

Mount Vernon Signal

Serving Rockcastle County Since 1887

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The Clark Lair "Joe" Mullins family was presented with a *Resolution in Memoriam* for Mr. Mullins' many years of service as a Mt. Vernon City Councilman by Mayor Mike Bryant at last Thursday night's meeting of the Council. Members of the Mullins family present were, from left: daughter, Cassie Elam; sons, Cliff and Clark and wife, Sondra. Mullins died January 20th of this year after a long illness.

Eliza York makes it three candidates for Circuit Court Clerk

Eliza Jane York, 47, of Mt. Vernon, a longtime employee of the Circuit Court Clerk's office, has filed for that office.

York, along with Rockcastle County Schools Superintendent Larry Hammond and Chief Deputy Circuit Court Clerk Brenda McKnight, all passed the qualifying test which determines those eligible to seek the office, and now all three have announced their candidacy.

York had to resign her position in the Circuit Clerk's office, by statute, but McKnight can continue to work because she is Chief Deputy. She resigned on Friday, January 27th and filed on Saturday, January 28th.

The daughter of the late George C. and Ora L. Robinson and a life long resident of the county, York has one daughter, Rachel Hammons. She is vice president of the Rockcastle County Kiwanis Club and a member of Trinity Holiness Church.



Eliza York

A 1982 graduate of Rockcastle County High School, York, who began working in the office under the late Denver Miller, has worked in the office for the past 13 years.

She told the *Signal* upon her announcement, "My decision came after much prompting from many of the people of Rockcastle, asking me to run when the office became available. I welcome the opportunity to serve as your next Circuit Court Clerk."

Eaton files for State Representative seat

A local pastor has become the second person, in Rockcastle County, to file for retiring State Representative Danny Ford's seat in the 80th legislative district.

Mark Eaton, 34, pastor of Central Baptist Church, announced his candidacy for the office this week. A life-long resident of Mt. Vernon, Eaton is the son of John Jr. and Linda Holland Eaton.

A graduate of Rockcastle County High School, Eaton attended Eastern Kentucky University where he met his wife, Elizabeth White of Harlan. They married in 1999 and have four sons, Caleb 11, Isaac 10, Joshua 5 and Nathan 3.

As to his candidacy, Eaton released the following statement Tuesday:

"I may be new to politics but I'm not new to the issues that affect the lives of the people of central Kentucky. My life has been shaped by many people, especially my mother and father. There is not enough time or space to name all those who have been a positive influence in my life. I am thank-



Mark Eaton

(Cont. to A7)

Four have filed for Ford's seat

A total of four candidates, all Republicans, have now filed for the seat that will be vacated by the retirement of State Rep. Danny Ford (R-MV) in December.

The new 80th legislative district will be made up of all of Rockcastle and Casey counties, a portion of Madison County, along the river, and a very small area along the northern edge of Pulaski County.

Filing in Rockcastle County are: Roger Coldiron, a

(Cont. to A7)

Renfro Valley to hold rare open auditions

For the first time in many years, Renfro Valley Entertainment Center will open the Old Barn Theater doors to open auditions for male and female singers and comedians. These rare auditions will take place on Tuesday, February 7th starting at 6 p.m. "Due to the many changes and increasing demand of shows, we have decided to hold open auditions for anyone with a strong desire and commitment to perform on the Renfro Valley stage during the 2012 season" said Craig Barnett, Renfro Valley's Vice President of Public Relations/Entertainment.

For male and female singers, Renfro Valley will be casting for the brand new *Malt Shop Memories Show* that will be making its debut on Thursday nights start-

(Cont. to A7)

To pay for new storage tanks

Mt. Vernon City Council raises water rates 36%

Customers of Mt. Vernon Waterworks will have to pay a larger water bill in the near future, but it is for a good cause -- the addition of over a million gallons of water storage capacity.

The water tank capital improvement project will add a million gallon tank (or two 500,000 gallons) at the site near the new Northside Baptist Church and a 500,000 gallon tank (or two 250,000 gallon

tanks) on the "Juanita Davis" hill. Two 75,000 gallon tanks will be taken out of service. Besides the new tanks, the city also has a 600,000 gallon tank and a 200,000 in ground tank off Sand Springs Road, a 100,000 gallon tank on Juanita Davis hill and a 500,000 gallon tank near Northside Baptist.

It will allow the water plant to pump to its full 4 million gallon capacity.

A first reading of an ordinance to raise rates 36% was held at a special called meeting of the Mt. Vernon City Council last Thursday night. The ordinance provides for an increase of \$2.53 (to \$9.57) for the base fee and of \$1 to \$3.77 per thousand gallons up to 8000 gallons of water per month for residents of Mt. Vernon. For example, if you use 2000 gallons of water a month, your bill will increase from \$12.58 to \$17.11 for water. The sewer rate will be unchanged.

Outside the city, rates will increase from \$9.99 to \$13.59 for the base rate and wholesale prices will increase from \$2.16 per

1,000 gallons to \$2.93 per 1,000 gallons.

Financing for the project will come from a \$2.6 million 1% federal loan from Kentucky Infrastructure Authority (KIA). 35%, or \$910,000, will be in the form of a grant, leaving a loan balance of \$1,690,000 to be repaid over a 20-year period in two payments of \$48,500 a year.

The project, which is scheduled for construction in 2013, was contingent on the city's water rates being

Carpenter and Ford to hold Town Forum

State Rep. Danny Ford (R-MV) and State Sen. Jared Carpenter (R-Berea) will hold a Town Forum Friday, February 3rd in Mt. Vernon.

The Forum will be held on the third floor of the courthouse, from 3:00 to 4:30 p.m., and constituents are invited to attend and discuss any concerns about pending legislation or any other matter.

Dad honored; son appointed at council meeting

One of the first items of business at Thursday night's meeting of the Mt. Vernon City Council was a presentation to the Clark "Joe" Mullins' family of a *Resolution In Memoriam* honoring Mr. Mullins many years of service to Mt. Vernon as a Councilman.

Present to accept the Resolution were his wife, Sondra; sons, Clark and Cliff and daughter, Cassie Elam.

(Cont. to A7)



Cliff Mullins was sworn-in Monday by Mt. Vernon Mayor Mike Bryant, left, to fill the unexpired term of his late father, Joe Mullins on the city council. The appointment was made unanimously at last Thursday's meeting of the council. In the above photo, Bryant presents Mullins with his Certification of Swearing-In. Mullins is the chef/manager of Renfro Valley Lodge.

(Cont. to A7)

Of Special Note Inside

- Viewpoints Pg. A2
- Sports Pg. A6
- Obituaries Pg. A3
- News from the Courthouse Pg. B2
- Church News Pg. B4
- Classifieds Pgs. B5 - B7

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

ramblings...

Guest Column by:
Travis Anderkin

Here it is Mom's third week back on the job as editor and one of her kids is trying to steal her article again. I asked Mom if I could write this week and she happily obliged.

We lost a great man in our community in Joe Mullins recently. Most of you know him as your deacon at church, or representing our city for many years as a City Councilman. What I most remember him as is my little league football coach for the Mt. Vernon Wildcats.

I had never played football, was a little shrimpy, but Joe Mullins saw something in me and decided to throw me out there to be a cornerback. Needless to say I was scared to death when those big running backs came around that corner and I had to try and tackle them. Joe put my mind at ease though. He told me, "Travis, if you will just tackle them at their knees, you could tackle Barry Sanders, just wrapped those legs up." That has stuck with me to this day and it is something I will tell my boys if they decide to play football.

The next year, Joe threw me in at quarterback. Paint this picture in your mind. I could barely see over my offensive line when they were in their stance, let alone when they stood up to block. I thought my job was to do one thing only, hand

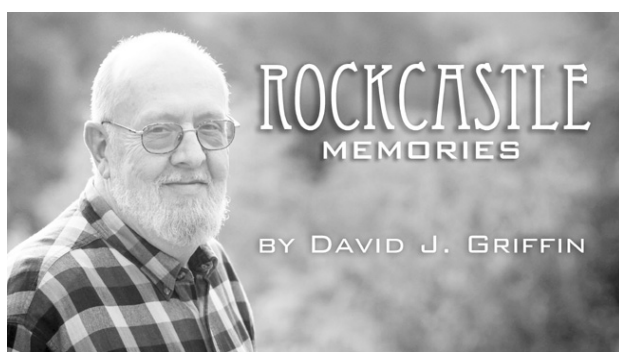
the ball off to Jon Cromer. So what does Joe call on my first play as the new quarterback for our team? A pass play. It didn't go well, in fact, our first play was our team's first turnover of the year as well. That is what made Joe great though, he believed in me, and it's something that I will never forget.

I tell you these two stories, because we sometimes forget how much our little league coaches influence our lives when we are growing up. Men and women like Joe Mullins need to be thanked more for their time and effort.

I could go on and on about the coaches I had when I was growing up. I still smile when I think about the late Calvin Radar picking me up if I made a good play or when we won another league championship. I had the pleasure of my sister, Paige, coaching me for a couple of intramural basketball seasons. I bet my brother-in-law, Jason Coguer, can't count how many intramural basketball and little league baseball games he coached and this before he started coaching his three children. I had two other brothers-in-law, Rick Bryant and Spencer Bengé, both coach me in football and baseball.

I can remember playing in a baseball tournament in Berea. They had an Easton bat up for raffle that I just

(Cont. to A4)



Red Ryder BB Gun

A couple of weeks before Christmas, I was standing at the checkout counter at Rogers Hardware in Stanton and an elderly lady was in front of me. I had my eye on a box near the cash register that housed a commemorative Daisy Red Ryder 70th Anniversary Edition BB Gun. I had seen it a few days before and could not get it out of my mind. My grandparents (Pop and Mommie Katie) had bought one exactly like the one at Rogers for my Christmas present over 50 years ago.

When Jon Skidmore asked the lady if he could assist her, she replied, "I want that BB gun," and pointed to the box that held my attention. My heart jumped because there seemed to be only one left on the shelf at Rogers. Jon took the box from the shelf and handed it to the lady. She made her purchase and left the store. Jon then asked me what I needed, and I said, "I was here to buy that Red Ryder air rifle." One of the men at the counter offered to if the company had any more and proceeded to check his computer. In a few minutes, he came back and said, "Our supplier has three more and, I can have one here next week." I told him to order one for me and to call me when it arrived.

Now I am sure you are asking, "What on earth does an old man want with a BB gun?" Allow me to explain. When I was eight-years-old, Pop ordered me one of these special air rifles so that he could teach me the proper safety rules for shooting guns. He loved to hunt, and he thought this was a good way to instill gun safety to a young man. And he was right.

For the next few days, he and I spent time in the woods shooting my new BB gun. I was so proud because my new rifle was almost exactly like the Winchester of old Western movies. It even had a leather strap like the one used by my hero Red Ryder. The forearm and stock were made of wood – just like the original Winchester. I believe that it was my all-time favorite Christmas present when I was a boy.

As Pop and I were practicing the use of firearms, he explained, "David Joe, you never point a gun toward anyone, and we never kill anything that we are not going to eat." Both of those instructions seemed logical

to me, and our practice continued. Pop was a good shot, and he taught me well. Before long, I could hit anything he used as a target, which usually consisted of metal cans that he placed on a fence near our yard.

As soon as I was allowed to use my new BB gun by myself, I pretended to be Red Ryder, and it was my responsibility to rid the neighborhood of outlaws and renegade Indians. I was accustomed to playing in the woods behind our house and now I could fend off the bandits that were hiding in the woods. I usually rode my stick horse and carried my new rifle to "tame the West."

I remember one Saturday afternoon when I had to de-

(Cont. to A4)

Points East

By Ike Adams



Our Keurig coffee maker has died and I am grieving big time.

Loretta has washed it out with two gallons of white vinegar, twice, and followed all the instructions that came with the book that tells about cleaning it and all that but I knew, weeks ago, that cleaning was like dressing a corpse.

I had heard the sickly cough and the death rattle weeks before our coffee maker gave up the ghost. And I must say that she hung in there to the end. I had come to call our coffee maker, "Susie Q" and I had developed a fond relationship with her because all I had to do was pop in a k-cup and push a button and presto, espresso.

Over the last couple of years I have come to rely on

Susie at all hours of the night. Coffee does not keep me awake. My surrogate dad, Wayne Stewart, once told me that coffee at midnight helped him dream good dreams. It's never helped my dreams but it has not kept me awake.

Wayne and his oh so beautiful wife, Ruby, (Mom), are on the other side now and I grieve and hurt all over but I figure if Heaven is real, Wayne and Ruby have a special spot and a bunch of kids are gathered round them. They so loved Rockcastle County and taught me to love it too.

But I digress. This is supposed to be about coffee but it's hard for me think about coffee without thinking about Wayne.

(Cont. to A4)

Bobby Amburgey

Attorney-At-Law

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606-256-0404



*** NEW LOCATION ***

Main Street • Mount Vernon, Kentucky

Letters to the Editor Policy

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

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Wednesday, February 15
11:30 a.m.

(Sign up by February 10)

OR

Thursday, February 23
5:30 p.m.

(Sign up by February 17)

Rockcastle Regional Wellness Center
3rd Floor Outpatient Services Center

ROCKCASTLE REGIONAL
HOSPITAL & RESPIRATORY CARE CENTER
www.rockcastleregional.org

To sign up for either date, please call Arielle Reese at 256-7880 or e-mail a.reese@rhrcc.org

Obituaries



Robert E. McDaniel, Sr.

Robert E. McDaniel, Sr., 76, husband of Eyvonne S. McDaniel of Brodhead, died Friday, January 27, 2012 at the Rockcastle Regional Hospital. He was born February 20, 1935 in Sand Springs, to the late Crit J. McDaniel and Martha Barron McDaniel. On August 5, 1957 he married Eyvonne, and from that union came three children. He was a State Farm Agent for 30 years, and was also in the armed services. He enjoyed antique cars, woodworking and gardening. He was a deacon at Brodhead Baptist Church, and he was involved in the men's adult class, the choir and NOAH Club.

After his military service and a brief time working for International Harvester in Indiana, he worked as a State Farm agent in Danville for over 30 years. He was known for his integrity, kindness, and loyalty to those he served. He was an active deacon at Gethsemane Baptist Church for many years, serving as a Sunday school teacher, choir member and bus driver. He was also involved in the activities of his children in the Danville City School system and the Danville High School marching band and drove a school bus for a number of years. After retirement he and his wife moved to Brodhead, where he continued to be active at Brodhead Baptist Church and as a volunteer at Brodhead Elementary School.

He is survived by: his loving wife of 54 years, Eyvonne McDaniel; three children, Martha McDaniel (Robert) Buckner of Nashville, TN, Robert Estle (Sue Lynn) McDaniel, Jr. of Bowling Green, and Melanie McDaniel (Greg) Yankey of Salvisa; two sisters, Nellie Rollins of Lexington and Ruby LeFevers of Junction City; four grandchildren, Emily Loyd and Anna McDaniel Buckner, John Alan and Madeline Anne Yankey; and many nieces, nephews, friends and neighbors.

Besides his parents, he is preceded in death by: his step-mother: Fannie McDaniel; one brother, Charles McDaniel; and two sisters, Nancy McFerrer and Bessie Warfield.

He was a faithful husband to his loving wife of 54 years. He was devoted to his children and grandchildren. He was a role model as a husband and father. He lived his faith in Christ in his actions every day. He spent his life investing in the life of others.

Funeral services were held Monday, January 30, 2012 at the Brodhead Baptist Church with Bro. Ralph Baker officiating. Burial was at Piney Grove Cemetery.

Casketbearers were: Brent R. Muncy, Greg Yankey, Arthur Bady Muncy, Robert L. Buckner, Eddie and Jim Cash.

Honorary casketbearers were the men's adult Sunday school class and the Brodhead Baptist Church deacons.

Condolences may be left at marvineowensfuneralhome.com.



Lucille Hasty

Ina Lucille Bradley Hasty, 69, wife of Boyd Hasty, of Mt. Vernon, went home to be with the Lord on Wednesday, January 25th, 2012 at the Compassionate Care Center in Richmond. She was born December 6th, 1942 in Sand Springs, to the late James Bud Bradley and Ruby Renner Bradley. On April 4th, 1959 she married Boyd Hasty, and the union produced three children. She was a home maker. She enjoyed WLJC, spending time with the kids, grandkids, great grandkids and gospel music. She was a member at Liberty Baptist Church.

She is survived by: her husband, Boyd; her three children, Bro. Zandell (Connie) Hasty and Dale (Donna) Hasty, all of Mt. Vernon, and Debbie (Doug) Brock of Copper Creek; one sister like a daughter, Lois Hayes; four brothers, Jack (Paulette) Bradley, Bobby (Claydean) Bradley, Floyd (Carolyn) Bradley and Boyd (Sandy) Bradley; four sisters, Lois (Doug) Hayes, Joyce (Randy) McCracken, Gail (Brian) Wilson and Sharon Boone; seven grandchildren, Tanya Chaney, Niki Brock, Josh Hasty, Devin Hasty, Samantha Hasty, Jadon Brock and Dakota Hasty; four great grandchildren, Timothy Duncan, Madison Hasty, Parker Burdette and Andrew Chaney; and many nieces, nephews, friends and neighbors.

Besides her parents, she is preceded in death by three infant siblings.

Funeral services were held Saturday, January 28th, 2012 at 2 p.m. at the Marvin E. Owens Home for Funerals Chapel with Bro. Zandell Hasty officiating. Burial will follow at Sowder Cemetery.

Casketbearers included: Josh Hasty, Devin Hasty, Jadon Brock, Dakota Hasty, Tom Chaney Jr., Timothy Duncan and Brett Noble.

In lieu of flowers, contributions may be sent to Marvin E. Owens Home for Funerals, P.O. Box 658, Brodhead, KY 40409 for Mrs. Ina Lucille Hasty's burial fund.

Condolences may be left at marvineowensfuneralhome.com.

Card of Thanks

Mary M. Barron

The family of Mary M. Barron would like to thank all who offered prayers, words of consolation, brought food, gave flowers, etc. during this difficult time of suffering from the loss of our mother.

A special thank you to her doctor, Tony Arvin, his staff, Dr. Brabon, the ER doctor and all Rockcastle Hospital employees who did their best to take care of Mom.

A special thank you to Marcus Reppert and Gary Reppert for the wonderful words spoken. Thanks to all members of the Blue Springs Church of Christ who sang the songs for the funeral. A special thanks to Dowell & Martin Funeral Home for carrying out Mom's last wishes.

The Family of
Mary M. Barron



Dwight McNew

Dwight Franklin McNew, 66, of Mt. Vernon, died Saturday, January 28, 2012 at the VA Medical Center in Lexington. He was born in Wildie, on August 23, 1945 the son of Homer and Nellie Irene Coffey McNew. He was retired from the US Air Force and was a retired golf pro at Hubbard Memorial Golf Course at Hill Air Force Base. He was a life member of the VFW Post 5908 of Mt. Vernon, was an avid UK Wildcat Fan, and was a member of the Wildie Christian Church.

He is survived by: his wife, Nell Mullins McNew; a stepson and stepdaughter from his first marriage, Robert Boatright of Odgen, UT and Donna Keeler of Phoenix, AZ; two stepsons from his second marriage, Steve Dixon of Mt. Vernon and Michael Dixon of San Diego, CA; two brothers, Ellis (June) McNew of Berea and Alfred (Mary Ella) McNew of Mt. Vernon; and a sister, Barbara (Cledith Ray) Thacker of Mt. Vernon. Also surviving are several grandchildren and two great grandchildren.

In addition to his parents, he was preceded in death by: his first wife, Kay; a sister, Faye Fletcher; a brother, Wayne McNew; and two step grandchildren.

Funeral services were conducted Tuesday, January 31 at the Dowell & Martin Funeral Home Chapel by Bro. Eddie Nation. Burial with military honors was in the Cresthaven Memorial Cemetery.

Pallbearers were: Anthony Coffey, Gary Fletcher, Brad McNew, Clayton McNew, Danny McNew and Kenneth Thacker.

Visit www.DowellMartin.com to view online obituary.

In Loving Memory

Lisa Michelle Mackey

Nov. 11, 1965
January 30, 2010

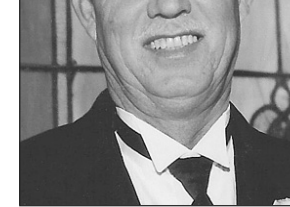
Two years have passed since God took you home. We feel your loss more keenly now. A major part of our lives has been ripped from us.

We still grieve your loss. At unexpected times, it creeps upon us and takes us by surprise and suddenly the tears begin to flow.

We take our burden of grief to God. God knows what we are going through. Jesus said "Blessed are those who mourn, for they will be comforted." ..Mat-thew 5:4

We thank God for our blessings, for the life of our loved one, gratitude for all she meant to us, gratitude for the years God gave us together and most of all, gratitude that death ushers a saved soul into God's presence forever. We can be together again some day.

Miss you deeply,
Love You, Angel
Your loving Family



Swonnie Lee Smith

Swonnie Lee Smith, 65, of Mt. Vernon, died Friday, January 20, 2012 at the UK Medical Center in Lexington. He was born in Rockcastle County, on August 22, 1946 the son of Swonnie Arbra and Martha Alice Turner Smith. He was a retired coal miner and service station owner and was a member of the Community Christian Church in London.

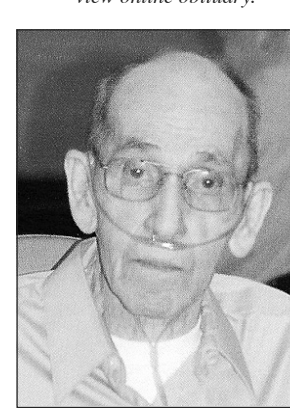
He is survived by: two sons, Stephen Clark Smith of Mt. Vernon and Michael Lee Smith of London; one daughter, Melinda Joy (Jimmy) Osborne of Wildie; three brothers, Ronnie (Charlotte) Smith of Mt. Vernon, Darrell Smith of East Bernstadt, and Jerry Smith of Louisville; four sisters, Ola Smith and Patricia Smith, both of Mt. Vernon, Sandra Carlene (Mike) Cromer of Conway, and Joanne Jones of Berea; and one granddaughter, Sadie Osborne. Also surviving are: his wife, Pat Durham of Gatliff; a step-daughter, Samantha Gray of Corbin; and a step-grandson, Braxton Gray.

In addition to his parents, he was preceded in death by: a brother, Jessie Smith; and two sisters, Rose Smith and Sue Gambrell.

Funeral services were conducted Wednesday, January 25, 2012 at the Dowell & Martin Funeral Home Chapel by Bro. Kenton Parkey. Burial was in the Smith Cemetery.

Pallbearers were: Jimmy Osborne, Brandon Smith, Darrell Smith, Jerry Smith, Michael Smith, Ronnie Smith and Stephen Smith.

Visit www.DowellMartin.com to view online obituary.



James M. Cloud

James M. Cloud, 80, of Richmond, IN, died Wednesday, January 25, 2012, at Forest Park Health Campus. He was born June 4, 1931, in Mount Vernon, to James and Lula Jones Cloud, he lived in Richmond most of his life. He was a Korean War Army veteran. He retired from Belden after 30 years of service. He was a member of the Pentecostal Church of Richmond and the Belden 25-Year Club.

Survivors include: his son, Gary (Brenda) Cloud of Richmond, IN; granddaughter, Ashlei Cox (Graham) Warren; great grandchildren, Grady and Langdon; sisters, Evelyn York, Alma J. Hall, and Doris Machell, all of Lexington, Priscilla Cloud of Nicholasville, Inice Harper of Mansfield, OH, and Glenna Parkinson of Rantoul, IL; and brothers, Ben Cloud of London, Jackie Cloud of Hamilton, OH, and George Cloud of Mt. Vernon.

He was preceded in death by: his wife, Alma McClure Cloud; his daughter, Sharon Hancock; and his parents.

Visitation will be from 5 to 8 p.m. Friday, January 27, 2012, at Doan & Mills Funeral Home, 790 National Road West, Richmond, IN. Funeral service will be at 1 p.m. Saturday, January 28,

2012, at Doan & Mills Funeral Home with Dr. Steven D. Clark officiating. Burial will be in Earlham Cemetery Veterans Field of Honor with military honors by the Wayne County Honor Guard.



Earl Robbins

Earl Robbins, 90, of Mt. Vernon, died Monday, January 30, 2012 at his home. He was born April 1, 1921 in Rockcastle County the son of the late Andrew and Martha Vaughn Robbins. He was a retired millwright for General Motors, enjoyed farming, fishing, hunting, was a member of the White water Lodge #159 of Indiana, and was a member of the McNew Chapel Baptist Church.

