

Mount Vernon Signal

Serving Rockcastle County Since 1887

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Rockcastle County runners ran four miles on Hummel Road in Mt. Vernon last Saturday in honor of the late Sarah Hart who was murdered while jogging in Russell Co. Hart was a local pharmacist at Mt. Vernon Drug. A portion of the proceeds raised during the "Run with all your Hart" race was donated to the Sarah Roberts Hart Fund. The fund was established in honor of Sarah's life and provides scholarships for area students pursuing careers in pharmacy and medicine. Those interested in donating to the fund can do so by sending a check/money order to the Sarah Roberts Hart Fund at P.O. Box 1036 Jamestown, KY 42629 or online at www.runwithallyourhart.com.

White House Clinic coming to Mt. Vernon

By: Doug Ponder

A new health clinic, specializing in the treatment of uninsured patients, is scheduled to open in Mt. Vernon this September.

White House Clinics recently received an award from the U.S. Department of Health and Human Services to fund a new community health center in Rockcastle County.

The award was one of 219 made by the department to help expand access to care for more than 1.25 million additional patients and create approximately 5,640 new jobs.

White House Clinics currently has five other sites in McKee, Irvine, Richmond and two sites in Berea. The clinics provide a wide range of services including medical, dental, pharmaceutical, mental health and other ancillary services.

White House Clinics accept Medicare, Medicaid and most other commercial insurances. The clinics also have a sliding fee scale available to those without insurance. However proof of income and Rockcastle residency is required.

Patients on the sliding fee scale pay from \$10 to \$50 for their medical visit. The fee is determined by the patient's household income and number of people living in their home.

White House Clinics CEO Stephanie Moore said the new clinic will open on September 17th and will be located at Dr. Tony Arvin's office at 185 Newcomb Avenue in Mt. Vernon.

Moore said the alliance between them and Dr. Arvin will allow residents of Rockcastle County to continue see-

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Fiscal court hears request from Sheriff for more funding help

By: Perlina Anderkin

Dale McNew from the Rockcastle County Sheriff's office, told the fiscal court Monday, at their regular meeting, that the department had experienced a "serious shortfall" in revenue during the first six months of this year. McNew said that the

department was down \$35,000 in actual receipts through June compared to 2011. He also told the court that the asset forfeiture money which the department had used to help with expenses for the past 8 or 9 years would be depleted in December of this year.

McNew said that Sheriff Mike Peters had to get a personal loan to cover a \$15,000 payroll shortage and asked the court to cover that note plus add \$2,500 to the department's monthly supplement for July through December for a total additional supplement of \$30,000.

The court currently covers the department's employer share of social security, retirement, health insurance, unemployment insurance and worker's compensation insurance. They also pay for the sheriff's audits, gives the department \$2,000 a month for gas expense, a telephone expense supplement, pays for the sheriff's property and casualty insurance, fidelity bonds, membership dues, postage and printing/publishing costs for a total supplement of over \$100,000 a year. The court also fronts the money to pay bailiffs, KLEFFP supplements and hospital security wages.

McNew told the court that if more help was not forthcoming, the sheriff

would have no choice but to lay off five people.

Magistrate Bill McKinney noted that \$25,000 was paid in overtime and asked why a deputy would be paid overtime to repair a new cruiser while another deputy was not getting a full work week. "It's not good management to pay one man for 60 hours a week and another man for 15," McKinney said.

County Judge/Executive Buzz Carloftis reminded the court "we are required to maintain prisoners in the jail even if it takes the entire general fund. Our only requirement to the sheriff's department is to provide office space and see that the sheriff is paid."

Following the lengthy discussion, it was decided that a committee of magistrates and members of the sheriff's department would be formed to look at what options were available.

The court also approved a list of roads that would be repaired with the remaining flex money available to them. There is \$600,000 available, less the \$231,000 that has been approved to blacktop the first two miles of Lambert Road.

The remaining funds will

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Governor Beshear here next Wednesday

Governor Steve Beshear will be visiting Livingston next Wednesday at 12:30 p.m. to view the progress that has been made toward creating Livingston as a Kentucky Trail Town.

"It is not often for a Kentucky city to be showcased in this manner and we are asking you to join your friends, community members and local government in welcoming Gov. and Mrs. Beshear at the newly-created trail head in the center of town (across from the old Livingston School)," said Lynn Tatum, a member of the Rockcastle County Development Board who has worked closely with development of the trail head.

The purpose of the visit is to introduce to the media this new program that has been developed by Gov. Beshear and the State Tourism office. Elaine Wilson, Adventure Tourism Director has been working with the Livingston Revitalization Committee and now the newly formed Rockcastle Trails/Trail Town Committee.

With the support of Mayor J.C. Griffin and County Judge Executive Buzz Carloftis, committee members and partners such as the Healthy Community Committee and ARC Flex E Grants, Livingston has beautified the downtown area and gateways to the city. The focus now is creating an

(Cont. to pg. A6)

School board sets tax rate; discusses E-Pass

By: Perlina Anderkin

The Rockcastle County Board of Education set their tax rate at 40.1c per \$100 assessed value of real estate at their regular monthly meeting Tuesday night. The rate reflects taking the compensating tax rate which raised the rate 0.3% from last year's 39.8c.

The rate for tangible personal property will be 40.8c, motor vehicles and utility tax remained the same at 48.3c and 3%, respectively. The increase should garner the system about \$200,000 in additional tax revenue.

As one of the first items of business, Superintendent David Pensol told the board that he was "very pleased" with the way the opening of schools in the county went last week. "The beginning of school was very smooth and I commend all schools for the focus they have had," Pensol said.

Pensol then showed the board a short video concerning the new E-Pass program which is aimed at significantly

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Livingston Homecoming is August 31 - September 2

This year's Homecoming Events will be kicked off with a gospel singing on

Babies Rock is tonight

Rockcastle Regional Hospital will host the 2nd annual Babies Rock event tonight, Thursday, from 5-7 p.m. at the Wellness Center (3rd floor Outpatient Services Building).

This free, educational event is for moms-to-be and parents of children one year or younger and will feature a skills fair, maternity lectures, healthy snacks and door prizes.

You do not have to sign up for the event, but for more information contact Arielle Reese at 256-7880 or a.reese@rhrcc.org.

The first fifty moms to register will receive a free copy of "What to expect the first year" and a bag full of goodies!

Friday, August 31 at 6 p.m. The theme of the event is "Livingston Home of the Blue Devils."

On Saturday, September 1st, the day will begin with a pancake/sausage/bacon breakfast at the homecoming committee room from 8 to 10 a.m.

The Livingston Leap - a two mile run/walk run begins at 8:30 a.m.

The parade line up will be at White Star at 10 a.m. with the parade at 11 a.m., led by Circuit Court Clerk Teresa Vanzant as Grand Marshal.

At noon, the Bittersweet Cloggers will perform, followed by an Awards Presentation at 1 p.m.

The Bittersweet Cloggers will return at 2 p.m. and the Pretty Baby Contest will be at 3 p.m. Contact Cleo Bryant at 453-4213 or Tasha Howard at 308-2110 for information on this event.

The Beauty Pageant will

be held at 3 p.m. and more information is available at the number listed above.

The Level Green Bluegrass Band will perform at 5 p.m., followed by the Ugly Woman Pageant at 6 p.m.

Southern Strings Bluegrass Band will perform at 7 p.m., followed by the Carl Doan Band at 8 p.m.

On Sunday, events will kick-off at noon with a fellowship service. There will be a Pet Contest at 1 p.m., followed by an Auction at 2 p.m.

At 6 p.m. Creative Minds - Dating Game will be held and, at 8 p.m., the Medley Boys will perform until the fireworks at 10 p.m. and will resume playing afterwards.

At noon on Saturday, the Homecoming Committee will be serving lunch in the homecoming committee room consisting of a tender-

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Arrest made for drug possession/trafficking

By: Doug Ponder

A Livingston man was arrested for drug possession and drug trafficking last Wednesday night after officers from the Mount Vernon Police Department made a traffic stop on South Wilderness Road in Mt. Vernon.

Arrested at the scene was Aaron Lowell Blackburn, 34, of Livingston.

According to Mt. Vernon Police reports, Assistant Chief Barry Adams made the traffic stop after observing Blackburn's vehicle almost hit another vehicle while changing lanes at the entrance of McGuire Subdivision.

After Blackburn had been stopped, Adams ob-

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Only incumbents file for races in November election

By: Doug Ponder

The filing deadline for the fall general election in November came with only incumbents filing for their respective seats.

There were no new filings for Mt. Vernon council, Livingston council, Brodhead council, school board and soil conservation district board seats. Only incumbents filed for their seats meaning they will face no opposition in the fall General Election.

Mt. Vernon city council members Wayne Bullock, Jamie Bryant, Shelly Lewis, Sharon Saylor, Cliff Mullins and Adam Bales all filed for their individual seats.

In Livingston, incumbents Lela K. Griffin and Sherry Newcomb both re-filed for their respective seats.

In Brodhead, incumbents Johnny Boone Saylor, Larry Taylor, Ronnie Cash and Carlos Cash all filed for re-election as well.

For school board, incumbents Anna Stevens Goff, Martin E. Vanzant and Mike Burdette are all running unopposed in their districts.

Incumbent Soil Conservation District Board members Jack Dailey, Roy Reynolds, Mike Barron and Brenda K. Parsons also filed for re-election.

Those who missed Tuesday's filing deadline, but still want to run for local office, have until October 26th to file as a write-in candidate in the county clerk's office.

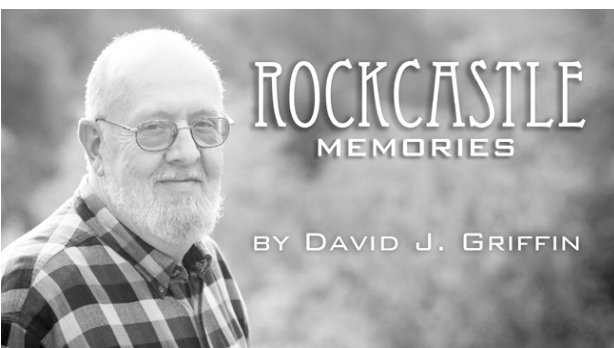
Allen said the same requirements and fees still apply but that the names of write-in candidates will not appear on the ballot. Allen said that unless write-in candidates file, any votes cast for them will not be counted.

The last day to register to vote in the General Election is Tuesday, October 9th.

Of Special Note Inside

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



ROCKCASTLE MEMORIES

BY DAVID J. GRIFFIN

"Mr. Bill" – Friend, Mentor, and Teacher

Most of the time when I mention one of the Cox family, it is Bud, a life-long friend. However, it's time for consideration of Mr. Bill Cox and how he also became my friend, mentor, and teacher.

When I was a very young, my mother gave me a seated liberty quarter that was over a hundred years old and in pristine condition. She immediately explained that coins such as this should be in a coin collection, and it might be a good idea if I started such a hobby. It was a seed well planted, and I began what became a life-long interest in old and rare United States coins.

Because of my association with Bud Cox, I was familiar with his dad, "Mr. Bill" and knew that he, too, was a coin collector. I took my newly-possessed quarter to Cox Funeral Home to show it to him. He was impressed, and he promptly began the process of explaining to me how to locate and preserve rare US coins. His first lesson was to take me on a tour of his own collection and to demonstrate how to appraise coins. For the next couple of hours, Mr. Bill carefully removed his most unique coins from their containers and allowed me to examine each one. With a magnifying lens, he taught me how to look for defects and unique markings on his coins. I cannot express how much I learned in such a short time. He took his time and seemed to enjoy being a mentor to such a young boy.

Over the next few years, Bill made himself available for consultation each time I acquired a new coin for my collection. On a few occasions, he actually gave me coins that I "needed" in order to jolt my enthusiasm. I will never forget one day when he sold me a five-dollar gold coin, because at the time I did not own any gold coins. I still have it, and no amount of money could

make me part with it because of its history and how Mr. Bill gave me such a deal. I think he took a certain amount of pride in teaching me how to become a numismatist and how to enjoy the hunt for rare and unique coins.

My relationship with Mr. Bill did not end, however, with coin collecting. When I was in high school, I enrolled in a wood-working class under Mr. Larry Travis. During my senior year, I took on a project of constructing a large, walnut stereo cabinet for my home. I had not appreciated how many hours such a project would take; as a result, it was not finished by my high school graduation. Once again, I called on my friend Mr. Bill. He had a wood-working shop located in a building behind the funeral home. I hauled my stereo cabinet into his shop to see if he had time to assist me in completing my task.

Of course, Mr. Bill came to my rescue. Not only did he explain what needed to be done to complete the project, he provided me with aged walnut lumber to get the job done. For several months, my cabinet was sitting in his shop as I took directions from Mr. Bill on how to complete the assignment. Because of his expertise, my stereo cabinet finally took shape and has been in my home for more than fifty years. Each time I take something from this walnut cabinet, I am reminded of Mr. Bill and his willingness to assist me with several different projects that interested me over the years.

Bill Cox was a mentor to me in different arenas. I have deeply appreciated his gifts of time and knowledge to assist a young man who was in the process of learning about things that interested him. I wish more adults had his kind of love for young people and took the time to be a mentor.

(Cont. to A4)



The Roots of Rockcastle

by: Tonya J. Cook



The Foresight of Theophilus Pigg

Most of us here in Rockcastle County, especially if we're interested in history or are doing research, have run across some of "Thee" Pigg's work. Thee Pigg was a man ahead of his time and one who knew the value of making as many pictures of people, places, and things here in the county as possible. He must have really had a love for this county and the insight to know the value of the work he was doing. The old cliché, "A picture is worth a thousand words", certainly applies here.

Theophilus Pigg was born to Gabriel and Elvira Hensley-Pigg in Clay County on October 8, 1861. Thee and his family moved to Rockcastle County, where he lived most of his adult life.

He was married three times. His first wife was Rebecca M. Willaims, the second was Bettia Joseph, and his final wife was Zella Myrtle Mullins. He is known to be the father of at least thirteen children, with one daughter still living in Rockcastle County, but she wishes not to be noted in this column.

Thee Pigg's primary focus, other than photography, was teaching school. He taught at the Red Hill School and the Flat Rock School. He, for the era, would have been considered very well-educated. He was fluent in sign language and well-versed in poetry.

He spent many days traveling the back roads and through communities making pictures and collecting poetry and songs. In his will he even made provisions for the publishing of his collection of work. Some of the works he had written himself.

During that era, it wasn't uncommon for travelers to spend the night at private

residences. This is what Thee Pigg did and many nights found him asleep under the stars, if no lodging was available. It has been said that Thee was somewhat the fearful sight, especially to children, with his long, white, flowing beard. The beard and his strange traveling companion, the camera, did present a fearful sight especially to those never having seen one.

The cameras of the day were big wooden devices that sat on a tripod and had a long cape that was draped over the photographer when the picture was "snapped". A photograph in that era was rather rare. Many, especially in the rural areas, lived their entire lives possibly never being photographed. Others, even in the best of circum-

(Cont. to A4)

Points East

By Ike Adams



If you want to get glared at or even stared down, stop my wife on the street and ask her how much sweet corn she'd like to have you put in the trunk of her car.

Last Saturday it had become pretty obvious that we couldn't put the bodacious harvest off any longer. We'd been eating on it for nearly two weeks and sharing with friends and family but by the end of last week it had become obvious that the rest of the crop needed to come out of the patch if we wanted to freeze any before it started getting tough.

The great thing about "bodacious", the variety I've been growing for more than 20 years, is that it keeps well on the stalk much longer than other varieties I have grown and thereby of-

fers some flexibility in terms of timing the big push to preserve it. The other great asset is that, as far as Loretta and I and our family is concerned, no other sweet corn rivals it for taste and texture.

By the middle of July I was having serious doubts that we were going to have any corn at all.

We had one 33 day stretch here on Lowell Branch where the daytime temperature did not get below 96 and during which time, we did not get a drop of rain. It rained all around us from time but not on Charlie Brown Road. I packed water in a five-gallon bucket, 100 gallons or more at a time and watered the corn at the edge of dark

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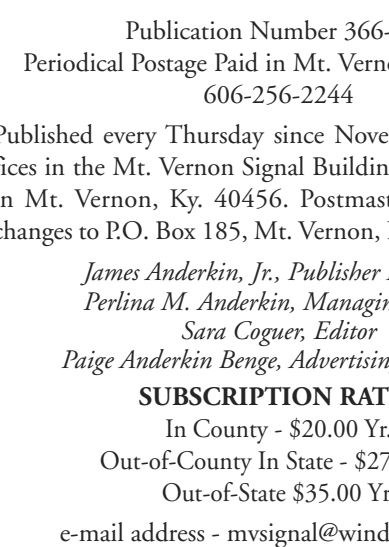
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WELCOME



Dr. Karen B. Saylor and Rockcastle Family Wellness would like to welcome **Samantha Brooke Shell, APRN, Nurse Practitioner** to their staff.

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Obituaries



Evelyn Carpenter

Evelyn Hoskins Carpenter, 68, of Mt. Vernon, died Thursday, July 26, 2012 at her residence. She was born June 22, 1944, in Leslie County.

She was a member of the Faith Chapel Pentecostal Church.

She is survived by: her husband, Rev. Jack Carpenter Jr. of Mt. Vernon; special friend, Betty Ottino; three daughters, Nancy Carol (Roy) Rice of Hyden, Margaret (Andy) Ayers of Somerset, and Luree Carpenter of Mt. Vernon; a son, David Glenn Stubblefield of London; and a son-in-law, Keith Campbell of Fairborn, OH. She is also survived by: three brothers, Farmer, Silas and Paul Hoskins; two sisters, Irene Collett and Carlyn Hacker; five grandsons, Allen and Keisha Rice of Hyden, Jerry and Cassandra Rice of Hyden, Jeffery David Moore of Union, OH, Michael David and Keyla Stubblefield of London, and Josh and Ashley Smith of Mt. Vernon; three granddaughters, Amy and Curtis Jones of London, Kimberly Smith of Somerset, and Jackelyn Campbell of Fairborn, OH; three great granddaughters, Allie Rice, Mikennah Stubblefield and Alanah Mae Moore; and two great grandsons, Ryan Jones and Jacob Rice.

She was preceded in death by: her parents, Charlie and Nancy R. Hoskins; a daughter, Janet Lee Campbell; five brothers, Homer, Vernon, Clarence, Cleamon and Eldon Hoskins; and three sisters, Pearley Witt, Celdren Stone and Delora Bowling.

Funeral services were held Monday, July 30, 2012 at the Pine Hill Holiness Church in Mt. Vernon with Bro. Eugene Haney, Bro. Silas Hoskins and Bro. Jack Carpenter Jr. officiating. Burial followed in the Red Hill Cemetery.

Pallbearers were: Josh Smith, Andy Ayers, Michael David Stubblefield, Allen, Roy and Jerry Rice, Jeffery Moore and Keith Campbell.

Lakes Funeral Home was in charge of arrangements.

www.lakesfuneralhomemckee.com

was in Fairview Church of Christ Cemetery in Willailla.

Pallbearers were: Jonathan James Daniels, Macy and Elliot Blommer, Eric Charles Peifer and Don Bloomer.

Honorary pallbearers were: William Whitis, Eddie and Wayne Cash.

Memorial Contributions can be made to the Hospice of Lake Cumberland at c/o Development Department 100 Parkway Drive Somerset KY 42503 or to the Northeast Florida Community Hospice at 4114 Sunbeam Road, Bldg 400 Jacksonville, FL 32257.

Cards of Thanks

Charles Parsons

The family of Charles Parsons would like to express our thanks to everyone for the kindness shown us during the loss of our loved one.

A special thanks to Ova Baker and Dale McNew for their words of comfort, to those who sent the beautiful flowers, to Cornerstone Church and other who sent food, the pallbearers and Dowell and Martin Funeral Home.

Edward Ray "Nubbin" Whitaker

The family of Edward Ray "Nubbin" Whitaker want to thank all the friends, neighbors, and extended family who came to Ed's memorial service. Even though Ed is gone from this Earth, he will always remain in our hearts.

The family of Edward Ray Whitaker

New fitness class for kids starts Tues. at Rockcastle Regional

A new kids fitness class has been added to the calendar of the Wellness Center at Rockcastle Regional Hospital.

Starting Tuesday, August 21st, "Movin' with Morgan" will be on Tuesdays and Thursdays from 3:45-4:30 p.m.

The class will be instructed by Morgan Kincer and is \$2 per child, per class. Ages 8- 12 are welcome to attend the class that will include: aerobic activity, muscle and bone strengthening, stretches working on coordination and balance, and more.

For questions or more information, contact Arielle Reese a.reese@rhrcc.org or Morgan Kincer m.kincer@rhrcc.org. For a complete calendar, visit www.rockcastleregional.org/wellnesscenter.

Classified deadline is 10 a.m. Tuesday



A GOSPEL MUSIC FEST will be held Saturday, August 18th beginning at 6 p.m. on the front lawn of First Baptist Church, 340 West Main Street, in Mt. Vernon. Will move inside if it rains. Featuring His Heart, Fair Haven Quartet, and Dylan Bishop & abunchoffellers. Bring a lawn chair and come join us!

Pine Hill School Reunion

September 1st • Eat at noon

Pine Hill Missionary Baptist Church Fellowship Hall
Bring a covered dish



Tickets - \$15
(877) 356-3263

Sunday, August 19, 2012 at 3:00 p.m.

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Two Houses & Lots

Saturday, August 18th

Poplar St. Ext. and Shirley St. • Mt. Vernon, Ky.

In order to liquidate their properties, Mr. and Mrs. Willie Swinney have authorized our firm to sell these homes and lots for the absolute high dollar.

AUCTION # 1- House and Lot - 245 Poplar Street Extension, Mt. Vernon, KY
Saturday, August 18th at 10:00 a.m.

Location: From West Main Street turn onto Quarry Street. Proceed to Poplar Street Extension. Turn right onto Poplar Street Extension and property is on the immediate left. Auction signs are posted.

This home consists of 2 bedrooms, 1 bath, living room and kitchen. Amenities include: carpet/vinyl flooring, flu, back porch and a storage building.

Auctioneer's Note: This property would be ideal for a rental investment or a starter home. It is located within walking distance to grocery stores, churches, and schools. Remember, this is an Absolute Auction... LAST BID WILL BUY!! This house and lot will sell on August 18th at 10:00 a.m.

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

Note: The purchaser of a single-family residence built before 1978 has a maximum of 10 days to inspect the property for the presence of lead-based paint. The period for inspection begins August 8th through August 17th. The successful bidder must sign a waiver of the 10-day post sale inspection period.

AUCTION # 2- House & Lot - 125 Shirley Street, Mt. Vernon, KY
Saturday, August 18th at 11:00 a.m.

Location: From US 25 take Floyd Street (by Car Quest Auto Parts) to Joyce Street. Turn left onto Joyce Street and follow to Shirley Street. Turn left onto Shirley Street and proceed to the subject property on the right. Auction signs are posted.

This home is situated on a large lot with mature trees and features 3 bedrooms, 1 bath, large living room, and kitchen. Amenities include carpet/linoleum, front porch, baseboard heat, and flu.

Auctioneer's Note: If you are looking for a place in town close to the Library, schools, courthouse, gas stations, and grocery store... then be sure to attend this Absolute Auction on August 18th at 11:00 a.m. Bid last and buy!!

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

NOTE: The purchaser of a single-family residence built before 1978 has a maximum of 10 days to inspect the property for the presence of lead-based paint. The period for inspection begins August 8th through August 17th. The successful bidder must sign a waiver of the 10-day post sale inspection period.

Announcements day of sale take precedence over printed matter.

For additional information or appointment, contact the selling agents.



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70th Wedding Anniversary

Kenneth and Martha Carter will celebrate their 70th wedding anniversary August 22nd with their family. They were married August 22, 1942.

Our Readers Write

Lady Rockets Golf Invitational...

Dear Editor,
The 1st ever Lady Rockets Golf Invitational was held on August 4th at Cedar Rapids. A special thank you to Citizens Bank for their sponsoring of the invitational.

We would like to thank the following for their donations: Peg's Food Mart, Rockcastle County Kiwanis Club, Goff Excavating and Sons, Marks Hardware, Rockcastle Regional Hospital, James Miller Jailer, Billy Reynolds Co. Attorney, Margaret Offutt PVA, Ford Brothers Inc., Town & Country Chevron, Subway, Debra Hembree Lambert Law Office, Bishop Tire & Auto Care, Bootsie's Wild Kuts, Buzz Carlofitis Judge Executive, Teresa Vanzant Circuit Court Clerk, Danetta Ford-Allen County Clerk, Clifford Collins Backhoe, LLC, Donnie Singleton, Christy George Mary Kay Independent Sales Director, Dawn King Sales Director 31, Cash Express, Collins

Respiratory, Arvin Family Practic, Dairy Delight, King Bottling Co., Cletis and Rose Brown, Billy and Sandy Dowell, Brandon Young, Andrew Pensol, Sam Pensol, Bryan Clontz, Hilltop Produce, Frito Lay and all of the ladies who brought desserts and help to serve. A special thank you to all of our ball spotters: Cody Brown, Jadon Brock, Scott Parkey, Hank Vanzant and Paul Burton.

Green County finished in 1st place with a team score of 342 with the Lady Rockets coming in second with a 343 team score. Top five individuals trophies went to Caroline Moore from North Laurel with a 66, Hannabeth Owens from Rockcastle with a 72, a tie for 3rd went to Cassidy Scantland and Olivia Parrott both with 76, and 5th place went to Sarah Kellam from Grant County with a 77.

We would like to invite everyone to come out and cheer on your Lady Rockets.

Cindy King

Letters to the Editor Policy

Letters to the editor must be no more than 400 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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Blood Drive August 20th

The Kentucky Blood Center is hosting their annual "Battle of the Bluegrass" blood drive in Mt. Vernon on August 20th thru August 31st.

The Battle of the Bluegrass is a blood donor competition between Kentucky Wildcat and Louisville Cardinal fans where donors can vote for either team when they give blood.

Every donor will receive a free Battle of the Bluegrass t-shirt and a chance to win a 2012 Toyota Rav4.

Those wishing to donate in Rockcastle County can do so at the Christian Appalachian Project community center at 25 Beiting Lane in Mt. Vernon.

To schedule a donation visit ktbloodcenter.org or call 1-800-775-2522. Blood donors must be seventeen-years-old, weigh at least 110 pounds, be in good health and meet other additional requirements. Sixteen-year-old donors must have a signed parental permission slip which can be found at www.kybloodcenter.org.

"Points East"

(Cont. from A2)

by pouring water from a quart cup on the roots but I finally gave up and resigned myself to the notion that I had tried as hard as a one-armed man can try.

Finally, up toward the end of the July after I had completely given up, we got a nice soaking rain but even then I thought it was too little too late. But the bodacious proved itself to be resilient. The stalks were stunted and most of the ears were only half as large as they would have been under normal circumstances and I was beyond elated that we were going to have a crop at all.

As usual, we procrastinated about getting it to the freezer until, as I already said, we didn't have any choice. So last Saturday, the most pleasant day by far that we have had this summer, Chris pulled my big garden wagon to the edge of the corn patch and we began picking corn. It took us nearly an hour but when we were finished, the wagon, which is 5 feet long, 44 inches wide and 18 inches deep, was heaped so high it wouldn't hold another ear. Somewhere in the neighborhood of 7 bushels plus I had two five gallon buckets full that we couldn't get on the wagon.

Loretta put up a beach umbrella and we commenced shucking corn in the front yard. I commenced calling family and friends to see if they wanted any corn. Good friend and super neighbor, Joe Brown came over to get a dozen ears and jumped right in to help with the shucking and silking. By mid-afternoon our sinks, two 48 quart coolers and every other container Loretta could find were scattered about the kitchen stuffed with sweet corn. I had piled 8 dozen or so

of the larger, select ears on the porch unshucked to give to our daughters, Loretta's sisters and other friends and family. While I headed to town to fetch two 20 pound bags of ice, Loretta started boiling corn in two big industrial sized stock pots. She brings the corn to a boil, dumps it in the sink, covers it with ice for a few minutes, slices it off the ear, stuffs it into freezer bags and then stuffs the freezer.

The serious cooking started before 3:00 PM. At 2:00 AM Sunday morning Loretta was still in the kitchen freezing corn and she still had a cooler full to go when she ultimately decided that enough is enough.

Late Sunday afternoon, we drove to Berea and Richmond to spread around what was left over.

Somewhere along the way I mentioned that there wouldn't be very much in my late crop.

"You'd better have plans for your blankety-blank late crop that don't involve your wife", she snarled.

"Roots"

(Cont. from A2)

stances, had only two or three photos over a lifetime. Of course, Rockcastle County was rural and this really adds the historical value to Mr. Pigg's work.

After teaching school and collecting the local poems and songs that became his life's work, he died on January 7, 1949, and was buried in the Red Hill Cemetery.

Today, Rockcastle County certainly owes a huge debt of gratitude to Theophilus Pigg and his forethought. I'm sure he didn't foresee the full historical significance that his work has contributed to the "Roots" of this county...or maybe he did. What a legacy.

The information in this article was provided by Theophilus Pigg's daughter. (Remember, I'm always looking for a bit of Rockcastle history. If you have a story to tell, and all of us do, please contact me at therootsofrockcastle@windstream.net)

"Memories"

(Cont. from A2)

One of the last memories I have with Mr. Bill was just before I left for UK in 1962. On that occasion, I took my entire collection to his house, and we spent a great deal of time deciding which coins I should sell and which ones that I should keep. His expertise was so valuable, and I followed his advice over the following years. Because of my relationship with Mr. Bill, my collection today is one of my most prized possessions.

I regret that I never told this wonderful man about how much he meant to me and how I appreciated his efforts. But he did capture, and has always held, a special place in my heart. My heartfelt "Thanks!" to Mr. Bill.

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

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Bookmobile Schedule

Mon., Aug. 20th: Calloway, Red Hill, Livingston, Lamer, Pine Hill. **Tues., Aug. 21st:** Maple Grove, Orlando and Climax. **Wed., Aug 22nd:** Child Development, Seek n' Learn and Brindle Ridge.

Bittersweet Festival Note

The 2012 Bittersweet Festival Committee will meet August 23rd at 1:30 p.m. at City Hall.

Hospice Care Plus Volunteer Training

On Sat., Aug. 18, from 9 to 4, Hospice Care Plus will host a volunteer training at its Compassionate Care Center in Richmond. Once trained, volunteers can choose from a variety of roles in patient and family care or as a special event or administrative volunteer. Volunteers who are able to work with patients are especially needed. To learn more, or to register, contact Julie at 859-986-1500, 800-806-5492 or hospice@hospicecp.org. Pre-registration is encouraged.

CCFFG Meeting

Concerned Citizens For Fair Government (CCFFG) will hold their next regular meeting Thursday, Aug. 16th at 6 p.m. on the third floor of the courthouse. Please use rear entrance. The group meets the third Thursday of each month.

MVHS Alumni Reunion

The MVHS Alumni Reunion invitations have been mailed out. The reunion will be held September 8th at the Rockcastle Middle School. Dinner will be served at 6 p.m. You need to return your invitation by August 31, 2012. This gives us an idea of how much food to prepare. Cost is \$15 until Aug. 31st and \$20 at the door.

Sidekick Siblings/Motion Mondays

A new program "Sidekick Siblings" will begin Thurs., Aug. 16th from 5:30-7 p.m. at Memorial Park Large Shelter with an Ice Cream Social. This program aims to connect siblings one game at a time.

Motion Mondays is a community after school activity program for 3rd-5th grades! First session begins at 2:20 p.m., Aug. 20th and will then meet Aug. 27th, Sept. 10th and Sept. 17th. Call Berea Parks and Recreation for more info on these two programs. 986-9402, like us on Facebook or our website is www.bereaky.gov.

Sons of Confederate Veterans

The Sons of Confederate Veterans (SCV), Rockcastle Camp, meets the second Tuesday of each month at 7 p.m. on the third floor of the county courthouse. For more information, contact David Owens at 606-256-9870.

Nami Meeting

There will be a NAMI meeting August 20th from noon to 1 p.m. in the conference room of the Comp Care Bldg.

VFW News

VFW Post 5908 is open every day, except Wednesday and Sunday, from 5 to 7 p.m. or longer if needed. Anthony Jones will be singing August 4th from 7 to 11 p.m. at the post. Everyone is invited. The new commander is Charles "Dollar" Thomas. Contact the club at 606-758-9481 to use the facility for special events such as birthday parties, showers, family reunions, etc.

American Legion Post 71

American Legion Post 71 meets the second Thursday at 7 p.m. of each month at the Back Porch Restaurant in the Renfro Valley Village. Commander David Owens invites all Rockcastle veterans to join this organization that honors American soldiers, sailors and airmen.

Kiwanis Club Meetings

The Rockcastle Kiwanis Club meets every Thursday at noon at The Renfro Valley Lodge 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.

RCDB Meeting Notice

The Rockcastle County Development Board meets the 4th Wednesday of each month at noon at the Rockcastle County Courthouse 3rd floor Technology Center. The public is invited to attend.

RCIDA Meetings

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

NA Women's Meeting

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

Women's Narcotics Meeting

A Women's Narcotics Anonymous Meeting is held every Monday evening at 8 p.m. at the Community Center, sponsored by Christian Appalachian Center. For more information, contact the Healing Rain Center at 256-5810.

Alcoholics Anonymous

Alcoholics Anonymous meets Tuesday nights at 8 p.m. behind Our Lady of Mt. Vernon Church on Williams St. in Mt. Vernon.

DBCAA Board Meeting

Daniel Boone Community Action Agency, Inc. will have a board of directors meeting on Tuesday, August 28th at 5:30 p.m. in Clay County at the central office, located at 1535 Shamrock Road in Manchester. The public is invited to attend. DBCAA is an equal housing opportunity provider.

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CHURCH NEWS

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Let the Bible Speak

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

Homecoming/Note Burning

Homecoming and a Special Note Burning Service will be held at Roundstone Baptist Church on Sunday, August 26th, beginning at 10:30 a.m. Special Singing will be by the Hutton Family. Everyone is welcome.

Gospel Singing

There will be a Gospel Singing on Saturday, August 18th at 7 p.m., featuring Bro. Jack Stallsworth and Grace Unlimited at McNew Chapel Baptist Church on Cove Branch Road.

Pastor Jerry Ballinger and congregation welcome everyone to attend.

Benefit Singing

There will be a Benefit Singing for Jack Carpenter on Saturday, August 18th at 7 p.m. at Faith Chapel Pentecostal Church.

Philadelphia United Baptist Church Benefit Singing

There will be a Benefit Singing Sun., Aug. 26th at 6 p.m. at Philadelphia United Baptist Church. The singing will benefit the church's bus ministry.

Singers will be The Voice of Praise and the Praise Singers. Call 606-308-5368.

Church is located at 834 Bryant Ridge Rd., Brodhead. Gordon Mink is pastor.

Call 606-308-5368 for more information.

Concert

Grace Fellowship Church, and Pastor Dale Campbell, invite you to a special love offering concert featuring Dove Award Winning Group Brian Free & Assurance on Sun., Aug. 19th at 6 p.m.

This group is one of the most awarded groups in all of Gospel Music and Brian Free is the single most awarded tenor singer in Gospel Music History. With #1 songs like "Long as I got

King Jesus" and "For God So Loved," this group is sure to be a blessing to you and your family.

The church is located at 845A South Main Street in London in Carnaby Square. For more information, call the church's office at 606-864-4635 or visit their website at www.graceforyou.com.

Purse Auction

West Brodhead Church of God Ladies Ministry will hold a Purse Auction on Tuesday, August 21st at 6:30 at the church.

The church is located at 2304 Ky 3245 in Brodhead.

Call 606-758-8216 for more information.

Gospel Singing

Lighthouse Baptist Church will have a Gospel Singing Saturday, Aug. 11th at 6 p.m. featuring Proof of Grace from Richmond.

The church and youth group will be hosting a potluck dinner right after the singing. There is no charge but donations will be accepted for the church's youth group.

Lighthouse Baptist is located at 1391 Gabbardtown Road, Berea.

Gospel Singing

There will be a Gospel Singing at the Black Barn in Conway (across the tracks at the grocery store) on Friday, August 24th, beginning at 7 p.m. Featured singers will be Revival Road, a southern gospel group from Clay City, Ind., Joyful Noise from Grassy Springs Baptist Church in Jackson County and Stony Run a Bluegrass Gospel group. All singers are welcome.

For more information, call James I. Miller at 859-582-7421.

Homecoming at New Hope

Homecoming Services will be held at New Hope First Church of God on Sunday, August 19th. The church is located 6 miles south of Crab Orchard on Hwy. 39.

Sunday School is at 10 a.m. with morning worship at 10:45 with former pastor Tom Denney. Lunch will follow the morning service. There will be an afternoon singing featuring The Calvary Heirs. Pastor Donald Lear and congregation welcome everyone.

