
Contact Info:
Marcus Reppert
104 Byrda Way • Mt. Vernon, Ky.
606-308-2794
marcusreppert24@hotmail.com

Bride of Christ Church
High St. Mt. Vernon
Sunday Services 7 p.m.

Brodhead Baptist Church
Corner of Silver & Maple St.
Brodhead, Ky. 40409
606-758-8316

Sunday Bible Study 10 a.m.
Sunday Worship 11 a.m. &
6 p.m.

(Nursery Provided)
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5 p.m.

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Sunday School 10 a.m.
Sunday Worship 11 a.m. & 6 p.m.
Wednesday Bible Study 7 p.m.

Tracy Valentine, Preacher
606-758-8662
Cell 606-305-8980

Brodhead Church of God
Hwy. 3245 • Brodhead
758-8216

Sunday School 10 a.m.
Sunday Worship 11 a.m.
Sunday Evening 6 p.m.
Wednesday evening 7 p.m.
Terry Orcutt, Pastor

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Sunday Evening 7 p.m.
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Sunday Worship 11:15 a.m.
Sunday Evening Service 6 p.m.

Marvin (Buddy) Rose, Pastor
Calloway Baptist Church
76 Calloway Branch Rd.
(Off US 25) • Calloway
Sunday School 10 a.m.
Sunday Worship 11 a.m.
Sunday Evening 6 p.m.
Wednesday Evening 7 p.m.

Contact Jerry Jones 453-3791
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Sunday Worship 11 a.m.
Wednesday Bible Study,
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Different speaker each
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3rd Sat. of every month at 7
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2nd Sunday of each mo. at 10
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Sunday Worship 11 a.m.

Sunday Evening Service 6 p.m.
Wednesday Service 7 p.m.
Terry Fletcher, Pastor
606-256-1645

**Crossroads
Assembly of God**
Hwy. 150 • Brodhead

Bro. Steven Vanhook, Pastor
Sunday School 10 a.m.
Sunday Worship 11 a.m.
Sunday Evening Worship
6:00 p.m.

Wednesday Night 7 p.m.
Dixie Park Cornerstone
700 N. Powell St. Berea, Ky.
859-623-8292 • 859-985-
2484

Sunday School 10 a.m.
Sunday Worship 11 a.m.
Sunday Evening Service 6
p.m.

Wednesday Service 7 p.m.
Gene Smith, Pastor
Fairview Baptist Church
520 Fairview Loop Road
Mount Vernon, Ky.

Sunday Services
Sunday School 9:45 a.m.
Sunday Worship 11 a.m.
Children's Choir 6 p.m.

Sunday Evening Service 7 p.m.
Sunday Adult Choir 8 p.m.
Wednesday Services
Creative Ministry 6 p.m.

Bible Study 7 p.m.
Youth Ministry QUEST 7 p.m.
RAs and GAs 7 p.m.
Mission Friends 6 p.m.

Vaughn Rasor, Pastor
606-256-3722
email: fairviewbapt@aol.com

Faith Chapel Pentecostal
S. Wilderness Road
Mount Vernon, Ky.
Sunday School 10 a.m.

Sunday Evening Service 7 p.m.
Wednesday Service 7 p.m.
Saturday Service 7 p.m.

Jack Carpenter, Pastor
First Baptist Church
340 West Main Street
Mt. Vernon, Ky. 606-256-
2922

Bro. Eddie Nation, Pastor
website: www.fbcmkv.org
email: fbcmtvernon@newwave.net

Sunday Services: 8:30 a.m.,
10:45 a.m. and 7 p.m.
Wednesdays: AWANA and
Adult Bible Study 6:30 p.m.

Live Broadcast WRVK 1460AM
Sundays at 11 a.m.
Broadcast on New Wave Cable
Channel 3 Tues., Thurs. & Sun-
day at 10 a.m., 3 p.m. & 8 p.m.

First Christian Church
West Main St. Mt. Vernon
606-256-2876

Bro. Bruce Ross, Pastor
Sunday School: 10 a.m.
Sunday Worship
11 a.m. & 6 p.m.

Wednesday Bible Study 7 p.m.
Flat Gap Baptist Church
Sunday School 10 a.m.

Sunday Worship 11 a.m.
Wednesday Service 7 p.m.
James Poynter, Pastor
606-256-3969

**Flat Rock Missionary
Baptist**
504 Maple Grove Rd. Hwy. 1004
Orlando, Ky. • 859-925-4048

Sunday School 10 a.m.
Fellowship Hour 11 a.m.
Sunday Evening Service 7 p.m.

Wednesday Bible Study 7 p.m.
Thursday Night Visiting 7 p.m.
Contact: Doris Brown
606-256-0188
burtonpromos@prodigy.net

Freedom Baptist Church
Freedom School Rd.
Mt. Vernon

Sunday School 9:45 a.m.
Sunday Worship 11 a.m.
Discipleship Training 6 p.m.

Sunday Evening Worship
7 p.m.
Wednesday Evening Prayer
Meeting & Youth/Children
Classes 7 p.m.

www.freedombc.com
email:
pastor@freedombc.com
Pastor: David Sargent
606-256-2968

God's Church of Zion
35 McFerron St.
Mt. Vernon, KY
Wed. Night 7 p.m.

Sunday School 2 p.m.
Sunday Worship 3 p.m.
Pastor: Fred Hecker

**Hickory Grove
Pentecostal Church**
Hwy. 1505 (6 miles from Brodhead)
Brodhead, Ky.

Randal Adams, Pastor
Youth Pastor, Scott Adams
Sunday School 10 a.m.
Sunday Worship 11 a.m.

Sun. & Wed. Evening 7 p.m.
**Lighthouse Assembly of
God**

Hwy. 1004 • Orlando, Ky.
Tim Hampton, Pastor
606-256-4884 • 606308-2342

Sunday School 10 a.m.
Sunday Morning Worship
11 a.m.

Sunday Evening 6 p.m.
Tues. Night Intercessory Prayer
7 p.m.
Wednesday Night Bible Study
7 p.m.

Little Country Church
Jarber Rd.
Turn left off Rev. Green Loop
onto Jarber Rd.

Jack Weaver, Pastor
Sunday 6 p.m.
Wednesday 7 p.m.

**Livingston Baptist
Church**
Sunday School 10 a.m.

Adult & Youth Classes
Available
Worship Service 11 a.m.
Wed. Bible Study & Meeting
7 p.m.

Bro. Steve McKinney, Pastor
606-758-4097
email: stevemc64@alltel.net

**Livingston Christian
Church**
Sunday School 10 a.m.

Sunday Worship 11 a.m.
Walter Ballinger, Minister
**Livingston Pentecostal
Holiness Church**

Sunday School 10 a.m.
Sunday Worship 11 a.m.
Sunday Evening Service 6 p.m.

Wednesday Service 7 p.m.
Jim Miller, Pastor
606-256-1709

Macedonia Baptist
Scaffold Cane Road
Mount Vernon, Ky.

Bro. Wayne Henson, Pastor
Sunday Morning Worship
11 a.m.

Sunday Evening 6 p.m.
Maple Grove Baptist
Hwy. 1004 (Big Cave Road)
Orlando, Ky. • 606-256-1873

Bro. Jerry Owens, Pastor
Home Phone 606-256-3075
Sunday School 10 a.m.

Sunday Morning Worship
11 a.m.
WRVK Broadcast 2 p.m.

Sunday Evening 6 p.m.
Wednesday Evening 7 p.m.
**Mareburg Baptist
Church**

2617 New Brodhead Rd.
Mt. Vernon, KY 40456
Wayne Harding, Pastor
Phone: 256-8844

Sunday School 10 a.m.
Sunday Morning Worship
11 a.m.

Sun. Discipleship Training/
Sunday Youth Missions
6 p.m.
Sunday Evening Worship
7 p.m.

Wednesday Evening 7 p.m.
www.mareburgbaptist.org
mareburgchurch@yahoo.com

McNew Chapel Baptist
Sunday School 10 a.m.

Sunday Worship 11 a.m.
Sunday Evening Service 6 p.m.

Wednesday Service 7 p.m.
Jerry Ballinger, Pastor
Mt. Vernon Church of God

1025 W Main St.
Mount Vernon, Ky.
Sunday School 10 a.m.

Sunday Worship 11 a.m.
Sunday Evening 6 p.m.

Wallace Thornton, Sr., Pastor
New Hope Baptist Church
Jct. 1797 New Hope Tower Rd.
Orlando

Sunday School 10 a.m.
Sunday Worship 11 a.m.
Sunday Evening 6 p.m.

Wednesday Evening 7 p.m.
Bro. David Carpenter, Pastor

Northside Baptist Church
777 Faith Mountain Rd.
(Off 461 bypass) Mt. Vernon
606-256-5577

Sunday
Sunday School 10 a.m.
Morning Worship 11 a.m.

Children's Church 11 a.m.
Hispanic Services 6 p.m.
Evening Worship 6 p.m.

Wednesday
Adult & Youth Worship 7 p.m.
New Wave Cable (KET2 ch. 3)
Tues., Thurs., Sun.
9 a.m., 2 p.m., 7 p.m.

Ottawa Baptist Church
1074 Ottawa Rd. • Brodhead

Sunday School 10 a.m.
Sunday Worship 11 a.m.
Children's Church 11 a.m.

Sunday Discipleship
Training/Youth Mission
Groups 6 p.m.

Wednesday Services
Youth Choir 6 p.m.
Children's & Youth Bible Study
6:45 p.m. • Service 7 p.m.

Jim Craig, Pastor • 758-8453
ottawabaptist@windstream.net

**Our Lady of Mt. Vernon
Catholic Church**
515 Williams St
(across from MVES)
Mount Vernon, Ky.
606-256-4170

Mass Times:
Tuesdays at 5 p.m.
Sabbath Mass: Sat., 5 p.m.
Holy Days 5 p.m.

Fr. Frank Brawner, Pastor
Sister Joyce Moeller,
Pastoral Associate
**Philadelphia United
Baptist**

834 Bryant Ridge Rd. Brodhead
Sunday School 10 a.m.
Sunday Evening Service 6 p.m.

Wednesday Service 7 p.m.
Saturday Service 7 p.m.
Gordon Mink, Pastor
606-256-9724

**Pine Hill Holiness
Church**
5216 S. Wilderness Rd.
Mt. Vernon, Ky. 40456

Allen Hensley, Pastor
453-4801
www.pinehillholinesschurch.com
email: pinehillhc@aol.com

Sunday School 10 a.m.
Sunday Evening Worship
7 p.m.

Thursday Night Worship
7:30 p.m.
Saturday Night Worship
7:30 p.m.

WRVK (1460 AM) Broadcast
Noon Sundays
**Pine Hill Missionary
Baptist Church**

PO Box 1495
81 Limeplant Hollow Road
Mt. Vernon, Ky. 40456

Contact: Jackie Burdine
606-453-2342
Sunday School 10 a.m.

Sunday Worship 11 a.m.
Discipleship Training 5:30
p.m.

Sunday Evening Worship
6:00 p.m.
Wednesday Prayer Meeting &
Youth Service at 7:00 p.m.

Prayer Partners Ladies Meeting
monthly every 2nd Tues. at 6:30 p.m.

Pleasant Run Missionary
Sunday School 10 a.m.

Sunday Worship 11 a.m.
Sunday Evening 5 p.m.
1st Sunday in Month Church at
2 p.m. at Rockcastle
Respiratory Care

Bro. Gary Bowling, Pastor
145 Richlands Rd. •
Brodhead

Sunday School 10 a.m.
Sunday Worship 11 a.m.
Sunday Evening 7 p.m.

Wednesday Evening 7 p.m.
Poplar Grove Baptist
145 Richlands Rd. •
Brodhead

Sunday School 10 a.m.
Sunday Worship 11 a.m.
Sunday Evening 7 p.m.

Wednesday Evening 7 p.m.
**Providence church of
Christ**

1 mile off Hwy. 70 on Hwy. 618
Dan McKibben, Minister
758-8524 or 758-9316

Sunday Bible Study 10 a.m.
Sunday Morning Worship
10:30 a.m.

Sunday Evening 6 p.m.
Wednesday Bible Study 7 p.m.
email:
dan.mckibben@juno.com
www.WhatSaithTheScriptures.com

Rose Hill Church
Pastor: Bobby Barnett
Sunday School 10 a.m.

Morning Worship 11:00 a.m.
Wednesday Bible Study 7 p.m.
**Roundstone Baptist
Church**

Rick Reynolds, Pastor
606-758-8095
Sunday School 10 a.m.

Sunday Worship 11:00 a.m.
Sunday Night 6:00 p.m.
Wednesday Night 7 p.m.

Sand Springs Baptist
Directions: Take Hwy 1249, go
exactly 5 miles, church on right

Bob Bradley, Pastor
Sunday School 10 a.m.

Sunday Worship 11 a.m.
Sunday Evening 6 p.m.

Wednesday Evening 7 p.m.
Scaffold Cane Baptist
Chris Cobb, Pastor

Sunday School 10 a.m.
Sunday Worship 11:00 a.m.

Sunday Night 6:00 p.m.
Wednesday Night 7 p.m.
**Union Chapel
Pentecostal**

1505 Union Chapel Rd.
Brodhead, Ky.
Ralph Reynolds, Minister
606-355-2638

Sunday School 10 a.m.
Sunday Worship 11:00 a.m.

Sunday Evening 7:00 p.m.
Thursday Evening 7:00 p.m.
Wildie Christian Church
1478 Wildie Rd. • Wildie
606-256-4494

Kenton Parkey, Minister
Sunday School 10 a.m.

Sunday Worship 10:55 a.m.
Family Fellowship 6 p.m.
Bible Study 6 p.m.

**Call changes to
Church Directory
to 256-2244**

Brodhead Pharmacy
Main Street • Brodhead
R 606-758-4373 R
Howard Saylor Pharmacist
Open: 9:30 to 6:30 Mon. - Fri.
David Collins Owner
"We Deliver County Wide"

**Heavenly Hope
Books & Gifts**
Inside Jack's Hardware
160 Williams St. • Mt. Vernon
606-256-3514
Bibles • Gospel CDs • Gifts • Pictures
Throws • Flower Arrangements

Citizens Bank
At Citizens Bank we are a team and
we are with you every step of the way
Brodhead 606-758-8212 Mount Vernon 606-256-2500
McKee 606-287-8390 Somerset 606-451-2274
24 Hour Information Line 1-800-530-8561 Member FDIC

10 Piece Meal 19⁹⁹
Includes 2 sides and 4 biscuits
Hot Wings • 5 for \$3.00
Open:
Sunday thru Thurs.
7 a.m. to 10 p.m.
Friday and Saturday
7 a.m. to 11 p.m.
U.S. 25 N • Mt. Vernon
606-256-4910

Sprint **RadioShack**
You've got questions. We've got answers.
www.RadioShack.com
We now have ATV parts available
Mt. Vernon Automotive
260 Main St. • Mt. Vernon
606-256-5821 • 606-256-2147

**Rockcastle Professional
Pharmacy**
Newcomb Ave. • Mt. Vernon
606-256-4613
Open Monday - Friday 8:30 a.m. to 7 p.m.
Sat., 8:30 a.m. to 1 p.m.
"Free Delivery"

**ROCKCASTLE
REGIONAL
HOSPITAL** ■ RESPIRATORY CARE CENTER
Breathing Life into healthcare
Four-time Kentucky Hospital Association
Quality Award Winner
2006, 2008, 2009, 2010
www.rockcastleregional.org

Lady Rockets beat district rival PC; beat Madison Central

By: Sara Coguer

The 11th and 12th regions will meet up in the first round of the girls state tournament and, after hearing that they were a contender to "Dance in Diddle" during last Friday's drawing over WKYT-TV, Madison Central probably rode into Rockcastle anticipating the matchup with the odds-on-favorite 12th region champs the Rockcastle Lady Rockets.

However, it didn't take the Lady Rockets long to dispel any hopes the Lady Indians might have had as they dispatched them with ease 60-43.

Senior Sara Hammond led her team with her usual double-double, scoring 21 points and pulling down 6 rebounds. Even scoring from eight other Lady Rockets

also helped seal the deal for the 21-1 Lady Rockets who have yet to lose to an in state team this season.

Rockcastle was ahead 14-7 lead at the end of the first quarter and never looked back, leading the Lady Indians 35-17 at the half. The second half was pretty even for the two teams with Rockcastle taking the third quarter by two points and losing the fourth by three for the final 60-43 victory.

Also scoring for the Lady Rockets were: Shanlee Burton, 11; Angie Lawrence 8; Kristin Abney 6; Michaela Hunter 5; Sydney Arvin 4; Kadi Cobb and Alexis Chasteen, 2 each and Katie Cowan, 1.

Rockcastle vs. Pulaski

The Lady Rockets visited the upcoming site of the dis-

trict and regional tournaments when they traveled to Pulaski County last Friday. The highlight for the Lady Rockets had to be a chance to play on the floor where they need to be near perfect in order to reach the Sweet 16, and a side benefit was the 75-43 win over the Lady Maroons.

Rockcastle took their 19-8 lead at the end of the first quarter and added to it, ending the first half up by 21, 35-14. Although the Lady Maroons scored double dig-

(Cont. to A9)



Senior Angie Lawrence is shown receiving her ball for joining the 1000 point club. Angie reached this milestone during the Wayne County game on January 18, 2011. Angie is shown with her head coach Chrysti Noble.

Rockets fall short to PC; lose to Raiders

By: Sara Coguer

The Rockcastle County Rockets, who have struggled this season with a young squad, gave the Pulaski County Maroons all they wanted last Friday night before falling short of the win, 74-65.

The Maroons, who are 6-0 in the district and 20-3 on the season, beat the Rockets in their first go around at Rock Arena 80-42, but it was a different story at Pulaski Co. with the Rockets rebounding from a 19-9 deficit at the end of the first quarter to end the half only down four, 38-32.

Rockcastle outscored the Maroons 19-18 in the third quarter to make it, 54-51. But the, Maroons pulled it out in the end, defeating the Rockets 74-65.

Three Rockets scored double digits in the game, including Josh McKinney

with 10; Ben Allen with 14; and Travis Carpenter with 20.

Other Rockets scoring included Zach Poynter and Ashton Arvin, 2 each; Jaden Brock, 3; Cody Noe, 9 and John Curtis Wilson, 6.

Rockcastle vs. McCreary

The Rockets traveled to McCreary County Tuesday night, only to come home with another loss, 77-51.

