

Mount Vernon Signal

Serving Rockcastle County Since 1887

Mount Vernon, Kentucky 40456 - (606) 256-2244 Volume 125 • Number 35 .50 per copy Thursday, August 4, 2011



Kids night at the fair a hit...

Many hundred youngsters and their parents took advantage of Kids Night at the Little World's Fair Tuesday night in Brodhead. Admission for kids was half price. In the above photo, Olivia Albright and Madison Blevins enjoy the Dragon Wagon ride, while Callie and Haley Thacker, left, enjoy driving their hot rod on the car ride. The fair continues through Saturday night, with the main event both Friday and Saturday night being the Mud Run, which begins at 7 p.m. each night. More photos from the fair are on page A5 in this week's Signal.

Students return to classes during sweltering heat

By: Sara Coguer

Students in the Rockcastle County School System will return to school Thursday (today), with temperatures expected to be in the 90s for the first several days.

Rockcastle County operates 48 buses in the system, with students on several of the buses spending almost an hour riding home to distant parts of the county, Superintendent Larry Hammond told the Lexington Herald Leader on Monday.

"All of our buildings are air conditioned, so the real issue is transportation in the afternoon," Hammond said. "Buses are like a big tin can, and they heat up in a hurry when they're standing still. There's not much you can do about it until they get in motion. But we hope that once

(Cont. to A9)

Jury finds Brian Damrell guilty

Eddy F. Montgomery, Commonwealth Attorney for Rockcastle, Pulaski and Lincoln counties, announces that on August 2, 2011, a jury has found a Berea man guilty of Manufacturing Methamphetamine, Second offense.

According to Jeremy A. Bartley, Assistant Commonwealth Attorney, who represented the Commonwealth at trial, Brian Damrell, 40, of Berea, was found guilty of Second Offense Manufacturing Methamphetamine, Second Degree Fleeing or Evading Police, and Operating an ATV on a Roadway. Judge David A. Tapp, presided over the two day trial.

(Cont. to A9)

Wildie Post Office on study closing list

The Wildie Post Office is on a long list of 3,653 local offices, branches and stations across the country that is being studied for possible closing.

The postal service lost \$8 billion last year and they are, "looking to change the way we do lot of things," Postmaster General Patrick Donahoe said. "We do feel that we are still relevant to the American public and the economy, but we have to make some tough choices."

Most of the offices that face review are in rural areas, like the Wildie Post Office, and have a low volume of business.

(Cont. to A9)

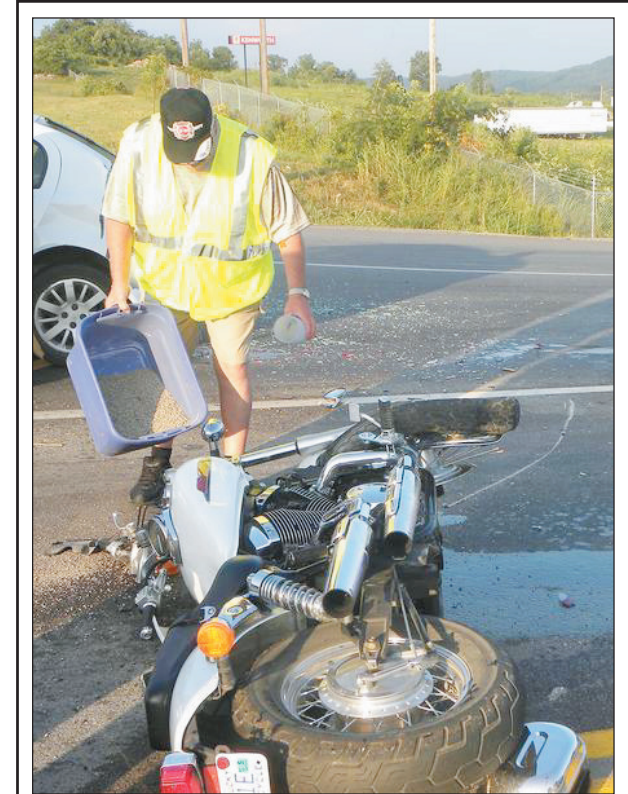
Local man killed Friday evening

By: Sara Coguer

A Rockcastle County man, who crashed his motorcycle into another vehicle Friday night, died as a result of his injuries.

Mark Sean Fish, 42, died of multiple blunt force trauma following an accident at the intersection of Ky. 1247 and Ky. 914 near Ferguson in Pulaski County shortly after 7 p.m. Friday.

(Cont. to A9)



Police clean up the scene of the wreck that killed Mark "Sean" Fish, 42, of Mt. Vernon. Fish hit the back of a vehicle sitting at a red light at the intersection of Ky. 1247 and Ky. 914 near Ferguson in Pulaski County shortly after 7 p.m. Friday. Fish was not wearing a helmet.

Reapportionment passed by fiscal court

It's now official, Rockcastle County's five magisterial districts have been reapportioned from figures obtained through the 2010 Census and are more equally aligned by population.

At a special called meeting last Thursday, the court held the second reading of the ordinance covering the reapportionment and, with a few minor changes, the court adopted it with the boundaries as presented on a motion by Magistrate Lee

Earl Adams, seconded by Bill McKinney.

During the discussion, County Judge/Executive Buzz Carloftis noted that the Mareburg area was the most difficult area to apportion since it contains three intersecting magisterial boundaries and has a large concentration of residences. Several roads, that were bisected by the new Hwy. 150 from its intersection with 461 to the Lincoln County Line, will have to be re-named.

County Clerk Danetta Allen, who was at the meeting, told the court that the state legislature would also have to go through reapportionment of the legislative district before the precincts in the county can be relocated by Allen and the election commissioners. The present precincts will be used in the November General Election.

Although no current magistrates were affected by the reapportionment, the five constables in the county were. Under the new alignment, three of the current constables live in district five, there are none living in districts 3 and 4 and one in districts one and two. Until the next county election, all five will serve as constables

(Cont. to A9)

County awarded federal funding

Rockcastle County has been awarded federal funds under the Emergency Food and Shelter National Board Program. Rockcastle has been chosen to receive \$7,594 to supplement emergency food and shelter programs in the county.

The selection was made by a national board that is chaired by the U.S. Department of Homeland Security's Federal Emergency Management Agency. The local board was charged to distribute funds appropriately by Congress to help expand the capacity of food and shelter programs in high-need areas around the country.

A local board made up of Rockcastle County Judge-Executive Buzz Carloftis and other local government and charitable organizations will determine how the funds awarded to Rockcastle County are to be distributed among the emergency food and shelter programs run by local service agencies in the area. The local board is responsible for recommending agencies to receive these funds and any additional funds available under this phase of the program.

(Cont. to A9)

Child Safety Expo is this Saturday

Looking for last minute weekend plans? Rockcastle Regional Hospital will host the second annual Child Safety Expo Saturday, August 6. Families are invited to join the hospital and community partners for a fun safety event. Free healthy breakfast will be served from 9 to 9:45 a.m. Safety, educational and interactive booths for adults and children will be available from 9:30 a.m. to 11 a.m. At 11 a.m., Rockcastle Regional Hospital will introduce their new mascot! This free event, on the hospital grounds, also includes activities for children and giveaways for adults.

Five heating/air units stolen Monday

By: Sara Coguer

In another round of thieves stealing heating and air conditioning units from county churches, five units were stolen early Monday morning from Bible Baptist Church, located off U.S. 25 N in Mt. Vernon.

According to police, several churches in the county have been hit as of late. Bible Baptist Church is offering a \$1000 reward for information leading to the arrest and conviction of persons involved in the theft.

(Cont. to A9)

3rd Annual Fire Safety and Prevention Program

Mt. Vernon Fire Chief David Bales and the Mt. Vernon Fire Department is organizing its 3rd Annual Fire Safety and Prevention Program for the children of Mt. Vernon and Rockcastle County.

Over 900 children, ages 4 through 12, will receive fire prevention materials such as manuals, badges, posters and other fire safety handouts geared to the age level of each child.

This is a comprehensive program and the manuals contain activity pages that have been designed by educators to stimulate the child's awareness and independent thinking about the everyday fire hazards he or she may encounter.

"The best way to fight a fire is to prevent it," said Jim Griffith, the State Fire Safety Coordinator in charge of the program. "We have seen children save their own lives and

(Cont. to A9)

Of Special Note Inside

- Viewpoints A2
- Church Directory A7
- Obituaries A3
- News from the Courthouse B2
- Church News A6
- Classifieds B5-7

Contact us at: www.mvsignal@windstream.net • Deadline submission is Noon Tuesday

Ramblings . . .

by:
Sara Anderkin Coguer,
Editor



I can't believe that school starts this week, it seems as if the water in mom's pool has just now gotten warm enough for me to get in it. My kids were all flustered this last week as we tried to start our yearly getting back into school routine. We wanted them to go to bed earlier, but it is kind of hard to convince an eight-year-old it is bedtime when it is still daylight outside. Thankfully, the Open Houses that were held earlier this week has gotten them all in the mood to go back to school, and they are finally excited.

I can remember the smell of the newly waxed floors at the old Mt. Vernon Elementary when I walked in the first day of school like it was yesterday instead of thirty odd years ago. It is a shame that carpet and tile have replaced the old wooden floors. I loved that smell, it was very comforting somehow, like I knew everything was back to normal.

Routine is good for our family, we actually crave it. I thought this summer would be a lot different since I am working, but it hasn't been. We have still slept later and stayed up entirely too late. Eating supper at 9 p.m. is not a good idea, since we are usually in bed by 9:30 during the school year.

Last year, when Jason and I moved in with mom for a couple of months, she was in awe at the time we went to bed. She is a night owl, and we were putting a serious cramp in her com-

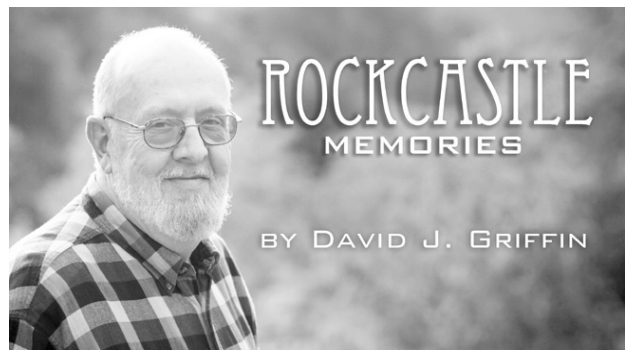
puter/t.v. time. After a couple of weeks of us being in bed by 9:30 or no later than 10, she finally told me that if she and daddy had gone to bed that early they would have probably have had 14 kids instead of seven. I assured her that wasn't a problem with us, Jason gets up at 5:45 every morning, which means I basically do too, so we need our sleep.

I have managed, however, to figure out how to go back to sleep for a few minutes a couple days of the week, after I take the kids to school. It was wonderful when we were at mom's because I could leave the house at 7:25 and be back at the house by 7:40 easy. I had gotten it down to a science when we lived in Mareburg, but I am worried about my timeline being all the way out in Roundstone.

I may just have to stay up after I drop the kids off at school on Mondays and Thursdays, even though Paige opens the *Signal* on those days. It will be touch and go. I will let you know.

Day twelve into the new house and I still haven't made my way over to the little house to look for cooking utensils or plates, or well, anything. My excuse is that it is so doggone hot in the afternoon when I get home from work that the old house is like an oven. I guess I will eventually have to finish moving things in, but my house has stayed clean these twelve days and I just know the more stuff I

(Cont. to A4)



Bee's Wringer Washer

Last week while drying a load of clothes, our dryer made a screeching noise and died! We knew it was on its last legs but put off the chore of finding a new one until we no longer had a choice. We replaced it with a new washer/dryer combo. While the men were installing it, I was taken back to the first washer that I remember my family owned when I was a small boy.

When I was approximately six years old, my parents divorced and I was living alone with my mother (Bee) on my grandparents' small farm in Rockcastle County. This was during the time that we had no indoor plumbing. My mother decided that she needed a new wringer washer. She took me along to Bryant's Hardware on Main Street in Mt. Vernon to see what was available. Mr. Logan Bryant suggested that Bee also purchase a sink to set in the kitchen, which would allow the wash water to drain out of the house. She liked the idea and purchased both a Maytag washer and the porcelain sink.

I remember Floyd Stokes coming to our house to install the sink and drainpipe, which would direct the wash water out of the house and into the area where my brother Al had grown strawberries in our garden. The next day, Mr. Bryant delivered the washing machine and Bee washed a load of clothes to see how it worked.

For those who do not remember the old wringer washers, they worked like this: Water was heated on the kitchen coal-burning stove and poured into the tub with some powdered detergent. Bee then turned on the electricity to make the washer swish back and forth. She added the clothes and supervised as they were pulled down into the steaming, soapy water only to rise again mixed with the detergent. Then they would disappear to complete the cycle over and over.

When Bee thought the clothes were sufficiently clean, she turned on the water pump, and the water flowed into the kitchen sink. Just watching that water flow down that sink and out of our house was amazing to me. When the soapy water was all gone, Bee then poured fresh hot water from the stove to use as the rinse cycle. Again, the water was agitated until she felt the job completed, she turned on the pump, and away went the rinse water.

Next, the clothes were retrieved from the tub of the washer, one piece at a time. Each garment was pulled out and directed to run through the electric wringer,

which was positioned over the new sink to send that water down the drain also. There was a certain art to handling the wringer; if your movements weren't precise, you could also wring your hand through the large rubber rollers. Actually, Bee got her hand caught once, but she acted quickly in the emergency, hitting a button located on top of the machine. It caused the wringer tubes to fly apart, allowing her to free her hand. She was not seriously injured because she acted so quickly.

Really large items like blankets would not fit through the wringer so they still had to be squeezed by hand. I can see Bee now holding such large pieces of laundry, hanging over that sink to squeeze the water out.

After each item was wrung out, it was placed into a large basket in order to be hung on the clothes line outdoors. Our line was a long piece of white rope that was stretched between two trees in the yard. Even that chore had a method to its madness. Sheets, pillow cases, and blankets were hung in front so that they would hide the "unmentionables," which were hung in the back (like panties, bras, and such). Of course, the clothes lines had been positioned in order to keep away

(Cont. to A4)

Points East

By Ike Adams

Dewey Stewart was a tobacco chewing man. He would not give you the time of day even when he showed off his big silver pocket watch. But he would wink at you and motion with his thumb that the best thing to do was get on up the road.

I was picking beans and harvesting other vegetables with two other guys for Pikeville College, 15 hours a week, at the time and that must have been the early fall of 1967. And Dewey lived just there on John's Creek just before the bridge crossed the holler into the farm. And farm it was. The prettiest place I'd ever seen at the time.

Dewey considered any available work on the farm to be his domain. I expect the college paid him pretty well and provided benefits. On the other hand student labor from the college paid \$1.25 cents an hour and I'm sure the college was getting a heavy subsidy from the government to support our employment. Anyway, every time we harvested a pickup bed full of veggies amounted to overtime for which Ole Dewey would not be paid.

As far as he was concerned, we were seriously dipping into his livelihood. On top of that, the other two guys and I drove an old Army surplus Ford pickup and most of what we picked was delivered straight to the college cafeteria where the cooks prepared it for noon

and evening meals. This meant that Dewey lost cash again because he was accustomed to charging a hefty delivery fee as well as mileage on his own truck.

So he made almost a daily habit of calling the work-shop office and complaining that we were not getting near all the beans, that we harvested cabbage, broccoli, cauliflower and sweet corn way before it was ready. He complained that we broke tomato, cantaloupe and cucumber vines. The Food Service Director insisted that we provided better produce than Dewey ever had and the size and quality were perfect.

In fact not a day went by from mid August until late October that year that 60% of the cafeteria menu had not been harvested by us.

The college had the Extension Ag. Agent go out and check to see how much damage we had done to the plants and he informed the powers that be that we were much more careful than Dewey had ever been.

All of this information was relayed back to Dewey. The other guys and I usually showed up about 4:30 in the afternoon and worked until 6:00 or so and then spend another hour delivering our haul back to the college and placing it in the appropriate storage coolers.

Dewey had milking chores that started very early in the morning so by the time we got out to John's Creek he would be sitting on his front porch glaring at his watch and probably praying that we'd be late so he might have another complaint to file. The wink was to let us know that we were being keenly observed. Then he would stand up and spew a huge stream of amber in our direction to register his disgust.

When basketball season started, I went on to bigger and better things and gave up the farm life. But one night after practice I walked into the dorm and my buddies were leaned up against the door to my room.

"Guess what", one of them asked? "They fired ole Dewey today!"

"Damn. I am so sorry to hear that", I exclaimed. We literally fell to the floor laughing.

(Cont. to A4)

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The Roots of Rockcastle

by: Tonya J. Cook

Notes and Reflections on Union Rockcastle Baptist Church, Part II

The last Roots series focused on the history of the Union-Rockcastle Baptist Church as compiled by A. D. Ponder. That history will continue this week.

About 1890, plans came about to build a bigger and nicer church. A committee was formed to look into the feasibility of the new church. The committee also decided on a new location, Red Hill. In August, 1893, they voted to move from the Lamero location to Red Hill District School House. This log structure, located directly in front of the new school house, served until a new church building could be erected.

They wanted to build the "largest church for miles around" with a sanctuary 42' x 32'. A committee was formed, with Rev. Dillard Parker as the chairman. J.C. Bullock, F.M. Ponder, Jas. G. Ponder, J.B. Morris, and A.J. Sams served on the committee. The new church was built from the finest logs in the area, and was ready for occupancy in May of 1897.

Most ministers of the area were not paid by the church, thus they were forced to make a living by other means. Records show

that on some instances, the entire offering was only 75 cents.

Shortly after 1900, a group called the Independent Order of Oddfellows saw a lot of growth. A group was formed at Red Hill, and most of them were members of the Baptist church there. It was decided to use the church as the meeting hall. Soon a second floor was added with steps leading to it on the outside of the structure. The fraternal order was

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.

