

# Mount Vernon Signal

Serving Rockcastle County Since 1887

Mount Vernon, Kentucky 40456 - (606) 256-2244 Volume 126 • Number 49 .50 per copy Thursday, November 15, 2012



A large crowd gathered in the RCMS gymnasium for their annual "Celebration of Veterans Day" last Friday. The event began with a reception in the RCMS cafeteria for Veterans and their families. Following the reception, everyone met in the school's gymnasium for a student-led program honoring all Veterans.

## Martin Vanzant resigns as School Board chairman

By: Perlina Anderkin

Division among board members about a senior class trip to New York, resulted Tuesday night in the resignation of School Board Chairman Martin Vanzant.

A lengthy discussion preceded Vanzant's action, taken after the trip was approved by a three to two vote. Vanzant and board member Angela Mink voted against the motion with vice chairman Tina Cain and board members Anna Goff and Mike Burdette voting in favor.

Vanzant, Mink and Superintendent David Pensol's objection to approving the trip centered around the board supporting the trip if all students couldn't participate.

A movement has been afoot in recent weeks to replace Project Graduation with the trip and, at the first

meeting of parents to discuss the change, Pensol told the group that, instead of either Project Graduation or the New York trip, he would like to see a Senior Celebration put in place which would be financed by the board. He said he had been quite vocal to parents that he could not support the trip unless all students could participate.

At the first meeting, with a reportedly small attendance by parents, a vote was taken and the Senior Celebration was the pick over Project Graduation or the trip but the option for the trip was also approved. However, a second meeting drew a much better attendance, Vice Chairman Tina Cain said.

Cain said that, to date, 67 seniors had paid their \$50

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## Fiscal court reverses decision; approves Climax Fire Dept. site

By: Perlina Anderkin

A delegation of members of the newly-formed Climax Fire Department was present at Tuesday's regular meeting of the fiscal court. The group was there to

plead their case for the court to reverse their decision not to purchase property belonging to Sam Mullins for the site of the new fire department planned for the area.

The court decided at their last meeting that the site would be too expensive, when the cost of developing the site for the planned building, was factored in. Mullins is asking \$10,000 for the one acre site, located just off Hwy. 1912 and \$5,000 for property needed for an access road to the property.

When they made their original decision to pass on the property, Magistrate Bill McKinney told James Ballinger, president of the Climax Fire Dept. board and spokesman for the

group, the court was under the impression that the \$5,000 for the access road was for an easement only to the property and the court couldn't approve this since it would mean they would be unable to spend county funds on a private road.

However, Ballinger told the court that the \$5,000 was for the actual purchase of the property and that Mullins had agreed to move the boundary lines of the access road site slightly in order to lessen the cost to the county of building the actual road into the building

site. Ballinger told the court that the site would be a "good location" for the proposed building for a number of reasons, primarily because of its central location within the area that would be serviced by the new department.

The department has been looking for a site for the new building for over a year and several sites, thought suitable at first, had to be dismissed, Ballinger said, because of issues such as flood

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## Police charge woman with shoplifting at Rite Aid

By: Doug Ponder

A Mt. Vernon woman was arrested for shoplifting last Friday after allegedly stealing \$275 worth of merchandise from Rite Aid in Mt. Vernon.

Arrested at the scene was Rebecca Jane Gadd, 38, of Mt. Vernon.

According to Mt. Vernon Police reports, Rockcastle 911 received a call from a Rite Aid employee saying someone had stolen two Craig Android tablets from the store and driven off in a green Ford Explorer that had the rear glass busted out.

While searching for the vehicle, Mt. Vernon Police Chief Kevin Fletcher noticed the a car matching that description parked in the Mt. Vernon Dry Cleaners parking lot on Richmond Street in Mt. Vernon.

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## First annual Gobble Go Go 5K is this Saturday

The first annual Gobble Go Go 5K will be held at Renfro Valley this Saturday.

Registration opens at 7:15 a.m. and the race starts at 8 a.m. Cost is \$20 and proceeds benefit local elementary girls' running program.

Overall male and female winners will be awarded and the first three finishers in each age division will get medals. Awards will also be given to the fastest male and female walker.

The Gobble Go Go 5K is the 11th of 12 races in 2012 as a part of the "County-wide Stride Race Series" organized by Rockcastle Regional Hospital to spur the community to increased physical activity.

For more information call Susan Turley at 606-256-7746.

## Rockcastle spared from earthquake

By: Doug Ponder

No physical damage was reported in Rockcastle County after a 4.3 magnitude earthquake shook eastern Kentucky last Saturday.

According to Rockcastle County CSEPP Director Hal Holbrook, only minor damage, such as pictures falling off the wall, was reported.

The U.S. Geological Survey said the earthquake struck about ten miles west of Whitesburg around noon last Saturday. The earthquake was approximately 12 miles deep under the Appalachian Mountains and the tremor reportedly could be felt in eight different states including Kentucky, Georgia, Indiana, North Carolina, South Carolina, Ohio, Tennessee and West Virginia.

Although Rockcastle County had only minor damage, other counties throughout the state reported more serious damage. The Kentucky Division of Emergency Management said Letcher County and Perry County officials found cracks in the drywall of some of the buildings in the county. Some of the floors and walls in the Letcher County courthouse also cracked as a result of the earthquake.

Holbrook said that he is glad Rockcastle County was spared from any major damage but that they are always prepared for the inevitable.

"As always we are prepared for the worst but we are lucky compared to other counties in Kentucky," Holbrook said.

## Brodhead prepares for the Christmas holiday

By: Doug Ponder

Several items were brought up at the monthly city council meeting on Monday night that dealt with the city preparing for their Christmas holiday festivities.

Brodhead Fire Chief and city councilman Larry Taylor said members of the Brodhead Fire Department proposed the idea of having a nighttime or "twilight" Christmas parade this year.

Taylor said the parade will likely draw more interest in the community as individuals and organizations can decorate their floats with Christmas lights. He said the parade should also draw a large crowd as they will be the first town in years to have a Christmas parade at night.

"I believe having the parade at night will make it more enjoyable for the children and get everyone else in the Christmas spirit as well," Taylor said.

Mayor Walter Cash supported Taylor's proposal. He said city workers will also be putting up the Christmas lights on Main Street sometime next week and that they will definitely be up before the parade in December.

The council agreed unanimously to have a nighttime Christmas parade on Main Street. The Brodhead Christmas parade is scheduled for Saturday December 1st at 6 p.m. with lineup starting at 5 p.m. at the Brodhead Elementary School.

After following a reckless driver on I-75

## Off-duty police chief leads officers to arrest

By: Doug Ponder

A Somerset man was arrested for DUI and possession of marijuana on Sunday at Wendy's in Mt. Vernon, after an off-duty police chief began following him on I-75 in Madison County.

Arrested at the scene was Ronnie Daniel Bird, 41, of Somerset.

According to Mt. Vernon Police reports, Police Chief Kevin Fletcher was returning home with his family from Lexington when he observed a reckless driver swerving back and forth across all three lanes of traffic, almost hitting multiple vehicles in the process.

Fletcher first spotted the vehicle travelling south on I-75 at the 81 mile marker in Madison County and called Madison County 911 to notify them of the reckless driver. Fletcher then continued to follow the vehicle as it turned off exit 62 in Mt. Vernon, traveling south on Hwy 25 before turning into Wendy's.

After requesting assistance from officers Jeff Harness and Adam Stallworth, who were on duty at the time, Fletcher approached the vehicle and displayed his

police I.D. badge to Bird, ordering him to remain in the parking lot until officers arrived.

Once the officers arrived, they noticed Bird appeared intoxicated while

(Cont. to pg. A7)

## Indictments returned

Six indictments were returned November 9th by a Rockcastle County Grand Jury, one in which eleven defendants were named.

That indictment was for the offense of complicity to manufacture methamphetamine, first offense, by "counseling, planning, promoting or aiding Anthony Mayes and Whitney Lewis in the manufacture of methamphetamine."

Named in that indictment were: William N. Wilson, 34, Madison View Road, Berea; Jason W. Nelson, 39, 120 Shalyn Drive, Berea; Keila A. Davidson, 23, 132 Castle Village Drive, Brodhead; Amy R. Haley, 35, 263 Mt. Vernon Road, Berea; Essie R. Fredrick, 26,

(Cont. to pg. A7)



Goff Excavating began demolition Tuesday at the site for Rockcastle Regional Hospital's new medical office building on High Street in Mt. Vernon. After Goff Excavation completes the work, Rockcastle Regional Hospital will begin construction of the new building. Doctors David Bullock, Kevin Rowe, Karen Saylor and a host of other nurse practitioners and physician assistants will provide care in the building when it opens in December 2013.

## Of Special Note Inside

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# The Way I See it

By Doug Ponder

Many people in the county honored past and present United States armed service members for Veterans Day on Sunday.

It always pleases me to see schools, churches and other community organizations hold events in honor of all veterans for their loyal service and for the sacrifices they made in order to keep our country free.

However, during one of the Veterans Day events I attended last week, someone confronted me and attempted to make a case as to why we shouldn't honor all of the armed service members on this holiday.

He gave me examples of three different men who he knew that had joined the armed services and explained their motives as to why they chose to join.

The first person joined the army after flunking out of college in hopes that the army would help repay some of his student loans, the second person previously had a prescription drug abuse problem and joined the army in hopes of staying clean while in service and the third person joined the Navy after going through a divorce because he had an affair with another woman and he simply wanted to run away from his

problems at home.

He said their motives differed from what he believed should be the reason for someone wanting to join the military, to serve and protect their country.