The Raiders outscored the Rockets 16-12 in the first, and went into halftime with a ten point, 33-23, lead. The Raiders never looked back as they increased their lead during the third 57-34 and then eventually rolled to the 77-51 win.

Scoring for the Rockets were: Josh McKinney, 21; Travis Carpenter, 8; Ashton Arvin, 12; Jaden Brock, 2; Cody Noe, 4; Tyler Smith, 3 and Zach Poynter, 1.



Angie Lawrence goes for a layup against a Madison Central defender in Monday night's action.



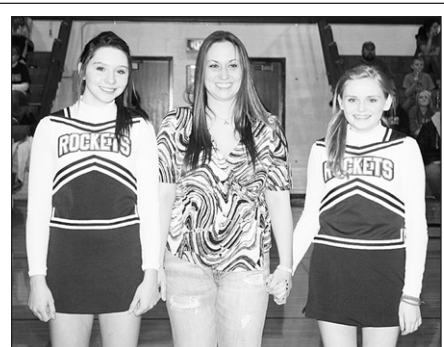
Senior Sara Hammond puts in two after an offensive rebound in Monday night's win against 11th region power Madison Central.

Eighth Grade Night

Eighth Grade Night was celebrated at the Rockcastle Middle School Monday night and eighth grade cheerleaders and boys basketball players were recognized, along with their escorts.



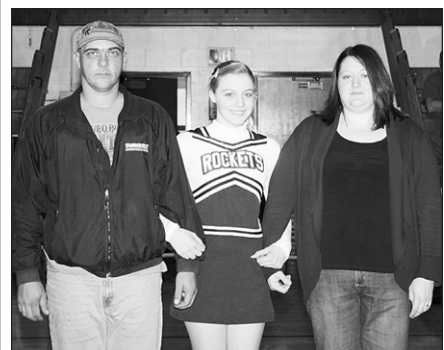
Kayla Cromer is the daughter of Doug Cromer and Leslie Burdette of Mt. Vernon. She was escorted by her mother and sister Abby.



Kendra Dees, left is the daughter of Julie Bowling of Brodhead, and Mikayla Cass, right, is the daughter of Collin Cass of Brodhead. Both girls were escorted by Julie Bowling.



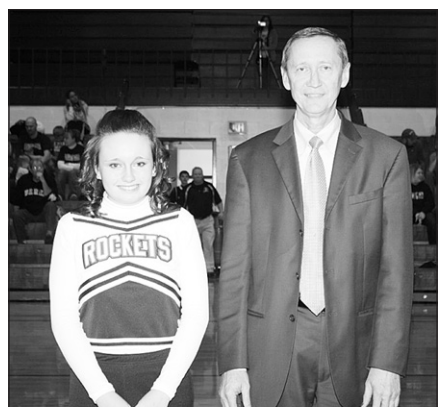
Cheyenne Morgan is the daughter of Eddie Morgan of Brodhead and the late Regina Morgan. She was escorted by her grandmothers Linda Proctor and Joann Smith.



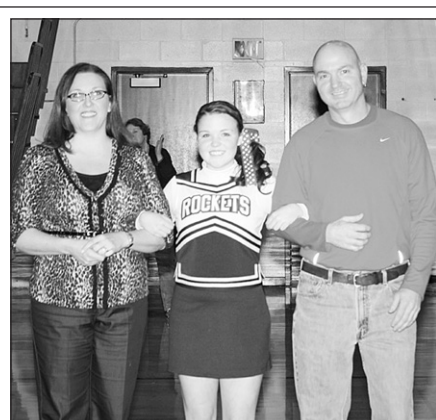
Cheyenne Gilliam is the daughter of Tony and Jennifer Gilliam of Lamero. She was escorted by her parents.



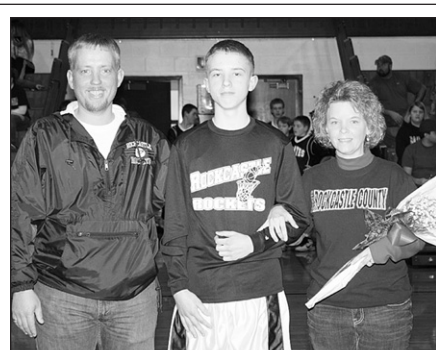
Tabatha Cromer, the daughter of Edwin Cromer of Mt. Vernon and Teresa Isaacs of Orlando, was escorted by her parents.



Tiffany Horn is the granddaughter of Joe Horn of Mt. Vernon and the late Reba Horn. She was escorted by her uncle Larry Hammond.



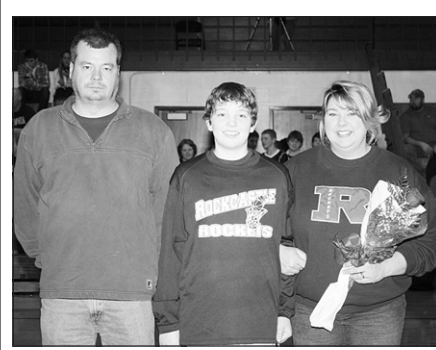
Kelci Holcomb shown with her parents, Steve and Kim Holcomb of Brodhead.



Devon McGuire is shown with his parents, Damon and Sonya McGuire of Mt. Vernon.



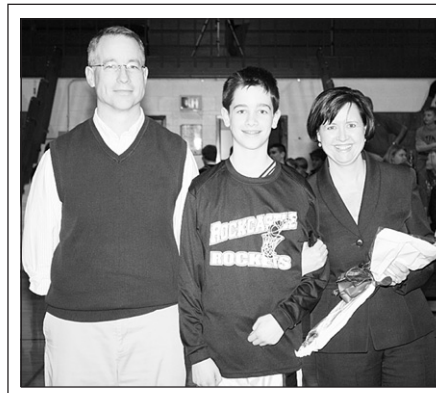
Taylor Cameron, the son of Jeff and Brenda Cameron of Brodhead, was escorted by his parents.



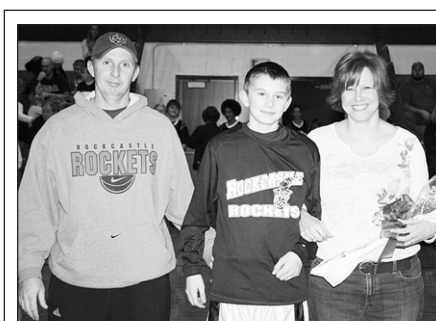
Douglas Nicely was escorted by his parents, Juan and Amy Nicely of Mt. Vernon.



Dakota Hasty, the son of Zandell and Connie Hasty of Mt. Vernon, was escorted by his parents.



Ethan Mattingly, the son of Ken and Jennifer Mattingly of Mt. Vernon, was escorted by his parents.



Carter Blanton is the son of Benny Blanton of Brodhead and Danielle Denny, also of Brodhead. He was escorted by his parents.



Jordan McGuire was escorted by his mom, Stacy McGuire of Brodhead.



Jacob McKinney, the son of Johnny and Jenene McKinney of Mt. Vernon, was escorted by his parents.



Blake Mullins is the grandson of Ronnie and Glenna Spoonamore of Mt. Vernon. He was escorted by his grandparents.



Isaiah Adams is the son of Krisinda Adams of Mt. Vernon. He was escorted by his mother and Johnathon Smith.



Sam Pensol was escorted by his parents, David and Kelly Pensol of Mt. Vernon.

Lady Rockets

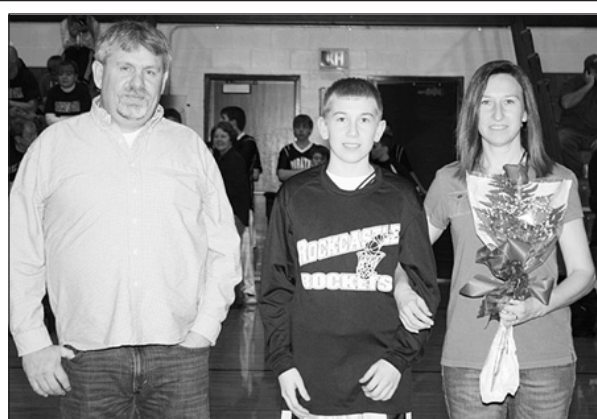
(Cont. from A8)

its in both the third and fourth quarters, they were still outscored by the Lady Rockets in each for the 75-43 win.

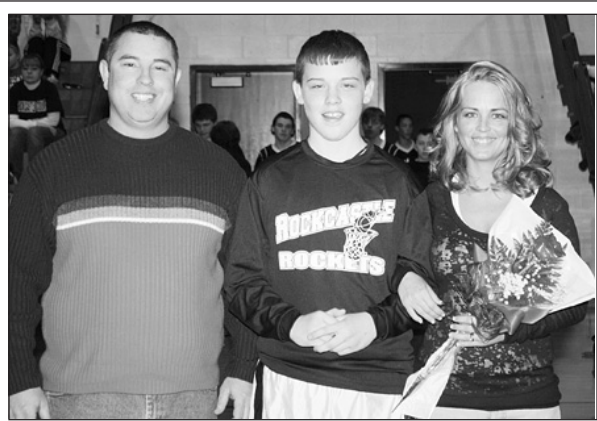
Three Rockcastle players were in double digits for the game including Sara Hammond and Angie Lawrence, each with 17, and Michaela Hunter, who came off the bench to contribute eleven points.

Others scoring for the Lady Rockets: Ella McQueary 7; Alexis Chasteen 6; Shanlee Burton 5 and Kristen Abney, 4, Sydney Arvin, and Katie Cowan, 4 each.

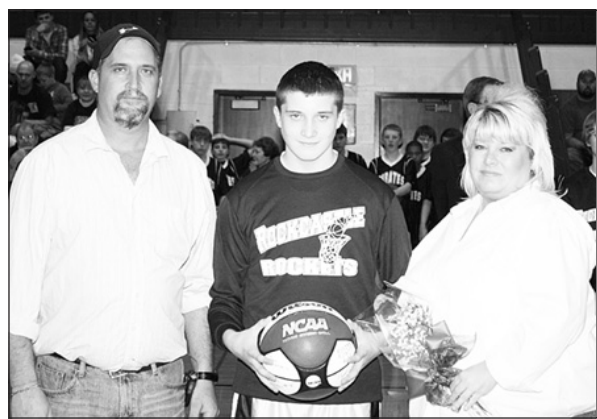
The Lady Rockets will play at North Laurel this Friday night with the JV game beginning at 6 p.m.



Kyle Denny was escorted by his parents, Jerry and Janet Denny of Mt. Vernon.



Layne Jasper is the son of Ashley Jasper and Alicia Adams of Brodhead. He was escorted by his parents.



Steven Rector, the son of Randall and Sammie Rector of Mt. Vernon, was escorted by his parents.

*Email the Signal at
mvsignal@windstream.net*

Commonwealth of Kentucky 28th Judicial Circuit Rockcastle Circuit Court • Division II Civil Action No. 09-CI-00221

Flagstar Bank, FSB Plaintiff

V.

**Ronnie W. Pennington,
Sherry R. Pennington,
Mortgage Electronic Registration
Systems, Inc., American General
Financial Services, Inc. and
United States of America** Defendants

NOTICE OF SALE

Pursuant to a judgment and order of sale entered in this action on March 12, 2010 and order entered on January 14, 2011 for the purpose of satisfying the judgment against the defendants in the amount of ONE HUNDRED NINE THOUSAND FIFTY FOUR DOLLARS AND 77/100 (\$109,054.77) plus interest, costs and attorney fees. I will offer at public auction the hereinafter described real property in Rockcastle County, Kentucky.

**At the Courthouse on East Main Street
Mt. Vernon, Kentucky
on Friday, February 18, 2011
Beginning at the Hour of 11:30 a.m.**

Said property being more particularly bounded & described as follows:

5190 Copper Creek Road, Crab Orchard, KY 40419
Lot Number 6- Located on the South side of Copper Creek Road, to wit:
Beginning on a steel pin set in the South right of way of the Copper Creek Road, also a corner of a 30 foot right of way; thence with the South right of way of the Copper Creek Road, North 74° 16' 47" East, 88.05 feet to a stake; thence with the South right of way of the Copper Creek Road, North 58° 24' 30" East, 38.99 feet to a steel pin, a corner of Lot 7; thence with the property line of Lot 7, South 22° 33' 01" East, 205.30 feet to a steel pin; thence South 64° 08' 18" West, 152.35 feet to a steel pin, a corner of a 30 foot right of way; thence North 15° 43' 13" West, 220 feet to the point of beginning.
Containing 0.665 acres, more or less.

The parties acknowledged that the Grantors have retained a 30 foot easement adjacent the western line of the above described real property. The parties further acknowledge that Grantees shall have the right to use said easement provided Grantees bear 1/2 cost of the developing said easement and 1/2 of the cost of maintaining said easement.

Being the same property conveyed to Ronnie W. Pennington, et ux. by deed dated February 7, 2007 of record in Deed Book 214, Page 421 in the Rockcastle County Clerk's Office.

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

1. The real property shall be sold for cash or upon a credit of thirty (30) days with the purchaser required to pay a minimum of twenty percent (20%) of the purchase price in cash on the date of sale and to secure the balance with a bond approved by the Master Commissioner.
2. The bond shall bear interest at the rate of twelve percent (12%) per annum until paid in full. The bond shall have the force and effect of a judgment and shall be and remain a lien upon the property sold as additional surety for the payment of the purchase price.
3. Unpaid taxes of record at the time of entry of judgment shall be paid out of the proceeds of the sale.
4. The purchaser shall pay the 2010 local, county and state property taxes.
5. Full satisfaction of the plaintiff's judgment shall be paid out of the proceeds of the sale.
6. The purchaser shall have possession of the real property upon compliance with the terms of the sale.
7. In the event that the plaintiff is the successful bidder and the sale price does not exceed the amount of the plaintiff's judgment, no deposit or bond shall be required.
8. The successful bidder shall at bidder's own expense carry fire and extended insurance coverage on said improvements from the date of sale until the purchase price is paid in full with a loss payable clause to the Rockcastle Master Commissioner.
9. The sale shall be made subject to all easements, set back lines, restrictions or covenants of record or otherwise and shall be sold "as is".

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

Commonwealth of Kentucky 28th Judicial Circuit Rockcastle Circuit Court • Division II Civil Action No. 10-CI-00219

Tax Ease Lien Investments 1, LLC Plaintiff

V.

Countrywide Homes, Inc. Et. Al Defendants

NOTICE OF SALE

Pursuant to a judgment and order of sale entered in this action on December 10, 2010 for the purpose of satisfying the judgment against the defendants in the amount of TWO HUNDRED SEVENTY SEVEN DOLLARS AND 70/100 (\$277.70) plus interest, costs and attorney fees. I will offer at public auction the hereinafter described real property in Rockcastle County, Kentucky.

**At the Courthouse on East Main Street
Mt. Vernon, Kentucky
on Friday, February 18, 2011
Beginning at the Hour of 11:30 a.m.**

Said property being more particularly bounded & described as follows:

Lying to the northwest of the new road leading from Clear Creek to U.S. Highway 421, and beginning at a fence on the north edge of the new road, corner to Dewey Thomas; thence with the fence and Thomas Line, to line of Jimmy Coins; thence with Coins' line and the fence to the corner of Berea College; thence south with the line of Berea College to the right of way of the new road; thence with the right of way of said road to the point of beginning, and containing thirty-five (35) acres more or less.

EXCLUDED: There is excepted from and not included in this conveyance the property conveyed to Johnny T. Dees and Peggy A. Dees, husband and wife, by Deed dated April 14, 1995 and recorded in Deed Book 157, page 299, in the Rockcastle County Clerk's office.

EXCLUDED: There is excepted from and not included in this conveyance the property (3/4 of an acre ±) conveyed to Carl Wayne Isaacs and Wanda Carolyn Isaacs, husband and wife, by Deed dated January 28, 1998 and recorded in Deed Book 133, page 192, in the Rockcastle County Clerk's office.

EXCLUDED: There is excepted from and not included in this conveyance the property (2.22 acres) conveyed to Carl Wayne Isaacs and Wanda Isaacs, spouses, by Deed dated July 18, 2000 and recorded in Deed Book 180, page 443, Rockcastle County Clerk's office.

EXCLUDED: The property being conveyed herein is subject to a right of easement granted by James L. Dees to the Kentucky Department of Highways and/or Rockcastle County Fiscal Court by right of Easement for School Bus Turn Around dated December 17, 1986 and recorded in Deed Book 130, page 57, in the Rockcastle County Clerk's office.

THERE IS EXCEPTED THEREFROM, the following property conveyed to Lloyd Dees and Donna Dees, husband and wife, by Deed dated April 24, 2008, and recorded in Deed Book 221, Page 375, in the Office of the Rockcastle County Court Clerk.

Situated in the Commonwealth of Kentucky, County of Rockcastle and being a part of the property as conveyed to Country Homes, Inc. by Deed Book 215, Page 66 and Deed Book 215, Page 70 as recorded in the Office of the Rockcastle County Clerk and being more particularly bounded and described as follows:

Beginning, for REFERENCE, at an iron pin set in an intersection of the northerly right-of-way of Hammonds Fork Road and Blue Jay Loop and being a common corner to the properties as conveyed to Carl Wayne Isaacs and Wanda Isaacs by Deed Book 180, Page 442 and Deed Book 133, Page 192;

Thence with the northerly right-of-way of Blue Jay Loop, N 65° 51' 13" E a distance of 305.06 feet to an iron pin found with cap labeled #2463;

Thence S 09° 05' 41" W a distance of 14.74 feet to the centerline of Blue Jay Loop;

Thence with the centerline said Blue Jay Loop, N 54° 56' 06" E a distance of 109.98 feet to the TRUE POINT of BEGINNING of Tract herein to be described;

Thence with the centerline said Blue Jay Loop and crossing through aforesaid Country Homes, Inc. the following four (4) new courses: N 54° 56' 06" E a distance of 53.98 feet to an iron pin set; N 23° 52' 41" E a distance 186.55 feet to an iron pin set; S 74° 55' 16" E a distance of 124.12 feet to an iron pin set; S 09° 20' 00" W a distance of 321.11 feet to an iron pin set in the northerly right-of-way of Hammonds Fork Road; Thence with the northerly right-of-way of Hammonds Fork Road, S 68° 16' 21" W a distance of 41.71 feet to an iron pin set;

Thence crossing through said Country Homes, Inc. N 42° 22' 24" W a distance of 220.65 feet to the Point of Beginning, passing an iron pin set at 208.60 feet and containing 1.131 acres by survey, subject to all legal highways and rights-of-ways whether of record or not. All iron pins set are 1/2" by 18" rebar with orange plastic caps labeled "HUPP #3623". All measurements are based upon an actual field survey made by Covenant Surveying, LLC on the 19th day of April in the year of our Lord 2007. All bearings are based on an easterly line of the property as conveyed to aforesaid Don Dees as being S 39° 45' 00" E by Deed Book 183, Page 505.