Survivors are: his wife, Martha Messer Robbins of Mt. Vernon; three sons, Charles Robbins of Richmond, IN, Burl (Connie) Robbins of Richmond, IN, and Earl (Pat) Robbins of Niles, MI; four daughters, Norma Nicely of Brodhead, Virginia Lowery of Mt. Vernon, and Bertha (Denny) Rice, and Mary (Joe) Hartman, all of Richmond, IN; two sisters, Verla Collier, and Ellen Gamble, both of Leesburg, FL; 25 grandchildren; and 53 great grandchildren.

He was preceded in death by: one son, Jesse Robbins; one daughter, Rachel Bailey; and five brothers, and six sisters.

Funeral services will be conducted at 10 a.m. Friday, February 3, 2012 at the Cox Funeral Home Chapel with Bro. Jerry Ballinger officiating. Burial will follow in the High Dry Cemetery.

Arrangements are by the Cox Funeral Home where friends may call from 6 to 9 p.m. on Thursday.

Pallbearers will be: Abram Foust, Jeffery Hartman, Derek Rice, Timothy Robbins, Earl Wayne Nicely, and Scott Robbins.

Send condolences online at www.coxfuneralhomeky.com.

Card of Thanks

To the Friends of Ruby Stewart

The family of Ruby Stewart would like to take this opportunity to thank our many friends who reached out to us when she passed away.

So many friends stopped by our home, brought food or other items, visited us at the funeral home or attended the funeral. Mom would have been so pleased to know that so many people counted her as their friend.

As we stood in line at visitation, we were comforted time and again by friendly faces of current and long time friends and by the stories shared about Mom.

We loved our mother with all our hearts and were blessed to have her with us during her lifetime. We are also blessed to live in a place where people come together in times of sadness just to say 'I care and she was my friend.'

To those who came, called or sent a warm message of sympathy, we thank you from the bottom of our hearts. Your actions will not ever be forgotten, just as we hope Mom's memory will live on in our hearts forever.

Visit www.DowellMartin.com to view online obituary.



Clark Mullins

Clark Lair "Joe" Mullins, 64, of Renfro Valley, died Friday, January 20, 2012 at Rockcastle Regional Hospital following a long illness. He was born in Lexington on May 19, 1947, the son of Harry and Velsie Boggs Mullins, both deceased.

He was employed 43 years by Parker Hannifin Corporation O-Ring Division, Third Street Plant in Lexington, Berea Plant Manager, and most recently, Global Business Unit Manager, Palumbo Drive, in Lexington.

He graduated from Mt. Vernon High School in 1965 and Morehead State University in 1969 where he was a member of the Zeta Zeta Chapter of the Delta Tau Delta Fraternity. He was a member of the Rockcastle County Jaycees, council member for the City of Mt. Vernon, a coach for the Rockcastle Little League Football Wildcats and Little League Baseball and a Deacon at First Christian Church in Mt. Vernon.

Survivors include his wife of 43 years, Sondra Malone Mullins; two sons, Clark Mullins of Georgetown and Cliff Mullins of Renfro Valley; a daughter, Velsie Cassondra "Cassey" (Eric) Elam of Renfro Valley; his step-mother, Norma Coffey Mullins and a brother, James Edward (Angela Lear) Mullins. Also surviving are three grandchildren, Alexis, Joseph and Samuel Elam; one nephew and niece, Harrison and Suzanne Mullins and his in-laws, Walter and Margie Anderkin Malone.

Funeral services were held Tuesday, January 24th at First Christian Church with Bros. David Boggs and Bruce Ross officiating. Burial was in Elmwood Cemetery.

Pallbearers were: Aaron Cox, Dane Cox, Jonathan Cromer, J.B. King, Mickey McClure and Chris McHargue.

Honorary pallbearers were all of those who carried him through his life.

Dowell and Martin Funeral Home was in charge of arrangements.

Donations can be made in Joe's name to Kentucky Christian Assembly Camp at PO Box 71, Brodhead, KY 40409 or First Christian Church Youth Group, PO Box 1305, Mt. Vernon, KY 40456.

Visit www.DowellMartin.com to view online obituary.

Cemetery Notices

Pine Hill Cemetery

Please send donations for upkeep of the Pine Hill Cemetery to Lorene Ponder, 314 Jessica Circle, Richmond, Ky. 40475. We have enough money to mow the cemetery one time. If we do not receive donations, we will not be able to mow anymore this year.

Philadelphia United Baptist Church Cemetery

If you would like to donate to the cemetery fund, make check payable to Philadelphia United Baptist Church Cemetery Fund, A/C #8761, send to: First Southern Bank, 102 West Main St., Stanford, Ky. 40484 or call Flonnie Shelton, 270-777-2513 or Tony Shearer, 606-365-8591.

OPERATION UNITE

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

Subscribe to the Signal
606-256-2244



Folk artist Janice Harding Owens.

Demonstration at Kentucky Artisan Center Folk art painting by Janice Harding Owens

On Saturday, Feb. 4, Janice Harding Owens of Mount Vernon will demonstrate folk art painting from 10:30 a.m. to 3:30 p.m. at the Kentucky Artisan Center at Berea.

A native of Rockcastle County, Owens comes from a family of creative quilters and painters. In the 1980s she began painting the wooden works created by her husband, Ron. Eventually Owens began to paint on boards and in 1989 painted her first canvass with acrylics. When folk art collector John Irvin saw Owens' work, he arranged for her to have her first exhibition of paintings at Central Bank in Lexington in 1991. She has since had painting exhibitions in numerous states, including Connecticut and Wisconsin, and in Washington, D.C.

With children in her household, Owens chose to work with water-based acrylic paints to avoid the harsh smell of turpentine and to achieve a faster drying process. She often bypasses sketching the painting first, saying, "Sometimes I just go at it with the paint, as by the time I sketch something in, I could have painted it!"

While commissioned paintings require Owens to

render a specific image, her own landscapes often come from her imagination. She takes photographs of her surroundings and looks at other images for reference before juxtaposing them in her own unique way.

Paintings by Janice Harding Owens are regularly found at the Kentucky Artisan Center at Berea, 200 Artisan Way, just off Interstate 75 at Berea exit 77. The center's exhibits, shopping and travel information areas are open winter hours daily from 9 a.m. to 6 p.m. and the café is open from 9:30 a.m. to 3:30 p.m. Admission is free.

The center features works by more than 650 artisans from 100 counties across the Commonwealth, with a special exhibition, "An Artful Array: Bowls by Kentucky Artisans," on display through Feb. 25, and a lobby exhibition, "The Makings of a Master: Kentucky Folk Art Apprenticeships," through Feb. 26. For more information call 859-985-5448 or visit the center's website at www.kentuckyartisancenterky.gov.

The Kentucky Artisan Center at Berea is an agency in the Kentucky Tourism, Arts & Heritage Cabinet of the Commonwealth of Kentucky.

Frankfort Report...

By Jared Carpenter, State Senator

We are now a quarter way through session. Bills are flowing through the committee process and arriving on the Senate floor for consideration before the entire chamber.

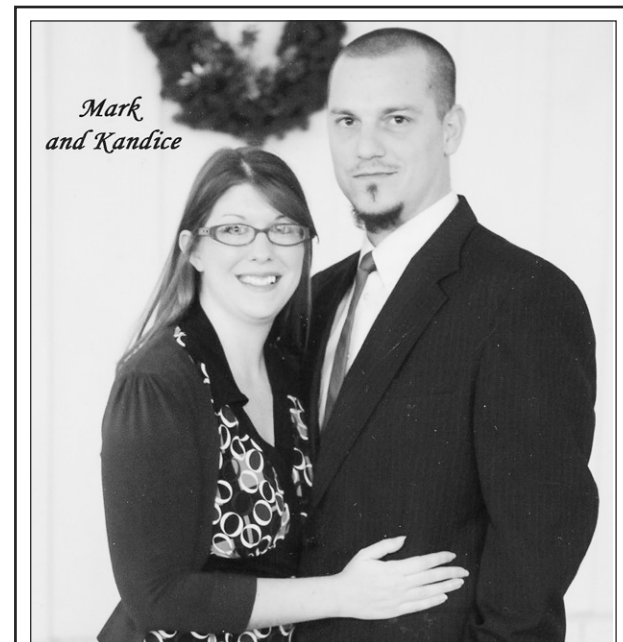


Three bills won passage this week and will now head to the House of Representatives. Senate Bill 55 allows for interstate mutual aid agreements among first-responders and other emergency response personnel. That is to say, that if an emergency occurs near local or state borders, emergency personnel can respond regardless of their home base.

We had two education bills. Senate Bill 24 would require children to be 5 years old prior to August 1 of the year they begin kindergar-

ten. The measure would, however, allow parents to petition local school boards for early admission. There is some debate whether children are emotionally mature enough to enter kindergarten when school begins in August. This bill adds structure so that parents will have guidelines but still be able to decide for their own children. Senate Bill 64 is a bill supported by the School Board Association and other education groups to increase the integrity of the assessment testing process. It would make it unlawful for any school employee to provide any assistance either before or after, in terms of providing or altering answers, to students during the assessment testing process. The vast majority of school employees are dedicated and honest but unfortunately, we've had a few bad actors involved in modifying test scores which threatens the

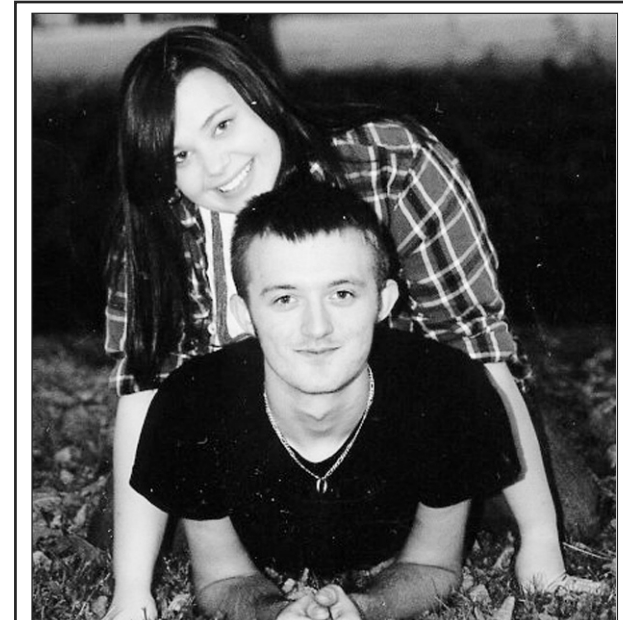
Engagements...



Mark and Kandice

Jamison - Proctor

Kandis Jamison and Mark Proctor announce their forthcoming marriage on Saturday, February 25th at 1:30 p.m. at Fellowship Baptist Church, 481 Cornishville St., Harrodsburg, Ky. Reception will follow the ceremony. All friends and family are invited to attend.



Loudermilk - Singleton

Chasity Leeann Loudermilk and Jonathan Wade Singleton would like to announce their upcoming wedding on February 18th at 5:30 p.m. The wedding will take place at the River of Life Church in Berea. Reception will immediately follow at the Berea Country Club.

Chasity is the daughter of Johnny and Janice Loudermilk of Sand Springs and Angie Loudermilk and Bruce Kirby of Mt. Vernon. Jon is the son of Debra and Tim Singleton of Berea.

scores of all of our kids. If passed by the House, both these bills would take effect during the 2017-2018 school year.

Finally, the Senate, working with the House, passed a bill to extend the congressional filing deadline until February 7th in light of ongoing negotiations between the House and Senate.

Next week, the Governor's Budget Director will be appearing in front of the Senate Appropriations and Revenue Committee to discuss the Governor's budget proposal. I have concerns that even though the state faces almost a billion dollar shortfall, the Governor proposed \$815 million in additional spending, including \$372 million in existing debt service. Some of this debt service is from the Governor's restructuring of debt - something both the House and the Senate had budgeted not to do in the last budget and which he vetoed.

To learn more about the work of the General Assem-

bly and to keep up with the 2012 Regular Session, visit the Kentucky Legislature Home Page, www.lrc.ky.gov. You can also call 1-800-633-9650 for a taped message containing information on legislative committee meetings. To check the status of a bill, you may call the toll-free Bill Status Line at 1-866-840-2835. To leave a message for me, or any legislator, call the toll-free Message Line at 1-800-372-7181.

"ramblings"

(Cont. from A2)

had to have. I think I hit both Mom and Dad up for tickets to put in the raffle. But, Junior Middleton, an assistant coach for our All-Star Team, actually won it. He knew how much I wanted that bat and showed up at our house later that evening and gave it to me.

You see as parents we may not see these little moments, but let me tell you, these memories stick forever.

So the next time you see Mrs. Kay Radar or Mrs. Sondra Mullins, make sure to thank them if you played for their husbands.

There are so many more like Doug Proctor, who has coached Hot Rods forever, or the time Johnny Boone Saylor has spent with Little League Baseball. We can't thank them enough.

My message to coaches is, your actions are closely watched and our kids look up to you. The smallest little gesture can last an eternity for those boys and girls.

I want to thank all my little league coaches for the great memories you gave to me. Thank you Ms. Sondra, your husband meant a lot to me.

"Points East"

(Cont. from A2)

So anyway, Loretta found a pack of coffee in the freezer and some filters in the cabinet and we figured out how to make the pot work and all of a sudden we were over-run by a gaggle of little girls last Sunday evening. There's only three of them, but believe me, the Edwards girls constitute a gaggle. And easily the prettiest gaggle I will ever see.

Johnna (I call her Johnna June when I don't call her Sugar) is nine now, I think and Alyssa is five going on 16 and Shyanne is two and so misnamed. And my world gets so much better when these kids come tearing into my house. I am reasonably sure they invented happiness. I know for sure, they reinvented mine.

Lo and I had talked about having the hardwood cleaned but our little girls solved that problem Sunday night. Nose dives and scoots across the floor and now it shines like new. John and Celeste will have to figure out the dry cleaning bill.

The laundry ain't my fault. But wool does look pretty good on little girls.

And little girls are so beautiful on my floor. Maybe I will split the bill. Maybe I'll just pay the whole darn thing. It was, after all, gonna cost a fortune to get the floor cleaned.

And so I had Alyssa who can wreck an Anvil in a lap and we were doing computer stuff and I looked up at John and said, "can I keep her?" He glanced at Celeste and she shook her head and John said, "Probably not."

But I wanted to. I wanted to be Daddy one more time and love a little girl. I sure love this one. And she'll be back.

"Memories"

(Cont. from A2)

Defend myself against six outlaws who were raiding our small, hilltop farm. I used tin cans from Pop's garbage barrel to simulate the bandits. I took six cans and placed them strategically in a circle around a small fort that Kenneth Hansel and I had previously made. You should have seen me as I killed each bandit, one at a time, with a single shot. Our farm was finally safe, and I could go home.

After making my purchase at Rogers, I went home and looked up my new "toy" in Cabela's catalog. Here is what it had to say about my new BB gun: "The Red Ryder is the gun that got most of us started on a lifetime of shooting. We are proud to offer this timeless classic as your child's gateway to a generation of outdoor enjoyment. With one cock of the lever, it shoots .177-caliber BBs at a velocity of 280 fps. It has a 650-BB capacity, an adjustable rear sight, a solid wood stock with a lariat logo, stamped metal receiver with a saddle ring, and a leather thong."

When my wife came home, I confessed that I had just bought myself a Christmas present. She smiled and slightly shook her head when she saw what I had brought home. She has heard me tell of my childhood Red Ryder days many times.

If you are ever in Stanton, give me a call, and we can have a shooting match. Until then, I will be practicing.

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

Don't put it off any longer... Stop smoking today.

Like many smokers you've tried to quit, but despite your best effort you've started smoking again. If you would like to spring into action and stop smoking, the Kentucky Cancer Program can help. Using an innovative smoking-cessation program called the Cooper-Clayton method we can help you become a non-smoker.

A 12-week program sponsored by Rockcastle Regional Hospital will begin **February 21**. Thanks to the ASAP (Agency for Substance Abuse Policy) Grant, free nicotine replacement patches will be available while supplies last.

Join the hundreds of other Kentuckians who have **quit for life**.

Interested in participating?

Call Rodney Weaver at 256-2195, ext. 5525 or Tammy Brock at 256-7733

CUPCAKES FOR CAMP

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

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

1/2 dozen \$7.00

Baker's dozen on cupcake stand \$25.00

FOR YOUR VALENTINE

1 dozen \$10.00

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

Order Form

Person Ordering _____
Cupcakes For _____
Message _____
Pickup _____ or Deliver to _____
Phone Number _____
Please Check One
____ 1/2 Dozen for \$7.00 ____ One Dozen for \$10.00
____ Baker's Dozen on Cupcake Stand for \$25.00

Please enclose payment with order and mail

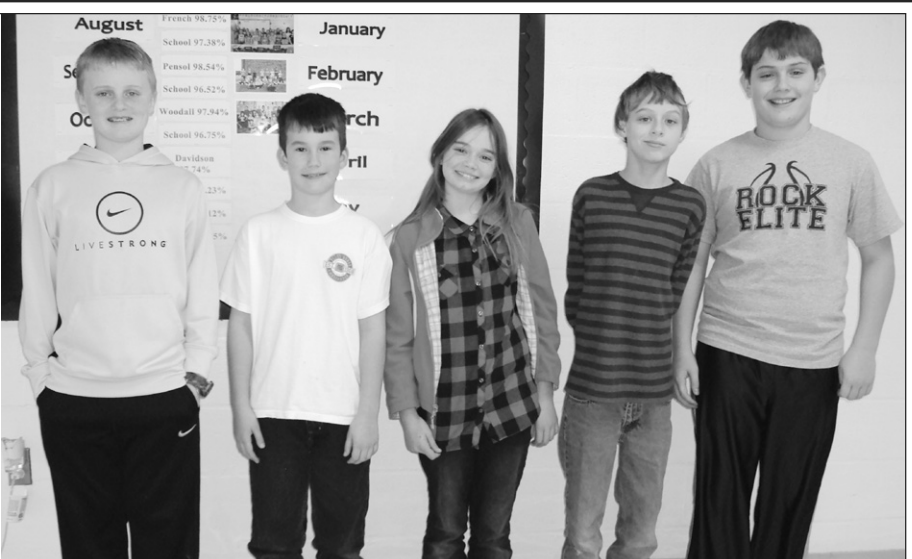


Shelley Ward, left, Development Coordinator of Hospice of the Bluegrass, is accepted a check from Gene Philbeck, President of the Rockcastle Co. Saddle Club. The club collected the money during their annual Benefit Ride.



Tiger Pause...

The picture above shows Brodhead students and nursing home residents making homemade Christmas ornaments during their December visit. Students from Brodhead Elementary have been collaborating monthly with the Rockcastle Health & Rehabilitation Center carrying out activities with nursing home residence and staff. These events include seasonal projects to generate positive student relationships with Brodhead community members in the rehabilitation center. Brodhead Elementary would like to take this opportunity to thank Ms. Lorinda Fletcher for coordinating these activities that provide our students the opportunity to connect with their community. Students recognized during circle time as Students of the Week were, Kayden Bailey, Ben Brown, Sophie Begley, Aaliyah Woodall, Luke Cromer, Josh Shaffer, Callie Benge, Savannah Burdiss, Elijah Nickle, Shea Brown, Nikolas Chasteen, Emily Casteel, Jonathan Cain, Alexandria Blair, Makayla Browning, Janie Bowman, John Bishop, and Seth Barrett



Roundstone Elementary held its 4th and 5th Grade Spelling Bee during the 4th week of January. The classroom winners are pictured from left: Trevor Todd, Joseph Frith, and Shelbie Baker from 4th grade and Kevin Burdette and J.D. Hamilton from 5th grade. Out of those five Trevor Todd won first place at RES and will represent Roundstone in the county spelling bee on February 9, 2012 at the Teaching and Learning Center. Congratulations to everyone that participated and good luck to Trevor!

**Rockcastle County Little League
T-ball & Baseball Sign-Ups**

Every Saturday during the month of February
at Mt. Vernon Elementary Gym
from 9 am – 1 pm

Forms & entry fee may also be mailed to:
Rockcastle County Little League
P.O. box 617 Brodhead, Ky 40409

T-ball & Baseball for all kids ages 5-12 before May 1, 2012.

Participation Fee
Baseball: \$50.00 per child, \$40.00 for each additional sibling
T-ball: \$35.00 per child, \$30.00 for each additional sibling

Make check payable to Rockcastle County Little League.
(Scholarships available – please see a Little League representative at MVES gym for a scholarship application)

Deadline for accepting applications is March 3rd

Hunter Education course being offered

4-H Youth Development
John McQueary
Rockcastle County Extension Office



Attention youth!!! There will be a Hunter Education course offered March 1st, March 2nd and March 3rd at the Rockcastle County High School auditorium. The program will begin on Thursday evening March 1st from 6 p.m. to 9 p.m. and continue on Friday evening, from 6 p.m. to 9 p.m. with the final test being given in the Friday night session. The course will conclude with range work on Saturday the 3rd from 9 a.m. to

noon, destination will be announced during class. Participants must attend ALL three sessions. Call a neighbor or a friend and bring them to these important sessions. Call Extension Office at 606-256-2403 for more information. Educational programs of the Kentucky Cooperative Extension Service serve all people regardless of race, color, age, sex, religion, disability or national origin.

RES and Chatter that Matters

Students from Roundstone's Unite Club will be on "Chatter That Matters" live on WRVK 1460 at 6:00 p.m. on Wednesday, February 1st and again on Thursday at 10 a.m. A few of the Unite Club members will be talking about activities the club does, what they do as officers, their service projects, and more.

Also there will be information on what anti-drug curriculum and guidance program are used. Please tune in for this special broadcast!

Correction for MVES Academic List
Ms. Jamie Ellison
Principal's List:
Cade Burdette, Aleya Powell, Jamison Roberts, JacyRayn Strunk, Caroline White.
Honor Roll:
Rachelle Doan.

Dean's Lists

Rebecca Martin, a Biology major at Davis & Elkins College in Elkins, WV, was named to the Fall 2011 Dean's List.

Martin is the daughter of James Martin of Brodhead. Students on the Davis & Elkins Dean's List must earn a 3.6 GPA on a 4.0 scale while taking a minimum of 12 semester hours.

Holly Brown, Rockcastle County High School graduate and Transylvania University senior, has been named to the Dean's List for the 2011 fall term.

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

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

Joseph Chasteen has been named to the Dean's List for the fall 2011 semester. Chasteen is from Mt. Vernon.

To be eligible for Dean's List, a student must carry a semester GPA of 3.5 or better and take a minimum of 12 letter-graded hours (four courses).

Minds in the Middle

The new box tops race has begun and will end on February 23rd. The team who brings in the most box tops will win a special movie incentive with popcorn and drinks. Keep collecting!

Congratulations to Mrs. Sadler's 7th grade Shooting Stars on winning the attendance race for the second week in a row! The 6th grade Enterprisers took the 2nd and 3rd place spots with Mr. Gabbard and Mrs. Bohannon's homerooms.

Next week, we are holding a clothing drive for our Youth Services Center. The YSC is in need of new or gently used clothing for our middle school students.

The RCMS choir is currently taking new members. Interested students can pick up forms from the bulletin board outside the music room or see Miss Smith for more information.

RCMS has welcomed Mrs. Kim Holcomb to our staff this semester. Mrs. Holcomb is our new resource teacher on the 7th grade Adventurers team. Mrs. Holcomb joined us after Mrs. Cayci Mahaffey left the position to become the new Gear-up Academic Specialist. Mrs. Cayci will be involved with our students in many ways as we prepare them for life beyond high school.

The RCMS PTSA will meet this Thursday at 3:00 in the media center. The regular SBDM council meeting will be next Tuesday, February 7th in the media center at 3:30 p.m.

There will be an after-school dance this Friday from 3:00-5:00. Students must have a note with parent permission and their team's permission in order to attend. The dance is sponsored by 4-H.

Subscribe to the Signal

Central Body Service
has teamed with Haddix Custom Detailing to offer another great service.
Basic hand wash to a full detail that is guaranteed to make your vehicle look great!
Free pickup and delivery
Stop by Central Body Service or give us a call today to make an appointment.
606-256-4210 or 606-308-1490

**Nifty, Nifty
David Allen turned
50!!
(on January 25th)
Guess Who?**

Wellness @
ROCKCASTLE REGIONAL HOSPITAL ■ RESPIRATORY CARE CENTER

Wellness Center • 3rd Floor Outpatient Services Center

FUSION BOOT CAMP
Fusion Boot camp takes basic military style Boot camp and infuses it with Pilates and plyometrics. You will burn over 600 calories per class!
Instructor: Barbara Pruett **Cost:** \$5 per class **Class Times:** Monday & Friday 9:30-10:30 a.m.; Saturday 10-11 a.m.