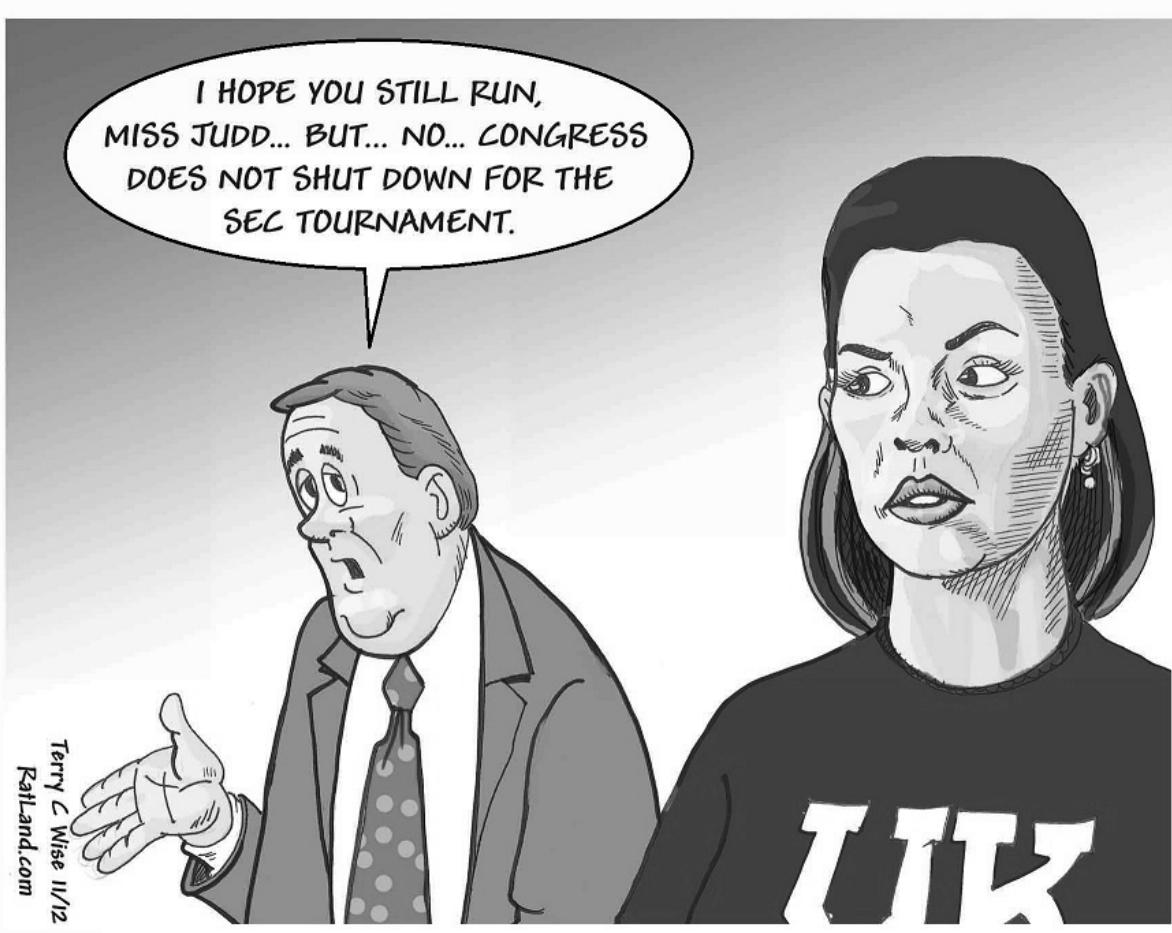
After explaining the three men's stories to me, he then asked me again in a smart aleck tone "So do you honestly believe we should honor veterans similar to these three men on Veterans Day?" and my answer to him was still a defiant YES!

Veterans Day was created to honor ALL people who have served in any of the five branches of the armed service. It's a day to honor each of the veteran's individual service to our country instead of honoring their personal lives.

I understand that the army and the other four branches of the armed services offer college loan repayment programs and I also understand that joining the armed services could possibly offer a refuge to people looking to escape alcohol or drug abuse. If the armed services can possibly help people recover from problems in their past than I am all for it!

However, I personally don't agree with people

(Cont. to A5)



# Points East

By Ike Adams



If I was going to start up a new restaurant in say, Harlan, Whitesburg, Hazard or someplace up in the hills where the big trucks groan slowly up the hills loaded with black gold and the train gondolas rattle and rumble through the valleys several times a day, I'd give serious consideration giving it a name with coal in it. The Coal Bucket Café has a nice ring to it, don't you think?

Now, if I was going to open an eatery in say Paint Lick, Lancaster or some other location in Garrard County where we grow more tobacco, per capita, than another county in the state, I'd give serious consideration to calling it The Backer Wagon or maybe even better, The Backer Barn.

But, believe it or not, Lancaster does have a brand new restaurant, opened just last week, and it's not named after tobacco. It is, in fact, called, drum-roll please--- The Coal Bucket Café! So

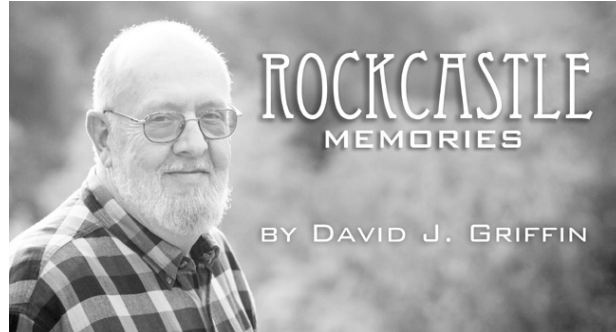
how bout that for reversal?

Even though the only coal to be found down here is the scant-few, stray, gravel-sized blocks alongside the roads that managed to fall off the big trucks hauling it from the mountains to the Dix River Power Plant there on Herrington Lake. I don't even know anybody that heats with coal down here anymore even though I once did for nearly twenty years.

When I found about the new eatery and its name, I knew there had to be a story so I set about getting to the bottom of it. Turns out that The Coal Bucket was established and is owned by Garrard County Deputy Judge Executive, James Bushnell who moved here from Harlan County where his father still lives. The senior Mr. Bushnell has long been involved in a mine supply and equipment business in Harlan so coal has always played a big role in James's life and he simply wanted something to make Lancaster feel and taste a little more like home.

I'm not sure that James realized that he was not the only mountain boy transplanted in Garrard County but the Coal Bucket Café sure does work for me. The menu so strongly resembles

(Cont. to A4)



## Remembering Comic Books

For the past five years (2007 - 2012), my wife and I have been watching a relatively new sit-com on CBS called The Big Bang Theory, which we find extremely entertaining. It revolves around four young men who are "geeks" with super intellects and an aspiring young actress who lives across the hall in an apartment building. (The show has won numerous awards.) A regular feature of the show is this group of guys spending time at a Comic Book Store. It always makes me think of my generation of kids with our own comic books dur-

ing the early 50's.

Most folks who were young in the late 40's and early 50's remember the popularity of comic books and the dedication of young people to this form of entertainment. I cannot remember my exact age when I first began to read and collect comics, but it was probably somewhere around 1950 when I was six years old.

Comic books were narrative panels that represented scenes containing dialog. The first comic book appeared in the United States in 1933. American comics began to be extremely popu-

(Cont. to A5)

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## NOTICE

Eastern Rockcastle Water Association has filed an application with the Public Service Commission that proposes to make the following revisions to its schedule of non-recurring charges.

Charge	Current	Proposed
Connection Fee 5/8 x 3/4 inch meter	\$ 517.00	\$ 875.00
Returned Check	\$ 25.00	\$ 30.00
Meter Turn-on	\$ 25.00	\$ 35.00
Meter Re-read	-	\$ 35.00
Meter Test (customer request)	Actual Cost	\$ 50.00
Service Call / Investigation	\$ 25.00	\$ 35.00
Service Disconnection	-	\$ 35.00
Service Reconnection	-	\$ 35.00
After Hours Service Reconnection	-	\$ 45.00

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

Any corporation, association, body politic or person may by motion within thirty (30) days after publication of the proposed rate changes request leave to intervene. The motion shall be submitted to the Public Service Commission, 211 Sower Boulevard, P.O. Box 615, Frankfort, Kentucky 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 testimony by contacting Eastern Rockcastle Water Association at PO Box 540 Mount Vernon, KY 40456 or (606) 453-0019. A copy of the application and testimony shall be available for public inspection at the water association office.

This notice is published pursuant to 807 KAR 5:011 Section 8 - Notices.

# Obituaries



## Carolyn Turner Tipton

Carolyn Turner Tipton, 55, wife of Lenny Tipton, of Mt. Vernon, died Wednesday, November 7, 2012 at the Compassionate Care Center in Richmond.

She entered into this life on February 14 1957, in Breathitt County, the daughter of Jess Turner and Jane Southwood Gray. She was united in marriage on June 6, 2007 to Lenny Tipton. She was an apartment complex manager for Wallick Properties of Columbus OH for eight years. She loved spending her days with her grandchildren, and caring for her family, and will be remembered for her love of dancing, cooking, and music, but most of all for the love she had for her family.

She will be lovingly remembered by: her mother, Jane Southwood; her husband, Lenny Tipton; her son, Jesse and his wife Terri of Mt. Vernon; two grandchildren, James Morgan and Lona Carol Morgan; one sister, Debra Ann (Jimmy Dale) Saylor of Conway; one aunt, Lynette Bullock; one niece, Jessica Hall; one nephew, Chris Saylor; three great nieces, Taylor Hall, Kamryn Hall, and Chelsea Damrell; and a host of friends and neighbors.

She is preceded in death by her father, Jess Turner and one niece, Michelle Saylor.

Funeral services were conducted Sunday, November 11, 2012 at the Marvin E. Owens Home for Funerals, with Bro. Eddie Nation officiating. Interment was in the Crest haven Cemetery.

Those acting as casketbearers were: Denny Tipton, Brian Hall, Eli Tipton, Chris Saylor, Dale Saylor, and Danny Tipton. Condolences may be sent at [www.marvineowensfuneralhome.com](http://www.marvineowensfuneralhome.com)

## Tim Sowder

Tim Sowder, 51, of Eubank, died Monday, November 12, 2012, at the Lake Cumberland Regional Hospital in Somerset.

He entered into this life on September 8, 1961, in Kankakee, IL, the son of E. J. and Gladys June (Bishop) Sowder, both of whom preceded him in death. He was a construction worker and a member of the Baptist Faith; and will be remembered for his love of collecting model Tractors, Flea Marketing, and Trading Knives.

He will be lovingly remembered by: his two brothers, Michael (Judy) Sowder of Brodhead, and Tommy Sowder of Eubank; three sisters, Phyllis Curtis of Biglerville, PA, Sandy (Danny) Ison of Waynesburg, and Sally (James) Leek of Kings Mountain; five aunts, Georgia Thompson, Eulene Sowder, Josephine Mills, Martha Bishop, and Edith Lambert; one uncle, Bud Bishop; and a host of nieces/nephews, great nieces/nephews friends and neighbors.

Along with his parents he is preceded in death by one sister, Rebecca Countryman.

Funeral services will be conducted (today) Thursday, November 15, 2012 at 12 p.m. at the Marvin E. Owens Home for Funerals with Bro. Ron Roberts officiating. Interment will follow in the Providence Cemetery.

Casketbearers will be: John Leek, Greg Landis, Daniel Ison, Ryan Ison, Brian Ison, Jay Sowder, David Sowder, Michael Garcia, Joey Curtis, Kyle Barget, Malachi Curtis, Kelly and David Countryman.

Condolences can be sent at [www.marvineowensfuneralhome.com](http://www.marvineowensfuneralhome.com)

## Marjorie G. Hylton

Marjorie G. Hylton, 86, of Berea, died Wednesday, October 31, 2012.

She taught home economics at Central High School and at Berea College until her retirement. She was still a member of the Madison County Retired Teachers Association and also a member of the Berea United Methodist Church, where she had been very active.

Her parents were Robert G. Gabbard and Laura Hurley Gabbard of Big Hill.

She is survived by: two sisters, Lillie (Kenneth) Parsons of Brodhead, and Frances (Wallace) Baird of Walkertown, NC; four brothers, Lee Hurley (Doris) Gabbard of Conway, Don Vernon, Ray Glynn (Brenda) Gabbard of Crab Orchard and Hugh Benton (Marilee) Gabbard of Richmond; and many nieces, nephews, cousins and friends.

She was predeceased by: her husband, Elihu G. Hylton; her parents; and one sister, Minerva Tieche.

Funeral services were held Friday, November 2, 2012 at the Berea United Methodist Church with Rev. Gary Rowan and Rev. Lee Hubbard officiating. Burial was in the Berea Cemetery.