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

1. The real property shall be sold for cash or upon a credit of thirty (30) days with the purchaser required to pay a minimum of twenty-five percent (25%) of the purchase price in cash on the date of sale and to secure the balance with a bond approved by the Master Commissioner.
2. The bond shall bear interest at the rate of twelve percent (12%) per annum until paid in full. The bond shall have the force and effect of a judgment and shall be and remain a lien upon the property sold as additional surety for the payment of the purchase price.
3. Unpaid taxes of record at the time of entry of judgment shall be paid out of the proceeds of the sale.
4. The purchaser shall pay the 2011 local, county and state property taxes.
5. Full satisfaction of the plaintiff's judgment shall be paid out of the proceeds of the sale.
6. The purchaser shall have possession of the real property upon compliance with the terms of the sale.
7. In the event that the plaintiff is the successful bidder and the sale price does not exceed the amount of the plaintiff's judgment, no deposit or bond shall be required.
8. The sale shall be made subject to all easements, set back lines, restrictions or covenants of record or otherwise and shall be sold "as is".

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



Coach:
Loren Reynolds
Call 308-4209
with questions.

RCMS Volleyball 2011

CAMP:

Friday, Feb. 4th / 3:00 to 5:30pm
Saturday, Feb. 5th / 9:00am to 4:00pm

Cost: \$30

(Lunch provided on Saturday)
Make checks payable to: RCMS Volleyball

IMPORTANT:
Bring updated
physical.
Forms available
in RCMS front
office.

What to wear:

- o Shorts
- o T-Shirt
- o Athletic Shoes
- o Knee Pads

TRY-OUTS:

Mon. & Tues., Feb. 7th, 8th / 3:00 – 5:30pm

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Lauryn Carpenter is Brodhead Elementary Schools Spelling Bee winner.

Working Together Works

Fifth grade student, Lauryn Carpenter, from Mrs. Melissa Neeley's classroom is Brodhead Elementary Schools spelling bee winner! Lauryn will represent BES at the county spelling bee on Wednesday, February 16...Congratulations Lauryn!

Things you need to know:
Save your Campbell's

Soup UPC codes and your Box Top's for Education.

Thursday, February 17-School Based Decision Making Council Meeting (SBDM) at 5:00 & Parent Teacher Group (PTG) at 6:00

Mark your calendar- Parent/Teacher conferences have been scheduled for Thursday, March 3.

Minds in the Middle

Our spelling bees are underway at RCMS. The winner of each team spelling bee will compete on Friday in the school wide spelling bee. That winner will then compete at the district spelling bee on February 16th.

The Shooting Stars would like to congratulate Matthew Newcomb on winning their team spelling bee. Matthew defeated tough competition in the other three homeroom winners, Faith Saylor, Kaleigh Noel, and Laney Poynter. The Voyagers would also like to congratulate their team winner, Megan Cromer.

The Student Council has proclaimed this Friday as "Favorite Team Day." Students can show who they are supporting in the Super Bowl or just show their continued support for the Rockets, Wildcats, or whatever team they rally behind. Students can wear favorite team shirts and hats.

Any parents who wish to have access to the Parent Portal feature on our student

database may come by the office during school hours for a brief training. Parents are given a password to gain access to such information as their child's grades, attendance, and behavior referrals. If you would like the training, but cannot come during the school day, please call Ms. Cromer to set up a time.

RCMS was pleased to have Kentucky's Commissioner of Education visit us on Monday. Commissioner Terry Holiday visited the classrooms and was able to see firsthand the awesome learning taking place by our students.

After several Fridays of being snowed out, the RCMS Academic Team will be sponsoring an after school dance this Friday. Students must have parental and team permission in order to attend and should be picked up at 5:00. Students may not call home for permission and may not wait

after school for a parent to bring money and a note.

Speaking of the Academic Team, they are currently preparing for regional competition. Congratulations to the following students who have qualified to compete at regions: Zeb Davis and Austin Brown in Math, Erika Howard in Science, James Clay Ballinger and Brooke Morris in Language Arts, Tanner Collins in Arts and Humanities, Caleb Ballinger in Social Studies, Madison Hammons, Will Martin, Presley Cromer, Tanner Collins, and Brooke Morris in Future Problem Solving, and Erin Thompson in Written Composition. The team also was awarded the Kathrine Hume Sportsmanship award. This award is voted on by the competing students. We are very proud of the entire team and wish them luck at regions.

Congratulations to the following members of the RCMS 7th and 8th grade Band who were selected by audition for the 2011 Dis-

trict 11 Middle School Honors Band. RCMS is extra proud of Shelby Ponder, Aaron Peavley, Shanoah Shelton, and Shelby Brown.

Extended School Services are now available to students on Tuesdays from 3:00 - 4:45.

Dean's List

Rockcastle County High School and Transylvania University junior Holly Brown has been named to the Dean's List for the 2010 fall term.

To be named to the Dean's List, a student must achieve at least a 3.5 grade point average during the term.

Brown, a psychology major, is the daughter of Michael and Patricia Brown of Brodhead.

Transylvania, founded in 1780, is the nation's sixteenth oldest institution of higher learning and is consistently ranked in national publications as one of the top liberal arts colleges in the country.

Reading Marathon at RCMS

RCMS has teamed up with the Rockcastle Health Community in an effort to increase the overall health of students and improve learning at the same time.

Rocket Marathon Readers is a six-week reading and physical activity program for all Rockcastle County Middle School students. The program promotes at least thirty minutes of reading and thirty minutes of physical activity at least four times a week.

Participants will have a six-week activity log to record the physical activity and reading accomplished. The students need the support of their family in keeping on track with the program. Parents and staff are needed to help students monitor their activities. Staff members will also be participating in the program. Reading material

must be selected by the student and cannot relate to school assignments. Exercise must be some type of physical activity outside of their normal day, such as rapid walking, jogging, bicycling, or basketball, and cannot be related to video game sports.

Students who complete the activities four days out of the week will be entered in a random drawing for some awesome prizes. Prizes will include gift cards, the latest book titles, iPod shuffles, and Kindle e-readers. Parents who made a New Year's resolution to be healthier, now have a great opportunity to be on track with that and to help their child do the same.

The goal is to promote a routine of exercising and reading each day. The staff and students appreciate staff from the Cumberland Valley

Health Department for coming to RCMS on Monday to help students calculate their Body Mass Index. Thanks also to the RCMS PTSA for helping to support this event.

Three WKU students honored

Three Western Kentucky University students received honors for the fall semester, as announced last week.

Lauren Graham, of Mt. Vernon, received President's List award for the fall semester by obtaining a 3.8-4.0 gpa.

Tanner Perkins, of Brodhead, received Dean's List award for the fall semester by obtaining a 3.4-3.79 gpa.

Yancee P. Burchett, of Brodhead, also received President's List award for the fall semester by obtaining a 3.8-4.0 gpa.

2nd Grading Period

RCMS Honor Roll

Enterprisers - Makayla Abney, Jayna Albright, Sarah Alcorn, Caleb Ballinger, Emme Barker, Jaiden Barnes, Victoria Barron, Zachary Bengé, Dakota Bishop, Anna Buckley, Madelyn Bullen, Thomas Burdette, Gideon Coffey, Caroline Coguer, John Cornelius, William Daugherty, Morgan Didelot, Tiffany Fain, Maggie Franklin, Lucas Gentry, Katelyn Hensley, Hannah Howard, Alex Jaramillo, Austin Jasper, Logan Jett, Lucas Jones, Arie-Anna Lawson, Ryan Martin, Dakota Messinger, Carson Noble, Emily Payne, Cassie Poynter, Allison Renner, Jarod Robinson, Travis Ross, Mikaela Sadler, Mahala Saylor, Dylan Spoonamore, Logan Taylor, Erin Thompson, Courtney Vanhook.

Voyagers - Allie Alexander, Hannah Allen, Chelsea Barnett, Michaela Barron, Marina Blevins, Abby Bray, Dana Bullock, Sierra Carpenter, Carley Childress, Logan Coffey, Dominique Cope, Olivia Copenhaver, Cameron Coy, Kierra Cromer, Megan Cromer, Presley Cromer, Brian Damrell, Heaven Davidson, Robert Davis, Kristen Day, Skyler Dillingham, Zachary Ellison, Sydney Ely, Candace Evans, Jonathan Gray, Melissa Hager, Shelby Ham, Madison Hammons, Zachary Harding, Kristina Hayes, Samantha Hicks, Ray Howard, Brandi Innis, Dalton Killen, Tiffany King, Juliann Kirby, Brianna Lay, Chayse McClure, Ashley McKinney, Jennifer Mercer, Sierra Mercer, Ileana Miller, Tina Miller, Austin Mills, Christian Mink, Tara Mink, Shelby Newcomb, Tabitha Newcomb, Morgan Oliver, Anna Petrey, Zachary Pheanis, Jonah Pillion, Sarah Poynter, Cory Ratliff, Cierra Robbins, Samantha Robbins, Devon M. Robinson, Dylon Robinson,

Christie Samples, Austin Saylor, Zachary Sowder, Courtney Spires, Madison Stewart, Ayden Strunk, Rodney Thacker, Garrett Tompkins, Christy Tyree, D.J. Vanwinkle, Adrienne Walker, Andy Walker, Jerri Williams, Frankie Woodall, Jaran Woods.

Adventurers - Rebecca Abrams, Katie Adams, Tristan Begley, Brooklyn Bishop, Stephen Blevins, Austin Brown, Leah Bustle, Zacharie Casteel, Alissa Chasteen, Amber Chesnut, Emily Childress, Michael Collett, Tanner Collins, Rachel Davis, Zebediah Davis, Jacob Durham, Makala Gardiner, John Matthew Harris, Erika Howard, Micheala Hurt, Allie Johnson, Alexis King, Austin Lamb, Brittany Long, Zachary Loudermilk, Samarah Lovins, Justice Masters, Nikkita McGuire, Sabastien McGuire, Morgan McGuire-Renner, Adam McKinney, William Logan Merritt, Brittany Miller, Curtis Miller, Chelsea Overbey, Hannabeth Owens, Aaron Pevley, Victoria Phillips, Robert Prickett, Amber Rice, Andrew Sizemore, Jordan Sizemore, Madison Stewart, Roy Scott Winstead.

Shooting Stars - Heather Allen, Brandon Baker, Garrett Baldwin, James Clay Ballinger, Amelia Berryman, Kamryn Brinegar, Jacob Bullock, Callie Carpenter, Sarah Beth Clark, Amber Collins, Shelby Convery, Ginger Cornelius, Calan Cromer, Ray Delaney, Erik Durham, Scarlett Eaton, Marti Fields, Kristen Forrester, David Gabbard, Katherine Gerson, Joshua Goforth, Hailey Harper, Dana Hatfield, Devon Hayes, Zachary Hilton, Ryan Kirby, Justin Lamb, Ricki Jean Lay, Glenna Lear, Zachary McGuire, Ashley McKinney, Tabitha Miller, Matthew Newcomb,

(Cont. to A11)



Eagles' Nest Parent Group



Benefit Singing, Silent Auction, Cake and Pie Auction, and Winter Festival

Where: Roundstone Elementary School
When: Saturday, February 5, 2011

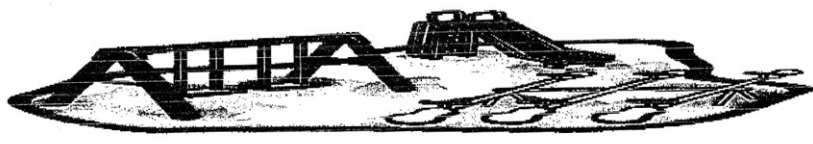
Singing Line Up:

2:00 p.m. Calvary Heirs (Gospel)
3:00 p.m. Wilderness Trail (Bluegrass)
4:00 p.m. Medley Boys Rockin' Country

Refreshments to be sold include: hot dogs, chili dogs, pizza, nachos and cheese, chips, Pepsi, Diet Pepsi, 7-Up, Mt. Dew, and Water.

Times: Refreshments Served: 2:00 p.m. until 5:00 p.m. (cafeteria)
Benefit Singing: 2:00 p.m. until 5:00 p.m. (cafeteria)
Winter Festival: 2:00 p.m. until 5:00 p.m. (gym)
Silent Auction: 2:00 p.m. until 5:00 p.m. (library)
Cake and Pie Auction: Silent from 2:00 p.m. until 5:00 p.m., then high bid on each cake or pie will go public for live bidding beginning at 5:00 p.m. (cafeteria)

Why: Money is needed for the purchase of playground equipment for the final phase of our new Primary Playground.



ROCKCASTLE COUNTY BOARD OF EDUCATION

MARTIN E. VANZANT, CHAIRMAN
TINA CAIN HASTY, VICE CHAIRWOMAN
MICHAEL BURDETTE
ANGELA STALLSWORTH MINK
ANNA M. GOFF

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

AGENDA

Regular Meeting
February 08, 2011
7:00 P.M.

1. CALL TO ORDER:

- A. Silent Prayer
- B. Roll Call
- C. Reading of Board Team Commitments

2. ADOPT AGENDA/ACTION:

3. COMMUNICATION:

4. OPERATIONS/ACTIONS:

- A. Approve minutes of the January 11, 2011 meeting
- B. Approve bills for payment
- C. Approve Emergency Substitute Teacher Application TC-4:
- D. Approve request for Family and Medical Leave of Absence to be extended through the end of school year for Angela K. Payne in compliance with Board Policy 03.12322
- E. Approve School Activity Fund Raiser request
- F. Approve School Trip Forms

5. DISCUSSION/ACTION:

- A. Review/Approve BG - 4 For the Roundstone Roof Project (BG #10 - 280) Pending KDE approval
- B. Review/Approve 2011 Waste Tire Market Development Crumb Rubber Grant Application

6. DISCUSSION/REVIEW:

- A. Review Monthly Financial Reports
- B. Review Superintendent's Personnel Action Report
- C. Review 2010-2011 Physical Activity and Nutrition Report Card
- D. Review KSBA "Kids First in Frankfort" Advocacy Conference and Lobbying Day February 23 - 24
- E. Other:

7. ADJOURNMENT:

“Logging”
(Cont. from front)

the soil of 90 days, in Rockcastle County, the subsoil is primarily karst which would enable the herbicide to work through to ground water “quickly.” Karst is defined as irregular limestone where erosion has produced sinkholes, fissures, underground streams and caverns.

Scheff said the forest service would argue that the trace amount of herbicide leaching into ground water would be within safety standards but, as one of those present retorted, “they’re not drinking my water.”

According to a letter, from Chris Smith of Kentucky Heartwood, sent to the 144 local residents who wrote to the forest service complaining that the project “would be destructive to both the quality of life of local residents and to local ecosystems,” since the initial comment period ended, Kentucky Heartwood has documented forest conditions that contradict claims made by the forest service. “We’ve found healthy, dynamic forests - some as old as 150 years and developing old-growth characteristics - that stand in stark contrast to the legacy of old clear cuts that remain from the last time the Forest Service logged these hills barely two years ago.”

An information letter, about the meeting, also pointed out that the “forest service already clear-cut significant portions of the area 20 years ago and barely half of the national forest in the project area is more than 70 years in age - in a forest where trees can live to be several hundred years old. The area has numerous springs, several species of orchids and is just beginning to reach maturity. The forest service insists that the combined 646 acres of commercial and precommercial thinning is necessary to alleviate overstocking. However they propose cutting nearly all trees on 93 acres - recreating the very same conditions they say they must manage to ‘fix.’”

Scheff said the next step in the process is to wait for an alternative development proposal then there will be a 30 day notice and public comment taken. There may be a public meeting after that but, that is at the forest service’s discretion, Scheff said. A Release of Environmental Assessment and Decision Notice (by the Forest Supervisor) would be next, followed by a 45 day period to file an administrative appeal outlining why the project is flawed and, if the appeal is turned down, then the last option would be litigation.

Besides the endangered Indiana Bats in the area, Scheff also pointed

out that since all water in the area drains into Roundstone Creek which is home to an endangered mussel species. And, since Climax Spring Water is a public water supply, there should be protection from the project under the Clean water Act.

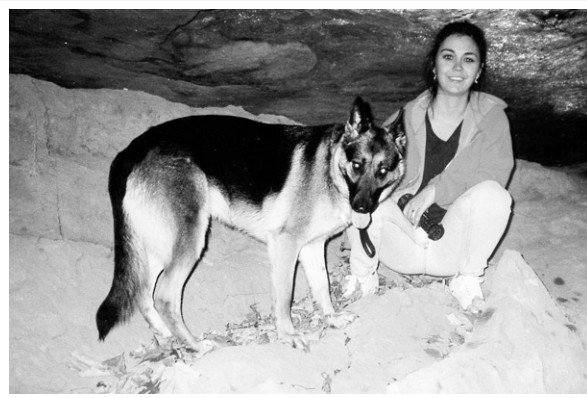
Scheff said he, personally, would like to see the forest service’s plan changed to: not cutting mature stands of trees, planting pine in old clear cut areas, no use of herbicides, hand cutting to thin old clear cut areas and establishing some trails in the area.

“Honor Roll”
(Cont. from front)

Kaleigh Noel, Adrianna Pena, Destiny Pickering, Tanner Pillion, Laney Poynter, Sierra Rader, Austin, Ramsey, John David Reddington, Rebekah Renner, Faith Saylor, Kayla Shafer, Alex Spragens, Billy Taylor, Brad Taylor, Christian Taylor, Jacob Taylor, Jacklynn Thacker, Micah Topf.