Bobby Amburgey

Attorney-At-Law

606-308-4091
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*** NEW LOCATION ***
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Mom Brandi Smith, and daughter Kinsley, front and niece Jocelyn Reynolds enjoyed the camel ride offered at the Little World's Fair Tuesday night.



Makayla Hatcher and William Purcell rode the carousel.



Lady Rockets Alexis Chasteen, Sarah Adams, Emily Miller and Katie Cowan, along with the rest of the girls basketball team, worked at a concession stand at the Little World's Fair Tuesday night.



Tryson and Austin Rowling enjoyed the airplane ride at the Little World's Fair in Brodhead Tuesday night.



Benjamin Tyler plays the balloon game at the Little World's Fair.



Jadyn Burkhart drives her Barbie car on one of the many rides at this year's Little World's Fair.



Jason Leger tries to get his mules to pull a loaded skid during the Little World's Fair Mule Pull Tuesday night.



Jeremy Neeley, left, his dad Darryl and his son Carson enjoy the Mule Pull, one of the special events at this year's fair.

All In Favor Of School Safety, Please Raise Your Hand.

It's the responsibility of everyone in our community to help protect our children both in the classroom and on the road. Please be especially aware of children in and around school zones. Together, we can share safe schools.



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Mentor-youth dove hunt sign-ups begin Aug. 8th

Registration for Kentucky's five mentor-youth dove hunts begin Monday, Aug. 8.

Each year, the Kentucky Department of Fish and Wildlife Resources conducts special hunts for adults wishing to introduce dove hunting to youth. The department, which holds these popular hunts during the first Saturday of the season, limits the number of

participants to avoid overcrowding.

Hunters interested in reserving a space for these hunts must register by calling the Kentucky Department of Fish and Wildlife Resources at 1-800-858-1549 weekdays from 8 a.m. to 4:30 p.m. Eastern time.

Limited spaces are allotted on a first-come, first-

(Cont. to A9)

Mamaw's Kitchen

By Regina Poynter Hoskins

GRANNY BURTON'S MASHED POTATO SALAD

4 or 5 potatoes
1 egg
1/2 onion, chopped
1/3 cup sweet pickles
1/2 cup Miracle Whip®
Salt and pepper to taste
Peel and dice the potatoes into a pan. Cover with cold water and bring to boil. Reduce heat to gently simmer for 20 to 25 minutes or until potatoes are tender. Remove from heat and drain. Put back into pan and place on burner that was used to cook potatoes. Leave turned off. Crack one fresh egg into potatoes. Immediately, beat the egg and potatoes together with an electric mixer. The heat from the potatoes will cook the egg. Add rest of ingredients and stir with spoon to mix well. More or less Miracle Whip® may be needed, depending on how creamy you want the salad. Serve warm.

BOBBY B'S SHEPHERD PIE

1 tablespoon vegetable or canola oil
1 onion, chopped
1 pound ground beef
1 envelope dry onion soup mix
1 bag (1 pound) frozen

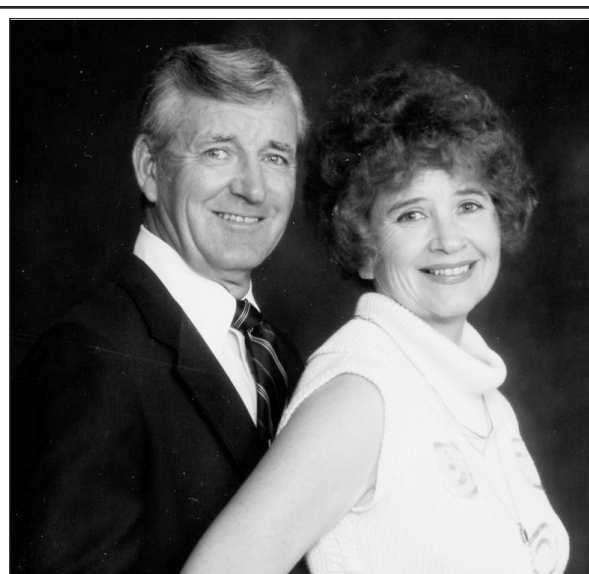
mixed vegetables
1 to 2 cups mashed potatoes, cold or warm
1 cup shredded cheddar cheese

Preheat oven to 350°. Heat a 9-inch iron skillet (or an high heat. Add oil. When oil is hot, add onions. Cook for about 2 minutes and add ground beef. Cook until no pink remains. Stir in the dry onion soup mix. Remove from heat. Place frozen mixed vegetables in a 2-quart casserole dish, cover with ground beef. Spread mashed potatoes over ground beef. Bake in 350° oven for 35 minutes. Sprinkle with cheese and bake 5 more minutes or until cheese melts. Serve.

GRANNY B'S TOMATO DUMPLINGS

Since I don't like dumplings, I asked Judy if she remembered how to make these. I knew Rhonda liked them, but didn't realize Judy did. Here is her answer.

1 quart canned tomatoes
1/2 cup sugar
1 tube refrigerated biscuits (or your own biscuit dough)
Bring tomatoes and sugar to gentle boil. Quarter each biscuit and drop gently into boiling tomatoes. Let cook about 10 minutes or until dumplings are tender.



65th Wedding Anniversary

Ben and Geraldine French were married 65 years July 27, 2011. They celebrated this special day with their children and grandchildren: Benedetta, Brian, Tanya and Benjamin Stilwell. The above photo was made on their 40th wedding anniversary.

Rockcastle UNITE Coalition
MOTORCYCLE RIDE

DOOR PRIZES

First 50 registered will receive a t-shirt!

Saturday, August 6, 2011
Wendy's Restaurant, Mt. Vernon, KY
(I-75, exit 62, South US 25, approx. 1/2 mile)

11:00 a.m. - sign up
12:00 p.m. - ride
(Approximately 100-mile Scenic Ride)

Make a Tax Deductible Donation to Rockcastle UNITE Coalition

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

ROCKCASTLE COUNTY BOARD OF EDUCATION

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

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

AGENDA

REGULAR MEETING

August 9, 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 July 12, 2011 Regular Board Meeting
- B. Approve bills for payment
- G. Approve School Trips

5. DISCUSSION/ACTION:

- A. Review/Approve BG-4 for RES Gym Addition and Renovation (BG 05-148 & 05-298)
- B. Review/Approve School year 2011-2012 Tax Rates
- C. Review/Approve Dress and Appearance (09.427) and Special Dietary Needs (07.1) for school year 2011-2012
- D. Review/Approve to Reject all Bids for the Food Service Surplus Bids on deep fryers (Declare as junk)

6. DISCUSSION/REVIEW:

- A. Review Monthly Financial Reports
- B. Review Superintendent's Personnel Action Report
- C. Other

7. Adjournment

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Rockcastle Youth Football expands

The Rockcastle Youth League Football will expand its league to allow more kids the opportunity to be involved with and play football. There will now be a 3rd and 4th grade level league and a 5th and 6th grade level league. The successful Flag Football league will continue, but shifting the grade levels to 1st and 2nd grades.

The overall goal of the youth football program is to allow as many of Rockcastle's youth to be involved in extra-curricular activities that not only develop their bodies, but also their minds and their character. Football, being purely a team oriented sport, accomplishes these things.

The new 3rd and 4th grade league will have the primary focus on fundamentals and the fun of the game. It will be full contact, with additional emphasis placed on safety. The shift

to the 5th and 6th grade league will again focus on fundamentals, but at a more competitive pace. The 6th graders will play for the elementary school they ride the school bus to/from. The teams will play 6 games in the regular season, followed by playoffs in October. Following the playoffs, there are plans to have a 6th grade "Showcase" where 2 teams of 6th graders will be combined and play the other 2 teams' 6th graders. This will be an exciting way to show the progress of the group as they prepare to move into middle school football.

The coaches for each team, Kyle Fletcher-Wildcats, Malcolm Shepherd-Vikings, Mike Hamilton-Redskins, and Cole Abney-Bengals, will be at the elementary schools and the middle school during orientations with signup applications and additional information. Applications will be available at each school in case you miss the orientations. These will be taken during the first week of school, preferably by Friday the 5th.

For more information on the expansion or any general questions, feel free to contact your school's coach, or call Coach Scott Parkey at RCHS, 606-256-4411.

"Wreck"

(Cont. from front)

Fish was operating a 2002 Honda motorcycle north on Ky. 1247 when he ran into the back of a vehicle stopped at a red light at its intersection with Ky. 914. The 2009 Chevrolet was being operated by Angela Troxell of Somerset.

Ferguson Police Chief David Moss told *The Commonwealth Journal* in Somerset that the brightness of the setting sun may have contributed to the wreck, although this hasn't been determined. Moss said he had passed Fish on the road just a few minutes before the collision and he didn't appear to be going at a high rate of speed. He was not wearing a helmet.

Fish was flown to the University of Kentucky Hospital where he was pronounced dead at 9:18 p.m. Friday night.

"Theft"

(Cont. from front)

If you have information about the thefts, you are asked to contact Kentucky State Police Trooper Darren Allen at the London Post 11 at 606-878-6622.

"Grant"

(Cont. from front)

Under the terms of the grant from the national board, local agencies chosen to receive funds must: 1) be private voluntary non-profit or units of government; 2) be eligible to receive federal funds; 3) have an accounting system; 4) practice nondiscrimination; 5) have demonstrated the capability to deliver emergency food and/or shelter programs, and 6) if they are a private voluntary organization, they must have a voluntary board. Qualifying agencies are urged to apply.

Rockcastle County has distributed emergency food and shelter funds previously with Daniel Boone Community Action Agency, Inc. participating. This agency was responsible for providing 98 nights of lodging, assisted 32 families with rent/mortgages and 61 families with utilities. Public or private voluntary agencies interested in applying for emergency food and shelter program funds must contact Tamara Cox, 105 E. Main Street, Box 7, Mt. Vernon, Ky. 40456 for an application. The deadline for applications is August 8, 2011.

"Court"

(Cont. from front)

at large but will have to run from the district they live in at that time.

Also during the meeting, the court approved \$9,952 for their share of "Blast in the Valley." The City of Mt. Vernon and the Rockcastle County Tourist Committee each paid \$10,000 toward the event.

Two of the magistrates, William Denny and Lee Earl Adams, expressed a problem with the expenditure with Denny saying he felt it was "too much for what was down there," and Adams agreeing that it seemed like a "whole lot of money."

A representative of the Tourist Commission met several months ago with the court, asking for their support again and, according to County Attorney Billy Reynolds, he remembered the inference was that the court would support the event. Carloftis told the court that the event drew approximately 8,000 people, "90% from Rockcastle," and he felt it was "as good a one as you'll see."

Magistrate Ralph Allen made a motion, seconded by McKinney, to pay the remaining cost of \$9,952 and the motion was approved.

Replacing the roof at the courthouse annex was discussed and Carloftis asked the court for an Emergency Order to hire a contractor since there were no bids submitted for the job. The judge reminded the court that the Administrative Office of the Court will bear the expense until the Spring of 2012 when it would become an expense of the county.

Carloftis and Courthouse maintenance supervisor Gene Cromer showed the court one proposal that had been obtained which would use the same materials that were recently used on the gym roof at Livingston and "works fine" according to Carloftis. The estimated total cost for this method would be \$29,000-\$30,000.

However, the court opted to solicit more bids for the project and act at a later date.

In other action, the court had to make several transfers of funds, including \$10,000 to the fairgrounds account from LGEA funds and \$100,000 from the occupational tax fund to the general fund.

The court also discussed a recommendation by Carloftis that the work release inmates be sent out from the building across the street from the rear of the courthouse, owned by the sheriff's department. The judge said he felt this would be a better system than the present one which has the inmates dispersed from the road department building. "80% of the work release inmates are from the county and this creates a problem with their contact with county employees," Carloftis told the court.

Magistrate Bill McKinney agreed but Carloftis' recommendation was not acted upon.

There was also some discussion about hiring someone to help him with his work which includes electrical, plumbing, etc. maintenance of both the annex and the courthouse. McKinney asked if hiring someone else would help with getting road signs made. "I've needed signs for six months that I can't get," McKinney told the court. The court agreed that the help was needed but the discussion was tabled after Cromer told the court that the person he had in mind had said he would have to have \$12 an hour. Since this is more than jail and most county garage workers make, the court took no action.

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"Guilty"

(Cont. from front)

The trial began Monday with jury selection. Putting on the Commonwealth's case in chief, Bartley called Trooper Scotty Pennington who testified he attempted to apprehend Damrell on August 23, 2010. Pennington pursued Damrell who was operating a four-wheeler that nearly struck another vehicle.

While running from Pennington, several items were tossed from the four-wheeler. Pennington was able to identify Damrell, testifying that he was "100 percent positive" that it was Damrell on the ATV.

Expert testimony from Kentucky State Police Drug Enforcement and Special Investigations Detective Jim Whittaker identified that one of the items from the four-wheeler was a mobile "one step" meth lab.

Lab technician Beverly Wagoner, testified that a sample taken from a mason jar had completed the process of manufacturing and the sample tested positive for methamphetamines.

The defense team attempted to provide an alibi story through Damrell's girlfriend and brother. However, rebuttal testimony from Sheriff Mike Peters and his deputy, Ronnie Bradley cast much doubt about the alibi.

After about an hour and a half of deliberation, the jury returned a guilty verdict. Later, the jury was given evidence that Damrell had a previous drug conviction, making this a "second offense."

During the sentencing phase, the defense argued for leniency. By contrast, Bartley for the prosecution argued that "this is the time to send the message that meth cooks and the drugs they are peddling are not welcome in this county."

The jury returned a sentence of twenty years imprisonment.

Following the trial, Bartley noted that Manufacturing Methamphetamines, Second Offense, is classi-

fied as a "violent offense." This means it requires the service of at least 85% of the sentence. In other words, it means Damrell would not even be considered for release before 17 years into his prison sentence.

Bartley remarked, "Today is a great victory in sending a message that the community is sick and tired of this drug trade destroying so many lives. The place to start is with those cooking this poison."

Judge Tapp ordered that Damrell be held without bond until formal sentencing procedures are completed in September. Tapp had previously denied bond reduction for Damrell pending the outcome of the case, and he has remained incarcerated since being arrested on the grand jury's indictment warrant.

Eddy F. Montgomery, Commonwealth Attorney, told the Signal, "I am extremely pleased with the result in this case. Jury service is a high civil commitment and I cannot praise the jury enough. Each of them took two days out of their lives to serve Rockcastle County. Also, I am glad we have Troopers like Pennington that haven't thrown their hands up and continue to work tirelessly in fighting this drug plague we have in our communities."

"Hunt"

(Cont. from A8)

served basis. Registration is open through Aug. 22, or whenever all the slots are filled. Mentor-youth hunts are conducted on Sept. 3; dove season opens statewide Sept. 1.

The mentor-youth dove hunts lend an opportunity for adults to introduce youth aged 15 years and under to dove hunting. Each adult may take two youths. Hunter education and licensing requirements apply to those participating in these hunts.

Hunting hours run from 2 to 7 p.m. (local time) on Sept. 3. Hunters must be out of the field by 7:30 p.m. Hunting groups must check

in prior to hunting and check out prior to leaving the field with Kentucky Fish and Wildlife staff members.

All mentor-youth dove fields are closed to hunting Sept. 1-2.

Mentor-youth fields located on private land open to general hunting on Labor Day, Sept. 5. These fields then close to all hunting Sept. 6-9; they reopen to general hunting Sept. 10 through Oct. 24.

Mentor-youth fields located on wildlife management areas open to general hunting Sept. 4 through Oct. 24.

For more information on the mentor-youth dove hunts, consult the 2011 Kentucky Hunting Guide for Dove, Wood Duck, Teal, Woodcock, Snipe and Crow. This guide is available on the Internet at fw.ky.gov and also soon available in booklet form wherever hunting licenses are sold.

This year's mentor-youth dove fields include:

- Grant County: Curtis Gates Lloyd Wildlife Management Area (WMA): Two fields participating. Directions: Take Crittenden exit from I-75, follow U.S. 25 south to KY 491, turn left across railroad tracks, then right onto Wildlife Road.

- Green County: Field is 30 acres. Directions: U.S. 68/70 south from Greensburg about 6 miles, turn right onto KY 318 for 2 miles, then left onto Bagby Road. Field at end of road, on right.

- Lincoln County: Field is 30 acres. Directions: From Stanford, take U.S. 150 southeast for 6 miles to Cedar Creek Lake. After crossing Cedar Creek Lake dam on U.S. 150, turn left onto Sportsman's Lane for 0.3 miles to parking area at Cedar Creek Sportsman's Club.

- Union County: Higginson-Henry WMA: One field - see map at kiosk. Directions: Located off KY 56, about 7 miles south of Morganfield.

- Washington County: Field is 30 acres. Directions: Field lies 0.5 miles south of Fredericktown, two miles from U.S. 150 on Burg Hill Road, off Short Creek Road.



Saint Joseph - Berea Welcomes Dr. Kristi McKenzie

Saint Joseph - Berea is pleased to announce that **Kristi McKenzie, M.D., F.A.C.O.G.** is now available to see patients in the Specialty Clinic located in Saint Joseph - Berea. Dr. McKenzie is board certified by the American Board of Obstetrics and Gynecology.

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1 Lb. Pack

Extra Savings

Fresh
Green Peppers

33¢
Each

Extra Savings

Red, White, Black
Seedless Grapes

9.99¢
Lb.

Extra Savings

Tony's Pizzas

1.88
14.34 oz.

Extra Savings

Folger's Country Roast
Coffee

7.99
34.5 oz.

Extra Savings

**Peaches, Plums
and Nectarines**

79¢

Extra Savings

**Oscar Meyer
Wieners**

9.99¢
6 oz.

Extra Savings



**Oscar Meyer
Bologna**

9.99¢
6 oz.