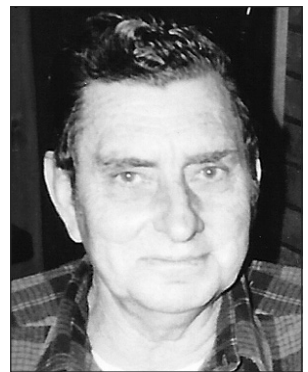
Donations may be made in memory of Mrs. Hylton to the Berea United Methodist Church, 101 Fee Street, Berea, KY 40403.

## Jaycee Kay Bradley

Jaycee Kay Bradley, daughter of Anthony and Ashley (Bruner) Bradley of Mt. Vernon, was stillborn Wednesday, November 07, 2012 at Saint Joseph London Hospital.

She was the sister of Destiny Cox, Cameron Cox, and Blakely Sells, all of London, and Jordyn Bradley of Mt. Vernon. The granddaughter of Margie and Kermit Bruner of London, and Sabrina and Terry Harris of Middletown, OH. The great granddaughter of Laura and William Smith of Mt. Vernon, and Thena Bruner of London.

Graveside services and burial were conducted Saturday, November 10, 2012 at Raspberry Cemetery in Mt. Vernon with Bro. Eugene Gentry officiating.



## Eli Spencer

Eli Spencer, 80, of Orlando, died Tuesday, November 6, 2012 at the University of Kentucky Medical Center in Lexington.

He was born in Perry County on August 18, 1932 the son of Jeff and Phoebe Spencer. He was a retired truck driver for Greer Brothers and loved his CB radio.

He is survived by: his companion of over 30 years, Lucille Stewart of Orlando; four sons, William Lee Spencer, Charles Ray Spencer, Gary Lane Spencer and Herbert Wayne "Bub" (Beverly) Spencer, all of London; and one daughter, Rose Ann (Brian) Colwell of London. Also surviving are 12 grandchildren and 10 great grandchildren.

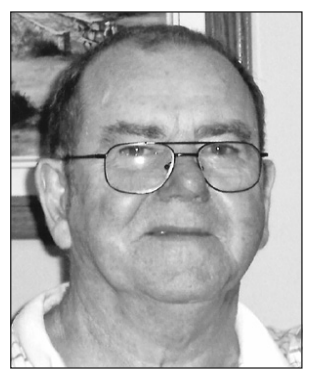
In addition to his parents, he was preceded in death by one brother, Asie Spencer and three sisters, Edith Jones, Ruth Litteral and Opal Bailey.

Funeral services were conducted Friday, November 9, 2012 at the Dowell & Martin Funeral Home Chapel by Bro. Tommy Miller.

Burial followed in the Poynters Chapel Cemetery in London on Saturday, November 10, 2012.

Pallbearers were: Jimmy Litteral, Kenneth Spencer, Delbert Stewart, Randy Stewart, Ray Stewart and Rob Stewart.

Please visit [www.DowellMartin.com](http://www.DowellMartin.com) to view online obituary.



## James E. Johnson

James E. Johnson, 72, of Corbin, died Thursday, Nov. 1, 2012 at the University of Kentucky Medical Center in Lexington. He was born in Rockcastle County on July 30, 1940 the son of George W. and Jessie B. Bostic Johnson. He was a retired assembly line supervisor for General Motors. He was a devoted family man who enjoyed reading the Bible and keeping up with current events. He loved nature and the outdoors, fishing, hunting, lawn mowing, and firearms.

He is survived by: his soul mate, Carol Spraga of Corbin; and three sisters, Evelyn Griffin of Marshall, MI, Mable Burdette of Mt. Vernon, and Linda McKinney of Manchester, TN.

He was preceded in death by two brothers, Lester Mullins of Scottsville and Jr. "June Bug" Johnson of Mt. Vernon, and a sister, Bobbie Davenport of Corbin.

Funeral services were conducted Thursday, November 8 at the Dowell & Martin Funeral Home Chapel by Bro. Gary Reppert and Bro. Marcus Reppert.

Burial followed in the Buford Hill Cemetery.

Pallbearers were: Derek Cowden, Justin Cowden, Travis Cowden, Dwight Davenport, James L. LeBlanc and Scott VanHollenbeck.

Please visit [www.DowellMartin.com](http://www.DowellMartin.com) to view online obituary.



## In Loving Memory of James Elijah Hensley

11-30-1990 • 11-7-2011

It feels like it's been forever since I've seen your face I miss you so much In my heart you will always hold a special place All the good times we've shared

The memories we've made Everyday I think about them all From my mind they will never fade. How I wish we could walk arm in arm, hand in hand, heart to heart If I would've known that it would end like this I thought we'd never have to be apart.

You were always the light at the end of my storm, The star in my sky You were a blessing You were perfect in my eye. So many question, we still have to ask Why?

You were too young to go, it didn't have to be like this

You didn't have to die. From now until the end of our life,

You will be on our mind, every minute, every hour, every day

We love you, We miss you And this is how it will stay. It still doesn't seem real that its been a year

Since you left us with nothing but memories.

We will always love and miss you Bub!

Dad, Mom, Pete, Mary, Kisha, Ryan, Bobby, Bailey, Brianna, Bobby Lee and Mamaw and Papaw Hensley

## Subscribe to the Mount Vernon Signal

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# NOTICE

Rockcastle Family Wellness is under construction. Please excuse our mess! We are building a new facility, scheduled to open in December 2013.

Please be aware of posted signs on campus for changes in driving patterns and parking.

We appreciate your cooperation and apologize or any inconvenience.

Please bear with us during this time as our campus grows!



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## Our Readers Write

### Appreciation to our Veterans...

Dear Editor,  
Rarely, unfortunately, do we, as Americans, come together in complete and absolute unity for a cause or even in recognition of any particular group that helps our great country. When, however, it comes to holding up the flag of our nation and those who sacrificed their personal time to serve these United States in the armed forces, all of us are in total unity of purpose and respect for our armed forces veterans. This is certainly how it should be, and I join my small voice with all Americans to say a tremendous thanks to our veterans here in Rockcastle County.

When we look from the foundations of this nation, we can honestly acknowledge that, while not every war that involved our soldiers, sailors, airmen, and marines was popular here at home (I remember the riots and division among us during the Vietnam War), we still take immense pride – and rightly so – in the service of those who served our country in uniform to protect and defend our unique American heritage – a country, in many ways, unlike any other country that has ever existed.

Many served during peace; many served during devastating wars in the past two centuries to stand at the wall against those who would be aggressors to our unified system of individual states. While many never returned, we remember and honor their sacrifices and hold them and those who did return to their businesses, farms, and jobs to carry on the great tradition of being an American citizen in the highest regard.

To you who are veterans, regardless your age or the era – whether during peace or war – in which you served, I express my sincere thanks and appreciation for your personal sacrifice of time – and sometimes your

life – for this noble cause. Most Respectfully to You,  
Buzz Carloftis  
County Judge-Executive

### 4-H Foundation has new website...

Dear Editor,  
Nearly 205,000 youth from around Kentucky, about a quarter of the state's K-12 population, participate in Kentucky 4-H programs or activities. The Kentucky 4-H Foundation that I chair is dedicated to the financial support of the Kentucky 4-H Youth Development Program.

In the coming weeks and months, you will be receiving news items, announcements, feature story ideas, and more about how the Kentucky 4-H Foundation is supporting 4-H programs and people in your community and across the state.

To help us connect with journalists and the public, we have launched a new website on the internet, [www.Kentucky4HFoundation.org](http://www.Kentucky4HFoundation.org) – and hired Strategic Advisers, a public relations firm based in Northern Kentucky.

The Kentucky 4-H Foundation is a partner of the University of Kentucky College of Agriculture and the Kentucky Cooperative Extension Service, 4-H Youth Development.

The Foundation's mission is fourfold:

- Actively assist, advance, and support the Kentucky 4-H Youth Development Program;
- Encourage and support youth leadership development and education through 4-H;
- Recognize, support, and assist trained 4-H adult and teen volunteer leaders; and
- Assist in private sector fundraising efforts while nurturing new resources through business partnerships.

I hope you take a moment to visit our new website. You can also visit the Kentucky 4-H Foundation Facebook page (<http://www.facebook.com/>

KY4HFoundation) or follow us on Twitter (@KY4HFoundation).

Thank you for your time and consideration.  
Sincerely,  
David Wallace  
Chairman, Kentucky 4-H Foundation  
300 Buttermilk Pike  
Fort Mitchell, KY 41017  
(859) 578-5412  
[dwallace@wallaceboggs.com](mailto:dwallace@wallaceboggs.com)

### Ignite the 'Fire' at regional prayer rallies...

Dear Editor,  
Every day ... I am saddened when I hear stories of children in our region suffering from abuse or neglect because their parents are addicted to drugs.

Every day ... my heart breaks for families struggling to cope with a loved one's addiction.

Every day ... nearly three people die in Kentucky because of drugs.

Every day ... I pray that something can be done about the escalating abuse of prescription painkillers.

Drug abuse and addiction are prevalent in every community. The average age of first-time drug use in southern and eastern Kentucky is age 11. It is a problem that won't go away on its own, and cannot be solved unless we all take a stand.

Let's ignite a "Fire in the Mountains" at 3 p.m. Sunday, November 18, at three simultaneous regional prayer rallies to be held at the Eastern Kentucky Expo Center in Pikeville, Somerset Christian School Auditorium in Somerset, and the Old Corbin Civic Center in Corbin. "Fire in the Mountains" is a free event for people of all faiths who are concerned about drug abuse, addiction and recovery to come together as one through prayer.

Each program will feature prayers led by leaders representing many segments of the community – reflecting the broad impact of the drug epidemic – as well as special speakers and worship selections.

We hope the rallies will give concerned citizens an opportunity to volunteer to

make a difference in people's lives, whether through prevention, treatment, or support for those dealing with addiction-related issues. We envision the "Fire" to spread throughout southern and eastern Kentucky, sparking on-going prayer events in all counties.

For more information about "Fire in the Mountains" contact Carl Varney at 606-594-8144 or [mailto:cvarney@centertech.com](mailto:mailto:cvarney@centertech.com)

We need everyone is involved. Let us all come together at 3 p.m. on Sunday, November 18, to pray with one unified voice crying out to God for help with the drug problem.

Karen Kelly  
Director  
Operation UNITE

### 'Points East'

(Cont. from A2)

the restaurants' that I grew up frequenting in Letcher County that I literally had a lump (no pun intended) in my throat when I had breakfast there last Friday. A breakfast that turned out to be the best restaurant meal I've had down here in a long, long time.

I'm also pretty sure that meal was prepared by Debbie Price at the long-gone Garrard Stockyards before they closed down several years ago. So you can imagine my surprise and absolute delight to walk into The Coal Bucket and be greeted by Debbie, who happens to be its manager, or, as she says, Chief Cook and Bottle Washer. That's when I knew I was in for a treat.

I had the "2 eggs, steak, biscuits and gravy" special and coffee, which, at \$6.00 is the most expensive of the twenty entrees on the breakfast menu. I actually ordered the steak because Debbie has cooked for me so often over the years that she knows how I like my steak without even asking. In other words, it has been on the grill long enough to stop kicking and saying, "mooooo", it's done enough for me. In other words, everything turned out and tasted as perfect as perfect gets.