KARATE
Exercises involve use of all parts of the body, improving strength, flexibility, balance, coordination, reflexes, and cardiovascular health.
Instructor: Christopher M. Frith **Cost:** \$25 per month (discounts available for same household) **Class Times:** Tuesday 6:00-7:00 p.m. Ages 6-14; Tuesday 7:00-8:00 p.m. Ages 14-Adult

KICKBOXING
Punch, jab and kick your way to a leaner body—this class is full of cardio movesto make you a lean mean cutting machine!
Instructor: Jessica Pence **Cost:** \$5 per class **Class Times:** Friday 4:30-5:30 p.m.

SPIN
This is class is non-stop pedaling on a stationary bike. You will burn over 800 calories per class!
Instructor: Barbara Pruett **Cost:** \$5 per class **Class Times:** Thursday 7:00-8:00 p.m.
**Space is limited. You must pre-register for all spinning classes. Please pre-register by emailing instructor at pruettt.barbara@yahoo.com.*

ZUMBA
Zumba is a fun, energetic way to dance your way into shape. It is for all ages and fitness levels. Try Zumba...ditch the workout and join the Party!!
Cost: \$5 per class (discount cards available)
Class Times:
Zumba with Kayla: Monday 8:30-9:30 a.m.; Thursday 5:45-6:45 p.m.
Zumba with Morgan: Monday & Wednesday 4:45-5:45 p.m. & 7:00-8:00 p.m.

**Notice: Calendar subject to change. Please visit
rockcastleregional.org/wellnesscenter
for current class schedule.**

**For questions, contact Arielle Reese 256-7880
or e-mail a.reese@rhcc.org**

Girls and boys lose to Pulaski Co.

After beating the Pulaski Co. Lady Maroons by 19 on their home court, the Lady Rockets lost the return match last Friday night, 50-44.

The Rockets trailed the entire game, down 22-16, at the half and 33-28 at the third quarter stop. The Rockets pulled to within 3, 44-41 with two minutes left in the fourth quarter and were within two with 32 seconds to go but had to foul and the Lady Maroons were equal to the task, sinking four of 6 free

throws in the final seconds.

Two starters, Alexis Chasteen and Sarah Adams did not play because of illness and an injury to Adams. Adams, who suffered a severe ankle sprain in the Mercer County game, was still not available for the Madison Central game Monday night.

Michaela Hunter led her team with 14 points. Kadi Cobb got 11; Kayla Reynolds 10; Katie Cowan 5 and Emily Miller 4.

PC 81-RC 41

The Rockets lost their first meeting with Pulaski County 85-57 and last Friday night, it got a little worse as they lost 81-41.

The Maroons hit eight three point shots in the game which they dominated from the opening tip off. The Rockets trailed 23-8 at the end of the first quarter; 42-21 at the half and 70-33 at the third quarter stop.

No Rocket got into double figures. John Curtis Wilson led his team with 9 points; Jadon Brock and Ashton Arvin each scored 6; Josh Mason and Sam Pensol got 4 each; Corey McPhetridge and Ben Allen got 3 each and Cody Noe, Jordan Kelly and Gage Reynolds each scored 2 points.

Lady Rockets lose to Central

The Lady Rockets ran into a buzz saw at Madison Central on Monday night, losing 76-49. Central notched their 17th win of the season against only 4 losses. The loss dropped the Lady Rockets to 9-12.

Central mounted a big

offensive charge in the first quarter, outscoring the Lady Rockets 30-10. The Rockets were down 45-23 at the half and 62-34 at the third quarter stop.

Hunter was the only player in double figures with 18; Cobb got 9; Cowan 8; Chasteen and Eversole 6 each and Miller 2.

This Friday night, the girls will host North Laurel and will travel to Bryan Station Tuesday night.

Boys get win over McCreary

The Rockets got their fifth win of the season Tuesday night, beating the visiting McCreary Central Raiders 63-50.

The Rockets led at all the quarter stops behind some sharp shooting by Ashton Arvin and Ben Allen, who led their team in scoring with 15 each. Pensol and Mason added 8 each; Wilson got 7; McPhetridge and Brock 4 each and Noe 2.

This Friday night, the boys will travel to Anderson County and will host Garrard County next Tuesday night.



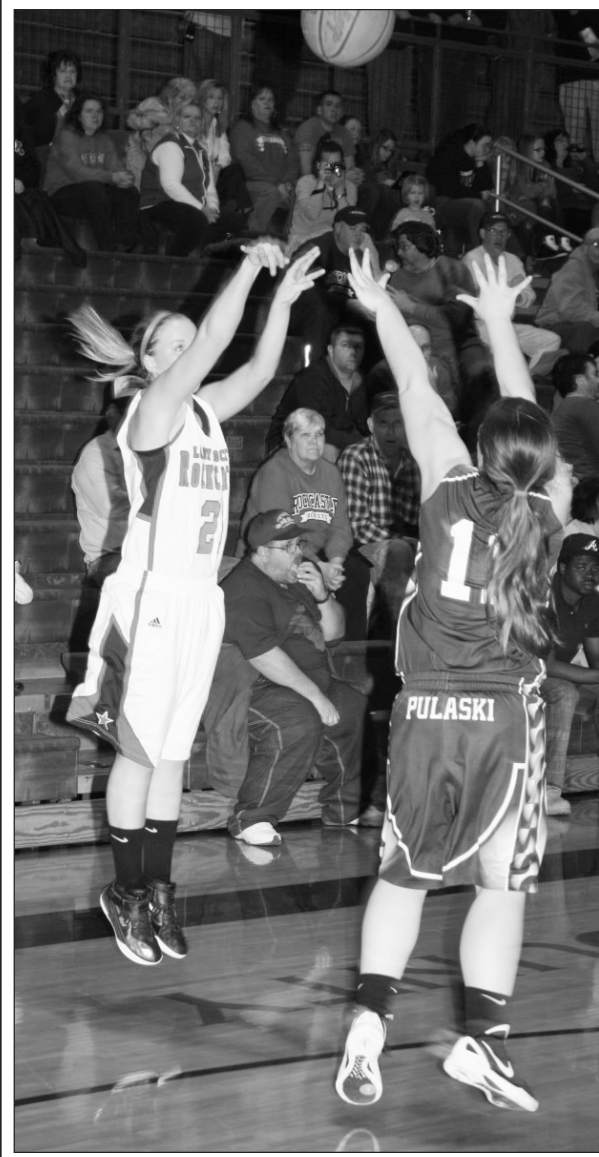
Junior Ben Allen, who pulled down 11 rebounds in action Friday night against the Pulaski County Maroons, goes for the basket over the outstretched arm of a defender.



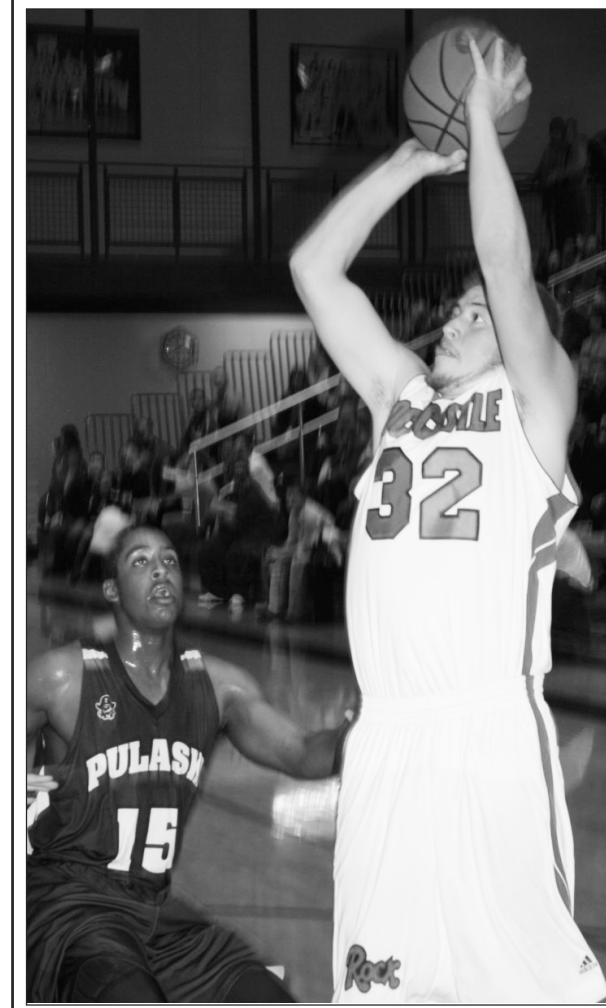
Senior guard Cody Noe lines his shot up last Friday night in action against the Pulaski Co. Maroons. Tuesday night, the Rockets got their 5th win of the season, against 17 losses, by beating the McCreary Central Raiders (11-12) 63-50.



Sophomore Hannah Sowder tries to get to the goal in the Lady Rockets game against Pulaski Co. last Friday night. Also in the photo is sophomore Kayla Reynolds who had 10 points in the game.



Senior Katie Cowan puts up a jump shot against a Lady Maroon defender. Cowan had 5 points on the night. The Rockets lost at Madison Central Tuesday night and are now 9-12 on the season.



Senior Jadon Brock puts up a short jumper against Pulaski County. Brock scored 6 points in his team's 81-41 loss to the Maroons.



Junior Lady Rocket Emily Miller drives around a Lady Maroon defender in action last Friday night at RCHS. The Lady Rockets lost 50-44.

Linescores

Jayvee Games

(Info from team score book)

RC 39 - Casey Co. 33

RC 11 12 7 8 38

CC 8 7 10 8 33

Josh Mason 17; Tyler Harper 10; Taylor Carter 5; Blake Mullins 3; Dakota Hasty 2; Cody Brown 1.

RC 46 - Barbourville 56

RC 6 9 12 19 46

BV 13 14 14 15 56

Mason 13; Mullins 11; Harper 7; Hasty 4; Jared Lake 3; Sam Pensol, Carter, Gage Reynolds, Brown, 2 each.

RC 52 - N. Laurel 40

RC 10 16 8 18 52

NL 17 10 18 5 50

Corey McPhetridge 16; Harper 14; Pensol 9; Mason 6; Mullins 4; Reynolds 2; Lake 1.

RC 45 - N. Laurel 48

RC 12 10 10 13 45

NL 7 16 16 9 48

Harper 13; Mason 11; Reynolds 7; Carter 6; Pensol 3; Mullins 3; Brown 2.

RC 33 - Lincoln Co. 45

RC 11 9 5 8 33

LC 9 14 8 14 45

Carter 12; Mason 10; Pensol 6; Harper 4; Reynolds 1.

RC 33 - Somerset 47

RC 11 12 6 4 33

Som 13 14 14 6 47

Mason 7; Pensol 6; Carter 6; Harper 5; Brown 4; Mullins 4; Lake 1.

RC 53 - Jackson Co. 52

RC 17 13 9 14 53

JC 3 18 15 16 52

Mason 16; Pensol 12; Harper 11; Carter 6; Brown 3; Lake 3; Hasty 2.

RC 31 - Estill Co. 43

RC 5 3 12 11 31

EC 6 5 16 16 43

Maon 11; Pensol 7; Harper 4; McPhetridge 4; Carter 3; Lake 2.

RC 47 - S'Western 49

RC 8 14 10 15 47

SW 6 14 14 15 49

Carter 12; Harper 10; Pensol 6; Mason 6; Hasty 5; Brown, Reynolds, Lake, Mullins 2 ea.

RC 32 - Lincoln 34

RC 7 4 11 10 32

LC 8 11 4 11 34

Harper 10; Mullins 10; Carter 6; Reynolds 4; Mason 2.

RC 42 - Mad. Sou. 47

RC 8 4 17 13 42

MS 16 6 6 18 46

Mason 13; Carter 10; Reynolds 7; Pensol 6; Lake 4; Harper 2.

Rocket Freshman

RC 44 - Casey Co. 41

RC 8 8 11 17 44

CC 8 7 18 8 41

Sam Pensol 14; Dakota Hasty 5; Blake Mullins 13; Douglas Nicely 4; Isaiah Adams 6; Devin McGuire 2.

RC 61 - Bell Co. 51

RC 26 6 19 10 61

BC 9 2 23 19 51

Mullins 25; Steven Rector 13; Hasty 9; Ethan Mattingly and Pensol 5 each; Carter Blanton and Adams 2 each.

RC 44 - S. Laurel 51

RC 14 10 1 19 44

SL 16 6 11 13 51

Pensol 13; Rector 10; Mullins 7; Hasty 5; Mattingly 5; Adams 4.

RC 52 - Lincoln Co. 42

RC 15 21 4 12 52

LC 12 10 9 11 42

Pensol 12; Mullins 11; Rector 8; Hasty 5; Adams, Blanton and Nicely 4 each.

RC 42 - Mad. Southern 54

RC 5 7 14 16 42

MS 10 14 12 18 54

Pensol 14; Hasty and Mullins 9 each; Rector and McGuire 4 each; Blanton 2.

RC 31 - Estill Co. 37

RC 14 2 5 10 31

EC 10 7 12 8 37

Pensol 14; Rector 7; Hasty 6; Mullins and Mattingly 2 each.

RC 63 - Model 34

RC 16 9 12 26 63

Mod 4 4 20 6 34

Mullins 23; Pensol 15; Hasty 13; Rector 4; Adams, Blanton, Nicely, McGuire 2 each.

RC 49 - Garrard 57

RC 16 9 8 16 49

GC 16 14 9 18 57

Mullins 22; Hasty 10; Pensol 9; Mattingly, Rector, Blanton, McGuire 2 each.

RC 55 - Lincoln 59

RC 11 5 18 16 5 55

LC 12 15 10 11 59

Mullins 22; Pensol 18; Hasty 3; Rector 2.



Several kids from Rockcastle County have been participating in a 5 week Baseball Camp held at the Lincoln County High School. Pictured with head coach Brad McNew are Gabe Greenwell, Tyler Harris, Ethan Saylor, Andrew Barrett, Joseph Coffey, Lance Coffey, and Keaton Renfro. Caden Shaver, Cameron Bullock, and Jaden Carpenter also participated, but were not present at the time of the picture.

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Call 606-256-2244

New year, new Wellness initiatives at hospital

Rockcastle Regional Hospital has new plans for 2012...plans that include increased opportunities for wellness. Along with educational community outreach events, the hospital will host and sponsor several fitness events throughout Rockcastle County and has opened the new "Wellness Center".

The Wellness Center is located on the third floor of the Outpatient Services Center for group fitness classes. Current classes include: Fusion boot camp (basic military style boot camp infused with Pilates and plyometrics), Karate (improves strength, flexibility, balance, coordination, reflexes and cardiovascular health), Kickboxing (cardio class for a leaner body), Spin (non-stop pedaling on a stationary bike), and ZUMBA (dance into shape).

All classes are open to the community. Spin is the only class that must be pre-registered for, do to a limited amount of space. For group fitness class information, pricing and an updated calendar, visit rockcastleregional.org/wellnesscenter.

The hospital has also organized The County-Wide Stride 2012 Run/Walk series and will host a race a month this year. For more details, visit rockcastleregional.org/countywidestrade.

For questions, contact Arielle Reese at 256-7880 or a.reese@rhrcc.org.

Quail Homemakers news

On January 16th the Quail Homemakers held their monthly meeting at the Quail Community Park Building. The hostesses Rita Lotz and Janet Robinson had everyone feeling like we were in Hawaii. There were 22 members present. Betty Lou Whitaker read the devotional and Norietta Thompson had the thought for the day.

After a wonderful meal new business discussed was our County meeting to be held in October. Several themes to use were talked about that sound very promising.

The Farm Machinery sale will be held March 3rd plans for the sale will be discussed more at the February meeting. Cindy Hansel had no lesson but showed a wrap that was made for her. Several ladies made patterns from it to make some of their own. It seemed very simple project to do. Bingo was played and won by Carol Jean. Secret pal gifts were passed out.

The next monthly meeting will be held February 20th with Gayle Scoggins and Paula Clark as the hostesses. Everyone is welcome to come.

"Four"

(Cont. from front)

retired U.S. Navy Captain and Mark Eaton, 34, pastor of Central Baptist Church, both of Mt. Vernon.

According to information online from the Secretary of State's office, Todd Hoskins, an insurance agent, from Casey County has filed and also Tiffany Nash, from Madison County.

House Republicans filed suit last Thursday in Franklin Circuit Court, challenging a redrawing of state House districts that Gov. Steve Beshear signed into law last week. Republicans also made a request for a temporary injunction to delay Tuesday's, Jan. 31st's, filing deadline for

state legislative candidates.

On Tuesday, Franklin Circuit Judge Phillip Shepherd issued a restraining order extending the filing deadline for state legislative candidates by at least a week while he considers the legal challenge.

Shepherd said the filing deadline for state House and Senate candidates won't come before 4:30 p.m. Feb. 7. The previous deadline of 4 p.m. Tuesday, Jan. 31st, has passed.

"Auditions"

(Cont. from front)

ing in May. In addition, new talent will also be considered for the *Tribute to the Legends Show* on Friday nights, the fan favorite *Mountain Gospel*

Jubilee Show and the historic *Renfro Valley Barn Dance Show* on Saturday nights. Singers will be encouraged to sing a traditional country, bluegrass or southern gospel song with the Renfro Valley band during their one song audition.

In addition to finding great singing talent, Renfro Valley will also be searching for a "family friendly" comedian. Following in the footsteps of past popular Renfro Valley comedians like Bun Wilson and Betty Lou York, this individual will be performing on both the Friday night and Saturday night shows during the 2012 season. During the auditions, comedians will be allotted five minutes on the stage to give their performance.

During the 2011 season, Renfro Valley sold over 100,000 tickets to shows, concerts, festivals and special events. Early estimates show that number will grow even bigger in 2012 with the addition of new Renfro Valley shows and a top-notch Headliner Concert Series. "This is truly your chance to be a star and to represent the Commonwealth of Kentucky before the world in this historic venue" says Barnett. "Tour companies, groups and individuals from all over the globe come to Renfro Valley each year to hear and see outstanding entertainers."

For a complete list of audition guidelines and for more information visit the Renfro Valley website at www.renfrovalley.com or email your questions to auditions@renfrovalley.com

"Eaton"

(Cont. from front)

ful to have lived my entire life in Rockcastle County and it is my desire, as State Representative, to make positive changes for our county and district. I'm thankful for the leadership that we have had in Danny Ford for the past many years and am honored to labor for the chance to carry on the work he began."

Eaton has established a website for more information at markeaton2012.com.

"Increase"

(Cont. from front)

contact being made with the state general assembly for possible money to fight the algae problem. That alone would be a project costing over \$700,000, Bryant said. "We have to establish priorities," Bryant noted, "taste and odor won't matter if there's no water."

Councilwoman Jamie Bryant expressed the opinion that a lot of people were going to have a problem with the increase. "I have a problem with this being thrown at me two months before the deadline to apply." However, the Mayor said that approval from KIA had only been received two weeks ago. "I guess I was hoping for a Plan B," Bryant said.

Councilwoman Shelley Lewis took issue with the effective date of the increase which, according to the ordinance, would take effect immediately after the effective date of the ordinance. The ordinance was changed to "after the effective date of this ordinance" leaving it up to the council's discretion when to put the new rates in effect. However, Mayor Bryant told the *Signal* Monday that KIA had been contacted and that the rate increase would have to be applied within 30 days of the effective date of the ordinance.

On a motion by Lewis, seconded by Councilman

Adam Bales, the motion for the first reading of the ordinance passed unanimously.

Mt. Vernon Fire Chief David Bales presented his December and 2011 fire department reports.

In December, the department made 18 runs and used 5,500 gallons of water.

For the year, the department was paged to:

3 accidents with injuries and possible entrapment; 2 vehicle fires; 1 structure fire; 1 brush fire; 1 law enforcement and EMS assist (forcible entry); 7 fire alarm activations; 1 law enforcement assist (meth lab) and 1 special detail putting up Christmas lights and banners.

K9 Dog

In other action, Assistant Police Chief Barry Adams gave the police department's report and, on question, told the council that Patrolman Adam Stallworth would be traveling to Tar Heel K9 Academy in North Carolina to train with a narcotic/track dog.

The cost of the dog, Adams said, is \$9,945 which includes three weeks of training. "This will be a great asset to our department," Adams told the council. The German Shepherd will not be a "bite dog," Adams said.

The expenditure for the dog has been included in the last two budget cycles, Mayor Bryant told the council.

Adams' Activity Report for December, 2011 showed:

55 total arrests; 31 wanted persons arrested; 5 DUI arrests; 20 persons arrested on drug charges; 23 other criminal charges; 14 traffic citations; 17 traffic accidents investigated - 4 with injuries. There with 477 total calls for service.

In 2011, Adams reported, 478 persons were arrested.

"Appointed"

(Cont. from front)

The Resolution is printed in its entirety in this week's issue of the *Signal*.

As one of the last items of business, Councilwoman Bryant brought up filling Mullins' seat on the council and recommended his son, Cliff, be appointed to the position. "Not just because he's Joe's son but he's young, invested in our community and would make a good addition to the council."

The younger Mullins, manages Renfro Valley Lodge, was asked if he would accept the appointment and he told the council he "would be honored." Councilman Bales seconded the appointment and it was passed unanimously. Calling it a "unique kinship succession," Mayor Bryant commended the council for making an "excellent choice."

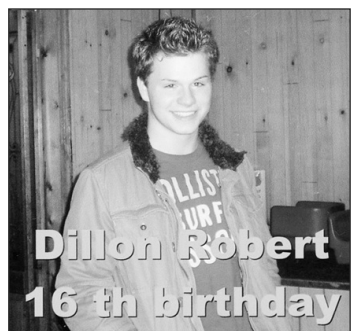
Mullins was sworn-in to the position Monday and will serve the unexpired portion of his father's term which will end in December of 2012.



80th Birthday...

Happy 80th Birthday to Edith Lunsford! Last Sunday over thirty friends and family gathered to celebrate her life as a mother, grandmother, great grandmother, sister and aunt! She is a wonderful lady and is a blessing to all those in her life! We wish her many more birthdays!

Dillon Roberts, of old Gabbard Rd., Berea, turned 16 on January 31, 2012. He celebrated his birthday at



Mario's Rest. with family and friends. His parents are Antony and Lisa Roberts of Old Gabbard Rd. and Lavonne Napier of Old Wilderness Rd., Berea. On his birthday, he also got to welcome home a new baby brother, Roy

Lee Roberts IV. He was born on January 29th. May Dillon have many more blessed birthdays.

Roy Lee Roberts IV was born January 29, 2012 at St. Joseph Hospital in Lexington. He weighed 7 lbs. 1 oz. and was 19 inches long. Proud parents are Antony



and Lisa Roberts of Old Gabbard Rd., Berea. His grandmothers are Lola Roberts of Buffalo Hollow Rd., Berea and Sue Pennington of Brown St., Berea. He was welcomed home by a sister, Samantha Powell and brother Dillon Roberts. Papaws are the late Roy Lee Roberts, Jr. and the late Bill Dixon.

Curt and Krystal Gatliff are proud to announce the birth of their first child, a daughter, Avery Diana.

Avery was born on December 15, 2011 at Central Baptist Hospital. She weighed 8 lb. 3 oz. and was 19.5 in. Maternal grandparents are Mark and Trisha Parsons of Mt. Vernon. Paternal grandparents are Barry and Lavada Gatliff of Mt. Vernon and Pat and Bobby Davidson of Sand Gap. Maternal great grandparents are Lloyd and the late Diana Anglin of Harrodsburg, formerly of Berea, Howard and Jean Kelly of Richmond, and the late Stewart and Lucille Parsons of Wildie. Paternal great grandparents are Dorothy and the late Delbert Gatliff of Pine Hill and the late Hubert and Jalette Bell of Mt. Vernon.



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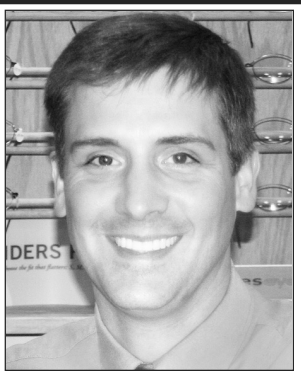
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Recycling Center Is Open!!!

Rockcastle County is now offering a recycling drop-off program. Recyclables may be dropped off at the Rockcastle County Recycling Center on US 25 South (2528 South Wilderness Rd.) during the hours of 7 a.m. until 3 p.m. Monday thru Friday (closed major holidays).

The following items may be recycled:

Newspapers w/inserts, magazines, books & catalogs, office paper, junk mail, phone books, plastic bottles & jugs (#1-7) (any size soda and water bottles, laundry detergent jugs, bleach and fabric softener jugs, milk and water jugs, cooking oil bottles and jugs, shampoo bottles, dish liquid and alcohol bottles (please rinse out jugs), metal cans (rinsed), empty aerosol cans, aluminum cans, glass bottles and jars, sheet glass, ceramics, computers, radios, phones, vacuum cleaners, clocks, cameras, camcorders, vcr/dvd players and satellite boxes.