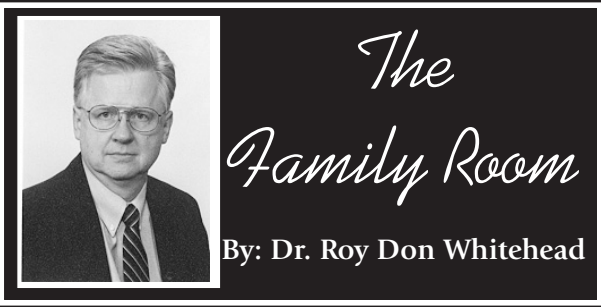
Challengers - Cassidy Adkins, Callie Asher, Addison Atkin, Ashley Baggett, Kristin Baker, Mary Bishop, Avery Bradshaw, Shelby Brown, Samantha Bustle, Rachel Cain, Tate Clements, Samuel Coffey, Alaina Coguer, Alyssa Cox, Brooklyn Cromer, Vanessa Cromer, Kendra Dees, Sharly Dees, Laticia Delaney, Abigail Eaton, Allison Estes, Ashley Fletcher, Paige Green, Sean Hacker, Dakota Hasty, Layne Jasper, Dakota Johnson, Kyle Marlow, Eliza Mason, Caymen McClure, Danielle McNew, Cheyenne Morgan, Ashley Newland, Douglas Nicely, Samuel Pensol, Chris Philbeck, Lyndsey Reed, Shanoah Shelton, Samantha Skinner, Hannah Sowder, Levi Sparks, Joshua Spurlock, Alex Turner, Marcus Wilson, Shelby Woodall.

Comets - Chris Abney, Deanna Alexander, Chance Ansardi, Rachel Blair, Taylor Cameron, Mikayla Cass, Jeremiah Caudill, Abby Chasteen, Tanika Chasteen, Tyler Creech, Kira Deatherage, Kyle Denny, Amelia Eversole, Chelsea Fleming, Cheyenne Gilliam, Jessica Harris, Zach Hayes, Hannah Hillard, Megan Houk, Joseph Hunt, Brooke Isaacs, John Kemper, Steven Lamb, Abby Mahaffey, Will Martin, Ethan Mattingly, Michael McCauley, Jordan McGuire, Mikey McGuire, Brianna Mink, Lona Morgan, Josh Neeley, Rakhi Patel, J.J. Payne, Emily Ponder, Shelby Ponder, Anna Poynter, Hannah Prewitt, Dana Robbins, Faye Saylor, Marcus Scalf, Hannah Shelton, Victoria Smith, Alexis Stewart, Casey Suffridge, Tabitha Tompkins, Casey Walker, Tyler Washburn, Amberlee Woodall..



*In Memory of Bonita Dale Carter
1-31-1971 to 1-28-2010
To My Friend Bonita,*

A good friend like you is very hard to find. As hard as it was to find you it was even harder to lose you. And it will be impossible to ever forget you. I love and miss you every day. I know my life was much more richer for having you in it.
Love Always Your Friend, “Sam I Am” Samantha Shafer



On September 15, 2010, all 15 of Kentucky’s domestic violence shelters participated in the National Census of Domestic Violence Services. Here are some of the statistics from Kentucky:

- *1,114 victims were served in one day;
- *689 domestic violence victims found refuge in emergency shelters or transitional housing provided by local domestic violence programs;
- *425 adults and children received non-residential assistance and services, including individual counseling, legal advocacy and children’s support groups;
- *248 hotline calls were answered, more than 10 every hour; (Hotlines are a lifeline for victims in danger, providing support, information, safety planning and resources. The local crisis line number is 800-755-5348.)

Many programs reported a critical shortage of funds and staff to assist victims in need of services, such as emergency shelter, housing, transportation, child care, and legal representation. Shelters were unable to meet 94 requests for help on that day, 43 of which were from victims seeking emergency shelter or transitional housing. Shelters were unable to help because of not enough funding, not enough staff, no available beds or not enough specialized services.

All 15 of the programs reported a higher demand for services. As communities experience job loss and decreased community resources, 67% of the programs reported a decrease in funding.

On that day in the United States:

- *3 men committed suicide, one after murdering his wife, another after a failed attempt to kill his girlfriend, and the third during a police standoff while holding his partner hostage.
- *3 women were murdered by their intimate partners.
- *36 babies were born to mothers living in domestic violence shelters.
- *391 survivors working with local domestic violence programs started new jobs.

Here are some of the quotes that came from shelters across the nation on that day:

“We had three women in shelter who obtained their very first jobs on the survey day!”

“We provided legal advocacy and emergency shelter to a victim who had attempted to commit suicide because she believed that suicide was the only way she could end the abuse.”

“A survivor sent us a letter to thank us for saving her life. She said that if it wasn’t for us, she, and possibly her children,

would be dead now.”

“A woman was denied a permanent protection order by the courts. Afterward, the abuser sent her a letter, telling her how he was going to kill her and her children and recounted all of the abuse he had perpetrated upon her and her children. She continues to live in fear that he’ll murder her, the children, and then himself.”

“A woman came in so badly beaten by her boyfriend that both of her eyes were swollen shut and she was covered with bruises. We helped her get emergency medical treatment, assisted her in filing for a Temporary Protective Order, which was granted, and referred her to an attorney to represent her at the final hearing with no cost to her.”

(Call Family Life Abuse Center if you are a victim of Intimate Partner Violence. The number is 800-755-5348.)

Eagles’ Nest Parent Group Festival is this Saturday

The Eagles’ Next Parent Group at Roundstone Elementary is hard at work bringing together their Winter Festival planned for Saturday, February 5th. Proceeds from the festival, being held in conjunction with their annual Benefit Singing, Silent Auction and Cake and Pie Auction, will go toward completion of the new school playground.

Individuals, families, businesses, church, and other organization, are needed to sponsor games and prizes, as well as work their booth/game at the Winter Festival. There are two ways anyone can help. The first is for you to sign up for a specific game and buy/order the necessary supplies needed for children to play the game and to donate money to help buy prizes. For example, if you chose to sponsor the Duck Pond, you would need to buy a plastic or inflatable pool, ducks and donate money to help buy prizes. The second way would be to donate a specific dollar amount, of \$50 or more, and you will be assigned a game and supplies needed for the game will be purchased and the rest of the money put toward the purchase of prizes. Either way, sponsors will need to have two people to work your booth/game. This would be a great activity for youth groups, clubs and community service hours for high school students. Any extra game/prize donation money will be used as a donation to the playground fund.

Admission to the games will be with an

armband costing \$6 for the first child and \$3 for each additional sibling, purchased in advance, or \$8 at the door for the first child and \$4 for each additional sibling. The armband allows children to play unlimited games to earn tickets for prizes or to go to booths to make crafts, get their faces painted, balloon animals, etc. All children or persons who play a game would win at least one ticket for participating and more for success at the game. The tickets are then saved and traded in at the prize booth for the prize or prizes of the child’s choice, based on the number of tickets won. Each child will be given a bag at the door with his/her name on it in which to keep the tickets.

By having community members and organizations sponsor games and prizes, all proceeds from armband sales will go to the playground fund. Sponsors will have the opportunity to pass out appropriate information about your church, organization or business and a poster at your booth will relate the name of the game and sponsors name. This would be positive advertising for your organization while helping the children at Roundstone Elementary.

Please read the volunteer sheet in this week’s *Signal* and sign up to help. We have lots of jobs that need to be filled with volunteers.

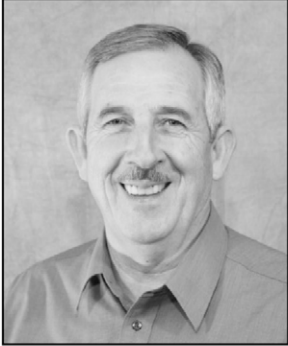
For more information/questions, contact Cynthia Wolfe Rogers or Tonya Parrett Clark at the school 606-256-2235.

just say

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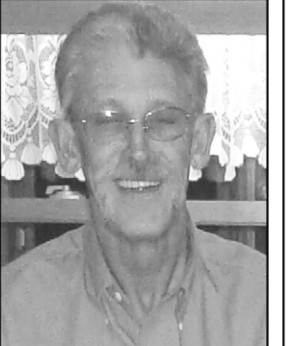


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Did You Know???

Hospice Care Plus provides care to patients with a variety of life-limiting illness.

This includes:

- Heart disease
- Liver Disease
- Kidney Disease
- Lung Disease (COPD)
- Dementia/Alzheimer’s
- Cancer

Referrals can be made by anyone, just call us at

859-986-1500 or 800-806-5492.

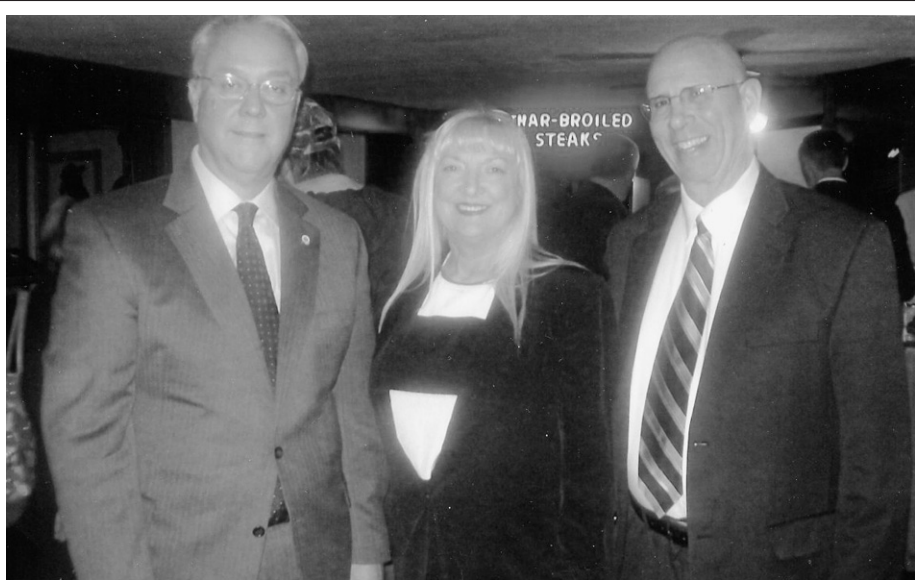
Hospice Care Plus is a non-profit organization serving Rockcastle County for more than 25 years

Central Body Service
275 Richmond Street - Mt. Vernon

Precision Collision - Repair
Quality Work Since 1966

Free Estimates - All Work Guaranteed

606-256-4210



Kentucky Senator and Republican gubernatorial candidate David Williams spoke to the Kiwanis Club at their regular monthly meeting last Thursday. In the above photo, Williams, left is shown with Kiwanis member Glenda Smith and his statewide campaign manager General Donald Storm. In the photo to the left, Williams is shown accepting a certificate of appreciation from Kiwanis Club President Billy Reynolds, who is also the Rockcastle County Attorney. Williams spoke to a large crowd for about 45 minutes about this year's legislative session and a few of his plans if elected governor.

“Blood Drive”
(Cont. from front)

cause you donated, and the homeroom with the most parents participating will win a pizza or movie party.

Blood donors must be 17 years old (16 with parental consent), weigh at least 110 pounds, be in general good health and meet additional requirements. Sixteen year old donors must have a signed parental permission slip, which can be found on the Kentucky Blood Center's website: www.kybloodcenter.org

The KBC relies on volunteers to collect 400 units of blood per day to meet area patients' needs.

“Shoplifter”
(Cont. from front)

Stewart to stop because she had called the police.

Stewart threw the items she had shoplifted into her car and denied shoplifting, but French told her she had seen her do it and the police were on their way.

Mt. Vernon Police Officer Jeff Harness arrived on the scene and arrested Stewart, charging her with theft by unlawful taking under \$500, a misdemeanor.

Stewart was lodged overnight in the Rockcastle County Detention Center and pled guilty to the charges on Monday in court. She was released after posting 10% of her \$2000 bond.

“Williams”
(Cont. from front)

the best shape possible, making our educational system a top priority (which he mentioned the senate is currently working on through last year's SB-1), and the fiscal situation of the state.

He stated, “No one is going to look at Kentucky if we are fiscally debt ridden.” His options would include updating the state's pension plan so that it can meet the obligations of the present retirees without being a burden to the taxpayers.

“Commish”
(Cont. from front)

tendent Larry Hammond, who was acting as host to the commissioner, then proceeded to the high school where he also toured and spoke with staff before his final stop at the newly constructed vocational school.

“Shelter”
(Cont. from front)

immediately contacted Carpenter for an explanation. After Carpenter explained the situation and misunderstanding, Carloftis ordered that no dogs be put down until further notice.

Dogs are routinely put down in all animal shelters because of overcrowding. There are no kill shelters scattered across Kentucky, but those shelters will not

take just any dog - only ones they know they will be able to adopt out and are mostly operated by private groups.

According to Carloftis, 18 dogs were adopted by close of business Monday and another 35 on Tuesday. Of course, the kennel is still receiving animals and several are available for adoption.

Carloftis said Wednesday that he was receiving ideas from across the country for better “marketing” of the animals in the shelter. He said he would, at a later date, present a plan to the court for putting the information on more sites such as Facebook.

The remodeling at the shelter is being paid for by a \$12,000 state grant and involves rebuilding the inside kennels, putting a cover on an outside area adjacent to the kennel and building a sidewalk next to that outside area so the dogs can be viewed more easily.

The county spends over \$65,000 a year on the shelter from the general fund. That includes salaries for the dog warden, shelter director, truck expenses, utilities and veterinarian charges.

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

“Spoonamore”
(Cont. from front)

tencing, Spoonamore, along with Donald Jones, was charged with three counts of possession of a handgun by a convicted felon and five counts of possession of a firearm by a convicted felon.

Bartley filed to revoke Spoonamore's bond and moved to up the sentence to five years imprisonment on the drug charges. Judge David A. Tapp granted the commonwealth's motion.

In Judge Tapp's division of the Rocket Docket, Spoonamore then entered a plea of guilty to all eight firearms charges. Bartley recommended a 7 year sentence on those charges and that those be served in addition to the five years for the drug charges. Tapp accepted the defendant's guilty plea and proceeded directly to sentencing. He then imposed the twelve years recommended by the Commonwealth. He noted that by the very nature of the charges Spoonamore had been convicted of prior felonies and remanded Spoonamore to the Department of Correction where he will serve his sentence in whatever prison they deem appropriate.

A hearing was then held to determine whether Jones had violated his bond restrictions. Testifying for the commonwealth, Deputy Sheriff Shannon Franklin testified regarding the firearms and burglary charges lodged against Jones while on bond. Judge Tapp made a finding that Jones had indeed violated his bond and found that the commonwealth would be entitled

to recommend a harsher penalty at Jones' sentencing hearing in front of Judge Burdette on February 11, 2011. Jones is being held, without bond on the drug charges, until his sentencing and will answer to the new firearms charges in a separate hearing.

Following court on Wednesday, Bartley noted, “There is a misconception that Rocket Docket pleas equal probation or some light sentence, but here is one of many examples of a harsh sentence being set, while at the same time saving the county some money. In this case, a man with multiple prior convictions will pay a harsh penalty, but the county won't bear the

costs of holding him for several months until the case makes its way through the system.”

Commonwealth Attorney Eddy F. Montgomery expressed his appreciation to the fiscal court for implementing Rocket Docket, to Judges Burdette, Tapp, Woods, and Lawless for their time in handling Rocket Docket cases, and to the sheriff's department for their diligence in working the case.

Montgomery remarked, “This is a clear example of our tenet in Rocket Docket to first do justice and ensure the public's safety. To be able to do so in an economical manner is icing on the cake.”

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

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Gray Hawk Rd. - 4 lots from \$12,700 to \$18,500
1722 Gabbard Rd. 12.25 A - \$44,900
Reduced! Quail Rd. (14.26 A) Owner/Agent - \$45,000
Reduced! 3.03 A on Menifee Hill Rd. - \$19,900
2.5 A on Menifee Hill Rd. - \$18,900
SOLD! Lot #7 - Hwy. 1249, 3.7 A. - \$21,000

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News from the Rockcastle Courthouse

Circuit Civil Suits

Chase Home Finance LLC vs. Robert Miller, et al, \$39,975.43 plus claimed due.

Citizens Bank vs. Gerald D. Mink, et al, \$41,688.01 plus claimed due.

Peoples Bank and Trust Co. vs. Troy Harris, \$4,121.80 plus claimed due.

Danielle Carlson Denny vs. Franklin Denny, petition for dissolution of marriage.

Cumberland Valley National Bank vs. Phillip R. Carpenter, \$112,023.72 plus claimed due. CI-00017

Not the one

The James Michael Brown, listed as a defendant in a Circuit Civil Suit in last week's paper, is not the Mike Brown, owner of Brothead Tobacco and Tanning.

District Civil Suits

World Finance Corp. vs. Ronnie Bullock, \$2,381.44 plus claimed due.

Pattie A. Clay Hospital vs. Kathryn Taylor, \$1,075 plus claimed due.

Rockcastle Hospital vs. Delina Bowles, \$1,178.66 plus claimed due.

Rockcastle Hospital vs. Melvin C. Gibbons, \$891.55 plus claimed due.

Capital One Bank vs. Scott D. Durham, \$2,238.90 plus claimed due. C-00022

Deeds Recorded

Clarence E. and Dorothy H. Brock, property north of Wildie, to Lori Jean Chasteen. No tax.

Vanderbilt Mortgage and Finance, Inc. property in Rockcastle County, to Anthony and Nell W. Cromer. Tax \$22.

Brittany McFadden and Douglas Delaney, property in Rockcastle County, to Linda and Roger Dykes. Tax \$12.

District Court

Jan. 24, 2011

Hon. Kathryn G. Wood

Kelby T. Johnson: fines/fees due (\$994.25), converted to 16 days in jail; theft by deception (three counts), \$20 fine plus costs each count and 20 days/probated on condition plus restitution.

Ryan B. Kinney: theft by deception (three counts), \$20 fine and 20 days, pro-

bated 24 months on condition plus restitution/consecutive.

Wesley H. Mullins: alcohol intoxication in public place, \$50 fine and costs; assault, costs plus 180 days/serve 20/balance probated 24 months on condition.

Dennis J. Williams: operating motor vehicle under influence of alcohol/drugs, \$350 fine and costs, \$375 service fee, 2 months operator license suspension, 7 days and ADE authorized.

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

Dana T. Ball: operating on suspended/revoked operators license, bench warrant (bw) issued for failure to appear (fta).

Mark A. Barrett: fines/fees due (\$413), bw issued for fta/9 days in jail or payment in full.

Ronnie W. Belt: no/expired registration plates, \$25 fine and costs.

Jackie M. Bullock: failure to wear seat belts, \$25 fine; no operators license in possession, \$25 fine and costs; failure to produce insurance card, \$50 fine.

Keith E. Carpenter: fines/fees due (\$178 and \$180.65), 7 days in jail for contempt or payment in full/restitution converted to civil judgment.