The Coal Bucket lunch and dinner menu has well over 30 items with specials on Friday, Saturday and Sunday. You can bet your last nickel that Loretta and I will be there two or three times a week. Hours are 6 a.m. – 9 p.m. Monday through Saturday, 7 a.m. till 3 p.m. Sunday. It's located on Campbell Street across from the old Garrard Health Dept and there is more than ample, convenient parking.

The phone number is 859-792-1405.

If you plan to be in Garrard County, I promise you faithfully that you will not be disappointed if you eat at The Coal Bucket Café.

**Deadline for next week's Signal is Monday at 4 p.m.**

## Rockcastle Community Bulletin Board

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### Bookmobile Schedule

Mon., Nov. 19th: Spiro, Level Green, Willailla and County Care. Tues., Nov. 20th: Ottawa and Bee Lick. Wed., Nov. 21st: No schedule. **The library will be closed November 22 and 23 for the Thanksgiving holiday.**

### Climax Volunteer Fire Dept. Meeting

The Community Annual Meeting of the Climax Volunteer Fire Department will be held Friday, December 14th at 6 p.m. at the Climax Christian Church. A financial and progress report will be presented and there will be an election of the 2013 officers and board members. It is very important that everyone in this district be involved and show your support for this crucial service.

### Open House for Relay for Life

You are invited to a Christmas Open House at Pappy & Mammy's Place, on Water Plant Road in Renfro Valley, on Thursday, Nov. 15th from 10 a.m. to 5 p.m. All proceeds will go to Relay for Life.

### ERWA Meeting

Eastern Rockcastle Water Association meeting Mon., Nov. 19th at 6 p.m. at Livingston City Hall. All meetings, thereafter, third Monday of each month at 6 p.m. at Livingston City Hall. Public is invited to attend.

### Livingston F&R Turkey Shoot

Livingston Fire & Rescue will hold a Turkey Shoot Sat., Nov. 17th and Sat., Nov. 24th, beginning at 10 a.m. The shoot will be held at the site of David Mason's garage, north of Livingston on U.S. 25. 410-16-20-12 gauge shot-guns only!! \$2 a shot. Shells furnished by fire department. Concessions will be sold.

### Men's Basketball Tournament

A men's basketball tournament will be held Dec. 7th and 8th at Rockcastle County Middle School. Entry fee is \$150 per team. Proceeds will go to the 10 and under girl's softball team. For more information, call Timothy McIntosh at 606-392-1050.

### City Council Meeting

The Mt. Vernon City Council will hold their regular monthly meeting Monday, November 19th at 7 p.m.

### NAMI Meeting

There will be a NAMI meeting and party Monday, Nov. 19th at the Comp Care building from noon to 1:30 p.m. For more info, call Wayne Bullock, president, 256-9250.

### Lunch & Learn: Alzheimer's Disease

If you have a loved one who is newly diagnosed, or want to learn more about Alzheimer's disease, join us for a free Lunch & Learn" Thursday, Nov. 15th (today) at noon in Rockcastle Regional's Education Center (3rd floor Outpatient Services Center). To sign up, call 256-7746.

### Extension News

Join us at the extension office Thursday evening, Nov. 15th at 6 p.m. for a fun evening for ladies. Mary Lou Casada will do a program on "Beauty Tips and Trends to Help You Look Your Best for the Holidays." Mary Lou is a beauty consultant for MaryKay. The program is free. This will not be a sales program for Mary Kay but products will be available following the program. Please indicate by facebook or by calling 256-2403 if you plan to attend. This will assist Mary Lou in preparing since you will have some "hands-on" techniques to try.

### Achieve Training Center, LLC

Give the gift of life-saving knowledge this holiday season. CPR/First Aid class will be held on Nov. 28 and 29 from 5 to 9 p.m. Cost is \$65 per person. Seating is limited so call 256-0556 now. Also, now taking applications for nurse aide classes.

### VFW News

VFW Post 5908 is open every day, except Wednesday and Sunday, from 5 to 7 p.m. or longer if needed. 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.

### Brodhead Lodge Meeting

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

### 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.

### 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.

### Kiwanis Club Meetings

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

### Historical Society Hours

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

### 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.

### 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.



**This Saturday, November 17th  
10 a.m. to 5 p.m.**

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# Kentucky residents have chance to win an iPad

Kentucky residents have another chance to win a third-generation iPad from the Kentucky Higher Educa-

tion Assistance Authority (KHEAA) in a sweepstakes being held through Facebook in November. The contest runs from 12 a.m. on Nov. 1, 2012, through 12 a.m. on Dec. 1, 2012.

To enter, a Kentuckian must click on the orange graduate icon on the KHEAA Facebook page,

answer one question about college, and "like" KHEAA on Facebook. KHEAA will not share or sell any personal information to a third party.

Only Kentucky residents are eligible. Employees of KHEAA or its sister agency, the Kentucky Higher Education Student Loan Corporation (KHESLC), and their immediate family members are not eligible. Prior winners are also not eligible.

The drawing will be held in early December, and the winner will be notified by email. The winner must respond by email within three calendar days to receive the iPad. If no response is received within three days, another winner will be drawn.

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

## "Memories"

(Cont. from A2)

lar after the publication of Action Comics, which was the debut of the superhero Superman. The year was 1938. This exciting form of entertainment lasted until World War II ended. After that time, the world of comic books expanded to include genres such as westerns, romance, humor, detective, and finally Classic Comics. This particular comic book form featured adaptations of literary classics such as Moby Dick, The Three Musketeers, and The Count of Monte Cristo.

My mother always encouraged me to read – no matter the form of literature. When she spotted my interest in comics, she began to purchase Classic Comics to broaden my knowledge of what she considered good literature. Of course, I was not aware that she had just

started me on a journey that would in many ways last a lifetime, even laying the ground work for the recent publication of my first book.

At that age in my life, I was accustomed to placing my valuables in a wooden ammunition box that my father had given to me. It contained a hasp and a padlock so I could protect my personal belongings. That box was kept under my bed so I could guard it at night while sleeping. This was the location where I kept my comics.

I cannot remember many of the titles that I collected, but I distinctly remember having five Classic Comics under my bed. They were: White Fang (1951), Mutiny on the Bounty (1952), Treasure Island (1949), William Tell (1952), and Last of the Mohicans (1942). I have no idea why, but these five comic books were my favorites. I read them over and over and could relate the stories to my mother if she asked me about the plot. I even used Classic Comics to complete book report assignments in grade school (Please don't tell my teachers!).

Albert Lewis Kanter created Classic Comics in 1941 with the debut issue of The Three Musketeers. He recognized the appeal of early comics, and he believed that he could use the new medium to introduce young and reluctant readers to "great literature."

I suppose my most

prized of the Classics was White Fang by Jack London. The comic book inspired me to read other books by London, including his most famous novel, The Call of the Wild. His stories of the frozen North Country combined with his Alaskan Husky dogs interested me thoroughly. I can even remember taking my first dog, Frisky, which was a Spitz breed, and pretending that he was White Fang. We played in the woods behind my house chasing bandits who were attempting to raid my gold mines. The two of us were always in pursuit of Northern outlaws. Not a single nugget of gold was ever taken from my mines. We were dedicated!

I often wonder what happened to that old ammunition box that was securely locked and stored under my bed when I left Mt. Vernon to attend the University of Kentucky. My childhood treasures and my comic book collection somehow disappeared after I moved to Lexington. I suppose my mother got tired of dusting that old wooden box and moved it to the attic in our house.

At any rate, what a treasure chest it would be today. I looked up the prices of some of the comics that I had in the late 40's and early 50's to discover that the prices today would range from \$23 to a whopping \$6,100. Many of the original edition Classic Comics in near mint condition

(which mine were) command prices in the thousands of dollars. But to tell the truth, they are much more valuable as a springboard into those magical memories.

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

## "I See It"

(Cont. from A2)

cheating on their spouse or abandoning their children and families. I also believe cheating or adultery is morally wrong.

Although, I still honor them as armed servicemen, because without them our safety, freedom and rights could easily be taken away from any of us if it wasn't for our veterans who fought to protect them for us.

Regardless of a veteran's or soldier's personal life, which a lot of us may not agree with, I still encourage everyone to remember our veterans for everything they have done for us during their time of service and I also encourage everyone to thank our current soldiers for everything they continue to do for us.

Even though we may not honor veterans for the decisions they have made in their personal lives, we must still honor them for the decision they made in joining the United States military.



Braxton James Hensley was born August 29, 2012 to Stephanie and AJ Hensley. He weighed 7 lbs. 13 3/4 ozs. He was welcomed home by four brothers, Dalton, Jaden, Aston and Colson. His proud grandparents are Edna Newcomb, Johnny Newcomb and Rodney Johnson and Lisa of Nicholasville and Deanna Cameron Mays and Gary Mays. He is a great grandson of Oscar and Wanda Hensley, Earl Cameron and the late Pat Cameron and Andrew and Louise Johnson of Richmond. He has special cousins, Kelly and Hunter Newcomb and Aunt Kasey and Uncle Doug.



**Who is This?**  
When just a teen Rockcastle's own beauty queen Though it wasn't handy, Went to Vandy. Then in our memory, Law School at Emory! In '98 she wore a veil and changed her name to Playle. Now, Lordy Lordy! Angela is Forty!

**Lordy Lordy Look Who's 40!**  
**Cowboy Billy Todd!**  
**From Guess Who!**



Happy 79th birthday to our Great Granddad, Big Pap (aka Paul Cummins), who is shown in this picture with our Great Great Aunt Helen and Great Great Uncle Robert. We love you Big Pap and love it when you come to watch us play ball! From: Ethan, Noah, Lincoln, Zeke and Cal.

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• 9th Annual •

# JINGLE BELL Run/Walk

December 1, 2012 Renfro Valley, KY

**ROCKCASTLE REGIONAL HOSPITAL** RESPIRATORY CARE CENTER

**COUNTY-WIDE Stride** 2012 Run/Walk Series

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

**Proceeds benefit long-term care residents' "Miracle Fund" at Rockcastle Regional Hospital & Respiratory Care Center**

**Event Details:**

- Date: Saturday, December 1, 2012
- Place: Renfro Valley Entertainment Center
- 6K Run/Walk to begin at 8:30 am EST
- Race-day registration opens at 7:30 am
- \$20 pre-registration fee *before Nov. 27*
- \$25 registration fee on race day
- Register on-line at: [rockcastleregional.org/jinglebell6k](http://rockcastleregional.org/jinglebell6k)

*available on race-day while supplies last.)*

- Door prize drawings (*Must be present to win. Registration form is drawing entry.*)
- **Santa's Surprise Gift Grab** – as always, gift packages will be scattered along the course for participants to scoop up. Gifts may contain cash, gifts or coal!
- Hospitality area with refreshments and snacks

**Course:**  
The 6K Run/Walk highlights historic Renfro Valley. Aid and water stations will be located at the turnaround. Officials will direct and supervise the course. The Run/Walk will start and finish at the Renfro Valley Entertainment Center.

**Awards:**  
Overall male and female race winner, fastest male and female walker, and the top three male and female finishers in each of the following age groups: 12-under, 13-17, 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, and 70+ (Walkers also eligible for age group awards)

**Unique Reasons to Participate:**

- \$100 cash prize to fastest male and female
- Free long-sleeve t-shirt for all participants (*It is recommended that you pre-register to guarantee your shirt. Shirts*

**Questions/Information:**  
For more information contact Susan Turley at (606) 256-7746 or [s.turley@rhcc.org](mailto:s.turley@rhcc.org).