Upcoming Reunions

Carpenter-Phillips Reunion

The Carpenter-Phillips Reunion will be held at Lawrence Phillips' place on Horse Lick Creek in Jackson County on Sun., Sept. 29th. Lunch will be served at noon. All family and friends are welcome. Bring a covered dish and lawn chairs. For more info, call 606-453-2181.

McGuire Reunion

The Manley and Sylvia McGuire Family Reunion will be held Saturday, September 1st, beginning at noon, at the home of Michael P. McGuire in Singleton Valley.

Everyone welcome. Bring a covered dish.

Marler/McClure/Stevens Reunion

You are invited to the Marler, McClure, Stevens Reunion which will be held on Saturday, Sept. 1st at Sand Springs Baptist Church picnic shelter, beginning around noon. Come bring a covered dish and enjoy the day with us. Family and friends are welcome.

Carpenter/Kirby Reunion

The families of Tobe and Jane Carpenter and Jerry Kirby and wives are invited to a reunion on Sunday, August 26th at the Russell Acton Folk Center in Berea. The reunion will be from 10

a.m. to 4 p.m. Bring a covered dish or two and enjoy family and friends, old and new.

All Carpenter descendants of Fielding Carpenter and James William and Barbara Renner Kirby are invited.

For more information, call 859-266-7819.

Graves-Hayes-Owens

Graves-Hayes-Owens Reunion will be held September 1st at the Blue Springs School. Come for the day, dinner at noon and bring a covered dish.

Pine Hill School

Pine Hill School Reunion will be held September 1st at Pine Hill Missionary Baptist Church Fellowship Hall. Eat at noon, bring a covered dish.

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An encouraging word:

Ambition is Vital

By Howard Coop



One beautiful morning as I walked to the post office, I met a person that I had known for sometime. After a very pleasant greeting, we immediately began a rather spirited conversation. It didn't take long for me to sense the negative attitude that my friend possessed.

Soon after our conversation began, my friend asked me a very pointed question. It involved a young man, living in another community, who was a good friend of mine. After I responded to that rather pointed question, the comments about my friend became more and more critical. Finally, the person with whom I was conversing said somewhat sarcastically, "I don't like him; he's too ambitious."

My friend was an ambitious young man. To be ambitious is to possess an ambition, and that is a desire that drives one to achieve something in life. My thought, unexpressed at the moment, was: "You don't like someone because that person wants to achieve success in the field he has chosen for his life's work?" It's a fact observable in everyday life: Little that is worthwhile is every achieved without ambition. An anonymous individual expressed it so well, "Stand still and silently watch the world go by---and it will."

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"Mind your own business," "Work with your hands." And this work is done for two specific reasons: "So that your daily life may win the respect of" those with whom you associate, and "so that you will not be dependent on anybody."

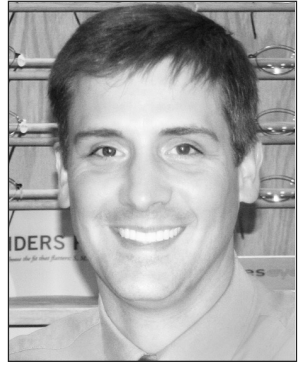
So, ambition, controlled, is vital to a good life. It leads to significant accomplishment that is beneficial and satisfies the deep desires of the heart.

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“Homecoming”
(Cont. from front)

loin sandwich, chips and drink. Everyone is welcome and encouraged to enter the Homecoming Parade. The Homecoming Committee, Dell Ponder, president, Faye Harper, Billy Wayne and Aletha Bryant, Cleo Bryant, Ann Senters, Angie Mink, Rita Mize, Margaret Martin, Tasha Howard and Jason Medley, invites everyone to come out to the 2012 Homecoming for a wonderful time.

“School”
(Cont. from front)

lowering the drop-out rate. The program calls for an Explore segment in the 8th grade, Plan in the 10th and the ACT taken in the junior or senior year. Kentucky has adopted the program which attempts to use available data to apply to individual students in an effort to lower the drop-out rate. Pensol told the board that the system has already had one drop-out this year and “every effort was made to keep the student from dropping out.” “We’ll always have drop-outs,” Pensol said, “but we need to make an effort at the bottom to keep children where they should be. We need to be more flexible and have more options for students.”

The superintendent told the board that the 2011 senior class had 60 drop-outs from their freshman/sophomore classes -- 41 to home schooling and 19 drop-outs. “We are facing competition from home schooling organizations and on-line high schools,” Pensol said. He promised the school board that the matter would be addressed throughout the year. “We have to reorganize and retool ourselves.”

The board also approved the hiring of Scott Noel with Clotfelter Samokar Architects. Noel will assist the board in formulating their new District Facility Plan. The five year plan must be in place before any capital outlay funds can be spent. Pensol also reported that 15 applications, five from district employees, have been submitted for the principal’s job at Roundstone Elementary. He said that the position should be filled by the end of the week. There have been 16 applicants for the assistant principal’s position at the middle school, seven from district employees, but this position will not be filled until later in the month, Pensol said.

A workshop for an hour before the regular September meeting was scheduled for the board to go over the district budget. According to Melanie Lyons, finance officer, the board should have a cash balance of \$4.2 million at the end of the next

school year about the same as at the end of the 2012 budget.

“Clinic”
(Cont. from front)

ing a local provider while also accessing the additional services offered by White House Clinics.

“Dr. Arvin’s practice, phone number and staff will remain the same,” Moore said. “The only difference is office hours will be extended until 7 p.m. in order to provide our extended services.”

Moore said the location in Dr. Arvin’s office is only a temporary location while they search for a permanent site.

“Over the next few months we will begin to explore opportunities for a permanent home for the new site,” Moore said. “Once the site is complete we will move the clinic out of Dr. Arvin’s office.”

Moore said when the new site is complete that it will also include a dental clinic staffed by Rockcastle native Dr. John Parsons and a pharmacy also staffed by Rockcastle native Dr. Sharon Davidson.

Moore said White House Clinics works hard to find health care providers who appreciate and understand the local culture and that the Rockcastle team fits the bill perfectly.

“Each of them are such wonderful, respected and compassionate providers,” Moore said “We are fully confident that they will do great things here.”

“Court”
(Cont. from front)

be used to repair sections of Poplar Gap Road, New Hope Tower Road, Miller Lane, Low Gap Road, Schoolhouse Mill Road, Lower River Road, McGuire Subdv. Road, Purr Rigsby Road, Barnett Road and the last mile of Lambert Road.

Lambert Road will take up most of the remaining funds with the repair work on the other roads only encompassing short sections of the worst parts of the roads to be resurfaced.

The court also approved payment of \$46,000 to B&M Pipeline for their work on the last mile of Lambert Road, \$12,734.33 for a storm box and headwall on the road, and \$27,317.50 for extra work repairing soft spots in the road plus \$132.24 for concrete. Carloftis said a total of 17 soft spots had to be repaired.

The court also heard an appeal from Carl Swanigan on behalf of the county’s constables, for help with their gas expense and training. The sticking point for the court has always been that if they provided support to the constables would this make them liable for an ac-

cident or other actions of the constables. Kathy Robinson, with the county attorney’s office, was asked to research the question and report back to the court.

Holly Hopkins, Executive Director of RCIDA told the court that the Anchor Packaging plant passed the last American Institute of Baking (AIB) inspection with flying colors and that a human resources person would be here to begin reviewing applications at the end of the month. Hopkins said the plant should be in full production, with 150 employees, by the end of December when there will be some production lines running 24/7.

There have been over 600 applications submitted, Hopkins said, through the school’s adult education center. The process helped the center also since the KEES testing they used with applicants enabled them to qualify for a Star Certification.

Anchor is currently paying 1/3 of their lease payment and will begin the full payment when the building is turned over to them which should be within days, Carloftis said.

The county still needs to pave the back parking lot and pay \$16,500 to Anchor in lieu of repairing a chiller, at a bigger expense. The new roof is complete, except for three small sections and is expected to be completed and inspected within a week to 10 days. At that time, the county will have to pay almost \$800,000 for construction of the roof.

Hopkins also told the court that \$94,000 of a \$216,000 CDBG grant had been approved and this money will help defray the cost of the clean up of the plant along with \$400,000 from a state transportation grant.

Following the meeting Tuesday, Livingston Mayor J.C. Griffin presented Carloftis with a check for \$2,800 which the court fronted for expenses associated with Livingston’s efforts to become a Trail Town. The money came from a reimbursable state grant.

As one of the last items of business, Magistrate Gary Burdette presented the court with a claim for \$7,922 from Roger Rucker, a resident of Lambert Road, for replacement costs of his fence which had to be taken down during widening of the road.

The court took no action on the claim.

The court also approved

90% of the utilities for three fire departments: \$1,028.50 for Livingston Fire Department; \$2,400 for Pongo Fire Department and \$2,589.05 for Brindle Ridge Fire Dept. They also approved the yearly gas allowance for five rural departments of \$900 each.

“Governor”
(Cont. from front)

infrastructure that will support outdoor activities and marketing to bring tourists into the area.

Long range projects such as the development of Little Egypt into a recreational area with horse, bike and hiking trails and the desire to create a bike lane from south of Livingston to Hazel Patch Road are being discussed with individuals from the State Highway Department and a consultant from the National Park System.

“It takes a vision and people willing to take a vision and make it a reality. Let’s show the Governor and First Lady that Rockcastle dreams big and come to the August 22nd event in Livingston,” Tatum said.

For more information, contact Mayor Griffin @ 606-453-2061, County

Judge Executive Buzz Carloftis @ 606-256-2856 or Lynn Tatum at 606-256-8007,

“Arrest”
(Cont. from front)

served a pill bottle hanging from Blackburn’s left front pants pocket.

Upon asking Blackburn to step out of the vehicle and empty his pants pockets, Blackburn attempted to conceal the pill bottle by removing it from his pocket and placing it in the waistband of his pants.

Inside the pill bottle, officers found twelve oxycodone tablets, six morphine tablets, one alprazolam tablet and one Percocet tablet.

Officers arrested Blackburn at the scene and found a small plastic bag containing Soma tablets in his right front jeans pocket. Officers also found a large amount of twenty, ten, five and one dollar bills inside Blackburn’s wallet which was believed to be used to make change during transactions.

After searching the vehicle, officers also found an open pack of BD brand syringes lying in the passenger seat.

Blackburn was charged

with three counts of trafficking in a controlled substance, two counts of possession of a controlled substance and possession of drug paraphernalia.

Blackburn remains lodged in the Rockcastle County Detention Center under a \$7,500 unsecured bond.

**PVFD host
ATV ride
Sept. 1st**

Pongo Volunteer Fire Department will host an ATV ride beginning at the fire department on Saturday September 1st at 10 a.m.

All members and family are invited to attend. A free lunch will be provided and donations will be accepted. No alcohol will be allowed on the ride.

For more information contact Tony Bullock at 606-687-0865 or Roger Bullock at 606-687-0385.

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(where your name is not required)
Toll-free Treatment Help Line
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Stroke is an emergency. By knowing common stroke warning signs, you might save a life by acting FAST at the first sign of a stroke.

Memorize this easy-to-remember tool so you can act FAST and help determine if someone might be having a stroke.

FACE
Ask the person to smile. Does one side of the face droop?



ARMS
Ask the person to raise both arms. Does one arm drift downward?



SPEECH
Ask the person to repeat a simple phrase. Is their speech slurred or strange?



TIME
If you observe any of these signs, call 9-1-1 immediately.



Learn more about stroke and other sudden warning signs at www.stroke.org/symp





Congratulations to South KY Knights 9U baseball team. In the past three weekends, they have won a 12-0 run to capture three tournament championships, two in Stanford and one in Garrard Co. Members of the team are shown above, front row from left: Noah Fain, Jacob Hunt, Silas Shaffer, Jaden Carpenter, Kole Browne and Nathan Storie. Middle row from left: Rylee Denney, Ethan Fain, Drew Hopkins, Chance Dismuke, Logan Bowman, Hunter Spivey and Celia Shaffer. Back row from left: Eric Denney, Zeke and David Fain, Johnny Hopkins and Mikhael Shaffer.



The Rockcastle County Lady Rockets Golf Team recently hosted their Rocket Invitational at Cedar Rapids. The team finished second in the tournament. They are shown above, from left: Gracelyn Owens, Keeley Goff, Hannabeth Owens, Mackenzie King, Jenny Bray and Jon Adams representing sponsor Citizens Bank, coach Julie Asher, Callie Asher, Lexi Young, and Savannah Sweet. The team also placed third this past weekend in the Pulaski County Invitational at Eagles Nest Country Club.



The Rockcastle County 14U Hot Styx placed second in the TNT Classic in Garrard County this past weekend. Pictured are, front from left: Mahala Saylor, Emme Barker and Jayna Albright. Second row from left: Tiffany Fain, Lauryn Carpenter, Savannah Smith and Brittany Wright. Back row from left: Coach Steve Holcomb, Kayla Cromer, Katie Adams, Hannah Childress, Kristen Holcomb and Coach Garry Fain.



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Saturday, 8 a.m. to Noon

Beside Cox Hardware in the City Parking Lot

Sponsored by Hot Styx 14U Softball Team

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

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

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New displays at 108th Kentucky State Fair

Visitors to the 108th Kentucky State Fair will notice a new appearance to the Kentucky Department of Agriculture's exhibits in the Kentucky Exposition Center's West Wing and an interactive computer display in the South Wing.

"The Kentucky State Fair gives the Kentucky Department of Agriculture an opportunity to show the public some of the things we do for every Kentuckian every day," Agriculture Commissioner James Comer said. "I hope all Kentuckians will come out Aug. 16-26 and enjoy some farm-fresh food from our Kentucky Proud producers."

The South Wing will feature an area where Commissioner Comer, as his schedule permits, will greet fairgoers and answer questions about agriculture in the Commonwealth. This is his first state fair since he was elected agriculture commissioner last November.

The new KDA display in the West Wing looks like the inside of a barn with a fence around it. Kentucky Proud vendors will give product demonstrations and offer samples of their foods.

In the South Wing, laptop computers will be set up to quiz fairgoers on agriculture-related questions. Each day, representatives from a different agritourism venue will meet the public to promote their farm or bed and breakfast.

Kentucky commodity organizations will sell representative samples of their products at The Great Kentucky Cook Out Tent. The Kentucky Proud farmers' market will be back at its usual location outside the corner of the West Hall.

Staff from the Department's Division of Show and Fair Promotion will help work the livestock shows at the fair. Department employees will work the skillathons and judging contests. Staff from the Office of the State Veterinarian will check health papers for every animal that's brought to the fair.

Exhibitors who show livestock born and raised in Kentucky will be eligible for additional premiums through the Kentucky Proud Livestock Tag Program. Kentucky Proud champions and reserve champions will be named in beef, dairy, goats, sheep, and swine.

Nifty Nifty Look Who's 50!
Judge Jeff Burdette
From Guess Who!

Mt. Vernon Message

School News

MVES is off to a great start! Thanks to all parents, grandparents and students who attended our annual open house. We look forward to working with you this year.

Preschool students will begin on Monday, August 20. Preschool students attend Monday through Thursday.

MVES welcomes a new assistant principal, Mr. Anthony Coffey.

FRC News

Our next FRC meeting is scheduled for August 28 at 12:00.

Tabitha Collins is our FRC secretary this year. Welcome aboard, Tabitha!

Reward

\$500.00 for safe return of Cream



Three and a half year old Shar Pei female to her owner Agnes Lainy Gumm
606-364-3396
606-493-7345

Cream was lost while in the care of Moo Pei Kennels at Lovell and Ferguson St. in Mt. Vernon. Please call if you have seen her. Cream is still missing but has been sited in the surrounding neighborhood as well as on Lair and Williams Street, Save A Lot and the bank. If you see her please call the numbers above any time day or night.

Girl Scouts host annual Scout-A-Palooza at Mt. Vernon

Girl Scouts is starting the new school year by inviting all girls K-12 to attend the second annual Scout-A-Palooza at Mount Vernon Elementary. The event will be held from 5-6:30 p.m. on August 23rd. Please bring a donation of a non-perishable food item for the local food pantry.

There will be games, face painting, nature activity, crafts, snacks and more. Girls and parents will learn about Girl Scouting opportunities in the local community.

"I enjoy being able to lead a great group of young ladies and seeing them grow into leaders," said Girl Scout leader Christina Napier.

Throughout the year Girl Scouts earn badges, complete leadership Journeys and participate in community service activities. Girl Scouts provides girls the opportunity to try new things and make new friends.

"I love everything," said Corey Phillips, age 8. "I think it's great and a good chance to meet people."

Girl Scouts of the USA declared 2012 The Year of the Girl. In 2012, Girl Scouts wants to offer every girl the opportunity to begin developing her leadership potential. Girl Scouts was founded in 1912 by Juliette "Daisy" Gordon Low who believed that girls should be given the opportunity to develop physically, mentally and spiritually.

Girl Scouts mission is to "Build girls of courage, confidence and character who make the world a better place."

For more information about local Girl Scout opportunities contact the London Leadership Center at (606) 878-8535.

SCC program achieves 100% board pass rate

The Advanced-Level Respiratory Therapist Program announced recently that the May 2012 graduates received a 100 percent first-attempt pass rate on their National Board for Respiratory Care (NBRC) Certified Respiratory Therapist (CRT) credentialing exam. This makes the third program from Somerset Community College (SCC) to report 100 percent first-attempt pass rates. The other two programs receiving this honor include Physical Therapist Assistant and Radiography.

The national pass rate average for the National Board of Respiratory Care currently stands at 78.97 percent, putting the SCC program well above the national average, a significant accomplishment considering the associate degree program at SCC is held in comparison to bachelor degree programs nationwide.

In addition, of the 16 Advanced-Level Respiratory Therapist graduates in 2012, 15 have passed the Registered Respiratory Therapist (RRT) credentialing examination. This is the highest credential level available in the field of Respiratory Care.

"It has been a labor of love to convert this 25-year-old program from entry-level to advanced-level status and maintain success rates at or above the national average," said Jess Hoskins, program coordina-

tor. "This success can be attributed to not only the faculty members I have the pleasure of working with - Jason Asher, Cindy Fouts, and Angie Mills - but also the guidance and support we receive from SCC and KCTCS."

The program has a current enrollment of 19 Level II students (upper division) and has just enrolled 25 new Level I students for a total program enrollment of 44. The Level II students are on track to graduate in May 2013. In the past five years, Hoskins said the program has produced 87 Certified Respiratory Therapists and 65 Registered Respiratory Therapists.

"Our goal is to continually produce highly qualified graduates that can meet the needs of the communities we serve," Hoskins said.

We would like to congratulate Airman First Class Christopher Aaron Robinson on graduating Basic Training at Lackland Air Force Base in San Antonio, Tx. on July 6th. We are so proud of you. Love and prayers - your family.



Active duty and veteran military receive discount at Kentucky State Fair

The stars and stripes are big and bright at the 2012 Kentucky State Fair. The Kentucky State Fair takes pride in honoring and celebrating our patrons who serve to defend our country.

Aug. 20 is officially declared Military Monday. On this day, all active duty and veteran military personnel pay only \$12 for a Thrillway wristband and receive 50% gate admission. Valid military I.D is required and is established by proof of military affiliation.

Also on Aug. 20, the National Association for Black Veterans (NABVETS) will be represented at the Fair. There will be a "Gathering of the Eagles - Healthy Homecoming Breakfast" starting at 9:00 a.m. in South Wing B rooms 101 and 102.

At 9:30, a military dedication ceremony, honoring those who currently serve and have served in the military, will take place at 9:30 a.m. in Thrillway Plaza.

The 2012 Kentucky State Fair runs Aug. 16-25. For more information, visit www.kystatefair.org, like us on Facebook or follow us on Twitter.

The Kentucky State Fair is an 11-day celebration of the history, heritage and culture of the Bluegrass State. More than 600,000 attend America's largest indoor fair, which uses over 1.2 million square feet of contiguous exhibit space at the Kentucky Exposition Center. While its roots are in agriculture, the Kentucky State Fair has grown into a trade and public education exposition, as well as a major entertainment venue. The World's Championship Horse Show, held during the Fair, is the world's richest and most prestigious Saddlebred show. Attendees and exhibitors contribute over \$16.8 million annually in economic impact. The Kentucky State Fair & World's Championship Horse Show are owned and produced by the Kentucky State Fair Board, an agency of the Kentucky Tourism, Arts and Heritage Cabinet.

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Saint Joseph Berea Welcomes
Craig C. Cartia, M.D.

We are pleased to announce that **Craig C. Cartia, M.D.**, has joined **Saint Joseph Pain Management Associates**. Dr. Cartia is board certified in anesthesiology and pain management with 15 years experience treating pain-related conditions.

Saint Joseph Pain Management Associates, led by Dr. Cartia, provides a multi-disciplinary approach to treatment of subacute and chronic neck and back pain. These treatments include interventional procedures, physical rehabilitation and pharmacologic management.

COMMONLY TREATED CONDITIONS INCLUDE:

- Neck and Back Pain Secondary to Spinal Degenerative Changes
- Nerve Root Impingement/Radiculopathy
- Worker's Compensation Neck and Back Injuries
- Motor Vehicle Collisions (Whiplash)
- Post-herpetic Neuralgia
- Complex Regional Pain Syndrome

CREDENTIALS

- Pain Management Fellowship, Texas Tech University, Lubbock, TX
- Anesthesiology Residency, University of Pittsburgh, Pittsburgh, PA
- Internal Medicine Internship, University of Pittsburgh, Pittsburgh, PA
- Medical Doctorate, Medical University of South Carolina, Charleston, SC

Talk to your doctor to learn if this may be right for you.

A physician referral is required.

CONTACT INFORMATION:
Saint Joseph Berea, 4th Floor
305 Estill Street, Berea, KY
859.986.6778
SaintJosephBerea.org



Saint Joseph Pain Management Associates
KentuckyOne Health™

Tell 'em you saw their ad in the **Mount Vernon Signal**

CUB SCOUTS SIGN UP

Mt. Vernon Elementary School

Thursday Aug. 16 at

6:00 p.m.

New and Returning boys need to be present

This is for all schools in Rockcastle

The Phone Store

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Congratulations Tina Bryant -- winner of tickets to Merle Haggard. Stop by and register to win tickets to Don Williams.

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This Week's Special!

Free Car Charger or Gel Case with purchase of

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Christian Appalachian Project founder dies

By: Doug Ponder

The Catholic Priest who founded the Christian Appalachian Project passed away last Thursday morning.

Monsignor Ralph Beiting, 88, of Louisa died of a heart related illness around 1 a.m. at the Kings Daughters Medical Center ICU in Ashland.

Father Beiting's career began in 1950 when he was appointed pastor of a four county parish which included Garrard, Jackson, Madison and Rockcastle Counties.

Through his service as pastor, Father Beiting realized the greatest need for the majority of people in his service area was not spiritual but physical.

Father Beiting started his missionary outreach by picking up clothing, food and other household items from his house. He then took those items and established missions to give the

supplies to those in need.

In 1957, Father Beiting bought land on Herrington Lake in Garrard County where he started a summer camp for boys. Cliffview Lodge offered fellowship and recreation to boys who came from poor families in the counties where Beiting ministered.

By 1964, Father Beiting's ministry through Cliffview Lodge evolved into the founding of the Christian Appalachian Project.

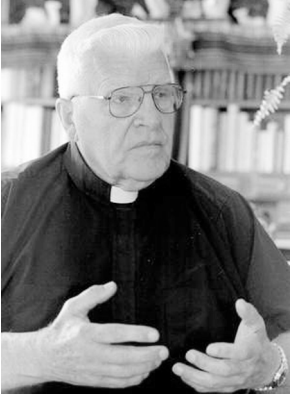
Since its founding, CAP has grown to serve over 36,000 eastern Kentuckians and focuses on providing the basic necessities of food, shelter and clothing to those in need.

Father Beiting continued to serve as CAP's president until 1986 and chairman of the board until 1999.

CAP President and CEO Guy Adams issued the closing of all CAP offices on Monday in honor of Father Beiting. Adams said he chose to close the offices so the CAP family could grieve his loss and celebrate his life with his family, friends and the many people he served in the Appalachia region.

Adams said that for more than fifty years Beiting was a light in the darkness for untold thousands of Appalachian folks in need, including those in Rockcastle County.

"Every day he lived his life to serve, encourage and lift up others," Adams said. "The extent of his impact cannot be measured."



Christian Appalachian Project founder Ralph Beiting died of a heart related illness last Thursday in Ashland.



Father Ralph Beiting is shown looking over a piece of building material in Louisa. The material was used to build the houses which the Christian Appalachian Project used as affordable housing.

3rd Annual Run, Bike or Hike is August 25th

The third annual Rockcastle Regional Hospital Run Bike or Hike will be held in Rockcastle County August 25.

The event, which will begin and end at the Lake Linville Recreational Area,

New fitness class at Rockcastle Regional

A new kids fitness class has been added to the calendar of the Wellness Center at Rockcastle Regional Hospital.

Starting Tuesday, August 21 "Movin' with Morgan" will be on Tuesdays and Thursdays from 3:45-4:30 p.m.

The class will be instructed by Morgan Kincer and is \$2 per child, per class. Ages 8-12 are welcome to attend the class which will include: aerobic activity, muscle and bone strengthening, stretches working on coordination and balance, and more.

For questions or more information, contact Arielle Reese a.reese@rhrcc.org or Morgan Kincer m.kincer@rhrcc.org. For a complete calendar, visit www.rockcastlehospital.org/wellnesscenter.

will feature a 2-mile walk, 5K run, and a duathlon.

The duathlon is a 3.1 mile run followed by a 16.8 mile bike ride and a 2.2 mile run.

The event attracts athletes from across Kentucky and some from other states.

Pre-registration for runners and walkers ends August 22 at midnight, but they may also sign up on race day. The duathlon is pre-registration only (August 22 at midnight).

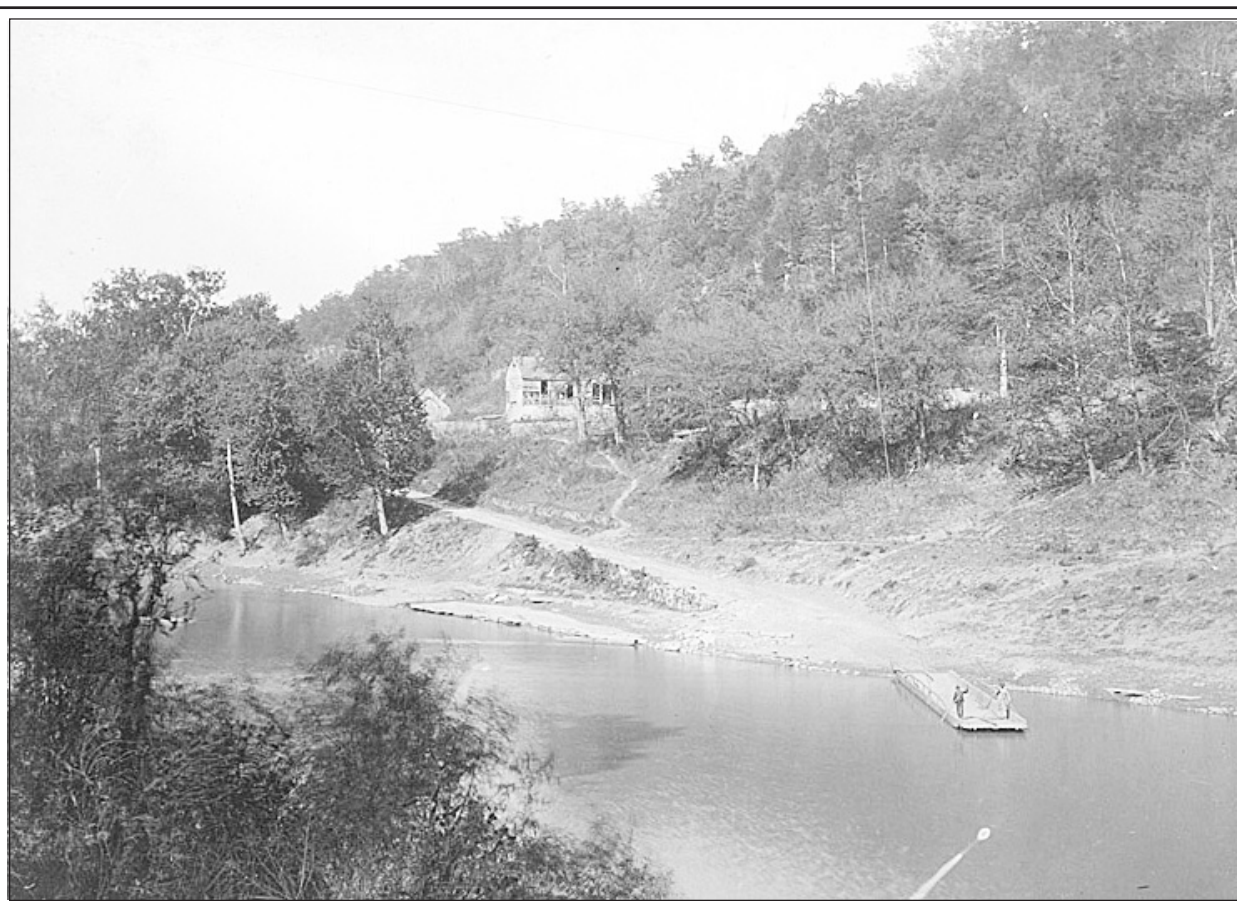
Co-sponsors of the event are UK Healthcare and McDonald's. Proceeds go to the American Cancer Society's Hope Lodge in Lexington.

For more information, go to rockcastlehospital.org/runbikeorhike.



Drug Tip Hotline
1-866-424-4382

Toll-free Treatment Help Line
1-866-90-UNITE



Blast from the Past!!!

This week's photograph is of Crews Ferry that was located just below the mouth of Horse Lick on the Rockcastle River. Julie Brock of Ft. Meyers, Florida sends us this picture. Mrs Brock stated the picture is a daguerreotype which means the image is reversed and the year taken unknown. If you have a picture for Blast From The Past contact David Owens at 606-256-9870 or scoopowens24@yahoo.com.

Renfro Valley's August Headliner Concert Series in full swing

Renfro Valley Entertainment Center's August headliner concert line-up is

Blood Drive August 20th

The Kentucky Blood Center is hosting their annual "Battle of the Bluegrass" blood drive in Mt. Vernon on August 20th thru August 31st.

The Battle of the Bluegrass is a blood donor competition between Kentucky Wildcat and Louisville Cardinal fans where donors can vote for either team when they give blood.

Every donor will receive a free Battle of the Bluegrass t-shirt and a chance to win a 2012 Toyota Rav4.

Those wishing to donate in Rockcastle County can do so at the Christian Appalachian Project community center at 25 Beiting Lane in Mt. Vernon.

To schedule a donation visit ktbloodcenter.org or call 1-800-775-2522. Blood donors must be seventeen-years-old, weigh at least 110 pounds, be in good health and meet other additional requirements. Sixteen-year-old donors must have a signed parental permission slip which can be found at www.kybloodcenter.org.

a must-see!

How do you follow-up a star-studded first weekend in August? With three more weekends filled with more exciting acts! Country music great, Clay Walker, will be in the Valley on August 17th, up-coming artist, Joe Nichols, will perform on August 25th, and New Barn Theater will be rocking on August 31st, as Renfro Valley hosts Hotel Eagles for an original Eagles tribute.

Tickets are on sale now for all August headliner concerts. For reservations and information call 800-765-SING or visit www.renfrovalley.com.

August Headliner Concert Schedule

- August 17 - Clay Walker
- August 25 - Joe Nichols
- August 31 - Hotel California - The Original Eagles Tribute.

Renfro Valley Entertainment Center is known as "Kentucky's Country Music Capital!" The musical complex includes two show theaters, an award winning RV Park, a unique shopping village, Motel, meeting facilities, and restaurants. Renfro Valley is conveniently located off interstate 75 at exit 62 in beautiful southeastern Ken-

tucky. For information and to purchase show tickets call 1-800-765-7464 or visit the Renfro Valley website at www.RenfroValley.com.



103rd Birthday...

Dollie Bussell Krahenbuhl celebrated her 103rd birthday on August 9th. She is the mother of Doris Robbins, Pansy Sargent and the late Juanita Hansel. Congratulations from all of your family and friends.

Look for our Fall Sports Preview inside this week's Signal

Citizens Bank

Is Proud to Announce The Addition of Doug Parkey To Our Loan Management Team

Doug Parkey
SVP of Commercial Lending

Citizens Bank is pleased to announce the addition of Doug Parkey as Senior Vice President of Commercial Lending.

Doug will be a member of the loan management team and will be responsible for growing and managing the commercial loan portfolio in all of the bank's markets.

Citizens Bank

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www.citizensbankrb.com citizensbankrb.mobi

News from the Rockcastle Courthouse



Circuit Civil Suits

Mildred Denise Belt vs. Ronnie Wayne Belt, petition for dissolution of marriage.
 Timothy Dalton Dillingham vs. Olivia Marie Herring, petition for dissolution of marriage.
 John Chris Newland III vs. Angela Lynn Kirby, petition for dissolution of marriage.
 Samantha Gail Renner vs. Joshua Thomas Renner, petition for dissolution of marriage.
 Community Trust Bank vs. Jeffrey Cameron, et al, \$10,271.84 plus claimed due. CI-00183

Subscribe to the Signal

Marriage Licenses

Heather Nicole Eaton, 18, Berea, day care to Lester Paul Senters, 19, Berea, factory. 8/7/12
 Brittany Nichole Cromer, 18, Mt. Vernon, unemployed to Gregory Allen Nolan, 16, Mt. Vernon, student. 8/7/12

District Civil Suits

Capital One Bank vs. Bob Rader, \$1,552.31 plus claimed due.
 Portfolio Recovery Asso. Inc. vs. Penny Hensley, \$1,157.02 plus claimed due.
 Capital One Bank, et al vs. Delia S. Reams, \$555.53 plus claimed due.

Rockcastle Hospital and Respiratory Care vs. Charles T. Stallsworth, \$1,563.15 plus claimed due.
 Credit Acceptance Corp. vs. Brandon Campbell, \$4,303.28 plus claimed due. C-00142

Deeds Recorded

Elijah Clark, Adm., property in Rockcastle County, to Billy R Bullock. Tax \$53.50.
 James W. Prewitt, property in Rockcastle County, to Polly Gardiner. Tax \$20.
 Charles Cash, property in Quail, to Phillip D. Boreing. Tax \$4.50.
 Larry and Debra Pingleton, property in Copper Creek, to David Pingleton. No tax
 Gerald Patrick and Kimberly Lynn Murphy, property in Maple Grove Subdv., to William F. and Brandy R. Robinson. Tax \$4.
 David W. Coghe, property on waters of Clear Creek, to Tim and Jessica Alexander. Tax \$125.
 Bonnie L. MacMillan, property on Wabd Poplar Grove Road, to William M. and Hillary Whitaker. Tax \$72.
 David and Vickie L. Powell, property on Ky. 1650, to April G. and Joshua L. Fetters. Tax \$78.
 Sebastian and Judy Laws, property in Rockcastle County, to Joshua and Tasha Ramsey. Tax \$78.
 Central Bank and Trust Co., property in Rockcastle County, to Kristopher Linville. Tax \$7.
 Advance Adventure Investments, Inc., property in Rockcastle County, to Floyd R. Chrisman. No tax

District Court

Aug. 8, 2012
Hon. Steve D. Hurt
 James R. Willis: menacing, 60 days in jail/to serve 14/balance probated 2 years on condition plus costs; ter-

roristic threatening, 180 days in jail/to serve 14/concurrent; balance probated two years on condition.

Steven D. Woodard: theft by unlawful taking, 12 months in jail/probated two years plus restitution.

Raymond E. Banks: possession controlled substance, 180 days in jail/probated one year plus costs.

Danny I. Fine: possession of marijuana and drug paraphernalia, fine and one cost.

Shaun J. Ford: improper passing and careless driving, license suspended for failure to appear (fta).

James D. Gay: failure of non-owner/operator to maintain req. insurance, \$500 fine and costs/suspend \$450 fine; failure to produce insurance card, \$25 fine; possession of marijuana, \$120 fine and costs.

Richard C. Jones: failure of owner to maintain req. insurance/security, \$500 and costs/suspend \$450.

Brandon King: reckless driving, \$100 fine and costs.

Fuentes Ortiz: failure to

wear seat belts, no operators/moped license, failure of owner to maintain req. insurance, failure to produce insurance card, no/expired Kentucky registration receipt, no tail lamps, license suspended for fta, summons issued.

James Clyde Payne, Jr: criminal trespass, bench warrant issued for fta.

David Pickett: failure of owner to maintain req. insurance, \$500 fine and costs/\$450 suspended on proof of insurance.

Keith E. Pruzzo: possession of marijuana and failure to notify address change to Dept. of Transp., bench warrant (bw) issued for fta.

Mira B. Weeks: criminal attempt to burglary, 360 days in jail/probated two years on condition plus costs.