Extra Savings

Vine Ripe
Tomatoes

1.49

Extra Savings

24 Pack
Crystal Water

2.99



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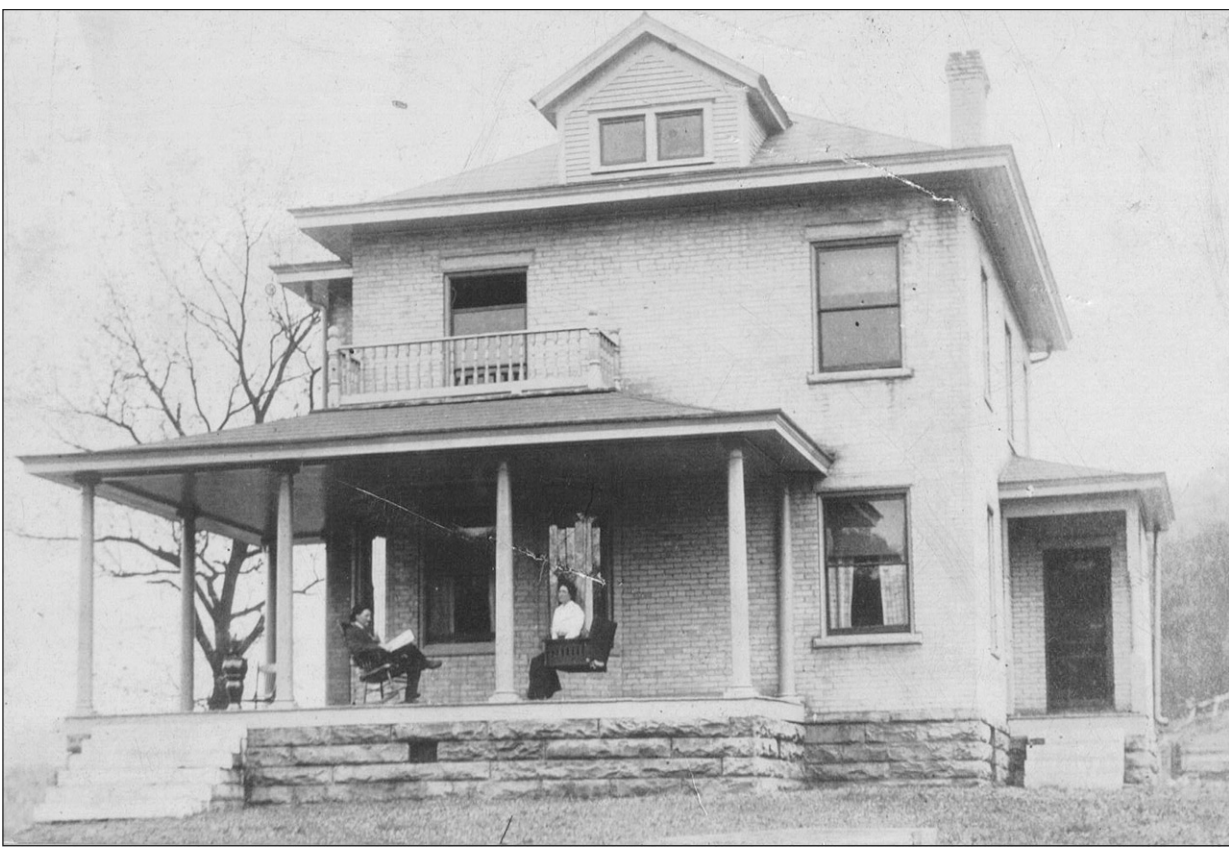
8 a.m. to 9 p.m.

Mount Vernon Signal

Serving Rockcastle County Since 1887

Second Section

Thursday, August 4, 2011



All-Nite Gospel Sing is Saturday

This Saturday night, the tradition continues at Renfro Valley Entertainment Center with the historic and award winning All Night Gospel Singing in Renfro Valley's New Barn Theater. Starting at 6:45 p.m. and going until 1 a.m. or later, this year's lineup will feature Rockcastle Counties own Melissa Singleton, The Hyssongs, The Roarks, Paul's Journey, Crystal River, Palmetto State Quartet and Jeff & Sheri Easter.

program, over 200 days a year nationwide, that is not only entertaining but uplifting to the soul.

Crystal River, a group of unique young men in their twenties. Their youthful, energetic, and ministry-oriented performances have been thrilling people and changing lives everywhere they go.

The Palmetto State Quartet has its roots firmly planted in Greenville, South Carolina. Sometime between 1946 and 1947 Jamie Dill, Woodrow Pittman, Clarence Owens, Malone Thromason, and Paul Burroughs, all Greenville natives, joined together to form a Gospel Quartet.

For Jeff and Sheri Easter, gospel music is genetically programmed into their DNA.

For tickets and information to this historic event call the Renfro Valley Box Office at 1-800-765-7464 or visit the newly redesigned Renfro Valley website at www.renfrovalley.com

Blessing people through their music is something the Hyssongs is being doing for years. Dell, Susan, and Richard sing and share their testimonies throughout the United States and Canada.

The Roarks are comprised of Shane, Travis, Paul and Jetta Roark. They are one today's best sounding Christian Country/Southern Gospel Artists.

It is with a humble heart that Sanctuary (Chapel Valley) Recording Artist, Paul's Journey (formerly The Relations Quartet), presents a

Blast from the Past...

This week's Blast from the Past photo is of the Dr. W.T. Amyx's residence taken sometime in 1908 at Livingston, Kentucky. Dr. Amyx was the second doctor to practiced in Livingston, with a Doctoor Cooper being the first. Dr. Amyx, as well as having a family practice, was practiced as a physician for the L&N Railroad being the round house and rail-yard were stationed in Livingston. This beautiful mansion was located across the Rockcastle River near the Wilderness Road Ford. In later years it was known as the old Moore Place. Photograph courtesy of Margie Wilcop.

Rockcastle Regional adds Digital Mammography

Submitted by John Lambert

Rockcastle Regional Hospital & Respiratory Care Center has a new tool in its fight against breast cancer. A new digital mammography suite, including a state-of-the-art Siemens Inspiration, will help Rockcastle's radiologists and doctors detect cancer with more precision, and in a way that's more convenient for patients. "Mammograms play a vital role in protecting a woman's health," said John Mitchell, Rockcastle's director of diagnostic imaging. "Our radiologist can see so much more digitally as opposed to film."

Rockcastle Regional's purchase of the Inspiration, and its accompanying tools was guided by the sobering fact that one in every seven women will develop breast cancer at some point in their lives. Because early detection allows cancer to be treated in its early stages, the American Cancer Society (ACS) recommends women receive mammograms annually after age 40. The ACS also recommends women with a family history of the disease, or those who test positive for a gene strongly associated with it, may need a mammogram earlier or more often.

Rockcastle Regional is doing its best to make this life saving procedure more accessible to greater num-

bers of women, and make it more effective at early detection. "Our patients may not notice a huge difference in the process," said Janice Mullins, Rockcastle's lead mammogram technologist. "But this new equipment will greatly improve the quality of the exam."

While traditional mammography stored the results of the test on film, the Siemens Inspiration uses a digital storage method. This means that the images can be transferred and manipulated like any other computer file. The ability to make a quick transfer improves doctor-patient communication, and the ability to manipulate the image allows a radiologist to gain the best possible perspective on potential points of concern. "We can see patients faster, with fewer retakes," Mitchell said. "And we've given our radiologist the best tools available."

The Siemens Inspiration stood out from other digital mammography machines. "We have the Cadillac version," Mullins said, obviously proud of her new capabilities. In addition to its mammography capabilities, the Inspiration was designed to interface with future technologies. Compatibility with tomosynthesis, a new screening method currently being researched as a mammogram replacement, is anticipated in its design.

Other additions to the

Mammography department include SecondLook digital, a software tool that helps guide a radiologist during the mammography process. "It's basically a combination of a recording medium and a computer program that specifically places a lesion in space," said radiologist Eduardo Gomez. "This helps us isolate specific areas to look for problems."

Rockcastle Regional has made other, less technological improvements to help reduce patients' anxiety. The department's comfortable chairs, colorful walls, and cheerful clinician attitudes differ from the typical dreary atmosphere one might expect at other mammography institutions. Even the Inspiration itself, was designed to maximize patients' comfort.

These improvements have allowed Rockcastle Regional to offer an experience that, from a patient's first impression on admission, to the quality of their results, meets or exceeds other institutions in bigger cities. And while a mammogram isn't the most enjoyable part of a woman's year, it's important enough to make sure to choose the best option.

"There's no reason to not get a mammogram," Mullins said. "They save lives, and you can't get a better one anywhere else."

For more information about Rockcastle

Regional's digital mammography or to schedule an appointment, call 256-7878.



Mt. Vernon city employees Lloyd Prewitt and Dale Cotton, as well as others, spent most of morning repairing a water leak of U.S. 25 and Hwy. 150 in Mt. Vernon. Traffic going south on U.S. 25 was redirected down Main Street or West Main while repairs were ongoing.



Temperatures reached 101° last Thursday on the Community Trust Bank clock in Mt. Vernon, however, the official temperature recorded at the weather station at Cox Funeral Home was 93°, which tied last Thursday with July 11th for the hottest day so far this year.



From left, Janice Mullins and Scotty Stogsdill, mammography technicians, Dr. Eduardo Gomez, radiologist, and John Mitchell, Director of Diagnostic Imaging.



The Cruise In The Valley Car Show Committee presented Ms. Abby McClure a \$1,200.00 check Friday, July 29th at the Kentucky Music Hall of Fame. Abby was the recipient of the scholarship awarded to a 2011 graduate of RCHS. She is enrolled at Somerset Community College with plans to major in nursing. Pictured in the photo are from the left, Bentley Cromer, Larry Hammond, Abby McClure, Charlie Napier and Robert Lawson.

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News from the Rockcastle Courthouse



Circuit Civil Suits

Ally Financial, Inc. vs. Michael C. Middleton, \$45,210 plus claimed due.
 Vanderbilt Mortgage and Finance, Inc. vs. Dean Burdette, \$36,432.63 plus claimed due.
 VNB New York Corp. vs. Plasticware LLC, et al, \$2,043,656.50 plus claimed due.
 Shipcase.Com LLC vs. MVP Food Packaging LLC, \$16,266.19 plus claimed due.
 Citifinancial Services, Inc. vs. Bobby Machal, et al, \$90,337.14 plus claimed due.
 Alliance Credit Services, Inc. vs. Gregory Hatfield, \$47,373.04 plus claimed due.
Correction
 Paul Robert Rader vs. Janice H. Rader, petition for dissolution of marriage.

District Civil Suits

Peggy Mills vs. Andy Rhue, forcible detainer complaint.
 World Finance Corp. vs. Johnny McCoy, \$2,857.21 plus claimed due.
 Greg K. Bolton vs. Roy Perry, forcible detainer complaint.
 Twila Simpson vs. Johnny Roundtree, et al, forcible detainer complaint.

Deeds Recorded

Pioneer Pallet, Inc., property in Rockcastle County, to Jack and Bette J. Merz. Tax \$45.
 Mark A. and Vickie A. Teague, property on Sand Springs Road, to James Barron. Tax \$4.
 Sherry Hansel, property on School House Road, to Janis and Johnny Loudermilk. Tax \$119.
 Ruby Thompson, property in Rockcastle County, to Carl Dean and Elizabeth Avonell Coleman. Tax \$42.
 Angie Thomas, property in Rockcastle County, to Tommy and Lula Faye Jones. Tax \$22.
 Albert and Margaret Rose, property on Daugherty Ridge Road, to Curley Darren and Brenda Slone. No tax.
 Clarence J. Brown, Jr. and Natasha Brown, property in Dog Walk Community, to Jason Clay and Amanda Brown. No tax.
 Susan Lovell and Michael David Lovell, property in Rockcastle County, to Michael David Lovell. No tax.
 Ruby J. Bullock and Tammy B. Miller, property on Pokeberry Lane, to Tammy B. Miller. No tax.
Correction
 George and Icie Poynter, property on Ford Hollow Road, to Georgia Poynter and Earl Poynter. Tax \$10.

Marriage Licenses

Judy Zella Owens, 49, Mt. Vernon, disabled to James Edward Griffin, 61, Lancaster, retired. 7/28/11

District Court

court news
 7/25-27/2011
Hon. Kathryn G. Wood
 Laura L. Howard: fines/fees due (\$68), 2 days in jail in lieu of fines.
 Christy A. Reed: fines/fees due (\$263), bench warrant (bw) issued for failure

to appear (fta), 6 days in jail or payment in full.
 Robert E. Rogers II: fines/fees due (\$33), bw issued for fta/1 day in jail or payment in full.
 Christy A. Reed: fines/fees due (\$233), bw issued for fta/5 days in jail or payment in full.
 Eric James Batchelor: fines/fees due (\$143), bw issued for fta/4 days in jail or payment in full.
 Nicholas J. Denny: receiving stolen property, theft by unlawful taking, burglary, theft by unlawful taking, bw issued for fta.
 Samuel A. Martin: fines/fees due (\$162), 4 days in lieu of fine/costs.
 Kenneth P. Kelley: criminal trespass, 30 days/probated 24 months on condition, restitution and costs.
 Larry J. Lawson: fines/fees due (\$288), bw issued for fta/6 days in jail or payment in full.
 Shannon Spoonamore: receiving stolen property, 120 days to serve 60/balance probated 12 months on condition plus costs.
 Richard S. Spoonamore: drug paraphernalia, buy/possess, 10 days and costs.
 Jose I. Molina: driving without license and failure to maintain insurance, bw issued for fta.
 Charles J. Alcorn: attempted assault, menacing, criminal mischief, bw issued for fta.
 George P. Quintana, Jr: operating motor vehicle under influence of alcohol/drugs, \$200 fine, \$375 service fee, costs, 30 days operator license suspension/ADE authorized.
 James R. Daniels: alcohol intoxication, \$50 fine and costs.
 Paul R. Griffith: operating motor vehicle under influence of alcohol/drugs, \$200 fine, \$375 service fee, costs, 30 days operator license suspension/ADE authorized.
 Jennifer S. Carrier: no operators license in possession, \$50 fine and costs.
 William B. Cromer: operating on suspended/revoked operators license, 10 days/credit time served/costs merged.
 Wally D. Brown: fines/fees due (\$258), bw issued for fta/6 days in jail or payment in full.
 Adam W. Woodward: fines/fees due (\$143), bw issued for fta/4 days in jail or payment in full.
 Johnny M. Cromer: operating motor vehicle under influence of alcohol/drugs, \$200 fine and costs, \$375 service fee, 30 days operator license suspension/ADE authorized.
 Audra E. Baker: fines/fees due (\$168), bw issued for fta/4 days in jail or payment in full.
 Speeding: James Christensen, \$34 fine and \$133 costs; April A. Whitson, \$20 fine and costs; timothy M. Dunaway, \$100 fine and costs/STS required to be completed; Brandon T. Tucker, James M. Brinson, Luke T. Pearson, Charlie W. Felty, Edward J. Hyde, Charles W. Elliott, Quinton L. Stone, Michael V. Perkins, Tabatha R. Sendelbach, Gregory A. Vanover, Heather D. Engle, Natasha R. Fields, Gary R. Ice, Jr., Vickie L. Jacobs, Sevasti G. Pternitis, Noel R. Rodriguez, Glenda J. Taylor, Katherine J. Travis, license suspended for fta; Rebecca L. Maggard, Michael F. Harrell, Elizabeth A. Abney, Amber D. Hall, Morgynn A. Nevels, paid; James K. Holbrook, \$10 fine and costs; Elizabeth A. Weakley, \$26 fine and costs/STS authorized; James T. Winkler: failure to wear seat belts, paid.
 James Roland: alcohol intoxication in public place, \$50 fine and costs.
 Michael D. Royalty: defective equipment, \$25 fine and costs.

Benjamin R. Rader: failure to wear seat belts, license suspended for fta.
 Crystal G. Isaacs: failure to wear seat belt, paid.
 Brittney N. Lear: failure to wear seat belt, paid.
 William C. Monday: failure to wear seat belt, license suspended for fta.
 Cody A. Honeycutt: failure to wear seat belts, paid.
 James R. Green: reckless driving and following another vehicle too closely, license suspended for fta.
 Evan J. Claunch: failure to wear seat belts, paid.
 Shannon C. Vaughn: fines/fees due (\$288), bw issued for fta/6 days in jail or payment in full.
 Eddie W. Mays: speeding and operating on suspended/revoked operators license, license suspended, bw issued for fta.
 Jack McCormic, Jr: fines/fees due (\$119), 3 days in jail in lieu of fines.
 Franklin G. Moore: failure to add taxable unit to taxable inventory, bw issued for fta.
 Donovan W. Mullins: drug paraphernalia, \$100 fine and costs.
 James A. Peters: operating on suspended/revoked operators license, failure to wear seat belts, failure to produce insurance card, failure to maintain required insurance, no/expired Kentucky registration receipt, bw issued for fta.