**2012 Jingle Bell 6K Run/Walk Registration**

Name _____	<i>On-line registration is available <a href="http://rockcastleregional.org/jinglebell6k">rockcastleregional.org/jinglebell6k</a></i>
Run <input type="checkbox"/> Walk <input type="checkbox"/> Age _____ Sex _____	<b>Make Checks Payable to:</b> Rockcastle Regional Hospital
Address _____	<b>Send this form &amp; payment to:</b> Susan Turley Rockcastle Regional Hospital P.O. Box 1310 Mt. Vernon, KY 40456
City _____ State _____ Zip _____	<i>(Fees are non-refundable)</i>
E-mail _____	
Would you like to receive info about our future events? Yes <input type="checkbox"/> No <input type="checkbox"/>	
Phone ( _____ ) _____	
T-shirt Size: <input type="checkbox"/> Youth S <input type="checkbox"/> Youth M <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> 2X	
How did you hear about the race? _____	
<b>Amount Enclosed (check one)</b>	
Pre-Registration ( <i>must be postmarked by November 27</i> ) <input type="checkbox"/> \$20.00	
Registration on raceday <input type="checkbox"/> \$25.00	

**Please read this waiver carefully**  
Release and indemnity agreement – Running and/or walking a distance race is a potentially hazardous activity. I should not enter and participate unless I am medically and physically able, and properly trained. In consideration of entering the 6K Run/Walk and intending to be legally bound, I do release and waive for myself and for my heirs, executors, and administrators (and for my child as its legal guardian) and claims for damages and liabilities of any kind arising out of my participation in the event against all persons, entities, and agencies involved with promoting and running the event, including Rockcastle Regional Hospital and Respiratory Care Center, Renfro Valley Entertainment Center, and all Sponsors. I hereby release all publication rights of any photographs or video taken at this event. By signing below, I indicate that I agree to abide by this agreement and acknowledge that I ASSUME ALL RISK ASSOCIATED WITH PARTICIPATING IN THIS EVENT.

Date \_\_\_\_\_

Participant(s) Signature (Or parent's signature if under 18) \_\_\_\_\_

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# CHURCH NEWS

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

**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.

**Revival**  
Revival will be held Nov. 16-18 at Faith Chapel Pentecostal with Bro. Mike Burger evangelist.

Pastor Jack Carpenter and congregation welcome everyone.

**Benefit Auction**  
A Benefit Auction will be held Dec. 7th, beginning at 7 p.m. at the East Bernstadt Fire Dept by The Great Commission Missionary Group.

All proceeds will be used to purchase Bible and food for missionary work on the Tapajos and Arapiuns River in Brazil.

Concessions will be available.

For more information, call Tim and Tammy Renner at 606-687-0295 or 606-219-0584.

**Thanksgiving Gospel Singing**

Word of Faith Pentecostal Church in London will hold their Annual Thanksgiving Gospel Singing on Friday, November 23, 2012.

Featured singers will be The Singing Cookes, The Cooke Brothers and The Barrett Family. Also appearing will be Parkway Baptist Youth Choir of Barbourville.

There will be no admission fee. A love offering will be taken.

For more information or directions, call 606-598-9265.

**Gospel Singing**

There will be a Gospel Singing at McNew Chapel Baptist Church on Sat., Nov. 17th at 7 p.m., featuring 29 Strings.

Pastor Jerry Ballinger and congregation welcomes everyone.

*Subscribe to the Signal*

## Cards of Thanks

### Marion Monroe Woodall

The family of Marion Monroe Woodall would like to express their appreciation to everyone who was so kind and thoughtful during his passing.

Thank you to the pallbearers: Ronnie Blackwell, Luke Linville, Sean Linville, Rick Shearer, David Woodall and Elmer Woodall.

A special thanks to Bro. Bruce Ross and Ronnie Blackwell for officiating the service.

Also a special thanks to Drs. Arvin, Stewart and Huffman, all our relatives and numerous friends.

Monroe was greatly loved and will be missed by family and friends.

May God bless each and everyone of you.

The family of Monroe Woodall

### Roger Ely

The family of Roger Ely would like to express their great appreciation to all who prayed and for everything done during his illness and death.

We would like to thank all who visited and brought food during our loss. Also, the staff at Rockcastle Hospital, Dowell and Martin Funeral Home, Bro. Lonnie McGuire and Brush Creek Holiness Church, Bro. Jack Carpenter for everything, the singers for their beautiful songs. We so deeply want to say thank you all for everything.

God Bless You All,  
Wanda, Melinda & family

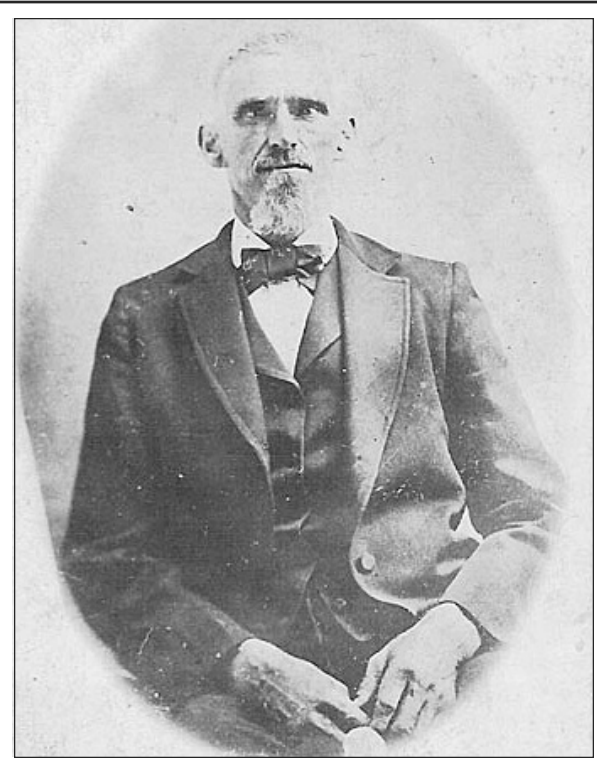


## Blast from the Past!!!

This week's photographs are of two Rockcastle County Civil War Veterans. These gentlemen were close friends and strong supporters of the Baptist faith here in the county but fought for different sides in the War Between the States. If you have a photograph for Blast From The Past, contact David Owens at 606-256-9870 or scoopowens24@yahoo.com.

Photo at left: John C. Carmical, 7 May 1838-11 Oct 1906. Mr Carmical served as a private in Company I, 3rd Kentucky Infantry (Union). He was the first pastor of the First Baptist Church in Mt. Vernon and oversaw the moving of the church from Church Street to its current location on West Main. Although a strong Baptist, his wife was a Presbyterian as Mr. Carmical is buried in the old Presbyterian Church Cemetery on West Main in Mt. Vernon.

Photo at right: Thomas Stallworth 1838-6 Jan 1904, was a private in Company C, 59th Tennessee Mounted Infantry (Confederate). Mr. Stallworth was a Deacon at the Pine Hill Missionary Baptist Church and is buried in the Pine Hill Cemetery.



## First Annual Rockcastle's Got Talent was a success

The newly-formed organizations, the Livingston Community Lions Club and R U Safe? combined efforts to sponsor the first annual "Rockcastle's Got Talent" on October 20, 2012, at the Rockcastle County High School auditorium.

There was a variety of acts to perform. In the Children's "Under 12" division, Lincoln Hines won first place, with Aden Amburgey coming second. The Duet division had Team Praise with Isaac Day and Vanessa Cromer as first place winners. In the Teen Soloist division, Julianna Singleton won first place with a piano solo and was the overall winner. Monica Gray took second place. The Adult Soloist division had Melissa Benson winning first, and Courtney Hale coming in second. Kentucky Romp and Stomp won the group division.

The Livingston Community Lions Club and R U Safe? wish to thank all of those who made this evening a success, especially those who performed and those who came out and supported. This was a new event to the area, and one with hopes to be held annually. Next year's show hopes to be bigger and better with even better awards and prizes.

### An encouraging word:

## A Day on Which We Remember

By Howard Coop



As I pushed a cart through the grocery store looking for items on my shopping list, I saw movement in another aisle that caught my atten-

tion. Another man pushing a cart was looking for items on his shopping list. But there was a difference. He appeared to walk with ease but on two artificial limbs. And I wondered.

They are all around us. Every day, in one way or another, we come into contact with them, greet them, and engage them in conversation. For the most part, they are just one of us--ordinary folk who live and work in our midst as our neighbors, our friends, and, maybe, even members of our extended family. But there is one thing that sets them apart and gives them their uniqueness: They are military veterans who--sometimes in time of crisis--served our country in some branch of the military.

Their service, noble in our eyes and sacrificial to them, helped to keep this land we love safe and preserve the precious freedom we, as citizens of the United States of America, have enjoyed since 1776 when independence was declared from Great Britain and a new nation, "conceived in liberty, and dedicated to the proposition that all men are created equal," was established.

Since June 1, 1954, when President Dwight D. Eisenhower signed a bill, passed by both houses of the Congress and sent to his desk, naming November 11 Veterans Day, that day has been a set apart as a national holiday. But it is more; it is a special day on which we of this land remember, with gratitude and appreciation, the unselfish service and personal sacrifice of veterans living in our midst who, without hesitation, reported for duty, obeyed orders, faced life-threatening danger, and went wherever duty required to defend and protect our beloved land and preserve the precious freedom we enjoy every day as citizens of this great land.

Because of their service to our country, veterans deserve our deepest appreciation and respect.

## Deadline for next week's paper is 4 p.m. Monday

### Commonwealth of Kentucky 28th Judicial Circuit Rockcastle Circuit Court • Division I Civil Action No. 12-CI-00162

Bank of America, N.A. Plaintiff

v.

Chad Neal, et al Defendants

### NOTICE OF SALE

Pursuant to a judgment and order of sale entered in this action on September 28, 2012 for the purpose of satisfying the judgment against the defendants in the amount of SEVENTY TWO THOUSAND FIVE HUNDRED SIXTEEN DOLLARS AND 98/100 (\$72,516.98) 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, November 30, 2012  
Beginning at the Hour of 11:30 a.m.

Said property being more particularly bounded and described as follows:

326 Brooklyn Drive, Mt. Vernon, KY 40456  
Being Lot Number 46, 46A and 47 as shown by plat of lot division for Benton Bullock, Freedom School Road, Phase #2, Plat Book 4, Slide No. 387, dated July 6, 1994, of record in the Rockcastle County Clerk's Office. Reference is made to said plat for a more complete legal description of said lot.

Included is a 1997 Clay 28x56 manufactured mobile home, Serial No. CAP003580TNAB, Title No. 090261010012, which has been affixed to the property and converted to real estate.

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

Being the same property conveyed to Chad Neal and wife Judy Neal by deed dated September 26, 2008, executed by Willie Shawn Thacker, et ux. of record in Deed Book 223, Page 698 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



The youth at Wildie Christian Church honored veterans and their families on Sunday, November 11th. Following breakfast our veterans were treated to a program of music and poetry during morning worship where they were recognized for their service to our country.