Jessica M. Delarosa:

"In God We Trust" Plates

Customers now have two standard issue choices when renewing their tags. "In God We Trust" and "Unbridled Spirit" are both standard issue and the price for both is \$21.00.

If the customer wishes to receive the "In God We Trust Plate", they should bring their current plate to the clerk's office at time of renewal. If a customer wishes to change plates prior to their renewal deadline they may bring their current plate and trade it for the new plate for a \$6.00 charge.

"In God We Trust" plates may also be personalized. The \$25.00 personalization charge will apply.

fines/fees due (\$508), bw issued for fta/11 days in jail or payment in full.

Jeff Ellison: operating on suspended/revoked operators license, and six other charges, bw issued, license suspended for fta.

Speeding: Benjamin F. Jones, Jr, \$46 fine and costs; Johnny V. Jones, paid \$30 fine and \$133 costs; Mair Stnoh, \$38 fine and costs, STS authorized/fine suspended; Callie A. Garner, Joshua A. Lewis, Lucille J. Stephenson, paid; Kelly J. Miracle, license suspended for fta; Jonathan G. Zabala, \$32 fine and costs;

Robert E. Rogers II: failure to wear seat belts, \$25 fine; no/expired registration plates, \$25 fine; failure to produce insurance card, \$50 fine and costs.

Curtis Northern: failure to wear seat belts, \$25 fine. Angie Medley: contempt of court, 60 days.

Niklaus J. Taulbee: failure to wear seat belts, paid.

Dennis L. St. Clair: speeding and improper passing, license suspended for fta.

Jason S. Vanwinkle: operating motor vehicle under influence of alcohol/drugs, \$200 fine and costs, \$375

service fee, 30 days operator license suspension/ADE authorized.

Joie T. Brown: failure to wear seat belts, license suspended for fta.

Joey A. Kelley: fines/fees due (\$533 and 238), bw issued for fta/16 days in jail or payment in full.

Melyssa Lanciault: fines/fees due (\$868), bw issued for fta/18 days in jail or payment in full.

Samuel Allen Martin: fines/fees due (\$143), 3 days in jail or payment in full.

Jerry E. Morris, Jr: terroristic threatening, \$100 fine/suspended, and costs on condition.

Regina M. Mullins: alcohol intoxication, \$50 fine and costs.

William H. Renner: fines/fees due (\$887), 19 days in jail or payment in

full.

Edward L. Rice: no/expired registration plates, \$25 fine; operating on suspended/revoked operators license, \$100 fine and costs.

William E. Rogers: operating motor vehicle under influence of alcohol/drugs, \$200 fine and costs, \$375 service fee, 30 days operators license suspension/ADE authorized.

Rickey W. Shoryer: violation of Kentucky EPO/DVO, \$100 fine and costs.

Gilbert G. Smith: fines/fees due (\$413), bw issued for fta/7 days in jail or payment in full.

Michelle Smith: fines/fees due (\$413), bw issued for fta/7 days in jail or payment in full.

Medina G. Stamper: fines/fees due (\$733), bw issued for fta/15 days in jail or payment in full.

Contact the Signal office at
Phone: 606-256-2244 or
Email:
mvsignal@windstream.net
Deadline for submission
is noon Tuesday

Rockcastle County Clerk's Office

NEW OFFICE HOURS

Monday - Wednesday & Friday

8:30 a.m. to 4:00 p.m.

Thursday

8:30 a.m. to 6:00 p.m.

Saturday - 8:30 a.m. to Noon

No out-of-state titles or salvage vehicles can be processed after 4 p.m. on Thursdays.

For additional information call the clerk's office at 606-256-2831.

Danetta Ford Allen, Clerk

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

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Little Girls Dress Up Day
February 12, 2011

Rockcastle County High School
10:00 am - 12:30 pm
4-12 years
Cost: \$30.00

Photo sessions with the following:

- Dress up in prom dresses
- Hair styling
- Nails polished and makeup

For more information or for a special group rate contact Becky McNabb
at (606) 256-4816 or email becky.mcnebb@rockcastle.kyschools.us

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256-3669

PUBLIC NOTICE

CUMBERLANDS WORKFORCE INVESTMENT BOARD REQUEST FOR PROPOSALS

FUNDING: Workforce Investment Act (WIA) Title I - Youth

ACTION: The Cumberland Workforce Investment Board (Cumberland WIB) is soliciting proposals for youth workforce development services to be provided to Cumberland Workforce Investment Area youth 16-21 years of age. The Cumberland WIB will accept proposals that incorporate summer youth employment opportunities into a full menu of youth services and activities. Under WIA, summer youth opportunities cannot be offered as a stand-alone program but must be integrated into a comprehensive array of year-round youth activities. There will be two (2) proposals, one for in-school youth and one for out-of-school youth. Please specify if request is for an in-school, out-of-school or both. Approximate funding levels are in-school youth \$682,500, out-of-school youth \$481,000 to serve the thirteen (13) counties of the Cumberland Workforce Investment Area.

DATES: The closing date for receipt of applications is April 1, 2011, by 4:00 CT. All applications received after this date will be considered as funding becomes available.

ACTIVITIES: 1) Tutoring, study skill training, and instruction leading to secondary school completion, including dropout prevention strategies; 2) Alternative secondary school offerings; 3) Summer employment opportunities directly linked to academic and occupational learning; 4) Paid and unpaid work experiences, including internships and job shadowing, as provided in 20 CFR Part 664.460 and 20 CFR Part 664.470. 5) Occupational skill training; 6) Leadership development opportunities, which may include such activities as positive social behavior and soft skills, decision making, team work, and other activities, as provided in 20 CFR 664.420 and 20 CFR Part 664.430. 7) Supportive services; 8) Adult mentoring for a duration of at least twelve (12) months, that may occur both during and after program participation; 9) Follow up services; 10) Comprehensive guidance and counseling, including drug and alcohol abuse counseling, as well as referrals to counseling, as appropriate to the needs of the individual youth. [WIA Part 129(c)(2) and 20 CFR Part 664.410]; 11) Outreach/recruitment/eligibility/determination; 12) Assessment; and 13) Case management/intensive job placement.

APPLICANTS: Agencies or individuals interested in obtaining an application shall submit an inquiry by fax or mail to: Darryl McGaha, Lake Cumberland Area Development District, P.O. Box 1570, Russell Springs, Kentucky 42642; (Fax: 270-866-2044). For further information call 270-866-4200. **The RFP and proposal forms will also be made available after February 1, 2011 on the LCADD web site at <http://www.lcadd.org> and at the reception desk in the LCADD/WIA Department, 2384 Lakeway Drive, Russell Springs, Kentucky.**

Four seniors attend WKU Honors Band

Submitted by A. B. Sharpe

Despite another dumping from Old Man winter, and yet another snow day, Mr. Greg Daugherty and four intrepid seniors made it to Bowling Green for the Western Kentucky University Honors Band weekend. This event went off as scheduled on January 24th, 25th and 26th. Several over 300 students from across the Eastern U.S. attended this weekend's program.

Thursday night was spent auditioning for chair placement and that was followed by a small rehearsal. The students were divided into three bands. Senior Mallory Harper was placed in Mr. Richard Saucedo's Band and Seniors Matt Fields, Ethan Miller and Sarah Morgan performed in Mr. David Starnes' Band. Mr. Richard Saucedo is a well-known composer and arranger. (He happens to be the arranger of the Marching Rockets 2010 show "Wicked" as well as many other works the RCHS Band has performed in the past.) Friday was filled with

rehearsals followed by eating which was followed by more rehearsals and more eating. Saturday morning was rehearsals and then eating and then the concert.

Matt Fields said, "It was really good and I enjoyed the food." Mallory Harper thought, "It was really fun. I met a lot of new people and that was great." Ethan Miller remarked, "It was amazing. Everyone was extremely friendly, the event was well organized and the directors were absolutely amazing. We ate everywhere under the sun." According to Sarah Morgan "It was the best experience I've had in my high school years. I really enjoyed working with Mr. Starnes and the WKU Honor Band Program."

At the concert on Saturday afternoon each band presented different music. Mallory Harper, with Mr. Saucedo's Band played "Skydance" by Richard Saucedo, "First Suite in E Flat" by Holst, "Lincolnshire Posy" Percy Grainger, "Circus Days" by

Karl King, and "Forever Holding Close the Memories" by Saucedo. Mallory's favorite was "Skydance" by Richard Saucedo.

Matt Fields, Ethan Miller and Sarah Morgan with Mr. Starnes' Band played "Crystal Moon" by Larry Clark, "Sonatina for Band" by Frank Erickson, "Clouds That Sail in Heaven" by Todd Stalter, "With Each (Comes a Promise of a New Day)" by Richard Saucedo, and "Synergies" by Robert Sheldon. Ethan's favorite piece was "Crystal Moon" by Larry Clark. "It is a fast, energetic piece. It had a fun trumpet part."

Both Matt and Sarah were really moved by "With Each Sunset (Comes a Promise of a New Day)" by Richard Saucedo. "It was my favorite piece because of the story behind it," said Matt. Sarah then related the story behind the music. "The story is of a man from Georgia, an electrician. He travels to the Mideast in search of a job, which he found. Sometime later, he and two other electricians, on their way home, are captured by al-Qaeda and executed. He was the last to be killed. David Starnes knew him and his daughter personally and commissioned Mr. Saucedo to compose the work. It was first played for the ceremony dedicating a memorial garden in Georgia. Everyone became connected with the piece and its story. Everyone was able to relate to the poignancy of the story and the music."

A great time was had by all and Matt Fields summed it up best, "I would definitely recommend this experience."

Coming Events

February 24th-26th – EKU Honors Band

February 27th- Central Kentucky Concert Band presents "Roy G. Biv" featuring Dr. Richard Cryder, trombone Soloist, Transylvania University, 3:00 p.m. This event is free to the public.

February TBA – Winterguard competitions will begin.

March 22nd -24th – KMEA Concert Band Festival

April 16th – Car Show Band Notes

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

Monday, February 7th and Monday, March 7th – Pizza Hut Nights! Start planning now to eat out. Whether dining in or carrying out, mention the band and you can know that you helped them out.



Four seniors made it to Bowling Green for the Western Kentucky University Honors Band this past weekend. Pictured are: Band Director, Greg Daugherty; Ethan Miller; Matt Fields; Mallory Harper and Sara Morgan.

12th Annual Diabetes Day in Frankfort

The Kentucky Diabetes Network (KDN) and the American Diabetes Association (ADA) are sponsoring the 12th annual Diabetes Day at the Capitol on February 10, 2011 from 8 am until 3 pm EST in the Capitol Annex building in Frankfort, Ky. (behind the State Capitol building) and are inviting concerned citizens to attend.

This annual event is held to educate Kentucky's decision makers about diabetes – especially how common, serious, and costly it is in the Commonwealth.

COMMON: The KY Diabetes Fact Sheet (September, 2010) noted that the prevalence rate for diabetes in KY is 4th highest in the nation at 11.4%. This means approximately 366,000 adult Kentuckians are estimated to be diagnosed with diabetes. In addition, 8% of Kentucky adults who reported being screened for diabetes, were

diagnosed with pre-diabetes (226,000).

SERIOUS: Diabetes often leads to complications such as heart attack, stroke, lower extremity amputation, kidney failure and blindness. The KY Diabetes Fact Sheet (September, 2010), noted that in 2007, there were 119,533 diabetes related hospitalizations in KY, accounting for 17.9% of all hospitalizations.

COSTLY: According to the American Diabetes Association, the total cost of diabetes for people in Kentucky in 2006 was estimated at over 2 billion dollars (\$2,043,000,000). (This es-

timate includes excess medical costs of \$1,340,000,000 attributed to diabetes, and lost productivity valued at \$702,500,000).

Kentuckians with, at risk for, or an interest in diabetes are invited to attend Diabetes Day at the Capitol on February 10, 2011. You will be asked to set up a visit with your legislator. To register go

www.kentuckydiabetes.net. For more information please contact, Nancy Walker at nancy.walker@grdhd.org or 270-686-7747 extension 3019.

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London KY 40741

Rockcastle!
COUNTY, KENTUCKY

LEADERSHIP ROCKCASTLE

ACCEPTING APPLICATIONS
FOR CLASS OF 2011

This year's program will kick off February 19th. It will be a one day session at The Center for Rural Development in Somerset, KY.

In March we will take a full day trip to Frankfort to tour the State Capital.

Seven sessions will take place once a month from 9 a.m. to 1 p.m. at various locations around the county.

Anyone interested in this program should contact the Rockcastle County Development Board at 606-256-8007 or email Lynn Tatum at ltatum@rockcastcountyky.com.

- Strengthen communication, organizational and economic development skills
- Become involved in the community
- Effectively guide development initiatives by increasing knowledge, networking and leadership skills
- Discuss important county issues
- Tackle new leadership challenges within your company and community
- Session topics include effective meeting, communications skills and conflict resolution

This program is for individuals that want to see Rockcastle County prosper, grow and have quality of life issues addressed!

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CUPCAKES FOR CAMP

Treat your friends or loved ones with something different for Valentines Day!

Cupcakes beautifully decorated, wrapped and ready for delivery... Orders must be placed by February 10th.



All proceeds will benefit
Kentucky Christian Assembly Camp
For more information call 859-582-3625

Order Form

Person Ordering _____
Cupcakes For _____
Message _____
Pickup _____ or Deliver to _____
Phone Number _____
Please Check One
____ 1/2 Dozen for \$7.00 ____ One Dozen for \$10.00
____ Baker's Dozen on Cupcake Stand for \$25.00
Please enclose payment with order and mail by February 7th to
Cupcakes for Camp • PO Box 185 • Mt. Vernon, KY 40456

Classifieds

CLASSIFIED RATES

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

For Rent

For Rent: 2 and 3 bedroom mobile homes, starting at \$150 per month plus deposit. 308-5389. 9x4p
For Rent: Small 2 bedroom house located on 461. \$350 per month plus \$350 deposit. Reference required. 308-3963
For Rent: 2 BR trailer in Mt. Vernon. No pets. 758-4729. 7xntf
For Rent: In Brodhead. 2BR trailer. \$325 month/\$325 deposit. No pets. Must

have reference. 758-8700.
For Rent: 2 or 3 bedroom trailer in Brodhead. 758-8922. 6x4
For Rent: In your area. Rent to own. Deposit required and pets welcome. Call now 606-451-0748.
For Rent: Accepting applications at Mt. Vernon Housing Authority on Mondays 9 a.m. til 12 noon. Rent based on income. 256-4185.

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

Land For Sale Reduced!

Looking for a retreat? Your own Winter Wonderland? 127 acres for sale on Birch Hollow Rd. off 1955 in the Red Hill area. Wooded area with beautiful views. "Old John D. Shepherd Farm". Asking price: \$227,500. \$190,500
606-308-2834



Home for Sale • 152 Tyree St. - Brodhead, Ky.
 Home has 4/5 bedrooms, 2 baths, large eat-in kitchen, large living room, den and laundry room. There is also a detached garage with office space.
For more information call David or Diane Ott at 606-758-8630

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

Property For Sale

Lot For Sale: One acre lot, mobile home ready with electric, water and septic system. Concrete footers for

doublewide with tie downs. About 1 mile from Hwy. 461 and Hwy. 150 intersection at 140 Christmas Tree Drive, Mt. Vernon, just off Freedom School Road. \$10,500. Sorry, no land contracts. Call 606-256-3558. 7x4p

For Sale By Owner: Nice 3 bedroom house at 50 Evans St., Mt. Vernon. Reduced to \$36,900. 606-256-0492. 9x1p

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



House For Sale By Owner • \$127,000

163 Coral Ln. • Mt. Vernon • Castle Ridge Subd.
 5 year old, 3 bedroom, 2 bathroom, one owner home located in Mount Vernon city limits. Home has approximately 1,675 sq. ft. on a nice level .52 acre lot. Residence has a 2 car attached garage, vaulted ceilings, atrium windows, jetted bath tub in the master suite, huge closets throughout the house, and a 12 x 16 deck. Home has fabulous hardwood flooring, carpeted bedrooms, and an incredible kitchen. All appliances go with the home including washer and dryer. Home uses KU electric and city sewer, these utility bills are amazing. Home is move-in ready and close to everything while having a private setting.

To schedule an appointment call Chris or Brooke Bishop at 606-308-1696 or 606-308-3950

Home For Sale in Rainbow Ridge Subdivision



Priced reduced by \$5,000. Beautiful country setting located close to everything! This 4 bedroom, 2 bath home is perfect for any family. Enjoy the 20x20 family room in the winter and the double deck and pool in the summer. Extra storage in the newly constructed outbuilding. Gorgeous office as well as amazing utility bills make this property irresistible. This scenic property can be yours for \$154,900.

Call Mike at 606-308-9888 or Becky at 606-308-3731 to schedule your appointment. Owner/Agent

For Sale: 5 room, 1 bath home. Good barn with 32 acres, more or less, two miles from Mt. Vernon. Call 606-274-4167. 4x8p

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

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

For Sale: Mobile home lots, located in Sunnyside Mobile Home Park. 1/2 acre lots - \$500 down and \$100 per month. Call 606-256-5692 or 606-256-5648. 43xntf

Posted

Posted: No trespassing on James Smith, Jr. property on McHargue Branch Road.

No hunting or trespassing on property of Russell and Mattie Barron, located at Blue Springs on Barron Rd.

No Hunting or trespassing on the property of James Barron, located on Barron Road at Blue Springs. 8x3p

No Hunting or trespassing on the property of Ricky Barron, located in Blue Springs on Barron Road. 8x4p

Posted: No trespassing on land belonging to James and Dorothy Rash heirs on Rash Branch Road off Chestnut Ridge. No hunting, camping, ATVs, trespassing for any purpose. Not responsible for accidents to anyone. Violators prosecuted. (12/29/11)

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 or hunting on any and all properties of Gary and Cheryl Sears, located in Rockcastle and Pulaski Counties. Not responsible for accidents or injuries that may occur. 9x1

Posted: The farm of Judy and Bradley Asher, located at 418 Doc Adams Rd. no hunting or fishing. Violators will be prosecuted. 9x1

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

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

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

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

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In 2011, federal tax credits will mean more for working families than ever before. As the economy struggles to recover from the recession, many working families can receive valuable federal tax credits. These credits can help you pay bills and meet your children's needs in the face of cutbacks at work and unemployment. Working individuals and families need to know that help may be available when you file your 2011 tax return.