John C. York: possession of marijuana, \$100 fine and costs.

Speeding: Jon C. Edens, Stephanie M. Johnson, license suspended for fta; Kimberly R Larusch, paid \$60 fine plus \$133 costs;

Ralph M. Turner, paid \$133 costs requested state traffic school.

Paul E. Mink: improper equipment, \$20 fine and costs/fine suspended.

Garrett S. Payne: failure to wear seat belts, license suspended for fta.

Lonnie Harrison: failure to wear seat belts, license suspended for fta.

Drug Tip Hotline
1-866-424-4382
(No fee - your name is not required)

Toll-free Treatment Help Line
1-866-90-UNITE

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LEGAL NOTICE REGARDING THE EASTERN ROCKCASTLE WATER ASSOCIATION

Notice is hereby given that because of an increase in the cost of water purchased from the Jackson County Water Association, the City of Mt. Vernon, and the City of Livingston, the Eastern Rockcastle Water Association will increase its rates for services rendered on and after August 17, 2012. In addition, the Association proposes to make the revisions to its schedule of charges as noted below. An application has been filed with the Kentucky Public Service Commission to increase rates as follows:

MONTHLY WATER RATES	Existing Rates	Proposed Rates
¼-Inch Meter		
First 2,000 Gallons	\$22.00 Minimum Bill	\$23.94 Minimum Bill
Over 2,000 Gallons	8.80 per 1,000 Gallons	9.77 per 1,000 Gallons
1-Inch Meter		
First 5,000 Gallons	\$48.40 Minimum Bill	\$53.25 Minimum Bill
Over 5,000 Gallons	8.80 per 1,000 Gallons	9.77 per 1,000 Gallons
2-Inch Meter		
First 15,000 Gallons	\$136.40 Minimum Bill	\$150.95 Minimum Bill
Over 15,000 Gallons	8.80 per 1,000 Gallons	9.77 per 1,000 Gallons

As noted above, based on the increased cost of water from the Jackson County Water Association, the City of Mt. Vernon, and the City of Livingston, all rates will increase \$0.97 per 1,000 gallons.

SPECIAL NON-RECURRING CHARGES	Current	Proposed	% Change
5/8" x 3/4" Meter Deposit	\$99.70	\$100.00	0.30%
1" Meter Deposit	0.00	190.00	100%
2" Meter Deposit	0.00	270.00	100%
Returned Check Charge	25.00	30.00	20%
Meter Connection/Tap-On Charge	\$17.00	\$94.00	81.8%
Meter Turn-On Charge	25.00	30.00	20%
Meter Re-Read Charge	0.00	30.00	100%
Meter Test Charge	0.00	50.00	100%
Service Call/Investigation Charge	25.00	30.00	20%
Service Disconnection Charge	0.00	20.00	100%
Service Reconnection Charge	0.00	30.00	100%
After Hour Service Reconnection Charge	0.00	45.00	100%
Service Termination Field Collection Charge	0.00	20.00	100%

BILLING AND COLLECTION

The charges/rates aforesaid shall be billed monthly on or about the last day of each month. Bills for such service shall be due on or before the fifteenth (15th) day of the month and payable by mail or in person. Payments must be received, not postmarked, before the close of business on the 15th day of the month.

The charges/rates contained in this notice are the charges/rates proposed by the Eastern Rockcastle Water Association. However, the Public Service Commission may order charges/rates to be charged that differ from these proposed charges/rates. Such action may result in charges/rates for consumers other than the charges/rates in this notice.

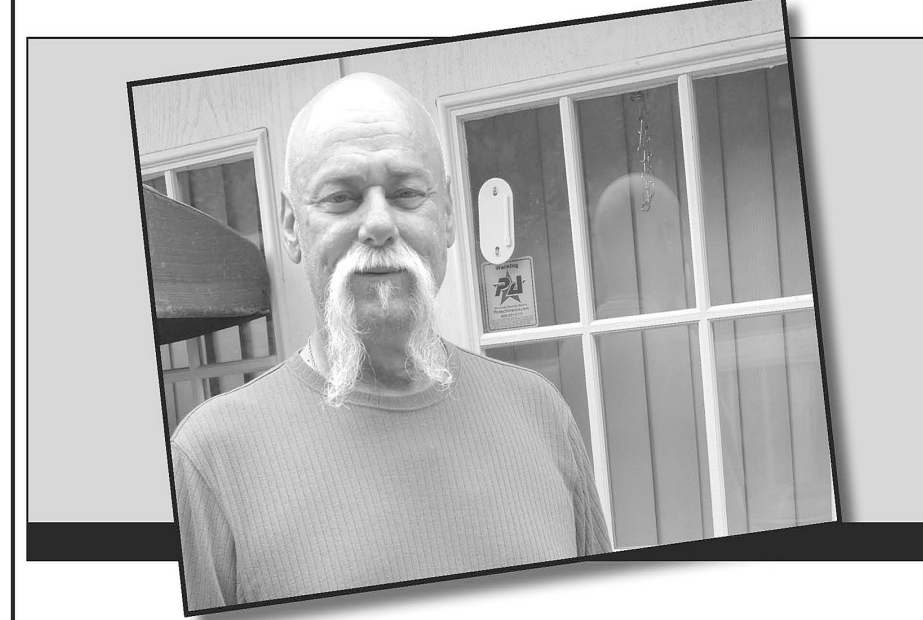
Any corporation, association, body politic, or person may, by motion within thirty (30) days after publication of this fee change, request leave to intervene; and the motion shall be submitted to the Public Service Commission, 211 Sower Boulevard, Post Office Box 615, Frankfort, KY 40602, and shall set forth the grounds for the request including the status and interest of the party.

Intervenors may obtain copies of the application and related filings by contacting the Water Association office located at 9246 Main St, Livingston, Kentucky 40445.

This notice is published pursuant to 807 KAR 5:011-Tariffs.

EASTERN ROCKCASTLE WATER ASSOCIATION
 s/ David Ballinger, President

"No one was more surprised than me when my summer and winter electric bills dropped by half..."



Carson Smith of Clay County was tired of paying what he knew were too-high electric bills and by making his home more energy efficient, he cut those bills nearly in half!

"When I could look around the frame of my back door and literally see outside I knew I was paying a lot of unnecessary dollars trying to heat my backyard," said Smith. "I knew I was bound to be losing a lot of my cool air in the summertime, too. That's why I decided to call Jackson Energy."

Learn More!
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www.myjacksonenergy.com

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Yards to Paradise

By Max Phelps
Peace In The Garden

Tranquility and peace are much sought after in these times of harried workplaces and busy lifestyles. Having a virtual paradise that you can have to yourself and get away from the hustle and bustle and relax and feel safe in has become a need and not just a desire.

Enjoy your peaceful spot, or imagine what your peaceful garden could be like. Here are some ideas I hope you'll find interesting but also practical.

Seclusion plays a major role in creating a garden to get away and feel secure in. Walls are a part of that. It's hard to feel secluded if neighbors or passers-by can look at will as you sunbathe, picnic or have a few romantic moments with your someone special.

Walls can be just that, walls. But they can also be fences, hedges, rows of trees, hills, and so forth. A brick wall around a backyard may best go with a large brick home on a nice lot. But, a simple yew hedge can get the job done when it comes to creating a private spot in a small yard. Some lattice or some vines on a trellis can also create the illusion of being walled off from civilization and enable relaxation and peacefulness.

Harmony is part of the picture of "peace and har-

mony". Having a connection to the home, to the neighborhood, to the color scheme, to using similar materials, to repeating the plantings rather than having totally random one-of-each-kind type plantings; harmony goes with peace when it comes to a relaxing garden.

Simplicity. Cool colors and heavy on green make for a simple relaxing scene. Simple plantings in greens and pastels, not a brilliant attention-getting sweep of flowers or a bunch of yellow or red trees and shrubs. Simple and comfortable furnishings. A chime, some running water, birds singing. Not a high-maintenance bed of flowers or shrubs that constantly need pruning.

Privacy is becoming more and more difficult in our modern world. A place to escape to and become oblivious, even for a few minutes, to what's going on can be so rewarding and refreshing.

To have privacy, some of the other points of this article will come into play. Hedges and walls, pergolas and gazebos, arbors and even a mostly-hidden, sheltered picnic or dining area can isolate us and put distance, real or imagined, between us and others. Something to make nice sounds such as a waterfall, or a berm or wall to stop sounds of nearby traffic from dis-

turbing our private moments, these are keys to privacy. Also, being able to stroll, meditate, pray, or cuddle with someone without being watched is part of what privacy means to me.

Relaxation is the obvious objective for most folks who want a special backyard oasis.

When traffic, noises, neighbors, maybe even family members make relaxation tough, having a spot to relax out of sight can be wonderful. Getting away from phones and the tv can be needed keys to relaxation. A comfortable place to sit, a lovely view as one strolls, quiet peaceful sounds lend themselves to relaxing. Whereas, worrying about things can distract from relaxation. Worry about weeds, snakes, being watched or startled, and so many other things can keep one from the relaxation they seek.

Pleasing views, pleasing sounds, lovely fragrances and comfortable seating (or even a hammock or bed!) all help with finding peace in the garden. Roses, some hostas, summersweet, magnolias, and gardenias are among the smells one can carefully add to a garden with some plantings in close proximity to the path or seating area. Already mentioned are some pretty sounds of birds, chimes and falling water. Views are made relaxing with harmonious plantings and hardscape items, (being careful not to use many hot colors). The potential distractions one does NOT see are part of making the perfect spot.

Intimacy takes seclusion a little farther. Having a roof over the seating, having overhanging tree limbs, or vines on a pergola—a canopy helps with the feeling of coziness.

Intimacy with one's thoughts, one's God, one's mate. Removing outside disturbances allows for the possibilities of increased intimacy. Examples of intimacy that come to mind in connection with a peaceful garden include: "In the Garden" the song, cuddling under the stars with one's sweetie, or just some time to collect thoughts and meditate on what has happened and may still be to happen before the day is put to rest.

To close this subject of peace in the garden, the need to mention security also arises.

In our day and age, intruders, thieves, those on the lam, the homeless, and yes even the police can cause insecurity in our lives. The security of walls, fences, security cameras and motion-sensitive lighting can help with feeling that our space is indeed secure. The idea that one's home is his castle is affirmed in our Bill of Rights in America. We are not to be spied upon in our homes, not made to house officers of the law, and are supposed to be free from warrantless invasions, among other rights. But being aware of our own security and not depending on a 911 call in times of trouble can help us figure out security needs and how to keep insecurities from destroying the peace in our homes and gardens. Security is of substantial import to peace in our gardens. If yours is a peaceful community with low crime, be thankful. But if things are going downhill in your neighborhood, you may want to hire help in enabling those feelings of peace and security at your place.

"Rest in Peace" is a frequent epitaph we find on tombstones, but resting in peace in our own backyards is vital to physical and mental health in our stressful lives. For some, a den, a study, a rec-room may fill the need for private restful space. But the literal and perceived benefits of peaceful time spent in an outdoor garden should not be dismissed.

May you have peace in your garden.

The author is a landscaper. Email Max at waterfallsinyards@yahoo.com

We're Selling the Country!



This is only a partial list of our available property.

For complete listings, please visit our website at www.fordbrothersinc.com

Watch for different listings next week.

HOMES FOR SALE



Walnut Grove Road, Pulaski Co. - This brick and vinyl siding home situated on a 1/2 acre +/- lot features a LR, DR, Kit, 3 BR, 2 BA, Utility closet and a 24 x 28 2-car attached garage. Other amenities include: hardwood, carpet and vinyl flooring, heat pump, central air, front porch, rear deck, concrete sidewalks and driveway, city water and septic system. \$149,900. MLS 8896753



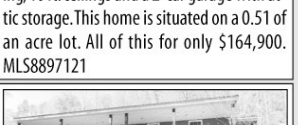
MUST SEE!! If you're looking for a "like-new" home in a great neighborhood... then look no further. This home consists of 1875 sq. ft. with an open floor plan of a living room, kitchen and dining area. There are 3 bedrooms, 3 baths and a laundry room. Amenities include: hardwood flooring, ceramic tiling, 10 ft. ceilings and a 2-car garage with attic storage. This home is situated on a 0.51 of an acre lot. All of this for only \$164,900. MLS8897121



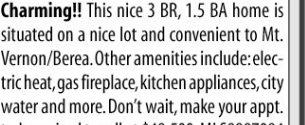
Ranch Style, Brick Home in the heart of Crab Orchard. Features include 4 BR, 2 1/2 BA, LR, DR, kitchen, family room and utility area. This home is situated on a nice lot at the end of the lane. Priced at \$139,900. MLS8897798



Super Nice! The home has been well kept. It consists of 3 BR, 2 BA and is located between Brodhead and Crab Orchard with road frontage along the new Hwy 150. This property has 4+ acres with a 48 x 48 machinery shed, a 32 x 100 shed and an additional 16 x 40 building. Priced at \$135,900. MLS8897346



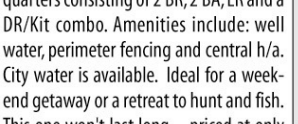
Breathtaking View! This beautiful piece of property is located on the Rockcastle River. There's approx. 2 1/2 acres with a metal garage bldg. that features living quarters consisting of 2 BR, 2 BA, LR and a DR/Kit combo. Amenities include: well water, perimeter fencing and central h/a. City water is available. Ideal for a weekend getaway or a retreat to hunt and fish. This one won't last long... priced at only \$59,900. MLS8897223



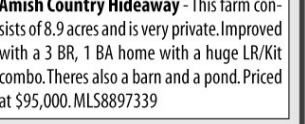
Charming! This nice 3 BR, 1.5 BA home is situated on a nice lot and convenient to Mt. Vernon/Berea. Other amenities include: electric heat, gas fireplace, kitchen appliances, city water and more. Don't wait, make your appt. today, priced to sell at \$48,500. MLS8897094



Lots of Charm! This home was built in 1840 and would be ideal for a Bed 'n Breakfast or any professional office. It is conveniently located next to the Hospital and KY Depot Restaurant. Original floors and doors and woodwork. Additional income from rental of Beauty shop on premises. \$265,000. MLS8897272



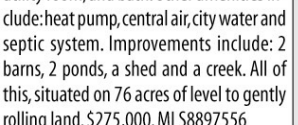
House & 76 Acres - This vinyl sided home features a Kit/Dining room combo, LR, 3 BR, utility room, and bath. Other amenities include: heat pump, central air, city water and septic system. Improvements include: 2 barns, 2 ponds, a shed and a creek. All of this, situated on 76 acres of level to gently rolling land. \$275,000. MLS8897556



Amish Country Hideaway - This farm consists of 8.9 acres and is very private. Improved with a 3 BR, 1 BA home with a huge LR/Kit combo. There's also a barn and a pond. Priced at \$95,000. MLS8897339



Ranch style brick home in Mt. Vernon. Features include 3 BR, 1 1/2 BA, living room, eat-in kitchen, and utility area. This home is situated on a nice lot measuring 100x135x95x125. Call for more details. MLS8897792



Quiet Country Living... A rare opportunity!! Approximately 44 acres of level to gently rolling land with some woods, located on Edwards Rd in Lincoln County. This property is improved with a double-wide on a permanent foundation that features 4 BR, 2 BA, LR, DR, Kit, Utility room, covered front/back porches and approx. 1792 sq. ft. Present use as a cattle & hay farm with mostly new fence, would be great for horses and other crops. Don't let this one get away. Call today! \$159,900. MLS8897983



Brick House + 1 Acre - this property consists of 1.013 acres m/l and is improved with a brick house. The home features 2 BR and 1 BA. There is a full finished basement. Other improvements include: 32x60 barn and a 11x29 carport. MLS 8896788



Lake View property - This 2000 model 24 x 52 vinyl sided Clayton doublewide mobile home features a kitchen, living room, 3 bedrooms, 2 baths and a utility room. It is situated on 6/10 of an acre and other amenities include: electric furnace, central air, front deck w/ awning, window treatments, kit, appliances, washer/dryer, furniture, walk-in closets, blacktop driveway, city water and city sewer. \$69,500. M2788



Affordable Home ...in town with privacy. Features include: living room, kitchen, 3 bedrooms, and 1 bath. Amenities include: front and back porches, central heat and air, hardwood and vinyl flooring. Priced at only \$29,900. MLS8897690

Mamaw's Kitchen

By Regina Poynter Hoskins

COOKIE DOUGH TRUFFLES

1/2 cup butter, softened
3/4 cup packed brown sugar
1 teaspoon vanilla
2 cups all-purpose flour
1 can Eagle Brand® milk
1/2 cup chopped walnuts
1 cup miniature semisweet chocolate chips, divided

1 and 1/2 pounds dark chocolate candy coating, coarsely chopped
In a large bowl, cream butter and brown sugar until light and fluffy. Beat in vanilla. Gradually add flour, alternately with milk, beating well after each addition. Stir in walnuts and 1/2 cup miniature chocolate chips. Shape into 1-inch balls; place on waxed paper-lined baking sheet. Loosely cover and refrigerate for 2 hours. Melt candy coating in microwave, stirring every 30 seconds until smooth. Dip the balls in the coating; place on waxed paper-lined baking sheet. While coating is still wet, place 2 or 3 of the remaining miniature chocolate chips on each ball. Refrigerate until firm.

CHOCOLATE CAMEL TRUFFLES

3 tablespoons baking cocoa
1 can (14 ounce) sweetened condensed milk
2 tablespoons butter
Finely chopped pistachios
In a small heavy saucepan, bring cocoa, milk and but-

ter to a boil, stirring constantly. Reduce heat to low; cook and stir until thickened. Transfer to a small bowl. Cover and refrigerate until chilled. Roll into one inch balls; roll in pistachios. Store in refrigerator. Makes about 2 dozen.

CAMEL TRUFFLES

26 caramels
1 cup milk chocolate chips
1/4 cup heavy whipping cream
1 and 1/3 cups semisweet chocolate chips
1 tablespoon shortening
Line an 8-inch square dish with plastic wrap; set aside. In a microwave-safe bowl, combine the caramels, milk chocolate chips, and cream. Microwave, uncovered, on high for 1 minute; stir. Microwave 1 minute longer, stirring every 15 seconds or until caramels are melted and mixture is smooth. Spread into prepared dish; refrigerate for 1 hour or until firm. Using plastic wrap, lift candy out of pan. Cut into 30 pieces; roll each piece into a 1-inch ball. Cover and refrigerate for 1 hour or until firm. In a microwave-safe bowl, melt semisweet chocolate chips and shortening; stir until smooth. Dip caramels in chocolate; allow excess to drip off. Place on waxed paper; let stand until set. Refrigerate until firm.

Subscribe

Saturday, August 18, 2012



Two Benefit Bluegrass Concerts

Inside Great Saltpetre Cave
Near Mt. Vernon, KY

Woody Pines at 1:00-3:00 PM

Playing a variety of bluegrass, ragtime, country blues, and old-time mountain music.

Rockcastles Finest at 6:00-8:00PM

A variety of local artists including Southern Strings, Level Green, and the Johnson Sisters.

Tickets available on site day of the show. For more information go to: www.MusicintheMountain.com

LOTS/LAND

22 Acres +/- in a convenient location. Easy access. This property is approx. 1 mile from the Brodhead city limits and has possible building sites. This would be ideal for hunting and fishing. \$65,900. MLS8897131

Looking to Build? If so, here are two prime building lots in the Hunters Ridge Subdivision. Each lot is 0.40 of an acre and restricted. Hurry before it's too late, priced to sell... \$15,900 each. MLS# 8897305 & MLS8897306

PRICED DROPPED \$1,000 EACH PER LOT! Several large country lots with a great view - Holbrook Estates in the Brindle Ridge area - Convenient to either Mt. Vernon or Berea - city water - cable TV - from 3/4 acre to 1 acre. M1796

This friendly neighborhood is the setting for over 100 restricted lots in the newly developed Rainbow Ridge Subdivision. Ideally located between I-75 and Hwy 461. Lots range in size from 0.33 acres up to 1.68 acres - several offer a view of the lake - Blacktopped roads. Prices range from \$7,900 to \$16,900 each. M1798

Subdivision Lots - Here's two, great, restricted subdivisions. **Sale Pending** Point. The lots can be sold together or separately for your convenience. Hurry, before they are gone! MLS8896838

Want acreage??? If you are looking for a tract of land to hunt, for recreation, or a very nice secluded place to move your family, then this is the property for you. This 112 acre farm is divided into two tracts and the owner would consider dividing. Buy both tracts together for \$114,900. MLS8896861

5.95 ACRES... with a breathtaking view. Lots of elbow room located in the Highland community. Priced at \$19,900. MLS8896780

Approximately 1/2 acre lot in the city limits - Located on Poplar Street, Mt. Vernon this unrestricted lot would be ideal for a walkout basement house. City water and sewer available. \$10,900. M2647

This lot contains 0.589 acres by survey and has blacktop road frontage along Copper Creek Road. It's improved with a wood storage bldg, shed, septic system and water. This would make an ideal building site or mobile home lot with no restrictions. There's a 2 bedroom mobile home that needs repairs located on the property. If you're looking for a HARD TO FIND, unrestricted lot, call today! Priced at \$9,500. MLS8897942

This 1 acre m/l has blacktop road frontage along Barnett Road. City water available and within walking distance of Lake Linville. This would make an ideal building site! \$10,000. MLS8897960

COMMERCIAL PROPERTY

If you're looking for a commercial lot with city water and city sewer available in the heart of the famous Renfro Valley, then call today! \$28,000. MLS#8897095

This commercial lot located at Renfro Valley has 130 feet of blacktop road frontage along Hwy. 25. City water and city sewer available. \$25,000. MLS#88977246

Commercial property can be used for multi-purposes. Storage bldg. - office - shed. Priced at \$79,900. MLS#8897245

DESTINATION: PROFITS! 200+ acres in the heart of Danville. This prime commercial property may be subdivided-located on US 150 Bypass. M1334

Commercial Investment! 1/2 mile from I-75 - Tracts ranging in size from 3/4 acre to 4 acres - Good Visibility - High Traffic County - City water and sewer available. Prices range from \$15,000 to \$250,000. M1772

"A" RATED! Prime and almost perfect is the best way to describe these well-located lots! Located in an exclusive neighborhood, a once-in-a-lifetime opportunity awaits you here! Prices range between \$10,000 - \$14,500. M1941

1.43 Acres of commercial property with 325 feet of road frontage, two blacktop entrances, level lot, city sewer available, one mile north of I-75. Priced at \$99,000. M2642

Looking for an Investment Opportunity? This commercial bldg. has 1500 +/- sq. ft. and features an open sales area, an office and a bath. Other amenities include: heat pump, central air, front porch, city water, city sewer. If you're looking for an investment opportunity of commercial property in Renfro Valley, then call today for an appointment to view this property. Priced at \$80,000. MLS8896807

FUTURE AUCTIONS

<p>Absolute Doubleheader Auction of Mr. and Mrs. Willie Swinney's 2 Houses & Lots Saturday, August 18th 245 Poplar Street Extension, Mt. Vernon, KY at 10:00 a.m. 125 Shirley Street, Mt. Vernon, KY at 11:00 a.m.</p> <p>Absolute Auction of Mr. Dan Crawford's 80 Acres m/l in Tracts Along the KY River Sat., Sept. 1st at 10:00 a.m. Richmond/Waco, Madison Co</p>	<p>Absolute Estate Auction of The Late Mrs. Dessie Robinson's House and Lot ~ Personal Property Saturday, September 1st at 1:30 p.m. 220 School Street, Mt. Vernon, KY</p> <p>Absolute Auction of 10 Acres (Lot #7) Saturday, September 1st at 10:30 a.m. Eagle Creek Subdivision, Somerset, KY</p>	<p>Absolute Estate Auction of the Late Ms. Jean Wilmot-Burke Brick House, Two Garage Building and Lot Saturday, September 8th at 10:00 a.m. Big Orchard Road, Brodhead, KY</p> <p>Absolute Auction of Mr. and Mrs. Carson Sizemore's House & 13 Acres +/- Saturday, Sept. 8th at 10:30 a.m. 215 Buncomb Floyd Switch Road, Eubank, KY</p>
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Call Our Agents Or Visit Our Website At www.fordbrothersinc.com For Information About These And More Properties!

Sam Ford.....308-4400	Johnny Alcorn.....256-4510
Danny Ford.....256-4446	Jeff Burdette.....256-3538
Jeff Cromer.....308-1314	Doug Bishop.....859-544-7208
Teresa Stevens.....758-8051	Jennifer Hand.....606-392-1999
Matthew Silcox.....308-2339	



The Family Room

By: Dr. Roy Don Whitehead

Charlie Brown of the Peanuts comic strip once said, "I love mankind. It's people I can't stand." Let's face it. Some people are not very loveable.

This can become an obstacle when we try to help people. Whether we try to help as a volunteer or as a part of our jobs, we discover that some people who need help are not always so like-

able. No one in the "helping professions" has yet found the perfect victim.

On occasion those who need help are in the position they are because of their own actions. Physicians, nurses and other health care workers see this every day when called on to treat a patient who is at least partially responsible for his own illness.

Money Tips for Students

Pay attention to interest rates

Whether saving or borrowing money, you need to pay close attention to your interest rate, according to the Kentucky Higher Education Assistance Authority (KHEAA).

For savings accounts and other investments, look for the highest interest rate possible. But examine closely any opportunities that promise tremendous interest rates. Those may be scams that cause you to lose your money. If it sounds too good to be true, it probably is.

Look for investments that can earn you compound interest. That means you earn interest not only on the amount you invest, called the principal, but also on the interest you have already earned on the principal.

Compare the annual percentage rates (APR) on loans and credit cards. The lower the APR, the less you will pay in interest. A low APR is especially important

if you carry a balance on your card.

Look carefully at loans that carry a variable or adjustable interest rate. The interest rate on those loans goes up or down depending on market conditions. You might prefer a fixed interest rate. It may start out higher than a variable rate, but it will not increase as most variable rates do.

KHEAA is the state agency that administers Kentucky's grant and scholarship programs, including the Kentucky Educational Excellence Scholarship (KEES).

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

There is a long list of ways we harm our health, including drinking too much alcohol, eating too much or eating the wrong foods, smoking, not exercising and many more. Health care workers provide the best care possible even when we continue to live in unhealthy ways. The smoker with lung cancer is not denied treatment.

At Bethany House Abuse Shelter we sometimes see victims of abuse who have made poor choices in their lives. Perhaps they chose to marry a man who later became abusive. Perhaps they have made this same choice before. We do not turn them away because of their poor choices.

Victims of abuse and patients seeking medical care have not always made the best choices. In reality, none of us have always made good choices. Some of us have been lucky and not had to face all the consequences for the bad choices we have made. Others have not been so fortunate.

Looking at this on a deeper level reveals the difficulty of assigning blame for what has happened to someone. Did she become ill because of her poor diet or because of pollutants in the air from industrial sites? Did he become overweight because of poor eating habits or because he inherited a gene that causes obesity or both? It is often the combination of several factors that

leads to physical illness or emotional distress.

Victims of domestic violence are sometimes judged harshly for their decision to become involved with a man who is abusive. This ignores the fact that he was not abusive until she had been with him for several months or even years.

There is another factor that may lead to choosing an abusive relationship: it may be the environment in which she grew up. Early exposure to violence makes it more likely that she will herself become a victim of abuse. She did not have any say in choosing her parents nor did she have any control over their actions, yet those two people had a tremendous effect on her. Knowing that she was exposed to abuse at an early age makes it easier to be understanding of her continued attempts to find happiness with the "wrong kind" of man.

There are many factors that shape an individual: genetics and early environment are two of the most crucial. This is neither an excuse for bad behavior nor a "get out of jail free" card. Adults have the responsibility to take control of their own lives and make the best of what they have been given. A wise woman once told me, however, that "everyone has a story and, if you hear her story, you will not judge her as harshly."



The Kentucky Romp N Stomp held their first annual Review at the Mt. Vernon City Park on Saturday, August 11, 2012. They each received an award certificate and a trophy with two girls receiving a second year trophy. Sarah Cornelius also received a trophy for being selected to the NC All-Star team. Front row left to right is Destiny Hamilton, Sarah Cornelius, Cindy Moore. Second row is Hayley Alexander, Tiffany Hamilton, Kendra Hensley, Ginger Taylor, Certified Clogging Instructor. Girls not pictured is Kendra Engle, Macayla Miller and Lydia Danner. Our website is www.kentuckyrompnstomp.com and phone number is 256-1891.

Commonwealth of Kentucky 28th Judicial Circuit Rockcastle Circuit Court • Division II Civil Action No. 09-CI-00298

HSBC Bank USA, as trustee in trust for Citigroup Mortgage Loan Trust, Inc., asset backed pass-through Certificates Series 2003-HE3 Plaintiff

V.

Lonnie Roberts, Bluegrass Credit Corporation, Danny D. Clark and BAHS Bank of America Defendants

NOTICE OF SALE

Pursuant to a judgment and order of sale entered in this action on July 13, 2012 for the purpose of satisfying the judgment against the defendants in the amount of FORTY SIX THOUSAND FIVE HUNDRED EIGHTY THREE DOLLARS AND 26/100 (\$46,583.26) plus interest, costs and attorney fees. I will offer at public auction the hereinafter described real property in Rockcastle County, Kentucky.

**At the Courthouse on East Main Street
Mt. Vernon, Kentucky
on Friday, August 24, 2012
Beginning at the Hour of 11:30 a.m.**

Said property being more particularly bounded and described as follows:

Route 3 Box 440C, Mt. Vernon, KY 40456
A tract of land lying and being in Rockcastle County, KY, also located on the north side of Ky. 1505 & the east side of the Frank Cope Rd.; Beginning at a set 1/2" steel pin with cap 1837 set in the line of Lonnie Miller & others D.B. 167 Pg. 42 also a corner of Tract 2; Thence with the line of Lonnie Miller the following calls; Thence North 4 degrees 30 minutes 33 seconds East, 283.73 feet; to a set 1/2" steel pin with cap 1837 set in the line of Tully Parsons; Thence with the line of Tully Parsons the following call; Thence North 81 degrees 42 minutes 48 seconds East, 55.22 feet; to a set 1/2" steel pin with cap 1837 a corner of Jim Cope D.B. 156 Pg. 262; Thence with the line of Jim Cope the following calls; Thence South 23 degrees 23 minutes 58 seconds East, 186.18 feet; to a set 1/2" steel pin with cap 1837 a corner of tract 2; Thence with the line of tract 2 the following calls; Thence South 45 degrees 16 minutes 09 seconds West, 131.40 feet; to a set 1/2" steel pin with cap 1837; Thence South 64 degrees 28 minutes 56 seconds West, 63.76 feet to the point of beginning. Contains 0.605 acres more or less. Tract 2 will have a 15 foot R/W easement across tract 1 running from about 117.5 feet from the corner of tract 1 & tract 2 to the property line of tract 2. This description prepared from a physical survey conducted by Gary W. Holman Ky. L.S. 1837 on 8-22-00.

Being the same property conveyed to Lonnie Roberts, a single man, dated 8-29-00 of record in Deed Book 181, Page 239 in the Rockcastle County Clerk's Office.

Said property contains a Mobile Home described as a Make: 1995 FLEE, Model: STOERI, Model# 24x44, Color White, with a VIN: TNFLR27AB09664SR and Title #: 952081020013

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

1. The real property and mobile home shall be sold together as a whole.
2. The real property shall be sold for cash or upon a credit of thirty (30) days with the purchaser required to pay a minimum of ten percent (10%) of the purchase price in cash on the date of sale and to secure the balance with a bond approved by the Master Commissioner.
3. The bond shall bear interest at the rate of twelve percent (12%) per annum until paid in full. The bond shall have the force and effect of a judgment and shall be and remain a lien upon the property sold as additional surety for the payment of the purchase price.
4. Unpaid delinquent state, county and/or city ad valorem real estate taxes owed to those government entities and not sold pursuant to the provisions of KRS 134 of record at the time of entry of judgment shall be paid out of the proceeds of the sale.
5. The purchaser shall pay the 2012 local, county and state property taxes.
6. Full satisfaction of the plaintiff's judgment shall be paid from the proceeds of the sale.
7. The purchaser shall have possession of the real property upon compliance with the terms of the sale.
8. In the event that the plaintiff is the successful bidder and the sale price does not exceed the amount of the plaintiff's judgment, no deposit or bond shall be required.
9. The sale shall be made subject to all easements, set back lines, restrictions or covenants of record or otherwise and shall be sold "as is".

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

Commonwealth of Kentucky 28th Judicial Circuit Rockcastle Circuit Court • Division II Civil Action No. 12-CI-00102

Bank of America, N.A. Plaintiff

V.

Judy K. Abney, et al Defendants

NOTICE OF SALE

Pursuant to a judgment and order of sale entered in this action on July 13, 2012 for the purpose of satisfying the judgment against the defendants in the amount of FORTY FIVE THOUSAND SEVEN HUNDRED TWENTY DOLLARS AND 05/100 (\$45,720.05) plus interest, costs and attorney fees. I will offer at public auction the hereinafter described real property in Rockcastle County, Kentucky.

**At the Courthouse on East Main Street
Mt. Vernon, Kentucky
on Friday, August 24, 2012
Beginning at the Hour of 11:30 a.m.**

Said property being more particularly bounded and described as follows:

334 Purrgisby Road, Brodhead, KY 40409
Beginning at an iron stake by a cedar in Lewis Renner's line; thence with the fence and Renner's line: South 40 1/2 West 214 feet to an iron stake at a cross fence, corner of Marguerite Robinson; thence with her line and the fence, North 86 1/2 West 104 feet to a stake in the east right of way of the Purr Rigsby Road; thence with said right of way, North 3 West 230 feet to an iron stake; thence leaving said right of way, South 87 1/2 East 282 feet to the beginning, and containing one (1) acre.
There is also conveyed herein a 1978 Bilt mobile home, 14 X 70, VIN No. KBKYSN844217.
Affidavit of Conversion as shown in Deed Book 44, Page 133 dated 6/26/07 and recorded on 7/5/07 for 1978 Bilt Mobile Home, 14 X 70, VIN No. KBKYSN844217, Title No. 071831020018 of the Rockcastle County Clerk's Office.

Being the same property conveyed to Judy K. Abney, unmarried, by deed dated July 6, 2007, executed by Debra E. Gadd, single, of record in Deed Book 216, Page 598 in the Rockcastle County Clerk's Office.

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

1. The real property and mobile home shall be sold together as a whole.
2. The real property shall be sold for cash or upon a credit of thirty (30) days with the purchaser required to pay a minimum of ten percent (10%) of the purchase price in cash on the date of sale and to secure the balance with a bond approved by the Master Commissioner.
3. The bond shall bear interest at the rate of twelve percent (12%) per annum until paid in full. The bond shall have the force and effect of a judgment and shall be and remain a lien upon the property sold as additional surety for the payment of the purchase price.
4. Unpaid delinquent state, county and/or city ad valorem real estate taxes owed to those government entities and not sold pursuant to the provisions of KRS 134 of record at the time of entry of judgment shall be paid out of the proceeds of the sale.
5. The purchaser shall pay the 2012 local, county and state property taxes.
6. Full satisfaction of the plaintiff's judgment shall be paid from the proceeds of the sale.
7. The purchaser shall have possession of the real property upon compliance with the terms of the sale.
8. In the event that the plaintiff is the successful bidder and the sale price does not exceed the amount of the plaintiff's judgment, no deposit or bond shall be required.
9. The sale shall be made subject to all easements, set back lines, restrictions or covenants of record or otherwise and shall be sold "as is".

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

Commonwealth of Kentucky 28th Judicial Circuit Rockcastle Circuit Court • Division II Civil Action No. 11-CI-00270

Federal Home Loan Mortgage Corporation Plaintiff

V.

Max C. Meyer a/k/a Maximilian Meyer, Reylinda Meyer, PNC Bank, National Association successor by merger to National City Bank and First National Bank of America Defendants

NOTICE OF SALE

Pursuant to a judgment and order of sale entered in this action on July 13, 2012 for the purpose of satisfying the judgment against the defendants in the amount of NINETY EIGHT THOUSAND NINE HUNDRED TWO DOLLARS AND 13/100 (\$98,902.13) plus interest, costs and attorney fees. I will offer at public auction the hereinafter described real property in Rockcastle County, Kentucky.

**At the Courthouse on East Main Street
Mt. Vernon, Kentucky
on Friday, August 24, 2012
Beginning at the Hour of 11:30 a.m.**

Said property being more particularly bounded and described as follows:

130 Chestnut Drive, Mt. Vernon, KY 40456
Being Lots No. 4 and 5 in the Chestnut Hills Subdivision as shown on plat of record in Plat Book 2, Page 53 in the Office of the Clerk of the Rockcastle County Court, Mt. Vernon, KY. Reference is made to said plat for a more complete description of said lots.

Being the same property conveyed to Mortgagors by deed dated April 8, 2004, executed by Bert H. King, II and recorded in Deed Book 199, Page 429 in the Rockcastle County Clerk's Office.