Rechargeable batteries such as those found in: cordless power tools, cellular phones (the whole phone can be recycled), cordless phones, laptop computers, digital cameras, two-way radios, camcorders and remote control toys. If it says rechargeable on it, then it's recyclable! Clean used motor oil may also be dropped off at the Rockcastle County Road Department during regular business hours.

Recycling trailers are also available at the following locations: City of Brodhead (gravel lot across from Citizens Bank), City of Livingston (gravel lot across from old Livingston Gymnasium), Brindle Ridge Volunteer Fire Department (at Conway) and at the Pongo Volunteer Fire Department. The trailers will only be pulled out to empty them and will then be taken back to the same location. Please help us make this a successful venture by being clean and/or neat with our recycling habits. Do not put anything in the individual bins except what is labeled on them. Do not leave recyclables on the ground! If you drop something on the ground, pick it up. Absolutely no trash is to be put into the bins! Remember, camera surveillance is utilized in Rockcastle County and it is illegal to improperly dispose of trash.

If additional information is needed, you can call the Rockcastle County Solid Waste Office at 606-256-1902

Save a lot

food stores

FRESH PRODUCE ITEMS

8 lb. Bag RUSSET POTATOES		2/\$5
3 lb. Bag YELLOW ONIONS		99¢
ICEBURG LETTUCE		99¢
50 lb. Bag POTATOES		\$10.99
4 lb. Bag NAVEL ORANGES		2/\$5

 ASSORTED LAY'S **POTATO CHIPS**
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FULL SLAB PORK SPARE RIBS  \$1.89 Lb.	FAMILY PACK BONELESS CHICKEN TENDERS  \$1.59 Lb.
FAMILY PACK T-BONE STEAKS  \$5.99 Lb.	FAMILY PACK BONELESS BEEF NEW YORK STRIP STEAKS  \$5.99 Lb.
FAMILY PACK BONELESS BEEF RIBEYE STEAKS  \$5.99 Lb.	ABERDEEN BACON  \$1.99 1 Lb. Pkg.

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12 Pack 12 oz. Cans **\$2.69** 2 Liter Bottles **85¢**

Ad Prices Good January 30th thru February 5th, 2012

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CHEF BOYARDEE CANNED PASTA 14.5 TO 15 OZ. CAN  10 for \$10	PROGRESSO VEGETABLE CLASSICS SOUPS 19 OZ. CAN  10 for \$10	ASSORTED VARIETIES BETTY CROCKER HAMBURGER HELPER 4.8 OZ.  10 for \$10	LAY'S STAX 5.5 TO 5.75 OZ.  10 for \$10
ASSORTED VARIETIES MALT-O-MEAL CEREAL 10 OZ.  10 for \$10	ASSORTED FLAVORS KOOL-AID BURST 40.5 OZ.  10 for \$10	ASSORTED VARIETIES HAWAIIAN PUNCH 32 OZ.  10 for \$10	ASSORTED VARIETIES NISSIN SOUPER MEAL 4.3 OZ.  10 for \$10
HORMEL MICRO CUPS 7.5 OZ.  10 for \$10	CHICKEN OF THE SEA CHUNK WHITE TUNA 5 OZ. CAN  10 for \$10	ASSORTED VARIETIES KNORR SIDES 4 TO 5.7 OZ.  10 for \$10	TOTINO'S PEPPERONI, COMBO OR CHEESE PIZZA ROLLS 15 CT. PKG.  10 for \$10
TONY'S CRISPY CRUST PIZZA PEPPERONI OR SUPREME 8.7 TO 10.2 OZ.  10 for \$10	BUYERS BEST CRINKLE CUT FRIES 32 OZ. PKG.  10 for \$10	ASSORTED VARIETIES BANQUET DINNERS 4.66 TO 9.5 OZ.  10 for \$10	PILLSBURY GRANDS FLAKY LAYER OR BUTTERMILK BISCUITS 16.3 OZ. PKG.  10 for \$10

savings made easy

ARC Grant awarded to city of Livingston

The City of Livingston is the recipient of an ARC (Appalachian Region Commission) grant that will be used to enhance the trail head area.

The property at Hwy. 25 and 490 will become known as Memorial Park. A monument that commemorates the three pioneer trails in and near Livingston will be erected, landscaping to feature natural plant materials found along Kentucky creeks and benches seating will be installed.

These improvements will add an area where outdoor enthusiasts can relax or become informed of the local pioneer trails.

The city is working towards becoming a Kentucky Trail Town. Livingston and four other communities are being considered for this new program that has been created by the State Adventure Tourism office.

In order to be approved as a Trail Town, communities

(Cont. to B8)

Women's Heart Health events planned at hospital

Rockcastle Regional Hospital is sponsoring events for women in recognition of American Heart Month and heart disease -- the No. 1 killer of women in the United States.

The 5th annual Women's Heart Health Expo called "Love Your Heart" is an event aimed to educate women on the dangers of heart disease. The free event will feature a heart healthy meal, education and fun.

In an effort to reach more women in Rockcastle County, two events will be sponsored this year. All women are invited to attend the event on Wednesday, February 15 at 11:30 a.m. OR the event on Thursday, February 23 at 5:30 p.m. Both events will take place in the Wellness Center at Rockcastle Regional Hospital, located on the third floor of the Outpatient Services Center.

(Cont. to B8)

133 take part in Snowball Express

The Snowball Express, the first of 12 races in the County-Wide Stride race series, was held on Saturday, January 28. One hundred and thirty three people came out in support of Rockcastle County's Relay for Life and participated in the two mile run/walk along Lake Linville.

Garrison Burchell was the overall winner for the male division with a time of 12:00 and local Rockcastle County High School student, Rakhi Patel led the female division with a time of 13:39. We were also very happy to have 47 walkers participate in this race. Walter Norris of Bowling Green was the fastest male walker with a time of 21:18. Gayle DeBorde, a Rockcastle Regional employee, set the pace for the female walkers with a time of 27:46.

The proceeds of this race, nearly \$950, benefit Rockcastle Regional's Relay for Life team. Relay for Life is May 11 at Rockcastle County Middle School.

Photos from this race can be found on the hospital's Facebook page and results from each age category are available on the website. The next race in the Countywide Stride series is scheduled for Sunday, February 26 at Renfro Valley at 2:30 p.m. Visit rockcastleregional.org for more information.



Rakhi Patel of Mt. Vernon accepts her trophy from Becky Pigman, right, American Cancer Society representative, for the fastest female with a time of 13:39 during the recent Snowball Express two mile run/walk. Garrison Burchell, of London, was the overall winner with a time of 12:00.



Becky Pigman, left, American Cancer Society representative, with Gayle DeBorde, of Brodhead, the fastest female walker during the recent Snowball Express two mile run/walk race at Lake Linville. Walter Norris of Bowling Green was the fastest male walker.



The City of Mt. Vernon's Roadside PRIDE Award was accepted by the city's PRIDE Coordinator, Jill Medley (center), with Pam Bullock and Jeanette Robinson.



Rockcastle County Solid Waste Coordinator James Renner and Rockcastle County Judge-Executive Buzz Carloftis accepted the trophy for Rockcastle County.

Brodhead Alliance Committee holds inaugural meeting

The Brodhead Alliance Committee (BAC) held their inaugural meeting on Friday, January 27th at the Brodhead Elementary School. The group came together through the efforts of Charlie Napier, Junior Bishop and Mayor Walter Cash wanting to address the current and future needs for Brodhead and its citizens.

The BAC has garnered tremendous response and was attended by a well-rounded group representing city government, local business owners, education, healthcare and concerned citizens.

The group is modeling their program on a Four-Point Approach designed by the National Trust for Historic Preservation Main Street program.

The Main Street Four-Point Approach® focuses on local initiatives for revitalization of downtowns by concentrating their efforts on Design, Economic Restructuring, Organization and Promotions.

The attending members chose their individual committees and Chairs of each committee were designated: Design Chair is Caroline Graves; Economic Restructuring Chair is Bryan Bussell; Organization Chair is Danny McKinney; and Promotions Chair is David Collins. David Collins remarked, "I believe that many projects will be implemented over the next year, because of the quality of people involved with this committee."

The Committee's initial project will be creating the Brodhead Community Strategic Plan. They are applying for an ARC Flex-e Grant through The Center for Rural Development to help them in completing the strategic plan.

Holly Hopkins, Executive Director, Rockcastle County Industrial Development Authority, is facilitating the group in their organization and grant opportunities. Holly commented, "The excitement the group has is infectious, as witnessed by the number of

people that have chosen to get involved.

The most important factor in an organization, like the Brodhead Alliance Committee, is buy-in by the citizens' of that community. Their enthusiasm and eagerness to begin was proven as David Collins held the first Promotions Committee Meeting immediately following the group being organized. I was thrilled to see the multitude of ideas being shared, and believe that Brodhead is taking positive steps to ensure its future."

The BAC will meet once a month on the fourth Friday at 2:30pm at the Brodhead Elementary School. More information

(Cont. to B8)

Rockcastle County and Mt. Vernon win PRIDE awards

PRIDE honored Rockcastle County and the City of Mt. Vernon this week for their success in reducing roadside litter last fall.

The county and city received Roadside PRIDE trophies in appreciation for organizing cleanup events in October to prepare roads for the tourists who travel to the area for its gorgeous fall scenery.

Rockcastle County recruited 160 volunteers in October, and they picked up 435 bags of trash along 28 miles of roads. In Mt. Vernon, eight volunteers cleaned up eight

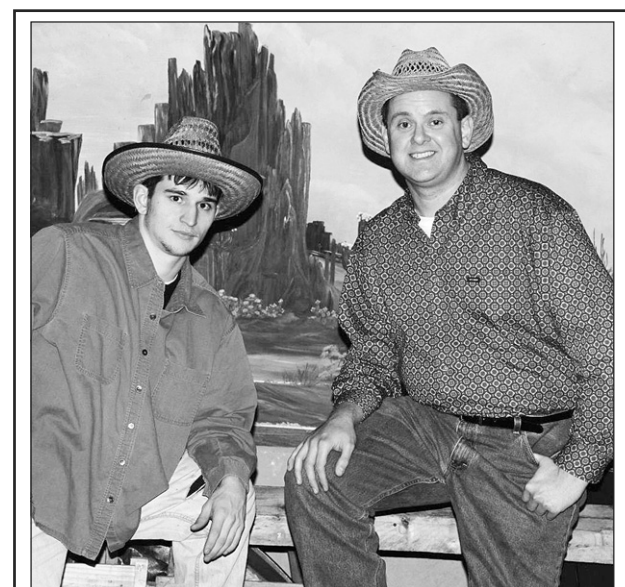
(Cont. to B8)

Regional Community Theatre group formed

Submitted

An innovative group of performers from around the region has begun work on an exciting new project. The Creative Minds Theatre is a new regional community theatre group, which will be performing plays regularly in the green building on Main Street in Livingston. (Located on the

(Cont. to B8)



Perry Mason, Jr. (left) as Dennis Morgan and Jason B. Proctor (right) as Jack Carson in the Creative Minds Theatre's upcoming production of the original comedy "Behind the Scenes in Old Hollywood." Morgan and Carson starred in several popular 1940s films, including "Two Guys From Texas."

(Photo by Suzie Q. Chesnut)



Jason B. Proctor (left) and Glenna Robinson (right) rehearsing a scene from the upcoming play "Behind the Scenes in Old Hollywood." The Creative Minds Theatre is a new regional community theatre group.

(Photo by Suzie Q. Chesnut.)

Resolution In Memoriam of Clark Lair "Joe" Mullins

Resolution No. 2012-1

WHEREAS, The City of Mount Vernon sadly notes the recent passing of Clark Lair "Joe" Mullins, a Councilman of 21 years and longtime public servant; and,

WHEREAS, Clark Lair "Joe" Mullins exemplified citizenship as it should be exercised in a free society, with dedication to his family, to serving his community and to responsible participation in civic affairs; and

WHEREAS, Councilman Mullins became involved in the affairs of Mount Vernon, and was elected on the Mount Vernon City Council in September 1990; and

WHEREAS, during his term as member of the City Council, Clark worked diligently and earnestly with his fellow Council members to establish sound policy for the continued betterment and growth of the Mount Vernon community; and

WHEREAS, in his passing the community has lost a devoted servant, a model citizen and true friend.

Now, Therefore, be it resolved by the Council of the City of Mount Vernon, Kentucky

That this tribute to Clark Lair "Joe" Mullins, shall be entered into the minutes of this City Council meeting and that, as a body, this Council extends to his bereaved family its sincere condolences in the great loss sustained by them.

BE IT FURTHER RESOLVED that this resolution shall be presented to Councilman Mullins' wife, Sondra, and a copy printed in the *Mount Vernon Signal* as a token of this Council's esteem for her late husband and on behalf of all citizens of the City of Mount Vernon, Kentucky.

This the 26th day of January 2012.

/s/ Mike Bryant, Mayor

Attest: /s/ Jeanette Robinson, City Clerk



News from the Rockcastle Courthouse



District Civil Suits

Portfolio Recovery Asso., LLC vs. Janet L. Bowles, \$1,145.45 plus claimed due.

Midland Funding LLC vs. Barbara Hall, \$2,776.73 plus claimed due.

PRA LLC vs. Matthew Cook, \$2,705.26 plus claimed due.

PRA LLC vs. Ronnie Bullock, \$725.97 plus claimed due.

Cumberland Valley Electric, Inc. vs. Larry Gregory, \$614.11 plus claimed due.

Autoland LLC vs. Quincy Allen, \$3,314.54 plus claimed due. C-00017

Circuit Civil Suits

Kevin Gibbons, et al, vs. Ada McGuire, et al, complaint.

Billy Griffith, et al, vs. Commonwealth of Ky., writ of Prohibition.

Cavalry SPV1 LLC vs. Jerome S. Fish, \$48,081.03 plus claimed due.

Commonwealth of Kentucky, Cabinet for Health and Family Services, ex rel Christie Ann Reed vs. Danny Reed, complaint for child support and medical support.

Commonwealth of Kentucky, Cabinet for Health and Family Services ex rel, Heather Hopkins vs. David Lee Cromer, complaint for child support and medical support. CI-00023

Marriage Licenses

Cecilia Jean Renner, 50, Mt. Vernon, school cafeteria to Bruce John Brazee, 57, Lancaster, disabled. 1/20/12.

Ginger Gale Habben, 46, Mt. Vernon, to Timothy Allen Deshazer, 45, Mt. Vernon, construction. 1/23/12.

Deeds Recorded

Livingston Fire & Rescue, Inc., property in Livingston, to Rockcastle County.

Carl and Fern Caldwell, property at Brush Creek, to Carol Ann Caldwell Harris and Gary Lee Caldwell and Carlos Ray Caldwell. Tax \$47.

Garner John and Mary Ann Brown, property in Rockcastle County, to Christopher John Childress. No tax.

Gordon and Kathryn Pope, property on St. Hwy. 618, to Manuel Eric and

Stephanie Pope Martinez. No tax.

Danny Ray Barnes and Christine Barnes, property in Orlando Subdv., to Christine Brown. No tax.

Danny Ray Barnes and Christine Barnes, property in Orlando Subdv., to Christine Barnes. No tax.

Danny Ray Barnes and Christine Barnes, property in Orlando Subdv., to Christine Barnes. No tax.

Christine Barnes, property in Orlando Subdv., to Heather Barnes. No tax.

Christine Barnes, property in Orlando Subdv., to Heather Barnes. No tax.

Roger B. Farley and Marilyn Jo Hurst, property on the waters of Copper Creek, to Stephen Nathan Goens. Tax \$14.

Springleaf Home Equity, property in Rockcastle County, to James F. and Carol K. Carraway. Tax \$7.

Springleaf Home Equity, property in Rockcastle County, to James F. and Carol K. Carraway. Tax \$82.

John L. Mitchell, property in Sunset Place Subv., to Russell and Norma Lois Houk. Tax \$13.

District Court

Jan. 23-25, 2012

Hon. Kathryn G. Wood

Walter B. Abrams: probation revocation hearing, restitution due (\$158), 1st degree possession controlled substance, bench warrant (bw) issued for failure to appear (fta).

Logan S. Adams: defective equipment, \$25 fine and costs.

Charles J. Alcorn: attempted Assault, menacing, criminal mischief (two counts), disorderly conduct, bw issued for fta.

Cassie R. Bradley: fines/fees due (\$268), bw issued for fta/6 days in jail or payment in full.

Bentley D. Carpenter: fines/fees due (\$158) plus \$921.50 restitution, bw issued for fta.

Christopher B. Fletcher: fines/fees due (\$428.75), bw issued for fta/9 days in jail or payment in full.

Sara D. Hamlett: speeding, no operators/moped license, failure to produce insurance card and no/expired Kentucky registration receipt, license suspended for fta, bw issued.

Emily R. Hinkle: fines/fees due (\$283), bw issued for fta/6 days in jail or payment in full.

Joseph S. Holsing: fines/fees due (\$73), bw issued for fta/2 days in jail or payment in full.

Raymond G. Howard: fines/fees due (\$863), bw issued for fta/18 days in jail or payment in full.

David A. Johnson: criminal mischief, 60 days in jail, probated 12 months on condition plus restitution of \$281 and court costs.

Logan McGuire: fines/fees due (\$683), bw issued for fta/14 days in jail or payment in full.

Alisa C. Mullins: fines/fees due (\$360.23), bw issued for fta/6 days in jail or payment in full.

David L. Page: DUI, second offense, \$350 fine plus costs, \$375 service fee, 12 months operator license suspension, ADE authorized, 7 days in jail (week ends).

Kenneth R. Patterson: fines/fees due (\$183), bw issued for fta/4 days in jail or payment in full.

Frankie Lynn Powell: public intoxication, 20 days in jail/costs merged.

George P. Quintana, Jr: fines/fees due (\$763), bw issued for fta/15 days in jail or payment in full.

Cassie Bradley Saylor: fines/fees due (\$265), bw issued for fta/6 days in jail

or payment in full.

Steven Slate: theft by deception, paid.

Billy J. Cook: part 395/Fed Safety Regs - Hours of Service for Drivers, bw issued for fta.

Speeding: Colter R. Turner, \$100 fine plus costs/state traffic school (sts) authorized; Stephanie C. Waddell, Brandon T. Bays, Stephen L. Kinser, Johnny L. Davidson, license suspended for fta; Todd Powers, \$18 fine and costs; David A. Rains, \$50 fine and costs; William M. Vanhook, Jr., \$20 fine and costs; April Williams, paid; Matthew J. Blevins, \$40 fine and costs;

Kimberly T. Gadd: 1st degree possession of controlled substance, bw issued for fta.

Angela Dawn Gentry: disorderly conduct, 20 hours of community service work (csw) plus costs.

Raymond B. Hall: speeding and failure to maintain required insurance, bw issued for fta.

James C. Linville: criminal trespassing, bw issued.

William C. Califf: public intoxication, bw issued for fta.

Melissa F. Couch: failure to wear seat belts, license suspended for fta.

James D. Woodall: failure to wear seat belts, paid.

Vincent A. West: booster seat violations, \$50 fine and costs.

Bernard Dawkins: Pt 293, Federal Safety Regs, Parts Needed for Safe Operation, paid.

Verlin L. Fawcett: speeding and part 395/Fed Safety Regs - Hours of Service for Drivers, license suspended for fta.

William C. Howell: speeding and part 395/Fed Safety Regs - Hours of Service for Drivers, license suspended for fta.

conduct, 10 days/concurrent, plus costs.

Bradley Mullins: speeding, \$24 fine and costs; failure to wear seat belts, \$25 fine.

Timothy L. Nicely: failure to produce insurance card, \$100 fine; operating on suspended/revoked operators license, \$100 fine and costs.

Dana M. Reynolds: no/expired Kentucky registration receipt; reg. & title requirements veh. not oper. on hwy., failure of owner to maintain req. insurance, failure to produce insurance card, bw issued for fta/license suspended.

Angela S. Stevens: no/expired registration plates, \$25 fine; failure of owner to maintain req. insurance sec., \$500 fine/suspend \$400 on condition and costs.

Virgil W. Stone: failure to wear seat belt; no/expired Kentucky registration receipt, \$25 fine; failure of owner to maintain required insurance, \$500 fine/suspend \$400 on condition plus costs.

Gregory S. Thomas: failure to wear seat belt, \$25 fine; booster seat violations, \$50 fine and costs.

Bernard Dawkins: Pt 293, Federal Safety Regs, Parts Needed for Safe Operation, paid.

Verlin L. Fawcett: speeding and part 395/Fed Safety Regs - Hours of Service for Drivers, license suspended for fta.

William C. Howell: speeding and part 395/Fed Safety Regs - Hours of Service for Drivers, license suspended for fta.

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William C. Howell: speeding and part 395/Fed Safety Regs - Hours of Service for Drivers, license suspended for fta.

OPERATION UNITE
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Toll-free Treatment Help Line
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1-800-262-7480

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Saturday 8:00 to 12:00
606-355-2322

The Terrace Nursing and Rehabilitation Facility receives recognition

Submitted

The Terrace Nursing and Rehabilitation Facility, Berea was recognized by the Kentucky Association of Health Care Facilities (KAHCF) for several outstanding achievements in long term care as part of the annual long term convention held in Louisville, Kentucky. More than 1,000 health care professionals from across the state were in attendance at the conference and more than 40 awards were given.

Loretta Powell, SRNA and Central Supply Clerk at The Terrace, received the 2011 Eastern District Nurse Aide of the Year Award. This is the second year Loretta has received this honor. Loretta has worked in long-term care for the past 21 years. She has been employed with the facility for the past eleven years. Loretta wears many hats at our facility...she works as our Central Supply Clerk, our Indirect Spirometry Tech, our transportation coordinator, helps with audits and cares for our residents in the facility. Loretta has received numerous recognition awards for her dedication to our residents in the facility. In 2008, she was named our Nurse Aide of the Year, in 2005 she was named an Employee of the Month and she has received numerous POP and CARE awards through the years. We are very proud of Loretta and think this honor is well deserved! Congratulations Loretta!

Kristy Mink BSW, Director of Social Services at The Terrace, received the 2011 Eastern District Social Worker of Year Award. Kristy has been a Social Worker for the past eleven years. She graduated from Eastern Kentucky University. She began her career at Hospice and then joined our team five years ago. Kristy does an excellent job for us in Social Services but it is all the extras that she does that makes her really stand out. A couple of events that Kristy has spearheaded that have made such a difference are...our Annual Memorial Service and our Annual Christmas Desert Extravaganza. Kristy has a family member that has been a long term resident in the facility for the past ten years. Being so involved in his care has given her a great insight to what our family members go through when entrusting us with their loved ones care.

Ruth Nelson RN, LNHA, Nurse Consultant at The Terrace, received the 2011 Statewide Corporate Involvement Award. Ruth has been a Registered Nurse for the past twenty-one years. She became an Administrator fourteen years ago and in 2002 began working for The Terrace. In 2004, Ruth accepted the Nurse Consultant position with PMD. Ruth specializes in nursing assessment and documentation. She is an AANAC Certified Resident Assessment Coordinator. The Terrace would like to thank Ruth for all her expert knowledge she has shared with us regarding the MDS process. We are proud to be affiliated with such an outstanding nurse and feel she was most deserving of this award. Way to go Ruth!

The facility also received two additional KAHCF PAC fundraising awards.



Loretta Powell, SRNA and Central Supply Clerk at The Terrace, received the 2011 Eastern District Nurse Aide of the Year Award and Kristy Mink BSW, Director of Social Services at The Terrace, received the 2011 Eastern District Social Worker of Year Award.

Mamaw's Kitchen

By Regina Poynter Hoskins

TRIPLE LAYER COOKIE BARS

1/2 cup butter
1 and 1/2 cups graham cracker crumbs
1 package (about 14 ounce) flaked coconut
1 can (14 ounce) Eagle Brand® condensed milk
1 package (12 ounce) semi-sweet chocolate chips
1/2 cup creamy peanut butter

Preheat oven to 350°. In a 9 x 13 baking dish, melt margarine in oven. Sprinkle crumbs evenly over butter. Mix coconut with sweetened condensed milk. Spread over crumbs. Bake 25 minutes or until lightly browned. In a small saucepan over low heat, melt chips with peanut butter. Spread evenly over hot coconut layer. Cool 30 minutes. Chill thoroughly. Cut into bars. Store loosely covered at room temperature.