Jesus said, "Let the little children come to me... for the kingdom of heaven belongs to such as these." Matthew 19:14

Operation Christmas Child brings joy and hope to children in desperate situations worldwide through gift-filled shoe boxes and the Good News of God's love. Here is how you can pack a shoe box and make a difference in the lives of those children:

**Pack A Shoe Box:** Use an empty shoe box (standard size) or plastic container. Determine whether your gift will be for a boy or girl, and the child's age category: 2-4, 5-9, or 10-14, then fill the box with gifts. Some suggestions are:

**School Supplies** (pens, pencils, crayons, markers)

**Toys** (small cars, balls, dolls, stuffed animals, yo-yos, jump ropes)

**Hygiene Items** (toothbrush, toothpaste, mild soap, comb, washcloth)

**Other:** hard candy and lollipops, mints, gum, T-shirts, socks, ball caps, sunglasses, hair clips, toy jewelry, watches, flashlights with extra batteries

Include \$7 (make checks to Samaritan's Purse) to help cover shipping and project costs.

### HOURS OF OPERATION:

- November 12: 9am-3pm
- November 13: 9am-3pm
- November 14: 1pm-8pm
- November 15: 9am-5pm
- November 16: 9am-3pm
- November 17: 9am-12pm
- November 18: 3pm-7pm
- November 19: 9am-12pm

OPERATION CHRISTMAS CHILD  
SHOE BOX DROP OFF:  
First Baptist Church  
340 West Main Street  
Mt. Vernon, KY 40456  
For more information call (606)256-2922



**“Cram the Cruiser” food drive...**

Kentucky State Police kicked off their third annual ‘Cram the Cruiser’ food drive this week. Food collection sites have been established at all 16 posts throughout the state and at the Headquarters location in Frankfort. The campaign extends through December 14, and is designed to collect non perishable food items for needy families. The food will be distributed to local shelters, churches or other organizations serving those in need during the holiday season. Suggested donations include canned fruit and vegetables, canned meat, macaroni and cheese, cereal, peanut butter, jelly, canned soups, chili or spaghetti sauce, brownie and cake mixes, coffee, water, powdered milk and juices. Last year KSP collected 50,931 pounds of food. Visit the KSP website at kentuckystatepolice.org for a listing of the post locations.

**“Court”**  
(Cont. from front)

zones, massive fill requirements, sight distance problems and, at one site on Loman Hill, impacting the water source of King Bottling. Ballinger told the court that the Mullins property had utilities readily available, good visibility, great security because of nearby neighbors, location on a state highway (1912) and minimal grading needed for construction. He also pointed out that the new building would create the only public building in Eastern Rockcastle County which would, no doubt, become a hub for public functions. In an update to the court on the formation of the department, Ballinger said there were presently over 30 members actively undergoing training to acquire the needed 150 hours for state certification and over 10 members attended the Kentucky Fire Commission State Fire Rescue Training in October. Ballinger also pointed out that the new department obviously had the support of the community since a June horse ride fundraiser netted the department \$1,000. He also told the court that the department already had one fire truck, extrication equipment and lots of gear that cannot currently be accepted because there is no place to store it. The Climax area has a population of 2,500. A poll of the magistrates by County Judge/Executive Buzz Carloftis brought a consensus of approval of the site and the purchase of the property was passed unanimously. The site of the voting precinct for Orlando was discussed during the meeting with County Clerk Danetta Allen. The precinct has been moved to Mt. Vernon Elementary and, Allen said, she realized that voters in the precinct were “highly in favor” of a precinct in the Orlando area. “We have a dead year for elections in 2013,” Allen told the court “which gives us some time to find a suitable location.” The pay for election officials was brought up by Magistrate Lee Earl Adams and Allen was asked to call surrounding counties to see what their pay for officials is and report back to the court. Adams also brought up the Cass Bridge in Brodhead, which he said is in bad need of repair. Adams reminded the court that they had a quote from Kevin Hopkins of Lincoln County to put a new deck and wing walls on the bridge for \$19,500.

Carloftis agreed to contact Rick Long with the state transportation department and ask if the bridge would qualify to be replaced under a plan whereby the state would pay 80% of the cost and the county 20%. The court also discussed the purchase of new playground equipment for Livingston and the construction of some primitive campsites, in order to comply with requirements for the naming of Livingston as a “Trail Town.” Carloftis told the court that there were grants available to acquire new equipment from Little Tykes toy company but that the cost of the equipment would probably still be less if the county purchased the equipment themselves instead of from Little Tykes which gives out the 30% discount grants. Carloftis said the old Livingston playground had to be dismantled, mainly because of safety concerns and that the county would use that same site, for now, for the new equipment and for the campsites with a permanent location to be acquired later. During the financial part of the meeting, the court approved the transfer of \$50,000 from the occupational tax fund to the jail fund.

**“Indicted”**  
(Cont. from front)

Buffalo Hollow Road, Berea; Crystal G. Thomas, 335, 124 Pennington St., Berea; Elizabeth N. Akers, 32, Flat Gap Road, Berea; Michael A. Durham, 26, 220 Mary Street, Berea; Timothy Lainhart, 25, 232 Beechwood Drive, Berea; Renea Bell, 28, 330 Dripping Springs, Crab Orchard and Sharon Shelly, 29, 100 Logan Court, Berea. All 11 defendants were placed under a \$20,000 cash/property bond. Other indictments handed down included: Jason A. Ruch, 27, Wewton, NC, indicted on four counts: trafficking in a controlled substance, operating a motor vehicle under the influence of alcohol/drugs, tampering with physical evidence and trafficking in marijuana. His bond was set at \$50,000 cash/property. Christopher D. Riddle, 23, 345 Paul Street, Mt. Vernon was indicted on one count of assault, second degree and his bond was set at \$25,000 cash/property. Jake Wagers, 54, of 427 Sowder School Road, Mt. Vernon was indicted on seven counts. Three of the counts were for wanton endangerment, first degree. He was also indicted for leaving the scene of an accident, operating a motor

vehicle on suspended or revoked license, fleeing or evading police and operating a motor vehicle under the influence of alcohol/drugs. Wagers bond was set at \$50,000 cash/property. Dallas R. Clifford, 39 of 335 Skyline Road, Mt. Vernon, was indicted on three counts, including possession of a controlled substance, operating a motor vehicle under the influence of alcohol/drugs and tampering with physical evidence. Clifford’s bond was set at \$25,000 cash/property. Steven E. Coffey, 26 of 20 Topaz Lane, Berea and Nathan L. Gadd, 32, of Becky Lane, Brodhead were named in a joint indictment on two counts, one for manufacturing methamphetamine and the other for tampering with physical evidence. Both men were placed under a \$25,000 cash/property bond.

**“Arrest”**  
(Cont. from front)

performing field sobriety tests. Officers also observed an open beer can and a marijuana pipe in the center console of the vehicle. Officers then used Mt. Vernon Police Canine Lakey to search the vehicle. Lakey alerted officers to the center console where a marijuana pipe and two red containers containing marijuana were found. Bird was charged with DUI, possession of marijuana, drug paraphernalia and possession of open alcohol beverage container in a motor vehicle. Bird was lodged in the Rockcastle County Detention Center where he was later released on a \$3,000 surety bond.

**“Rite Aid”**  
(Cont. from front)

After initiating the traffic stop, Fletcher couldn’t find the two tablets inside Gadd’s vehicle. Fletcher then requested assistance from officer Nathaniel Price and Deputy Sheriff Shannon Franklin in order to be able to interview witnesses and watch the suspect. Upon further investigation, employees of the Mt. Vernon Dry Cleaners told officers they saw Gadd throw two white boxes inside their plastic trash bin before officers arrived. Inside the plastic trash bin, officers found two white boxes, each containing a Craig Android tablet. After further questioning, Gadd told officers she took the tablets from Rite Aid so she could give them to her children. Gadd was charged with theft by unlawful taking/sophlifting and was lodged in the Rockcastle County

Detention Center where she was later released on a personal recognizance bond.

**Christmas Open House Pappy & Mamma’s Place**  
Water Plant Road, Renfro Valley, Ky.  
**Thursday, November 15th**  
**10 a.m. to 5 p.m.**  
*All proceeds go to Relay for Life*

**LOST DOG**  
Brindle Pit Bull/Lab mix last see in Orlando area. Reward offered. Call Marie Poynter 606-308-0068.



**Tom Henry Laswell, of Willailla, was the lucky winner of the Halloween Treat Bag given away during this year’s Halloween on Main.**  
*He is shown being presented the bag by Danette Craig, Pharmacist/Owner.*

**Main Street PHARMACY**  
*The People You Know...The People You Trust*  
**Main St. • Mt. Vernon • 256-0475**  
*Danette Craig, Pharmacist/Owner*

**“Vanzant”**  
(Cont. from front)

deposit for the trip and that 80 were needed to warrant two buses being taken on the four day trip. Total cost of will be between \$800 and \$900.

Vanzant’s opposition to approval of the trip centered around the board supporting an event for “50-60 kids and other children can’t go and I think the price is high.”

However, Goff said she felt that it wasn’t fair that ball teams got a full week of spring break, when other students didn’t, so they could go to Florida for spring training and that if the New York trip wasn’t approved then “how can the board approve trips for sports?” Goff also pointed out that money raised by individuals through fundraisers can be designated to other students who do not have enough funds from parents to pay for the trip.

Even though she voted against the motion to approve the trip, Angela Mink said she actually didn’t have a problem with students going on the trip but also didn’t like the idea of all students not getting to go.

Board member Mike Burdette told the board that his class went on a senior trip and it was “the best trip of my life. I bonded with kids that I had been in school with for years.” Following the vote to approve the trip, the board then took a vote to approve various fundraisers proposed, including for the senior trip, and this motion was also approved.

Following that vote, Vanzant told the board that since their board team commitments called for supporting each other, he would be resigning his position on the board, effective Wednesday, since he could not support the majority vote on this issue. Vanzant, who has served 15 years on the board, presently lives in the Orlando area and won reelection to another term in the general election as the board member from that area.

However, he recently bought property in Hunter Ridge Subdivision and plans to move there in the near future. This would

have necessitated his resignation because of his moving out of the district from which he was elected.

Instructional Supervisor Jason Coguer provided the board with additional assessment training on the new testing system which brought the district’s ranking down from their usual upper echelon ranking.

Coguer told the board that the new system was totally different from the previous test. He said that under the new system, standards increased, the test was more rigorous and the grading formula was different.

He said one of the advantages of the new test was that scores could be broken down to grade levels and “schools can now associate date to faces and names.”

Rockcastle County High School, which was the only “Needs Improvement (Focus School)” in the county because they scored three points under the standard deviation in reading and language mechanics, would be presenting a 90 day plan to administrators by the end of November and, if approved, would be held accountable for implementing the plan.

Pensol told the board that the expected improvement on test scores was one point a year on total test scores but he felt that this was too low an expectation. “We will do better than that,” he told board members.

Under the superintendent’s personnel actions report, Andrew Cash was employed as an LBD teacher at Mt. Vernon Elementary and Linda Osborne, Rick Barnett, Melinda Osborne and Sharon Lovell were all approved as substitute teachers.