Dennis W. Powell: operating on suspended/revoked operators license, \$100 fine and costs.
 Brandon D. Robinson: fines/fees due (\$563), bw issued for fta/12 days in jail or payment in full.
 Amos Jay L. Sandidge: no/expired Kentucky registration receipt - registration plates, bw issued for fta.
 Ricky A. Sandusky: fines/fees due (\$224), bw issued for fta/5 days in jail or payment in full.
 Michael D. Santo: failure to wear seat belts, \$25 fine; operating on suspended/revoked operators license, \$100 fine and costs.
 Samantha Saylor: failure to wear seat belts, bw issued for fta, license suspended.
 Donald G. Begley: failure to wear seat belts, \$25 fine.
 Joel T. Rojo: failure to wear seat belts, no operators/moped license, no/expired Kentucky registration receipt, bw issued, license suspended for fta.
 Amanda J. Hubbard: failure to maintain required insurance, \$500 fine/suspended on condition.
 Lester Turner, Jr: failure to maintain required insurance, \$500 fine/suspend \$400 on condition for 12 months plus costs.
 Courtney Campbell: no operators/moped license, \$50 fine and costs.
 Ronda S. Evans: operat-

ing vehicle w/expired operators license, \$100 fine; driving too fast for traffic condition, \$100 fine and costs.
 Riva A. Banks: improper passing, \$50 fine and costs; failure to wear seat belt, \$25 fine.
 Marlena L. Shafer: no/expired registration plates, \$25 fine and costs.
 Christopher B. Fletcher: theft by unlawful taking, \$250 fine and costs plus restitution.
 Zachary D. Abney: failure to wear seat belts, \$25 fine.
 Suzanna L. Adams: fines/fees due (\$133), bw issued for fta/3 days in jail or payment in full.
 Francis A. Bailey: failure to wear seat belts, \$25 fine; failure to produce insurance card, \$50 fine and costs.
 Kenneth Bolin: fines/fees due (\$303), bw issued for fta/7 days in jail or payment in full.
 Jarrad R. Burdette: failure to wear seat belts, \$25 fine.
 Dereck J. Cameron: failure to wear seat belts, \$25 fine.
 Michael W. Cope: failure to wear seat belts, license suspended for fta.
 Dustin L. Cromer: operating on suspended/revoked operators license, \$100 fine; failure to notify address change to Dept. of Transp., \$25 fine; failure to surren-

der revoked operators license, \$50 fine and costs.
 Deborah L. Danner: failure to wear seat belts, \$25 fine.
 Dalmas Doan: no/expired registration plates/receipt and failure to wear seat belts, license suspended for fta.
 Brandi Lynn Everitt: failure to give right of way to emergency vehicle, license suspended for fta.
 Landon L. Fletcher: operating motor vehicle under influence of alcohol/drugs, \$200 fine and costs, \$375 service fee, 30 days operator license suspension/ADE authorized.
 Kristopher G. Garrison: operating on suspended/revoked operators license, \$100 fine and costs; failure to produce insurance card, \$50 fine.
 Larry A. Gentry: failure to wear seat belts, \$25 fine.
 Daniel R. Griffin: fines/fees due (\$108), bw issued for fta/3 days in jail or payment in full.
 Daniel M. Gross: fines/fees due (\$173), bw issued for fta/4 days in jail or payment in full.
 Larry J. Lawson: alcohol intoxication in public place, bw issued for fta.
 Amanda L. Settles: no operators license in possession, \$50 fine and costs; failure to maintain required insurance, \$500 fine/sus-

(Cont. to B4)

Rockcastle County Public Health Taxing District

FINANCIAL STATEMENT

Fiscal Year Ending June 30, 2011

Published in accordance with KRS 424.220 and 65.070

The following information and supporting data may be inspected by the general public at the Rockcastle County Health Center, 120 Richmond Street, Mount Vernon, Kentucky after August 05, 2011 between the hours of 8:00 a. m. and 4:30 p.m.

Rockcastle County Board of Health

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

RECEIPTS

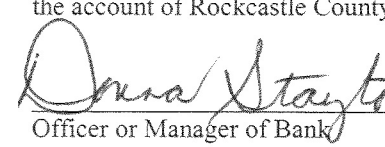
Balance carried forward from previous year	
Checking Account No. 800-162-6	\$ 60811.40
Certificate Of Deposits	\$ 90000.00
Amount received from collection of public health taxes for current	
fiscal year less sheriff's fee	\$ 152798.85
Amount received from County Court Clerk for delinquent and vehicle taxes	
less clerk fees	\$ 34951.83
Kentucky State Treasurer	\$ 8543.15
Interest from checking	\$ 416.25
Interest form Certificate of Deposits	\$ 1589.88
TOTAL RECEIPTS	\$ 349111.96

DISBURSEMENTS

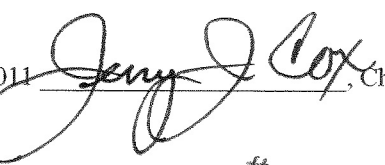
Cumberland Valley District Health Department for general operation	
of county health center.....	\$ 180003.00
Mt. Vernon Signal for publication of previous year's financial statement.....	\$ 220.00
Rockcastle County Sheriff refund of overpayment	\$ 977.76
Eagle Rock (insulation)	\$ 1950.00
Frank Bradley	\$ 190.00
Green thumb Landscaping.....	\$ 9633.61
Elmo Greer	\$ 12406.00
George Dooley	\$ 1232.07
Lumber King	\$ 713.87
P&P Guttering	\$ 967.00
Stop Payment on Check	\$ 20.00
TOTAL DISBURSEMENTS.....	\$ 208313.31

BALANCE..... \$ 140798.65

This is to certify that at the close of business June 30, 2011 a balance of 140798.65 was credited to the account of Rockcastle County Public Taxing District.

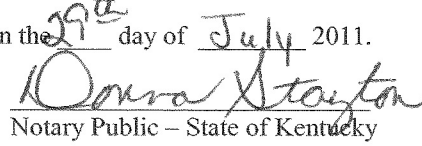

 Dana Stoyton
 Officer or Manager of Bank

Community Trust Bank

Witness by my hand this the 29th day of July 2011  Chairman

Rockcastle County Public Health Taxing District Board.
 Commonwealth of Kentucky
 County of Rockcastle
 Subscribed and sworn to me by _____ before me on the 29th day of July 2011.

My commission expires: 11-23-2013


 Dana Stoyton
 Notary Public - State of Kentucky



The Family Room

By: Dr. Roy Don Whitehead

Abuse

1. "Do alcohol and other drugs cause abuse?" Not really. Drugs may make the abuse worse or make it more likely, but the drugs do not cause the abuse. Many men drink and even get drunk without abusing anyone. The same is true of other drugs. The abuse happens because the abuser is an angry and potentially violent person. Alcohol and other drugs may make the release of that anger more likely.

2. "Why would a victim use drugs?" Victims sometimes become users in order to deal with the pain of the abuse. If they are using, they do not have to feel the physical and emotional pain that accompanies abuse. (Most victims say the emotional pain is worse than the physical.)

A victim might start using drugs to if her abuser is using. "If you can't beat 'em, join 'em" seems to be the motto in this situation. Sometimes the abuser entices the victim into using. He then holds the drugs over her head in order to keep her with him, i.e. if he is her supplier, it is more difficult for her to leave. Some abusers have forced their victims to join them in using drugs. Some have used their victims as couriers when selling drugs. This involves the victim in illegal activities and that information can then be used against her. Whatever her reasons for beginning to use, the victim can become addicted herself.

3. "My abuser has quit drinking and says he won't hit me anymore. Should I go back to him?" Each situation is different, therefore one answer will not fit all. How long has he been clean and sober? Six days does not inspire much confidence, while six months is more solid. Even then there is the possibility of relapse. Are there others who can vouch for his sobriety or is it his word only?

And, finally, even if he stops using, that does not guarantee that he will stop abusing. The abuse is a separate problem from the addiction and must be dealt with, rather than just assuming that a clean and sober

person will not abuse. Much abuse is committed by men who do not use drugs or alcohol.

4. "If I have a drug or alcohol problem, how do I get help?" Anyone who is asking this question is taking the first step on the road to recovery. While only the first step, it is a significant one. The first choice is between outpatient and inpatient treatment. Outpatient treatment facilities can be found in the Yellow Pages. Alcoholics Anonymous and Narcotics Anonymous are good places to begin. There are faith-based groups such as Reformers United, Celebrate Life and other groups sponsored by churches that may also help.

If the addiction is significant enough to have disrupted one's life, inpatient treatment is probably necessary. This means going to a residential center for a length of time ranging from 30 days to two years. There are many different facilities that offer various types of treatment. Some are faith-based. A call to Operation UNITE treatment hotline at 866-908-6483 will quickly produce names and phone numbers of treatment cen-

"Court"

(Cont. from B2)

pend \$450 on condition; failure to register transfer of motor vehicle, \$25 fine; no operators license in possession, \$50 fine and costs.

Barbara A. Singleton: failure to wear seat belts, \$25 fine; failure to maintain required insurance, \$500 fine/suspend \$450 on condition.

Ronald R. Sizemore: overweight, \$25 fine and costs.

Salina M. Smith: failure to maintain req. insurance and operating on suspended/revoked operators license, bw issued for fta/license suspended.

Larry R. Strunk: no/expired registration plates and failure to maintain req. insurance, bw issued for fta/license suspended.

Callie L. Thomas: failure to wear seat belts and booster seat violation, license suspended for fta.

ters. UNITE vouchers help to pay for treatment. At an Alcoholics Anonymous or Narcotics Anonymous meeting, one will find those who have been through treatment and who can make recommendations about facilities that helped them. Churches are also

sources for referrals to treatment.

[If you or someone you know is in an abusive relationship, call Bethany House at 679-8852 or 800-755-2017. In Rockcastle and Laurel Counties call Family Life Abuse Center at 800-755-5348.]

An encouraging word:

A Significant Somebody

By Howard Coop



After a disappointing career venture, the man became the epitome of failure. In that state of mind, he was downhearted and dejected. Wrapping the garment of pity around him, he was unwilling to accept responsibility and get on with life. Then, at every conceivable opportunity, he began to characterize himself to his family and friends as "an insignificant nobody." It is true that he may have failed, but it is not true that he was "an insignificant nobody."

At all times, this reality must be faced. No one, under any set of circumstances, is ever "an insignificant nobody." Although, at times, life may appear to treat them meanly, everyone is, always and under all conditions, a significant somebody.

That assertion is true for one simple reason: everyone, under any and all conditions, is a significant somebody because everyone, whether or not it is recognized by the individual, is "God's workmanship." While it may be blurred and almost indistinguishable at times, the image, or logo, of the maker is indelibly imprinted in the heart and upon the life of each individual.

So, life is forever marked.

But there is more, much more to be said. Not only is everyone God's workmanship but also everyone is "created (by God)...to do good works." That is the real purpose of life, and that purpose gives life its meaning. Abiding satisfaction and a deep sense of fulfillment come to the heart of an individual when that purpose is understood and fulfilled. Life is created that way, and the opportunity to do good works abound on every hand. So, at all times, there are ample opportunities to fulfill the purpose for which one was created.

There are those who, in a critical and belittling way, refer to those who do good as "do gooders." Do not be intimidated by these comments. Just ignore them and do the good things that need to be done and become the person you were made to be.

STRUGGLING WITH ADDICTION?

Toll-free Treatment Help Line

1-866-90-UNITE

Take control of your life TODAY!

Commonwealth of Kentucky 28th Judicial Circuit Rockcastle Circuit Court • Division II Civil Action No. 11-CI-00095

Citizens Bank Plaintiff

V.

Bobby Powell, his unknown spouse;
Rockcastle County, Kentucky;
and Fifth Third Bank, an Ohio
Banking Corporation Defendants

NOTICE OF SALE

Pursuant to a judgment and order of sale entered in this action on June 7, 2011 for the purpose of satisfying the judgement against the defendants in the amount of TWENTY SIX THOUSAND FIFTY FOUR DOLLARS AND 54/100 (\$26,054.54) plus interest, costs and attorney fees. I will offer at public auction the hereinafter described real property in Rockcastle County, Kentucky.

At the Courthouse on East Main Street
Mt. Vernon, Kentucky
on Friday, August 5, 2011
Beginning at the Hour of 1:30 p.m.

Said real property is more particularly described as follows: Beginning at a stake in the south west corner of lot #18 and is in the north line of Locust Street; thence with said line N 67 1/2 W 100 feet to a stake in the southwest corner of Lot #20; thence with the line of Lot #20 N 22 1/2 E 200 feet to the south side of Poplar Street; thence with said line of Poplar Street S 67 1/2 E 100 feet, to the stake at the North-West corner of lot #18; thence with the line of Lot #18, S 22 W 200 feet to the beginning.

Being the same real property the defendant, Bobby Powell, single obtained by deed dated September 2, 2005, executed by Doug Rowe, Jr., single, of record in Deed Book 206, Page 543, in the Office of the Clerk of the Rockcastle County Court, Mt. Vernon, Kentucky.

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 from 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".

William D. Gregory
Special Master Commissioner
Rockcastle Circuit Court

Commonwealth of Kentucky 28th Judicial Circuit Rockcastle Circuit Court • Division I Civil Action No. 10-CI-00109

Citizens Bank Plaintiff

V.

Starlin Dewayne Robinson, his unknown spouse, Kayla Barnes, her unknown spouse, Darrell Sizemore, Dorothy Sizemore, Commonwealth of Kentucky Department of Revenue, State Farm Insurance Companies, and Rockcastle County, Kentucky Defendants

NOTICE OF SALE

Pursuant to a judgment and order of sale entered in this action on January 20, 2011 for the purpose of satisfying the judgement against the defendants in the amount of SIXTY ONE THOUSAND THIRTY THREE DOLLARS AND 48/100 (\$61,033.48) plus interest, costs and attorney fees. I will offer at public auction the hereinafter described real property in Rockcastle County, Kentucky.

At the Courthouse on East Main Street
Mt. Vernon, Kentucky
on Friday, August 5, 2011
Beginning at the Hour of 1:00 p.m.

Said property known as Parcel No. 1 and mobile home shall be sold separately from Parcel No. 2. Parcel No. 1 and Mobile Home is the property owned by Starlin Dewayne Robinson and Kayla Barnes consisting of a tract described as having 1.934 acres. Parcel No. 2 is owned by Darrell Sizemore and Dorothy Sizemore being described as 2.00 acres obtained in deeds in 1991 and 1994, with a 15 minute break in between the two sales. Said Parcels being more particularly bounded & described as follows:

PARCEL NO. 1

BEGINNING at a large maple, said maple being approximately 120 feet east of the intersection of Kentucky 618 and Kentucky 70, also a corner of the Mink property; thence with the south right of way of Kentucky 618, South 76 degrees 07 minutes 15 seconds East a distance of 207.30 feet to a stake set 20 feet from the center of Kentucky 618; thence a new property line with Florence Albright South 11 degrees 41 minutes 28 seconds West a distance of 394.56 feet to a stake set in the property line of Jr. Craig; thence with the property line of Jr. Craig North 83 degrees 00 minutes 38 seconds West a distance of 207.42 feet to a steel axle corner in the property line of the Mink property; thence with the Mink property line North 11 degrees 37 minutes 58 seconds East a distance of 419.47 feet to the point of beginning, containing 1.934 acres more or less, by survey of Gary W. Holman, Ky. L.S. 1837.

Being the same real property the defendants, Starlin Dewayne Robinson and Kayla Barnes obtained by deed dated January 26, 2007, executed by Jim Cupp, et al., of record in Deed Book 214, Page 282, in the Office of the Clerk of the Rockcastle County Court, Mt. Vernon, Kentucky.

Mobile Home
1989 Clayton doublewide mobile home (28 X 44/ VIN # CLR004179TNAB)

PARCEL NO. 2

Situated in the Commonwealth of Kentucky, County of Rockcastle and being the property as conveyed to Dorothy Mae Barnes by Deed Book 155, page 270 as recorded in the Office of the Rockcastle County Clerk and being more particularly bounded and described as follows:

Beginning at the Corner Post found marking the southerly right-of-way of Kentucky Highway 618 and the easterly right of way of Marler Knob Road and being the Point of Beginning of the tract herein to be described:

Thence with the southerly right-of-way of Kentucky Highway 618, S 71 E 09' 16" E a distance of 579.87 feet to a corner post found, passing an iron pin set at 5.00 feet.

Thence continuing with Kentucky 618 right-of-way N 89 E 17' 29" E a distance of 67.39 feet to an iron pin found with cap labeled #1253 in a corner post;

Thence crossing through said Barnes property the following two (2) new courses: S 04 E 06' 05" W a distance of 158.80 feet to an iron pin set; N 71 E 09' 16" W a distance of 668.60 feet to an iron pin set in the easterly right-of-way of Marler Knob Road;

Thence with the easterly right-of-way of Marler Knob Road, N 12 E 14' 09" E a distance of 131.90 feet to the Point of Beginning and containing 2.00 acres by survey. Subject to all legal highways and right of ways whether or record or not. All iron pin 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 8th day of December in the year of our lord 2006. All bearings are based on the southerly right of way of Kentucky Highway 618 as being S 71 E 09' 16" E and being further delineated on a plat as attached hereto.

Being a portion of the real property the defendant Dorothy Sizemore obtained by deed dated January 30, 1991 executed by Mable Marler, single of record in Deed Book 141 Page 675 and by deed dated September 27, 1994, executed by Gerald Barnes of record in Deed Book 155, Page 270, in the Office of the Clerk of the Rockcastle County Court, Mt. Vernon, Kentucky.

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 from 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".

William D. Gregory
Special Master Commissioner
Rockcastle Circuit Court

Vegetable Gardening: Local is Better

By Ian Owens

When it comes to vegetables, local is better. Whether you're buying vegetables or vegetable plants, the closer you are to where that squash was picked or that squash plant was grown, the better.

There are many reasons for the value of local produce. The first is taste. Vegetables that have been harvested within the past 24 hours and have not been refrigerated retain more of their flavor and nutrients. Many of us know what a tomato tastes like fresh from the vine or corn pulled just in time to drop the ears into boiling water or pop them on the grill. Sadly, many people, especially children, do not. Research has shown children are more interested in eating vegetables when they have had a part in growing that vegetable.

The best way to get that fresh taste is to grow your own. Vegetable gardening is a long tradition in the hills of Kentucky and any drive through those hills will reveal rows of corn, peas and tomatoes adjacent to many homes. For those with less space and time, vegetables plants can be a welcome addition to flower beds, raised beds or large containers. Eggplant and squash produce fabulous flowers and foliage and corn is now an ornamental addition.

Another reason to buy and eat locally is economic. The dollar you spend with the local farmer or garden center stays in the community and circulates numerous times. Many communities promote locally produced products and the Kentucky Department of agriculture supports locally grown products through its "Kentucky Proud" promotion.