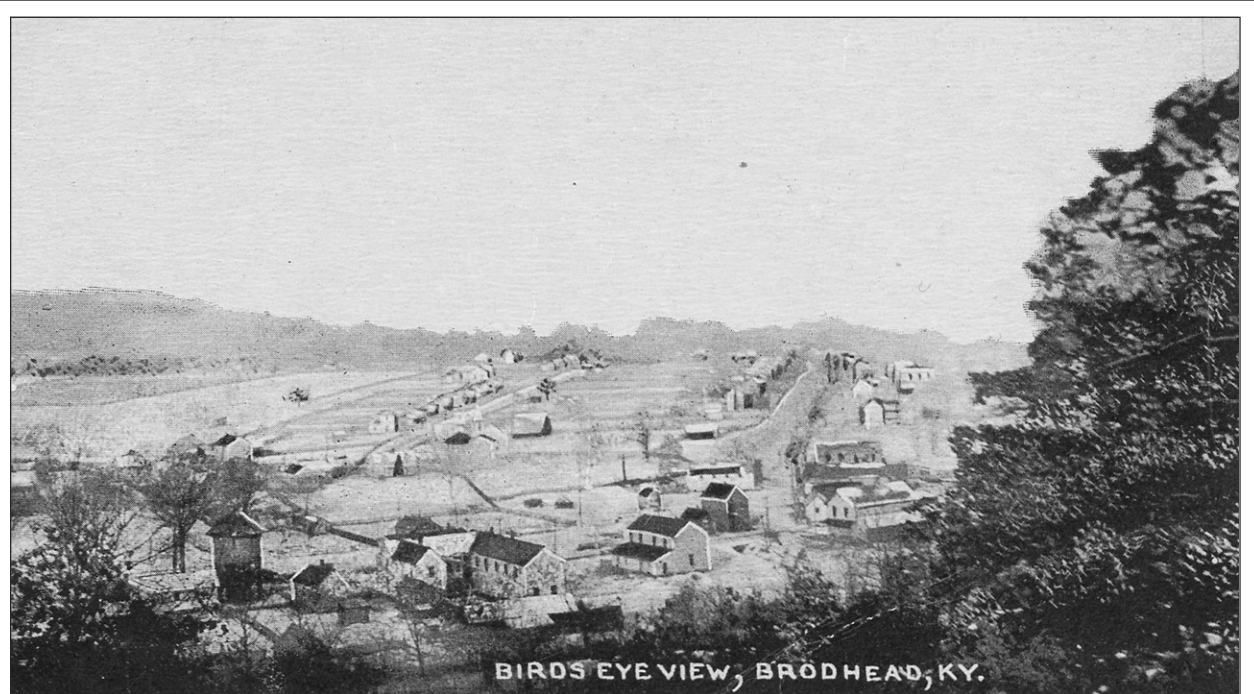
CREAM CHEESE BARS

1 box butter recipe yellow cake mix
3/4 cup chopped pecans or walnuts
3/4 cup butter, melted
2 boxes (8 ounces each) cream cheese, softened
1 cup firmly packed brown sugar
3/4 cup chopped pecans or walnuts
Preheat oven to 350°. Grease and flour 9 x 13 baking dish. Combine cake

mix, 3/4cup pecans, and melted butter in large bowl. Stir until blended. Press mixture into bottom of prepared pan. Combine cream cheese with brown sugar in medium bowl. Stir with spoon until well mixed. Spread evenly over crust. Sprinkle with remaining 3/4cup pecans. Bake for 25 to 30 minutes or until edges are browned and cheese topping is set. Cool completely. Cut into 24 bars and refrigerate.

GERMAN CHOCOLATE BARS

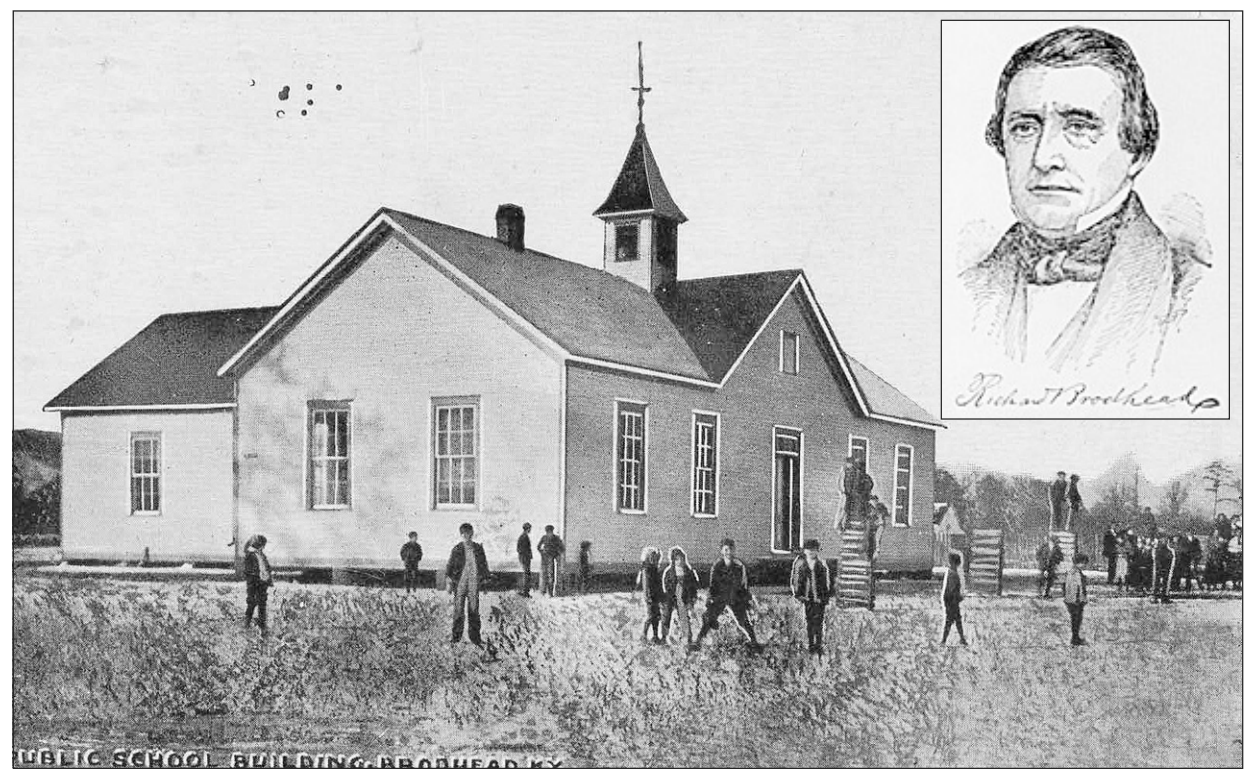
1 box (18 ounce) German chocolate cake mix
2/3 cup cold butter, cubed
1 cup semisweet chocolate chips
1 can (15 ounce) coconut-pecan frosting
1/4 cup milk
Place cake mix in a large bowl; cut inbutter until crumbly. Press 2 1/2 cups into a greased 13 x 9 baking dish. Bake at 350° for 10 minutes; immediately sprinkle with chocolate chips. Drop frosting by tablespoonfuls over the chips. Stir milk into remaining crumb mixture; drop by teaspoonfuls over top. Bake 25 to 30 minutes longer or until bubbly around the edges and top is cracked. Cool on a wire rack. Refrigerate for 4 hours before cutting.



BIRDS EYE VIEW, BRODHEAD, KY.

Blast From The Past!!!

This week's Blast from the Past photographs feature the town of Brodhead. Inset in the picture below is the town's name sake Richard Broadhead. Broadhead was a L&N construction engineer that was in charge of grading and building of the road bed from Stanford to Brodhead. The above picture is a bird's eye view of Brodhead from long ago. The bottom picture is of the original Brodhead School. If you have a Blast From The Past Photograph contact David Owens at 606-256-9870 or scoopowens24@yahoo.com.



FFA Alumni Chili Supper and Auction

The Rockcastle County FFA Alumni Chapter will be holding their annual Chili Supper/Auction on February 11, 2012, in the RCHS Cafeteria. Supper will begin at 5:30 with all you can eat chili, sandwich, dessert and drink. The cost of the meal is \$5.00. Auction will begin at 6:30 p.m.

There will be a wide variety of items to bid on including a pair of University of Kentucky basketball tickets, a signed basketball from the Rockcastle Lady Rockets State Champs, craft

items and much more. All proceeds are used to help send our FFA students to such events as state and national convention, summer camp, Made For Excellence

as well as many other functions they may attend. Also, scholarships will be provided to qualifying graduating seniors who will be going on to further their edu-

cation. Silent bids will be accepted until 6 p.m., the night of the auction. Everyone welcome.

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Bible Talk

Our study this month will be on the topic of judging. What does the Bible say?

Unfair Judging - Matt.7:1 is often quoted to condemn all judging. "Judge not, that ye be not judged." Quite often it is quoted to one who may have spoken against some moral or spiritual error. Thus they are seeking to say that that person is wrong in "judging" the issue at hand. Yet such people are being hypocritical, for they are judging someone for judging. How can you say it's wrong to judge, and then turn around and judge another person? Actually Jesus is warning against unfair and hypocritical judgments, as vs.2-5 goes on to point out. When we are being hypercritical, hypocritical, or judging based on the appearance and not on the facts, these kinds of judgments are wrong. We need to avoid these unfair judgments based on appearances, or being hypocritical.

Righteous Judgment - Now consider also what Jesus said in John 7:24. "Judge not according to the appearance, but judge righteous judgment." So we must conclude that there is a good kind of judging that is to be done. There are at least 3 things involved in making a righteous judgment:

1. It must be in accordance with the word of the Lord.
2. It must be based upon the facts of the situation; not appearances.
3. We must have the right attitude in making the judgment.

Thus when we see some wicked behavior such as stealing, murder, abortion, drunkardness, homosexuality, lying, etc. and we say such is sinful and wrong, we are making a righteous judgment. Or if we speak out against some false doctrine, some human practice that runs contrary to the truth of God's word, we are simply making a righteous judgment. Jesus told the Sadducees, "You are wrong, because you know neither the Scriptures nor the power of God." Matt.22:29. Do you think the Lord violated what he taught in Matt.7:1? "Judge not, that ye be not judged." Of course not! He was making a righteous judgment about the matter. The Sadducees were clearly wrong about the topic of the resurrection and the spirit of man based on what God's word teaches. Jesus knew the facts of the situation. And the Lord had a loving, good spirit in his judgment. All the correct elements went into his making a righteous judgment about the Sadducees and their religious error. Let us be careful students of the word of God, handling aright the word of truth. Let us know if you would like to study further.

We invite you to worship with us at the Providence church of Christ. 758-8524
Sunday 10am Bible Study, Worship 10:40am & 6:00pm; **Wednesday** 7:00pm.

Our Web Site: www.WhatSaithTheScriptures.com

Church Directory

Believers House of Prayer
156 Scenic View Lane
U.S. 25 N, left at 18 mile marker
Renfro Valley, Ky.
Sabbath School Sat. 10-11 a.m.
Morning Worship 11 a.m.
Evening Worship 7 p.m.
Wednesday 7 p.m.
Pastor: Bill Davis
bhoph@ymail.com

Bible Baptist Church
100 Higher Ground (off US 25)
Mount Vernon, Ky.
Church Phone 606-256-5913
e-mail: www.biblebaptist.org
Sunday School 10 a.m.
Sunday Worship/Children's Church 11 a.m.
Sunday Night Worship 6 p.m.
Wednesday Evening 7 p.m.
Video services Tues., Thurs., & Sat. at 11 a.m., 4 p.m. & 9 p.m.
Channel 3 - New Wave
Cable Channel 5 in Berea and Richmond 1 p.m. Wednesdays
Pastor: Don Stayton
Associate Pastor/Youth:
Bro. Jeremy Ellis
Kids for Christ
Children's Ministry:
Bro. Jarrod Amyx
Secretary: Jo Roberts
Music Director: Dan Dull

Blue Springs Church of Christ
7 miles south of Mt. Vernon on Hwy. 1249 (Sand Springs Rd)
Services:
Sundays 10 a.m. & 6 p.m.
Preaching Brethren
Zade McClure, Gary Reppert, Coy Cromer, Marcus Reppert
Contact Info:
Marcus Reppert
104 Byrda Way • Mt. Vernon, Ky. 606-308-2794
marcusreppert24@hotmail.com

Bride of Christ Church
High St. Mt. Vernon
Sunday Services 7 p.m.
Brodhead Baptist Church
Corner of Silver & Maple St.
Brodhead, Ky. 40409
606-758-8316
Sunday Bible Study 10 a.m.
Sunday Worship 11 a.m. & 7 p.m.
(Nursery Provided)
Sunday Youth Bible Study 5 p.m.
Wednesday Adult & Youth Worship/Bible Study 7 p.m.
Children's Programs:
RAs & GAs
Mission Friends and Creative Ministry
Ralph Baker, Pastor

Brodhead Christian Church
237 W. Main St. Brodhead
606-758-8721
Sunday School 10 a.m.
Sunday Worship 11 a.m. & 6 p.m.
Wednesday Bible Study 7 p.m.
Tracy Valentine, Preacher
606-758-8662
Cell 606-305-8980

Brodhead Church of God
Hwy. 3245 • Brodhead
758-8216
Sunday School 10 a.m.
Sunday Worship 11 a.m.
Sunday Evening 6 p.m.
Wednesday evening 7 p.m.
Terry Orcutt, Pastor

Brush Creek Holiness Church
Sunday School 10 a.m.
Sunday Worship 11 a.m.
Sunday Evening 7 p.m.
Tuesday Prayer Meeting 7 p.m.
Special Service 1st Sunday or each month at 11 a.m.
Lonnie Reese McGuire, Pastor
606-256-4988

Buffalo Baptist Church
Located 15 miles south of Mt. Vernon on Hwy. 1249 (Sand Springs Rd.)
606-256-4988
Sunday School 10 a.m.
Sunday Worship 11:15 a.m.
Sunday Evening Service 6 p.m.
Tim Owens, Pastor

Calloway Baptist Church
76 Calloway Branch Rd.
(Off US 25) • Calloway
Sunday School 10 a.m.
Sunday Worship 11 a.m.
Sunday Evening 6 p.m.
Wednesday Evening 7 p.m.
Contact Jerry Jones 453-3791

Central Baptist Church
86 Maintenance Rd.
Mt. Vernon, KY 40456
606-256-2988
centralbaptistky.org
Pastor: Mark Eaton
Home of "Central Baptist Christian Academy"
K-12 Private School
"Central Time" Radio Broadcast
WRVK 1460AM
Monday-Friday 11:15 a.m.
Sunday School 10 a.m.
Sunday Morning and Children's Church 11 a.m.
Sunday Evening 6 p.m.
Wednesday Bible Study, Prayer Meeting and "Patch the Pirate Club" 7 p.m.
Transportation and Nursery provided for all services
Mark Eaton, Pastor

Church of Christ at Chestnut Ridge
2 miles south of Mt. Vernon
Turn left off US Hwy 25
Sundays 10:00 a.m.
Wednesdays 7:30 p.m.
Bro. Ova Baker
Bro. Dale McNew
Bro. Philip Scott

Church of Christ on Fairground Hill
Sunday Worship 10 a.m.
Different speaker each Sunday

Climax Christian Church
Hwy. 1912
308-2806 - 256-4138 - 256-5977
Sunday School 10 a.m.
Sunday Worship 11 a.m.
Wade Johnson, Minister

Climax Holiness Church
Sunday Night Worship 6 p.m.
Thursday Nights 7 p.m.
3rd Sat. of every month at 7 p.m.

Conway Missionary Baptist
U.S. 25 between Mount Vernon and Berea
Sunday School 10 a.m.
Sunday Morning Worship 11 a.m.
Sunday Evening Worship 6 p.m.
Wed. Prayer Service and

Bible Study 7 p.m.
Youth Meetings: Sunday 5 p.m. Wednesday 7 p.m.
Bobby Turner, Pastor
606-758-4007

Cornerstone Fellowship
50 Lovell Ct. - Mt. Vernon
Sunday School 10 a.m.
Sunday Worship 11 a.m.
Sunday Evening Service 6 p.m.
Wednesday Service 7 p.m.
Terry Fletcher, Pastor
606-256-1645

Crossroads Assembly of God
Hwy. 150 • Brodhead
Bro. Steven Vanhook, Pastor
Sunday School 10 a.m.
Sunday Worship 11 a.m.
Sunday Evening Worship 6:00 p.m.
Wednesday Night 7 p.m.

Dixie Park Cornerstone
700 N. Powell St. Berea, Ky.
859-623-8292 • 859-985-2484
Sunday School 10 a.m.
Sunday Worship 11 a.m.
Sunday Evening Service 6 p.m.
Wednesday Service 7 p.m.
Gene Smith, Pastor

Fairview Baptist Church
520 Fairview Loop Road
Mount Vernon, Ky.
Sunday Services Sunday School 9:45 a.m. Sunday Worship 11 a.m. Children's Choir 6 p.m. Sunday Evening Service 7 p.m. Sunday Adult Choir 8 p.m. Wednesday Services Creative Ministry 6 p.m. Bible Study 7 p.m. Youth Ministry QUEST 7 p.m. RAs and GAs 7 p.m. Mission Friends 6 p.m. Vaughn Raser, Pastor 606-256-3722
email: fairviewbapt@aol.com

Faith Chapel Pentecostal
S. Wilderness Road
Mount Vernon, Ky.
Sunday School 10 a.m.
Sunday Evening Service 7 p.m.
Wednesday Service 7 p.m.
Saturday Service 7 p.m.
Jack Carpenter, Pastor

First Baptist Church
340 West Main Street
Mt. Vernon, Ky. 606-256-2922
Bro. Eddie Nation, Pastor
website: www.fbcmvky.org
email: fbcmtvernon@newwave.net
Sunday Services: 8:30 a.m., 10:45 a.m. and 7 p.m.
Wednesdays: AWANA and Adult Bible Study 6:30 p.m.
Live Broadcast WRVK 1460AM
Sundays at 11 a.m.
Broadcast on New Wave Cable Channel 3 Tues., Thurs. & Sunday at 10 a.m., 3 p.m. & 8 p.m.

First Christian Church
West Main St. Mt. Vernon
606-256-2876
Bro. Bruce Ross, Pastor
Sunday School: 10 a.m.
Sunday Worship 11 a.m. & 6 p.m.
Wednesday Bible Study 7 p.m.

Flat Rock Missionary Baptist
504 Maple Grove Rd. Hwy. 1004
Orlando, Ky. • 859-925-4048
Sunday School 10 a.m.
Fellowship Hour 11 a.m.
Sunday Evening Service 7 p.m.
Wednesday Bible Study 7 p.m.
Thursday Night Visiting 7 p.m.
Contact: Doris Brown
606-256-0188
burtonpromos@prodigy.net

Freedom Baptist Church
Freedom School Rd.
Mt. Vernon
Sunday School 9:45 a.m.
Sunday Worship 11 a.m.
Discipleship Training 6 p.m.
Sunday Evening Worship 7 p.m.
Wednesday Evening Prayer Meeting & Youth/Children Classes 7 p.m.
www.freedomshc.com
email:
pastor@freedomshc.com
Pastor: David Sargent
606-256-2968

God's Church of Zion
35 McFerron St.
Mt. Vernon, KY
Wed. Night 7 p.m.
Sunday School 2 p.m.
Sunday Worship 3 p.m.

Pastor: Fred Hecker Hickory Grove Pentecostal Church
Hwy. 1505 (6 miles from Brodhead)
Brodhead, Ky.
Randal Adams, Pastor
Youth Pastor, Scott Adams
Sunday School 10 a.m.
Sunday Worship 11 a.m.
Sun. & Wed. Evening 7 p.m.

Lighthouse Assembly of God
Hwy. 1004 • Orlando, Ky.
Tim Hampton, Pastor
606-256-4884 • 606308-2342
Sunday School 10 a.m.
Sunday Morning Worship 11 a.m.
Sunday Evening 6 p.m.
Tues. Night Intercessory Prayer 7 p.m.
Wednesday Night Bible Study 7 p.m.

Little Country Church
Jarber Rd.
Turn left off Rev. Green Loop onto Jarber Rd.
Jack Weaver, Pastor
Sunday 6 p.m.
Wednesday 7 p.m.

Livingston Baptist
Sunday School 10 a.m.
Adult & Youth Classes Available
Worship Service 11 a.m.
Wed. Bible Study & Meeting 7 p.m.

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

Livingston Christian Church
Sunday School 10 a.m.
Sunday Worship 11 a.m.
Arthur Hunt, Minister

Livingston Pentecostal Holiness Church
Sunday School 10 a.m.
Sunday Worship 11 a.m.
Sunday Evening Service 6 p.m.
Wednesday Service 7 p.m.
Jim Miller, Pastor
606-256-1709

Macedonia Baptist
Scaffold Cane Road
Mount Vernon, Ky.
Bro. John Brown, Pastor
Sunday Morning Worship 11 a.m.
Sunday Evening 6 p.m.

Maple Grove Baptist
Hwy. 1004 (Big Cave Road)
Orlando, Ky. • 606-256-1873
Bro. Jerry Owens, Pastor
Home Phone 606-256-3075
Sunday School 10 a.m.
Sunday Morning Worship 11 a.m.
WRVK Broadcast 2 p.m.
Sunday Evening 6 p.m.
Wednesday Evening 7 p.m.

Maretburg Baptist Church
2617 New Brodhead Rd.
Mt. Vernon, KY 40456
Wayne Harding, Pastor
Phone: 256-8844
Sunday School 10 a.m.
Sun. Morning Worship 11 a.m.
Sun. Discipleship Training/ Sunday Youth Missions 6 p.m.
Sunday Evening Worship 7 p.m.
www.maretburgbaptist.org
maretburgchurch@yahoo.com

McNew Chapel Baptist
Sunday School 10 a.m.
Sunday Worship 11 a.m.
Sunday Evening Service 6 p.m.
Wednesday Service 7 p.m.
Jerry Ballinger, Pastor
Mt. Vernon Church of God
1025 W Main St.
Mount Vernon, Ky.
Sunday School 10 a.m.
Sunday Worship 11 a.m.
Sunday Evening Service 6 p.m.
Wednesday Service 7 p.m.
Bobby Owens, Pastor
859-986-1317

Mt. Vernon Church of the Nazarene
40 Fair Street • Mt. Vernon
Sunday School 10 a.m.
Sunday Worship 11 a.m.
Sunday Evening 6 p.m.
Stacy Smith, Pastor

Mt. Zion Baptist Church
859-200-5640
Sunday School 10 a.m.
Sunday Worship 11 a.m.
Sunday Evening 6 p.m.
Wednesday Evening 7 p.m.
Josh Chasteen, Pastor

New Hope Baptist Church
Jct. 1797 New Hope Tower Rd.
Orlando

Sunday School 10 a.m.
Sunday Worship 11 a.m.
Sunday Evening 6 p.m.
Wednesday Evening 7 p.m.
Bro. David Carpenter, Pastor

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

Sunday
Sunday School 10 a.m.
Morning Worship 11 a.m.
Children's Church 11 a.m.
Hispanic Services 6 p.m.
Evening Worship 6 p.m.

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

Ottawa Baptist Church
1074 Ottawa Rd. • Brodhead
Sunday School 10 a.m.
Sunday Worship 11 a.m.
Children's Church 11 a.m.
Sunday Discipleship Training/Youth Mission Groups 6 p.m.
Wednesday Services Youth Choir 6 p.m.
Children's & Youth Bible Study 6:45 p.m. • Service 7 p.m.
Jim Craig, Pastor • 758-8453
ottawabaptist@windstream.net

Our Lady of Mt. Vernon Catholic Church
515 Williams St (across from MVES)
Mount Vernon, Ky.
606-256-4170
Mass Times:
Tuesdays at 5 p.m.
Sabbath Mass: Sat., 5 p.m.
Holy Days 5 p.m.

Fr. Frank Brawner, Pastor
Sister Joyce Moeller,
Pastoral Associate

Philadelphia United Baptist
834 Bryant Ridge Rd. Brodhead
Sunday School 10 a.m.
Sunday Evening Service 6 p.m.
Wednesday Service 7 p.m.
Saturday Service 7 p.m.
Gordon Mink, Pastor
606-256-9724

Pine Hill Holiness
5216 S. Wilderness Rd.
Mt. Vernon, Ky. 40456
Allen Hensley, Pastor
453-4801
www.pinehillholinesschurch.com
email: pinehillhc@aol.com
Sunday School 10 a.m.
Sun. Evening Worship 7 p.m.
Thursday Night Worship 7:30 p.m.
Sat. Night Worship 7:30 p.m.
WRVK (1460 AM) Broadcast
Noon Sundays

Pine Hill Missionary Baptist Church
81 Limeplant Hollow Road
Mt. Vernon, Ky. 40456
Bro. Clyde Miller, Pastor
859-986-1579
Sunday School 10 a.m.
Sunday Worship 11 a.m.
Discipleship Training 5:30 p.m.
Sunday Evening Worship 6:00 p.m.
Wednesday Prayer Meeting & Youth Service at 7:00 p.m.
Prayer Partners Ladies Meeting monthly every 2nd Tues. at 6:30 p.m.

Pleasant Run Missionary
Sunday School 10 a.m.