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

1. The real property shall be sold for cash or upon a credit of thirty (30) days with the purchaser required to pay a minimum of twenty five percent (25%) of the purchase price in cash on the date of sale and to secure the balance with a bond approved by the Master Commissioner.
2. The bond shall bear interest at the rate of twelve percent (12%) per annum until paid in full. The bond shall have the force and effect of a judgment and shall be and remain a lien upon the property sold as additional surety for the payment of the purchase price.
3. Unpaid taxes of record at the time of entry of judgment shall be paid out of the proceeds of the sale.
4. The purchaser shall pay the 2012 local, county and state property taxes.
5. Full satisfaction of the plaintiff's judgment shall be paid from the proceeds of the sale.
6. The purchaser shall have possession of the real property upon compliance with the terms of the sale.
7. In the event that the plaintiff is the successful bidder and the sale price does not exceed the amount of the plaintiff's judgment, no deposit or bond shall be required.
8. The sale shall be made subject to all easements, set back lines, restrictions or covenants of record or otherwise and shall be sold "as is".

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

Classifieds

CLASSIFIED RATES

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

Deadline for Classifieds is 10 a.m. TUESDAY

For Rent

Barnett Cycle has storage buildings for rent. 5x10 \$25 month, 10x10 \$35 month. Call 606-256-5678. 36x3p

For Rent: Two bedroom trailer. Also 3 bedroom trailer for rent or for sale on land contract w/down payment. Both in Brodhead. 758-4729. 34xntf

For Rent: 2 bedroom mobile home. No pets. For more info, call 256-2972.

Mink Apartments/Houses. Residential rentals. 606-308-1209. Must have: references, deposit, proof of income. \$375 per month plus utilities. 36x1p

Rent to Own in your area. \$1500 minimum deposit. Pets welcome. Call now 606-451-0748 or toll free 866-338-0416. 35x4

For Rent: 1 bedroom on Hwy. 70 in Brodhead. Central air, wood floors, refrigerator and stove furnished. \$550 month - utilities included/\$200 deposit. References required. 758-8692.

For Rent: House and trailer in Mt. Vernon. Deposit required. No pets. Stewart Rentals 606-256-3841.

For Rent: 2 bedroom apartment with stove and dishwasher (clean). \$400 rent/\$400 security deposit. 606-308-5561. 34x4p

Mink Apartments/Houses Residential Rentals 606-308-1209

Must have: references, deposit, proof of income. \$375 mo. plus utilities

For Rent

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



Beautiful 2,300 square ft home with 4 BRs and 3 full BAs located close to Mt. Vernon in a friendly neighborhood on Countryside Circle. Main level features a master suite and an extra bedroom, 2 full baths, living room, kitchen, dining area, and a deck. The basement features a large living area, 2 bedrooms, a full bath, as well as a one car garage. Some of the amenities include hardwood flooring, stainless steel appliances, security system, underground fence for pets, and surround sound. \$142,900.

For more information contact Matt Smith (859) 779-3300 or Brandy Smith (859) 358-8608.
To view more pictures visit www.smithhomeforsale.com.



House For Sale • 190 West Main St. Mt. Vernon
Brick, 3 levels, full finished basement consisting of lg. family room with fireplace, large laundry room, storm shelter. Main level has newly redone kitchen and sun room, formal dining room with window seat, living room, bedroom, bath. Upstairs has 2 bedrooms, bath, large walk-in attic. Lots of closets and storage in the house. Also has 20' x 40' inground pool (recently redone) with separate pool house, bath and shower, out buildings. Beautiful landscaping and sitting areas. Separate apartment bldg. with living/dining room, kitchen, washer/dryer hookup, bedroom, large bathroom, handicap accessible. All convenient to town and grocery.

For more information call 606-308-9002

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: No trespassing on property belonging to Johnny and Melinda Rader at Woodthrus Lane, Cove Branch, Brush Creek and Climax Roads. 34x4p

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

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

Mobile Homes For Sale

Bank Repos, single and doubles - some withland. Owner financing available. Perfect credit not required. Will also do land in lieu of down payment. Call Jim at 859-985-0344 or 859-623-3089. D&D Mobile Homes at Clays Ferry Exit 97 on

LARGE Used 4BR Doublewide
Never been lived in Ready for Delivery
\$49,900

Clayton homes SUPER CENTER
of Corbin
866-964-8353

Baby Farms Baby Farms Baby Farms

Pulaski County

- 3.4 acres with a barn on nice rolling land. Priced at \$27,900.
- 6.1 acres with nice woods. Building spot is already cleared in the woods. Priced at \$34,900.
- 5 approved building lots that have approved soil site evaluations located on Hwy. 934. 9.2 acres priced at \$59,000.
- 4.7 acres of open field with great mountain views that are breathtaking. Priced at \$29,500.

Owner Financing Available! Call Today!!!
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DGSHELL.COM

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

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John Gilliam • Principal Broker
Realtor Loretta Powell - 859-302-8411
www.gilliamrealestate.com

9371 N Wilderness Rd. Berea \$106,000
Want to be your own boss? Come check out this Auction House business in the Conway area of Rockcastle County midway between Berea and Mt. Vernon. Seller says chairs, PA system, auctioneer stand, 2 showcases will convey with sale, along with some shelving, a refrigerator and cash register. The building has 200 Amp electric service, a metal roof and a central heating and air conditioning system.

4205 Scaffold Cane Rd. Mt. Vernon Reduced to \$75,000

Reduced! 2156 Lambert Rd. Berea • \$84,900

1722 Gabbard Rd. 12.25 A - \$44,900
Reduced! Quail Rd. (14.26 A) Owner/Agent - \$39,900
2.5 A on Menifee Hill Rd. - \$18,900

1075 northof Richmond. Open 7 days. visit us on the web at www.usedmobilehomesRus.com 27xntf

Bank Repos: Easy financing with as low as \$500 down or \$0 down with land. Call today 606-678-8134. 35x4

Used 2001 2 bed/2bath 14x56 Clayton Home for sale. Call 859-623-9404 and ask for Casey. 36x1

Pets

For Sale: Teacup Maltis, 2 female; Imperial Shih Tzu male; Teacup Chihuahua, m/f; Boxer puppies, reduced - male \$200 and female \$250, one solid white female; taking deposits on Teacup Poodles and Yorkie Poos. Yorkie puppies soon. Warranties offered. Shots, wormed and registered. 606-231-5498, 606-308-9709, 859-408-6420, text or leave message. We offer grooming and boarding. Join us as a member on Facebook to view photo gallery of puppies. Sand Springs Puppy Paws. 8x12p

For Sale: 2 female, 2 year old Boxers, \$200, registered, have had one litter each, great moms, loving, great family pets. Breeding pair of Toy Yorkies, m/f, young, \$400 for pair. 2 year old female Mini-Dachhund, \$200; Shih Tzu male, proven stud, \$100. 2 year old male Chihuahua, blue/tan, proven stud, \$100. Female Chihuahua, 3 year old, for pet only, \$50. Will take OBO on any of these dogs. 606-231-5498, 606-308-9709, 859-408-6420 text or leave message. Sand Springs Puppy Paws. 30xtnf

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Call 606-256-2244

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931 Men's 8-inch Boot
Regular \$174.95 Sale \$142.95

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David Owens manager 606-256-9870

HEALTHY HOME ENVIRONMENTAL
GOOD HOUSEKEEPING GREEN

Commonwealth of Kentucky 28th Judicial Circuit
Rockcastle Circuit Court • Division II
Civil Action No. 11-CI-00274

Wells Fargo Bank, N.A.
Successor by merger to Wells Fargo Home Mortgage, Inc. Plaintiff

V.

Beverly Eaton a/k/a Beverly L. Eaton and Gerald Eaton a/k/a Gerald E. Eaton Defendants

NOTICE OF SALE

Pursuant to a judgment and order of sale entered in this action on July 13, 2012 for the purpose of satisfying the judgment against the defendants in the amount of SIXTY FIVE THOUSAND SEVENTY SIX DOLLARS AND 67/100 (\$65,076.67) plus interest, costs and attorney fees. I will offer at public auction the hereinafter described real property in Rockcastle County, Kentucky.

At the Courthouse on East Main Street Mt. Vernon, Kentucky on Friday, August 24, 2012 Beginning at the Hour of 11:30 a.m.

Said property being more particularly bounded and described as follows:

- 105 Shady Lane, Berea, KY 40403
- Lot #26 as shown on plat of William K. Cummins, et al. Phase No. 2, recorded in Plat Book 4, Page 262, Slide No. 487, Rockcastle County Court Clerk's Office, Mt. Vernon, Kentucky, reference to which is hereby made for a more complete description of said lot.

This being the same property conveyed to the mortgagor herein by deed dated August 28, 2003 and recorded in Deed Book 197, page 394 in the Rockcastle County Clerk's Office.

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

1. The real property shall be sold for cash or upon a credit of thirty (30) days with the purchaser required to pay a minimum of twenty five percent (25%) of the purchase price in cash on the date of sale and to secure the balance with a bond approved by the Master Commissioner.
2. The bond shall bear interest at the rate of twelve percent (12%) per annum until paid in full. The bond shall have the force and effect of a judgment and shall be and remain a lien upon the property sold as additional surety for the payment of the purchase price.
3. Unpaid taxes of record at the time of entry of judgment shall be paid out of the proceeds of the sale.
4. The purchaser shall pay the 2012 local, county and state property taxes.
5. Full satisfaction of the plaintiff's judgment shall be paid from the proceeds of the sale.
6. The purchaser shall have possession of the real property upon compliance with the terms of the sale.
7. In the event that the plaintiff is the successful bidder and the sale price does not exceed the amount of the plaintiff's judgment, no deposit or bond shall be required.
8. The sale shall be made subject to all easements, set back lines, restrictions or covenants of record or otherwise and shall be sold "as is".

John D. Ford
Master Commissioner
Rockcastle Circuit Court

Help Wanted

Shear Image Salon is seeking hair stylists and a nail technician. Minimum two years professional experience. To become an employee, you must be presentable, organized and professional. For more information, contact Sandra Collins, owner, 606-308-1657. 35x2p

Now hiring for light industrial positions in the Somerset area temp to perm and must be available for all shifts. Pay ranges from 9.00 to 13.00 per hour. To apply go to www.jcmalone.com and complete an online application. 36x2

Deliver Phone Books. Work your own hours, have insured vehicle, must be at least 18 years old. Valid DL. No experience necessary. 1-800-518-1333 x224 visit www.deliverthephonebook.com 36x2

Notice is hereby given that Ronnie Lee Hensley, 166 Maple Grove Road, Orlando, Ky. 40460 has been appointed guardian of the estate of Brittany E. Wright on the 8th day of August, 2012. Any person having claims against said estate shall present them, according to law, to the said Ronnie Lee Hensley or to Hon. William D Reynolds, P.O. Box 1250, 140 West Main St., Mt. Vernon, Ky. 40456 on or before Feb. 11, 2013 at 11 a.m. 36x2

Notice is given that Alberta Sue Cunningham has filed a final settlement of her accounts a s Executrix of the estate of James A. Cunningham, deceased. A hearing on said settlement will be held September 10th at 11 a.m. Any exceptions t said settlement must be filed before said date. 36x1p

Motor Vehicles For Sale

Two motorcycles, 2007 and 2009, like new. 606-758-4985. 34x4p

1993 Chrysler Concorde, 107,000 miles. Clean car, runs and drives good. Power windows, locks, cruise, AC needs charge. \$1,500. Also 10x10 chain link dog pen and medium size dog house, \$65. 606-758-8520. 36x1p

2004 F250 XL, super duty diesel. Extend cab 4x4, 61,000 miles, power windows, locks, trailer mirrors, Linex, 6.5 foot bed, auto, air, cruise. \$15,900. 606-308-5108. 35x3p

2007 CTS Cadillac, 68,000 miles. Asking \$14,900. Also, 2007 Ford Explorer XLT, 4 wheel drive, 58,000 miles. Asking \$13,900. For more information, 606-758-8445. 35x2p

2000 Jeep Cherokee Sport, 4wd, new tires, AC works great, sunroof, CD changer, 4.0 6 cylinder, runs great, NADA valud of \$5,400. Priced to sell at \$3,200. 606-308-2363. 36x1

2003 Chevy Silverado, 4 door LS, 4wd truck, extended cab, 5.3 V8 engine, good tires, AC works great, power seats, trailer-tow package, step-side bed, Z71 off road package, Bose premium stereo, aluminum alloy wheels, keyless remote, Line-X bed liner. NADA book value \$11,450. Priced to sell at \$8,900. 606-308-2363.

Wanted

Wanted To Buy: Your antiques and collectibles. Antique glassware, furniture, quilts, all types of military items, clocks, watches (working or not), pocket watches and wrist watch parts, pocket knives, coins and paper money. All types of gold, silver scrap, cast iron banks, toys, lighters, crock jugs, cast iron skillets, marbles, pocket knives, fishing items, Indian Arrowheads, and much, much more. Also buying partial estates. Over 25 years experience. Call Clarence Reece at 606-531-0467. 47xntf

Wanted: 1965 license plate, preferably Rockcastle County. Call Dale Winstead at 256-2626.

Professional Services

Jonathan Collins Remodeling and Repair Service. Home improvements of any kind from doors and windows, painting, new floors to roofs and decks - will do it all. Any home, any problem, we're the one to call. 606-308-3533. 35x4p

Owens Monument: Located behind Owens Funeral Home in Brodhead. Open Mon-F 8 to 5 and Sat. 9 a.m. to noon. 606-758-9600. 14xntf

Notice: Will haul off or buy scrap metal, junk cars or trucks. Metal hauled for free. 231-6788. 14xntf

Grave Markers & Monuments: In stock at all times. McNew Monument Sales, US 25, 4 miles north of Mt. Vernon. Phone 256-2232.

U Call We Haul! Moving? Need Help? Cars, furniture, construction cleanup -- anything that fits on a truck, large or small! *No Garbage!!* Light backhoe and landscaping. 256-9222 or 606-308-1629.

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

Gail's Pampered Pooch 57 West Main St. • Brodhead For appt. call 606-758-0064 20xntf

Rocket Carpet Cleaners

Circular Dry Foam Cleaning

(606) 256-9870

Commonwealth of Kentucky 28th Judicial Circuit Rockcastle Circuit Court • Division II Civil Action No. 11-CI-00200

Citifinancial Services, Inc. Plaintiff

v.

Bobby Machal, et al Defendants

NOTICE OF SALE

Pursuant to a judgment and order of sale entered in this action on July 13, 2012 for the purpose of satisfying the judgment against the defendants in the amount of ONE HUNDRED TWO THOUSAND ONE HUNDRED FIFTY EIGHT DOLLARS AND 02/100 (\$102,158.02) plus interest, costs and attorney fees. I will offer at public auction the hereinafter described real property in Rockcastle County, Kentucky.

At the Courthouse on East Main Street Mt. Vernon, Kentucky on Friday, August 24, 2012 Beginning at the Hour of 11:30 a.m.

Said property being more particularly bounded and described as follows:

Parcel No.: 046W.16.001
 Lot No. 12 of the Robert Ford Subdivision to the City of Mt. Vernon, Kentucky, as shown on plat of record in Plat Book 2, page 69, in the office of the clerk of the Rockcastle County Court, Mt. Vernon, Kentucky. Reference is made to said plat for a more complete description of said lot.
 Excepting therefrom the following described real estate:
 A part of Lot No. 12 Robert Ford Subdivision as shown on Plat of same duly recorded in the office of the clerk of the Rockcastle County Court in Plat Book 2, page 69, said part being more particularly bounded and described as follows:
 Beginning on a power pole corner to Lot No. 11 of the Robert Ford Subdivision and is being on the North right of way of Shirley Street; thence going with said right of way South 57 degrees 51'10" East 163.30 feet to a point in said right of way and corner to Pitman; thence going with the line of Pitman North 05 degrees 30'00" East 126.21 feet to an iron pin corner to Bobby Machal and in the line of Pitman; thence going with the line of Bobby Machal North 64 degrees 21'10" West 118.78 feet to an iron pin corner to Machal and in the line of Lot No. 11 of the Robert Ford Subdivision; thence going with same South 25 degrees 38'50" West 100.00 feet to a point of beginning. Containing 0.348 acre by survey of C. Douglas Mullins, Registered Land Surveyor No. 2773.

Being a part of the same property conveyed to Bobby Machal and wife, Betty Machal who acquired title, with rights of survivorship, by virtue of a deed from Calvin Robert Webb and wife, Sherry Webb, dated May 11, 1988, filed May 18, 1988, recorded in Deed Book 134, Page 88, County Clerk's Office, Rockcastle County, Kentucky.

Address: 205 Liberty Drive, Mount Vernon, Kentucky 40456.

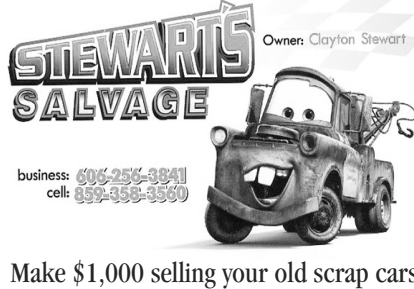
Subject to all restrictions, conditions and covenants and to all legal highways and easements.

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

- The real property shall be sold for cash or upon a credit of thirty (30) days with the purchaser required to pay a minimum of ten percent (10%) of the purchase price in cash on the date of sale and to secure the balance with a bond approved by the Master Commissioner.
- The bond shall bear interest at the rate of twelve percent (12%) per annum until paid in full. The bond shall have the force and effect of a judgment and shall be and remain a lien upon the property sold as additional surety for the payment of the purchase price.
- Unpaid taxes of record at the time of entry of judgment shall be paid out of the proceeds of the sale.
- The purchaser shall pay the 2012 local, county and state property taxes.
- Full satisfaction of the plaintiff's judgment shall be paid from the proceeds of the sale.
- The purchaser shall have possession of the real property upon compliance with the terms of the sale.
- In the event that the plaintiff is the successful bidder and the sale price does not exceed the amount of the plaintiff's judgment, no deposit or bond shall be required.
- The sale shall be made subject to all easements, set back lines, restrictions or covenants of record or otherwise and shall be sold "as is".

John D. Ford Master Commissioner Rockcastle Circuit Court

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Commonwealth of Kentucky 28th Judicial Circuit Rockcastle Circuit Court • Division I Civil Action No. 12-CI-00014

Citimortgage, Inc. Plaintiff

v.

Jason S. Goff and Amanda Goff Defendants

NOTICE OF SALE

Pursuant to a judgment and order of sale entered in this action on July 18, 2012 for the purpose of satisfying the judgment against the defendants in the amount of EIGHTY THREE THOUSAND ONE HUNDRED NINETY SEVEN DOLLARS AND 09/100 (\$83,197.09) plus interest, costs and attorney fees. I will offer at public auction the hereinafter described real property in Rockcastle County, Kentucky.

At the Courthouse on East Main Street Mt. Vernon, Kentucky on Friday, August 24, 2012 Beginning at the Hour of 11:30 a.m.

Said property being more particularly bounded and described as follows:

TRACT I:
 A tract of land lying and being in Rockcastle County, Kentucky, also located on the northwest side of Kentucky Highway 328; Beginning at a set 1/2" steel pin with cap 1837 set in the northwest R/Way of Ky. 328, also a corner of Robert Hopkins, Deed Book 144, Page 17; thence with the northwest R/Way of Ky. 328 the following calls: thence South 73 degrees 56 minutes 27 seconds West 48.09 feet to a set 1/2" steel pin with cap 1837; thence South 54 degrees 42 minutes 17 seconds West 79.15 feet to a set 1/2" steel pin with cap 1837; thence South 50 degrees 40 minutes 21 seconds West 210.26 feet to a set 1/2" steel pin with cap 1837, also a corner of Tract No. 7; thence with the line of Tract 7, the following calls: thence North 34 degrees 31 minutes 48 seconds West 401.07 feet to a set 1/2" steel pin with cap 1837; thence North 48 degrees 56 seconds East 284.99 feet to a set 1/2" steel pin with cap 1837, set in the line of Robert Hopkins, Deed Book 144, Page 17; thence with the line of R. Hopkins the following call; thence South 41 degrees 18 minutes 42 seconds East 434.38 feet to the point of Beginning. Contains 2.886 acres more or less. This description prepared from a physical survey conducted by Gary W. Holman, Ky. L.S. 1837 on 9-12-00, and being Tract I of the Daniel Dull property.

TRACT II
 A tract of land lying and being in Rockcastle County, Kentucky, also located on the northwest side of Ky. 328; Beginning at a set 1/2" steel pin with cap 1837 set in the northwest R/Way of Ky. 328, also a corner of Tract 7; thence with the northwest R/Way of Ky. 328 the following call: thence South 49 degrees 50 minutes 15 seconds West 149.72 feet to set 1/2" steel pin with cap 1837 a corner of Tract 3; thence with the line of Tract 3 the following call: thence North 39 degrees 57 minutes 39 seconds West 203.85 feet to a set 1/2" steel pin with cap 1837, also a corner of Tract 7 and Tract 6; thence with the line of Tract 7 the following calls: thence North 48 degrees 07 minutes 07 seconds East 170.00 feet to a set 1/2" steel pin with cap 1837; thence South 34 degrees 26 minutes 40 seconds East 209.99 feet to the point of Beginning. Contains 0.757 acres more or less. This description prepared from a physical survey conducted by Gary W. Holman, Kentucky L.S. 1837 on 9-12-00, and being Tract 2 of the Daniel Dull Property.

Being the same property conveyed to Jason S. Goff and wife Amanda Goff by deed dated July 28, 2003, executed by Nina D. Cain, an unmarried widow, and recorded on August 4, 2003 in Deed Book 195, Page 514 in the Office of the Rockcastle County Clerk.

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

- Tract I and Tract II shall be sold together as a whole.
- The real property shall be sold for cash or upon a credit of thirty (30) days with the purchaser required to pay a minimum of twenty five percent (25%) of the purchase price in cash on the date of sale and to secure the balance with a bond approved by the Master Commissioner.
- The bond shall bear interest at the rate of twelve percent (12%) per annum until paid in full. The bond shall have the force and effect of a judgment and shall be and remain a lien upon the property sold as additional surety for the payment of the purchase price.
- Unpaid taxes of record at the time of entry of judgment shall be paid out of the proceeds of the sale.
- The purchaser shall pay the 2012 local, county and state property taxes.
- Full satisfaction of the plaintiff's judgment shall be paid from the proceeds of the sale.
- The purchaser shall have possession of the real property upon compliance with the terms of the sale.
- In the event that the plaintiff is the successful bidder and the sale price does not exceed the amount of the plaintiff's judgment, no deposit or bond shall be required.
- The sale shall be made subject to all easements, set back lines, restrictions or covenants of record or otherwise and shall be sold "as is".

John D. Ford Master Commissioner Rockcastle Circuit Court

Notices

Need Job staying with an elderly lady during the day. 10 years experience. 256-4454. 35x1p

Notice: John Calvin Gross, 336 Cook Road, Mount Vernon, Kentucky 40456 hereby declares intention to apply for a Small Farm Winery license no later than September 16, 2012. The business to be licensed will be located at 336 Cook Road, Mount Vernon, Kentucky 40456 doing business as Bentgate Farm. The owner is as follows: Owner, John Calvin Gross of 336 Cook Road, Mount Vernon, Kentucky 40456. Any person, association, corporation, or body politic may protest the license by writing the Dept. of Alcoholic Beverage Control, 1003 Twilight Trail, Frankfort, KY 40601-8400, within 30 days of the date of this legal publication.

Notice is hereby given that Erma Mink, 1146 Poplar Grove Road, Brodhead, Ky. 40409 has been appointed executrix of the estate of Elza Tipton Mink on the 30th day of July, 2012. Any person having claims against said estate shall present them according to law., to the said Erma Mink or to Hon. William D. Gregory, 240 East Main St., P.O. Drawer 220, Mt. Vernon, Ky. 40456 on or before Jan. 30, 2013 at 11 a.m. 35x3

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Yard Sales

Yard Sale: Saturday, August 18th, 8 to 3 at Quail Fire Dept. Given by Tiffany McKibben and Angie Lawrence. Young women's clothes, baby clothes, what-nots -- a little bit of everything. Rain cancels.

Yard Sale: Friday and Saturday, 9 to 5. 385 Floyd Street. Cast iron cook stove w/warming closet - good shape, tanning bed w/extra bulbs, jeans - different sizes. Lots of things starting at 50c to \$1. Also have some garden vegetables. 308-9502.
Yard Sale: Friday, August 17th, 320 Hunter St., Mt.

Vernon. A few items remaining from the Dorothy Martin estate. Prices reduced.
Yard Sale: U.S. Hwy. 25 - Conway. 5 Families. Friday and Sat., Aug. 17 and 18, 9 a.m. to ?
Yard Sale: Sat., Aug. 11, 8 to 2 only, 122 Hemlock Circle, Maretburg. Living room suite, oak dining table and chairs, lamps, pictures, comforters, clothing and more.

Yard Sale: Sat., Aug. 11, 8 to ? Ottawa Church Road. Something for everyone. Rain cancels.
Yard Sale: Thursday - Saturday, at Hilltop Produce. Given by McGuire sisters. Lots of nice stuff.
Yard Sale: 5 families. Friday, August 17th, 40 Proffit St., Brodhead. 8 to ? Little girls clothes, household items, nursing scrubs, too many items to mention.

Yard Sale: 3 families. Thursday, Aug. 16th - Saturday, Aug. 18th 8 a.m. to 5 p.m. Rain cancels that day only. Hwy. 70 to B&L Grocery, 618W to 328W Bee Lick Road, 2 miles, house on left. Follow signs. Furniture, antique dresser, depression glass, crystal glasses, decorative items, kitchenware, books, hard-back Reader's Digest, size 14, 22, teen women's clothes, yard items, child's table and chairs, dollhouse, children's movies, collectibles and more.

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The results: Removes less than 20% of the soil from the carpet driving the remainder down deeper into the carpet fibers. The lye/bleach solution used by steam cleaners to dissolve stains fades carpet colors. Drying time is 1 to 5 days depending on the carpet texture. As a result of the water saturation, carpet fibers harden and the floor pad remains damp, which promotes bacteria growth and mildewing, causing carpet threads to rot, shorting the life of your carpet. Carpet manufacturers recommend that you do not steam clean carpets.
Option 2: Dry Foam-How does it work?
C. Carpet fibers are agitated with carpet combs to separate the fibers loosening dirt particles, which are then dry cleaned with an industrial strength vacuum.
D. The carpet is then shampooed with horse hair brushes using Dry-Foam lather, a solution that contains six different cleaners and fabric softener, color brightener, deodorizer, disinfectant, crystalline agent, scotch guard, & degreaser. Does not contain lye or bleach.
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.
Carpet manufacturers recommend Dry Foam to clean Carpets.

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FFA Camp held in Harrodsburg

Submitted by:
Chapter Reporter
Bethany McKinney

On July 2nd-6th, the Kentucky FFA Leadership Training Center in Harrodsburg, (also known as FFA Camp), was packed with over 300 members and advisors, including Rockcastle County, there to bond with their chapter, meet new people, and learn new leadership skills to take back home with them.

During their week of FFA Camp, members come and take many classes that teach them leadership skills, compete in sports, and do various activities with their chapter.

One activity that Rockcastle participated in was the ropes course. The ropes course is a set of physical activities that the chapters participate in to learn leadership, teamwork, and simply bond with members of the chapter. Since only half of the chapter could participate in the ropes course the other half

of the chapter went to a workshop held by the state FFA officers to also teach leadership and teamwork.

When members were not with their chapter or in class, they were usually found on the athletic field playing sports. On the first day of camp all the members are assigned to an athletic group and choose different sports to compete in, there were eight athletic groups in all. The scores of each sport for each team were tallied up and at the end of each day, the winning teams were announced. At the end of the week the overall winning athletic group included Charity Adams, Allison Burdette, and Shawna Stoneking.

We also had Josh Bullock, who was elected as the Camp Council Sentinel. The camp council is six members from different chapters who are selected on the first night as the officer team for that week of camp and doing activities such as cabin inspections and presiding at the final session. To be on the camp council, the candidates must go through an interview and delegates from each chapter choose who will be on the camp council. Sarah Pigg was one of the delegates that helped choose.

On the last night of camp Rockcastle County presided at the evening session. Congratulations to Josh and all who received a leadership award or an athletic award. We would also like to thank our Alumni for paying half the expenses for camp.



The Rockcastle County FFA officer team on the last night of FFA Camp. Back row from left: Josh Bullock, Bethany McKinney, Larkan Prewitt, Kyle Peacock, Chris Sowder, Sarah Pigg, JD Morgan, and Will Martin. Middle row from left: Annamarie Leader, Erica Clouse, Lacey Gastineau, Hannah Prewitt, Kayla Reynolds, Shawna Stoneking, and Tiffany Bowman. Front row from left: Mackenzie Moore, Charity Adams, Elizabeth Lawrence, Mary Bishop, Allison Burdette, and Mary Robinson.



Sarah Pigg served as a delegate in choosing the camp council.



Josh Bullock and Charity Adams received a leadership award while at camp. Josh also served on the camp council as Sentinel.



Allison Burdette, Shawna Stoneking, and Charity Adams were members of the overall winning athletic group.



Part of the Rockcastle County FFA officer team participated in the ropes course at FFA Camp. Pictured is Bethany McKinney falling and being caught by part of her officer team. Back row from left: Chris Sowder, Josh Bullock, Kyle Peacock, Sarah Pigg, and JD Morgan. Front row from left: Cameron Earlywine, Tiffany Bowman, Kayla Reynolds, Larkan Prewitt, Charity Adams, Elizabeth Lawrence, and Allison Burdette.

Look for the Fall Sports Edition in this week's Mount Vernon Signal

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1	2	3	4	5	6	7	8	9	10	11	12	13		
14					15				16					
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56						57			58			59	60	
61						62						63		
64						65						66		

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ACROSS

- Appropriate
- Domesticated
- Mark for life
- Kentucky county, shares Green River Lake with Taylor Co.
- Privy to
- Maysville's river
- Menifee Co.
- community, or "M*A*S*H" setting
- Reddish-brown gem
- Young fellows
- English cathedral site
- Math degree
- A regular at Rupp Arena?
- Peter the Great, e.g.
- Muslim leader
- Kentuckian Garrett Morgan's invention
- Place for a lace
- Mythical bird
- Indian bread
- Paul Sawyer: Kentucky's "___ Artist"
- Good times
- Kentucky's begins "United We Stand"
- Serengeti grazer
- Opposite of post-
- Types
- Northern Kentucky's first state park (Carrollton)
- Genesis garden
- Off-color
- Kentucky county,

DOWN

- Autumn tool
- Hero type
- Artist Akers
- Make haste
- Reassign
- Jewish calendar month
- Literary collection
- Her "Beloved" was based on a Kentuckian
- Native
- Sincere
- Scorch
- Capitol Hill worker
- Kentucky Derby flower
- President William Howard
- Cigarette
- Something to spin
- Ligature
- Variety show
- Draconian
- Cavern, in poetry
- Procrastinator's word
- Joule fraction formation included
- Vetoes
- Commonwealth's capital home county
- Kingsford Charcoal county
- Nothing but
- Introduce
- Cluster bean
- Pollinator draw
- Camelot lady
- Noses (out)
- Coach Joe B.
- Safe, on board
- PBS science show
- In awe
- British tax system
- Goals
- Blackbird
- Antiquated

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I	D	I	S	M	A	V	E	N	E	R			
M	E	N	T	R	A	T	O	R	N	E	E	M	
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S	M	E	L	L	I	B	E	R	A	R	D		
C	A	S	I	S	R	I	V	E	R				
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$x = u \frac{dv}{dx} + v \frac{du}{dx}$
 $u = \frac{dv}{dx} + v \frac{dv}{dx} + \frac{1-2x}{x^2}$
 $u \left(\frac{dv}{dx} + \frac{1-2x}{x^2} v \right)$

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- TERM 3** November 26, 2012 - January 18, 2013
Last day to enroll for Term 3 is November 20th.
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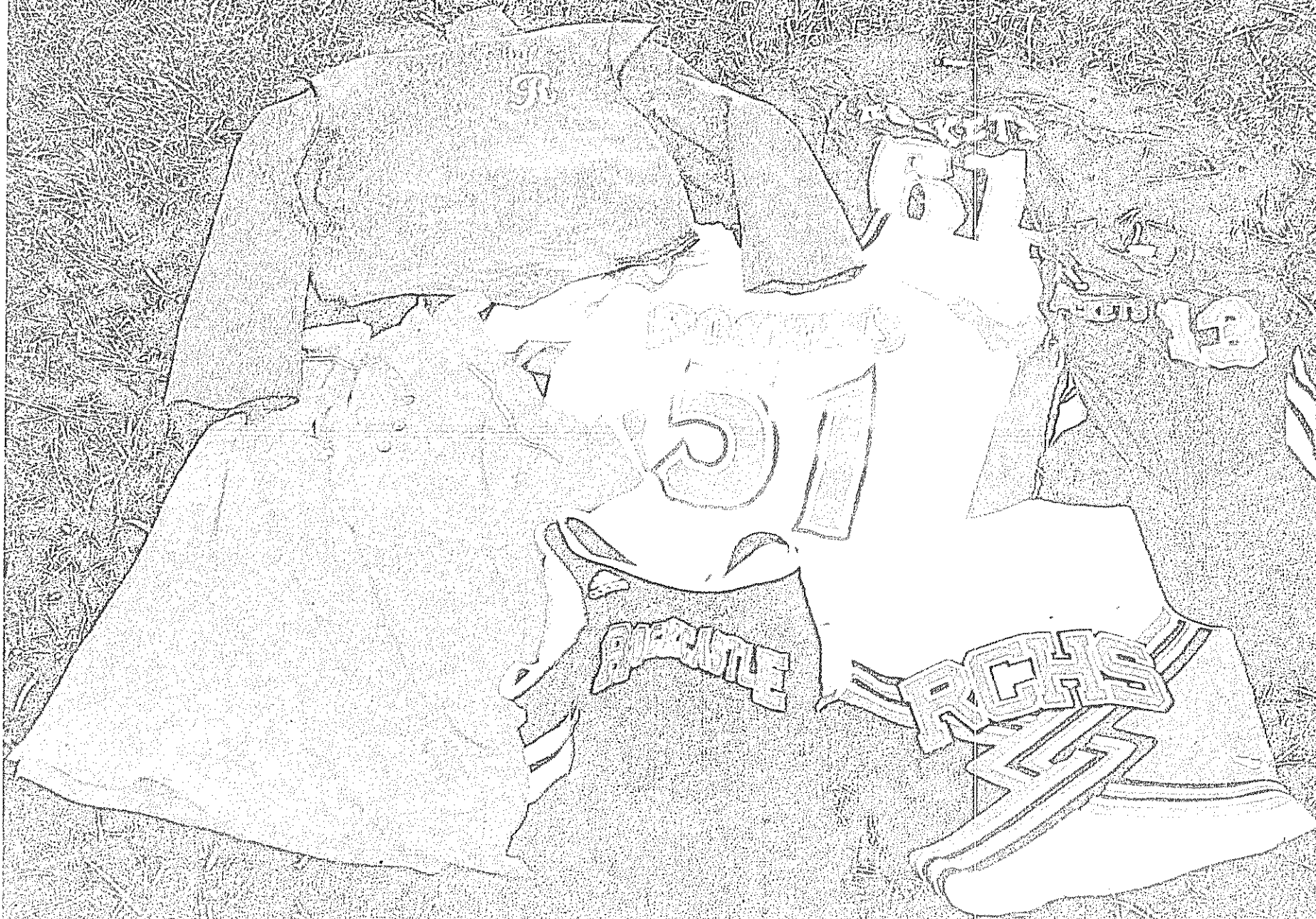
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The ROCK'S



Fall Sports Preview 2012

Solid off-season has Rockets optimistic for 2012

By: Doug Ponder

The RCHS Rockets football team has been hard at work in the weight room since last December in preparation for the 2012 football season.

Head Coach Scott Parkey said the results of his players' off-season work has exceeded all the coaches' expectations.

"The results of our annual test of strength and speed, we give at the end of the off-season were tremendous," Parkey said. "It has created an overwhelming sense of confidence and excitement with the team in the locker room."

Although Parkey said he is pleased with the off-season, he also said the same momentum needs to be carried over into the regular season as a multitude of players have to be replaced, especially on offense.

The Rockets lost a solid backfield with the graduation of their top three rushers Clark Rowe, Chris Luna and B.B Bradley. The Rockets will also have to replace senior linemen Ben Lake, Nick Thomason and Kenton Adams.

Even though the graduating seniors left large shoes to fill, Parkey said a lot of players are improving and stepping up to the challenge for the starting spots.

"A lot of the guys have improved and become much stronger during the off-season," Parkey said. "They have made this preseason really competitive trying to win spots left from graduation."