If you worked full-time or part-time during 2010, and you had low to moderate income, you may qualify for the Earned Income Credit (EIC). You may also receive the Child Tax Credit (CTC) if you had children living with you for at least half of the

year. If you qualify you owe less in taxes and you may get cash back. Also, some people who don't owe taxes can get the Earned Income Credit. However, to get these credits, you must file a tax return.

The Earned Income Credit could put as much as \$3,050 into the pockets of a family with one child, or send as much as \$5036 to a family with two children, or up to \$457 for a worker with no children. This year workers raising three or more children in their home in 2010 can get an EIC of up to \$5,666. While the amount varies with your circumstances, the IRS estimates that 20-25 percent of eligible taxpayers fail to claim the credit. The extra dollars that taxpayers can

get through EIC can make their lives a little easier. Some individuals and families may qualify for the first time because of unemployment or other changes in their financial, marital or parental status during the past year.

Some examples of workers who can qualify for the EIC include: workers who have one child in their home and had income of less than \$35,535 (or \$40,545 for married workers); workers raising two children with income of less than \$40,363 (or \$45,373 for married workers); or workers with no children who earned less than \$13,460 (or \$18,470 for married workers). Workers who were raising three or more children in their home in 2010 and had income of less than \$43,352 (or \$48,362 for married workers) could get an EIC of up to \$5,666. Workers within these categories should check to see if they qualify. Workers with investment income exceeding \$3,100 in 2010 may not claim EIC.

Most paid tax preparers will automatically file the EIC documents for clients who qualify. But individuals who prepare their own taxes sometimes lose out on the EIC, because they do not include the needed forms with their tax returns. Free help is available to determine eligibility or to file a claim at Volunteer Income Tax Assistance (VITA) sites. VITA volunteers are trained according to IRS guidelines to fill out basic tax forms including those needed to claim the earned income credit and the child tax credit. VITA sites may be located in community action agencies, churches, libraries, public assistance offices, shopping malls, community colleges, and other public places. They may not be available in all communities. For more information about VITA site locations near you call the IRS at 1-800-906-9887.



Rockcastle Kiwanis Club welcomed Stephen Estes, President and CEO of Rockcastle Regional Hospital and Respiratory Care Center along with Arielle Reese, Community Relations Director to their meeting last week. Thank you Steve and Arielle for sharing some of the happenings and the W.O.W. moments that continue to take place at our local hospital. In the photo from left are: Billy Reynolds, Estes, Reese and Glenda Smith.

NFPA reminders for firesafe winter

Peak season for home fires not over

Half of all U.S. home heating fires occur in December, January and February. That's according to the National Fire Protection Association's (NFPA) Home Fires Involving Heating Equipment report, which shows that heating equipment is a leading cause of winter fires. In fact, heating equipment was involved in an estimated 66,100 reported home structure fires in 2008, causing 480 civilian deaths, 1,660 civilian injuries, and \$1.1 billion in direct property damage.

NFPA and the U.S. Fire Administration (USFA) are working together to remind everyone that home fires are more prevalent in winter than in any other season. For more information about the organizations' joint safety campaign, "Put a Freeze on Winter Fires," and a complete list of winter safety tips, visit <http://www.nfpa.org/winter>.

"Winter fires are highly preventable," says Lorraine Carli, NFPA's vice president of communications. "Every tragic news story about a devastating winter fire is a reminder that simple precautions can prevent deadly consequences."

Audio available: USFA Acting Fire Administrator Glenn Gaines and NFPA's Sharon Gamache explain how to stay safe when it is

cold outside. Winter Safety Podcasts (Episode 6: Winter Storms.)

Space heaters resulted in far more fires and fire fatalities than central heating devices. Between 2004 and 2008, fixed (stationary) and portable space heaters (excluding fireplaces, chimneys, and chimney connectors, but including wood stoves) annually accounted for, on average, one-third of reported U.S. home heating fires and four out of five associated civilian deaths.

Meanwhile, an estimated 15,200 reported creosote fires – 23 percent of all home heating fires – annually resulted in an average of four civilian deaths, 17 civilian injuries, and \$33 million in direct property damage. Creosote is a sticky, oily, combustible substance created when wood does not burn completely. It rises into the chimney as a liquid and deposits on the chimney wall.

One in four heating equipment fires started due to a failure to clean equipment. Other causes include placing a heat source too close to combustibles, and unclassified mechanical failures or malfunctions. Roughly half of all home heating fire deaths resulted from fires started by heating equipment that was too close to something that could burn, such as upholstered furniture, clothing, or a mattress or bedding.

In addition to heating fires being a concern in the coming months, NFPA would like to remind the public that cooking fires are the leading cause of home fires all year round. This time of year, whether you are feasting on Super Bowl Sunday or simply cooking to warm up on a bitter cold day, it is important to stay in the kitchen when frying, grilling, or broiling. Unattended cooking is the leading cause of cooking fires.

Rockcastle Community Bulletin Board

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Bookmobile Schedule

Mon., Feb. 7th: Calloway, Red Hill, Livingston, Lamero, Pine Hill. Tues., Feb. 8th: Maple Grove, Orlando, Climax. Wed., Feb. 9th: PJ's Day Care.

Project Graduation Meeting

The next Project Graduation meeting will be held Thursday, February 3rd at the high school cafeteria.

Foster/Adoptive Parent Meeting

Are you interested in becoming a Foster or Adoptive Parent? The Cabinet for Health and Family Services will hold an informational meeting on Tues., Feb. 15th at 6 p.m. at the Rockcastle County DCBS office. For more information, contact Brandy Baldwin at 606-287-7114.

Financial Aid Workshop

There will be a Financial Aid workshop at RCHS on Thursday, February 3rd at 16 p.m. in the auditorium. Following the workshop, there will be a Project Graduation meeting. All senior parents/guardians are encouraged to attend both of these events.

Valentines Day Ball - Movie

A semi-formal Valentines Day Ball, for individuals with special needs of all ability levels and ages, on Fri., Feb. 11 from 7 to 9 p.m. at the Russel Acton Folk Center in Berea. There will be a live DJ, dancing, snacks and the celebration of Valentine's Day. Also, the movie "Happy Feet" will be the family friendly flick at the Russel Acton Folk Center on Sat., Feb. 12th. The show begins at 7 p.m. and is free. Limited to 150 people. Call 986-9402 for more information on these events.

Ballroom Dancing for Adults

A six week class of Ballroom Dancing for Adults will begin February 4th from 7 to 8 p.m. and continue through March 11 at the Russel Acton Folk Center in Berea. For adults 18 and above. Call 859-986-9402 for more information.

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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Bible Talk

In our study this month we want to talk about the three rules, or philosophies of life, as illustrated in the parable of the Good Samaritan in Luke 10:30-35.

Iron Rule - In verse 30 we read, "A certain man went down from Jerusalem to Jericho, and fell among thieves, which stripped him of his raiment, and wounded him, and departed, leaving him half dead." The thieves spoken of here, were living by the Iron Rule. Do unto others before they do it unto you. Or, might makes right, the survival of the fittest. What yours is mine, and I'm going to take it. Sadly, we still have people like that in the world today. The criminal element live and die by the Iron Rule of living. When we take advantage and run rough shod over people, we are living by this philosophy of life and it is not a good choice.

Silver Rule - In verses 31-32 "And by chance there came down a certain priest that way: and when he saw him, he passed by on the other side. And likewise a Levite, when he was at the place, came and looked on him, and passed by on the other side." The priest and the Levite lived by the Silver Rule of life. Do not do to others what you would not have them do unto you. What's mine is mine and I'll keep it. They did not kick the man that was down, but they didn't help him either. Most people will fit into this category in general, minding their own business and they don't go around hurting or harming others. This is good, but it lacks the positive help that others need to be given from time to time. A self-centered spirit is in this mind set, thinking of "me, myself and I."

Golden Rule - In verses 33-34 we read, "But a certain Samaritan, as he journeyed, came where he was: and when he saw him, he had compassion on him, And went to him, and bound up his wounds, pouring in oil and wine, and set him on his own beast, and brought him to an inn, and took care of him." This Samaritan lived by the Golden Rule of Life. "Therefore all things whatsoever ye would that men should do to you, do ye even so to them." It's the mind set; what's mine is yours, and I'll share it. This rule includes the negative side that I will not hurt or harm you, but also the positive side of what we ought to do to help in times of need. He stepped up to help the man beat up and left half dead. He went out of his way to help and assist in his time of need. Which rule of life do you live by? It is more blessed to give than to receive.

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

Our Time of Services:

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

Our Web Site: www.WhatSaithTheScriptures.com

HEALTH *signal*



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Look inside for ways you
can love your heart.*

FEBRUARY 2011

Vol. 7 • Issue 1



ROCKCASTLE REGIONAL HOSPITAL ■ RESPIRATORY CARE CENTER

About Us

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

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

Mission

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

Vision

Rockcastle Regional Hospital and Respiratory Care Center's vision is to be the hospital of choice for healthcare in Rockcastle County and surrounding areas and to be the facility of choice nationwide for ventilator care.

Values

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

Accreditation

All Rockcastle Regional Hospital and Respiratory Care Center facilities and programs are accredited by the Joint Commission on the Accreditation of Healthcare Organizations (JCAHO).

Referral Contact

Carolyn Browning

Professional Association Memberships and Other Affiliations

American Association of Respiratory Care
American Health Care Association
American Hospital Association
Kentucky Association of Health Care Facilities
Kentucky Home Health Association
Kentucky Hospital Association
Kentucky Medical Association
National Patient Safety Foundation
UK HealthCare Network Affiliate—Markey Cancer Center
UK HealthCare Network Affiliate—Gill Heart Institute
UK HealthCare Network Affiliate—Kentucky Children's Hospital
UK HealthCare Network Affiliate—Kentucky Neuroscience Institute Comprehensive Stroke Program

Speakers Bureau

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

Leadership

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

Joseph E. Lambert, Chairman
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William B. Bailey, Sr.

Debra H. Lambert
Jeffrey T. Burdette

Executive Management

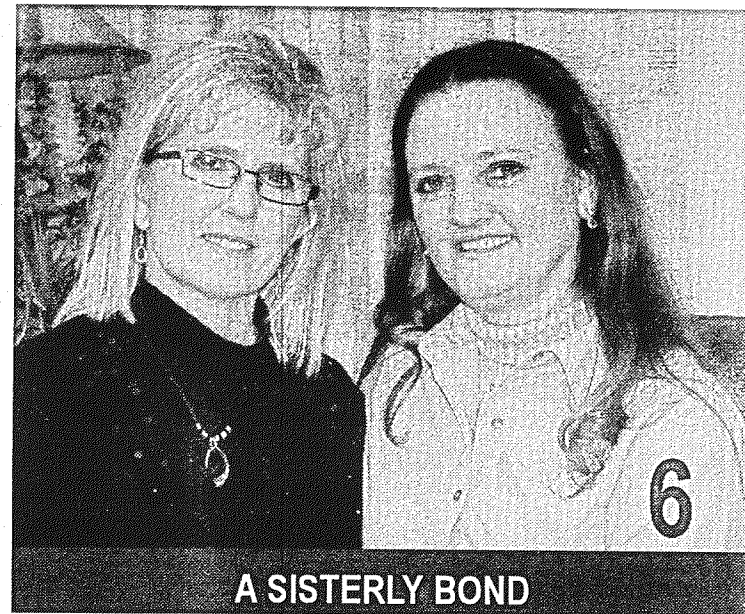
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Health Signal is produced by the Community Relations Department of Rockcastle Regional Hospital and Respiratory Care Center.

Arielle Reese, Director
Susan Brown, Page Design

FEATURES



A SISTERLY BOND



Disaster preparedness



Therapy teamwork

4 Sharing hope

5 Spring sports safety

8 National Nutrition Month

10 Steps to safer healthcare

11 Q&A: Poison Prevention Month

February is American Heart Month

Love your heart

Heat disease is the leading cause of death in the United States and is a major cause of disability. The most common heart disease in the United States is coronary heart disease, which often appears as a heart attack. In 2009, an estimated 785,000 Americans had a new coronary attack, and about 470,000 will have a recurrent attack. About every 25 seconds, an American will have a coronary event, and about one every minute will die from one.

The chance of developing coronary heart disease can be reduced by taking steps to prevent and control factors that put people at greater risk. Additionally, knowing the signs and symptoms of heart attack are crucial to the most positive outcomes after having a heart attack. People who have survived a heart attack can also work to reduce their risk of another heart attack or a stroke in the future.

Diseases and conditions that put your heart at risk

Other conditions that affect your heart or increase your risk of death or disability include arrhythmia, heart failure, and peripheral artery disease (PAD). High cholesterol, high blood pressure, obesity, diabetes, tobacco use, and secondhand smoke are also risk

factors associated with heart disease.

Fight heart disease with a healthy lifestyle

A healthy diet and lifestyle are the best weapons you have to fight heart disease. Many people make it harder than it is. It is

important to remember that it is the overall pattern of the choices you make that counts.

Diet and Nutrition.

As you make daily food choices, base your eating pattern on these recommendations:

- Choose lean meats and poultry without skin and prepare them without added saturated and trans fat.
- Select fat-free, 1% fat, and low-fat dairy products.
- Cut back on foods containing partially hydrogenated vegetable oils to reduce trans fat in your diet.
- Cut back on foods high in dietary cholesterol. Aim to eat less than 300 mg of cholesterol each day.
- Cut back on beverages and foods with added sugars.
- Choose and prepare foods with little or no salt. Aim to eat less than 2,300 mg of sodium per day. All persons who have hypertension, all middle-aged and older adults, and all blacks should consume no more than

1,500 mg of sodium per day.

- If you drink alcohol, drink in moderation. That means no more than one drink per day if you're a woman and two drinks per day if you're a man.

- Keep an eye on your portion sizes.

Exercise and fitness. Physical activity in your daily life is an important step to preventing heart disease. You can take a few simple steps at home, at work, and at play to increase the amount of physical activity in your life.

Know the heart attack signs and symptoms

Some heart attacks are sudden and intense; however, most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness, or pain.
- Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- Shortness of breath. May occur with or without chest discomfort.
- Other signs. These may include breaking out in a cold sweat, nausea, or lightheadedness.

Call 9-1-1 **immediately** at the onset of heart attack symptoms. *Fast action saves lives.*

You can fight heart disease with a
healthy lifestyle

[UK CONNECTIONS]

Sharing Hope

Markey, Affiliates partner in "Sharing Hope"

Getting the appropriate cancer care sometimes means patients must travel away from home. This can place an even bigger emotional and financial burden on patients and caregivers during an already challenging time.

To ease the stress and the financial challenge of receiving lifesaving treatment, the American Cancer Society's Hope Lodge in Lexington provides free, overnight private rooms for cancer patients and their caregivers. To provide this service, the Hope Lodge relies upon support from individuals, corporations and foundations.

This year, the UK Markey Cancer Center and affiliated hospitals in the Markey Cancer Center Affiliate Network decided to work together on a campaign called "Sharing Hope" to support the ACS Hope Lodge in Lexington. Each of the hospitals partnered with local schools or others in the community to collect much-needed supplies for patients – everyday items such as cleaning supplies, paper towels, toilet paper, laundry detergent, soap, toothpaste, bottled water and non-perishable food items.

"We wanted to do something concrete to help build awareness and support for the Hope Lodge in the communities it serves," said Dr. Kevin McDonagh, Medical Director of the affiliate network. "Patients from all over the region stay here when they need to come to Lexington for treatment. The Hope Lodge is a wonderful benefit for those patients and their families, and their communities need to know about it."

The response to the call for donations was overwhelming. Thousands of items were donated by hospital employees, students and staff of part-

ner schools, and community members. The collected items, which nearly filled up a lounge in the Hope Lodge, were presented at a special ceremony on Nov. 11.

"We really appreciate everything Markey and its affiliates have done on behalf of the

patients here," said Sheldon Kozee, Director of the ACS Hope Lodge in Lexington. "The supplies they have collected will last months. We are grateful for this support, because we couldn't do what we do without it."

Representatives of participating hospitals said there was strong support within their communities to repeat the "Sharing Hope" campaign again next year.

Rockcastle Regional Hospital and Respiratory Care Center, in Mount Vernon, teamed up with leaders from Rockcastle County Middle School to collect donations. The campaign offered the community a way to help support local cancer patients in a meaningful way, said Arielle Reese, community relations director for Rockcastle Regional.

"Our affiliation with the Markey Cancer Center Affiliate Network enables us to offer



Members from the UK Markey Cancer Center Affiliate Network gather at the American Cancer Society's Hope Lodge in Lexington to leave donations for the facility.

chemotherapy services to patients locally, but we still have patients who need to come to Lexington for other services they can't get close to home," she said "It's an hour's drive each way, so the Hope Lodge is a wonderful facility for those patients."

Other participating hospitals were: Frankfort Regional Medical Center, Georgetown Community Hospital, Harrison Memorial Hospital in Cynthiana, and St. Claire Regional Medical Center in Morehead.

The Markey Cancer Center Affiliate Network is a group of hospitals that provide high-quality cancer services and programs in their communities with the support and guidance of the UK Markey Cancer Center. Its vision is for all Kentuckians to have access to excellent cancer care, offering advanced treatments and support services delivered with compassion and respect.

[UK CONNECTIONS]

Spring sports safety a *must*

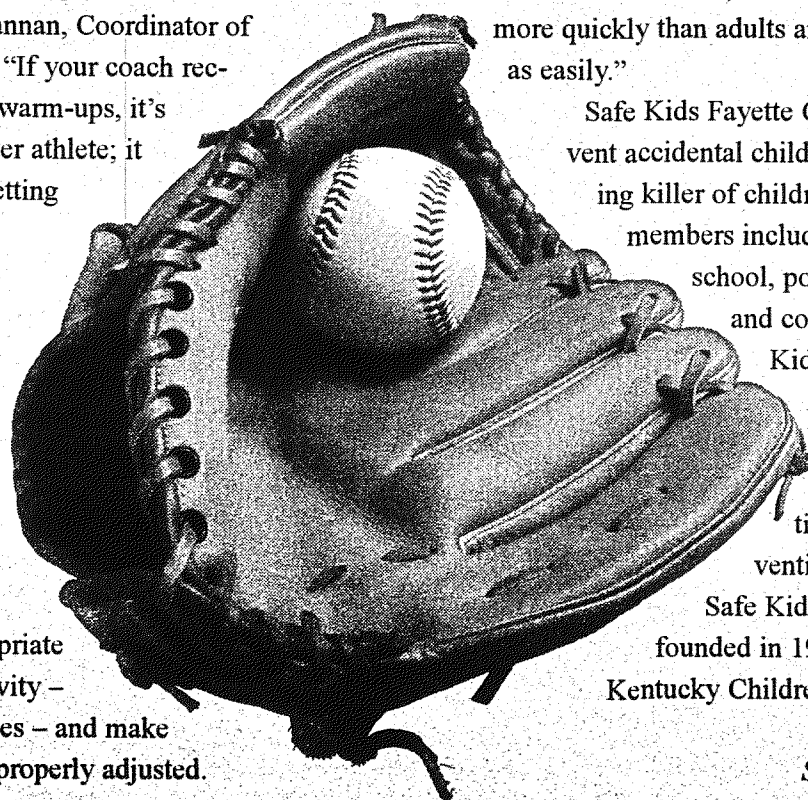
As winter turns into spring and temperatures increase, so does the amount of time that children spend outdoors playing spring sports. This means the number of injuries to children can also increase.