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

Bro. Gary Bowling, Pastor
Poplar Grove Baptist
145 Richlands Rd. • Brodhead
Sunday School 10 a.m.
Sunday Worship 11 a.m.
Sunday Evening 7 p.m.
Wednesday Evening 7 p.m.

Providence church of Christ
1 mile off Hwy. 70 on Hwy. 618
Dan McKibben, Minister
758-8524 or 758-9316
Sunday Bible Study 10 a.m.
Sunday Morning Worship 10:30 a.m.
Sunday Evening 6 p.m.
Wednesday Bible Study 7 p.m.
email:
dan.mckibben@juno.com
www.WhatSaiithTheScriptures.com

Rockstone Baptist
Rick Reynolds, Pastor
606-758-8095
Sunday School 10 a.m.
Sunday Worship 11:00 a.m.
Sunday Night 6:00 p.m.
Wednesday Night 7 p.m.

Sand Hill Baptist Church
Sand Hill Rd.
Sunday School 10 a.m.
Sunday Worship 11:00 a.m.
Sunday Night 5:00 p.m.
Thursday Night 6 p.m.
Pastor Tommy Miller

Sand Springs Baptist
Directions: Take Hwy 1249, go exactly 5 miles, church on right
Sunday School 10 a.m.
Sunday Worship 11 a.m.
Sunday Evening 6 p.m.
Wednesday Evening 7 p.m.

Scaffold Cane Baptist
Chris Cobb, Pastor
Sunday School 10 a.m.
Sunday Worship 11:00 a.m.
Sunday Night 6:00 p.m.
Wednesday Night 7 p.m.

Trinity Holiness Church
537 Trinity Ln. • Mt. Vernon
Youth Pastor: Dwayne Hutton
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Posted

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. Violators will be prosecuted. (1/3/13)

Posted: The farm of Judy and Bradley Asher, located at 418 Doc Adams Road. No hunting or fishing. Violators will be prosecuted. 8x1

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

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Miscellaneous For Sale

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

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Notices

Notice: I, Shannon Joe Mink of Brodhead, will not be responsible for debts made by anyone other than myself. 8x2p

Notice: Any possessions of Holly Horney or Jordan Taylor, located at 1198 Brindle Ridge Road, Brodhead, Ky., must be picked up before Feb. 9, 2012 or it will be disposed of. 8x2p

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Notice is hereby given that Betty C. Miller, 92 Green Acres Lane, Mt. Vernon, Ky. 40456 has been appointed executrix of the estate of Edna M Miller on the 23rd day of January, 2012. Any person having claims against said estate shall present them, according to law, to the said Betty C. Miller or to Hon. John D. Ford, 45 East Main St., P.O. Box 247, Mt. Vernon, Ky. 40456 on or before July 23, 2012 at 11 a.m. 8x3

Notice is given that Leon Frith has filed A Final Settlement of his accounts as executor of the estate of Wickliffe Curtis Frith, deceased. A hearing on said settlement will be held February 27, 2012. Any exceptions to said settlement must be filed before said date. 8x1

Notice is hereby given that Brenda Sue McKinney, 157 Club View Dr., Mt. Vernon, Ky. 40456 ha been appointed executrix of the estate of Jackie McKinney on

the 9th day of January, 2012. Any person having claims against said estate shall present them to Brenda Sue McKinney or to Hon. John D. Ford, 45 East Main St., P.O. Box 247, Mt. Vernon, Ky. 40456 on or before July 9, 2012 at 11 a.m. 6x3

Notice is hereby given that Shannon McFerron, 268 Sowder School Road, Mt. Vernon, Ky. 40456 and Dean McClure, 2397 Sand Springs Road, Mt. Vernon, Ky. 40456 have been appointed co-executors of the estate of Joyce McFerron on the 4th day of January, 2012. Any person having claims against said estate shall present them, according to law, to the said Shannon McFerron and Dean McClure or to Hon. William D. Reynolds, P.O Box 1250, 140 West Main St., Mt. Vernon, Ky. 40456 on or before July 9, 2011 at 11 a.m. 7x3

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Public Hearing

Cumberland Valley District residents will have the opportunity to express their views regarding services for the elderly which are proposed for funding during 2012-2013. Participation is sought from the following elderly groups: minority, rural, low income and disabled. Caregivers of elderly and disabled individuals and grandparents raising grandchildren are encouraged to attend. The Area Plan for Services will be presented and reviewed on Monday, February 13, 2012 at 12:00 at the Cumberland Valley ADD office at 342 Old Whitley Road in London. This public hearing is sponsored by the Cumberland Valley Area Agency on Aging, the agency responsible for the planning and development of services for the elderly within the Cumberland Valley District. For more information, please contact Karen Carter, Area Agency on Aging Director, Cumberland Valley Area Development District, PO Box 1740, London, KY 40743-1740 or 606-864-7391.

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E. Carpet fibers are then groomed to fluff up worn walk areas to
give a uniform look to the carpet.
The results: Removes over 90% of carpet soil. Rejuvenates and
brightens colors and patterns of carpets. Drying times is less than 2
hours. Floor pads remain dry-Fabric Softener makes carpets soft
again-Promoting the life of the carpet.

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BAC members pictured are: Junior Bishop, Jenny Bray, Charles Bullen, Bryan Bussell, Mayor Walter Cash, David Collins, Corey Craig, David Dickerson, John Dyehouse, Amy Gilleand, Caroline Graves, Mark Hopkins, Bob Howard, Danny McKinney, Marvin Owens, Kay Shelton, Jerry Smith and Steve Taylor. Not pictured: Becky Bussell, Rachel Martin, Charlie Napier, and Howard Saylor.

“BAC”

(Cont. from pg. B1)

on individual committee meetings will be available in the future. Those interested in joining this initiative are welcome to attend and should contact Holly Hopkins at 606-256-0445 prior to the next meeting.

“Events”

(Cont. from pg. B1)

Attendees must register by February 10 (for the lunch event on Feb. 15) or by February 17 (for the dinner event on Feb. 23) by calling Arielle Reese at 256-7880 or email a.reese@rhrc.org.

Women will also have the opportunity to participate in health screenings and visit educational booths. Keynote speakers will include a panel of experts with Tammy Brock, RN; Emily Valentine, PT, and Lindsay Gabbard, RD. Patti Halcomb, RN, will present on recognizing the signs of a heart attack in women. Entertainment will be provided during the meal. There will be door prizes and gifts for those women in attendance.

Event coordinator and Community Relations Director Arielle Reese says this event provides a unique opportunity for women to focus on critical areas of their health. “Women often forget about taking care themselves, while their attention is focused on taking care of the family,” said Reese. “We invite all women to join us and recognize American Heart Month.”

For more information or to sign up for one of the events, contact Reese at 256-7880 or visit www.rockcastleregional.org.

“Grant”

(Cont. from pg. B1)

must complete an application and have trails in place for visitors that begin and end in town.

Rockcastle County and the City of Livingston are presently working on a connector trail that will safely lead visitors out of the city towards Ten Foot Hole and Piney Branch Trails.

Livingston is already known to cyclists for its scenic road trail to McKee.

The Livingston Revitalization Committee started two years ago with a town beautification program. Those improvements along with the natural beauty of the area gave the city the opportunity to participate in the Trail Town program. The committee is now focusing on developing infrastructure that will support this opportunity.

Another trail that exists but has not been marketed locally is the Sheltoewe Trace. Livingston intends to offer a 24 mile mountain bike trail for the serious rider or a 7-10 mile section for the less experienced riders. A brochure featuring several options to experience this trail will be completed soon.

This opportunity could offer many economic opportunities for local or county residents. It is up to the city and county to create the trails; however, Trail Town designation will bring signage and marketing by the State Tourism Department.

Close proximity to I-75 and proper signage could bring many visitors to the area for weekend outdoor activities such as hiking, mountain bike riding, road bike riding, canoeing, and horseback riding.

We are looking for property owners in the area that would consider opening private property to help create connector trails to Daniel Boone Forest land, development primitive campgrounds and other activities that add to Adventure Tourism.

Anyone interested in becoming involved should contact Mayor J.C. Griffin at 606-453-206 or Lynn Tatum, Rockcastle County Development board at 606-256-8007.

“PRIDE”

(Cont. from pg. B1)

miles, filling 44 trash bags.

“Your community showed great initiative and commitment to the environment, and we appreciate you,” said Mark Davis of PRIDE, which is a nonprofit organization that promotes environmental cleanup and education in 38 counties of southern and eastern Ken-

tucky.

“We’re grateful to the volunteers who picked up litter,” Davis said. “We also thank Judge Carloftis, Mayor Bryant, the magistrates and council members, as well as Solid Waste Coordinator James Renner, for their leadership.”

“April will be PRIDE Spring Cleanup Month, and I invite you all to keep up the good work by joining in that region-wide campaign,” Davis added.

During the Spring Cleanup, communities across the region will recruit volunteers to pick up roadside litter. PRIDE will provide free T-shirts, trash bags and gloves for the volunteers, as well as funding for local governments to dispose of litter, remove dumps and offer free trash drop-off events.

To volunteer for the Spring Cleanup, please contact your local PRIDE Coordinator. In Rockcastle County, please call James Renner at 256-1902. In Mt. Vernon, please call Jill Medley at 256-3437. Livingston residents can call Mayor J.C. Griffin at 453-2061.

The PRIDE web site is www.kypride.org.

“Theatre”

(Cont. from pg. B1)

right, before the old Livingston School, if coming on US 25 South from Mt. Vernon.)

The group is currently rehearsing their first production, Behind the Scenes in Old Hollywood. The play is an original comedy, which takes a hilarious fictional look at film making in the 1940s. The making of the 1948 Warner Brothers motion picture Two Guys From Texas, starring Dennis Morgan and Jack Carson, loosely inspired the play. However, Behind the Scenes In Old Hollywood has its own original, fictional plot and storylines. Jason Bradley Proctor wrote the play in collaboration with the entire Creative Minds Theatre cast. It is being produced and directed by Glenna Robinson.

Proctor said recently, “I had often thought a community theatre group would be a valuable addition to this region. I was well aware of

Glenna’s years of experience with arts and entertainment, and her special gift for organizing community members for creative, innovative projects. That was why I first approached her with the idea for a community theatre last fall. I think the magic and nostalgia of the Old Hollywood era is something a lot of people are interested in today. This is going to be a very funny show, and it will be an honor for me to portray my favorite actor, the late Jack Carson.”

Proctor and Robinson have worked since late last year to get this project underway. The Creative Minds Theatre cast and crew includes 22 people from several different communities around this region.

Robinson said recently, “This is something that will enhance our communities, by giving people the opportunity to see a different type of local entertainment. This will be good, clean, wholesome entertainment that all ages can enjoy.”

Our group includes people that have shown a great interest in being a part of the community.” In addition to directing and producing, Robinson is also playing the character “Gypsy Momma” in the show.

The first performance of Behind the Scenes in Old Hollywood will be for a “Valentine’s Reserve” event. For one night only, on Saturday, February 18, this event will include at no additional charge a ranch-style meal catered in the theatre by Lil’s Restaurant. Seating for dinner will be at 6:00 PM. Seating for the play will start at 6:30 PM, and the play will begin at 7:30 PM.

Then, on Saturday, February 25 and Saturday, March 3, there will be two additional performances of the play only (without a meal). On both of these nights, seating for the play will start at 6:30 PM, and the play will begin at 7:30 PM. Should one of the performances have to be rescheduled due to inclement weather, a make-up performance would be scheduled for Saturday, March 10.

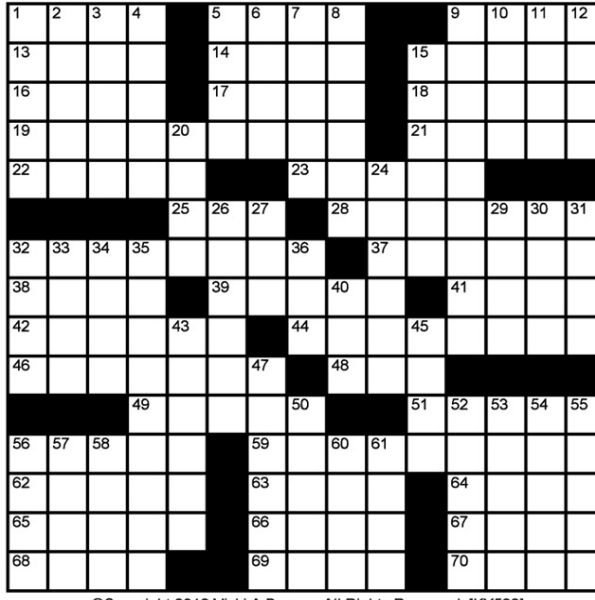
Admission for all performances of Behind the Scenes in Old Hollywood will be as follows: \$5.00 per person or \$8.00 per couple. Admission for children age 12 and under is \$3.00 and child must be accompanied by a paying adult age 18 or older. Admission for children age five and under is free and child must be accompanied by a paying adult age 18 or older.

Please note: A brief intermission will be taken during the play. No smoking will be permitted inside the building during the play, however, an outside area will be designated for smoking during intermission.

For reservations, please call 606-453-3646. Leave a message and someone will get back to you as soon as possible.

The theatre also has a page on facebook.com - just search for Creative Minds Theatre.

Kentucky Crossword # 522



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- | | | |
|---|---|---|
| ACROSS | lake | 30. Pinocchio, at times |
| 1. Flat-bottomed boat | 62. "Stars and Stripes Forever" composer | 31. Of the Ulmus genus |
| 5. "___ does it!" | 63. Icelandic epic | 32. Plummet |
| 9. Rewards for waiting | 64. Nothing doing? | 33. Hip bones |
| 13. Unit of pressure | 65. Writer Chekhov | 34. Lightly burn |
| 14. Shakespearean verb | 66. Singer Redbone | 35. Western Kentucky city on the Ohio River |
| 15. Eagle's nest | 67. Webmaster's creation | 36. Former Lexington mayor, Miller |
| 16. Toledo's lake | 68. V.I.P.'s opposite | 40. TV monitor? |
| 17. Winglike | 69. Hot under the collar | 43. Kentuckian Noel F. Parrish, for one |
| 18. Constrictor, for one | 70. "And ___ thou slain the Jabberwock?" | 45. Simple computer architecture: Abbr. |
| 19. Kentucky river city once called Limestone | | 47. Cowboy wheels |
| 21. Kentucky's first US District Judge | DOWN | 50. Where to get a fast buck? |
| 22. List of candidates | 1. Flower holders? | 52. March marchers |
| 23. Coffee order | 2. Reef material | 53. TV, radio, etc. |
| 25. UK's NCAA conference | 3. Orissa resident, maybe | 54. Cheesy sandwiches |
| 28. Prickly weed | 4. Usurp | 55. Shooting sport |
| 32. Impoundment on Levisa Fork River forms this Kentucky lake | 5. Ethnic cuisine | 56. "By yesterday!" |
| | 6. Former UK coach Joe B. | 57. Isolated, or a Lee Co. community |
| | 7. To any degree | 58. One for the road |
| | 8. Warning | 60. Skunk's defense |
| | 9. Largest (river) tributary of the Ohio | 61. Niels Bohr, e.g. |
| | 10. Persia, today | |
| | 11. County of both Tug Fork River and Levisa Fork River | |
| | 12. Understands | |
| | 15. "No warranty" | |
| | 20. Sleeveless garment | |
| | 24. Type of house roof | |
| | 26. Desk item | |
| | 27. Subway alternative | |
| | 29. Animal or plant group | |



Rockcastle Community Bulletin Board

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Bookmobile Schedule
Mon., Feb. 6th: Calloway, Red Hill, Livingston, Lamero, Pine Hill. Tues., Feb. 7th: Maple Grove, Orlando and Climax.

Garden Club Tour
The Mt. Vernon Garden Club is planning a bus tour to Charleston, SC April 16-20th. Cost is \$589 per person double occupancy and registration deadline is February 15th. The tour will leave from Mt. Vernon. Come and enjoy the fun! For more details, call Paul or Chrlene Dailey (606) 256-3815.

Project Graduation Meetings
Project Graduation meetings will be held every Thursday at 6 p.m. at the high school cafeteria.

Valentine's Day Ball
Join Berea Parks and Recreation on Fri., Feb. 10th from 7 to 9 p.m. for our annual Valentine's Day Ball for individuals with special needs, at the Russel Acton Folk Center. This event is free and semi-formal attire is required. There will be snacks and a DJ. All abilities and siblings welcome. For more info, call 859-986-9402.

Movin' Mondays at Silver Creek
Movin' Mondays is "movin'" to Silver Creek for the month of February from 2:10-3:10 p.m. Berea Parks and Recreation will provide after school activities for grades 3rd-5th for FREE every Monday in February. Call 859-9876-9402 for more info.

Toddler Tuesday Program
Berea Parks & Recreation is conducting a Toddler Tuesday program every Tuesday in February. There will be themed activities and free time each week at the Russell Acton Folk Center from 10 a.m. to noon for ages 0-4. Call 859-986-9402 for more info.

Group Fitness Classes
February is Heart Disease month! Keep your heart healthy by jumping in with Berea Parks & Recreation for their Group Fitness Classes at the Russel Acton Folk center Monday-Thursday evenings at 5:45. Cardio Tone, Zumba, Cardio Body Pump, Turbo Melt or Indoor Cycling will be available. Call 986-9402 for more info.

VFW News
VFW Post 5908 is open Sunday thru Tuesday and Friday and Saturday from 5 to 7 p.m. (closed Wednesday and Thursday) for members, their guests and all other military members who would like to come and visit. The monthly meeting is every 4th Thursday at 7 p.m.

Kiwanis Club Meetings
The Rockcastle Kiwanis Club meets every Thursday at noon at Smokehouse Restaurant in Renfro Valley. Everyone welcome.

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

Historical Society Hours
The Rockcastle Historical Society is open on Mondays from 10 a.m. to 2 p.m. in the RTEC garage building.

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

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

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HEALTH *signal*

ROCKCASTLE
REGIONAL
HOSPITAL & RESPIRATORY CARE CENTER
Breathing *Life* Into healthcare

February 2012

Vol. 8 • Issue 1



Heart Smart

*Emergency Department nurses
Renee Miller, Pat Halcomb
and Rita Mullins promote
heart health and encourage
women to be heart smart.*



ROCKCASTLE REGIONAL HOSPITAL ■ RESPIRATORY CARE CENTER

About Us

Rockcastle Regional Hospital and Respiratory Care Center is a not-for-profit community health-care system that operates emergency, inpatient and outpatient acute care programs, a long-term care program for patients dependent upon mechanical ventilation, and a state-of-the-art medical office complex. Established in 1956, Rockcastle Regional is accredited by The Joint Commission and CAP 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.

Referral Contact

Carolyn Browning (606) 256-7757

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 Hospital Association
Kentucky Medical Association
National Patient Safety Foundation
UK HealthCare Network Affiliate—Markey Cancer Center
UK HealthCare Network Affiliate—Comprehensive Stroke Program
UK HealthCare Partnership—Gill Heart Institute
UK HealthCare Partnership—Kentucky Neuroscience Institute

Speakers Bureau

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

Leadership

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

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

Debra H. Lambert
Jeffrey T. Burdette

Executive Management

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

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

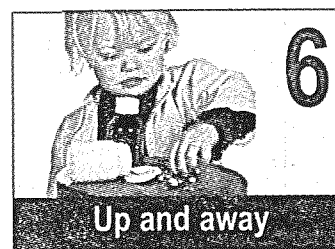
Health Signal is produced by the Community Relations Department of Rockcastle Regional Hospital and Respiratory Care Center.

Arielle Reese, Director
Susan Brown, Page Design

FEATURES



HIGH-TECH THERAPY



Up and away

4 UK opening hybrid operating room

8-9 Promoting wellness



Leaders in innovation

11 Walking to Bethlehem

12 Official sponsor of clean hands

February is American Heart Month

Signs, symptoms and risks

In the United States, the most common type of heart disease is coronary artery disease (CAD), which can lead to heart attack. You can greatly reduce your risk for CAD through lifestyle changes and, in some cases, medication.

Coronary artery disease can cause a heart attack. If you have a heart attack, you are more likely to survive if you know the signs and symptoms, call 9-1-1 right away, and get to a hospital quickly. People who have had a heart attack can also reduce the risk of future heart attacks or strokes by making lifestyle changes and taking medication.

Heart attack

A heart attack, also called a myocardial infarction, occurs when a section of the heart muscle dies or gets damaged because of reduced blood supply.

Coronary Artery

Disease (CAD) is the main cause of heart attack. A less common cause is a severe spasm of a coronary artery, which also can prevent blood supply from reaching the heart.

It is important to seek treatment for a heart attack immediately. Otherwise, further damage to the heart muscle can occur and an

irregular heart rhythm may develop.

Sudden cardiac arrest—the stopping of the heart—occurs when the heart stops completely. Unless treated, a person whose heart has stopped will die within minutes.

Treatment

People who experience a heart attack need emergency care such as cardiopulmonary resuscitation (CPR) or electrical shock (defibrillation). That's why you need to act quickly

once you notice the signs and symptoms of heart attack.

If you think you or someone you know is having a heart attack, call 9-1-1 immediately. Bystanders who have been trained to perform CPR or use a defibrillator may be able to help the victim until emergency medical personnel arrive. At the hospital, doctors can perform tests to determine whether a heart attack

is occurring and decide on the best treatment.

Remember, the chances of surviving a heart attack are greater when emergency treatment begins quickly.

Life after a heart attack

If you've had a heart attack, your heart

may still be damaged. This could affect your heart's rhythm, pumping action, and blood circulation. You may also be at risk for another heart attack or conditions such as stroke, kidney disorders, and peripheral arterial disease. But, there are steps you can take to lower your chances of having future health problems.

Your doctor may recommend cardiac rehabilitation, which is a program that can help you make lifestyle changes to improve your heart health and quality of life. These changes may include taking medication, changing what

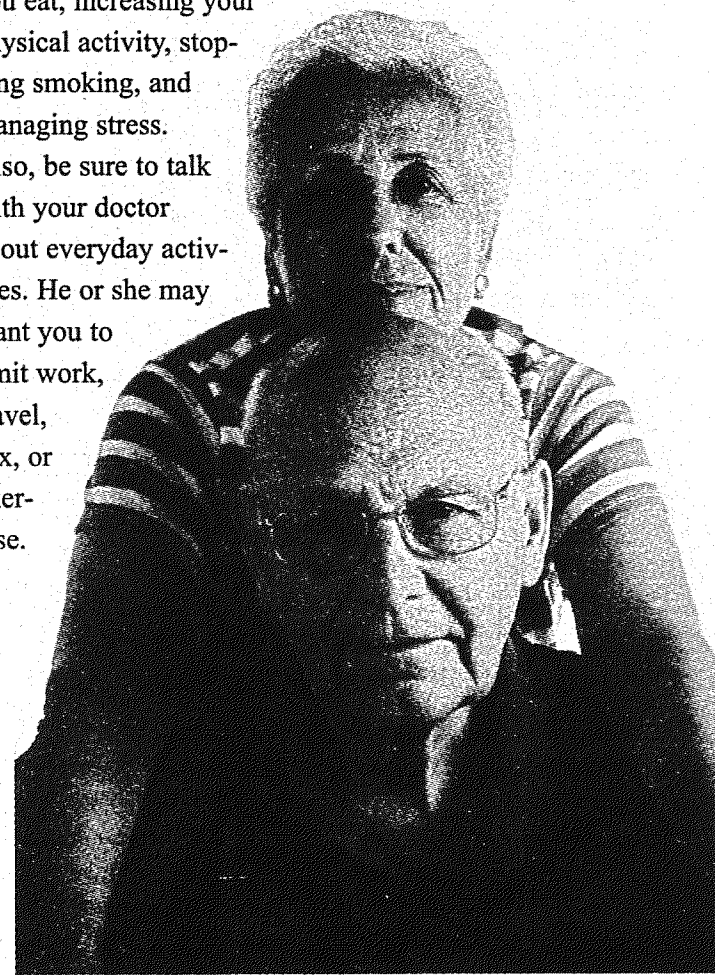
you eat, increasing your physical activity, stopping smoking, and managing stress. Also, be sure to talk with your doctor about everyday activities. He or she may want you to limit work, travel, sex, or exercise.

Know the signs and symptoms of a heart attack

The five major symptoms of a heart attack are:

- ♥ Pain or discomfort in the jaw, neck, or back.
- ♥ Feeling weak, light-headed, or faint.
- ♥ Chest pain or discomfort.
- ♥ Pain or discomfort in arms or shoulder.
- ♥ Shortness of breath.

If you think that you or someone you know is having a heart attack, you should call 9-1-1 immediately.