The leading player in the growth of vegetable gardening is the tomato. Interest in growing tomatoes has resulted in the return to the marketplace of many heirloom varieties and modern selections that offer more disease resistance. New fertilizers that can be applied as a shake and feed or dissolved in water improve the yield of each plant. Patio tomatoes now decorate decks and porches. The varieties are endless. Rainbow is similar to Mr. Stripy but with more flavor. Oxheart is the ultimate sandwich filler; just one slice does the trick.

Whatever your choice and wherever you plant, give yourself a summer of fresh vegetables. Your taste buds will like it and so will your local economy.

Ian Owens is the Retail Manager of Owens Garden Center in Somerset. For more information go to www.owensgardencenter.com

Classifieds

CLASSIFIED RATES

- Local Rates - \$4 for 25 words or less - .10 each additional word
- Display Classifieds \$5.00/Inch

Deadline for Classifieds is 10 a.m. TUESDAY

For Rent

For Rent: 3BR trailer in Brodhead; 2 BR trailer on land contract. No pets. 758-4729. 34xntf

For Rent: 3BR/2BA mobile home in Sunnyside Mobile Home Park. 606-308-5459. 35xntf

Seeking Room For Rent or house share in or near Mt. Vernon. Retired, 45-year-old female. 859-368-6757.

For Rent: 3BR/2BA house. \$550 per month plus security deposit and one year lease. Near Mt. Vernon and I-75. No pets. Available Sept. 1. 606-682-7474.

For Rent: Accepting applications at Mt. Vernon Hous-

ing Authority on Mondays 9 a.m. til 12 noon. Rent based on income. 256-4185.

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

Property For Sale

For Sale: 1992 mobile home, 14x70, 2BR/1BA. \$5,000. 606-308-0833. 35x2

For Sale: 2BR trailer w/two lots. No land contract. \$25,000. 256-1523. 35x1

House For Sale: 80 McFerrer St. Needs work. Good starter home or fixer upper. \$25,000 firm. Call 606-308-5469 or 606-308-5509. 35x2p

For Sale: 3 BR/1BA house, located on Hwy. 150, minutes from Mt. Vernon, on one half acre lot. Asking \$65,000. Call 256-8771 if interested. 33x4p

For Sale: 80 Union Chapel Road. 1600 sq. ft. 3BR/2BA brick ranch, located on one acre. Completely remodeled. Minutes from I-75. Call 765-969-0613 for details. 23xntf

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: Positively No Elm tree stripping on property belonging to the Mink Family on Sand Hill and Cut Gap. 32x4p

Posted: Absolutely no trespassing on property of Dell Ponder on Red Hill and Black Bear Lick Lane. Violators will be prosecuted. (12/23/11)

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 trespassing on Crawford Place - Old Brodhead Road. Danny Smith. 47tfn

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

Posted: No trespassing, hunting or fishing on land belonging to Rachel Denney on Hwy. 3245 (former Reggie Bengé property).

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. 25tfn

Posted: No trespassing on property belonging to Buddy Mullins on Crooked Creek. No ATVs - no exceptions. Trespassers will be prosecuted. 35x1

Posted: The farm of Judy and Bradley Asher, located at 418 Doc Adams Road. No hunting or fishing. Violators will be prosecuted. 35x1

Posted: No trespassing or hunting on property belonging to Edmund Wilson on Hummel Road. Not responsible for accidents. 35x1

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. 35x1

Mobile Homes For Sale

Bank Repos, single or double - some with land. Owner financing available. Perfect credit not required. Also will do land in lieu of down payment. Call Jim at 606-365-03991 or 859-623-3089. D&D Mobile Homes at Clays Ferry Exit 97 on I-75 north of Richmond. Open 7 days. 34x4

For Sale: 1996 16x80 mobile home and 1/2 acre lot on Freedom School Rd. \$30,000. Call 606-256-8548.

Found

Found: Black and tan hound dog. Very friendly Brodhead area. Call 606-681-6192 or 606-758-0124. 35x1

Motor Vehicles For Sale

For Sale: 2005 Mercury Mountaineer, 69,431 miles. \$13,000. 606-386-0233. 26xntf

For Sale: 1990 Dodge Ram pickup, \$1,250. 308-5550.

Yard Sales

Moving/Yard Sale: 8 families, Old Negro Creek School. approx. 2 miles up Hwy. 3245 (Old Negro Creek Road), Thursday, August 4th, 8 a.m. to 5 p.m. Rain or shine. Some furniture, iron skillets, glassware, collectables - something for everyone. 35x1

3 Family Yard Sale: At 1908 Old Brodhead Road. Lots of little girl's clothing - sizes 0-3T, car seats, blankets, misc. baby items, boy's clothing - sizes 8 to 16, men's and women's clothing, two push mower, television and many more items.

Yard Sale: Fri., 9 to 5 and Sat., 9 to 2 at Chestnut Heights Subdv. on Hwy. 1505, 2 miles from Brodhead Fire Dept. Lots of girls clothes - small and big.

Subscribe

Yard Sale: Fri., Aug. 5th, 45 Clark Street, Mt. Vernon. Right off School St., past vet's office. 9 to ? Lots of clothes and other misc. items.

Garage Sale: Iron bed frame, oak dresser w/mirror, set of truck tires, women's clothes - sizes 14-5X, tops, jeans, dresses, sheets, pillows, comforters. Sat., Aug. 6th, 8 a.m. to 3 p.m. home of Tootsie Bullock, 1025 Ottawa School Road.

3 Family Yard Sale: At Pizza Hut. Kid's clothes, toys, etc. Sat., 8 to ?

Huge Yard Sale: Sat., Aug. 6th, 8 a.m. to ? Houston Point Subdv., 174 Spring Hill Lane. Baby clothes 1-girls 0-24 mos., boys 0-12 mos., baby swings and accessories, name brand men's and women's clothes - Hollister, American Eagle, etc. and numerous other items.

Yard Sale: Thurs., Fri. & Sat., 8 to 4, 98 Wallin St., Brodhead. Odds and ends, VCR tapes, DVDs, lots of stuff including 10x12 metal bldg. w/3 shelves, \$900. Rain cancels to next week end. 758-9945.

Five Family Yard Sale: Lake Linville Boat Dock. Monday thru Sat., Aug. 1 to Aug. 6. Shoes, clothing, tools, baby items, some furniture, lots of misc. items.

Four Family Yard Sale: 130 Fair St., Mt. Vernon. Thurs., Aug. 4, Fri., Aug. 5 and Sat., Aug. 6, 8 a.m. to ? Signs will be posted. Everything cheap.

Yard Sale: Friday and Saturday, 9 to 5, 385 Floyd St. 2 families. Garden vegetables, grills, dishes, Indian figurines, dolls, clothes - all sizes, lots of stuff.

Yard Sale: Friday and Saturday, 35 Ferguson St., Mt. Vernon, off Lovell Lane. Baby boy clothes - sizes nb to 2T, Winnie the Pooh crib set and nursery decorations, toys, X-Box, 360 Rock Band 2 game with drums and guitar, women's and

men's plus size clothing and toddler swing set. Rain cancels. 8 a.m. to 4 p.m.

Yard Sale: Mareburg at Hemlock Circle. Friday and Saturday, 8 to 3. Girl's clothes, boy's clothes, shoes, women's clothes and purses, Home interior. Everything cheap.

3 Family Yard Sale: Under the shelter at Hill Top Produce (by Lumber King). Disney and Coke collectables, clothes, yard items. Friday and Saturday.

Yad Sale: Sat., 9 to ? First one in two years. Hwy. 150 in Brodhead - Gum Sulphur Road at Shafer Auto Body sign. Women's sizes 12 and down, men's clothing 32 to 36, new Craftsman mitars saw in box, 20 ga. pump shotgun and lots more. Something for everyone. Rain cancels.

Yard Sale: Friday and Saturday, August 5 and 6, Ottawa Church Road off Hwy. 70. 8 a.m. to ? Lots of clothes, shoes, toys, home decor.

OPERATION UNITE
Drug Tip Hotline
1-866-424-4382
(where you name is not required)
Toll-free Treatment Help Line
1-866-90-UNITE

Missing
\$150 Reward
Brown toy poodle with reddish coloring down his back. Has underbite, about 8 inches high. Last seen on Cow Bell Hollow Rd. in Orlando on July 24th. \$150 reward for his return or information on his whereabouts resulting in his return.
Please call
606-256-5285

B.C.C. Metals
Featuring metal roofing, siding, trim and insulation.
Same day service available on most orders.
Contact Jerry Blair
Toll Free 1-800-658-4902 • 256-4700
Located 4 miles s. of Berea, off U.S. 25 at 862 Lambert Rd.
Serving Rockcastle County & surrounding counties.
www.bccmfg.com

Rocket Storage
will be selling contents of the following storage units on Saturday, August 6th

Crawford St. • 8:00 a.m.
Unit #s 18, 31, 52, 57, 61

Richmond St. • 8:15 a.m.
Unit #s 67, 69

Williams St. • 8:30 a.m.
Units #s 7, 10, 11, 13

West Main St. • 9:00 a.m.
Unit #s 32, 38, 40

Rocket Carpet Cleaning

"A Clean Carpet is a Healthy Carpet!"

Rocket Carpet Cleaners
David Owens, mgr.
(606) 256-9870

HEALTHY HOME ENVIRONMENTAL

GOOD HOUSEKEEPING GREEN

For Sale: Two combined lots (approximately 0.75 acres) in the original section of one of Rockcastle's nicest subdivisions at Houston Point Estates on Hickory Hollow Road. Ready to build on. Selling for \$22,000.
Please call either 859-200-1477 or 606-308-3874

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

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

Reduced!
1278 Spiro Rd.
Mt. Vernon
\$104,900

Reduced!
120 W. Main St.
Mt. Vernon
\$69,900

Reduced!
2138 Lambert Rd. • Berea
(0.644 A)
\$59,900

Reduced!
306 Rolling Hills Rd.
Mt. Vernon
\$192,500

Reduced!
19 Silver Mist Corner
Mt. Vernon
\$274,900

3+/- Acres on Spiro Road - \$29,900
700 Hamilton Valley Rd. (Garrard Co.) - \$72,000
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

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

Baby Farms/Pulaski County

Off Hwy 461. 3.92 acres beautiful land that has old mobile home w/ no title which can be improved or removed. Land has new septic system installed. Price is \$33,500.

5 approved building lots that have approved soil site evaluations located on Hwy. 934. 9.2 acres priced at \$59,000.

Buying or looking to relocate double wide? We have several baby farms where cost of septic system & water meter can be included in financing package.

Special Terms Available! Call Today!!!
1-877-331-4888
DGSCHELL.COM

Miscellaneous For Sale

Cornhole Boards and Bags: Unpainted board - \$50; painted boards - \$80. Bags (set of 8, you choose the two colors) - \$15. Call Derek at 859-248-2487. 33x4p

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

For Sale: Pool table, nice, bought new for \$2,500. Will sell for \$1,000. Excellent shape. Also has pool stick stand. 606-308-5550.

For Sale: Lots of concrete yard items. 308-5550.

Help Wanted

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

Driver Needed! Wrecker/Roll-back experience preferred, clean criminal and driving record a must. Full time after 30 days, \$10/hr. to start, serious inquiries only. Random drug tests. All-State Towing. Call 606-758-0033, 8 a.m. to 11 a.m. please.

Help Wanted: Welders/fabricators, machinery moving - installation, piping mechanical, machinists, in-plant maintenance, general construction, equipment operators, duct work. Send resume to: PO Box 433, Somerset, KY 42501.

Help Wanted: PBK Bank is accepting applications for a part-time position. Please apply at the Mount Vernon branch located at 810 W. Main St., Mt. Vernon.

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Piano Teacher: Limited openings available for new students. 606-256-8263. 35x2p

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Notices

Notice: Property left on the premises of 1502 Little Clear Creek will be considered abandoned if not claimed by Aug. 13, 2011. Lloyd Jordison, property owner. 35x2

Sara Beth's Consignment Shop is closing. If you have items on consignment and would like them returned, please call 859-353-1954 by August 10th. Otherwise, items will be donated. *Thank You*

Brodhead Volunteer Fire Department will be accepting price quotes on the following items to be purchased for use by the Brodhead Volunteer Fire Department: Remote electrical control light tower mounts on vehicle; 3 generators. Quote to be submitted before August 8, 2011 at 2 p.m. Specifications on the four items can be picked up at City Hall, 7 West Main St.,

Brodhead between 9 a.m. and 5 p.m. (closed 12 to 1 for lunch), Monday through Friday. The city reserves the right to reject any or all quotes or to choose by quality or price. 34x2

Public Notice: Notice is hereby given that the City of Brodhead, P.O. Box 556, Brodhead, Ky. 40409 has filed an application with the Energy and Environment Cabinet to construct a City Park in downtown Brodhead, which would include construction of two (2) open picnic shelters, picnic tables, barbeque grill pits and walk paths. The property is located on the east side of U.S. 150 (west side of the Dix River) and is located approximately 600 feet south of Brodhead City Hall. Any comments or objections concerning this application shall be directed to: Kentucky Division of Water, Surface Water Permit Branch, Flood Plain Management Section, 200 Fair Oaks Lane, Frankfort, Ky.

40601. Phone 502-564-3410. 34x2

Epperson Air Conditioning, Heating, Plumbing & Electric wishes to partner with similar operating businesses and assets. Call (606) 679-7476. Located at 112 West University Drive, Somerset, Ky. 42503.

Notice is hereby given that Joyce Kendrick, 4053 Sweetwater Rd., Berea, Ky. 40403 has been appointed administratrix of the estate of Elmer Lee Kendrick on the 27th day of July, 2011. Any person having claims against said estate shall present them, according to law, to the said Joyce Kendrick on or before Jan. 30, 2012 at 11 a.m. 35x3

Notice is hereby given that Rockcastle County Sheriff Mike Peters, 205 East Main St., Box 2, Mt. Vernon, Ky. 40456 has been appointed Public Administrator of the estate of Jordin F. Schmidt on the 6th day of July, 2011. Any person having claims against said estate shall present them, according to law, to the said Sheriff Mike Peters or to Sebastian M. Joy, Curtis Legal Services, PSC, P.O. Box 1455, Ashland, Ky. 41105 on or before January 9, 2012 at 11 a.m. 33x3

Notice is hereby given that Carol Hamm, 3131 New Brodhead Road, Mt. Vernon, Ky. 40456 has been appointed Administrator w/ will annexed of the estate of Cleda Southard on the 13th day of July, 2011. Any person having claims against said estate shall present them, according to law, to the said Carol Hamm or to Hon. William D. Reynolds, 140 West Main St., P.O. Box 1250, Mt. Vernon, Ky. 40456 on or before January 16, 2012 at 11 a.m. 33x3

Notice is hereby given that Eva A. Griffin, 305 West

Main St., Mt. Vernon, Ky. 40456 has been appointed executrix of the estate of Charles Machal on the 21st day of July, 2011. Any person having claims against said estate shall present them, verified according to law, to the said Eva A. Griffin or to Hon. Debra Hembree Lambert, P.O. Box 1094, Mt. Vernon, Ky. 40456 on or before Jan. 23, 2012 at 11 a.m. 35x3

Notice is given that Donald Ambrose, 360 Scaffold Cane Loop, Mt. Vernon, Ky. 40456 has filed a Final Settlement of his accounts as administrator of the estate of Thursie Ambrose, deceased. A hearing on said settlement will be held August 29, 2011 at 11 a.m. Any exceptions to said settlement must be filed before said date. 35x1

Notice is given that Joseph C. Bullen has filed a Final Settlement of his accounts as Executor of the estate of Catherine Bullen, deceased. A hearing on said settlement will be held August 29, 2011 at 11 a.m. Any exceptions to said settlement must be filed before said date. 35x1

Notice is hereby given that Claudia H. Wren, 638 Fairview Loop, Mt. Vernon, Ky. 40456 has been appointed executrix of the estate of Jerry Boyd Wren on the 25th day of July, 2011. Any person having claims against said estate shall present them, according to law, to the said Claudia H. Wren on or before Jan. 25, 2012 at 11 a.m. 35x3

Notice is given that Barbara Faulkner and Sheila Severance have filed a final settlement of their accounts as co-executrices of the estate of Rissie Brock, deceased. A hearing on said settlement will be held August 29, 2011 at 11 a.m. Any exceptions to said settlement must be filed before said date. 35x1

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Applications and full listing of qualifications and job duties may be obtained at the Madison County Health Department, 216 Boggs Lane, Richmond, or 1001 Ace Drive, Berea, or online at www.madisoncountyhealthdept.org or by calling 859-626-4241. Completed application and transcript must be returned by close of business **August 12, 2011** to the Madison County Health Department, P.O. Box 1208, Richmond, KY 40476-1208.

Resume will not substitute for completed application.

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Is an assisted living community the same as a nursing home?

No, although some of the same services are provided. For example, both assisted living communities and nursing homes offer assistance with activities of daily living (bathing, dressing, grooming, etc). However, nursing homes can deliver health care services where assisted living communities cannot. Assisted living clients can arrange for outside services to come in and provide health care services (Home Health). Staff is available 24/7 in assisted living and trained in many different topics. Assisted living provides private apartments with baths and kitchenettes. Clients are encouraged to bring their own furniture and personalize their apartments.

Does Medicare or Medicaid pay for assisted living services?

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Local student, 10-year-old Zoe Burdette, wins a state 4-H contest by delivering message of keeping Kentucky's children healthy.

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4-H
CONTEST

August 2011

Vol. 7 • Issue 3

2 • Health Signals

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
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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.

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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



ROCKCASTLE REGIONAL HOSPITAL & RESPIRATORY CARE CENTER

FEATURES



- 4 The doctor's orders
- 5 A healing environment
- 8 Cholesterol education
- 11 What's on your plate?
- 13 A summer all about kids

A voice for good health

Local student wins state 4-H competition by delivering message of keeping kids healthy

By Arielle Reese, Community Relations Director

In a classroom on the campus of the University of Kentucky, ten year old Zoe Burdette stands in a room usually filled with college students. She's battling allergies and has nervous energy in the pit of her stomach. Surrounded by her family, a few friends and dozens of other kids and their families, Zoe is ready to participate in the Public Speaking competition at State 4-H Communications Day.