A lot of the pressure this season will rest on the shoulders of junior quarterback Corey McPhetridge, who needs to have

a big season this year to keep up with Knox Central and Russell County in the district race.

Parkey said McPhetridge has a tremendous work ethic and has improved a lot during the off-season.

"Corey had spent many hours in the weight room, adding weight, quickness and speed to his physical development," Parkey said. "His improvement will be a valuable asset to this year's team."

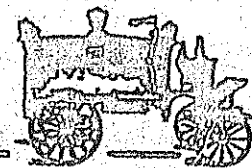
The Rocket's defense will resemble last year's defense by focusing on speed and swarming to the ball. Parkey said this year's defense is possibly even

(Cont. to pg. 15)

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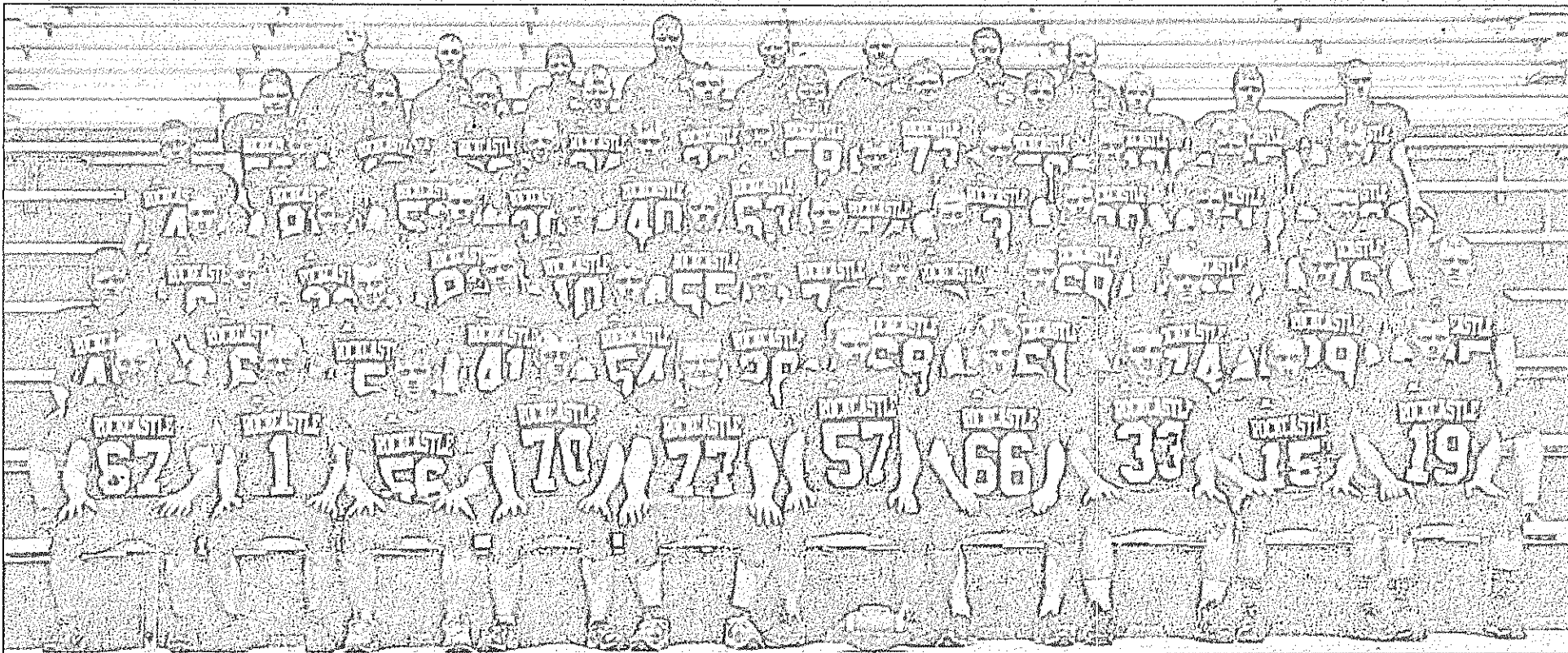
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Saturday 8:30 a.m. to 1 p.m.

2012 Edition of the Rockcastle County Rockets



Members of the 2012 edition of the RCHS football team are shown at left, first row from left: Jeremiah Brown, Dalton Cole, Caleb Dillingham, Billy Taylor, Logan Merritt, Justin Hughes, Bobby Prickett, Austin Spoonamore, Eli Haddix and Tyler McCormick. Second row from left: Bentley Collins, Zach Lunsford, Tyler Smith, Sebastien McGuire, Brandon Randolph, Caymen McClure, Jacob Taylor, Brad Wilson, Lucas Carpenter, Damien McDaniel and Isaiah Adams. Third row from left: John Hughes, Steven Rector, Justin McCoy, John Harris, Ryan Moore, Sean Hacker, Kyle Denny, Layne Jasper, Dylan Rowe and Jarrett Carpenter. Fourth row from left: Brandon Jories, Dakota Baldwin, Bryan Jude, Tyler Langford, Tommy Shafer, Jared Lake, Chance Ansardi, Jacob Bussell, Austin Collins, R.C. Kirby and Koty Bengé. Fifth row from left: Levi Coffey, Ethan Mattingly, Andrew Hyserman, Boone Saylor, Levi Peterson, Hunter Hines, Dylan Hacker, Chris Wren, Tyler Harper, John David Reddington and Corey McPhetridge. Top row: Mike McNabb, Izak McQueary, Cody Deborde, Chris Croucher, head coach Scott Parkey, Josh Martin, Devon Bussell and Tony Saylor

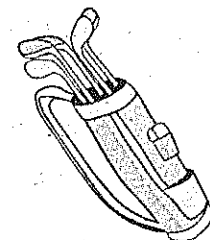
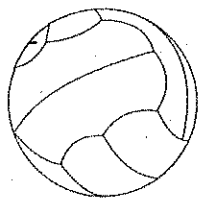
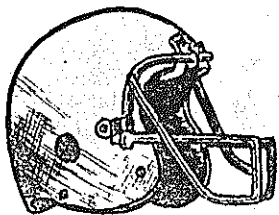
Wishing you the best in 2012

from

Circuit Court Clerk

Teresa Vanzant

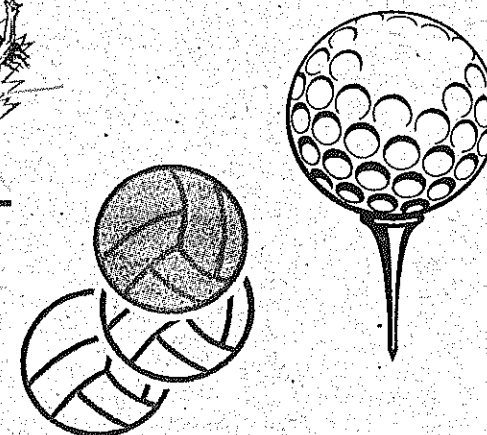
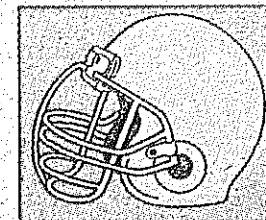
Crystal Griffin, Renita Blanton, Joyce Allen,
Teresa Amis, Marcia Olinger, Doris Cromer and Austin Miller
606-256-2581



2012 Rockcastle County Rockets

No.	Player	Class	Height	Weight	Position
1	Dalton Cole	9	5'8	138	FB
2	Kyle Denny	10	5'9	118	QB
3	Jacob Bussell	11	6'2	163	TB
4	Brandon Jones	11	5'11	155	WR
5	Tyler Smith	12	5'8	156	WR
6	Zach Lunsford	11	5'6	124	WR
7	Corey McPhetridge	11	6'2	189	QB
9	John Hughes	11	5'8	135	WR
10	John Harris	9	5'6	156	QB
12	Ethan Mattingly	10	6'1	132	WR
15	Eli Haddix	12	5'7	145	WR
19	Tyler McCormick	9	5'8	163	TB
21	Dylan Rowe	9	5'9	142	TB
22	Tyler Harper	11	6'1	164	WR
23	Steven Rector	10	5'7	192	FB
28	Caymen McClure	10	5'8	140	WR
29	Damien McDaniel	12	5'10	165	TB
30	Tyler Langford	10	5'11	143	WR
31	Isaiah Adams	10	5'7	192	TB
33	Austin Spoonamore	10	5'6	156	FB
34	Boone Saylor	12	6'2	225	TE
40	Tommy Shafer	12	5'11	157	FB
41	Sabastian McGuire	9	5'8	138	RB
44	Ryan Kirby	9	5'10	162	TE
45	Chance Ansardi	10	6'0	230	TE
50	Chris Wren	12	6'1	238	OL
51	RC Kirby	11	5'9	209	OL
52	Koty Bengé	11	5'10	215	OL
53	Bryan Jude	12	5'10	216	OL
55	Ryan Moore	10	5'9	193	OL
56	Caleb Dillingham	9	5'6	168	OL
58	Justin Hughes	10	5'8	147	OL
59	Hunter Hines	9	6'2	276	OL
62	Andrew Hyserman	11	6'2	170	OL
63	Jared Lake	11	6'1	267	OL
65	John David Reddington	9	6'1	239	OL
66	Bobby Prickett	9	5'6	129	OL
67	Jeremiah Brown	12	5'8	187	OL
68	Jacob Taylor	9	5'9	196	OL
69	Layne Jasper	10	5'9	179	OL
70	Billy Taylor	9			OL
72	Sean Hacker	10	5'9	215	OL
73	Dylan Hacker	9	6'2	314	OL
	Bradley Wilson	9	5'8	218	OL
74	Lucas Carpenter	9	5'9	240	OL
76	Jarrett Carpenter	9	5'10	224	OL
77	Logan Merritt	9	5'5	201	OL
78	Levi Coffey	10	6'1	243	OL
80	Austin Collins	10	6'1	183	TE
81	Dakota Baldwin	10	5'8	160	RB
82	Justin McCoy	9	5'8	129	WR
88	Levi Peterson	9	6'2	210	TE
	Brandon Randolph	9	5'7	185	OL
	Bentley Collins	9	5'7	165	OL

Good Luck
ROCK!



All The Way in 2012!!

from

Rockcastle PVA

**Margaret
Offutt**

and staff

Janet Vaughn • Ruth Thompson

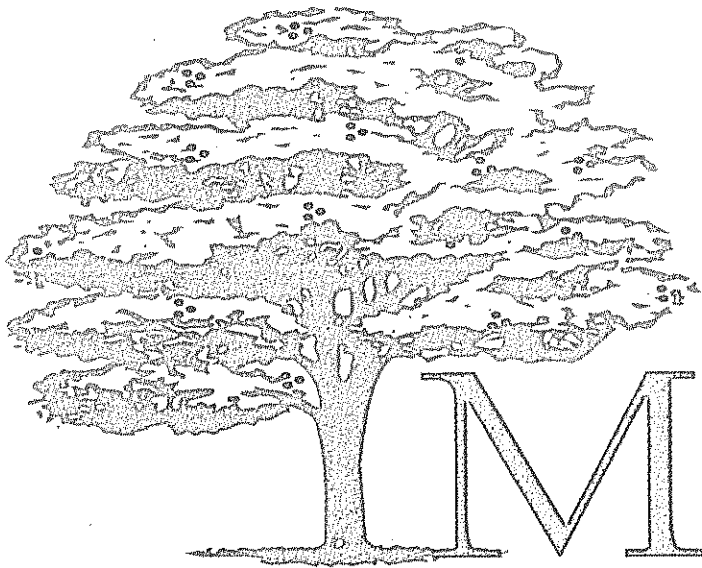
Cindy Offutt

Phone 606-256-4194

Office Hours:

Monday thru Friday 8 a.m. to 4 p.m.

Good Luck Rockets & Lady Rockets



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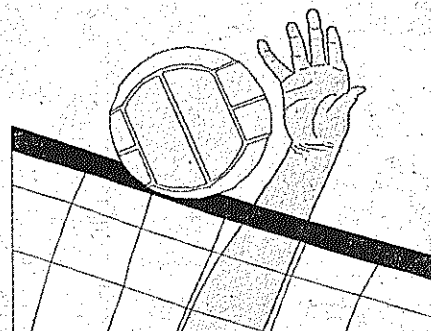


2012 RCHS Football Coaching Staff

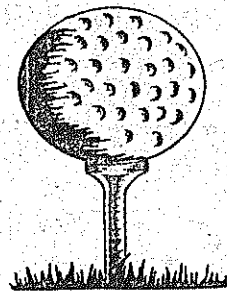
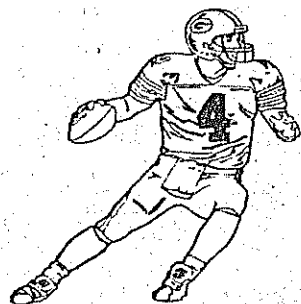
Front row from left: Cody DeBorde, head coach Scott Parkey, Tony Saylor & Izak McQueary.
 Back row from left: Devon Bussell, Chris Croucher, Josh Martin and Mike McNabb.

Good Luck Rockets!

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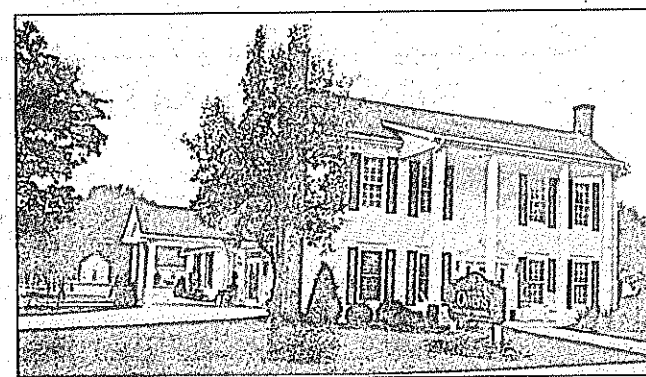
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2012 Varsity Football Schedule

Aug. 18	Grant County <i>Thorbred Bowl</i>	Cynthiana
Aug. 24	Frankfort Renfro Valley Jamboree Bowl	Home
Aug. 31	Whitley County	Away
Sept. 7	Estill County	Home
Sept. 14	Pulaski County	Away
Sept. 21	Perry Co. Central <i>UNITE Bowl</i>	Home
Sept. 28	Russell County	Away
Oct. 12	Knox Central	Home
Oct. 19	Clay County	Away
Oct. 26	Montgomery County	Home

Good Luck Rocket Teams!



Marvin E. Owens Home for
Funerals and Monuments

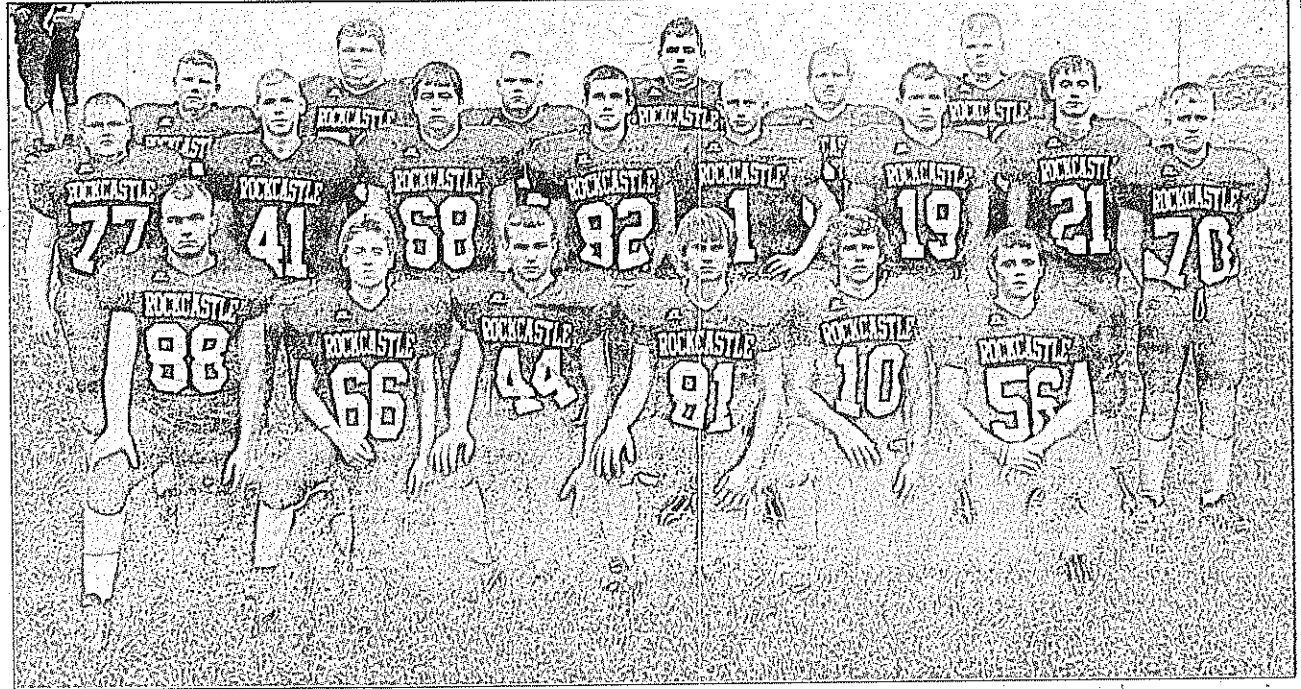
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2012 Freshmen Football Squad

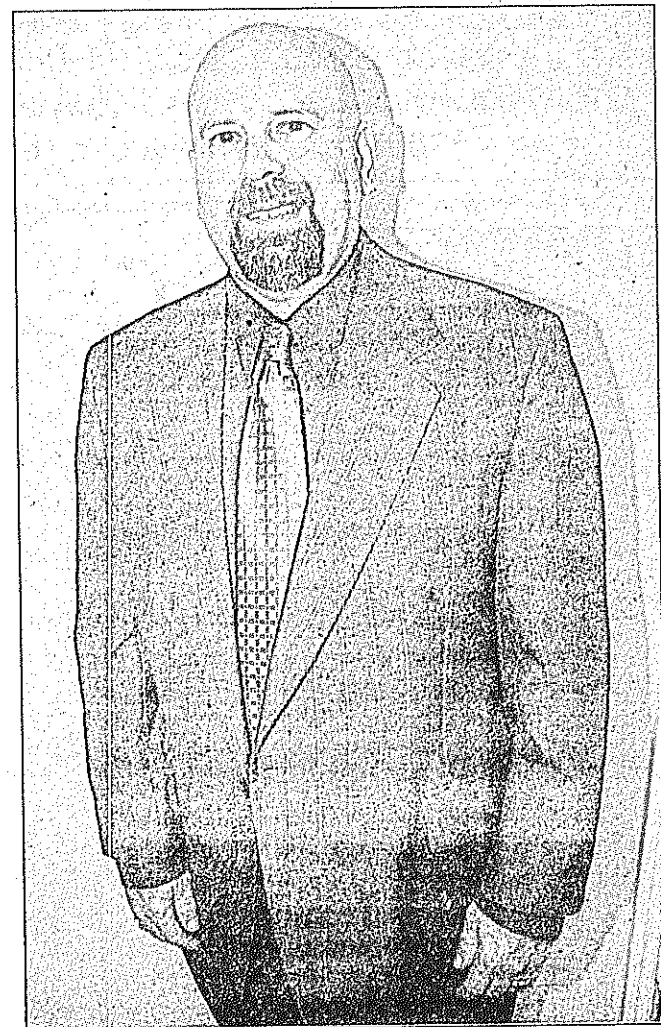
Members of the 2012 Rocket freshmen football squad are shown at right, front row from left:

Levi Peterson, Bobby Prickett, Ryan Kirby, Dakota Baldwin, John Harris and Caleb Dillingham. Second row from left: Logan Merritt, Sabastian McGuire, Jacob Taylor, Justin McCoy, Dalton Cole, Tyler McCormick, Dylan Rowe and Billy Taylor. Back row from left: Jarrett Carpenter, Dylan Hacker, Lucas Carpenter, John David Reddington, Brad Wilson and Hunter Hines.

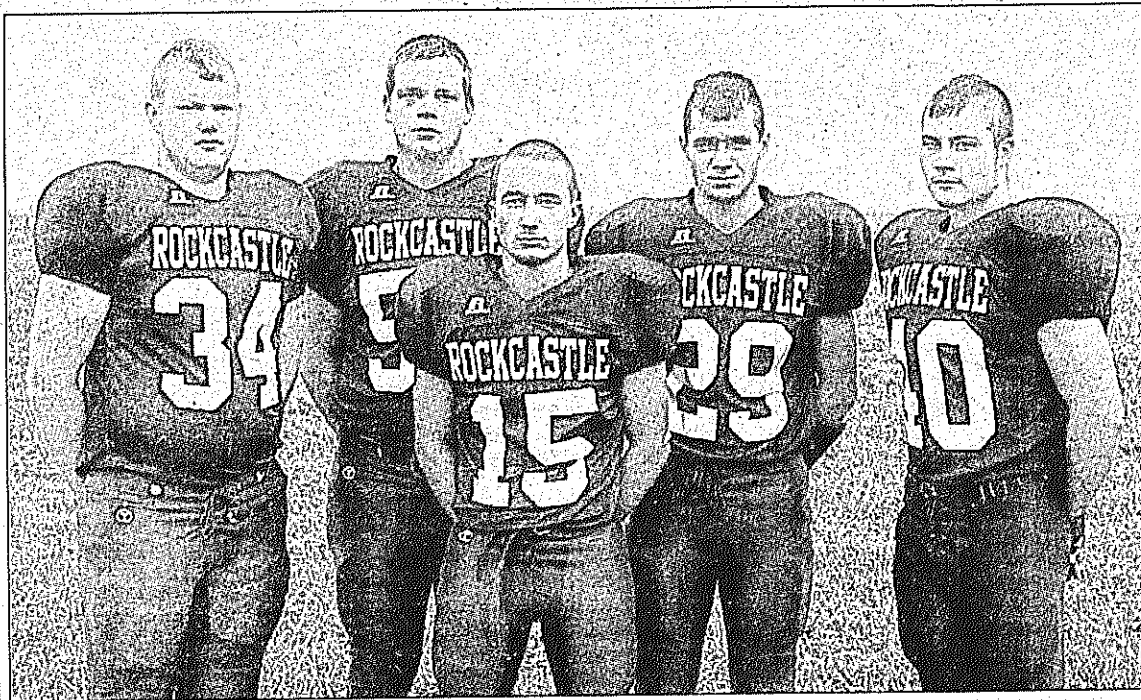


Good Luck to all
Rockcastle teams!
Rockcastle County
Attorney
Billy Reynolds & staff

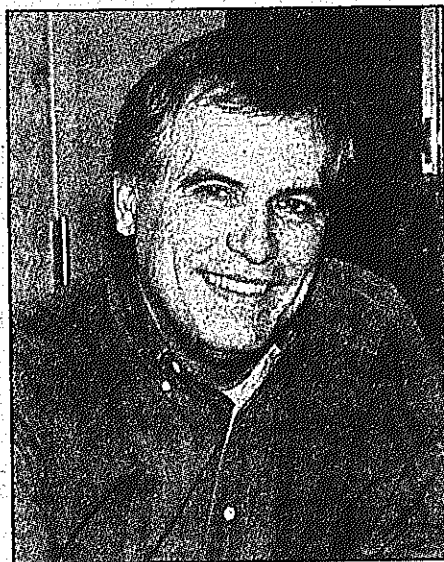
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2012 Rocket Captains



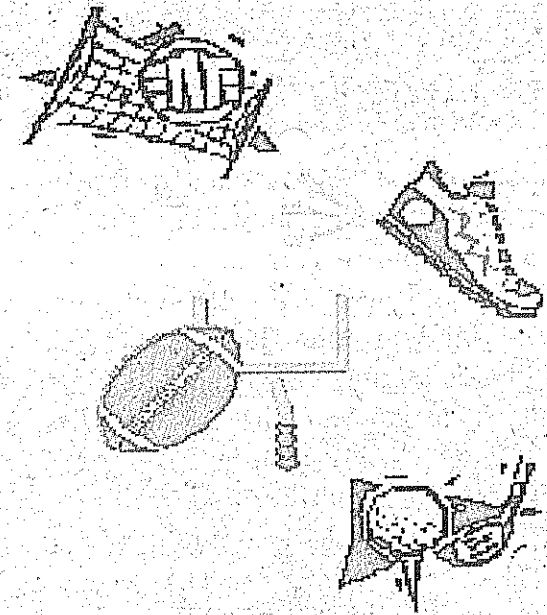
The 2012 Captains for the Rockcastle Rockets are shown above, from left: Boone Saylor, Chris Wren, Eli Haddix, Damien McDaniel and Tommy Shafer



**GOOD LUCK
ROCKETS!**

*On Your
2012
Seasons!*

**County Judge/Executive
Buzz Carloftis**

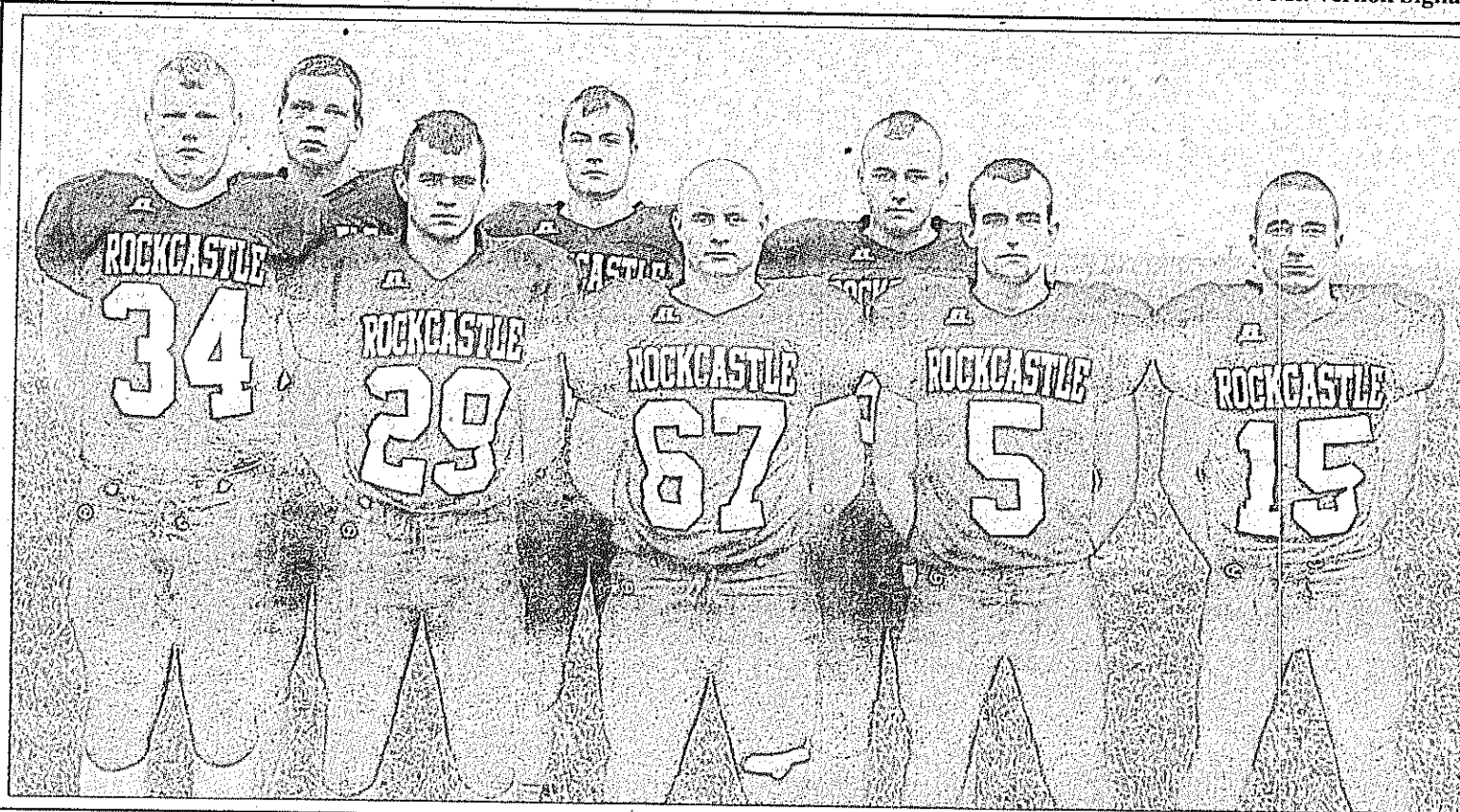


***Good Luck
Rockets!***

May you have success during your upcoming seasons as well as in the classroom.

from

**County Clerk
Danetta
Ford-Allen**



2012 Seniors

Senior members of the 2012 Rockets football squad are shown at left, from left: Boone Saylor, Chris Wren, Damien McDaniel, Tommy Shafer, Jeremiah Brown, Bryan Jude, Tyler Smith, Eli Haddix.

Rockcastle Football Fans!

**Reserved Seat
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Season tickets include all regular season home games:

- August 24: vs. Frankfort in the Jamboree Bowl
- Sept. 9: vs. Estill County for Youth League Night
- Sept. 21: vs. Perry Co. Central for Homecoming and the UNITE Bowl
- October 12: vs. Knox Central
- October 26: vs. Montgomery Co. for Senior Night

Please see or contact Coach Parkey or Kristy Parkey for more information or to purchase your tickets.

Phone Kristy at 308-5853 after 3 p.m. or
Coach Parkey at 308-2587 after 3 p.m.

Rockets
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this
Saturday at
Cynthiana
in the
Thoroughbred
Bowl
against
Grant Co.

Game time -
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2012 Rocket football opponents preview

**By: Doug Ponder
Grant County**

Class 5A, District 5

2012 Prediction: Finish 5th in the district

The Braves finished 3-7 last season and are looking to turn things around in 2012 with hiring new head coach David Arvin.

Coach Parkey's report: Grant County has a new coach this year who is a veteran guy. They are a team who likes to spread the field and utilize all their players in order to create mismatches on defense.

Frankfort

Class 1A, District 3

2012 prediction: Finish first in district

The Panthers finished 7-6 last season and return a lot of impact players from last year's district championship team.

Coach Parkey's report: Frankfort has an all-state wide receiver in Aaron Jackson, who is being recruited by many colleges in the area. Last year, we were able to pressure the quarterback before he could get it thrown downfield to his skilled receiver corps.

Whitley County

Class 5A, District 8

2012 prediction: Finish second in district

The Colonels went 3-8 last season and are looking to improve on last year's inconsistency with most of their veterans returning.

Coach Parkey's report: The Colonels return their veteran fullback who is a huge bruising-type runner who sets their option game in motion. We travel to Whitley County, which is always a tough place to play.

Estill County

Class 3A, District 5

2012 prediction: Finish third in

the district

The Engineers finished 2-8 last season. This year, they will be a team on the rise as they have more speed and skill.

Coach Parkey's report: Look for them to abandon the option and spread the field with their young quarterback. He is a really smart kid and will use his legs as much as his arm to make plays.

Pulaski County

Class 5A, District 7

2012 prediction: Finish first in the district

The Maroons went 3-8 last season and are looking to finish with a winning season this year. The Maroons are young and could start as many as four freshmen this year. However, they will return four starters on offense and seven starters on defense.

Coach Parkey's report: Pulaski County is always a tough battle for us. They will be big on the line this year with tall speedy receivers. We play them at home, where they always play extremely well. This game will be a nailbiter.

Perry Central

Class 5A, District 8

2012 prediction: Finish third in the district

The Commodores finished 9-3 last season and are coming off one of their best seasons in school history. However, after losing key players to graduation, the Commodores will have to rebuild quickly to remain in the hunt for the district and regional championships.

Coach Parkey's report: They lost their star middle linebacker who recorded over 25 tackles against us last year. That hurts them but they will be able to fill

(Cont. to pg. 23)

Good Luck Rockets and Lady Rockets

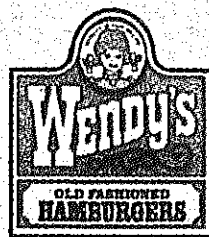
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**Good Luck Rockets
and Lady Rockets!**

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Q&A with head football coach Scott Parkey

Doug Ponder, for the *Mount Vernon Signal*, sat down with Coach Scott Parkey and asked him questions about Parkey's outlook for the 2012 Rocket football season.

Q. What are your reflections on last season and how will that impact the team this season?

A. Overall, we were pleased with last season. We were able to overcome adversity to win some big games, and bring the district championship back home where it belongs. Sure, we would like to have a couple games back, but we learn from those and move forward. This year's team will be able to continue the success of last year, because they learned the most valuable lessons from the se-

niors. Those guys were truly a family, they stood up for each other in ALL circumstances. This year's upperclassmen have developed the same type attitude. They go beyond the expected because they do not want to be the guy who lets his team down.

Q. This is your second season in District 6. Which teams will be your biggest challenge this year?

A. As was the case last year, the district race will go down to the last game. Russell Co returns 10 starters on offense and defense, plus their all-state caliber kicker. We were able to beat them in overtime here last year, and will travel there for an 8 p.m. kickoff in late September.

Knox Central loses a few contributors on both sides of the ball, but they return a nucleus of most of their offensive yards, and big plays on defense. They will have to come to the Rock this year in October.

Q. With top running backs Clark Rowe and Chris Luna gone, who do you predict will step up in the running back positions to fill their big shoes?

A. Damien McDaniel, Jacob Bussell, Tommy Shafer, Isaiah Adams, and others will be distributing the carries this year. We may not have a guy who can pack it 25 times a game, but we have multiple backs who can create problems for defenses,

each in their own way.

Q. Quarterback Corey McPhetridge showed a lot of promise last season. How has his development been during the offseason and what impact will he have for the passing game this year?

A. Corey has a tremendous work ethic. Not only did he get really strong in the weightroom, he added weight, quickness, and speed to his physical development. Corey is also a student of the game. He spent many hours with the receivers viewing film and studying the fundamentals of the passing game. It takes more than a QB with a good strong arm to actually have a

passing game. The receivers must be capable, the backs must understand faking and protection, and the linemen must be sound on their fundamentals and their communication. We have taken some strides in the offseason and in the early days of practice to shore these up to give us the run/pass balance we need.


Q. The Rockets are becoming more known for their passing game, but you have already talked about the importance of having a balanced offense. Who else will contribute to this style of offensive scheme?

A. We will always be known as

(Cont. to pg. 13)



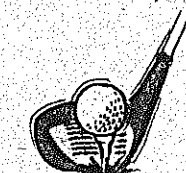
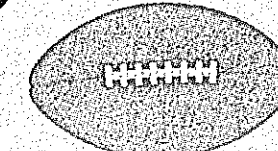
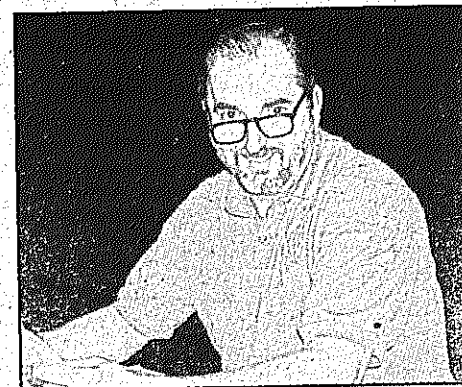
**Best Wishes to all the
2012-2013 Rocket teams!
Mayor Mike Bryant
Mount Vernon, KY**



Good Luck Rockets

from
Rockcastle Jailer

James Miller



“Q&A”

(Cont. from pg. 12)

a run first team, but hopefully, we can also be sound in the passing game. We are in a unique year where we may not have any 1 or 2 guys to key on each play. We are looking at "balanced" as meaning how many different players can we get involved in the offense. It will be very advantageous for us if we are able to spread the ball around to five or six guys doing what they do best each play. Eli Haddix at WR, Tyler Harper at WR, Boone Saylor and Chance Ansardi at TE, Brandon Jones at WR, Tyler Smith at WR, and John Hughes at WR can all make plays on the

outside to take the attention from the backfield.

Q. You lost valuable experience on the offensive line, last year including Nick Thomason, Ben Lake and Kenton Adams. Who do you see stepping up to fill the gaps in the offensive line this season?

A. R.C. Kirby, who started a game for us last year, got much stronger in the offseason. Koty Benge, Bryan Jude, Andrew

Hyserman, and Sean Hacker are all ready to see playing time this year. They have made this pre-season really competitive trying to win spots left from graduation. Jeremiah Brown, Jared Lake and Chris Wren return as starters.

Q. Who do you think will lead the way for the defensive unit

this season?

A. Tommy Shafer and Damien McDaniel return at LB, Eli Haddix and Tyler Smith return at CB. We also return many DL who have either started or played in extended roles throughout last season.

Q. Are there any other 'sleeper' players who could make an impact on this year's team?

A. Zach Lunsford is a super tackler who will be seeing action at CB behind the seniors.

Q. The Rocket's defense has a reputation for speed and swarming to the ball. What will be this year's point of emphasis on defense?