[UK CONNECTIONS]

Region's First Robotic Hybrid Operating Room to Open at UK Chandler Hospital

The University of Kentucky will open one of the country's largest hybrid operating rooms—the first of its kind in the region—as well as eight new, state-of-the-art, multi-purpose operating rooms, in the next few weeks, as the most recent phase of construction and expansion at the UK Albert B. Chandler Hospital is completed.

The latest phase completed includes the unique hybrid operating room which combines the most advanced and high-quality imaging technology with surgical operative capabilities to create a unique operating room environment as well as: 42 bed pre-operative and post anesthesia care unit (PACU), surgical pathology area, family waiting area, anesthesia workspace and offices, staff lounges and conference room, and Central Sterile Supply.

“The opening of the hybrid operating room and the addition of these new modern traditional operating rooms as well as the support areas including the new Central Sterile Supply and pre- and post-operative care unit, is another milestone in providing world-class facilities with cutting edge technology right here in the Bluegrass for our patients,” said Dr. Michael Karpf, UK executive vice president for health affairs. “When a patient and their family thinks about where they can go to get the best advanced specialty care, we want them to feel confident that they won't have to travel far from their home.”

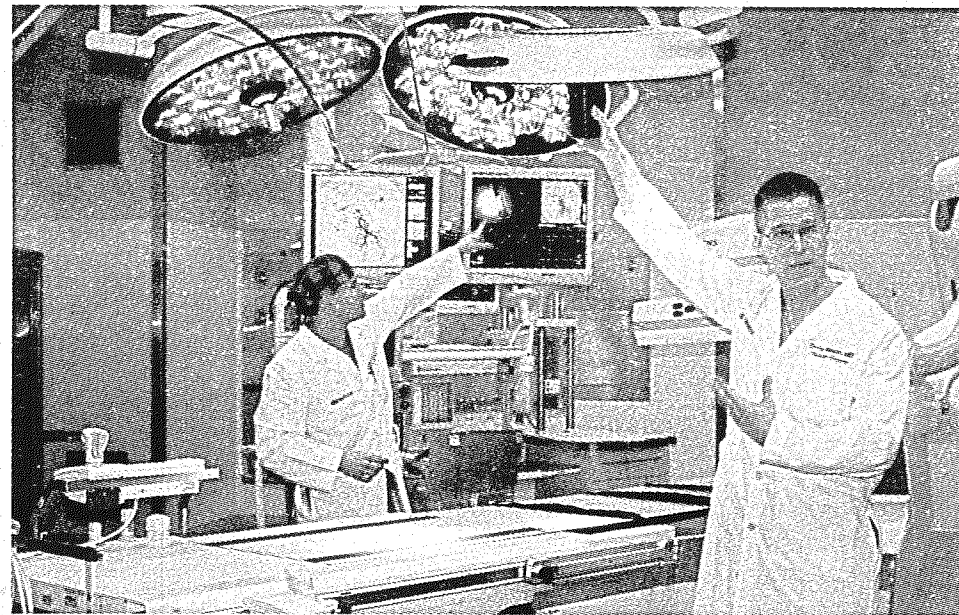
Advantages to a hybrid operating room include greater accuracy of surgical procedures, reduced recovery time, reduced risk of postoperative complications and need for treatments in the hospital's intensive care unit, said Dr. Joseph “Jay” Zwischenberger, surgeon-in-chief for UK

HealthCare.

“Cardiothoracic and vascular surgeries will be the predominant surgical procedures performed in the hybrid OR and will allow us to more efficiently use hospital resources and medical staff while providing a higher quality of care,” Zwischenberger said.

The hybrid OR combines state-of-the-art imaging capabilities with the ability to perform surgical procedures in one operating room. Industrial robotic technology is utilized with an imaging system that can be controlled at the OR table, allowing for the whole patient to be easily imaged in a manner not available elsewhere in the Bluegrass. The functionality and flexibility of the robotic arm lets it move to almost any position around the patient, allowing the surgeon to see internal organs from various perspectives with access to more anatomical details, including the most minuscule blood vessels. By having complete information to determine a precise diagnosis, surgical planning can be more specific and treatment more targeted. Having the technology at their fingertips enables surgeons to go directly from diagnosis to surgical remedy.

In addition to the hybrid operating room, eight new traditional operating rooms have been completed and also will begin to be utilized by the UK HealthCare medical team in the next few weeks. The new ORs are designed to support any type of operating procedure—including the most complex trauma and neurological surgical cases—and are flexible and adaptive for future needs. With the opening of this new surgical area, trauma patients



treated at the region's only level-1 trauma center will be able to be moved efficiently from the heliport to the Emergency Department and operating rooms through a central transportation system within the hospital.

“Our mission is to provide high-quality, patient-centered surgical care to every patient everyday,” said Dr. Bernard Boulanger, UK HealthCare surgical services director. “Coupled with our highly trained surgical team, these new operating facilities and technology improvements provide us with the environment to provide an exceptional level of care.”

Overall, construction and expansion of the new Pavilion A at UK Chandler Hospital is expected to be completed in six to 10 years and is designed to support patient care for the next 100 years. Once fully fit out, the 1.2 million-square-foot facility will include 512 large, private patient rooms. When combined with the Kentucky's Children Hospital, the facility will have a total of 650 private rooms, replacing the existing UK Chandler Hospital.

To date, a new patient parking garage, adult and pediatric emergency departments and two patient care floors of the hospital, as well as all public areas on the ground and first levels, have opened and were completed on schedule and on budget.

Courtesy of University of Kentucky Public Relations – By Kristi Lopez

[UK CONNECTIONS]

Markey leads the way

UK HealthCare

Shamik Aikat, M.D. • Cardiology
 Paul Anaya, M.D., Ph.D. • Cardiology
 Lauren Anderson-deMoreno, M.D. • Otolaryngology
 Michael Anstead, M.D. • Adult & Pediatric Pulmonology
 Susanne Arnold, M.D. • Hematology & Oncology
 Louis Bezold, M.D. • Pediatric Cardiology
 David Booth, M.D. • Cardiology
 Jeffery T. Brumfield, M.D. • Cardiology
 Ketan Buch, M.D. • Pulmonology
 Charles Campbell, M.D. • Cardiology
 Mara Chambers, M.D. • Hematology & Oncology
 Craig A. Chasen, M.D. • Cardiology
 Kristopher Cumbermack, M.D. • Pediatric Cardiology
 W. Lisle Dalton, M.D. • Gynecology
 John M. Draus, M.D. • Pediatric Surgery
 David A. Escalante, M.D. • Endocrinology
 Deborah Flomenhoft, M.D. • Pediatric Gastroenterology
 Beatriz Y. Hanaoka, M.D. • Rheumatology
 Amy Hessler, D.O. • Neurology
 Joseph A. Iacono, M.D. • Pediatric Surgery
 Dennie V. Jones, M.D. • Oncology
 Bahram Kakavand, M.D. • Pediatric Cardiology
 Anna Kamp, M.D. • Pediatric Cardiology
 Christian Latterman, M.D. • Orthopaedic Surgery
 Rick McClure, M.D. • Cardiology
 David J. Moliterno, M.D. • Cardiology
 Gustavo Morales, M.D. • Cardiology
 Debabrata Mukherjee, M.D. • Cardiology
 Timothy W. Mullett, M.D. • Cardiothoracic Surgery
 M. Elizabeth Oates, M.D. • Teleradiology
 Andrew R. Pulito, M.D. • Pediatric Surgery
 Navin Rajagopalan, M.D. • Cardiology
 William Robertson, M.D. • Pediatric Neurology
 Edward Romond, M.D. • Hematology
 Sarah Rugg, M.D. • Cardiology
 Stephen J. Ryan, M.D. • Neurology
 Douglas Schneider, M.D. • Pediatric Cardiology
 Scott Scutchfield, M.D. • Orthopaedic Surgery
 Steven I. Shedlofsky, M.D. • Gastroenterology
 Partha Sinha, M.D. • Teleradiology
 Sean C. Skinner, M.D. • Pediatric Surgery
 Vincent Sorrell, M.D. • Cardiology
 Mark Vranicar, M.D. • Pediatric Cardiology
 Jonathan Webb, M.D. • Adult Nephrology
 Thomas Whayne, M.D. • Cardiology
 Greg R. Wheeler, M.D. • Neurosurgery

First in Kentucky to use Tomosynthesis for Breast Cancer Detection

The Comprehensive Breast Care Center at the University of Kentucky Markey Cancer Center will begin offering state-of-the-art digital tomosynthesis for breast cancer screening. UK will be the only medical center in the state with this new technology.

Tomosynthesis is 3-D technology that allows radiologists to see individual breast structures without the confusion of overlapping tissues. In addition to providing the traditional top and side images of the breasts taken during a regular mammogram, tomosynthesis also allows the technician to take multiple X-ray pictures of each breast from many angles. A computer then combines all this information into one 3-D image.

Because a scan with tomosynthesis is more comprehensive than a regular mammogram, it is able to find much smaller and earlier-stage cancers. A tomosynthesis exam will feel no different from a usual mammogram, except that it takes just four seconds longer.

The technology will be especially useful for women with dense or fatty breast tissue. On a traditional mammogram, dense tissue can sometimes be mistaken for cancer. More than 50 percent of women under the age of 50 and more than 30 percent of women over 50 have dense breast tissue.

Dr. Margaret Szabunio, associate medical director of the Comprehensive Breast Care Center (CBCC) and division chief of women's radiology at UK HealthCare, specializes in using tomosynthesis for the early detection of breast cancer.

"Tomosynthesis produces images in tiny slices that can be reconstructed into a 3-D image of the tissue, similar to way a CT scanner works," Szabunio said. "It allows us to look at breast tissue in a way we've never been able to before."

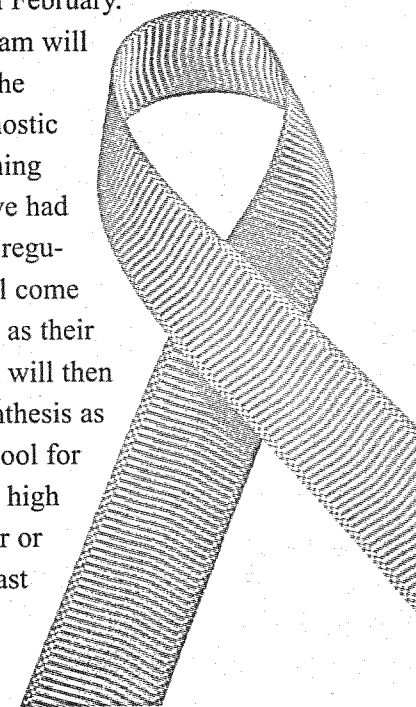
Dr. Mark Evers, director of the UK Markey Cancer Center, says the new technology, along with Szabunio's expertise, will have a significant impact on patients.

The earlier a cancer is detected, the higher a patient's chances are for a full recovery.

"Dr. Szabunio's experience with tomosynthesis digital breast imaging will be of great benefit to our patients when it comes to detecting breast cancer in its early stages," Evers said. "The earlier a cancer is detected, the higher a patient's

chances are for a full recovery. This technology has the potential to save many, many lives."

The CBCC plans to begin using tomosynthesis on patients beginning in February. Szabunio says her team will initially implement the technology for diagnostic mammograms, meaning that women who have had an abnormality on a regular mammogram will come in for tomosynthesis as their follow-up. The team will then begin using tomosynthesis as a regular screening tool for women who are at a high risk for breast cancer or who have dense breast tissue.



Up and away

March is Poison Prevention Month



Presented by
Tina Hasty, PharmD,
Rockcastle Regional
Hospital Inpatient
Pharmacy Director

Put Your Medicines Up and Away and Out of Sight

More than 60,000 young children end up in emergency rooms each year because they got into medicines while their caregiver wasn't looking. Always put every medicine and vitamin up and away every time you use it.

Here's how to protect your child:

Families take medications and vitamins to feel well and to stay well. But did you know that more than 60,000 young children end up in emergency rooms every

year because they get into medicines

when their parent or caregiver isn't looking?

Any kind of medicine and vitamin – even one you buy without a prescription – can cause harm if taken in the

wrong way or by the wrong person. All medicines and vitamins should always be kept up and away and out of your child's reach and sight.

Put medicines and vitamins up and away – out of reach and out of sight.

Children are curious and put all sorts of things in their mouths. Even if you turn your back for less than a minute, they can quickly get into things that could hurt them.

Pick a storage place in your home that your child cannot reach or see. Different families will have different places. Walk around your house and decide on the safest place to keep your medicines and vitamins.

Put medicines and vitamins away every time. This includes medicines and vitamins you use every day. Never leave them out on a kitchen counter or at a sick child's bedside, even if you have to give the medicine again in a few hours.

Hear the click to make sure the safety cap is locked. Always relock the cap on a medicine bot-

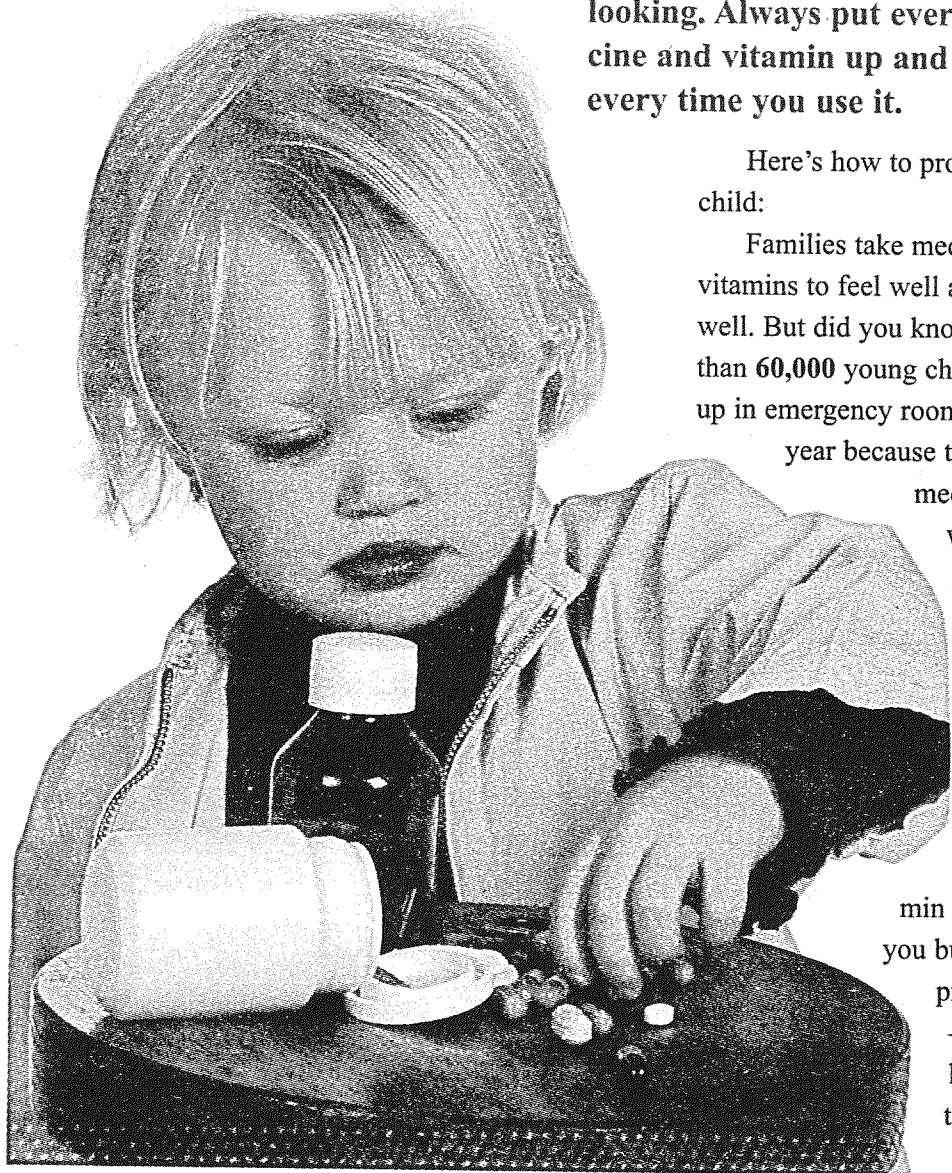
tle. If the bottle has a locking cap that turns, twist it until you hear the click. Remember, even though many medicines have safety caps, children may be able to open them. Every medicine and vitamin must be stored up and away and out of children's reach and sight.

Teach your children about medicine safety. Teach your children what medicine is and why you must be the one to give it to them. Never tell children medicine is candy to get them to take it, even if your child doesn't like to take his or her medicine.

Tell your guests about medicine safety. Ask houseguests and visitors to keep purses, bags, or coats that have medicine in them up and away and out of sight when they are in your home.

Be prepared in case of an emergency. Call your poison control center at 800.222.1222 right away if you think your child might have gotten into a medicine or vitamin.

Program the Poison Control number into your home and cell phones so you will have it when you need it.



Therapy goes high-tech

By Cheryl Mullins, Occupational Therapy Director

As occupational therapy practitioners and speech and language pathologists, we spend our days analyzing activities and generating creative ways to make everyday tasks easier for our clients with cognitive, behavioral, and motor deficits, in order to promote greater independence. Many individuals with disabilities need support for transitioning, sequencing, memory, planning, motivating, deciding, choosing, processing, organizing, and communicating.

Developers of cellular phone- and personal digital assistant (PDA)-based applications (apps) are also working hard using their knowledge of computer programming to create an overabundance of smart technology programs aimed at making life easier for the general public. Combine the two worlds and you get promising new therapy options for the occupational and speech therapy practice.

Individuals with disabilities may not have been the population developers were originally targeting for applications. However, smart technology has been quickly adopted among many individuals with disabilities, their families, and service providers as an innovative solution to many everyday

challenges.

The Occupational Therapy Department and Speech Department at Rockcastle Regional have embraced this technology as an addition to their many therapy tools.

The iPad has now become a Therapy Tool for us too!

The iPad, iPod Touch, and other forms of tablets have opened a new chapter for children with disabilities.

There are many varieties of apps that assist children with and without disabilities. You can work on improving communication skills, social skills, writing skills, math skills, attention skills, visual motor skills and much more. They can meet the needs of so many different children.

Another exciting thing about tablets is that they are cheaper, smaller, and more portable than many other electronic devices.

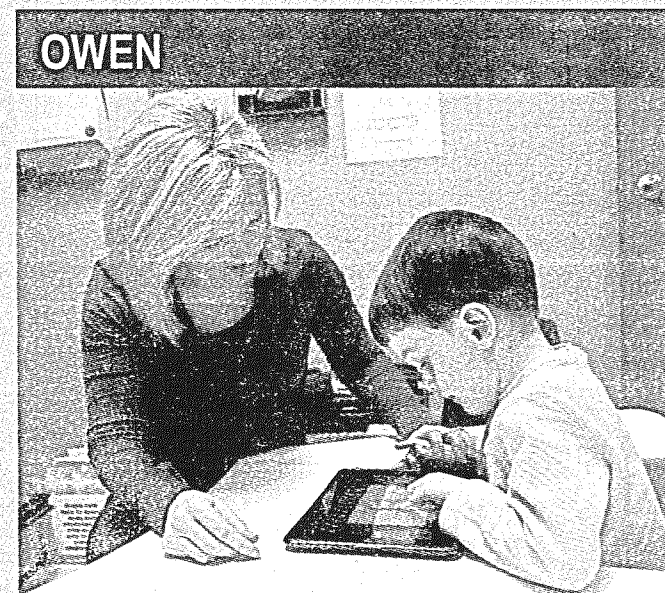
Tablets are also very socially acceptable. Children can take them into the community and not cause as much attention as some larger speaking devices.

Also, using this technology we have found children have more capabilities than previous traditional methods of therapy and communication had revealed.



MICAH

Five year old Micah is learning to communicate with others, with the help of an iPad. The iPad opened the door for his Speech Therapist, left, Heather Murphy, to increase his ability to communicate as well as work on higher level goals incorporating receptive and expressive language and given his Occupational Therapist, right, Raina Remole, the ability to increase his autonomy during the session, his play skills and interaction, and provide a reward while working on more functional ADL tasks and fine motor activities.



OWEN

Four year old Owen is learning to write with the help of an iPad. The iPad helps him to trace letters with the correct formation. Then his OT, Daphne-Reynolds Day, will move him on to writing on paper. There are also apps such as the "driving app" which helps Owen with his motor coordination by forcing him to use both his hands together. This develops ability for him to use both hands together.

For a list of useful apps for children visit our website
at rockcastleregional.org/apps-table

COUNTY-WIDE *Stride* 2012 Run/Walk Series



Take it all in *stride* in 2012...

Are you ready to run? Willing to walk? As a part of its fitness initiative, Rockcastle Regional Hospital is leading a team of community partners in making sure at least one run/walk is held every month in 2012. Remember, walking or running regularly leads to a better, longer, healthier life, and registering for a run/walk event is a fun way to get started. Come join us!

WHAT'S IN IT FOR YOU:

Up for seven? Complete 7 races for a long-sleeved dri-fit County-wide Stride shirt

Try for 10! Complete 10 races for a dri-fit shirt and a \$25 gift certificate to John's Run Walk Shop

Do the dozen! All 12 races for dri-fit shirt, \$25 gift certificate from John's Run Walk Shop, and a personalized commemorative plaque

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. For questions call Susan Brown at (606) 256-7746.



2012 Race Schedule

Snowball Express 2-miler
January 28

4K for Heart Health
February 26

Rocket Runner 5K & 1 Mile Fun Run
March 24

Fairview Baptist Church 5K
April 21

Brodhead Hustle 2-miler
May 26

Fit Family Run 1-mile & 1/4-mile Youth Race
June

Country Sunset 4-miler
July 13

Run, Bike or Hike
August 25

Livingston Leap 2-miler
September 1

Jerry J. Cox Bittersweet 5K
October

Girls on the Run 5K
November

Jingle Bell 6K
December 1

For more details visit rockcastleregional.org/countywidestride

Wellness Center now open to Community

Wellness @



ROCKCASTLE REGIONAL

HOSPITAL ■■ RESPIRATORY CARE CENTER

Wellness Center • 3rd Floor Outpatient Services Center

For group fitness class information and calendar visit:
rockcastleregional.org/wellnesscenter

FUSION BOOT CAMP

Fusion Boot camp takes basic military style Boot camp and infuses it with Pilates and plyometrics. It's the best workout to tone your body! You will burn over 600 calories per class and gain muscle without lifting a single dumbbell. It's fast paced, but adjustments can be made for all age groups and fitness levels!

Instructor: Barbara Pruett

Cost: \$5 per class

Class times: Monday & Friday 9:30–10:30 a.m.; Saturday 10–11 a.m.

KARATE

Exercises involve use of all parts of the body, improving strength, flexibility, balance, coordination, reflexes, and cardiovascular health. Improves focus and discipline in children, self-confidence, respect for self and others. Promotes self-discipline, goal setting, and improved concentration. Teaches Self-Protection/Self-Defense.

Instructor: Christopher M. Frith

Cost: \$25 per month (discounts available for same household)

Class Times: Tuesday 6:00–7:00 p.m. Ages 6-14;
Tuesday 7:00–8:00 p.m. Ages 14-Adult

KICKBOXING

Punch, jab and kick your way to a leaner body—this class is full of cardio moves to make you a lean mean cutting machine!

Instructor: Jessica Pence

Cost: \$5 per class

Class times: Friday 4:30–5:30 p.m.

SPIN

Spin is the best low impact cardio fitness available. There's no impact on knees, but after class you'd feel like you ran a half marathon. This class guarantees that you will burn over 800 calories per class.

Instructor: Barbara Pruett

Cost: \$5 per class

Class times: Thursday 7:00–8:00 p.m.

**Space is limited. Please pre-register by emailing instructor at pruet.barbara@yahoo.com. You must pre-register for all spinning classes.*

ZUMBA

Zumba is a fun, energetic way to dance your way into shape. It is for all ages and fitness levels. Try Zumba... ditch the workout and join the Party!!

Cost: \$5 per class (discount cards available)

Class times:

Zumba with Kayla: Monday 8:30–9:30 a.m.; Thursday 5:45–6:45 p.m.

Zumba with Morgan: Monday & Wednesday 4:45–5:45 p.m. &
7:00–8:00 p.m.

Notice: Calendar subject to change. Please visit our Website for current class schedule.

**For questions, contact Arielle Reese 256-7880
or e-mail a.reese@rhrcc.org**

Visit us on-line at
 **rockcastleregional.org**



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facebook.com/rockcastleregional

Leaders in innovation

Rockcastle Regional becomes states' first hospital with solar power

By Arielle Reese, Community Relations Director

Rockcastle Regional Hospital has become the first hospital in Kentucky to use the sun as an energy source.

The hospital went live with a solar array on November 30, 2011, incorporating solar power into its energy management plan.

Rockcastle Regional Hospital CEO Stephen A. Estes says the investment fits into the hospital's mission of creating a healthy community.