Zoe breaks the ice and calms her nerves by starting her speech with a little humor, "Hello, my name is Zoe Burdette and I apologize but I have the sniffles this morning." Smiles and laughter fill the room. Zoe sails through the next three minutes and captivates the audience with her speech titled "Keep Kentucky's Children Healthy."

Zoe has been waiting for this moment since winning the Rockcastle County and region 4-H Communications contest in the nine year old division for speeches. As a fourth grader at Roundstone Elementary, Zoe has been involved in 4-H since she can remember. She has participated in sewing, made backpacks and learned to use a sewing machine. John McQueary, Rockcastle County 4-H advisor, visits the schools periodically and has seen Zoe strive for excellence and work hard.

"Zoe Burdette is one outstanding young

lady who has GREAT communication skills for a nine year old," said McQueary. "She has continually proven already at a young age to be an outstanding student and leader of her peers and a very responsible young lady. Zoe exemplifies character in every aspect of her life."

A commercial for Rockcastle Regional Hospital & Respiratory Care Center was the inspiration for Zoe's speech. On February 19, 2010, Zoe voiced a commercial for the hospital's Markey Cancer Center affiliation campaign and spoke of the dangers of exposing children to cigarette smoke. It was text written for Zoe to read, but she took the information to heart and became passionate about what she was telling others via the radio commercial. When the speech competition became an opportunity, Zoe chose to include the subject of the commercial she recorded. Zoe began researching second hand smoke and the harmful effects of it on children.

Her parents, Jeff and Twila, and 12 year old brother, Thomas, offered support as Zoe researched, practiced and prepared for the speech contest and on July 9, 2011 she



Zoe Burdette, a Roundstone Elementary student, is a 4-H State Champion for a speech on the dangers of second hand smoke.

became a 4-H State Champion in (nine-year old) public speaking. "I felt like WOW when my name was announced as the winner. I had asked everyone to pray for me," said Zoe. "I am just so thankful for this experience."

So far, in her ten years, Zoe has researched the career of an elementary teacher and Oprah. Although she does not yet know what she wants to be when she grows up, one thing that Zoe is for sure of is that she wants to stay involved in 4-H and is already brainstorming ideas for speech topics for the fifth grade competition.

[UK CONNECTIONS]

The Doctor's Orders

on social media for children and adolescents

Recent guidelines published by the American Academy of Pediatrics recommend that pediatricians ask school-age children and adolescents whether or not they are on Facebook, and use it as a transition to discussing the impact of social media on a child's development.

At the Kentucky Children's Hospital, these types of questions have been incorporated into all physical and behavioral health clinical exams.

"Social media is an important issue and it is not a fad; it is here to stay," said Marlene Huff, Kentucky Children's Hospital child and adolescent behavioral health therapist and associate director of the Division of Adolescent Medicine. "In regular exams we ask children what their username and password is for their social media accounts, if they tell the truth about their age, if their parents are part of their 'friends' network, who their 'friends' are and if they are their age, and what they use the social networking sites for."

Huff highlights the importance of knowing how your child communicates with their friends outside of school, and suggests that parents limit the amount of time spent on technology such as video games, cell phones, computers and television.

In the Division of Adolescent Medicine at KCH, patients are required to be involved in at least one extracurricular activity to learn team-building and social skills, and to interact with

other students.

There are benefits to social media, especially for more reserved children, Huff said.

"Social media can help children that are slow to warm up gain confidence and learn the basic social rules of engagement. The next step, as a parent, is to take what they've learned online into real life and help them practice that with real people as opposed to virtual persons. Social media can be a very helpful launching pad. People think you're born with the art of chit chat and that's not true - it's a skill that children can learn through social media."

Advice to parents:

- Everything in moderation.

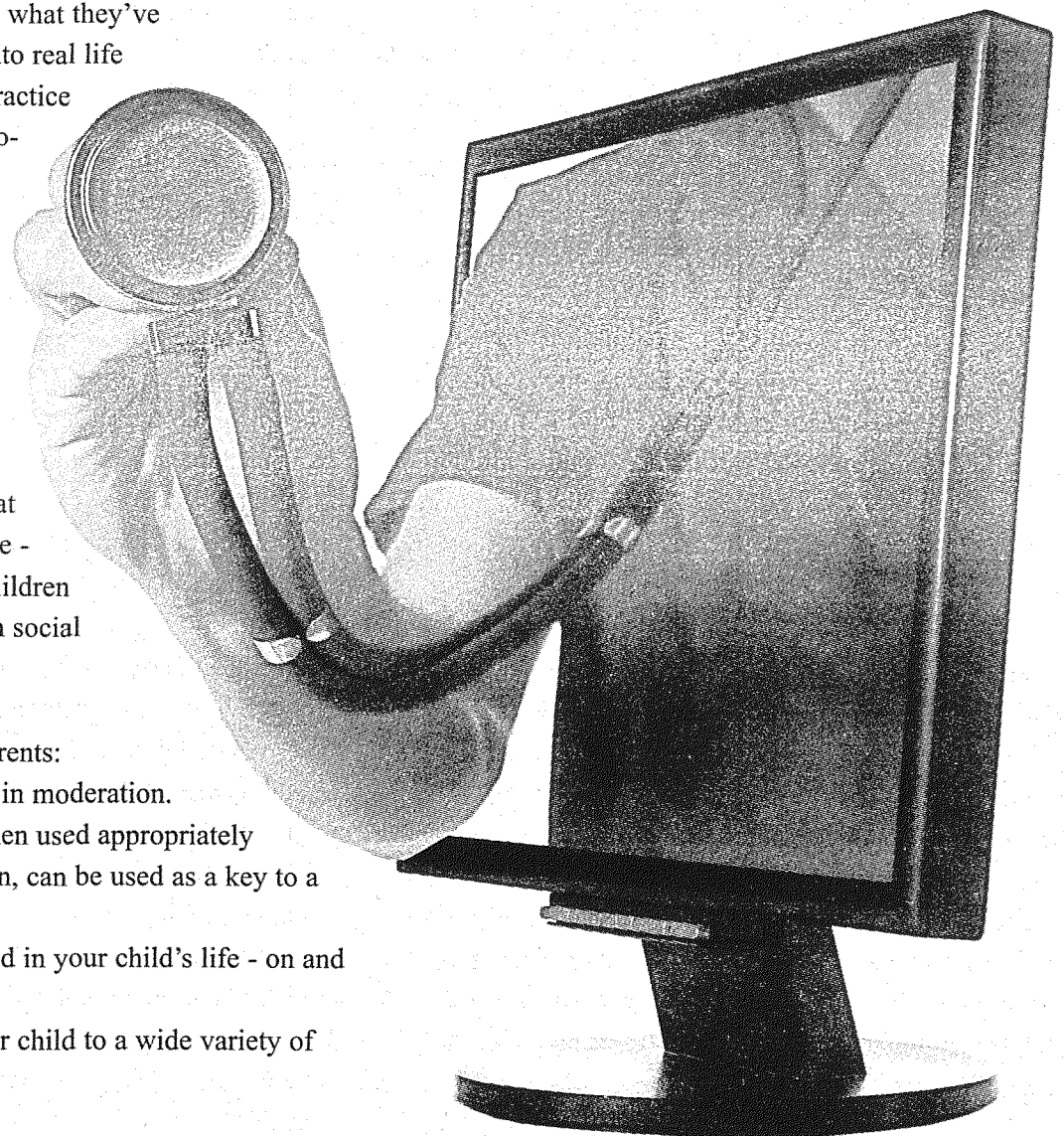
Social media, when used appropriately and in moderation, can be used as a key to a successful life.

- Get involved in your child's life - on and offline.
- Expose your child to a wide variety of

influences.

- Surf the web together with your child - there's a lot your child can teach you.

Courtesy of University of Kentucky Public Relations -
Julie Meador



[UK CONNECTIONS]

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 Sean C. Skinner, M.D. • Pediatric Surgery
 Charles Smith, M.D. • Neurology
 Rudolph M. Tovar, M.D. • Gynecology
 Maria Veling, M.D. • Otolaryngology
 Mark Vranicar, M.D. • Pediatric Cardiology
 Jonathan Webb, M.D. • Adult Nephrology

The new University of Kentucky Albert

B. Chandler Hospital doesn't look or sound like a traditional hospital, thanks to the UK Arts in HealthCare program. The program highlights local, national and international artists in visual and performing arts, in music therapy, and even in the design and architecture of the building.

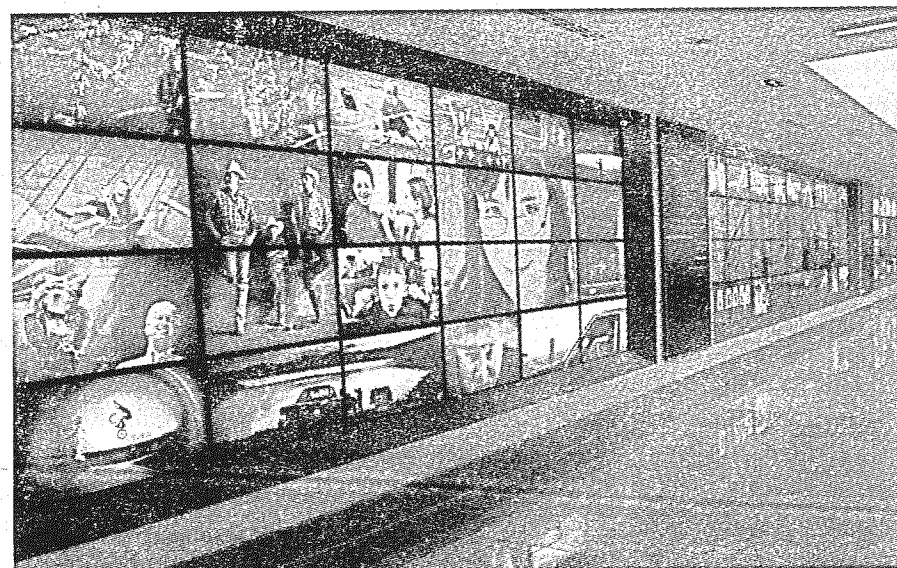
"The arts enhance the healing environment, but they also invite people to visit the hospital when they are well," said Dr. Michael Karpf, UK's executive vice president for health affairs.

"If patients and families are familiar with the hospital, they will feel more comfortable in a time of need."

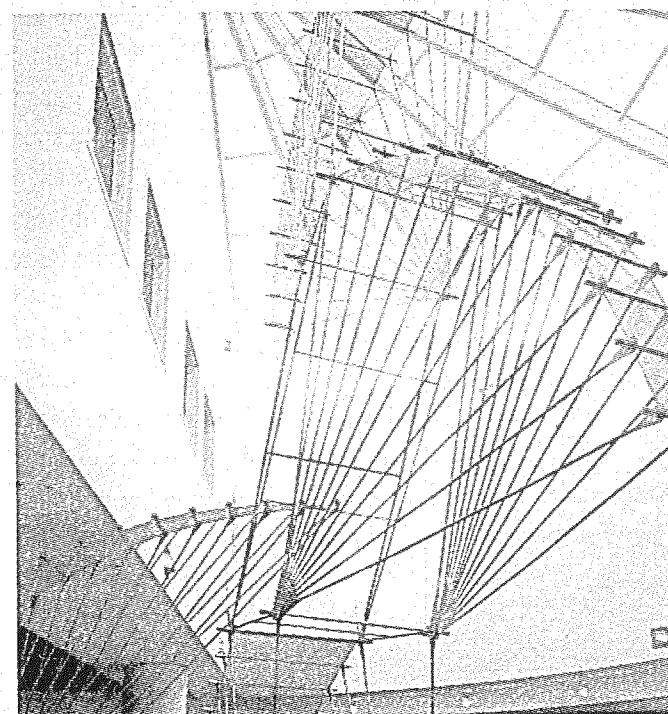
As a member of the Society for Arts and Healthcare, UK HealthCare has built on the findings and successes of other art programs across the country to create an art program at the forefront of this movement.

In support of the growing body of research that endorses how art enhances medicine, the various forms of art throughout the hospitals and clinics are made possible entirely through private funds.

Courtesy of University of Kentucky Public Relations – Julie Meador



Above, the Celebrate Kentucky Wall includes photographs and video from all over Kentucky. Bottom right, mixed media sculpture artist Warren Seelig titled his two-piece commissioned art "Ginkgo" because of its resemblance to the intricate fan-shaped leaves of the ginkgo tree. Seelig has long admired the ginkgo tree, as did Henry Clay, the Kentucky statesman, who brought the tree to his Lexington estate in the 19th century.



Getting back to life

Hospital therapy program designed for heart attack survivors

By John Lambert

If you were told, shortly before meeting a person, that they'd experienced a massive heart attack just six months before, you'd probably brace yourself for a conversation with a fatigued, sickly and melancholic person. If, however, the person you were about to meet were Trish Harmon, or any of the people who've been through Rockcastle Regional's



Cardiac Rehab patient Trish Harmon, seated, with James Messer, Physical Therapy Director, are all smiles during a session.

Cardiac Rehabilitation program, you might be surprised.

While speaking with Harmon during one of the rehab sessions, which consists of heart healthy education and closely monitored exercise, I struggled to keep up as she made lightning-quick transitions between a succession of treadmills, exercise bikes and weights. She smiles and laughs throughout. She even traded jokes with her fellow patients and her clinicians while she accomplished yet another personal record on a treadmill. Observing her willpower and effort, you realize that cardiac rehab helped Harmon quit being a heart attack victim long ago. Now, she's a heart attack survivor.

"They sure have tweaked me up a little," Harmon laughs, as she casts a quick, knowing

grin to her nurse and physical therapist. "Before, I couldn't do anything. Now, I have more energy and feel much better."

This relatively new form of therapy is designed to transition cardiac patients back into the full and fulfilling lives they led before their illnesses. The therapy, which is roundly endorsed by physicians, the American Heart Association and the American College of Cardiology, is a concerted effort by dietitians, pharmacists, physical therapists and nurses to meet the patients' needs in their entirety.

Patients are given information sessions on medications, their diet, exercise and other healthy lifestyle tools. "They're so supportive," Gail Barrett, another patient said. "I feel like I can ask the staff anything."

During the directed exercise portion of the therapy, patients wear a heart monitor that relays their vital information to Patti Halcomb, RN, who examines their heart for any potential abnormality with an advanced medical computer system. "We always keep everybody in good shape," Halcomb explained. "Many people are anxious about exercise after a heart attack. We allow them to get exercise safely."

James Messer, Director of Physical Therapy at Rockcastle Regional, prescribes each patient with the optimum dose of exercise based on his or her condition. "Before I was very nervous" said Kenneth Baker. "Now I know exactly what I can and can't do."

Harmon also speaks highly of Messer. "If James tells me I can do it," she said. "I know I can do it."

Socialization is a neglected part of rehab that the program addresses directly. Halcomb explained that, even though they've had a major health event, patients are most con-

cerned with their families. "Many patients feel like they're a burden," Halcomb says. "In this small group setting, they're around other people who understand what they're going through, and that makes a big difference."

"I've made tons of friends," Barrett adds. "They encourage me too."

Holcomb's compassion is apparent even as she analyzes complicated medical data. She sees how the numbers and patterns on the chart translate to each patient's ideal lifestyle. "We try to make it so that they can enjoy their hobbies, their families and be in the best shape possible,"

Holcomb adds.

Besides exercise, the patients receive coaching on proper diet, ideal medicines, and stress management techniques. "We want them to know exactly what they need to do," Messer says. "That's what makes this therapy the most rewarding part of my job."

This confidence and support translates to real results. "I wouldn't have dreamed that this would help me so much," Baker said. Like many other patients, Baker plans on keeping up his exercise after the program. "My son comes here every day," he said with a proud smile. "And soon, I'll be up here with him."

When asked if others should consider Cardiac rehab, the far-from-lethargic, far-from-sickly and far-from-melancholic Harmon says, "Oh honey, I'd just about knock them down if they didn't." Based on her performance in the weight room, she probably could.

For more information about Rockcastle Regional's Cardiac Rehab program call 256-2609.

Hospital chaplain meets people at point of need

By Arielle Reese, Community Relations Director

Comfort in a time of mourning, prayer in a time of need or peace in a time of crisis may not typically be things that come to mind when you think of a hospital, but in uncertain times they can be just as important as the medical care that you receive.

Rockcastle Regional Hospital and Respiratory Care Center employees, patients, visitors, residents and families can now call on Brother Luther Allen, Rockcastle Regional's first, full-time Chaplain. "It's exciting for me to come to work," said Bro. Allen. "There is a unique situation everyday."

Bro. Allen has received a warm reception from the team of employees at the hospital and enjoys working with them. He understands that healthcare can be a sometimes stressful and tiring profession and is available to counsel employees as well as patients. "I enjoy the challenges and changing environment here," said Bro. Allen. "I feel blessed myself to be able to share God's word. God is doing great things here."

Bro. Allen is steering the newly created ministry team on several new programs around

the facility. The Ministry Team is made up of 15 hospital employees who have volunteered to serve. It includes a range of employees: doctors, therapists, social workers, nurses and respiratory therapists. Ideas were gathered from around the facility and programs were developed to meet identified needs.

Bro. Allen receives prayer requests from staff by email, forms in a prayer box, face to face and phone calls. Requests are then shared with the Ministry Team. He also coordinates clergy representing all Christian faiths so there is access to speak and pray with someone who shares individual beliefs.

One new program targets children specifically and is organized by Physical Therapist Emily Valentine. Comfort Kits are available when children are admitted to the hospital or are in emergency situations. The small kits make a big difference in the eyes of a child.