**USPS Opening**  
The United States Postal Service is now accepting applications online for a limited time for: **Postmaster Relief - Wildie Post Office**. The schedule is Mon-Sat, noon to 2 p.m. Salary is \$11.76 per hour. For more information, contact James C. Anderson at 606-256-2717. All applicants must apply online at [www.usps.com/employment](http://www.usps.com/employment). Job posting period is 11/15/2012 thru 11/23/2012.

# Prayer rallies to ignite "Fire in the Mountains"

Children are suffering and lives are being lost because of substance abuse.

Residents of southern and eastern Kentucky are asked to come together as one at 3 p.m. on Sunday,

November 18, to pray about drug abuse, addiction and recovery. "It's time to cry out in

prayer," said Karen Kelly, director of Operation UNITE. "We are losing 82 lives per month to drugs. Children are starting to experiment with drugs before they are even teenagers. This is a horrific problem that requires a community-wide response to prevent."

These free regional "Fire in the Mountains" events will be held for people of all faiths at the Eastern Kentucky Expo Center in Pikeville, Somerset Christian School in Somerset, and at the Old Corbin Civic Center in Corbin.

"We hope these rallies will spark opportunities to make a difference in people's lives, whether through prevention, treatment or support for those dealing with addiction-related issues," Kelly said. "We envision these rallies as a starting point for continued prayer and commitment in every county throughout southern and eastern Kentucky."

Each program will feature prayers led by representatives from many segments of the community as well as special speakers and worship selections.

John Hale, principal of Somerset Christian School and chair of the Rockcastle County UNITE Coalition, will convey the welcome in Somerset.

*Deadline for next week's paper is 4 p.m. Monday due to Thanksgiving holiday*




The RCMS Choir performed "The Battle Hymn of the Republic" during the annual "Celebration of Veterans Day" event last Friday at the RCMS gymnasium in Mt. Vernon. The RCMS Choir is directed by music teacher Cassandra Smith.



Retired RCMS teacher Pam Martin also spoke to the crowd about her family's military experiences while her father, Alfred Cummins, served in Alaska during his armed service career.

**Livingston Fire & Rescue**  
**TURKEY SHOOT**  
**DAVID MASON'S GARAGE**  
 North of Livingston on U.S. 25  
**Saturday, Nov. 17th and**  
**Saturday, Nov. 24th**  
**Beginning at 10 a.m.**  
*410-16-20-12 Gauge Shotguns Only!!*  
**\$2 a shot**  
 Shells furnished by fire department.  
 Concessions will be sold.

**M Andrew Durant OD**  
 • Comprehensive Eye Exams  
 • Contact Lenses  
 • Treatment of Eye Diseases  
 • Evening Appts. Available  
**116 Mini Mall Dr. • Berea**  
 (Next to Berea Optical)  
**859-985-0078**



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

**Mastercraft TIRES**  
 GET UP TO A **\$75**  
 Visa® reward card by mail when you buy a new set of qualifying Mastercraft tires.

Get up to a \$75 Visa® reward card by mail when you buy a new set of four Courser H5XTour™, Avenger Touring LSR™, Courser HTR™ or HTR Plus™, Courser AXT™ or Courser C/T™ Tires.

Courser AXT	\$75
Courser C/T	\$75
Courser H5XTour	\$50
Avenger Touring LSR	\$50
Courser HTR & HTR Plus	\$50

Promotion valid from October 15 thru November 30, 2012.




State House Representative-elect David Meade was the guest speaker during the annual "Celebration of Veterans Day" event last Friday at the RCMS gymnasium in Mt. Vernon.

**Replacement Windows**  
**\$189 Installed** COMPARE AT \$600  
 Any Size White Vinyl Double Hung Insulated  
 \*Maximum size 4ft. x 6ft. Ask for details.

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**0% FINANCING AVAILABLE**

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 WINDOWS • SIDING • GUTTERS • DOORS



**BISHOP TIRE & TRUCK ACCESSORIES**  
**606-256-4029**  
 Open Monday - Friday 8 a.m. to 6 p.m. • sales@bishoptires.com

## First annual Gobble Go Go 5K is this Saturday

The first annual Gobble Go Go 5K will be held at Renfro Valley this Saturday. Registration opens at

7:15 a.m. and the race starts at 8 a.m. Cost is \$20 and proceeds benefit local elementary girls' running program.

Overall male and female winners will be awarded and the first three finishers in each age division will get medals. Awards will also be given to the fastest male and female walker.

The Gobble Go Go 5K is the 11th of 12 races in 2012 as a part of the "Countywide Stride Race Series" organized by Rockcastle Regional Hospital to spur the community to increased physical activity. For more information call Susan Turley at 606-256-7746.

### USPS Opening

The United States Postal Service is now accepting applications online for a limited time for: **Postmaster Relief - Wildie Post Office**. The schedule is Mon-Sat, noon to 2 p.m. Salary is \$11.76 per hour.

For more information, contact James C. Anderson at 606-256-2717. All applicants must apply online at [www.usps.com/employment](http://www.usps.com/employment). Job posting period is 11/15/2012 thru 11/23/2012.

### LOST DOG

Brindle Pit Bull/Lab mix last seen in Orlando area. Reward offered. Call Marie Poynter 606-308-0068.



Plan your next Christmas get-together, family reunion, wedding reception, meeting, at the

# Lair House

located in historic Renfro Valley

Call **606-256-1000 • 877-356-3263**

for information & reservations

Listed on the National Register of Historic Places  
 Owned and Operated by the Kentucky Music Hall of Fame

## HONEYBAKED TO THE RESCUE

*Your family makes the holiday. We make the meal.*



**\$7 OFF** Bone-In Half Ham 8 lbs. or large  
**\$3 OFF** Half or Whole Boneless Ham

**HONEYBAKED** The world's best ham

Mount Vernon Signal Offer expires 12/31/12. Must present coupon at time of purchase to receive offer. May not be combined with any other offer. One coupon per customer per visit. While supplies last.

London/Corbin Pick-up Location  
 I-75 Exit 38 at entrance of St. Joseph Hospital  
 1813 S. Hwy. 27 • Somerset, KY 42501 • Next to Cracker Barrel  
**For Reservations call 606-677-1241**



# Rockcastle Adult and Community Education

## RECEIVE THE Gift of Education



### Need to Brush Up on Your Skills?

#### Mondays & Wednesdays

Basic Math 9:00 am – 12:00 pm  
Basic Language 12:30 pm – 3:00 pm

#### Tuesdays & Thursdays

Advanced Math  
9:00 am – 12:00 pm

Advanced Language  
12:30 pm – 3:00 pm

#### Fridays

Success Lab  
9:00 am – 3:00 pm

#### Intro to Computer Literacy

**(Evening Sessions)**  
Mondays – 4:30 pm – 7:00 pm  
Class dates:  
November 26<sup>th</sup>  
December 3<sup>rd</sup>  
December 10<sup>th</sup>

#### Open Computer Lab

Do you need access to technology?  
Visit Rockcastle Adult Education for  
our open computer lab and study  
center.

Tuesdays - 3:00 pm – 7:00 pm

#### Financial Literacy Workshop

Thursdays 12:30 pm – 2:30 pm  
November 29<sup>th</sup>  
December 6<sup>th</sup>  
December 13<sup>th</sup>

#### Looking for a job?

The National Career Readiness  
Certificate can help YOU stand out  
from the crowd! Let us help you earn  
a Silver, Gold or Platinum Certificate  
that may help you with your next job  
or promotion!

## Enroll Today!

#### Enrollment and Orientation

**(Evening Session)**  
Tuesdays - 5:00 pm - 7:00 pm  
Class dates:  
November 27<sup>th</sup>  
December 4<sup>th</sup>  
December 11<sup>th</sup>

#### Enrollment and Orientation

**(Daytime Sessions)**  
Tuesdays - 9:00 am – 11:00 am  
Class dates:  
November 27<sup>th</sup>  
December 4<sup>th</sup>  
December 11<sup>th</sup>

#### Enrollment and Orientation

**(Weekend Sessions)**  
Saturdays - 9:00 am – 11:00 am  
Class dates:  
November 17<sup>th</sup>  
December 1<sup>st</sup>  
December 8<sup>th</sup>

## GED Series

#### GED Math/College Tutoring

Tuesdays – 4:00 pm – 5:30 pm  
Class dates:  
November 27<sup>th</sup>  
December 4<sup>th</sup>  
December 11<sup>th</sup>

#### GED Science/College Tutoring

Tuesdays – 5:30 pm – 7:00 pm  
Class dates:  
November 27<sup>th</sup>  
December 4<sup>th</sup>  
December 11<sup>th</sup>

#### GED Essay Writing/College Tutoring

Thursdays – 4:00 pm – 7:00 pm  
Class dates:  
November 27<sup>th</sup>  
December 4<sup>th</sup>  
December 11<sup>th</sup>

## Save the Date! Rockcastle GED Exams

Get started now with enrollment and  
orientation to take your GED exam!

**Spring 2013**  
February 6<sup>th</sup> & 7<sup>th</sup>  
April 17<sup>th</sup> & 18<sup>th</sup>



## Pick a class or two and call 256-0218 to enroll.



Anyone who completes a post-assessment by  
December 12th will be in a drawing for a  
**\$50 Wal-Mart Gift Card**  
Drawing to be held on December 13th.

# (606) 256-0218

Rockcastle Adult Education Center | 955 West Main Street-Mt. Vernon, KY  
www.rockcastleadulteducation.com

# Rocket Madness held Tuesday night



Lady Rocket senior Michaela Hunter directs traffic at the point during Rocket madness Tuesday night. The Lady Rockets will kick-off their season at home against Wayne County on Tuesday November 27th at 7:15 p.m.



Lady Rocket Senior Sara Adams attempts to go around Lady Rocket junior Hannah Sowder during Rocket Madness Tuesday night.



Rocket senior John Curtis Wilson is shown playing defense against Rocket junior Gage Reynolds during Rocket Madness.



Rocket sophomore Sam Pensol attempts to drive the lane against three Rocket defenders during Rocket Madness Tuesday night. The Rockets will kick-off their season at home against Clinton County on Monday November 26th at 6:30 p.m.



Tony Mahaffey, of Mt. Vernon, killed this 12 point buck with a bow on November 6th in Jackson Co.



A large crowd gathered for the annual Rocket Madness Tuesday night at the RCHS gymnasium in Mt. Vernon. The event is held each year to officially kick off the Rockets and Lady Rockets high school basketball season. The event featured an introduction of the players and a scrimmage between the teams.

## Hammond gets 20 and Player of the Game in Louisville's win over Texas A&M

It was a battle of two top 15 teams, as #15 Texas A&M visited #9 Louisville in the Lady Cards home opener.

Behind the play of sophomore Sara Hammond, UofL led 31-21 at the break, and by as many as 14, 37-23, early in the second half. That's when A&M (2010-2011 National Champs), turned up the defense and inserted a 6'7" post to go along with a 6'4" post. That size advantage helped A&M get a lot of second chance baskets and take a 44-41 lead late in the game.

A steal and layup by sophomore Jude Schimmel, with under 30 seconds left

in the game, gave Louisville the lead, and win 47-45.

Hammond who battled not one but two post players was named Player of the Game, finishing with 20 points, 13 rebounds, 1 blocked shot and two steals.