"We've built our organization on forward-thinking innovation. Now we've applied that mindset to energy management, and it creates a win-win for us and the community in the long term," Estes said. "As corporate citizens, we feel an obligation to conserve energy, and doing so frees more resources for patient care and wellness initiatives."

Estes's idea for utilizing solar power at Rockcastle Regional stemmed from reading an article about a solar project at the Cincinnati Zoo with solar panels on parking structures. He thought about the possibilities of solar power at Rockcastle Regional and incorporated the project as a part of an internship. John Lambert, a University of Louisville student completing a summer internship at Rockcastle Regional, researched and determined the feasibility of solar power at the hospital campus, strategies for managing energy costs and possible solar companies.

Discussions began taking place with several companies and Green Earth Solar of Knoxville, Tennessee was awarded the contract. Green

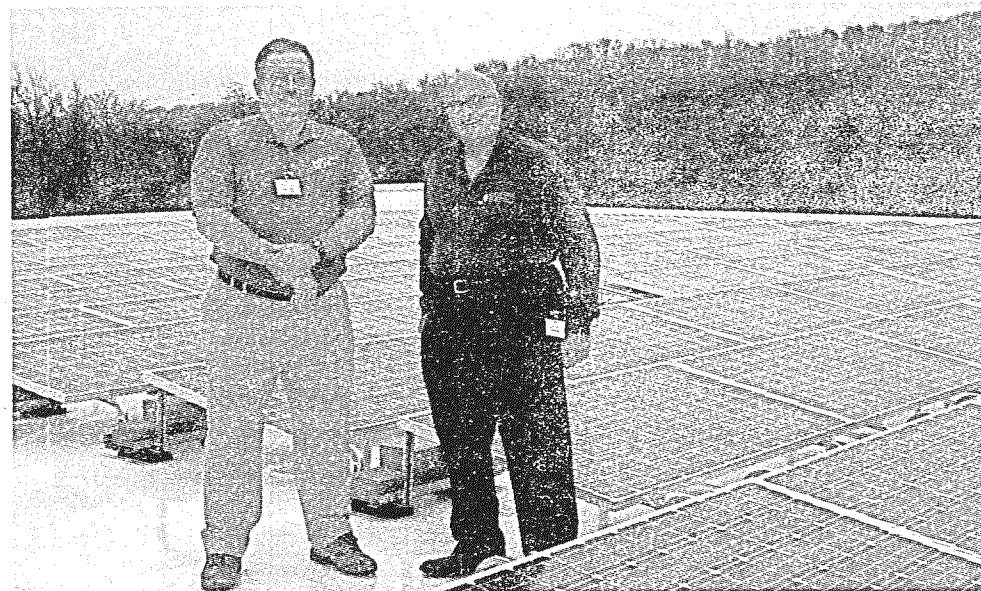
Earth Solar started in 2006 and has completed dozens of solar projects including dairies, manufacturing facilities, restaurants, parks and residential areas, but Rockcastle Regional Hospital is their first hospital project.

"If it is light enough to see outside, the modules are producing solar energy.

The brighter the sun, the more intense the energy will be," said Ed Zubko, Green Earth Solar partner. "Rockcastle Regional Hospital is buying 30-50 years of electricity in advance instead of paying for it monthly. They are making an investment and accruing decades of free electricity."

Two hundred and ten solar modules have been installed on the on top of the hospital's Outpatient Services Center. The modules will produce around 290 watts each (60.9 kW total).

"We pride ourselves on being a progressive hospital," said Rockcastle Regional Hospital Board Chairman Joe Lambert. "Since we first opened the ventilator care facility, we've been constantly in search of innovative ways to improve all aspects of our service mission. Solar power is another project to add to our list of



Gary Asher, left, Facilities Manager and Stephen Estes, CEO stand near the solar array on the roof of the Outpatient Services Center.

accomplishments."

The solar panels essentially will power the third floor of the Outpatient Services Center, which is a space that will be utilized for community wellness events. The panels will also provide an educational experience for local students. The hospital plans to invite science classes and local students to tour the solar array.

"This project will benefit our organization and the environment," said Gary Asher, Rockcastle Regional Facilities Manager. "We've diversified our power sources for economic benefit and decreasing our dependence on environmentally damaging fuels."

Future plans also include a kiosk will be in the lobby to show real-time solar energy that is being produced and provide other statistics. The hospital Web site will also provide information about the solar panels including the carbon offset and trees saved.

We pride ourselves on being a progressive hospital

Walking to Bethlehem

Renewing spirit and health during the Christmas season

By Anelle Reese, Community Relations Director

Rockcastle Regional Hospital and Respiratory Care Center Wellness Coordinator Betty Purcell is always on the search for creative ways to get people thinking about their health throughout the year. She, along with the Wellness Council, develop new wellness campaigns to get Rockcastle Regional employees interested in exercising and eating healthy.

The Holidays are typically a time when people get distracted and veer from a healthy lifestyle. Betty decided to begin a campaign that would involve employees, their families, churches and other community groups in a virtual "Walk to Bethlehem".

A map was created and a "walking path" between Bethlehem and Mount Vernon, Kentucky was established. It was 7,053 miles one-way. The idea was that people could track every mile they walked, ran or moved and then the miles would be calculated to advance the group closer to Bethlehem. It would be a team effort and encourage people to get/keep moving during the busy Holiday time. Walk to Bethlehem would also include facts about the places they passed through and a weekly prayer guide for the various locations. Walk to Bethlehem began in October.

A celebration was held on December 21, 2011 at Rockcastle Regional to recognize all the people who participated in Walk to Bethlehem. Nearly 15,430 total miles were reported. It was enough to get to Bethlehem and back...plus extra miles!

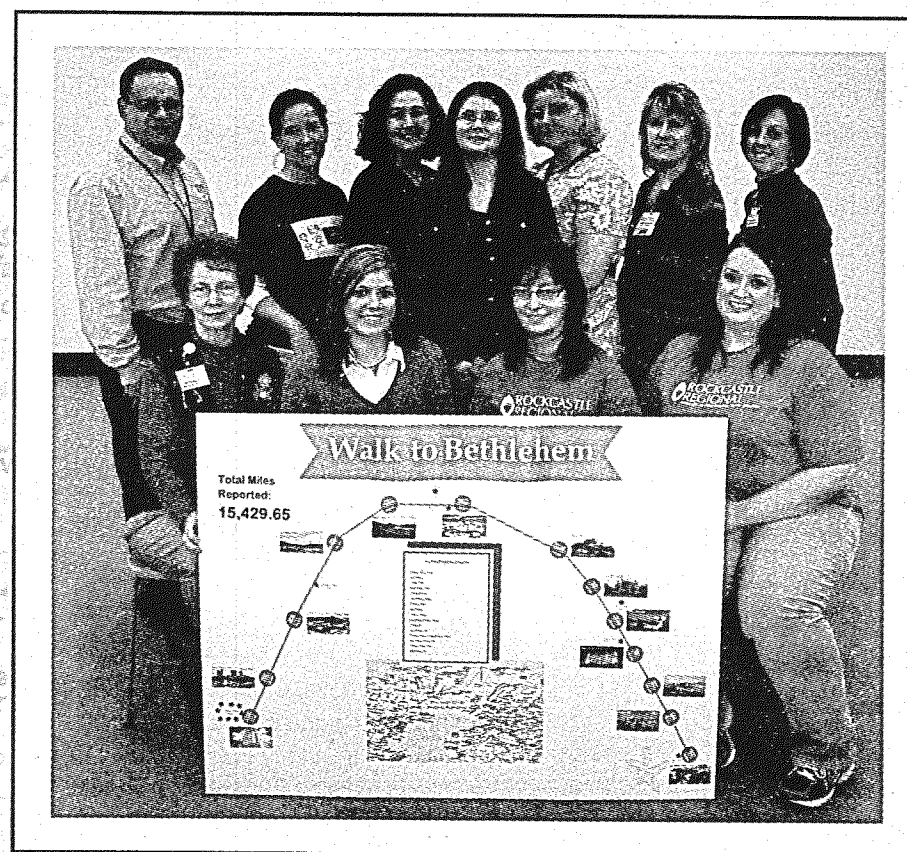
"We had no idea when we started this campaign the impact it would have on people," said Betty. "We had people who got involved that weren't moving much before Walk to Bethlehem and every mile was precious. It was a fun, inspirational time and also a time of spiritual renewal."

Seventeen teams participated including four churches: Faith Decision Baptist, Fairview Baptist, First Baptist and Sunrise Baptist. Family teams, hospital teams, and other groups participated, as well.

Walk to Bethlehem was a group effort that

included participation from people in Washington D.C. and Florida. People really got their families involved and then encouraged others to track their miles and report them back to Mt. Vernon.

Along with the physical and health benefits, Walk to Bethlehem also got people thinking about the reason for the Christmas season and thinking about what the Christmas story was all about. It was a nice reminder of the true meaning and got a lot of people moving!



Pictured are some of the Rockcastle Regional employees who participated in the 'Walk to Bethlehem'. Seated from left, Betty Purcell, Rockcastle Regional Wellness Coordinator, Amanda Bradley, Cheryl Mullins and Jessica Evans-Martin. Standing from left, Luther Allen, Chaplain, Twila Burdette, Traci Bullens, Melissa Brock, Darlene Singleton, Tammy Brock and Melissa Daugherty.

Official sponsor of *clean hands*

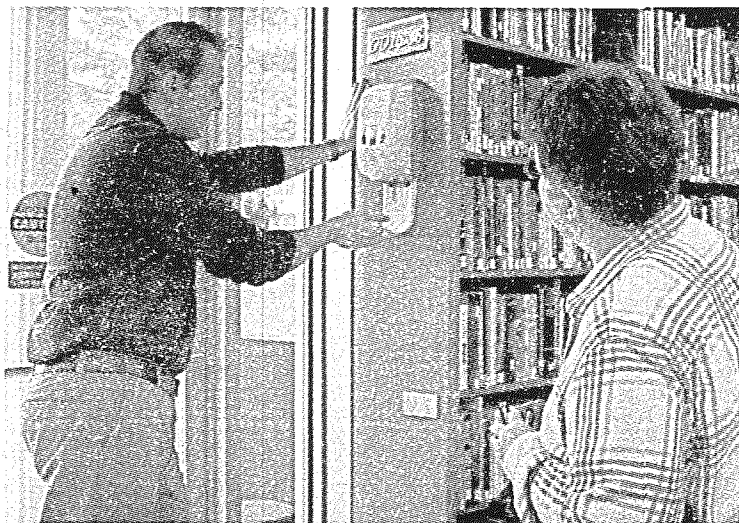
By Arielle Reese, Community Relations Director

Prevention and Wellness is at the forefront of the outreach initiatives at Rockcastle Regional Hospital and Respiratory Care Center. A new program aimed to stop the spread of germs started in January 2012. Rockcastle Regional has partnered with the courthouse and public library and installed hand sanitizer stations in these public locations.

In an effort to keep hands clean, especially during cold and flu season, three hand sanitizer stations have been installed at the courthouse and one has been installed at the library.

"The best thing people can do to prevent infections is to keep their hands clean," said Infection Control and Patient Safety Coordinator Traci Bullens, RN. "Of course, soap and clean water should be used if hands are visibly soiled, but alcohol hand sanitizers can be used in most any other circumstance, especially when people are on the go or soap and water is unavailable."

According to the Centers for Disease Control (CDC), an alcohol-based hand sanitizer that contains at least 60% alco-



Pictured above, Conley Durham, Purchasing, installs the hand sanitizer station at the Rockcastle County Public Library. Below, Traci Bullens, Conley Durham and Danetta Ford-Allen, County Court Clerk at the Rockcastle Courthouse.



hol can reduce the number of germs on hands.

Rockcastle Regional hopes people will utilize the hand sanitizer while visiting these areas and help keep hands clean and germ-free.



Flu Prevention

Vaccination is the best way to protect yourself from the flu. There are additional steps you can take to keep yourself and your family healthy this flu season.

- Everyone 6 months of age and older should get vaccinated against the flu.
- Take everyday precautions, like washing your hands, to protect your health.
- If you are exposed to or caring for someone with the flu, talk to your doctor about preventive antiviral medications.

What everyday steps can I take to stop the spread of germs?
There are steps you can take in your daily life to help protect you from getting the flu.

- Wash your hands often with soap and water or an alcohol-based hand rub.
- Avoid touching your eyes, nose, or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- Practice good health habits. Get plenty of sleep and exercise, manage your stress, drink plenty of fluids, and eat healthy food.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- If you are sick with flu-like illness, stay home for at least 24 hours after your fever is gone without the use of fever-reducing medicine.

March is Colorectal Cancer Awareness Month

Screening saves lives

Colorectal cancer almost always develops from precancerous polyps (abnormal growths) in the colon or rectum. Screening tests can find precancerous polyps, so that they can be removed before they turn into cancer. Screening tests can also find colorectal cancer early, when treatment works best.

What is colorectal cancer? Cancer is a group of diseases in which there is abnormal and uncontrolled growth of cells in the body. If left untreated, malignant (or cancerous) cells can spread to other parts of the body.

“Colorectal” refers to the colon and rectum, which together make up the large intestine. Colorectal cancer can begin anywhere in the large intestine. The majority of colorectal cancers begin as polyps—abnormal growths—inside the colon or rectum that may become cancers over a long period of time.

What causes colorectal cancer, and who is at risk of developing it? The exact cause of most colorectal cancers is not yet known. About 75% of colorectal cancers occur in people with no known risk factors. The risk of developing colorectal cancer increases with advancing age. More than 90% of cases occur in people aged 50 or older.

Some conditions that may increase a person's risk of developing colorectal cancer include having—

- A personal or family history of colorectal polyps or colorectal cancer.
- Inflammatory bowel disease (ulcerative colitis or Crohn's disease).

Lifestyle factors that may contribute to increased risk of colorectal cancer include—

- Lack of regular physical activity.
- Low fruit and vegetable intake.
- A low-fiber and high-fat diet.

- Overweight and obesity.
- Alcohol consumption.

What are the symptoms of colorectal cancer? Colorectal polyps and colorectal cancer don't always cause symptoms, especially at first. Someone could have polyps or colorectal cancer and not know it. That is why getting screened regularly for colorectal cancer is so important.

If there are symptoms, they may include—

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

If you have any of these symptoms, talk to your doctor.

Is there anything I can do to reduce my risk for colorectal cancer? There is strong scientific evidence that having regular screening tests for colorectal cancer beginning at age 50 reduces deaths from colorectal cancer. Screening tests can find precancerous polyps in the colon and rectum, and polyps can be removed before they turn into cancer.

Studies have also shown that increased physical activity and maintaining a healthy weight can decrease the risk for colorectal cancer. Evidence is less clear about other ways to prevent colorectal cancer.

Currently, there is no consensus on the role of diet in preventing colorectal cancer, but medical experts recommend a diet low in animal fats and high in fruits, vegetables, and whole grain products to reduce the risk of other chronic diseases, such as coronary artery disease and diabetes. This diet also may reduce the risk of colorectal cancer.

Overall, the most effective way to reduce your risk of colorectal cancer is by having regular colorectal cancer screening tests beginning at age 50.

Source: Centers for Disease Control and Prevention (CDC)

Let's Relay

Plan Now for Relay '12

Relay For Life is the American Cancer Society's signature activity and is the largest community fundraiser in the world. Its returning to Rockcastle County on May 11, 2012 at the Rockcastle Middle School Track.

What is Relay For Life?

It is a unique event that offers everyone in the community an opportunity to participate in the fight against cancer. The Relay represents the hope that those lost to cancer will never be forgotten, that those who face cancer will be supported and that one day cancer will be eliminated.

What it means to you?

- ⌘ A celebration of life for your family and friends who are cancer survivors
- ⌘ An opportunity to remember the precious moments of loved ones you have lost to cancer
- ⌘ The uniting of your community as you join forces to fight against cancer

What you can do?

Form a Relay Team today! Gather 10 - 15 of your friends, family and co-workers and ask them to work together to set a team fundraising goal. Attend a Relay meeting and register your team, determine a theme for your team's campsite for the event night, collect donations, and join us at the RELAY on May 11, 2012.

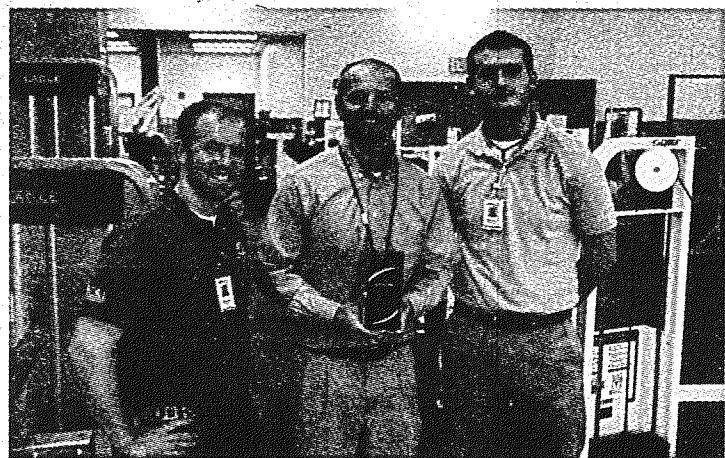
Contact Melissa Brock at (606) 256-7703 or e-mail m.brock@rhrcc.org for additional information.



Celebrate. Remember. Fight Back.

[RECOGNITION]

A few of Rockcastle Regional's AWARD WINNING EMPLOYEES



Mastin wins educator award

The Physical Therapist Assistant Program at Somerset Community College has announced the recipient of its 2011 Outstanding Clinical Educator Award. Emmett S. Mastin, a physical therapist assistant employed by Rockcastle Regional Hospital and Respiratory Care Center has been named this year's winner. The award is presented annually to one physical therapist assistant clinical educator who demonstrates excellence in teaching and a commitment to the ideals of the physical therapy profession. Mastin was nominated for the award by 2011 graduates Stephanie Meade and Brittany Cooke.

Mastin, who resides in London, holds a degree from Eastern Kentucky University and is a 2008 graduate of the Somerset Community College Physical Therapist Assistant Program. He is an active member of the American Physical Therapy Association and serves on the PTA Program's Advisory Board. He was the recipient of the SCC PTA Program's Total Rehab Award for Outstanding Second-Year PTA Student in 2008.

Mastin was presented the award by students Glenn Trail of Lexington and Josh Yancey of Science Hill.



Nurse wins state-wide award

A nurse of the Respiratory Care Center at Rockcastle Regional Hospital was recently recognized by the Kentucky Association of Health Care Facilities (KAHCF). Stephanie Jones, RN, was notified in September 2011 she was the Eastern District Winner and in the running against the winners from other districts for the state award. Stephanie received the statewide Professional Achievement award for registered nurses in November at the KAHCF Conference.

Stephanie was nominated by her peers who described her as "knowledgeable, helpful, compassionate, caring, professional, cooperative, hard working and dedicated." Her peers also recognize the ways Stephanie goes above and beyond her routine job duties each and every day.



Annual Shining Idea Award Winners

Rockcastle Regional recently announced the 2011 Shining Idea Award Winners. The Shining Idea program encourages employees to submit ideas that align with one of the organization's Pillars of Excellence. Pictured from left at the Employee Christmas Celebration, Kassie Robinson, Quality Department, award winners Arielle Reese (Technology), Melinda Poynter (Performance Improvement), Jenny Schuler (Financial Improvement), Cheryl McClure and Kim Kinglsey (Human Resources), Melissa Daugherty (Service Excellence) and Tammy Brock, Quality Director.

NEWS AND NOTES FROM OUR TEAM

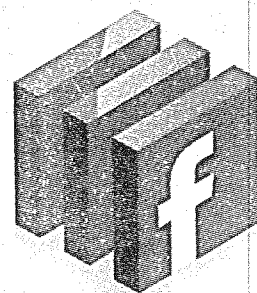
PA joins Rockcastle Family Wellness



Brittany Perkins Saylor

Brittany Perkins Saylor, Physician Assistant, has joined Rockcastle Family Wellness. Brittany received her Master of Science degree in Physician Assistant studies from University of the Cumberlands. She currently lives in Brodhead with her husband, Max, and enjoys

going to church, spending time with family and friends and watching her brother play basketball. When asked what she loves most about her job at Rockcastle Regional, she said, "It is a great place to work. Everyone is so compassionate about their job and patients."



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ROCKCASTLE REGIONAL

Physicians Based in Rockcastle County

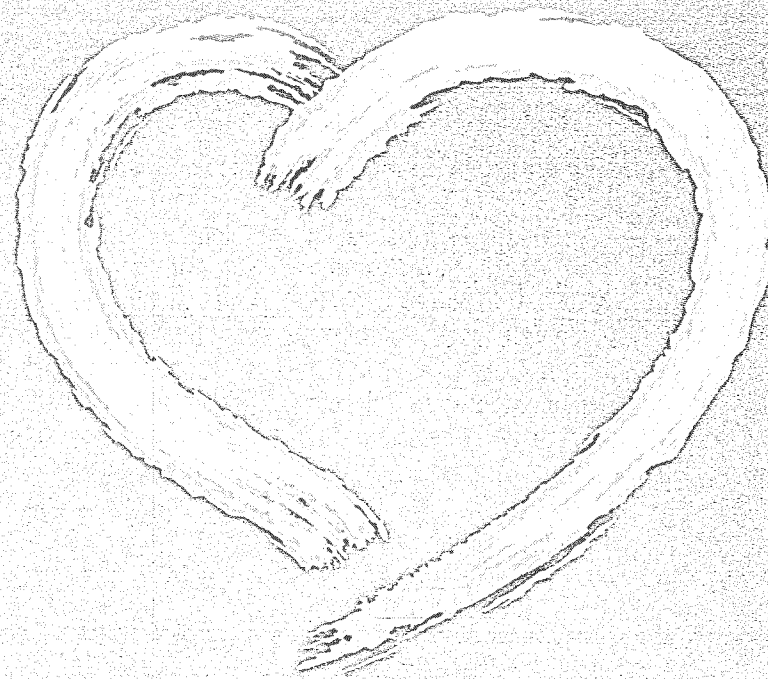
Jon A. Arvin, M.D.	Family Practice
David L. Brabon, M.D.	Plastic Surgery
David S. Bullock, M.D.	Family Practice
Kimberly Cornelius, M.D.	Internal Medicine/Pediatrics
Eduardo R. Gomez, M.D.	Radiology
George W. Griffith, M.D.	Family Practice
William P. McElwain, M.D.	Family Practice
Kevin Rowe, M.D.	Family 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
Lauren Anderson-deMoreno, M.D.	Otolaryngology
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
Jeffrey T. Brumfield, M.D.	Cardiology
Ketan Buch, M.D.	Pulmonology
Lee Cain, O.D.	Optometry
Charles Campbell, M.D.	Cardiology
Jennifer Chadwell, D.M.D.	Dentistry
Mara C. Chambers, M.D.	Oncology
Craig A. Chasen, M.D.	Cardiology
Terry D. Clark, M.D.	Pathology/Cytopathology
James K. Crager, M.D.	Cardiology
Leslie Crofford, M.D.	Rheumatology
Kristopher Cumbermack, M.D.	Pediatric Cardiology
W. Lisle Dalton, M.D.	Gynecology
John M. Draus, M.D.	Pediatric Surgery
David Escalante, M.D.	Endocrinology
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. Iocono, M.D.	Pediatric Surgery
Dennie V. Jones, M.D.	Oncology
Michael Jones, M.D.	Cardiology
Bahram Kakavand, M.D.	Pediatric Cardiology
Anna Kamp, M.D.	Pediatric Cardiology
Lisa Klein, 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
Rick R. McClure, M.D.	Cardiology
David J. Moliterno, M.D.	Cardiology
Gustavo Morales, 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
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
Vincent Sorrell, M.D.	Cardiology
John P. Tuttle, M.D.	Urology
Mark Vranicar, M.D.	Pediatric Cardiology
Jonathan Webb, M.D.	Nephrology
Byron T. Westerfield, M.D.	Sleep Medicine
Thomas Wayne, M.D.	Cardiology
Greg Wheeler, M.D.	Neurosurgery
Denis Yalkut, M.D.	Urology

5th Annual
Womens Heart Health Expo

Love your Heart



Heart disease is the #1 killer of women. Join us for an educational and fun-filled event to learn more about heart disease. This FREE event features entertainment, guest speaker and expert panel, door prizes, educational booths, and a heart healthy meal!

Wednesday, February 15

11:30 a.m.

(Sign up by February 10)

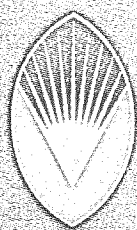
OR

Thursday, February 23

5:30 p.m.

(Sign up by February 17)

Rockcastle Regional Wellness Center ♥ 3rd Floor Outpatient Services Center



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To sign up for either date,
please call Arielle Reese
at (606) 256-7880.