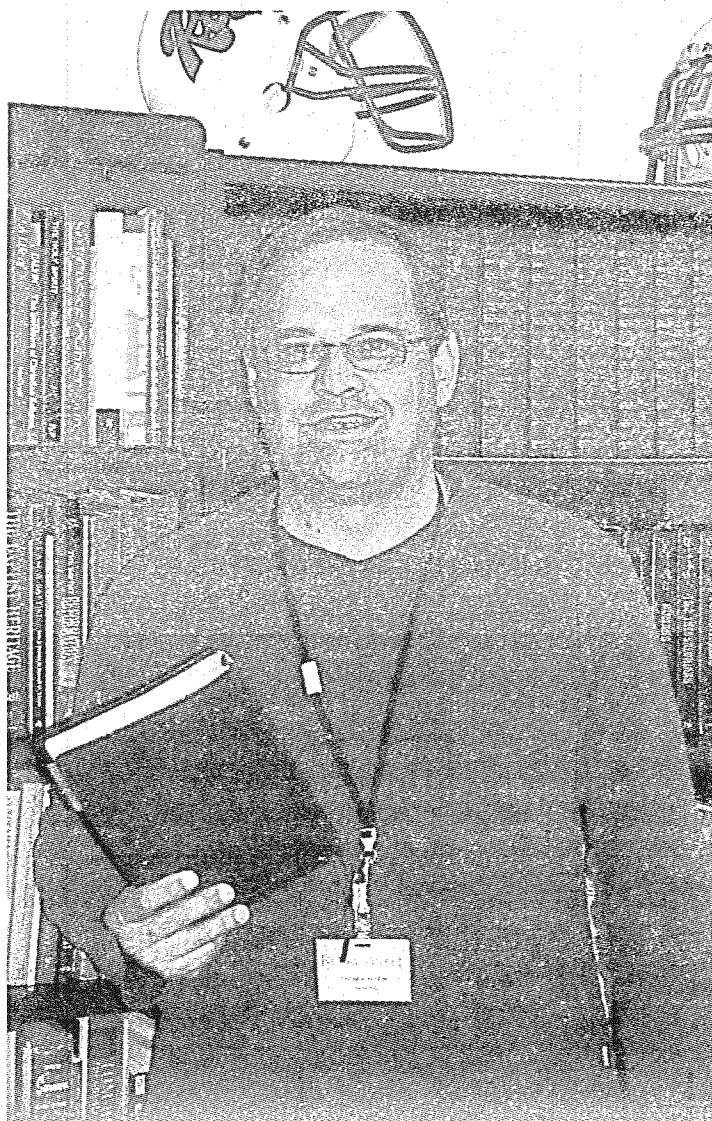
Bro. Allen has also started traveling morning devotions around the facility. Each day, Monday through Friday, at 9 a.m. you will find a small group of people at different

locations starting their day with words of encouragement and prayer. Everyone is invited to participate.

Other new programs include: Prayer Walks where Bro. Allen and the ministry team will visit 40 different hospital locations and pray with individual departments, communion with the long-term care ventilator residents and "Philip's Call" a new Bible study group that will be adapted to meet various, specific communication needs of the residents who will be participating.

Bro. Allen says the best part of his job is that he has the freedom to minister and support people when they need him. "I've literally prayed with people in the hospital hallway, because that is what we needed to do. My role is to show unconditional love and meet people with friendship."

Bro. Allen is a former Baptist minister who has traveled the country with a motorcycle club sharing God's word. He now travels the campus of Rockcastle Regional Hospital and Respiratory Care Center with his Bible, prayer and love of God.



Brother Luther Allen, Rockcastle Regional Hospital and Respiratory Care Center's first full-time chaplain.

Scripture that inspired the name of the new Bible Study Group:

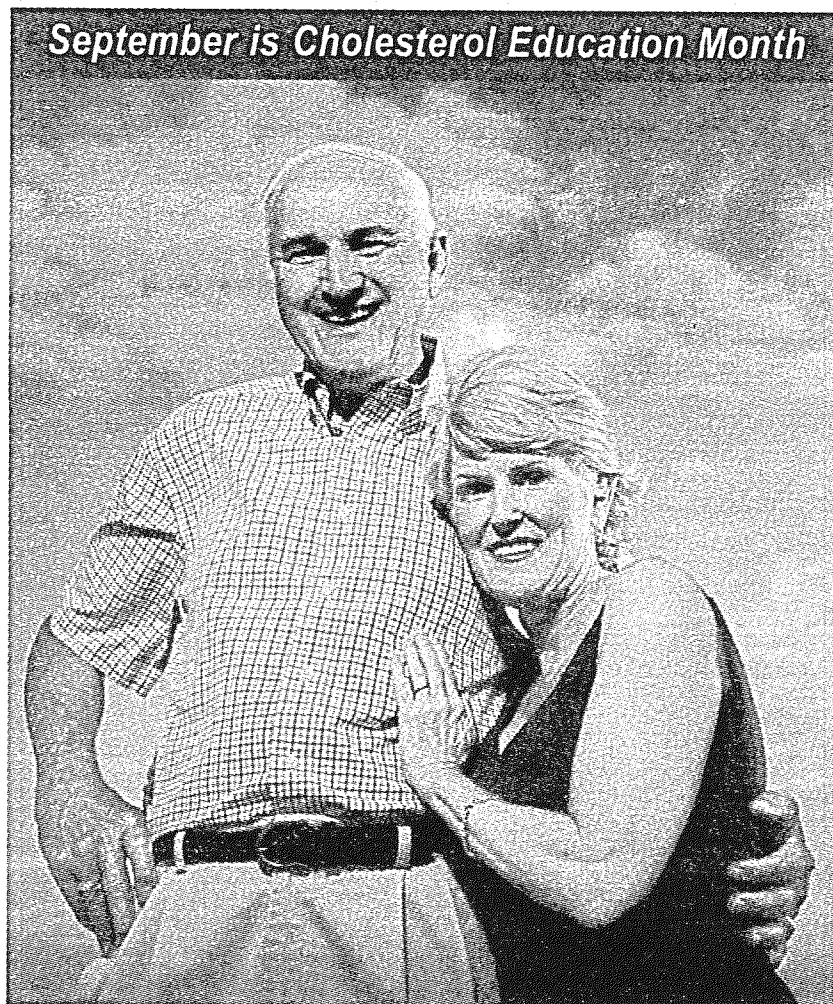
"So Philip ran to him, and heard him reading the prophet Isaiah, and said, "Do you understand what you are reading?" And he said, "how can I, unless someone guides me?" And he asked Philip to come up and sit with him."

-Acts 8:30-31

HIGH CHOLESTEROL:

Your blood cholesterol level has a lot to do with your chances of getting heart disease. High blood cholesterol is one of the major risk factors for heart disease. A risk factor is a condition that increases your chance of getting a disease. In fact, the higher your blood cholesterol level, the greater your risk for developing heart disease or having a heart attack. Heart disease is the number one killer of women and men in the United States. Each year, more than a million Americans have heart attacks, and about a half million people die from heart disease.

September is Cholesterol Education Month



How Does Cholesterol Cause Heart Disease?

When there is too much cholesterol (a fat-like substance) in your blood, it builds up in the walls of your arteries. Over time, this buildup causes “hardening of the arteries” so that arteries become narrowed and blood flow to the heart is slowed down or blocked. The blood carries oxygen to the heart, and if enough blood and oxygen cannot reach your heart, you may suffer chest pain. If the blood supply to a portion of the heart is completely cut off by a blockage, the result is a heart attack.

High blood cholesterol itself does not cause symptoms, so many people are unaware that their cholesterol level is too high. It is important to find out what your cholesterol numbers are because lowering cholesterol levels that are too high lessens the risk for developing heart disease and reduces the chance of a heart attack or

dying of heart disease, even if you already have it. Cholesterol lowering is important for everyone—younger, middle age, and older adults; women and men; and people with or without heart disease.

What Do Your Cholesterol Numbers Mean?

Everyone age 20 and older should have their cholesterol measured at least once every 5 years. It is best to have a blood test called a “lipoprotein profile” to find out your cholesterol numbers. This blood test is done after a 9- to 12-hour fast and gives information about your:

Total cholesterol

- **LDL (bad) cholesterol** – the main source of cholesterol buildup and blockage in the arteries

- **HDL (good) cholesterol** – helps keep cholesterol from building up in the

What you need to know

Rockcastle Regional is offering FREE Cholesterol Screenings September 19-23 from 7-10 a.m. in the Outpatient Services Center. No appointment necessary.

arteries

- **Triglycerides** – another form of fat in your blood

If it is not possible to get a lipoprotein profile done, knowing your total cholesterol and HDL cholesterol can give you a general idea about your cholesterol levels. If your total cholesterol is 200 mg/dL or more or if your HDL is less than 40 mg/dL, you will need to have a lipoprotein profile done.

See how your cholesterol numbers compare to the table below.

Total Cholesterol Level	Category
Less than 200 mg/dL	Desirable
200-239 mg/dL	Borderline high
240 mg/dL and above	High

LDL Cholesterol Level	LDL Cholesterol Category
Less than 100 mg/dL	Optimal
100-129 mg/dL	Near optimal/above optimal
130-159 mg/dL	Borderline high
160-189 mg/dL	High
190 mg/dL and above	Very high

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

HDL (good) cholesterol protects against heart disease, so for HDL, higher numbers are better.

A level less than 40 mg/dL is low and is considered a major risk factor because it increases your risk for developing heart disease. HDL levels of 60 mg/dL or more help to lower your risk for heart disease.

Triglycerides can also raise heart disease risk. Levels that are borderline high (150-199 mg/dL) or high (200 mg/dL or more) may need treatment in some people.

What Affects Cholesterol Levels?

A variety of things can affect cholesterol levels. These are things you can do something about:

- **Diet.** Saturated fat and cholesterol in the food you eat make your blood cholesterol level go up.

Saturated fat is the main culprit, but cholesterol in foods also matters. Reducing the amount of saturated fat and cholesterol in your diet helps lower your blood cholesterol level.

- **Weight.** Being overweight is a risk factor for heart disease. It also tends to

increase your cholesterol.

Losing weight can help lower your LDL and total cholesterol levels, as well as raise your

HDL and lower your triglyceride levels.

- **Physical Activity.** Not being physically active is a risk factor for heart disease. Regular physical activity can help lower LDL (bad) cholesterol and raise HDL (good) cholesterol levels. It also helps you lose weight. You should try to be physically active for 30 minutes on most, if not all, days.

Things you cannot do anything about also can affect cholesterol levels. These include:

- **Age and Gender.** As women and men get older, their cholesterol levels rise. Before the age of menopause, women have lower total cholesterol levels than men of the same age. After the age of menopause, women's LDL levels tend to rise.

- **Heredity.** Your genes partly determine how much cholesterol your body makes. High blood cholesterol can run in families.

Don't be in the dark...

Prostate cancer is the most common cancer in men.

Cancer is a disease in which abnormal cells in the body grow out of control. When cancer starts in the prostate, it is called prostate cancer. The prostate is a walnut-sized organ located just below the bladder and in front of the rectum in men. It produces fluid that makes up a part of semen.

Prostate cancer is the most commonly diagnosed cancer in men, and second only to lung cancer in the number of cancer deaths. In 2007 (the most recent year for which statistics are available), 223,307 men were diagnosed with prostate cancer, and 29,093 men died from it.* CDC provides men, doctors, and policymakers with the latest information about prostate cancer.

Symptoms

Different people have different symptoms for prostate cancer. Some men do not have symptoms at all. Some

symptoms of prostate cancer are—

- Difficulty in starting urination.
- Weak or interrupted flow of urine.
- Frequent urination, especially at night.
- Difficulty in emptying the bladder completely.
- Pain or burning during urination.
- Blood in the urine or semen.
- Pain in the back, hips, or pelvis that doesn't go away.
- Painful ejaculation.

If you have any symptoms that worry you, be sure to see your doctor right away. These symptoms may be caused by conditions other than prostate cancer.

Risk Factors

There is no way to know for sure if you will get prostate cancer. Men have a greater chance of getting prostate cancer if they are 50 years old or older, are African-American, or have a father, brother, or son who has had prostate cancer.

Screening for Prostate Cancer

Not all medical experts agree that screening for prostate cancer will save lives. Currently, there is not enough credible evidence to decide if the potential benefit of prostate cancer screening outweighs the potential risks. The potential benefit of prostate cancer screening is early detection of cancer, which may make treatment more effective. Potential risks include false positive test results (the test says you have cancer when you do not), treatment of prostate cancers that may never affect your health, and mild to serious side effects from treatment of prostate cancer.

Most organizations recommend that men discuss with their doctors the benefits and risks of prostate cancer screening. CDC supports informed decision making, which encourages men to talk with their doctors to learn the nature and risk of prostate cancer, understand the benefits and risks of the screening tests, and make decisions consistent with their preferences and values.

Tests that are commonly used to screen for prostate cancer are—

Digital rectal exam (DRE): A doctor, nurse, or other health care professional places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland.

Prostate specific antigen test (PSA): PSA is a substance made by the prostate. The PSA test measures the level of PSA in the blood, which may be higher in men who have prostate cancer. However, other conditions such as an enlarged prostate, prostate infections, and certain medical procedures also may increase PSA levels.

Is prostate cancer screening right for you? The decision is yours. To help men aged 50 years or older understand both sides of the issue, CDC has developed several helpful guides to assist you with making an informed decision. To learn more go to www.cdc.gov/Features/ProstateCancer.

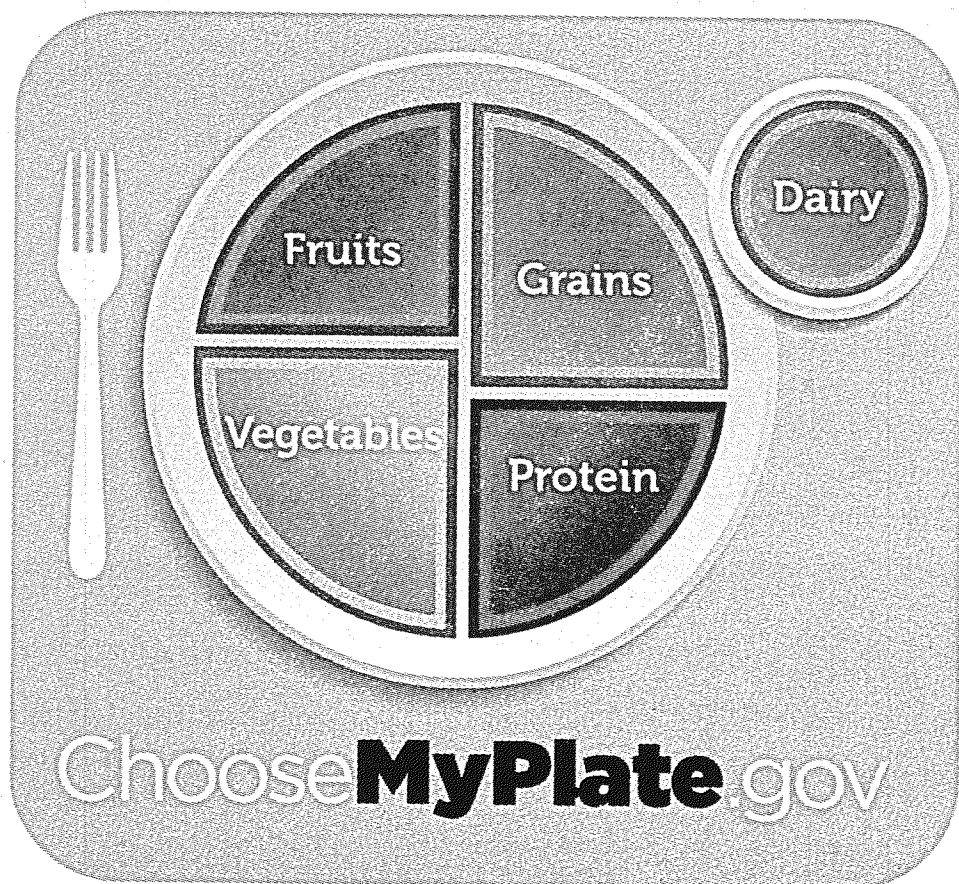
*Ask your doctor about the potential benefits
and harms of prostate cancer screening tests.*

September is Fruit and Veggies - More Matters Month

What's on *your* plate?

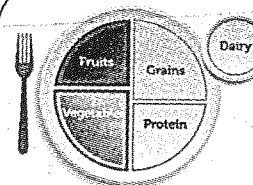
In June 2011, First Lady Michelle Obama and Agriculture Secretary Tom Vilsack unveiled the federal government's "MyPlate" based on the new 2010 Dietary Guidelines for Americans. MyPlate is a new icon to help consumers to think about building a healthy plate at meal times. The MyPlate icon emphasizes the fruit, vegetable, grains, protein and dairy food groups.

Visit www.choosemyplate.gov for more information.



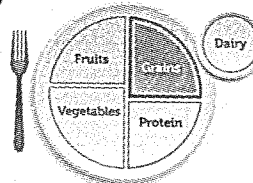
BUILD A HEALTHY PLATE

Before you eat, think about what goes on your plate or in your cup or bowl. Foods like vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods contain the nutrients you need without too many calories. Try some of these options.



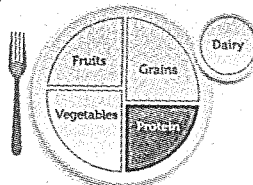
Make half your plate fruits and vegetables.

- Eat red, orange, and dark-green vegetables, such as tomatoes, sweet potatoes, and broccoli, in main and side dishes.
- Eat fruit, vegetables, or unsalted nuts as snacks—they are nature's original fast foods.



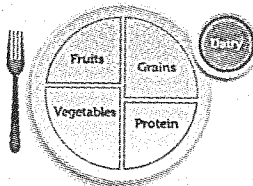
Make at least half your grains whole.

- Choose 100% whole-grain cereals, breads, crackers, rice, and pasta.
- Check the ingredients list on food packages to find whole-grain foods.