A. The defense will be much the same, possibly faster than last year's squad that swarmed like no team we have had in a while.

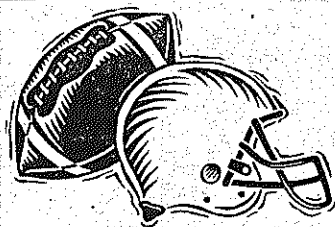
If this year's team will unleash their potential to be physical, they could be something special. The goal is to create turnovers and turn those turnovers into defensive touchdowns.

Good Luck Rockets and Lady Rockets!!

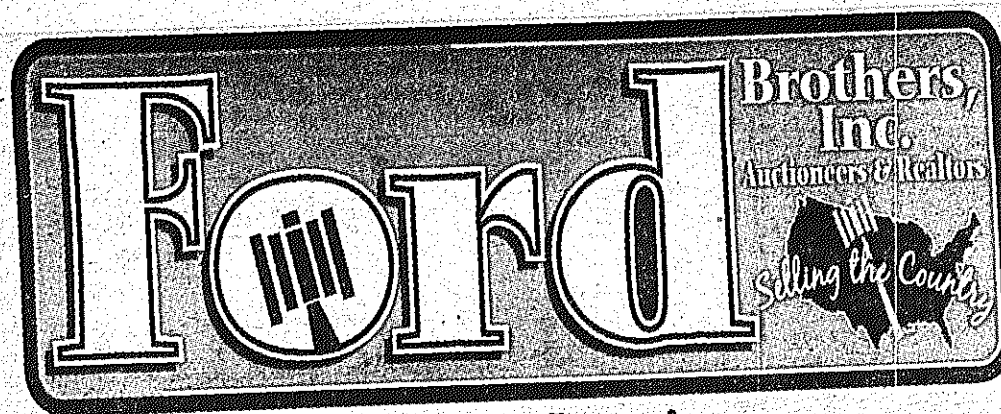
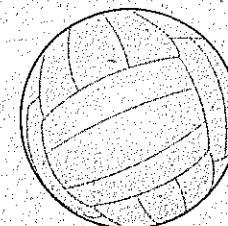
May you have success on the field or court and in the classroom!

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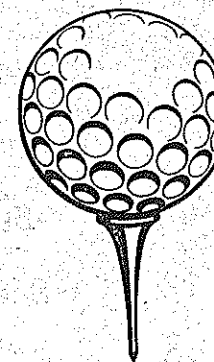
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Sam Ford • Danny Ford



2012 JV Football Schedule

Aug. 20	North Laurel	Away
Aug. 27	Madison Southern	Home
Sept. 3	Pulaski Co.	Home 12:00
Sept. 10	South Laurel	Home
Sept. 24	Danville	Home
Oct. 1	Corbin	Away
Oct. 8	Jackson Co.	Away
Oct. 15	Estill Co.	Away
Oct. 22	Marion Co.	Home

All JV games 6:00 unless noted

2012 Freshmen Football Schedule

Aug. 23	North Laurel	Home
Aug. 30	Madison Southern	Away
Sept. 6	Pulaski Co.	Away
Sept. 13	South Laurel	Away
Sept. 20	Wayne	Home
Oct. 11	Corbin	Home
Oct. 18	Wayne	Away
Oct. 25	Marion Co.	Away

All freshmen games 6:00

Wishing you
the best of luck
Rockets and
Lady Rockets
during your
2012 seasons!



Go Rockets!
Singleton
Insurance Agency

Donnie Singleton, Agent

Janice Adams • Tara Boone • Brittany Adams

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“Season”

(Cont. from pg. 2)

faster than last year’s unit and that they can swarm to the ball like no other defense in a while.

“If this year’s defense will unleash their potential to be physical, they could really be something special,” Parkey said.

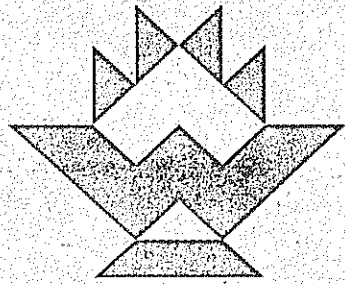
“Their goal will be to create turnovers and turn those turnovers into defensive touch-downs.”

The Rockets are coming off a 9-3 season last year and also won the district championship after enduring a close race with Knox Central and Russell County. The Rockets won their first 4A playoff game against Marion County but lost their second playoff game to Boyle County.

To carry last year’s success over to this season, Parkey said the Rockets have adopted the motto “WE LIVE IT” to embody the hard work, dedication and sacrifice it will take to bring home a second consecutive district championship and make another deep run in the 4A play-offs.

Parkey said the team has an empty shelf in their locker room that already has reserved spaces for the trophies of the Thoroughbred Bowl, Renfro Valley Jamboree Bowl, Unite Bowl and District Championship.

“Right now we have an empty shelf with index cards noting “this spot reserved for,” Parkey said. “Then we will add another shelf once we fill that one up.”



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Mt. Vernon: 350 Richmond St. | **Waco:** 3750 New Irvine Rd.

ATM Locations

Berea: 305 Richmond Rd. | Berea College Campus, Alumni Bldg.
305 Estill St., Berea Hospital | 172 Glades Rd. | 205 Prince Royal
Hwy 21 West, | **Richmond:** 1157 Berea Rd., | 460 Eastern Bypass
1000 Brandy Lane | 820 Eastern Bypass, Wal-Mart
Mt. Vernon: 350 Richmond St. | **Waco:** 3750 New Irvin Rd.

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8:00-12:00 Saturday



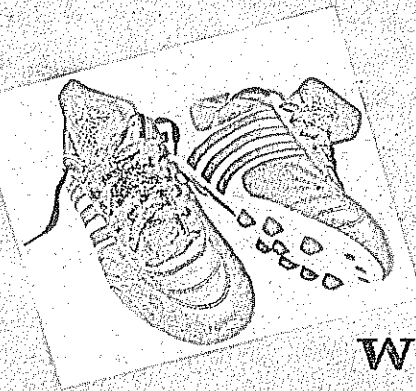
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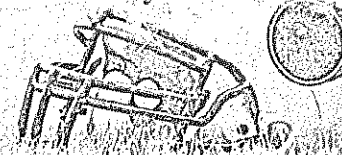
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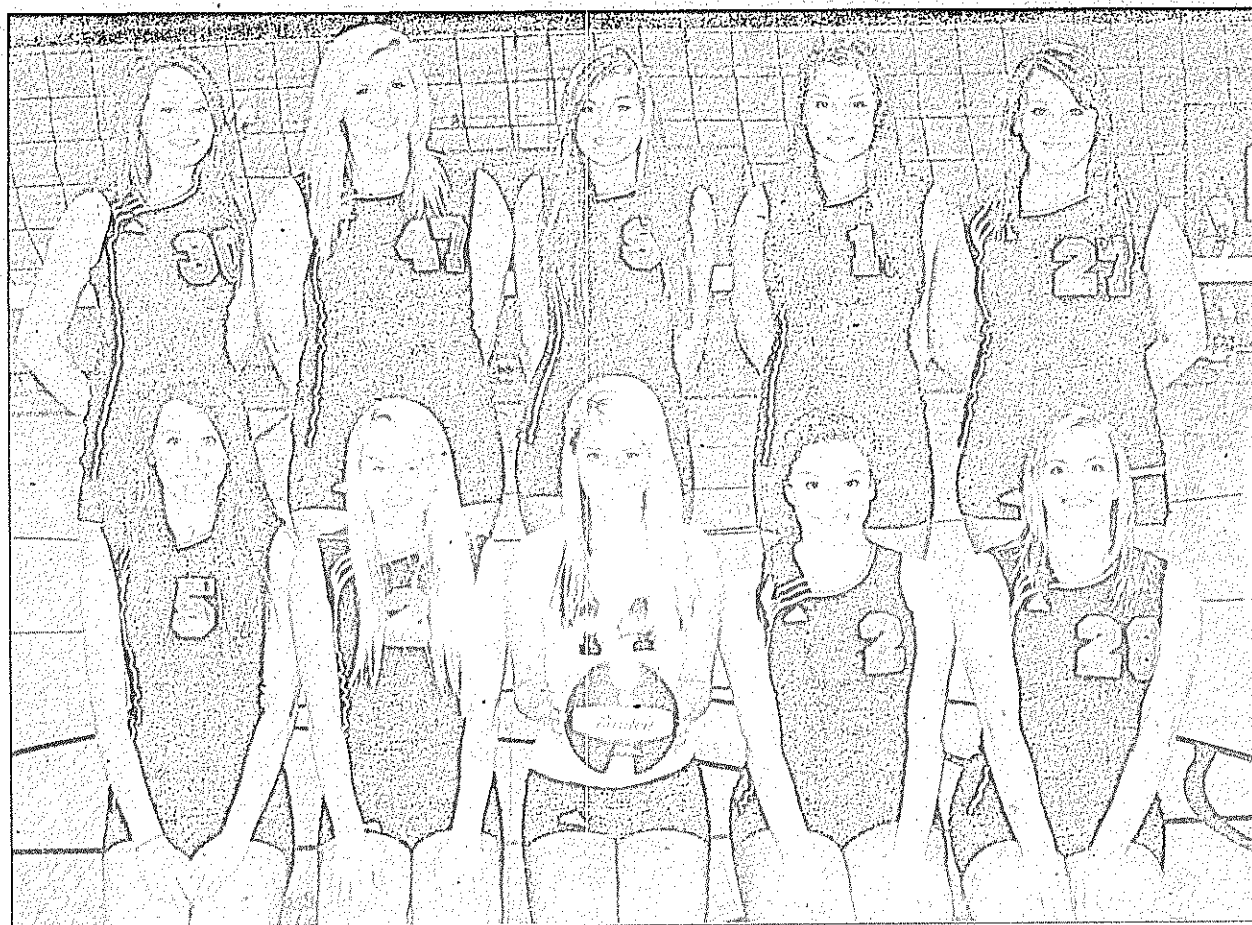


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2012 RCHS Varsity Volleyball

Members of the 2012 RCHS Varsity Volleyball squad are shown at right, front row from left: Hannah Bullock, Lauren Denny, Lyndsey Abel, Gabby Miller and Heather Clontz. Back row from left: Courtney Hasty, Hannah Eaton, Jade Taylor, Nicoline Joenborg and Abbey Eaton.



New district brings excitement for volleyball squad

By: Doug Ponder

The Lady Rockets volleyball team is looking forward to their new season, after being placed in a new district.

The new district alignment moves the Lady Rockets from the 48th district to the 47th district with Somerset, Pulaski County and Casey County.

Head coach Kayla Bryant said the new district brings both good news and bad news as they are no longer in the same district as the always tough Southwestern but instead in the same district as their rival Casey County.

"Every year Casey County was always a big game for us on our non-district schedule," Bryant said. "But now it will be a much bigger game since they are in our new district."

Last year, The Lady Rockets

finished 21-13 and also won the bronze division of the Boyle County Invitational. They were also runners-up in both the Rockcastle and Pulaski County Invitionals.

Bryant said she has several players she is hoping will step up this year in terms of making plays and producing points, especially new setter Jade Taylor and new libero Lyndsey Abel.

"We are asking a lot of them to step into their new roles on varsity and they have both handled it well," Bryant said.

The Lady Rockets are also returning three seniors to the starting squad this year -- Hannah Bullock, Lauren Denny and Courtney Hasty.

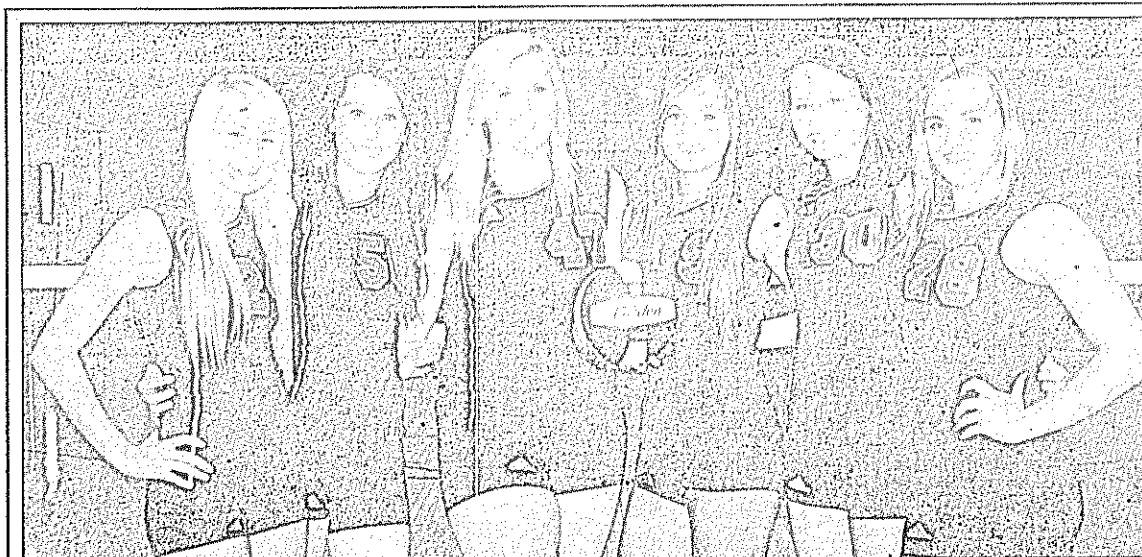
Bryant said she feels good about this year's team and is confident they will have a success-

ful season once everyone adjusts to their new roles.

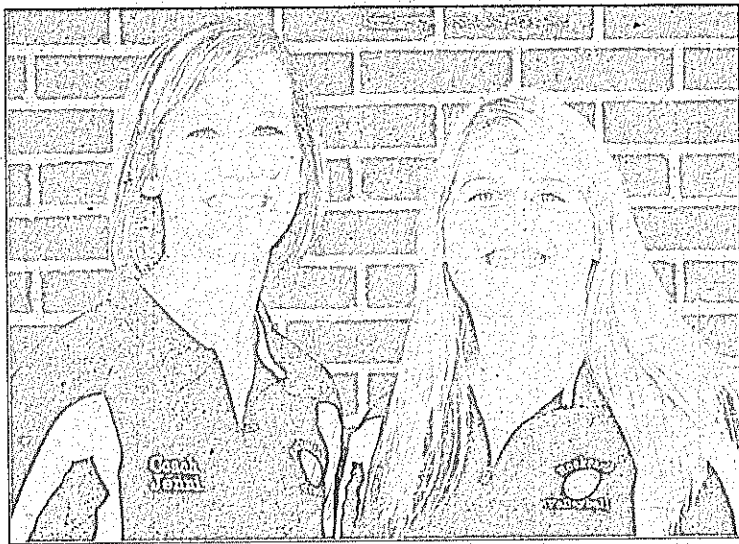
"My goal for this year's team

is to perform at the best of our abilities and continue to grow on and off the field," Bryant said.

"If they do that than I am certain we will have another winning season this year."

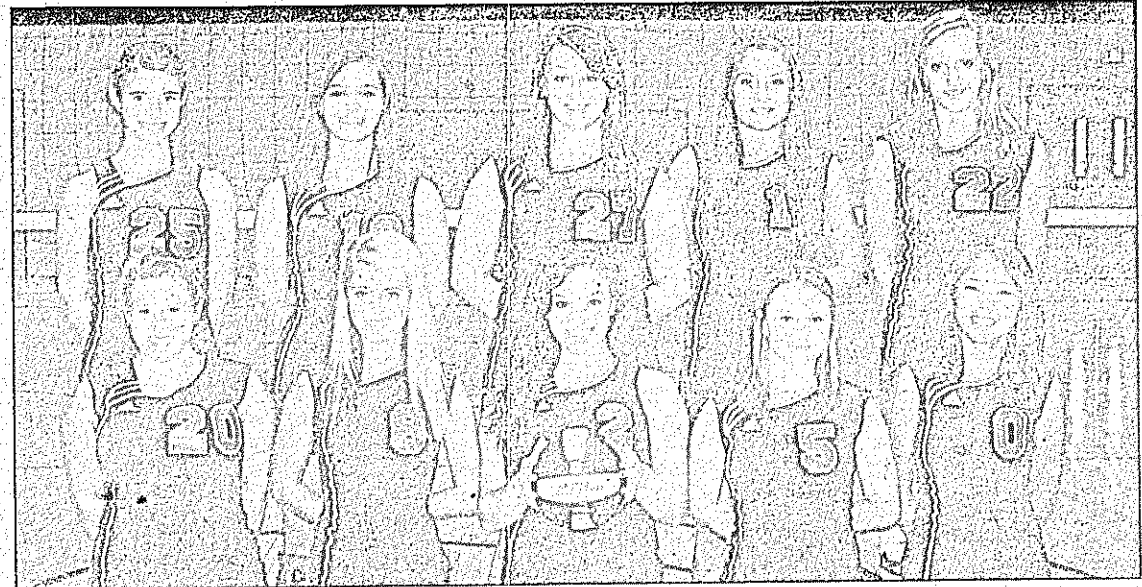


Senior members of the RCHS Volleyball squad are shown above, from left: Lauren Denny, Hannah Bullock, Hannah Eaton, Jade Taylor, Courtney Hasty and Heather Clontz.



2012 Volleyball Coaching Staff

From left: Asst. coach Jenni Ellis and head coach Kayla Bryant



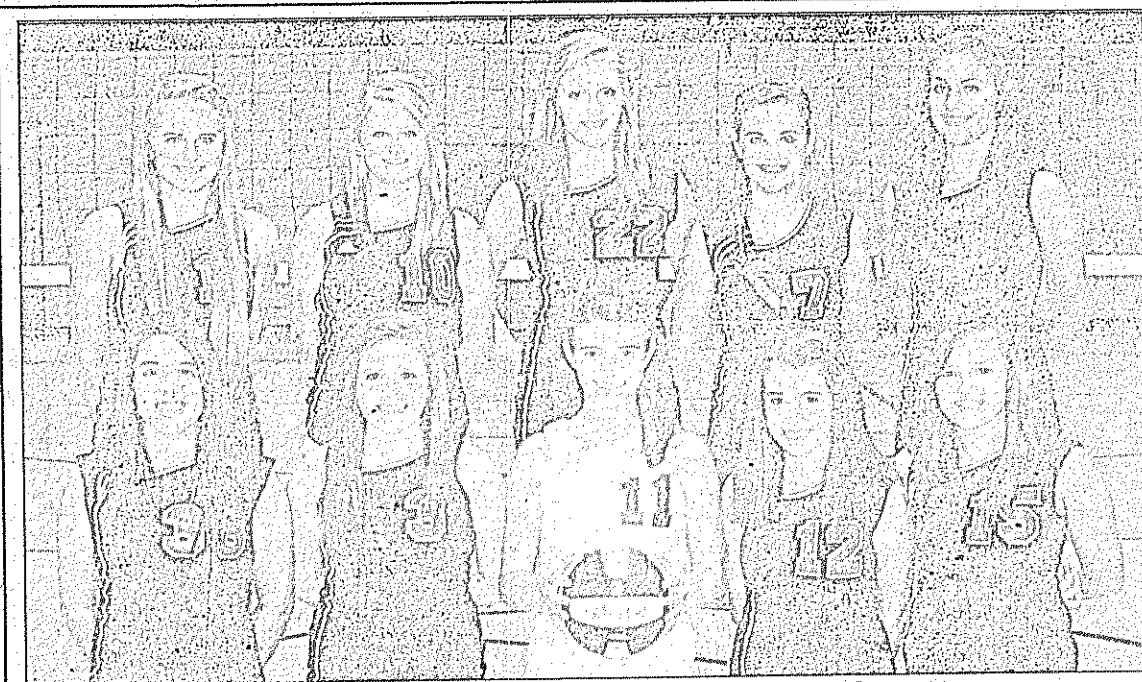
2012 Junior Varsity Volleyball Squad

Members of the RCHS JV volleyball squad are pictured above, front row, from left: Jourdan Blanton, Lyndsey Abel, Gabby Miller, Kim Chesnut and Hope Dull. Back row from left: Emily Childress, Danielle McNew, Abbey Eaton, Nicoline Joenborg and Rachael Davis.

Girls' Volleyball Schedule

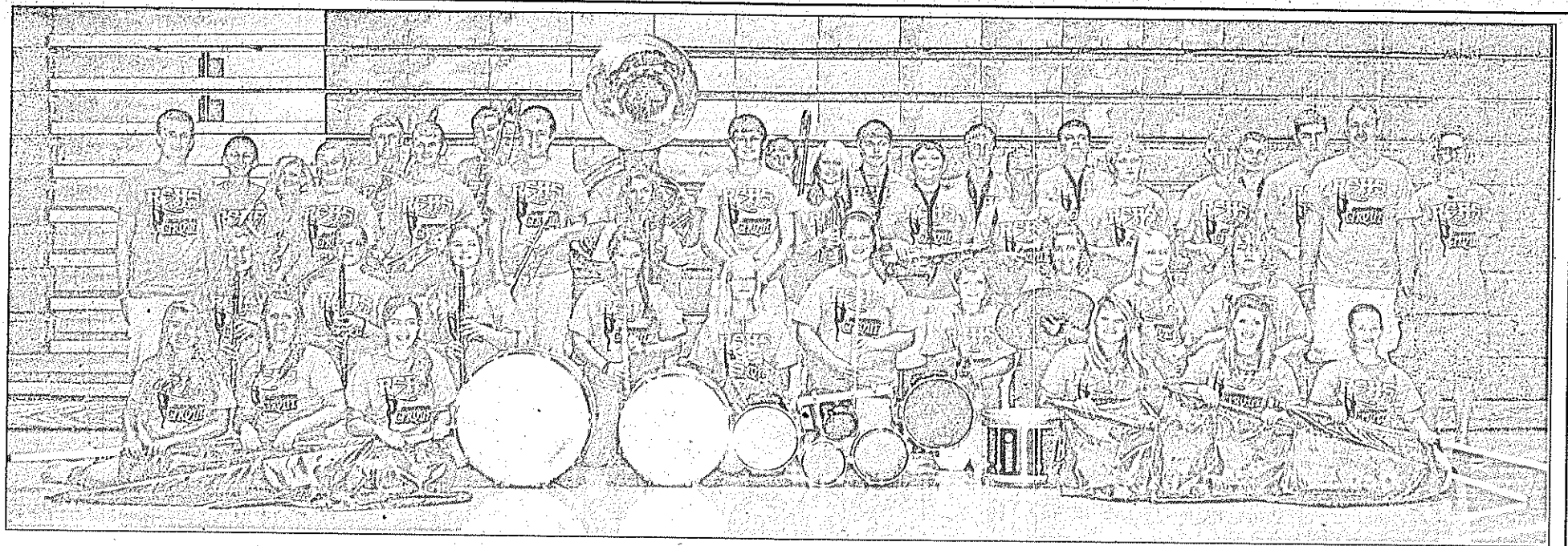
Remaining Matches

Aug. 16	@ South Laurel	5:30
17-18	Boyle Co. Tourney	
	@ Centre College	TBD
21	@ Casey County	5:30
23	Pulaski County	5:30
27	Madison Central	5:30
28	Garrard County	5:30
Sept. 4	@ Southwestern	5:30
6	@ Corbin	5:30
7-8	Whitley Co. Tourney	TBD
11	Casey Co.	5:30
13	@ Pulaski Co.	5:30
20	Burgin (JV & Varsity only)	6:00
24	@ Somerset	5:30
25	@ Mercer	5:30
27	Somerset (Senior Night)	5:30
28-29	ROCK Invitational	TBD
Oct. 2	@ Whitley County	5:30
4	@ Wayne County	5:30



2012 Freshmen Volleyball Squad

Members of the RCHS freshman volleyball square are pictured above, front row from left: Cheyenne Parman, Casey Chatelle, Emily Childress, Leah Bustle and Michaela Hurt. Back row from left: Sara Clark, Kaleigh Noel, Rachael Davis, Brooklyn Bishop and Katie Adams.



2012 RCHS Marching Rockets

First row from left:

Kristen Forrester, Callie Carpenter, Hannah Hillard, Callie Carpenter, Hannah Tyler
and Allison Renner.

Second row from left:

Samarah Loyins, Faith Saylor, Shanoah Shelton, Shelby Ponder, Amelia Berryman, Jamie Kirby, Tyler Harris,
Jessica Harris, Shelby Brown and Kennedy Carpenter.

Third row from left:

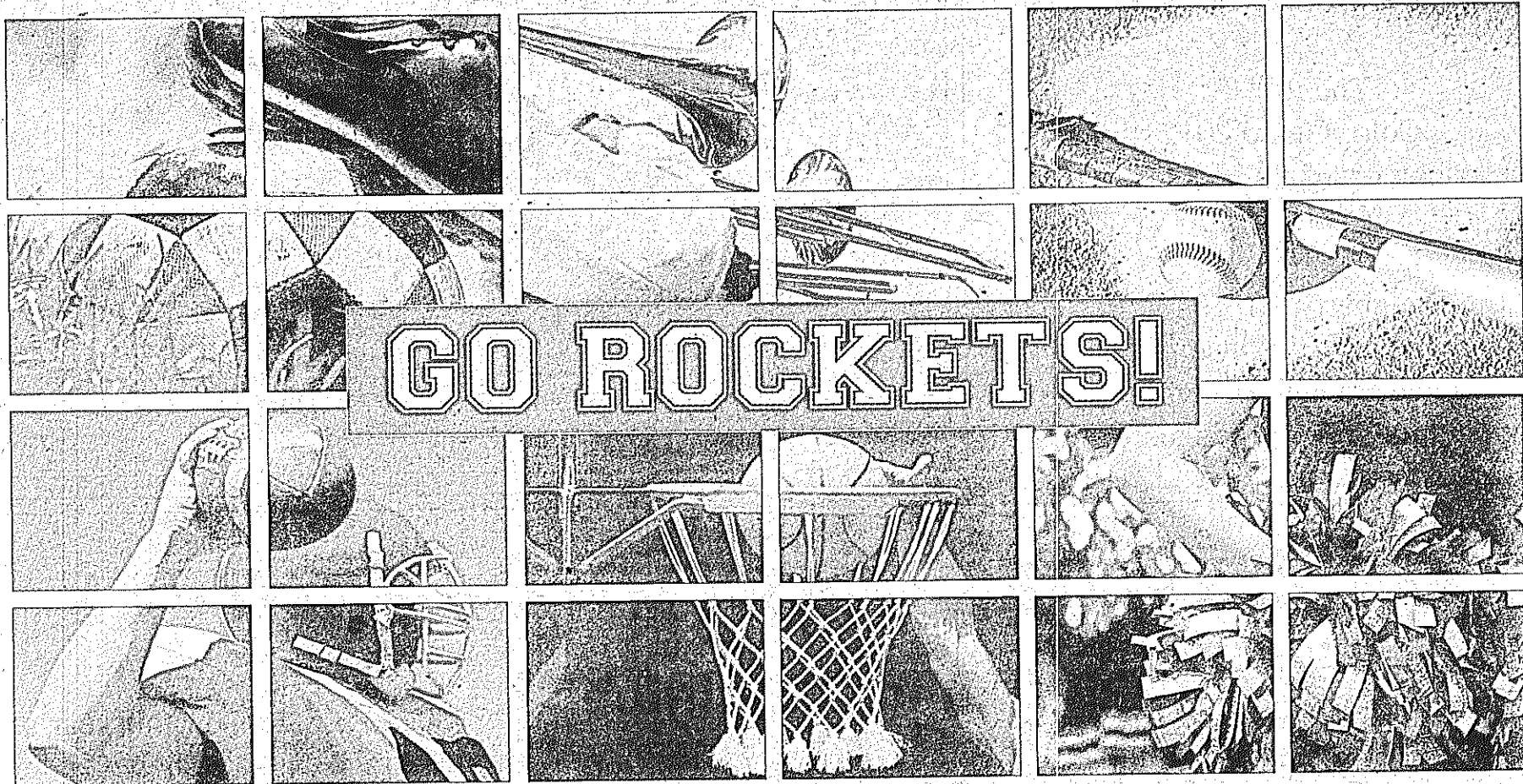
Assistant Instructor Steven Renner, Delton Robinson, Presley Cromer, Levi Sparks, Jordan Smith,
Sarah Ponder, Drum Major Austin Helton, Cassidy Adkins, Aaron Pevley, Jay Imaide, Robert Davis,
Jacob Riley, Dillon Hillard, Director Greg Daugherty
and Percussion Instructor Jacob Hamrick.

Fourth row from left:

Allison Estes, Zach Hayes, Logan Anglin, Michael Brewer, Kimberly Reed, Logan Jett, Josh Smith,
Rylan Cromer and Corey Parkerson.

Not pictured: Sierra Smith and Tommy Hurst.

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2012 Color Guard

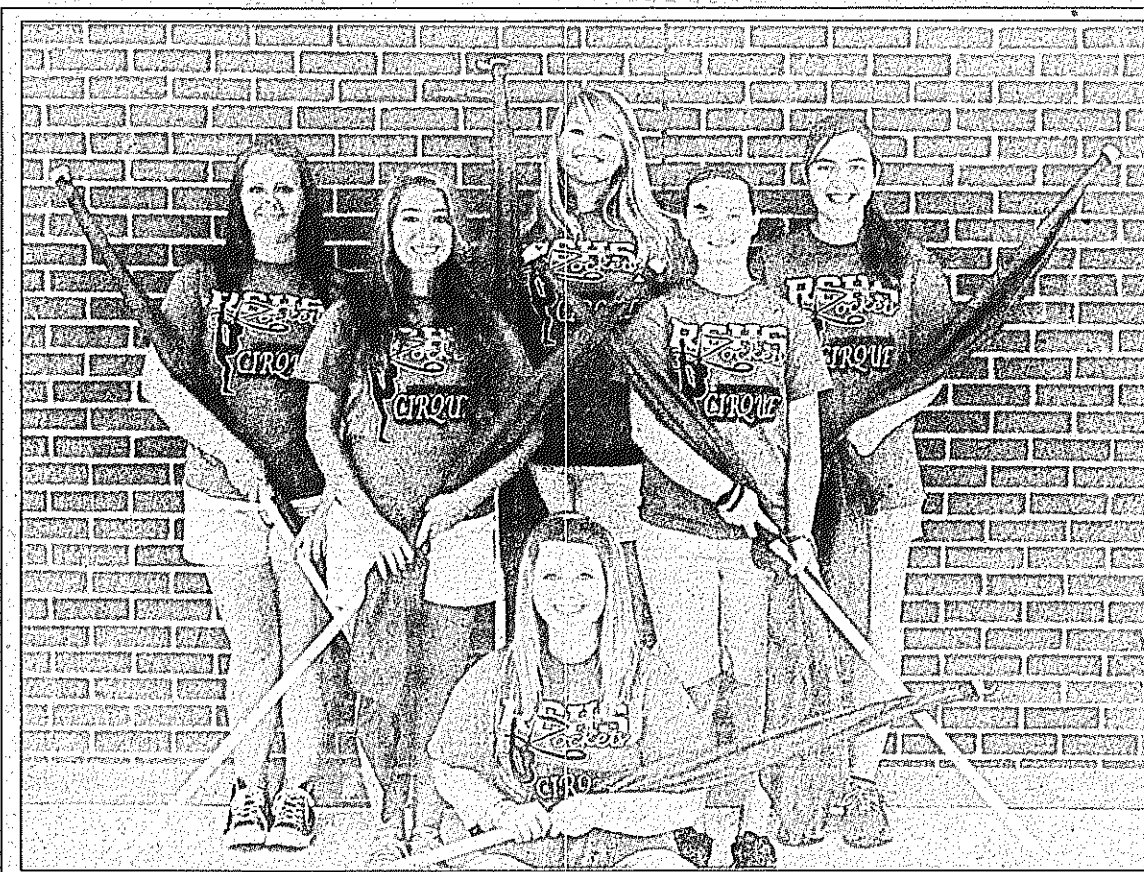
The RCHS
Color Guard 2012
is shown at right, front row:

Hanna Tyler.

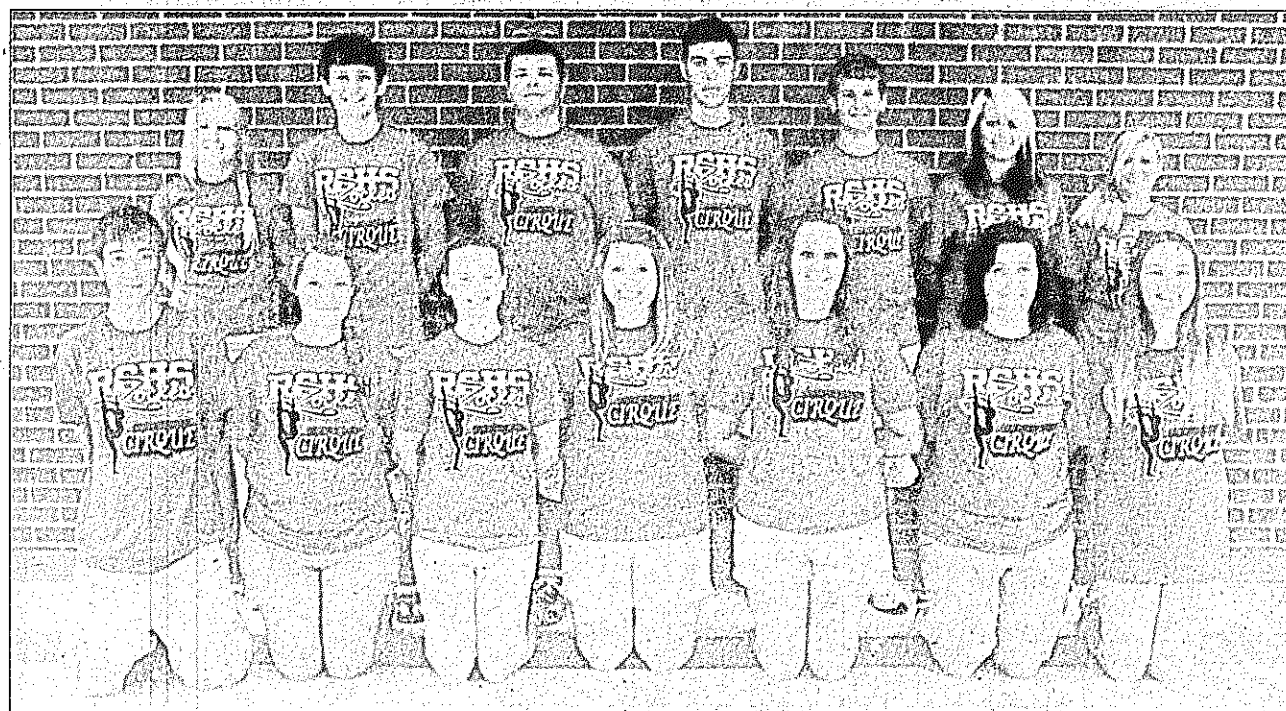
Back row from left:

Caitlin Daugherty, Kristen Forrester,
Callie Carpenter, Allison Renner
and Hannah Hillard.

Not pictured: captain Laiken Coffey



2012 Band Section Leaders

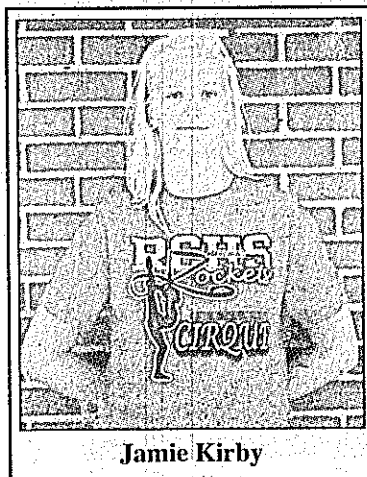


Section leaders for this year's
Marching Band are shown, at left,
front row from left:

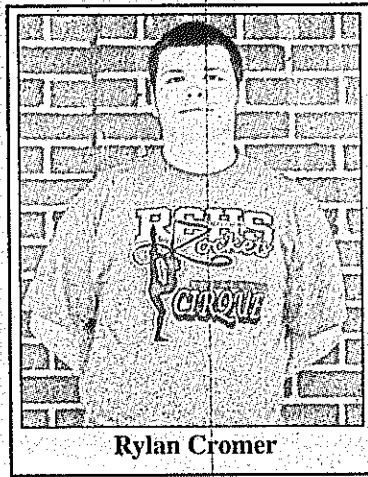
Josh Smith, Shelby Ponder,
Allison Renner, Hannah Tyler,
Caitlin Daugherty, Jessica Harris
and Shanoah Shelton.

Back row from left:
Shelby Brown, Austin Helton,
Rylan Cromer, Dylan Hillard,
Levi Sparks, Cassidy Adkins
and Allison Estes.