Each year, more than 30 million children participate in sports in the United States and more than 3.5 million children ages 14 and under are treated for sports injuries. While collision and contact sports are associated with higher rates of injury, injuries from individual sports tend to be more severe. In team sports, most injuries – 62 percent – occur during practices, not games. The most common types of sport-related injuries in children are sprains (mostly ankle), muscle strains, bone or growth plate injuries, repetitive motion injuries, and heat-related illness.

“When we think of sports injuries, we tend to think of dramatic tackles or falls - such as the plays you often see on highlight reels, but young athletes are also at risk of injuries,” said Sherri Hannan, Coordinator of Safe Kids Fayette County. “If your coach recommends certain types of warm-ups, it’s not just to make you a better athlete; it will help keep you from getting hurt.”

Safe Kids Fayette County recommends these precautions for all children playing or practicing any individual or team sport:

1. Before signing up for a sport, get a general physical exam.
2. Always wear appropriate protective gear for the activity – for practice as well as games – and make sure it’s the right size and properly adjusted.



3. Always do your warm-ups and cool-downs. If it’s important before and after a game, it’s important before and after practice too.

4. Make sure responsible adults know and enforce the safety rules of the sport, are present to provide supervision, and are trained in first aid and CPR.

5. Never “play through” an injury. Get immediate help from a coach or trainer and be sure to mention everything that hurts or aches. All coaches should have a plan for dealing with emergencies.

6. If you’re playing outside, wear SPF 15 or higher sunscreen.

7. Follow the rules. In most sports, the rules are based not only on sportsmanship, but safety.

Last but not least: “Stay hydrated,” says Hannan. “Drink plenty of water or electrolyte sports drinks before and during the activity, and rest frequently during hot weather. A child can lose up to a quart of sweat during two hours of exercise, and kids get overheated more quickly than adults and cannot cool down as easily.”

Safe Kids Fayette County works to prevent accidental childhood injury, the leading killer of children 14 and under. Its members include health professionals, school, police and fire officials, and community leaders. Safe Kids Fayette County is a member of Safe Kids Worldwide, a global network of organizations dedicated to preventing accidental injury.

Safe Kids Fayette County was founded in 1993 and is led by Kentucky Children’s Hospital.

Source: UK Healthcare

UKHealthCare

Shamik Aikat, M.D.
Cardiology

Paul Anaya, M.D., Ph.D.
Cardiology

Michael Anstead, M.D.
Adult & Pediatric Pulmonology

Susanne Arnold, M.D.
Hematology & Oncology

Louis Bezd, M.D.
Pediatric Cardiology

Ketan Buch, M.D.
Pulmonology

Charles Campbell, M.D.
Cardiology

Mara Chambers, M.D.
Hematology & Oncology

Aftab Chishti, M.D.
Pediatric Nephrology

Zoran Danov, M.D.
Pediatric Pulmonology

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

Thomas DiSessa, M.D.
Pediatric Cardiology

Deborah Flomenhoff, M.D.
Pediatric Gastroenterology

Shannon Flores, M.D.
Rheumatology

Amy Hessler, D.G.
Pediatric Neurology

Bahram Kakavand, M.D.
Pediatric Cardiology

Christian Latterman, M.D.
Orthopaedic Surgery

Rick McGuire, M.D.
Cardiology

David J. Moliterno, M.D.
Cardiology

Gustavo Morales, M.D.
Cardiology

Debabrata Mukherjee, M.D.
Cardiology

Timothy W. Mullett, M.D.
Cardiothoracic Surgery

Robert Owen, M.D.
Neurosurgery

Amit Patel, M.D.
Otolaryngology

Navin Rajagopalan, M.D.
Cardiology

William Robertson, M.D.
Pediatric Neurology

Bryan K. Rone, M.D.
Gynecology

Douglas Schneider, M.D.
Pediatric Cardiology

Scott Seutchfield, M.D.
Orthopaedic Surgery

Steven L. Shashidhar, M.D.
Gastroenterology

Rudolf S. Srinivasan, M.D.
Pediatric Cardiology



Sisters Sherri Hansel, left, and Lisa Davis, share a special bond. The two were brought closer after a life-threatening illness.

A Sisterly Bond

~ Giving the ultimate gift ~

By Arielle Reese, Community Relations Director

late in your body (called kidney failure) and depriving your bloodstream of protein, which is excreted in your urine. (Source: Mayo Clinic)

After being diagnosed with the kidney disease, doctors told her would probably have to get a transplant. In October 2007, Sherri

was at one of her three-month check up's for blood work and monitoring when doctors told her the time had come for a transplant. Sherri immediately began the process of getting ready for the transplant. There were lots of decisions, testing, trips to Lexington and paperwork. Fortunately Sherri had several family members who were willing to be donors and didn't have to be placed on an organ donor list. Her sister, Lisa, was to be the donor and began the whirlwind of preparation to donate a kidney to Sherri.

"Lisa is actually my half sister," said Sherri. "We have different fathers, but everything matched perfectly."

On April 16, 2008, Lisa and Sherri had their surgery at UK Chandler Hospital. The sisters even had fun in the prep room before surgery. "We were told not to wear any jewelry or makeup, but Sherri had to put on a little makeup," said Lisa. "I kidded with the nurse that it wasn't fair that she was allowed to wear makeup and I wasn't."

Lisa is very humble about the decision

that she made to help her sister. "There was no hesitation for me at all...I think everyone would have made the same decision. I can live the same with one kidney." Lisa even jokes that Sherri actually got the best kidney she had.

In the last two years since the surgery, the sisters have recognized their anniversary of the organ donation. They send gifts to each other to symbolize the connection between the two of them that is stronger than a bond other sisters may have.

"Lisa is my lifesaver," said Sherri. "I don't know how I could ever thank her enough for what she's done. She's an incredible woman and made a very selfless decision to help big sister."

Sherri and Lisa are both doing great and routinely follow-up with the physicians since the organ transplant and organ donation surgery. Sherri was able to return to work as a para-educator at Mount Vernon Elementary School, where she's been for 21 years, and Lisa returned to the school system.

April is Donate Life Month and Rockcastle Regional is hosting a tree planting in the "Healing Garden" on April 5 at 2 p.m. This event is taking place in hopes to raise awareness about organ donation, Rockcastle Regional is partnering with Kentucky Organ Donor Affiliates (KODA) and Teresa Vanzant, Rockcastle County Circuit Court Clerk.

Sisters Sherri Hansel and Lisa Davis were born nine years apart. Sherri was born first and the typical big sister.

Sherri would spend her babysitting money on clothes for her little sister so she could dress her up like her baby and when Sherri got married, she would often take Lisa home with her to Louisville for weekend trips. Sherri would climb trees for some alone time and Lisa would tag right along with her big sister to the top of the tree. These sisters have shared a close bond since birth and growing up together in Rockcastle County, but they were brought even closer with a very special gift.

In 1993 at the young age of 39, Sherri had a mild heart attack. She had battled health problems and high blood pressure for most of her life and found out her kidneys were the root of the problem. She was diagnosed with Glomerulonephritis — an inflammation that can damage your kidneys so that they lose their filtering ability, allowing dangerous levels of fluid and waste to accumu-

Preparing for the unexpected



Hospital prepares for emergencies and disaster

By Arielle Reese, Community Relations Director

Unexplained shootings, hazardous chemical spills and extreme weather conditions – most come with little warning, so planning ahead keeps you prepared. Rockcastle Regional Hospital and Respiratory Care Center will be involved in virtually any type of disaster in the community. Utilities failure, flooding and fire can happen anytime within the walls of the hospital. Consequently all of the nearly six hundred hospital employees play a part in disaster preparedness. In addition to employees, the hospital must plan for the patients who may be on campus for a physician and outpatient visit, ventilator-dependent patients and visitors, and acute-care patients.

Gary Asher, Facility Manager, and Roger

McGuire lead Rockcastle Regional's Environment of Care (EOC). Their department of nearly 20 employees is dedicated to both the maintenance and the sustainability of the hospital campus. They develop campus plans for a variety of events based on a hazard vulnerability analysis and conduct drills for events such as earthquakes, tornadoes, fire and chemical leaks. The close proximity to the Bluegrass Chemical Stockpile in Richmond involves the hospital in Chemical Stockpile Emergency Preparedness Drills (CSEPP) each year.

"We have plans in place," said Asher. "We take it one step beyond our requirements and involve staff in exercising the plans. A good percentage of the time, real life events will require responses which are

totally different from what's written on paper."

Mitigation and preparedness efforts have resulted in contingency plans for water, food, communication and other essentials. In addition, vendor agreements for supplies in the event of an emergency are also on file in the EOC Office.

"Patient safety is at the forefront of our day-to-day normal operating conditions. In the event of a disaster or emergency, safety in general becomes even more vital" said Asher. Rockcastle Regional has established partnerships with other facilities through the Kentucky Hospital Association (KHA) and the Hospital Emergency Planning Coalition (HEPC) in order to expand resources in the event of an emergency situation.



Rockcastle Regional employees suit up in personal protective equipment (PPE) during a disaster drill.



After suiting up in the PPEs, employees make their way to Rockcastle Regional's mobile decontamination units.



A mock patient coming for treatment is first received by Rockcastle Regional nursing staff.

March is National Nutrition Month

When it comes to nutrition, consult an expert

If you need to remodel your kitchen, you call a licensed contractor. When your car has trouble, you take it to a mechanic. So why would you cut corners when it comes to your health by taking food and nutrition advice from a friend, Web site, or other non-expert?

"I have met people who wouldn't dream of changing the oil in their car by themselves but will follow

advice from a total stranger in a forwarded e-mail when it comes to losing weight," says registered dietitian and American Dietetic Association Spokesperson Sari Greaves.

During National Nutrition Month® – the American Dietetic Association reminds everyone that the best source of practical, affordable and accurate nutrition information is a registered dietitian.

Registered Dietitian Day was created by ADA to increase awareness of RDs as the indispensable providers of food and nutrition services and to recognize their commitment to helping people enjoy healthy lives.

When seeking expert guidance on food and nutrition, Greaves says: "Look for the credential. While some registered dietitians call themselves nutritionists, not all nutritionists are registered dietitians. There is a very big and very important difference between the two." While some states have licensure laws that define how a "nutritionist" can legally practice, in other states, virtually anyone can call him-or-herself a "nutritionist" with little or no education or training.

To earn the RD credential requires earning a bachelor's degree (about half of RDs hold advanced degrees),

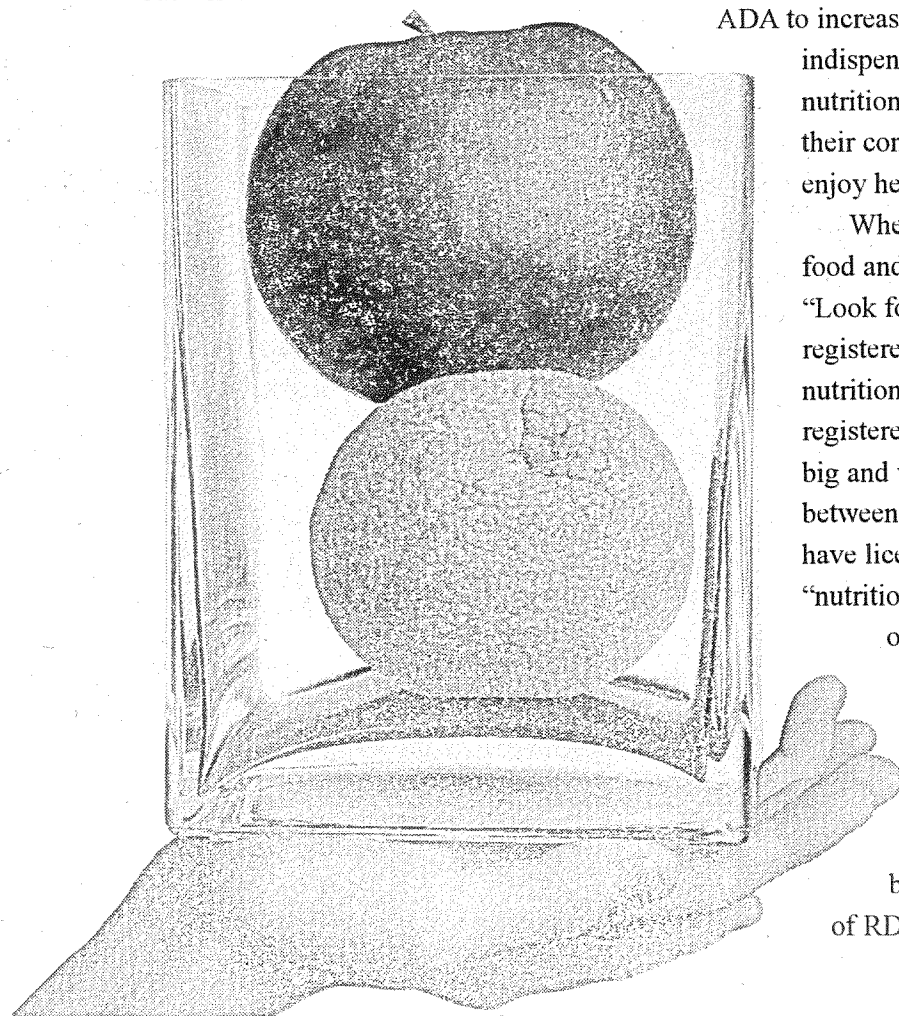
completing a supervised practice program and passing a registration examination, in addition to maintaining continuing education requirements for recertification. In addition, thousands of RDs have earned advanced specialty credentials in sports, kidney, oncology, gerontological and pediatric nutrition.

"Registered dietitians, especially those who are members of the American Dietetic Association, are the public's best source of timely, accurate and reliable information on a healthy lifestyle, providing expert guidance that is personalized, doable and affordable," Greaves says.

"A registered dietitian will be able to develop an individual and healthful approach for you," Greaves says. "Rather than following a one-size-fits-all fad diet approach to weight loss, you will receive help that will target your needs, your likes and dislikes, your lifestyle and your individual health issues."

"A book cannot tell you if you are at risk for heart disease and a Web site can't determine if you have pre-diabetes. These are questions that can be addressed through diet but require an individualized approach to achieve healthy, lasting results that are right for you."

*Rockcastle Regional's
Registered Dietitians are
members of the American
Dietetic Association.*



> > > >

TOP TEN REASONS

Benefits of consulting with a Registered Dietitian

- 1 **You have diabetes, cardiovascular problems or high blood pressure.** An RD serves as an integral part of your health-care team by helping you safely change your eating plan without compromising taste or nutrition.
- 2 **You are thinking of having or have had gastric bypass surgery.** Since your stomach can only manage small servings, it's a challenge to get the right amount of nutrients in your body. An RD will work with you and your physician to develop an eating plan for your new needs.
- 3 **You have digestive problems.** A registered dietitian will work with your physician to help fine-tune your diet so you are not aggravating your condition with fried foods, too much caffeine or carbonation.
- 4 **You're pregnant or trying to get pregnant.** A registered dietitian can help make sure you get nutrients like folate, especially during the first three months of pregnancy, lowering your newborn's risk for neural tube or spinal cord defects.
- 5 **You need guidance and confidence for breastfeeding your baby.** A registered dietitian can help make sure you're getting enough iron, vitamin D, fluoride and B vitamins for you and your little one.
- 6 **Your teenager has issues with food and eating healthfully.** A registered dietitian can assist with eating disorders like anorexia, bulimia and overweight issues.
- 7 **You need to gain or lose weight.** A registered dietitian can suggest additional calorie sources for healthy weight gain or a restricted-calorie eating plan plus regular physical activity for weight loss while still eating all your favorite foods.
- 8 **You're caring for an aging parent.** A registered dietitian can help with food or drug interaction, proper hydration, special diets for hypertension and changing taste buds as you age.
- 9 **You want to eat smarter.** A registered dietitian can help you sort through misinformation; learn how to read labels at the supermarket; discover that healthy cooking is inexpensive, learn how to eat out without ruining your eating plan and how to resist workplace temptations.
- 10 **You want to improve your performance in sports.** A registered dietitian can help you set goals to achieve results—whether you're running a marathon, skiing or jogging with your dog.

Meet Rockcastle Regional's Registered Dietitians

Teresa Blair earned a Bachelor of Science degree in General Dietetics and a Master of Science degree in Community Nutrition from Eastern Kentucky



University. She is a Registered Dietitian and a Certified Diabetes Educator. She has a Certificate of Training in Adult Weight Management and Child/Adolescent Weight Management. She has worked at Rockcastle Regional Hospital for 17 years and works with the patients in the acute care hospital and the Respiratory Care Center. She specializes in providing Diabetes Education to individuals and groups.