Vary your protein food choices.

- Twice a week, make seafood the protein on your plate.
- Eat beans, which are a natural source of fiber and protein.
- Keep meat and poultry portions small and lean.



Switch to skim or 1% milk.

- They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.
- Try calcium-fortified soy products as an alternative to dairy foods.

Source: U.S. Departments of Agriculture and Health and Human Services

Keeping cancer care *close to home*

By John Lambert

Chemotherapy has come along way in the past few years. Certainly, technological strides have minimized the treatment's side effects, and increased its effectiveness, but chemotherapy has also bridged the cultural and geographical gaps that were barriers to cancer patients' ideal treatment.

Nowhere is the success more apparent than at Rockcastle Regional Hospital and Respiratory Care Center. Rockcastle Regional, already a national leader in the treatment of ventilator dependent patients, began administering chemotherapy as part of an initiative to the treat diseases endemic to our region.

At that time, the closest cancer treatment centers were in Lexington, including UK Markey Cancer Center. Administration at Rockcastle Regional felt that the two-hour round trip to receive chemotherapy placed an unnecessary burden on cancer patients. Rockcastle Regional partnered with UK Markey Cancer Center to bring their reputation and expertise to a small town setting.

"There were significant barriers to our cancer patients' treatment, not least of which was the drive," Melissa Brock, Rockcastle Regional Oncology Service Line Manager explained. "Many patients were not receiving the care they needed because of these barriers. We wanted to do everything we could to reduce the stress they felt, during an already stressful part of their lives."

Since 2004, The Chemotherapy Infusion Clinic at Rockcastle Regional has administered nearly 3,000 infusions, and helped 860 patients in their battle against cancer. In 2006, a formal network affiliation with UK Markey Cancer Center was formed and that remains today.

Brenda Mullins is a beneficiary of this forward thinking. Mullins, a 38-year Rockcastle Regional employee, received a colon cancer diagnosis after a routine screening. With the support of her husband, Larry, and family, including her grandsons serving the ARMY and Marines overseas, Mullins began the process of deciding her treatment plan. She felt the same trepidation all cancer patients feel when it comes to chemotherapy. After surgery and radiation, Mullins decided to come to Rockcastle Regional for her treatment.

"I was just so glad that I could go there [Rockcastle Regional] to get chemo," Mullins said. "I was glad I could be around people who knew and

understood me." Mullins' choice was strongly influenced by the prospect of a two-hour drive while dealing the side effects of chemotherapy. Travelling up and down I-75 is tough even in ideal conditions, but during chemotherapy, it's nearly impossible. Mullins knew that even this small advantage might add up to be a big difference in the results she got from chemotherapy.

Mullins also knew from her time working here that Rockcastle Regional is closer to its patients in terms other than simple geography. "Everyone was very nice and very helpful, just like they always are," Mullins said. "It's always more comforting to be around people you know. Anything I needed, they were there to get it for me."

Because of Rockcastle Regional's affiliation with UK Markey Cancer Center, patients like Mullins receive all the benefits of big-city care in a small-town setting. "The Markey affiliation allows us access to top-notch oncologists," Brock said. "In fact they're some of the very same patients see if they go to Lexington. Our nurses receive the comprehensive, specialized training in all aspects of cancer care."

One thing nurses can't be taught however, is a caring attitude. Mullins' experience illustrates that the nurses and doctors at Rockcastle Regional can't help but go the extra mile. "I had a lot of anxiety, just like everyone else" Mullins admitted. "But the staff helped me through that. From the CEO on down, everyone was very supportive."

Chemotherapy is an absolutely vital part of many cancer patients' treatment. Through programs like the Chemotherapy Infusion Clinic, Rockcastle Regional makes it easy for small-town patients like Mullins to get world class results.



Brenda Mullins, center, a colon cancer survivor poses with Rockcastle Regional chemotherapy nurses Gayle DeBorde, RN, left, and Renee Miller, RN, right.

Rockcastle Regional Summer 2011 highlights: ALL ABOUT KIDS

Handwriting without tears

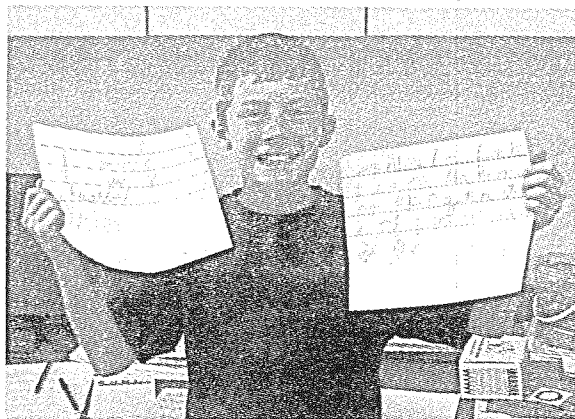
By Arielle Reese, Community Relations Director

Occupational Therapy Director Cheryl Mullins, along with Occupational Therapists Raina Remole and Daphne Reynolds-Day provided "Handwriting without Tears" to 22 students this summer. Handwriting doesn't come easy for every student and the struggle can affect academic performance and self-esteem.

Mullins said she is still amazed at the progress that can be made in only a month of working with the students. "This is the sixth summer we've offered the program here and the time we spend with these students gives them a boost for the next school year."

Potential students were evaluated by an occupational therapist. Students diagnosed with Dysgraphia, or a deficiency in the ability to write (particularly in terms of handwriting), came to the hospital for one of five different classes. The hour-long class was available to students with various levels of handwriting skills, from preschool to cursive.

The program, which is covered by insurance for students who are diagnosed with Dysgraphia, includes a combination of improving fine motor skills and handwriting. The class starts with a warm up and then includes a variety of activities to get the child ready for writing. A variety of tools are also available to suit a particular student's needs. Their tool box for success includes: weighted



Eleven year old Justin Brown shows how much his cursive has improved since starting the Handwriting Without Tears program.

pencils, pencil grippers, textured materials and even aluminum foil. "We aren't just sitting at a desk practicing writing on worksheets; we use a variety of methods to get the children's arms and hands ready to write," Mullins said.

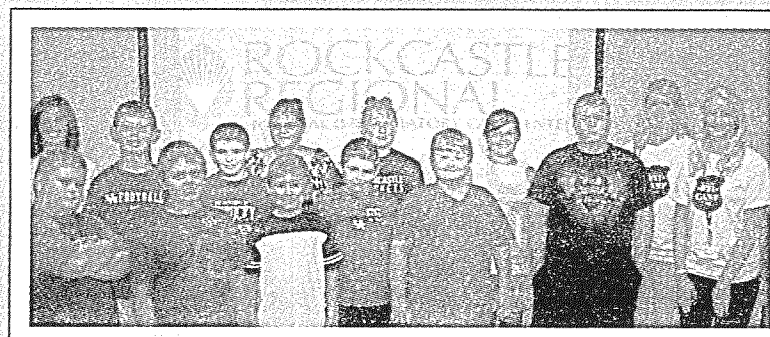
Families also play a large roll in the program. Homework is sent home and also techniques are shared with parents to continue the program even after the "Handwriting without Tears" is complete.

Occupational Therapists at Rockcastle Regional Hospital are certified Instructors of the "Handwriting without Tears" program and look forward to the classes each summer. "We know the children are on summer break from school, so we incorporate fun into the program," said Mullins. "We want the kids to improve their skills and get prepared for school in the fall."

The program's goal is to make legible handwriting an easy and automatic skill, all while having fun.

FIT CAMP 2011

• Promoting healthy lifestyles •



Fit Camp Overview

Duration: 6 weeks

Graduates: 14

Fitness data:

- Group total of 39 pounds lost
- Group total of 9.25" lost from waist
- Body Mass Index (BMI) decreased for 9 of 14 campers

Activities:

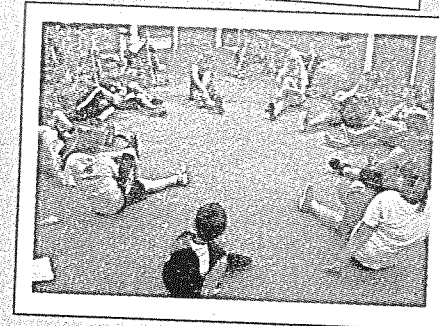
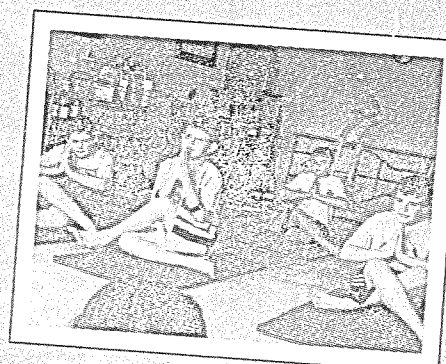
Yoga, zumba, swimming, relay races, and gym workouts along with nutritional counseling

Staff volunteers:

Lindsay Gabbard, RD
Emily Kerr, PT
Morgan Kincer, PT tech
Callie Shaffer, MD

Sponsors:

Citizens Bank, McDonalds of Mt. Vernon, Subway of Mt. Vernon, Wendy's of Mt. Vernon, Wal-Mart of Berea, Jeff & Lisa Smithern

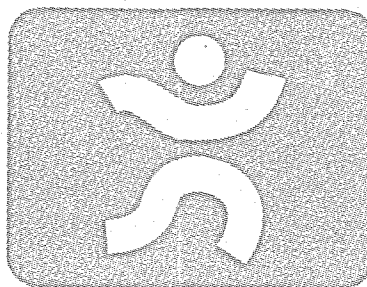
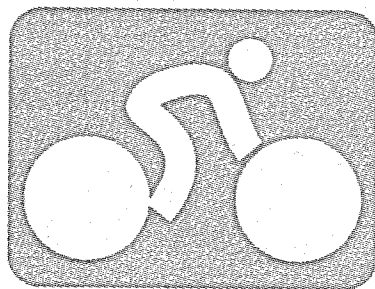
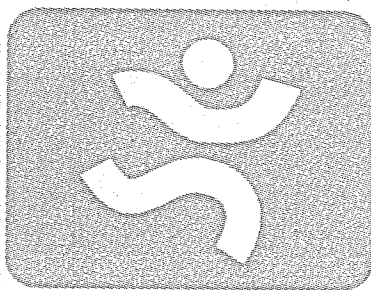


Racing series continues into fall...



2nd Annual Rockcastle Regional

RUN, BIKE OR HIKE



Saturday
August 27, 2011
8:00 a.m. EST

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

 **2-Mile Walk**

 **5K Run by the Lake**

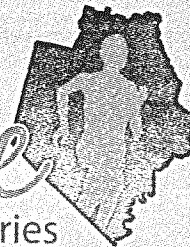
 **Rockcastle Duathlon**
3.1 mile run • 16.8 mile ride • 2.2 mile run

Pre-registration only. Registration deadline: August 24.

Limited to 80 runners, 60 walkers, 60 duathletes

rockcastleregional.org/runbikeorhike

COUNTY-WIDE *Stride* Run/Walk Series



Ready to run?

The 2011 County-Wide Stride Run/Walk Series is composed of four run/walks of varying distances throughout the county.

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

So, Rockcastle County, let's get fit. Hit your County-Wide Stride this year! Visit rockcastleregional.org/countywidestride for more information.

Event Dates:

Brodhead Homecoming Hustle
May 28, 2011

Livingston Leap 2-Mile Run/Walk
September 3, 2011

Jerry J. Cox Bittersweet 5K
October 8, 2011

Jingle Bell 6K Run/Walk
December 3, 2011

www.rockcastleregional.org/countywidestride

NEWS AND NOTES FROM OUR TEAM

Remole joins Occupational Therapy Department

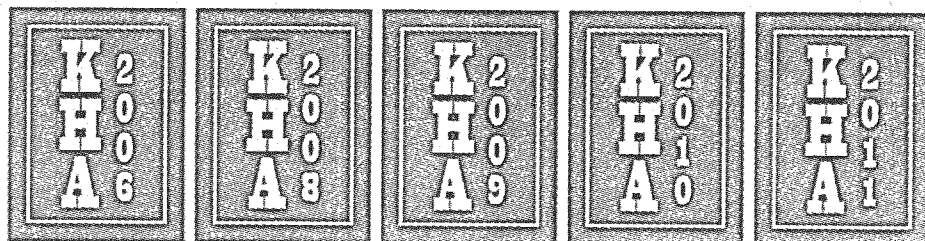


Raina Remole

Raina Remole has joined the Occupational Therapy Department at Rockcastle Regional. A native of Owensboro, Kentucky, Raina received her Bachelor of Science in Occupational Science and Master of Science in Occupational Therapy degrees from Eastern Kentucky University. She currently lives

in Richmond and enjoys spending time with family and friends, playing golf, reading and watching UK basketball. When asked what she loves most about her job at Rockcastle Regional, she said, "The staff here is wonderful! I love being a part of such a caring environment that provides care above and beyond for our patients and families."

5-TIME CHAMP



Kentucky Hospital Association
Quality Award Winner



www.rockcastleregional.org

ROCKCASTLE REGIONAL

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
David Booth, M.D.	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
Craida A. Chasen, M.D.	Cardiology
Terry D. Clark, M.D.	Pathology/Cytopathology
James K. Crager, M.D.	Cardiology
Zoran Danov, M.D.	Pediatric Pulmonology
Willem J. S. de Villiers, M.D.	Gastroenterology
Thomas DiSessa, M.D.	Pediatric Cardiology
John M. Draus, M.D.	Pediatric Surgery
Deborah R. Flomenhoft, M.D.	Pediatric Gastroenterology
Beatriz Y. Hanaoka, M.D.	Rheumatology
Amy Hessler, D.O.	Neurology
William Humphrey, M.D.	Radiology
Joseph A. Iacono, M.D.	Pediatric Surgery
Dennie V. Jones, M.D.	Oncology
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
M. Elizabeth Oates, M.D.	Teleradiology
Douglas G. Owen, M.D.	Ophthalmology
Anthony Parenti, M.D.	Wound Care
Fred Picklesimer, M.D.	Pathology/Cytology
Andrew R. Pulito, M.D.	Pediatric Surgery
Navin Rajagopalan, M.D.	Cardiology
William Robertson, M.D.	Nerve Study
Anthony Rogers, M.D.	Cardio/Thoracic Surgery
Bryan Rone, M.D.	Gynecology
Sarah Rugg, M.D.	Cardiology
Stephen Ryan, M.D.	Neurology
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
Partha Sinha, M.D.	Teleradiology
Sean C. Skinner, M.D.	Pediatric Surgery
Charles Smith, M.D.	Neurology
Rudolph M. Tovar, M.D.	Gynecology
John P. Tuttle, M.D.	Urology
María Veling, M.D.	Otolaryngology
Mark Vranicar, M.D.	Pediatric Cardiology
Jonathan Webb, M.D.	Nephrology
Byron T. Westerfield, M.D.	Sleep Medicine
Denis Yalkut, M.D.	Urology

Babies

ROCK

A free educational event for Mothers-to-Be
and parents of children 1 year or younger

Saturday, September 10

9 a.m. to 11 a.m. • Rockcastle County High School

Featuring:

Maternity lectures

Skills fair

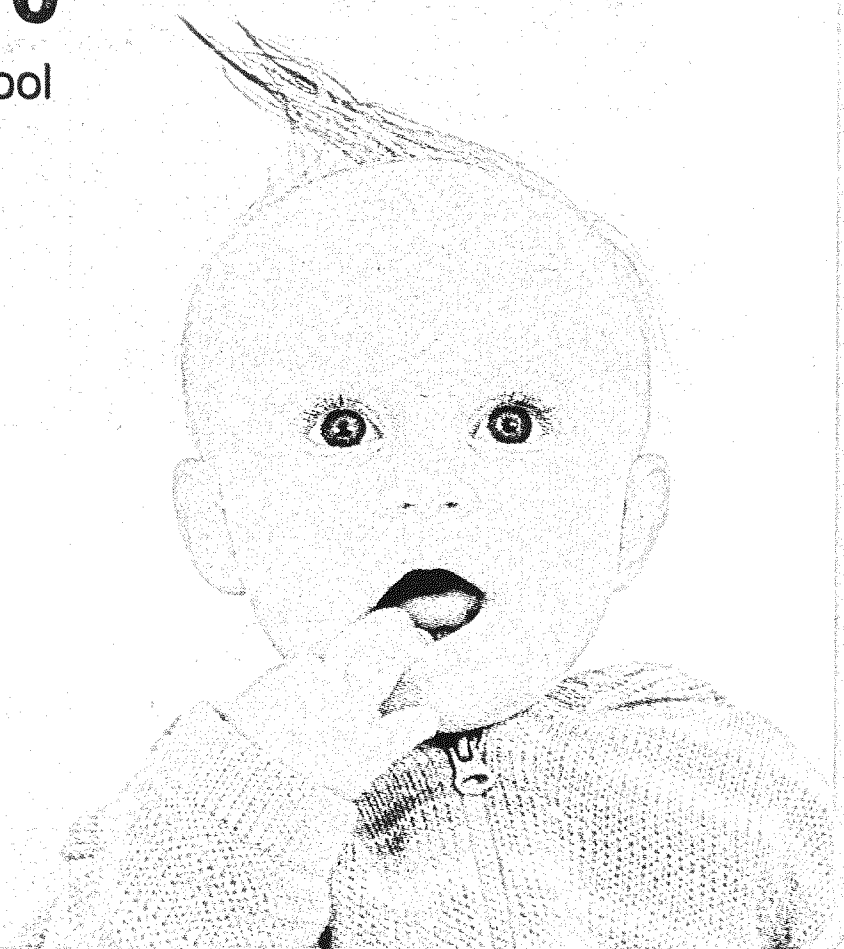
Giveaways

Vendor booths

Refreshments

Door prizes

*Attendees must sign up by September 1.
Call 256-7880 or e-mail a.reese@rhrcc.org.*



www.rockcastleregional.org/events/babiesrock