2012 Senior Marching Rockets



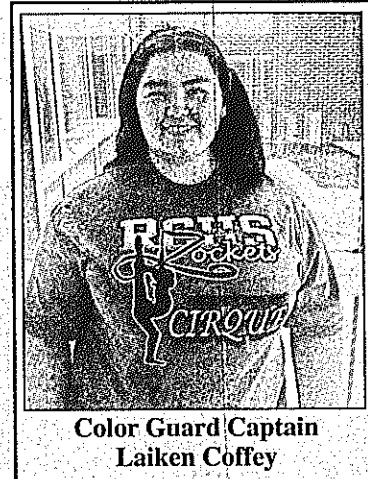
Jamie Kirby



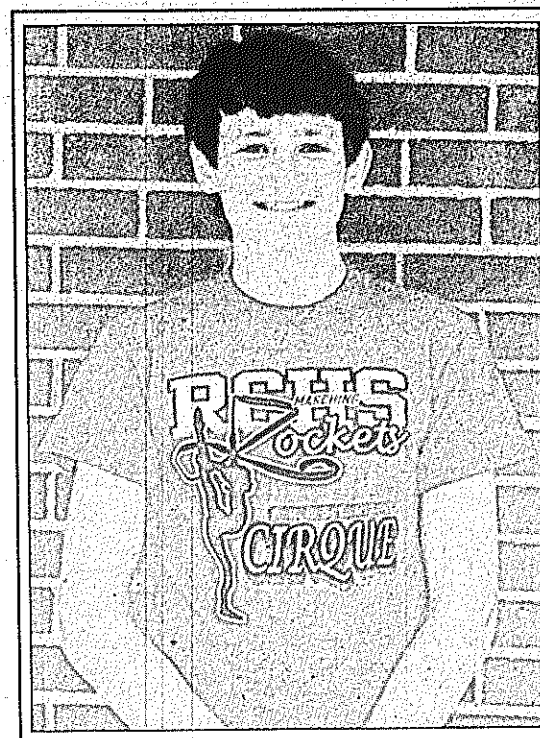
Rylan Cromer



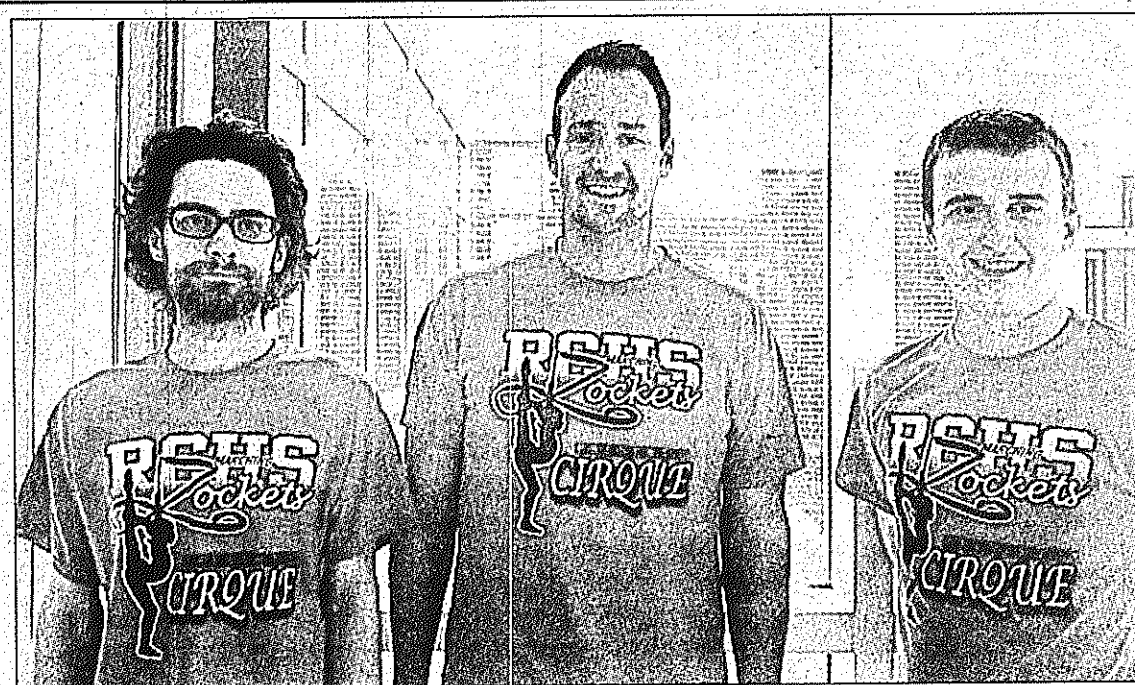
Hannah Tyler



Color Guard Captain
Laiken Coffey



Drum
Major
Austin
Helton



RCHS Marching Rockets Staff

Members of the RCHS Marching Band staff are shown from left:
Percussion Instructor Jacob Hamrick, Director Greg Daugherty and
Colorguard Instructor/Assistant Director Steven Renner.

Best of Luck Rockets and Lady Rockets on your upcoming seasons!

*Special wishes to Hannah and Abbey Eaton and the
Lady Rockets Volleyball Squad!!*

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Good Luck Rockets and Lady Rockets!

*May you have success on and
off the field!*



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“Preview”

(Cont. from pg. 10)

his spot with another young guy. Their offense will be very good at spreading the ball and throwing downfield as much as possible. They do play us at home this year, which is a huge advantage for us.

Russell County

Class 4A, District 6

2012 prediction: Finish second in the district

The Lakers went 9-2 during their breakout season that ended with a disappointing loss in the first round of the playoffs. However, the Lakers appear ready to go for the school's first regional title with ten starters back on both offense and defense.

Coach Parkey's report: Their

quarterback and tailback are potential All-State players along with their All-State kicker. By returning ten starters on both sides, they will be very tough this year.

Knox Central

Class 4A, District 6

2012 prediction: Finish first in the district

The Panthers are coming off a 6-4 season last year having to replace quarterback Jon Barger and also fill several holes on the offensive line. But running back/wide receiver Jeff Canady will keep them in the running for the district title.

Coach Parkey's report: Canady is an All-State athlete being recruited by many Division One schools. They will be tough to deal with this year as their offense is very versatile and their defense is always top

notch.

Clay County

Class 4A, District 6

2012 prediction: Finish fourth in district

The Tigers are coming off a disappointing season last year after finishing 1-10. However a twelve man senior class, which gives hope to fans, is led by a pair of standout tacklers, including UK commitment Jacob Hyde and Christian McNeal.

Coach Parkey's report: Jacob Hyde, a UK commit is a super player on the line. He played linebacker against us last year and we were able to avoid him. Playing in Machester is always difficult for us, and will make it a tough game.

Montgomery County

Class 5A, District 6

2012 prediction: Finish third in the district

The Indians went 6-6 last season and will look to continue their success this year by returning veteran quarterback Matt Tuttle and linebacker Black Preston.

Coach Parkey's report: Their dual-threat quarterback Matt Tuttle is a fine player who un-

derstands the spread offense extremely well and is being recruited by several schools across the state. We played them last year with five starters not in uniform. We all want this game very badly and feel like we didn't show them what Rockcastle football is all about.

Good Luck Rockets and Lady Rockets on your 2012 campaigns!




from

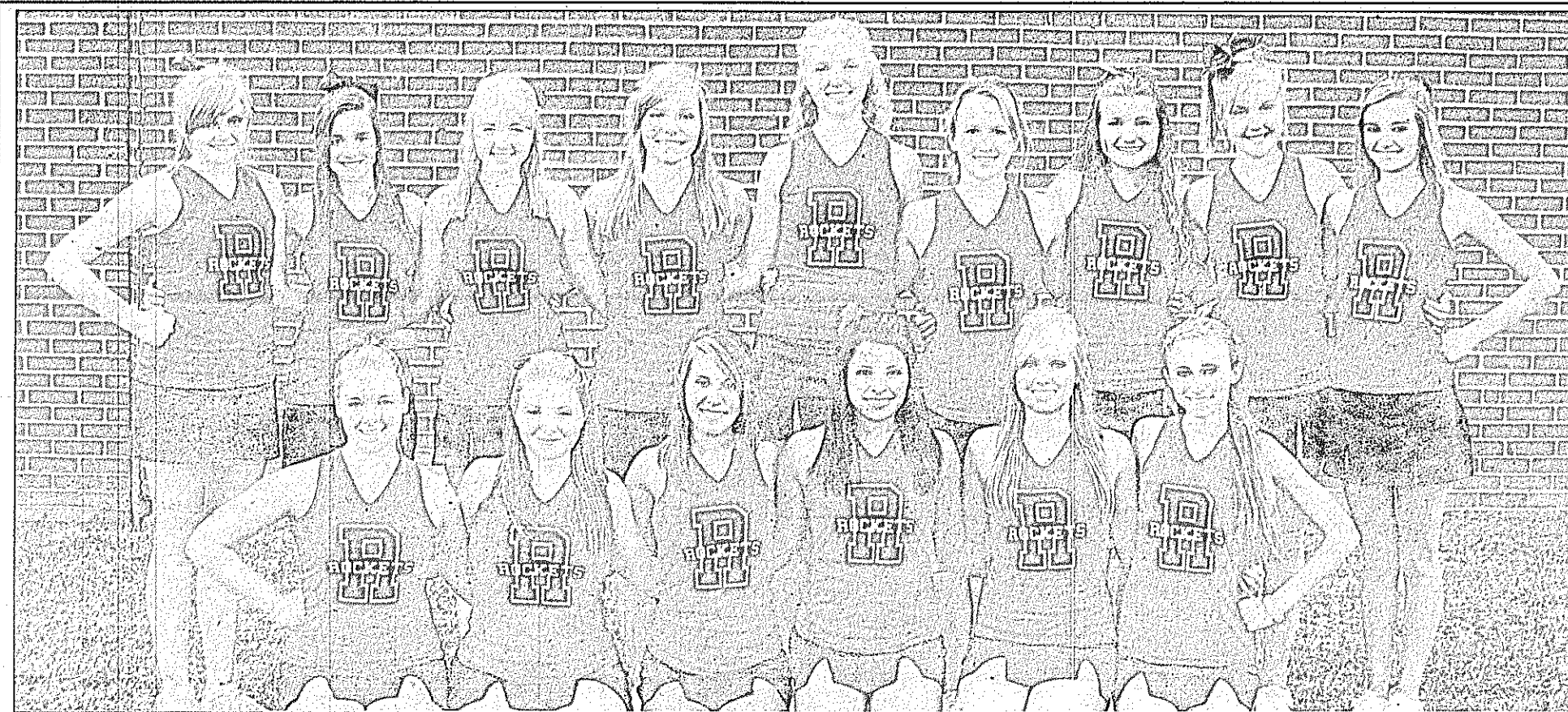
District Judge Katie Wood

Good Luck to all Rockcastle County teams!

from

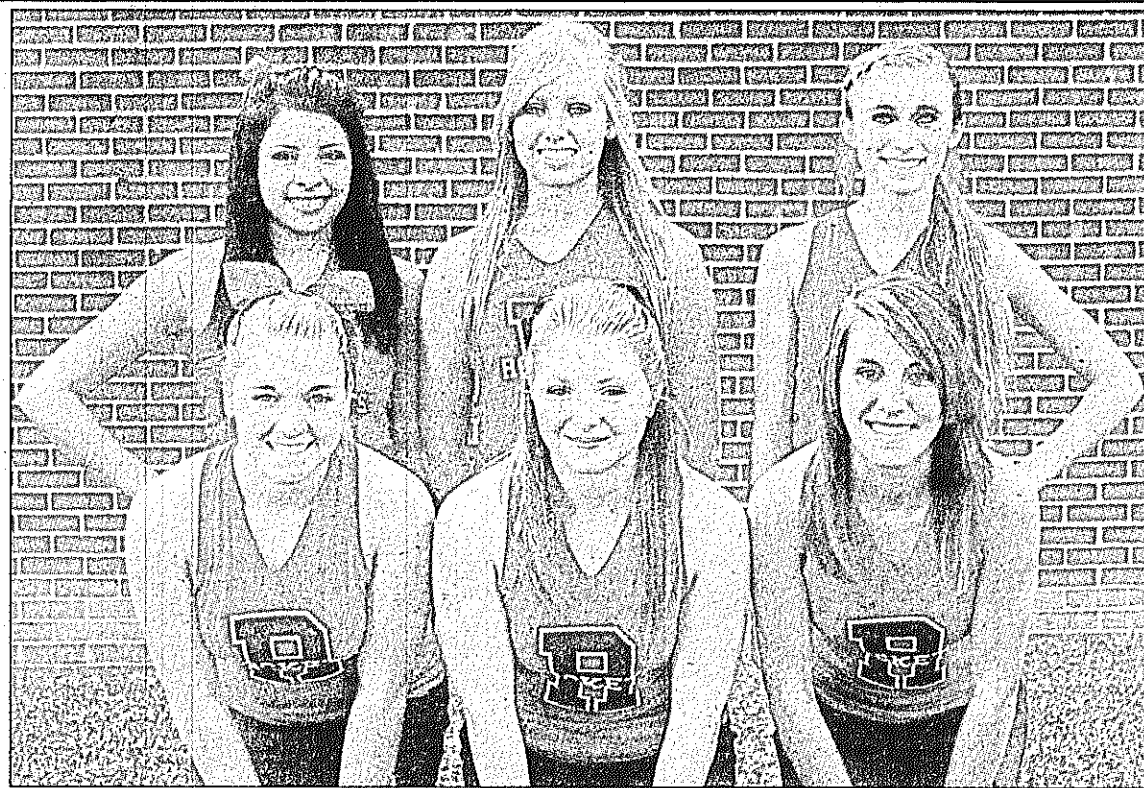
 **Jeff
Burdette**
Circuit Court Judge

Always a proud supporter of Rockcastle student athletes!



2012 RCHS Cheerleading Squad

Members of the Rockcastle County High School Cheerleading Squad are shown at right, front row, left to right: Rachel Johnson, Kelsey Jett, Kaitlyn Delph, Samantha Smoker, Amber Barrett and Emily Mink. Back row from left: Mikayla Cass, Brianna Carter, Brittney Moore, Makenna Roberts, Cassidy Daugherty, Madisan Miller, Samarah Lovins, Scarlett Eaton and Cheyenne Morgan.



2012 Senior Cheerleaders

Shown at left are seniors for the 2012 cheerleading squad, front row from left: Rachel Johnson, Kelsey Jett and Kaitlyn Delph. Back row from left: Samantha Smoker, Amber Barrett and Emily Mink.

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- Good Luck Rockets in 2012!**
- RCHS Football
 - RCMS Football
 - RCHS Volleyball
 - RCHS Golf • RCHS Band
 - RCHS Cheerleaders
 - RCHS Cross Country
 - RCMS Basketball

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RCHS girls' cross-country team pre-season regional favorite

The RCHS girls' cross-country team is preparing for what may be their best season in several years.

Every member of last year's regional runner-up team returns this season. According to pre-season polls, RCHS is the regional favorite this season and could be a top-five contender for the Class 2A State title by season's end.

Last year's regional champion, Boyle County, should also be strong this year, but did lose three key seniors from last year's team.

Wayne County finished third last season and also looks to be even better this year.

RCHS was led this past season by Rakhi Patel, who enters her sophomore season this year. Rakhi placed 10th at last year's regional championship meet. She also led the team to a 13th place finish at last year's state championships. She looks to be

a strong contender for the Class 2A Region 5 individual title this year.

Current sophomore Rachel Cain finished a strong 12th place overall at region last season and also performed well at state. Rachel also has a great shot at the individual regional crown this season.

Bryonna Cromer, the team's captain and the only senior, finished 14th at region last season and also has a great opportunity for the individual title.

Seventh grader Sierra Mercer finished 20th at region last season and looks to be poised and ready to make her own run at the title.

Sophomore Alyssa Cox finished 24th at region last season. She enters this season in great condition after running all summer, sometimes twice a day. At this point, Alyssa may be the strongest contender RCHS has for the regional title, dependent

on how well the rest of the team manages to catch up to her impressive conditioning level.

Sophomore Samantha Bustle finished 27th at the regional championships last year and eighth grader Lanna Prewitt placed 31st. Both girls look to help solidify the top seven spots

for RCHS and both could make a strong run at the top ten at region.

With just over a minute separating the top five RCHS runners at state in 2011 and runners six and seven having the talent to remain close, the team has ideal chemistry to be successful

this year.

The RCHS girls' team begins their quest for their sixth regional championship title on September 13th at the Boyle County Invitational.

The middle and elementary photos and preview will appear in the *Signal* at a later date.



2012 RCHS Girls' Cross-Country Team

Members of the RCHS Cross-Country team are shown above, front row, from left: Lanna Prewitt, Rakhi Patel, Alyssa Cox, Samantha Bustle and Tanika Chasteen. Back row from left: Clare Beichler, Sierra Mercer, Rachel Cain, Vera Scherer and Bryonna Cromer.

2012 RCHS Girls' Cross-Country Schedule

September 13	Boyle Co. Invitational
September 15	Southern Harrier Classic
September 18	Mercer Co. All-Comers
September 22	Franklin Co. Invitational
September 25	CKC Championships
September 29	Greater Louisville Classic
October 2	Bobcat Invitational
October 6	Bittersweet 5K
October 9	Pulaski Southwestern AC
October 13	East Jessamine Extravaganza
October 16	Mercer Co. All-Comers
October 20	Woodford Co. Invitational
October 27	Meet of Champions/ Middle School/Elementary State
November 3	Regional 5 Championships
November 10	Class 2A State Championships

Good Luck RCHS Cross Country team
and all Rocket sports!!



May you put your best foot
forward in all that you do!!



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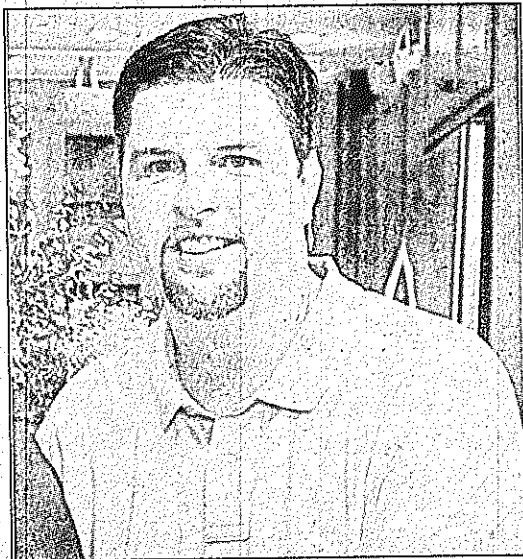
Lee and Marcia Cain

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Good Luck
to all
Rockcastle
Sports Teams!!

from your
State Senator
**Jared
Carpenter**



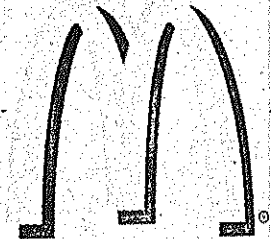
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Home or away...**

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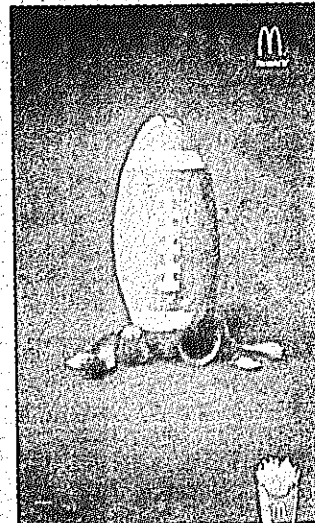
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2012 RCHS Boys' Golf Schedule

Remaining Matches

August 16--West Jessamine @ Connemara
August 18--Garrard Co. Invit. @ Dix River
August 20--Lincoln Co. @ Cedar Rapids
August 21--@ Somerset - Eagles Nest CC
August 23--@ Danville Country Club
August 27--@ East Jessamine
September 4--Boyle County @ Cedar Rapids
September 10--Casey County @ Cedar Rapids
September 13--Conference Tournament TBA
September 15--Danville High Invit. @ Danville CC
September 17--North Laurel @ Cedar Rapids
September 20--Southwestern Pul. @ Woodson Bend
September 22--Somerset Invit. @ Eagles Nest
September 25--Regional Golf Tourney @ Woodson Bend



2012 RCHS Boys' Golf Team

Members of the 2012 RCHS Boys' Golf Team are shown above, front row from left:
John Cornelius, Cade Burdette, Carson Noble, Douglas Nicely and Sam Pensol.
Back row from left: coaches Matt Brown and Brian Reynolds.

Best of Luck to all Rocket sports teams in 2012-2013!!

Work hard on the field and in the classroom too!

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Alexis Young is the lone senior on this year's RCCHS Girls' Golf Team.



2012 RCCHS Girls' Golf Team

The 2012 RCCHS girls' golf team is shown above, front row, from left: Gracelyn Owens and Savannah Sweet.
Back row from left: Keeley Goff, Hannabeth Owens, Mackenzie King, coach Julie Asher, Callie Asher and Alexis Young.

2012 RCCHS Girls Golf

Remaining Matches

August

- 18 – Joy of Golf @ Wild Turkey Trace
- 21 – South Laurel @ Cedar Rapids
- 25 – Madison Co. Girls Invit. @ Battlefield
- 27 – Clay Co. @ Big Hickory

September

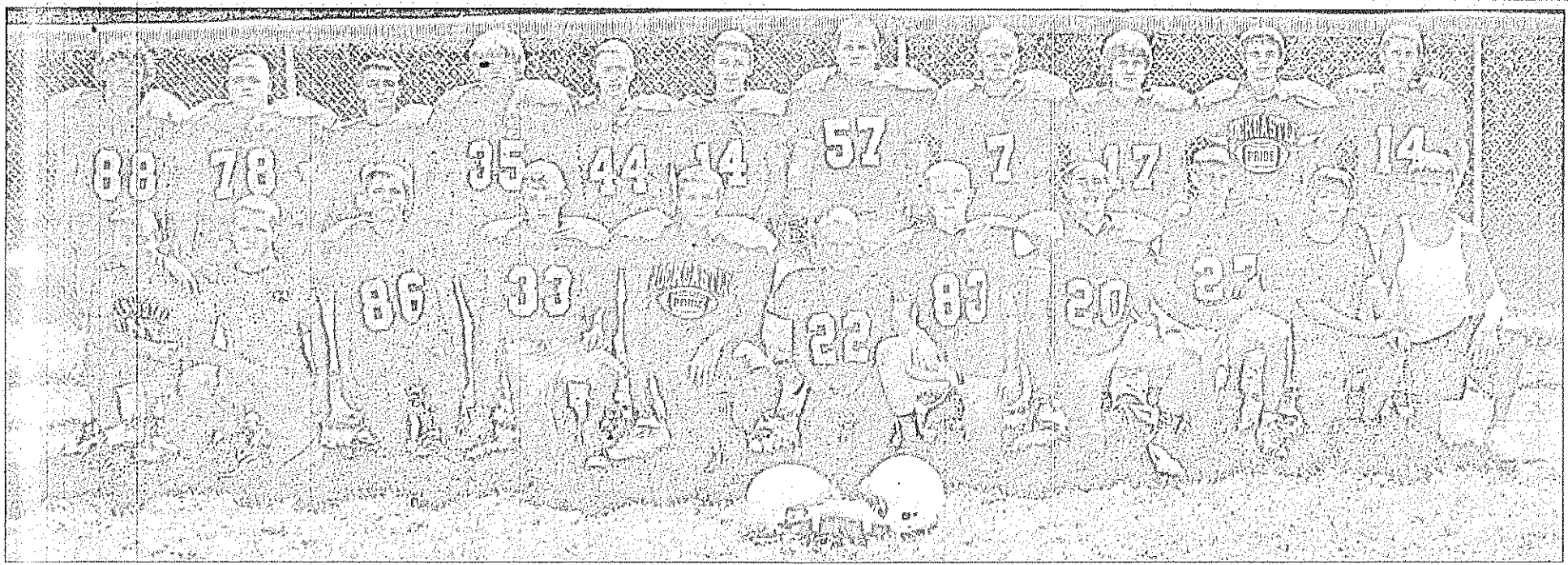
- 6 – Whitley Co./Clay Co. @ Cedar Rapids
- 8 – WBGIT Tournament at Bowling Green CC
- 11 – North Laurel @ Cedar Rapids
- 13 – Lincoln Co. @ Cedar Rapids
- 15 – Boyle Co. Tournament @ Old Bridge

Good Luck To All Rockcastle County Sports Teams!

Brodhead Farm Equipment

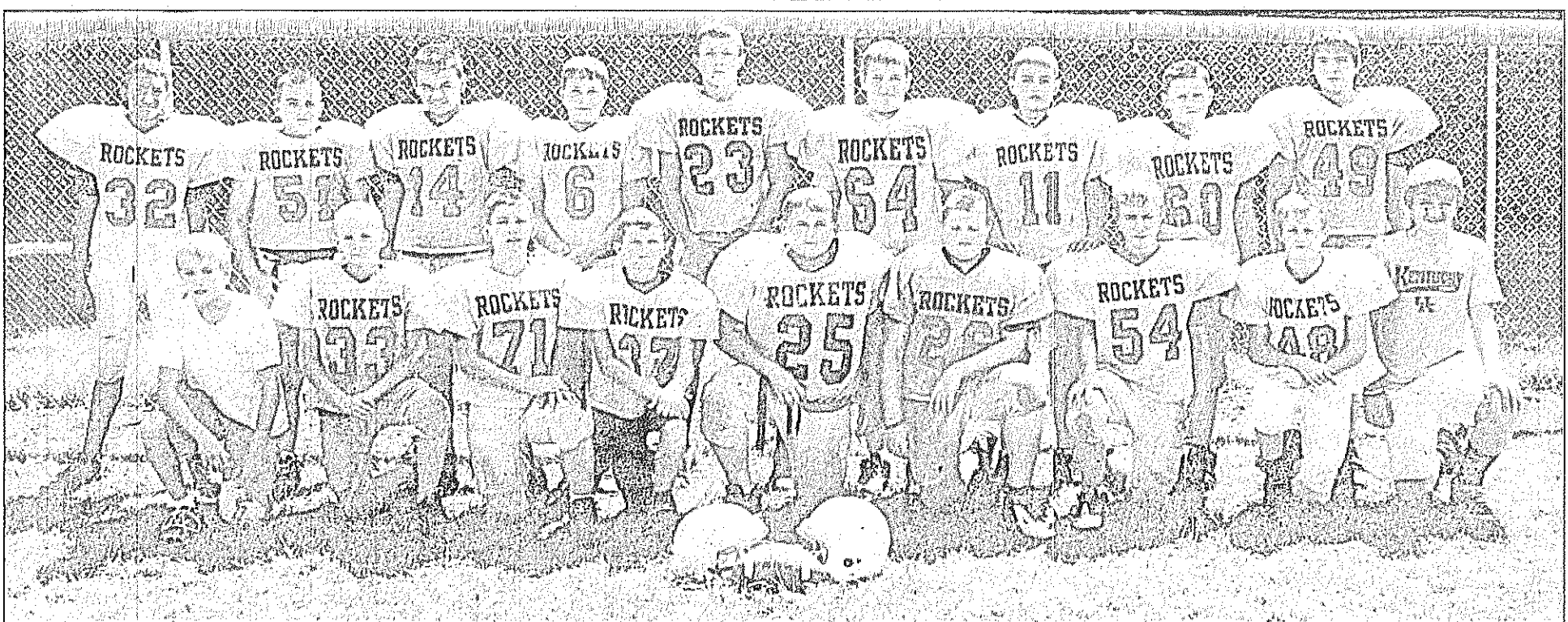
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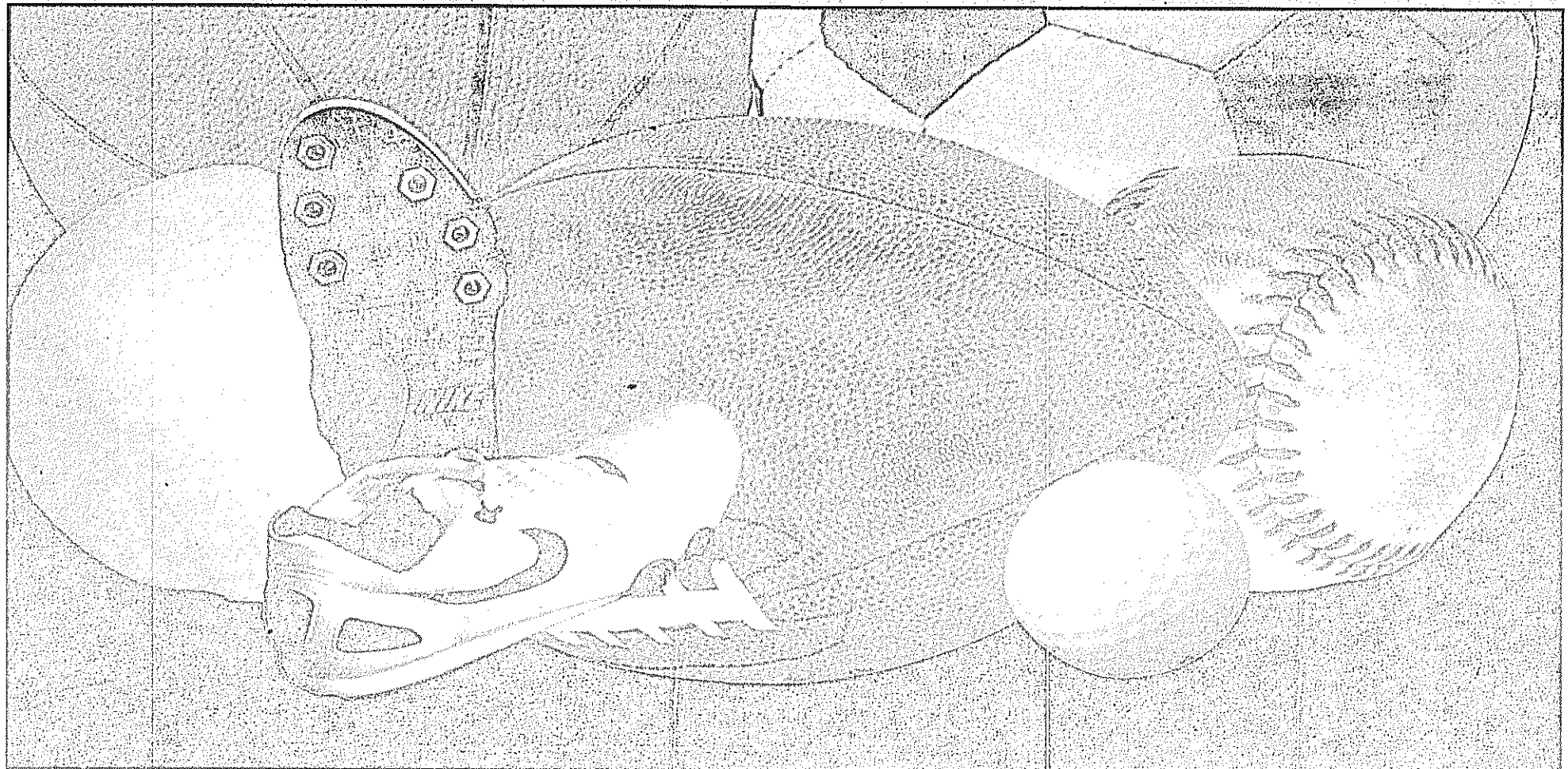
Rockcastle County 8th Grade 2012 Football

Members of the RCMS 8th grade football team are, front row, from left: Chase McClure, Austin Mills, Shelby Newcomb, Issac McClure, Austin Saylor, Will Ratliff, Tommy Bengé, Dalton Rowe, Corey Ratliff, Jason Shepherd and Michael Thomason.
Back row from left: Isaiah Mercer, Jacob Blair, Keavin Webb, Jarod Robinson, Devin Robinson, Dylan Robinson, Caleb Kirby, Lucas Jones, Logan Coffey, Drew Martin and Dakota Bishop.



Rockcastle County 7th Grade 2012 Football

Members of the 7th grade RCMS football team are, front row, from left: Caden Vanhooze, Michael Sizemore, Noah Graves, Noah Isaacs, Parker Hall, Ryan Winstead, Aaron Hilton, Jameson Poynter and Dylan Messer.
Back row from left: Johnathon Jones, Blaze Stewart, Haydon Thacker, Isaiah Amyx, Brent Lovell, Peyton Saylor, Blake King, Logan Miller and Johnathon Blackburn.



We're Behind You...
Every Pass, Shot, Lob, Volley, Pitch, Sprint And Score.

"If you think you are beaten, you are. If you think you dare not, you don't. If you would like to win, but think you can't, it's almost a cinch you won't. If you think you'll lose, you're lost. For out in the world we find that success begins with a person's faith. It's all in the state of mind. Life's battles don't always go to the stronger or faster hand; they go to the one who always thinks, 'I can!'"

*Best wishes to all of our Rockcastle County
teams in 2012 - 2013!*

Citizens  Bank

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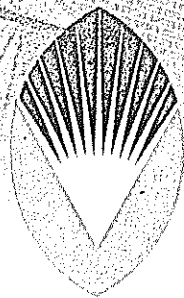
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Rockcastle Regional wins sixth Kentucky
Hospital Association Quality Award

Quality Department pictured with award.
From left, Kassie Robinson, Amanda Bradley,
Melissa Daugherty, Tammy Brock, RN and Debra
Roberts, RN; (Not pictured, Traci Bullens, RN).

August 2012

Vol. 8 • Issue 3

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 Debra H. Lambert
 Bige W. Towery, Jr., Secretary Jeffrey T. Burdette
 William B. Bailey, Sr.

Executive Management

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

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

Arielle Reese, Director
 Susan Brown, Page Design

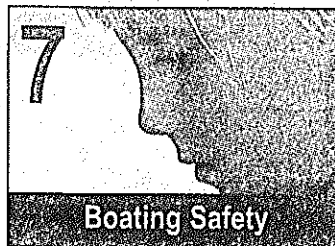


ROCKCASTLE REGIONAL HOSPITAL & RESPIRATORY CARE CENTER

FEATURES



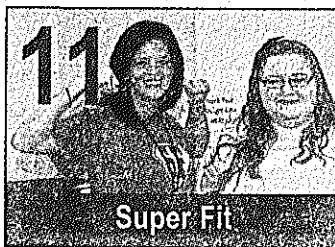
QUALITY ACHIEVEMENTS



Boating Safety

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Quality achievements

Rockcastle Regional receives sixth Quality Award

By Arielle Reese, Community Relations Director

Rockcastle Regional Hospital & Respiratory Care Center has received the 2012 Kentucky Hospital Association (KHA) Quality Award for hospitals with less than 100 beds. Rockcastle Regional previously won the prestigious award in 2006, 2008, 2009, 2010 and 2011. According to a press release from KHA, Rockcastle Regional was recognized for demonstrating not only a dedication to patient safety, but also their persistence to going above and beyond what is expected for providing quality care; particularly for community wellness and prevention education.

"Our team of health professionals is willing to invest time and resources in our community. We hope to engage people, educate people and encourage healthy changes that can potentially save their life," said Tammy Brock, RN, Rockcastle Regional Hospital Quality Director. "We have safety-directed, quality-driven staff and we are proud to have received this award for our efforts."

"We are committed to making a difference in our region and continuously look for innovative outreach programs," said Stephen Estes, Rockcastle Regional President and CEO. "We set out on this endeavor to lead community change and support healthy lifestyle modifications. We are a team of dedicated and involved individuals working to decrease preventable disease prevalence. It is rewarding to receive the KHA Quality Award for a sixth time."

The KHA Quality Award is presented to honor hospital leadership and innovation in quality, safety and commitment to patient care. Rockcastle Regional's project for the Quality Award focused on community outreach projects focusing on wellness, prevention and education relating to the region's health issues. Issues such as cardiovascular disease, tobacco use, lack of physical exercise and obesity were addressed.

Rockcastle Regional was also the recipient of the KHA Circle of Friends Clarence C. Traum Award. The award is in honor of outstanding support of KHA's legislative and regulatory efforts to enhance patient care. This was the seventh time Rockcastle Regional has received this award.

Rockcastle Regional participates in the Kentucky Hospital Association's New Quality Improvement Program

Rockcastle Regional Hospital & Respiratory Care Center is one of 100 hospitals in the state that recently joined the Kentucky Hospital Association (KHA) in an effort to improve patient care and reduce health costs in the commonwealth. Hospitals in the state are working together to reduce preventable readmissions (re-hospitalization within 30 days of discharge), hospital acquired conditions (HACs) and to prevent unnecessary, early and elective infant deliveries.

KHA was awarded a contract, in partnership with The Health Research & Educational Trust (HRET), an affiliate of the American Hospital Association (AHA), by the Centers for Medicare and Medicaid Services (CMS) to support the Partnership for Patients' (P4P) campaign to improve hospital care by the end of 2013. P4P is a nationwide public-private collaboration to improve the quality, safety and affordability of health care for all Americans. As part of the P4P, numerous organizations, including the AHA, have established hospital engagement networks to provide a wide array of initiatives and activities to improve patient safety.