Lindsay Gabbard graduated from the University of Kentucky in 2000 with a Bachelor of Science Degree in Dietetics. She has worked at Rockcastle Regional



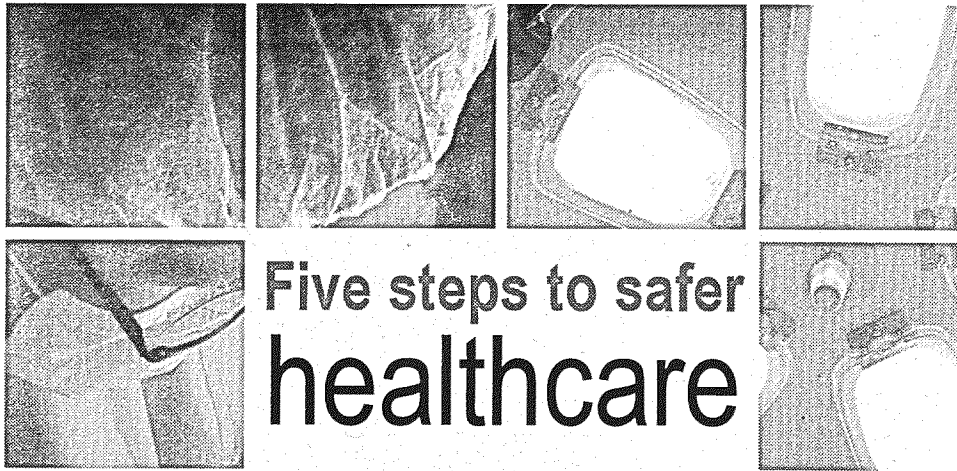
Hospital as a Clinical Dietitian since 2002. She has earned two certificates of training in Adult and Child/Adolescent Weight Management and enjoys working with families to promote positive lifestyle choices. Consultations are available with a doctor's order for those interested in losing weight, or to help manage high blood pressure and/or lower cholesterol level.

Phyllis Poynter Stevens received both her Bachelor of Science and Master of Science in Food and Nutrition from the University of Kentucky. Known to



her friends and family as Jill, she has been at Rockcastle Regional Hospital for 35 years. She is a Registered Dietitian and also has certification from the American Dietetic Association in weight management for Adults and for children and adolescents. She specializes in nutrition

management of Long Term Care ventilator patients and also works with the Dietary Department at Rockcastle Regional to facilitate nutrition care and food production in the hospital.



Five steps to safer healthcare

Patient safety is one of the nation's most pressing healthcare challenges. These facts tell you how to get safer healthcare.

1. Ask questions if you have doubts or concerns. Ask questions and make sure you understand the answers. Choose a doctor you feel comfortable talking to. Take a relative or friend with you to help you ask questions and understand the answers.

2. Keep and bring a list of ALL the medicines you take. Give your doctor and pharmacist a list of all the medicines that you take, including non-prescription medicines. Tell them about any drug allergies you have. Ask about side effects and what to avoid while taking the medicine. Read the label when you get your medicine, including all warnings. Make sure your medicine is what the doctor ordered and know how to use it. Ask the pharmacist about your medicine if it looks different than you expected.

3. Get the results of any test or procedure. Ask when and how you will get the results of tests or procedures. Don't assume the results are fine if you do not get them when expected, be it in person, by phone, or by mail. Call your doctor and ask for your results. Ask

what the results mean for your care.

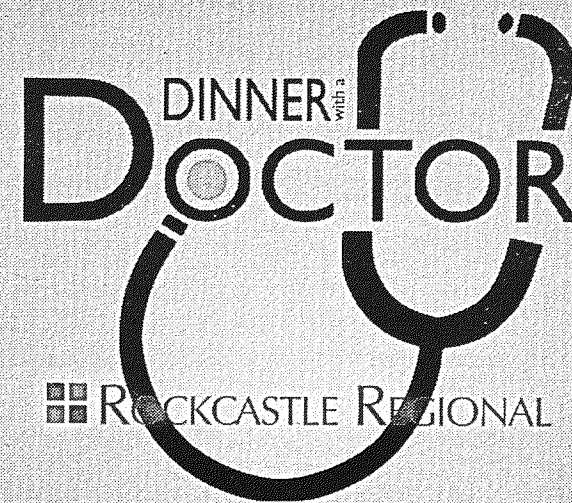
4. Talk to your doctor about which hospital is best for your health needs. Ask your doctor about which hospital has the best care and results for your condition if you have more than one hospital to choose from. Be sure you understand the instructions you get about follow-up care when you leave the hospital.

5. Make sure you understand what will happen if you need surgery. Make sure you, your doctor, and your surgeon all agree on exactly what will be done during the operation. Ask your doctor, "Who will manage my care when I am in the hospital?" Ask your surgeon:

- Exactly what will you be doing?
- About how long will it take?
- What will happen after the surgery?
- How can I expect to feel during recovery?

Tell the surgeon, anesthesiologist, and nurses about any allergies, bad reaction to anesthesia, and any medications you are taking.

Source: U.S. Department of Health and Human Services in partnership with the American Hospital Association and the American Medical Association



You're invited to a free catered dinner and presentation featuring

Drug Abuse Prevention

*Dr. Karen Saylor
John and Nancy Hale*

Patient Safety Topics

Traci Bullens, RN

**March 10, 2011 • 6:00 p.m.
Hickory Grove Pentecostal Church**

Please sign up before March 4 by calling
256-7746 or e-mail s.brown@hrcc.org



**ROCKCASTLE
REGIONAL**
HOSPITAL • RESPIRATORY CARE CENTER
www.rockcastleregional.org

Colorectal cancer screenings

Saves Lives



Colorectal cancer is the second leading cancer killer – but it doesn't have to be.

Among cancers that affect both men and women, colorectal cancer is the second leading cancer killer in the U.S. But if everyone aged 50 years or older had regular screening tests, at least 60% of deaths from this cancer could be avoided.

What is Colorectal Cancer?

Colorectal cancer is cancer that occurs in the colon or rectum. The colon is the large intestine or large bowel. The rectum is the passageway connecting the colon to the anus.

Screening Saves Lives

If you're 50 or older, getting a colorectal cancer screening test could save your life. **Here's How:**

- Colorectal cancer usually starts from polyps in the colon or rectum. A polyp is a growth that shouldn't be there. Over time, some polyps can turn into cancer.
- Screening tests can find polyps, so they can be removed before they turn into cancer.
- Screening tests also can find colorectal cancer early, when the chance of being cured is good.

Who Gets Colorectal Cancer?

Colorectal cancer occurs most often in people aged 50 or older. The risk increases with age. Both men and women can get colorectal cancer. If you are 50 or older, talk to your doctor about getting screened.

Am I at High Risk?

Your risk for colorectal cancer may be higher than average if:

- You or a close relative have had colorectal polyps or colorectal cancer.
- You have inflammatory bowel disease.
- You have a genetic syndrome such as familial adenomatous polyposis (FAP) or hereditary non-polyposis colorectal cancer.

Speak with your doctor about having earlier or more frequent tests if you think you're at high risk for colorectal cancer.

What are the Symptoms of Colorectal Cancer?

People who have polyps or colorectal cancer don't always have symptoms, especially at first. Someone could have polyps or colorectal cancer and not know it. If there are symptoms, they may include:

- Blood in or on your stool (bowel movement).
- Stomach aches, pains, or cramps that don't go away.
- Losing weight and you don't know why.

If you have any of these symptoms, talk to your doctor. These symptoms may be caused by something other than cancer. However, the only way to know what is causing them is to see your doctor.

Types of Screening Tests

Several different screening tests can be used to find polyps or colorectal cancer. Each can be used alone, or sometimes in combination with each other. The U.S. Preventive Services Task Force (USPSTF) recommends colorectal cancer screening for men and

women aged 50–75 using high-sensitivity fecal occult blood testing (FOBT), sigmoidoscopy, or colonoscopy. Talk to your doctor about which test or tests are right for you. The decision to be screened after age 75 should be made on an individual basis. If you are older than 75, ask your doctor if you should be screened.

High-Sensitivity FOBT (Stool Test) – There are two types of FOBT– one uses the chemical guaiac, while the other (the fecal immunochemical test, or FIT) uses antibodies to find blood in the stool. You receive a test kit from your health care provider. At home, you use a stick or brush to obtain a small amount of stool. You return the test to the doctor or a lab, where stool samples are checked for blood.

Flexible Sigmoidoscopy (Flex Sig) – The doctor puts a short, thin, flexible, lighted tube into your rectum, and checks for polyps or cancer inside the rectum and lower third of the colon. This test may be used in combination with the FOBT.

Colonoscopy – This is similar to flex sig, except the doctor uses a longer, thin, flexible, lighted tube to check for polyps or cancer inside the rectum and the entire colon. During the test, the doctor can find and remove most polyps and some cancers. Colonoscopy also is used as a follow-up test if anything unusual is found during one of the other screening tests.

During March, Rockcastle Regional is offering free FOBT colorectal cancer screenings.

Q & A

March is Poison Prevention Month. Keep your children, pets and families safe with this important information.



*Tim Young, RPh,
Pharmacist at Rockcastle
Professional Pharmacy
answers common
questions from parents.*

Q: Spring is just around the corner and that means time for spring cleaning. How can I keep my young children safe, but still get my home clean?

A: There are some simple guidelines to follow to help ensure that unintentional exposures to chemicals and cleaning supplies do not occur. These are from the Poison Control Center:

- Store cleaning products in a locked closet or cabinet, away from food and not accessible by young children.
- Store products in their original containers and do not remove labels.
- Try to clean during nap time or when children are not in the room.
- Avoid mixing cleaners and products to avoid hazardous fumes and gases.
- Don't leave cleaning products, buckets or containers unattended.

Q: I often treat my children's symptoms with over the counter medicines and want

to make sure I'm using them safely and effectively. How can I be sure?

A: Millions of American parents turn to oral over-the-counter, or OTC, cough and cold medicines when treating their children's symptoms. These OTC medicines have been relied upon by families for generations and are safe and effective when used correctly. But, like all medicines, they have risks if they are misused. Be sure to follow labels and measuring requirements and don't give adult medicine to children. Don't mix medicines and give two at the same time. Do not use OTC medicine to sedate or make a child sleepy. It's always best to talk to your physician or pharmacist if you have any questions.

Q: Sometimes I can get my child to take her medicine if I refer to it as "candy"...is there a reason I shouldn't do this?

A: There is a danger associated with calling your child's medicine "candy"...and that danger is medication look alike. There's a chance that your child may think all medicine is candy and vice versa. For

example...candy like Tic Tacs, Sprees and Skittles are similar looking to certain medications. You don't want your child to associate medicine for a health reason with candy.

Q: What is the best thing to do if an unintentional poisoning occurs?

A: Despite our best efforts, sometimes accidents do happen. It's important to act quickly and efficiently. Keep the phone number to the Poison Control Center Hotline easily accessible in case of an emergency: 1-800-222-1222. This is the best way to help your child. The Poison Control Center will ask information and give instructions.



TEAMWORK

Rockcastle Regional Therapy Team works together for patient care

By Arielle Reese, Community Relations Director

SPEECH PATHOLOGY



It had been an afternoon to celebrate the end of a college semester and the approaching arrival of summer. Renae Bengé had just taken her last final of the semester at Union College and her son, Collin Maxey, would soon graduate from Kindergarten. The two had been out to eat and were on their way for ice cream on a beautiful afternoon in Manchester. This young mother and her 6-year-old son's life were forever changed at an intersection when their car was t-boned and Collin was airlifted to Lexington with severe injuries.

The day of the accident was May 6, 2010. Collin stayed at Kentucky Children's Hospital for nearly a month and then Cardinal Hill for nearly two months. Although his time in the hospital was over, the road to recovery from the nearly fatal car crash was just beginning when Collin returned home.

His outpatient therapy began on July 26, 2010 at Rockcastle Regional Hospital. That's when his therapy team consisting of speech, physical and occupational therapy began to strengthen Collin's body and teach him how to use the left side of this body again. The accident had impacted the right side of Collin's brain and caused total left side neglect.

His therapy plan was two and a half hours every Monday, Wednesday and Friday. Utilizing the state-of-the-art therapy rooms at Rockcastle Regional and the combined efforts of

the three therapies has made a difference in Collin's quality of life since the accident.

"All the therapies work as a team... just like Collin's body has to," said Renae. "The three therapies communicate with each other and do exercises to compliment each other."

Collin and his mother now travel almost an hour one-way for therapy every Tuesday and Thursday. Renae holds the therapy team responsible for Collin's improvements in the last six months.

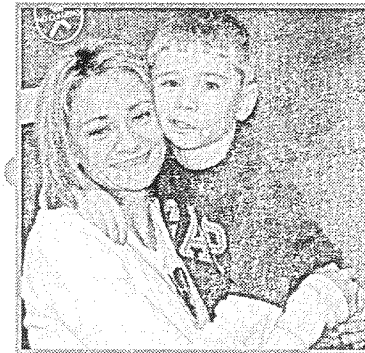
"It's because of the therapy team at Rockcastle Regional that Collin is out of his wheelchair," said Renae. "I appreciate all that they do - everything helps Collin. He is relearning everything. We continue to see improvement. Every day he accomplishes something that he couldn't the day before. He's such an amazing little boy."

The therapists working with Collin attribute his improvements to the combination of Collin's determination, his treatment sessions and the love and support Collin receives at home.

Physical Therapist Robby Taylor has worked with Collin to progress from a slow, unsteady walk to a well coordinated run. Robby says that working with Collin has been an inspi-

ration and a privilege. "Collin has faced adversity with determination and most importantly a smile," said Robby. "Collin meets and exceeds his rehabilitation challenges. He continues to show improvements."

Occupational Therapist Cheryl Mullins says that as a team the occu-



Collin Maxey, right, with his mother, Renae.

ational therapist, physical therapist and speech therapist have been able to help Collin attain greater success and achieve goals more rapidly. "Collin's progress can be attributed to his God-given inner strength, a very sup-

portive mother and a dedicated Rehabilitation team," said Cheryl.

Speech Therapist Brandie Taylor is excited about the improvements that Collin has made and appreciates Renae's involvement in Collin's treatment. "Collin always greets me with a smile in the lobby and is now able to race me down the hall to our speech treatment room."

Collin recently celebrated his 7th birthday with a pool party and continues the road to recovery. "Our whole world revolves around Collin's recovery," said Renae. "I want to help other people the way this therapy team has inspired me and my son." Renae plans to return to school and pursue a career as a therapist.

OCCUPATIONAL THERAPY



PHYSICAL THERAPY



Are you ready to *Relay?*

Plan Now for Relay '11

Relay For Life is the American Cancer Society's signature activity and is the largest community fundraiser in the world. Its returning to Rockcastle County on May 6, 2011 at the Rockcastle Middle School Track.

What is Relay For Life?

It is a unique event that offers everyone in the community an opportunity to participate in the fight against cancer. The Relay represents the hope that those lost to cancer will never be forgotten, that those who face cancer will be supported and that one day cancer will be eliminated.

What it means to you?

- ⌘ A celebration of life for your family and friends who are cancer survivors
- ⌘ An opportunity to remember the precious moments of loved ones you have lost to cancer
- ⌘ The uniting of your community as you join forces to fight against cancer

What you can do?

Form a Relay Team today! Gather 10 - 15 of your friends, family and co-workers and ask them to work together to set a team fundraising goal. Attend a Relay meeting and register your team, determine a theme for your team's campsite for the event night, collect donations, and join us at the RELAY on May 6, 2011.

Contact Melissa Brock at (606) 256-7703 for additional information.



Celebrate. Remember. Fight Back.

Who is the American Cancer Society

The American Cancer Society is a nationwide, community-based voluntary health organization commit to eliminating cancer as a major health problem by preventing cancer, savings lives and diminishing suffering from cancer through RESEARCH, EDUCATION, ADVOCACY and PATIENT SERVICES. Rockcastle County's Relay For Life is among one of the 5,146 Relay For Life events nationwide (585 in the Mid-South Division)—that's one event for every 60,300 Americans—and there are a 150 new community events planned for the 2011 Relay season.

If you know...

- A child who has been cured of leukemia
 - A women who had a lumpectomy or was treated with tamoxifen for breast cancer
 - A man whose prostate cancer was diagnosed with a PSA test
 - A women who had a regular pap test and a mammogram
 - Anyone who has quit smoking
- ...Then you know someone who has benefited from research supported by the American Cancer Society through the funds raised by Relay For Life events nationwide.**

The ACS has invested more than \$3 billion in cancer research since it began in 1946—the largest private, non-profit source of funding for cancer research, second to only the federal government.

ACS offers support services

The American Cancer Society toll-free cancer support line (1-800-4-CANCER) is open 24/hours a day seven days a week 365 days a year responding to more than 1 million calls annually.

Other patient services available to Rockcastle County residents include, but not limited to: Reach to Recovery, I Can Cope, Look Good... Feel Better, Cancer Resources Network and the Hope Lodge (located in Lexington, KY).

NEWS AND NOTES FROM OUR TEAM



Terry Burton

New Laboratory Director announced

Terry Burton has been named Director of the Lab at Rockcastle Regional. Terry has been employed at Rockcastle Regional for thirty seven and a half years and is looking forward to continuing his involvement with the people he has met and the

organization. "After being employed here so many years, the hospital is almost like a second home. The thing I love most is the people I've met over the years," said Terry. Terry's wife, Cynthia Burton, is the Chief Nursing Officer at Rockcastle Regional. They live in his hometown of Brodhead and Terry enjoys farming, fishing and spending time with his grand-daughter, Lyla Grace.



Holly Sullivan

Sullivan joins Occupational Therapy

Holly Sullivan has joined the Occupational Therapy Department at Rockcastle Regional. A native of Louisville, Kentucky, Holly received her bachelor's degree in Occupational Science from Eastern Kentucky University and is continuing her education in the Occupational Therapy Master's Program. She currently lives in

Richmond and enjoys school, shopping, exercising, dogs, kids and cooking. When asked what she loves most about her job at Rockcastle Regional, she said, "Since I had my level 1 fieldwork placement here at Rockcastle last semester, I have fallen in love with the patients, faculty and facility. I am thrilled to be a part of such a great opportunity to further my education and meet new people. I love my job so far, and look forward to the future here at Rockcastle."



Check us out on the Web at
rockcastleregional.org

ROCKCASTLE REGIONAL

Medical Staff

Physicians Based in Rockcastle County

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

Visiting Physicians

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

Go Red *at the* Red Barn

3rd annual Women's Heart Health Expo

Monday, February 28, 2011
Renfro Valley Red Barn • 5:30 p.m.

Special Guests:



Rick McClure, M.D.
UK Gill Heart Institute
Cardiologist



Amber Philpot
WKYT-TV News Anchor

Join us for an educational and fun-filled event to learn about the dangers of heart disease. This FREE event will also feature entertainment, guest speakers, door prizes, educational booths, and a heart healthy meal.

*Attendees must register.
Call Arielle Reese
by February 21 at
(606) 256-7880*



**ROCKCASTLE
REGIONAL**
HOSPITAL ■ RESPIRATORY CARE CENTER



U.K. HealthCare
Gill Heart Institute

Heart disease: #1 killer of women