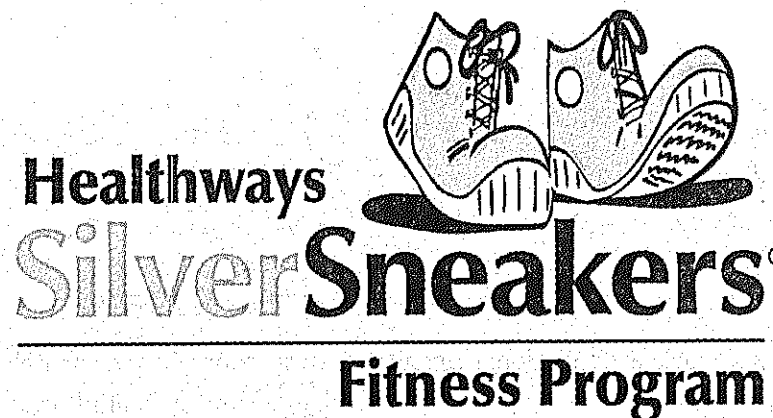
"Kentucky's hospitals continue to demonstrate a strong commitment to

improve patient safety and quality of care. KHA is very pleased that almost 80 percent of Kentucky's hospitals are voluntarily participating in K-HEN. There are more than 3,000 hospitals participating nationwide in various hospital engagement networks, many of which work with their state hospital association in partnership with the AHA. Out of the state hospital associations involved with HRET, Kentucky has one of the highest participation rates with 100 of the state's 131 hospitals signed up," said Michael T. Rust, KHA president. "Our state's participation in the hospital engagement network is the latest example of our ongoing effort to make care safer for our patients."

In partnership with AHA's HRET, KHA has established the Kentucky Hospital Engagement Network (K-HEN) to support the P4P by helping Kentucky hospitals identify ways to improve patient safety and share strategies that have been successfully implemented in hospitals across the state. Rockcastle Regional is proud to be one of 100 K-HEN hospitals signed up to benefit from the shared learning networks and other resources provided that will address ten targeted focus areas for improvement.

WE ♥ SENIORS

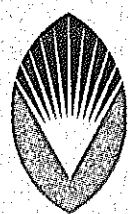
SilverSneakers® is coming to Rockcastle Regional



To find out if you're eligible for Healthways SilverSneakers® Fitness Program, stop by the reception area on the second floor of the Outpatient Services Building. Enrollment verification will take place until August 10 (Monday–Friday from 8 a.m.–4:30 p.m.).

Rockcastle Regional is offering the SilverSneakers® Muscular Strength & Range of Movement class. Classes will begin the week of August 13 (Tuesdays and Thursdays at 10 a.m.).

For more information on the program at Rockcastle Regional, please call James Messer, Rockcastle Regional Physical Therapy Director at 256-2609.



**ROCKCASTLE
REGIONAL**
HOSPITAL ■ RESPIRATORY CARE CENTER

www.rockcastleregional.org

CLASS DESCRIPTION

SilverSneakers® Muscular Strength & Range of Movement

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

COUNTY-WIDE Stride

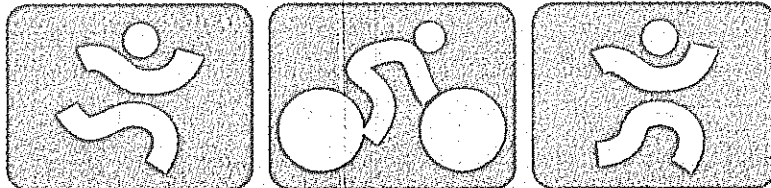


2012 Run/Walk Series

Upcoming Race Events

3rd Annual Rockcastle Regional

RUN, BIKE OR HIKE



Saturday, August 25, 2012

Lake Linville Regrational Area • Mt. Vernon, KY

PROCEEDS BENEFIT THE HOPE LODGE

Whether you are an avid runner, a diehard duathlete, or none of the above but eager to get started, Rockcastle Regional Hospital invites you to the third annual Run, Bike or Hike on August 25, 2012. This event includes:

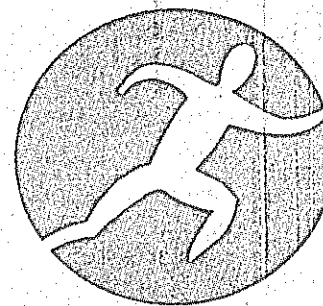
- 2-Mile Fun Walk
- 5K Run by the Lake
- Rockcastle Duathlon

Start time is 8 a.m. EST. The event is designed to promote community fitness, and to give Southern Kentuckians the opportunity to enjoy a morning by a beautiful lake and amidst the breathtaking countryside of Rockcastle County.

Proceeds from the race will benefit the American Cancer Society Hope Lodge in Lexington, Ky. The Hope Lodge provides free overnight lodging for cancer patients and their caregivers. In 2011, we were able to donate \$1,500 to the Hope Lodge.

For more information go to rockcastleregional.org/runbikeorhike or e-mail s.brown@rhcc.org or call (606) 256-7746.

Race 8 of 12 in the 2012 County-Wide Stride Series



Livingston LEAP

Saturday, September 1, 2012

Livingston Fire Department • Livingston, KY

PROCEEDS BENEFIT THE LIVINGSTON HOMECOMING COMMITTEE

Event Details

- 2-Mile Run/Walk to begin at 8:30 am
- Race-day registration to begin at 7:45 am
- \$10 pre-registration fee by August 30
- \$12 registration fee on raceday
- Free gift to all race participants
- On-line registration: rockcastleregional.org/countywidestride

Awards

- Overall male and female race winner
- Fastest male and female walker (Please note: to be fair to competitive walkers, if you plan to register as a walker, you must walk the entire race. If you plan on running and walking, please register as a runner.)
- Top three male and female finishers in each of the following age groups: 16 & under, 17 - 24, 25 - 34, 35 - 44, 45 - 54, and 55+

Questions/Information

- Contact Susan Brown-Turley at s.brown@rhcc.org or call (606) 256-7746

Race 9 of 12 in the 2012 County-Wide Stride Series

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
 Leslie J. Crofford, M.D. • Rheumatology
 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
 Anna Kamp, M.D. • Pediatric Cardiology
 Lisa Klein, M.D. • Pediatric Cardiology
 Christian Latterman, M.D. • Orthopaedic Surgery
 Rick McClure, M.D. • Cardiology
 Gustavo Morales, 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
 Siby P. Saha, M.D. • Cardiothoracic Surgery
 Douglas Schneider, M.D. • Pediatric Cardiology
 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 Wayne, M.D. • Cardiology
 Greg R. Wheeler, M.D. • Neurosurgery
 Frederick M. Zachman, M.D. • Gynecology

[UK CONNECTIONS]

Urologic cancers linked more to men: *Learn risks, signs for bladder, kidneys*

By Dr. John D'Orazio

Most men know that they can be screened for prostate cancer, but there are other urologic cancers that men and women should be aware of. For example, did you know that testicular cancer is the most common cancer in men 20 to 35 years old? Or that bladder and kidney cancers are diagnosed more often in men than women? Here is some information on these lesser-known cancers.

What are the risk factors for urologic cancers?

Bladder cancer is diagnosed in men four times as often as women and is associated with smoking and occupational exposures, including those in the dye and chemical industries, hairdressers, truck drivers and machinists.

Kidney cancer is diagnosed in men twice as often as women. Risk factors include smoking, obesity and a family history of the cancer.

Risk factors for testicular cancer include having an undescended testicle during childhood and a family history of the disease.

Do these cancers cause any specific symptoms?

If you have blood in your urine, get it checked out. The majority of patients with bladder cancer will experience this and some may notice difficulty urinating. For kidney cancer, patients may notice this as well as pain along the side of their waist or a mass

in their abdomen. However, kidney cancer is often diagnosed incidentally on X-rays with patients never reporting any symptoms. Patients who have a known genetic defect that raises their risk for kidney cancer should get regular screenings. Most men diagnosed with testicular cancer will notice an enlarging mass in a testicle that might cause discomfort. Routine testicular self-exams are recommended.

Will treatment for these cancers cause loss of urinary or sexual function?

The treatment for these cancers depends on its stage. Treatment can involve surgery, radiation, and/or chemotherapy. There can be significant treatment-related side effects as with all cancer treatments. Some bladder cancer treatment can be associated with altered urinary habits and sexual function. One of the

biggest concerns for patients being treated for kidney cancer is a decrease in kidney function following partial or complete kidney removal. Infertility is a major concern for men following therapy for testicular cancer, so sperm banking is highly recommended.

What is the prognosis for these cancers?

The majority of these cancers are diagnosed before they've spread to other parts of the body. If these cancers have not spread, the prognosis is good, with appropriate treatment and follow-up. However, once bladder or kidney cancer has spread to other organs, survival is usually less than five years.

Dr. Paul Crispen is a urologic oncologist at the UK Markey Cancer Center

[UK CONNECTIONS]

Boating safety essentials:

• Life jackets and supervision •

Whether it's during vacation or part of an ordinary day, boating can be fun for the entire family, as long as everyone remains safe. In 2009, 18 children under age 13 died in boating-related incidents, half by drowning.

"On a boat, everyone should wear a life jacket at all times," said Sherri Hannan, a nurse and coordinator of Safe Kids Fayette County, led by Kentucky Children's Hospital. "Look for a life jacket approved by the U.S. Coast Guard. Water wings and other inflatable swimming aids such as inner tubes do not prevent drowning."

Safe Kids Fayette County recommends that children ages 14 and under wear life jackets not only on boats, but near open bodies of water or when participating in water sports. Kentucky law requires children ages 12 and under to wear life jackets while boating, and children under 13 are required to wear life jackets on any recreational vessel in waters under Coast Guard jurisdiction.

Safe Kids Fayette County also reminds parents and caregivers:

- Always wear life jackets when in or around open bodies of water and on boats. Make sure the life jacket fits snugly. Have the child make a "touchdown" signal – if the life jacket hits the child's chin or ears, the life jacket may be too big or the straps are too loose.
- Enroll your kids in swimming lessons taught by a certified instructor, but don't assume swimming lessons or life jackets make

your child "drown-proof." These precautions are important, but they're no substitute for constant and active adult supervision.

- Don't let kids operate or ride on personal watercraft (such as jet skis).

• Never drink alcoholic beverages while boating – a large portion of boating accidents that occur each year involve alcohol consumption by both boat operators and passengers.

- Nobody should swim near a dock or marina with electrical hookups or lighting – swimmers can be electrocuted in the water.

• Make sure the boat operator has passed a boating safety course approved by the Coast Guard before letting your child and your family ride in the boat. For more information about safe boat operations, visit www.uscgboating.org.

- When there are several adults present and children are swimming, use the Water Watcher card strategy, which designates an adult as the Water Watcher for a designated amount of time (e.g. 15-minute periods) to prevent lapses in supervision. To download a Water Watcher



card, visit www.safekids.org.

- Install a carbon monoxide detector on your motorboat to alert you to dangerous levels of exhaust fumes.

• Learn infant and child CPR. In less than two hours, you can learn effective interventions that can give a fighting chance to a child who has fallen into water and become unconscious. Local hospitals, fire departments and recreation departments offer CPR training. Check with your local American Red Cross or American Heart Association centers for layperson CPR training.

For more information sports injury prevention in general, please call Safe Kids Fayette County at (859) 323-1153 or visit ukhealthcare.uky.edu/kch/safekids.

Focus on:



Focus on:
health

*A closer look
at health education
topics that affect you*

for MEN

Daily steps to live safer and healthier lives

Males can take daily steps to live safer and healthier lives, and protect themselves from disease and injury. Improving men's health starts at home.

Make Health a Daily Routine. Make healthy living a part of your daily routine. There are numerous things you can do every day to improve your health and stay healthy. Many of which don't take a lot of time and cost very little.

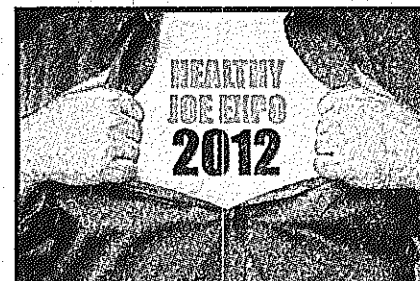
Be Physically Active. Be active for at least 2½ hours a week. Include activities that raise your breathing and heart rates and that strengthen your muscles. You don't have to do it all at once. Spread your activity out during the week, and break it into smaller chunks of time during the day.

Eat What Counts. Eat a variety of fruits and vegetables every day. Limit foods and drinks high in calories, sugar, salt, fat, and alcohol. Choose healthy snacks.

Pay Attention to Signs and Symptoms. Discharge? Excessive thirst? Rash or sore? Problems with urination? Shortness of breath? These are only a few of the symptoms that males should pay attention to and see a doctor if they occur. If you have symptoms of any kind, be sure to see your doctor right away.

Get Your Check-Ups. Just because you may feel fine doesn't mean you don't need your annual check-up. Certain diseases and conditions may not have symptoms, so check-ups help diagnose issues early or before they can become a problem. See your doctor or nurse for regular check-ups.

Source: U.S. Centers for Disease Control and Prevention



**SAVE THE DATE:
Healthy Joe Expo**

*Thursday,
September 20*

your health

for WOMEN

The importance of finding breast cancer early

The goal of screening exams for early breast cancer detection is to find cancers before they start to cause symptoms. Screening refers to tests and exams used to find a disease, such as cancer, in people who do not have any symptoms. Early detection means using an approach that lets breast cancer get diagnosed earlier than otherwise might have occurred.

Breast cancers that are found because they are causing symptoms tend to be larger and are more likely to have already spread beyond the breast. In contrast, breast cancers found during screening exams are more likely to be smaller and still confined to the breast. The size of a breast cancer and how far it has spread are some of the most important factors in predicting the prognosis (outlook) of a woman with this disease.

Most doctors feel that early detection tests for breast cancer save thousands of lives each year, and that many more lives could be saved if even more women and their health care providers took advantage of these tests. Following the American Cancer Society's guidelines for the early detection of breast cancer improves the chances that breast cancer can be diagnosed at an early stage and treated successfully.

Source: American Cancer Society

Ladies
Night Out

COMING SOON: Ladies Night Out

Annual October Breast Cancer Awareness event for women. More details to come.

for EVERYONE

What can cholesterol do?

High cholesterol is one of the major controllable risk factors for coronary heart disease, heart attack and stroke. As your blood cholesterol rises, so does your risk of coronary heart disease. If you have other risk factors (such as high blood pressure or diabetes) as well as high cholesterol, this risk increases even more. The more risk factors you have, the greater your chance of developing coronary heart disease. Also, the greater the level of each risk factor, the more that factor affects your overall risk.

When too much LDL (bad) cholesterol circulates in the blood, it can slowly build up in the inner walls of the arteries that feed the heart and brain. Together with other substances, it can form plaque, a thick, hard deposit that can narrow the arteries and make them less flexible. This condition is known as atherosclerosis. If a clot forms and blocks a narrowed artery, a heart attack or stroke can result.

High blood cholesterol: As blood cholesterol rises, so does risk of coronary heart disease. When other risk factors (such as high blood pressure and tobacco smoke) are present, this risk increases even more. Your cholesterol level can be affected by your age, gender, family health history and diet.

Source: American Heart Association



**SAVE THE DATE:
FREE Cholesterol
Screenings**

*September 24-28
7-10 a.m.*

*Outpatient Services
Center • 2nd Floor*

Eating healthy on a *budget*

As Americans struggle to cope with tough economic times, family budgets are being stretched for everything from housing and utilities to holiday shopping and travel. Food prices have been affected as well, but the American Dietetic Association wants to debunk the myth that it is more expensive to eat healthfully.

At the grocery store, less healthful foods such as bakery goods, snack foods and sodas also can be more expensive than a healthier alternative. A 10-ounce bag of potato chips may seem like a cheap source of calories, when actually consumers could buy four pounds (16 servings) of fiber and vitamin C-rich fresh red potatoes or three pounds (12 servings) of vitamin-, mineral- and beta-carotene-rich carrots for the same price.

The key to keeping food costs low is to have a plan when it's time to go shopping. Take an inventory of what you have on hand and what you'll need and make a shopping list to avoid impulse purchases or costly mistakes. Also, buy store brands, sometimes called private label, instead of their name brand counterparts, to save you money. Store brands are nutritionally equivalent to the name brand items.

Other ways to reduce cost and control portions and quality are:

- Bring lunch to work instead of dining out

Source: American Dietetic Association

- Buy cheaper meat cuts such as the beef round

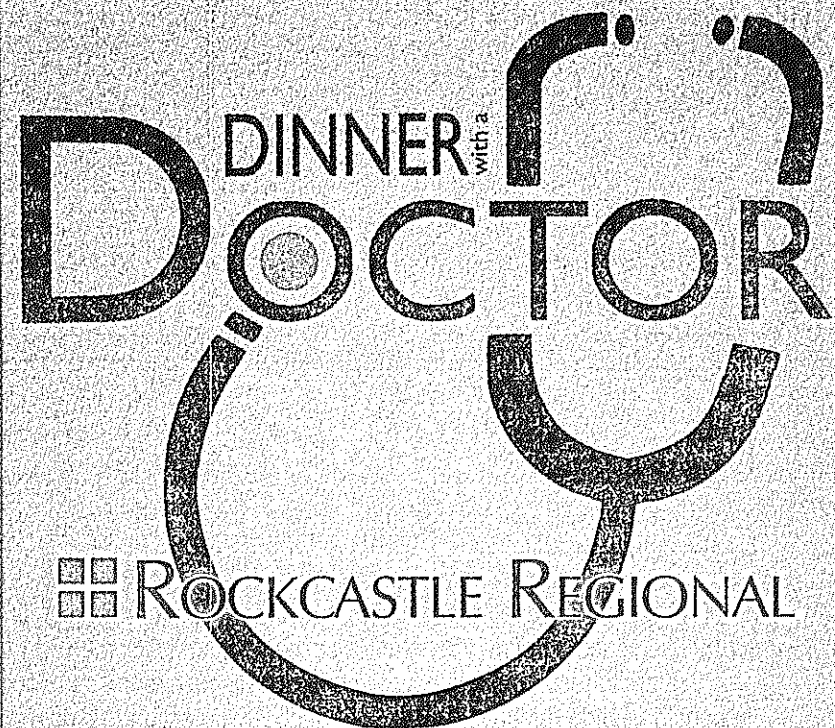
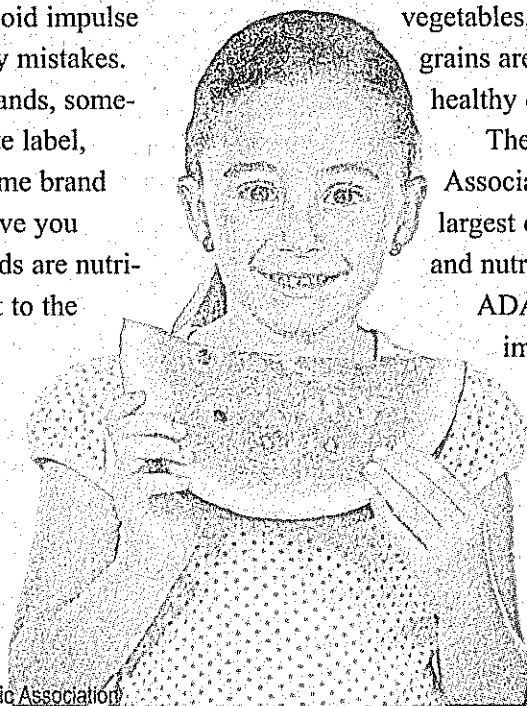
- Buy whole chickens to cut up into batches to cook, dividing them into servings and saving the leftovers in the refrigerator or freezer for future meals.

Fruits and vegetables that are in season and locally grown will usually cost less. The less distance food has to be shipped the less cost is incurred in transportation expenses like fuel and labor. Additionally, buying frozen or canned foods can sometimes save consumers money even more than buying fresh produce.

Perceptions about nutritious food costs can be changed with some education and a little quick math when making eating decisions. Some people don't mind paying 75 cents for a soft drink but would object to paying 75 cents for an apple. There's a perception that these aren't important foods, that they're side dishes. But plant foods such as fruits, vegetables, legumes and whole grains are the foundation of a healthy diet.

The American Dietetic Association is the world's largest organization of food and nutrition professionals.

ADA is committed to improving the nation's health and advancing the profession of dietetics through research, education and advocacy. Visit the ADA at www.eatright.org.



You're invited to a free catered dinner and presentation entitled:

“Childhood Nutrition and Obesity”

Guest Speakers:

Dr. Callie Shaffer, Pediatrician
Lindsay Gabbard, Registered Dietitian

September 13, 2012 • 5:30 p.m.

Freedom Baptist Church • Mt. Vernon, KY

Please sign up before **Friday, September 7**
by calling 256-7746.





Summer camp at Rockcastle Regional promotes healthy lifestyle

By Arielle Reese, Community Relations Director

As new data continues to emerge about the benefits of a healthy lifestyle, it's increasingly evident that children need to learn the importance of exercise and healthy eating. Distractions from computers and cell phones to fast food and junk food often take away time that could be spent playing or eating healthier options. Teaching children the life-long benefits of a healthy lifestyle, one that includes the idea that fitness doesn't have to be routine or boring and healthy eating doesn't have to be bland, is an important lesson to be learned.

Emily Valentine, PT, recognized the need for "Fit Camp" three years ago after working with children in the physical therapy clinic. "I was treating kids for ailments typically not seen until much later in life," said Emily. "Their bodies were literally breaking down because of all the extra weight. Their blood pressure was high and their cholesterol was often border line...and they weren't even teenagers yet."

Emily decided that she wanted to make a difference and, after receiving support from hospital administration, developed a team of healthcare professionals to try to impact the lives' of some

children battling obesity in the community. The idea progressed to develop a summer program with variation in activities and increased access to healthy foods...and the idea for "Fit Camp" was turned into a reality.

In the past three years, 30 children have been motivated and educated on how to establish a foundation for healthy lifestyle habits. They have participated in activities including: yoga, circuit training, ZUMBA, kickboxing, relay races and more!

Lindsay Gabbard, Registered Dietitian, provided nutritional support for the children and their parents that included: education on how to eat healthfully – focused on balancing calories, www.choosemyplate.gov recommendations, healthy snacking and making comparisons using the food label. They also cooked a healthy meal to show how simple healthy cooking at home can be and received ten no-recipe entrée ideas. Dining out options that are healthier were also discussed.

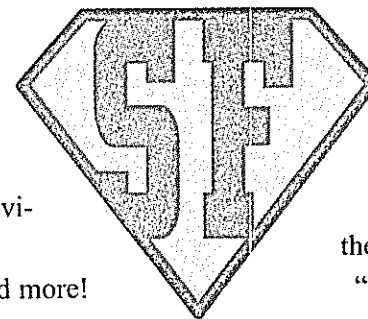
"Fit Camp" measurements for success were

taken that included: weight, body fat percentage, body mass index, waist circumference, number of pushups and sit-ups in a minute and a one mile timed run. The data was compared from the start of the camp and the end of the camp. At the end of the six weeks, the majority of the participants were amazed and proud of what they were able to accomplish during the program.

"Whether you are dancing or taking a nature hike, competing in an athletic event or swimming in the pool, you have the opportunity to burn calories and make your body healthy. Combine good exercise

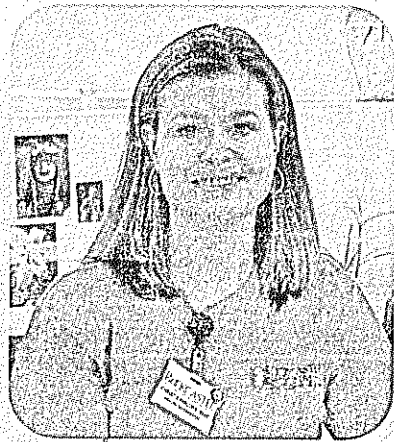
with good foods and you have a winning combination," said Lindsay. "That's the message we want kids to walk away from Fit Camp with."

For more information about how your child can be involved with Fit Camp in 2013, contact Lindsay Gabbard at 256-7718 or l.gabbard@rhrcc.org.



**SUPER FIT
2012**

What I do to keep patients safe...



Christy Phillips
Registered Health Information
Technician/Coder

"I help keep patients safe by making sure the correct test results are sent to requesting physicians by checking patient name, date of birth, and/or other identifying factors. I also make sure a patient's chart is complete with all information that may be important for their treatment...that's what I do to keep patients safe!"



Deborah Brown
Environmental Services

"I always use wet floor signs when cleaning the floors, make sure spills are cleaned up immediately and notify appropriate staff if I see anything that could put the patients at risk...and that's what I do to keep patients safe!"



**Rockcastle
Family Wellness**

Ronna Owens, Front
Office Supervisor
Lisa Smither, RN,
BSN, SANE, Coordinator
Wendy Sowder, LPN

"Rockcastle Family Wellness make a good patient safety team. Things like identifying patient information correctly and monitoring patient allergies and current medications are just some of the ways Ronna, Lisa and Wendy make safety the #1 priority for their patients."



Tricia Nelson
Registered Nurse

"Patient safety means a variety of things from assessing for changes in patient's mental status to critiquing medications. I also keep rooms free of clutter and ensure patients wear skid-free socks to prevent falls. It's also important to keep their call bell and bedside table within reach...that's what I do to keep patients safe!"



**ROCKCASTLE
REGIONAL**
HOSPITAL ■■■ RESPIRATORY CARE CENTER

SAVE YOUR SUMMER

Safe summer gardening

By Cheryl Mullins, Occupational Therapy Director

Gardening is one of the most popular hobbies for Americans, but doing it incorrectly can lead to back pain, joint aches, and muscle strains.

Gardening can also be difficult for people with health conditions that limit movement (such as arthritis) or cause fatigue. But with a few easy strategies, gardening can be a pleasurable and safe activity for all.

Developed by occupational therapy practitioners, the following tips will help decrease the aches, pains, and strains that often occur during gardening. Occupational therapy practitioners take a holistic approach and develop strategies to help people do the things they want and need to do no matter their limitations, disability, disease, or condition. Don't let physical limitations hinder your ability to create and care for a garden that you love.

Plant and weed without pain. Start with a small garden that you can manage easily. The garden should be located near your house and water supply to reduce time spent hauling the hose or watering can. Self-coiling hoses are lightweight and easy to use. Use a kneeler seat, which is a combination kneeling platform and seat. Many kneeler seats fold for easy storage. Make sure that the folding mechanism is easy to operate and does not cause stress on your hands.

Avoid back pain from heavy lifting. Bags of mulch, soil, and fertilizer are heavy. Instead of lifting the whole bag, divide it into smaller loads, and use a two-wheeled garden cart to move materials, as it is more stable than a wheelbarrow. When lifting a bag, use your leg muscles (not your back). Ask for help or consider



hiring someone to assist with heavier tasks.

Conserve energy to be able to garden longer. Sit while gardening to decrease stress on your back, knees, and hips. Take rest breaks every 15 minutes and stop work before you become over-tired. Vary your tasks to avoid overstressing one part of the body. Change your position frequently to avoid becoming stiff. Tightly gripping or pinching a tool for a long time can lead to swelling in your hands and arms, and prolonged hunching or kneeling can cause back strain and knee pain. Resist the urge to focus on just one area of the garden at a time, and instead move around doing various tasks.

Protect your joints and avoid awkward positions while using pruners and other garden tools. Select garden tools that have padded and curved handles to protect the joints in your hands and fingers from excess pressure and strain. If you have a weak grip, use pruners and clippers that have ratcheting or spring-action self-opening features. Avoid twisting and reaching while planting or pruning.

Spend more time enjoying the fruits of your labor. Carefully consider how much maintenance your garden will need. When possible, use native plants. Plant groundcovers to keep weeds to a minimum. Once established, perennials require less work than planting annuals every year. Think about how large each plant will get, and the amount of pruning that will be required.

Work and play *smarter!*

By Raina Remole, Occupational Therapist

Stay hydrated. As basic as it may sound drinking enough water is often the first tip to be forgotten during busy summer schedules and it is likely the most important! It is recommended to begin hydrating at least 30 minutes prior to going outdoors or participating in any daily tasks. This becomes even more important during the hot summer months where dehydration can happen suddenly. Drinking at least eight 8 ounce glasses throughout the day is one of the best ways to ensure you're getting enough water, but remember don't just wait until you're thirsty!

Use the best equipment. Whether you're digging in your garden or enjoying a day on the water in your boat, using the best equipment is an easy way to prevent injuries and accidents. Using long handled tools with larger handles allow you to work from sitting or standing while maintaining proper body mechanics and joint alignment. When at all possible use carts to carry equipment, dollies to transport material, and store equipment at wrist or waist level. Wear safety equipment as needed, for example: gloves, life jackets, glasses/sunglasses, and don't forget sunscreen!

Make time for breaks. Plan your day with rest breaks to ensure you are taking time to rest and stay hydrated. Take time to stretch and change body positions during repetitive tasks to prevent injury and respect any sign of fatigue that you may experience. Taking breaks for stretching your upper extremity can prevent common repetitive injuries such as carpal tunnel syndrome, lateral/medial epicondylitis, etc. Pace yourself during tasks and sit rather than stand whenever possible!

Maintain proper body mechanics. Take your back out of the equation! When lifting remember to bend from your knees, keep your head up during the lift, hold objects close to your body, pivot with your legs rather than twisting, and maintain wrist in neutral position as much as possible. Push heavy objects rather than pulling, test an object prior to lifting, and always ask for help when needed. Body mechanics are also important while sitting and standing not only while lifting. Maintaining good posture while working or during tasks, sitting in a firm chair with a supportive back, and using a footrest under your feet for support can prevent stress and injury to your back.

Explore options for new and healthier leisure activities. Whether it's finding a partner to start a daily walking routine, going fishing, planting a garden, or swimming, choosing tasks that keep you active can improve your health, reduce stress, and increase your quality of life. Look for events and activities offered in the community, at your church, or even your workplace that are often available at little to no cost.

Relax! Complete rigorous outdoor tasks such as yard work during the morning hours to beat the heat and humidity. Find ways to reduce stress that work for you, for example: listening to music, going for a walk, playing with your pet, reading a book, visiting with family or friends, or engaging in a hobby of choice. Remember to pace yourself during the hot summer months, taking breaks, staying hydrated, and having fun!

[SUPPORT FOR CANCER PATIENTS]

Access to cancer resources

The American Cancer Society answers the call and untangles the web of online cancer information.

Following diagnosis, cancer patients and their loved ones often seek any information they can find to help them navigate the overwhelming disease. To cut through the confusion, the American Cancer Society has developed information resources available to anyone, anywhere, anytime by calling 1-800-227-2345 or visiting the website at www.cancer.org.

By contacting the American Cancer Society, cancer patients can quickly receive treatment information or local support programs. Caregivers can access information on coping. General information, including facts and statistics about cancer, is also readily available and can be mailed to you directly.

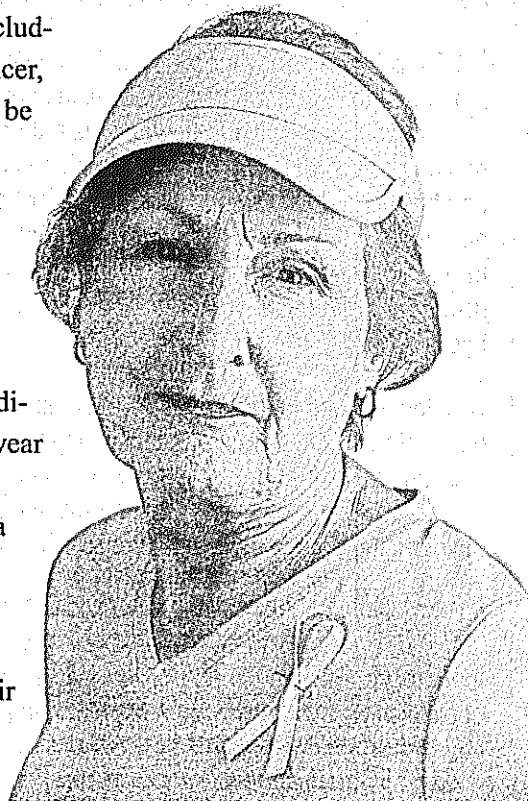
On June 4, the Society's National Cancer Information Center reached a significant milestone. It took its 15 millionth call. This represents 15,000,000 people helped by dedicated staffers in the NCIC's 15-year history.

"A cancer diagnosis can be a devastating experience, not only for the patient but for everyone around them," said Melissa Brock, local Relay For Life Chair and Oncology Service Line Manager at Rockcastle

Regional Hospital. "Knowledge is power. The American Cancer Society helps people easily connect with information to lessen the burden, calm the fears and prepare for the road ahead."

These informational resources and educational tools are made possible in part by support from donations to Relay For Life of Rockcastle County. Thank you for helping us reach our 15 millionth call!

For information about cancer, call toll-free 1-800-227-2345 or visit www.cancer.org.



I Can COPE

2012 CANCER SUPPORT GROUP SCHEDULE

Rockcastle Regional Hospital • Education Center
(3rd floor Outpatient Building)

August 21 • 5:30-6:30 p.m.

Topic: Managing emotional effects – Manage depression, anxiety and other emotional effects, and learn how to support people with cancer.

October 16 • 5:30-6:30 p.m.

Topic: Maintaining proper nutrition – Tips, hints on how to maintain proper nutrition during cancer treatment and after.

*For more information call
Gayle DeBorde at 256-7798.*

 **ROCKCASTLE
REGIONAL**
HOSPITAL ■ RESPIRATORY CARE CENTER

NEWS AND NOTES FROM OUR TEAM

Boggs named new Lab Director



Chris Boggs

Chris Boggs, of McKee, is the new Director of Laboratory Services Rockcastle Regional Hospital & Respiratory Care Center. Chris received an Associate of Science degree from Eastern

Kentucky University and a Bachelor of Science degree from University of Cincinnati. His medical laboratory professional certifications include: MLS (ASCP). Chris enjoys having fun with his wife and two children.

Nurse Practitioner joins Rockcastle Family Care



Tami Greenly

Tamar (Tami) Greenly, APRN, AANP – Family Nurse Practitioner, has joined the team with Dr. George W. Griffith and staff at Rockcastle Family Care. Tami received her Master's degree in Nursing from Eastern Kentucky University

and lives in Danville. Tami says her new job already feels like home. "I love the people...the people I work with and the people I have treated," said Tami. She enjoys gardening, reading, sewing, cooking and caring for her two terriers Maddie and Murphy.

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

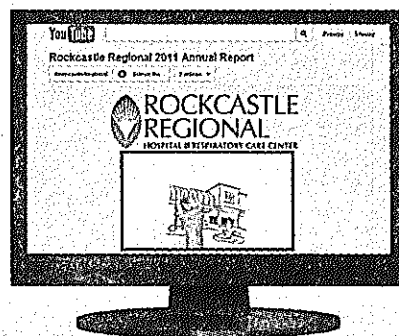
Shamik Aikat, M.D.	Cardiology
Paul Anaya, M.D., Ph.D.	Cardiology
Lauren Anderson-deMoreno, M.D.	Otolaryngology
Michael Anstead, M.D.	Pulmonology
Susanne Arnold, M.D.	Oncology
Azhar Aslam, M.D.	Cardiology
Louis Bezold, M.D.	Pediatric Cardiology
David Booth, M.D.	Cardiology
Jeffrey T. Brumfield, M.D.	Cardiology
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
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
Joseph A. Iacono, M.D.	Pediatric Surgery
Dennie V. Jones, M.D.	Oncology
Michael Jones, M.D.	Cardiology
Anna Kamp, M.D.	Pediatric Cardiology
Lisa Klein, M.D.	Pediatric Cardiology
Christian Knecht, M.D.	General Surgery
Paul K. Kreslik, D.P.M.	Podiatry
Christian Lattermann, M.D.	Orthopaedic Surgery
Iraklis Livas, M.D.	Allergy/Immunology
Anne P. Marshall, M.D.	Pathology/Cytopathology
Rick R. McClure, 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
Sibu P. Saha, M.D.	Cardiothoracic Surgery
Cameron S. Schaeffer, M.D.	Pediatric Urology/Plastic Surgery
Douglas Schneider, M.D.	Pediatric Cardiology
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
Frederick M. Zachman, M.D.	Gynecology

You Tube™

Check out our new channel:
youtube.com/rockcastleregional

Currently featuring the video edition
of Rockcastle Regional's 2011 Annual
Report to the Community.

**ROCKCASTLE
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HOSPITAL & RESPIRATORY CARE CENTER



2ND ANNUAL

Babies

R R C K

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

Thursday, August 16

5 to 7 p.m. • Rockcastle Regional Hospital
Wellness Center (3rd floor Outpatient Service Center)

Featuring:

Maternity Lectures • Skills Fair
Healthy Snacks • Door Prizes

*No pre-registration required. For more information call 256-7880
or e-mail a.reese@rhcc.org (No child care will be provided).*



First 50 moms to register at the event will receive a free copy of "What to Expect the First Year" and a bag full of goodies!