Sara, one of three sophomores in the starting lineup, followed that up with 6 points, 9 rebounds, 2 blocks, 2 assists, and 3 steals in just 23 minutes in the Lady Cards 95-46 drilling of Portland University.

The next home game is November 28 vs ECU at 7:30. The UK game at Louisville on December 2 has been changed to 6 p.m.

*submitted*



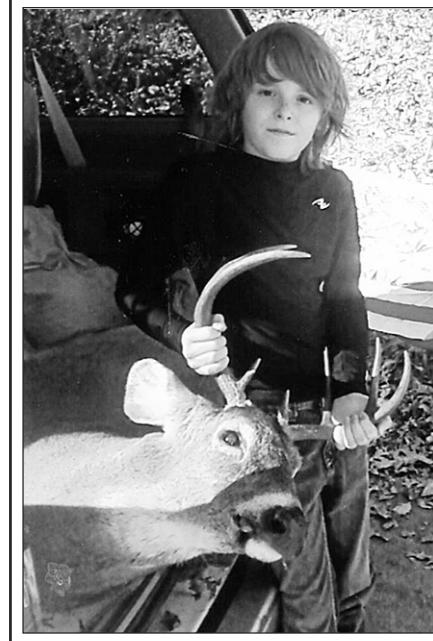
Hammond goes to the basket for two of her 20 points against Texas A&M.



Jacob McGuire, 12 years old, killed this 5 point buck while hunting with his mother, Sheila McGuire, November 13th in Rockcastle County.



Michael David "Bubba" Lovell killed this 8 point buck along with his daughter, Alexis Lovell, in Carter County November 11th. *Congrats Bubba & Lexi*



Cody Tillett, 11 years old, killed his first deer, this 8 point buck Saturday while hunting in Cove Branch.



Tiffany Barron killed her first buck, this nice ten point, Sunday, November 11th while hunting in Sand Springs with her boyfriend, Jesse Hayes.

Congratulations Jayce Anthony Bowles for taking his first deer at the age of 6.

Jayce killed this 7 point buck on a youth hunt in Carter Co. on November 3rd.

A special thanks to his papaw Mark Blanton for taking him on his first hunt. *Jayce, we are so proud of you and we love you very much. Love - Mommy, BJ and Bailey Jo.*



**Deadline for next week's Signal is 4 p.m. Monday**

### First Annual Turkey Trot 5K is next Tuesday

The first annual Turkey Trot Charity Challenge 5K will be held at the middle school track next Tuesday.

Registration opens at 5:15 p.m. and the race starts at 6 p.m. The fee for the race is a six pound (or greater) turkey breast or \$12, which will be used to purchase a turkey breast. All turkey breasts will be given to local needy families for the Thanksgiving holiday.

For more information call Amanda Kerns at 606-682-2918.



### UPWARD BASKETBALL EVALUATIONS

First Baptist Church (340 West Main St. Mt. Vernon)

Saturday, November 17<sup>th</sup>

Between the hours of 10am and 1:00pm.

If your child (Kindergarten - 6<sup>th</sup> grade) plans to play Upward Basketball he/she needs to attend an evaluation so teams can be more evenly drafted and they can be fitted for uniform.

For more information you may contact First Baptist Church at 256-2922 or basketball directors Neil Bray 606-308-3632 and Darren Allen 256-2071



RCMS 8th grader Sierra Mercer battled illness the entire race at the Class 2A State Cross-Country Championships, but still managed a 178th place finish in 24:56.20.



RCMS sophomore Alyssa Cox led RCHS at the Class 2A State Cross-Country Championships with her best-ever state meet finish, placing 83rd overall in an exceptional time of 22:35.14.



RCMS sophomore Samantha Bustle ran well at the Class 2A State Cross-Country Championships and placed 195th overall in 25:37.97.

At her first-ever Class 2A State Cross-Country Championship, RCHS sophomore Tanika Chasteen ran well and finished 186th overall in 25:07.85.



The RCHS girls' cross-country team closed out a great season with a 23rd place finish overall at the Class 2A State Cross-Country Championships this past Saturday at the Kentucky Horse Park in Lexington. Pictured are from left: Tanika Chasteen, Bryonna Cromer, Rakhi Patel, Alyssa Cox, Sierra Mercer, Samantha Bustle, and Rachel Cain.



RCHS senior Bryonna Cromer had her best-ever finish at the Class 2A State Cross-Country Championships, placing 89th overall with a great effort of 22:42.65.



RCHS sophomore Rachel Cain ran well at the Class 2A State Cross-Country Championships, finishing 113th overall in a great time of 23:17.24.



RCHS sophomore Rakhi Patel finished 147th overall at the Class 2A State Cross-Country Championships with an excellent effort of 24:00.66.

*Deadline for next week's paper is 4 p.m. Monday due to Thanksgiving holiday*

## UPWARD BASKETBALL EVALUATIONS

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## Saint Joseph Berea Foundation

KentuckyOne Health™



26<sup>th</sup> Annual  
**Lights for Life**  
A glowing tribute to a community that cares!

During the holiday season, our thoughts turn to sharing with those who are less fortunate. A \$15\* minimum donation – will recognize a special person at our tree lighting ceremony, in an ad in the Berea Citizen and on an ornament displayed in the front lobby of the hospital. It also provides much needed financial assistance to our patients and families that cannot afford medical care. Lights will remain lit in recognition of your loved ones until January 1, 2013.

**Lighting Ceremony will be Friday, December 7th at 7 pm on the Hospital's front lawn. Refreshments will be provided in the front lobby after the event.**

Please share this season and send in form below with your donations to:  
Saint Joseph Berea Foundation/Attn: Chris Schill  
305 Estill Street, Berea, KY 40403

If you do not wish to purchase a light in remembrance, please consider making a gift to the Patient and Family Assistance Fund.

\*Donations are tax deductible.

### Saint Joseph Berea 26<sup>th</sup> Annual Lights for Life

\$15 Minimum Donation Per Name

Please light a light for (print name(s)): \_\_\_\_\_ Do you want an acknowledgement sent to the family?  
 Yes  No

In honor of...

To: \_\_\_\_\_

In memory of...

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

In honor of...

My/Our Name: \_\_\_\_\_

In memory of...

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

For additional names and donations, please attach a separate sheet.

E-Mail: \_\_\_\_\_

## Rockcastle Health & Rehabilitation Center Annual Tree Lighting Ceremony

Thursday, December 6, 2012

From 6:00pm–8:00pm

All family and friends are invited to attend.

Please RSVP by calling Karrie Thompson at 606-758-8711 before November 28th.



Jesus said, "Let the little children come to me... for the kingdom of heaven belongs to such as these."  
Matthew 19:14

Operation Christmas Child brings joy and hope to children in desperate situations worldwide through gift-filled shoe boxes and the Good News of God's love. Here is how you can pack a shoe box and make a difference in the lives of those children:

**Pack A Shoe Box:** Use an empty shoe box (standard size) or plastic container. Determine whether your gift will be for a boy or girl, and the child's age category: 2-4, 5-9, or 10-14, then fill the box with gifts. Some suggestions are:

**School Supplies** (pens, pencils, crayons, markers)

**Toys** (small cars, balls, dolls, stuffed animals, yo-yos, jump ropes)

**Hygiene Items** (toothbrush, toothpaste, mild soap, comb, washcloth)

**Other:** hard candy and lollipops, mints, gum, T-shirts, socks, ball caps, sunglasses, hair clips, toy jewelry, watches, flashlights with extra batteries

Include \$7 (make checks to Samaritan's Purse) to help cover shipping and project costs.

**OPERATION CHRISTMAS CHILD  
SHOE BOX DROP OFF:  
First Baptist Church  
340 West Main Street  
Mt. Vernon, KY 40456  
For more information call (606)256-2922**

**HOURS OF OPERATION:**

November 12: 9am-3pm  
November 13: 9am-3pm  
November 14: 1pm -8pm  
November 15: 9am-5pm  
November 16: 9am -3pm  
November 17: 9am-12pm  
November 18: 3pm-7pm  
November 19: 9am-12pm

SHOP SAVE-A-LOT FOR ALL YOUR HOLIDAY BAKING NEEDS

# Save a Lot

food stores

## EXTRA SAVINGS

FRESH IDAHO  
**POTATOES**  
  
**\$2.49**  
10 Lb. Bag

FRESH CRISP  
**CELERY**  
  
**69¢**


FRESH SWEET  
**POTATOES**  
  
**39¢**  
Lb.

DOLE COLE SLAW  
**MIX**  
  
**99¢**  
14 Oz. Bag

Assorted Varieties  
**DORITOS**  
  
**2/\$5**  
11.5 Oz. Bag

## EXTRA SAVINGS

HONEYSUCKLE WHITE  
**TURKEY BREAST**  
  
**\$1.59**  
Lb.


SUGARDALE BUTT OR  
SHANK PORTION  
**HAMS**  
  
**\$1.49**  
Lb.

FRESH PORK SIRLOIN  
OR BOSTON BUTT  
**PORK ROAST**  
  
**\$1.59**  
Lb.

FRESH WHOLE BONELESS  
**PORK LOINS**  
  
**\$1.99**  
Lb.

SUGARDALE SPIRAL SLICED  
OR CLIFTY FARMS  
**COUNTRY HAMS**  
  
**\$1.99**  
Lb.

ALL VARIETIES  
BONELESS BEEF  
**ROAST**  
  
**\$2.99**  
Lb.

HILLSHIRE LITTLE  
**SMOKIES**  
  
**2/\$5**  
14 Oz. Pkg.

**BUBBA COLA PRODUCTS**  
2 Liter **79¢** 12 Pack **\$2.69**  
Btls. 12 Oz. Cans  
Assorted Flavors 

AD PRICES GOOD MONDAY, NOV. 12TH THRU SUNDAY, NOV. 18TH, 2012

## SPECIAL BUYS AT SPECIAL PRICES

Wylwood Cut or French Style  
Green Beans, Whole Kernel Or  
Cream Style  
**Corn**  
  
**49¢**  
14.5 Oz. Can

Kaskey's Cream of Chicken or  
**Mushroom  
Soup**  
  
**2/\$1.00**  
10.5 Oz. Can

Asst. Varieties Stuffing on the Side  
**Stuffing  
Mix**  
  
**99¢**  
6 Oz. Pkg.

Ginger Evans Light  
Brown Or Powdered  
**Sugar**  
  
**\$1.69**  
32 Oz. Bag

Kaskey's Chicken,  
**Turkey Or  
Beef Broth**  
  
**2/\$1.00**  
14 Oz. Can

Philadelphia  
**Cream  
Cheese**  
  
**\$1.49**  
8 Oz. Pkg.

Wylwood Cut  
**Sweet  
Potatoes**  
  
**89¢**  
15 Oz. Can

Gold Leaf Frozen  
**Pie  
Shells**  
  
**1.79**  
10 Oz. Pkg.

Libby's Sliced, Crushed or  
**Chunk  
Pineapple**  
  
**99¢**  
20 Oz. Can

Grissom's  
**Brown 'N' Serve  
Rolls**  
  
**99¢**  
12 Oz. Pkg.

Pumpkin, Apple or Cherry  
**Mrs. Smith's  
Pies**  
  
**\$2.99**  
27 Oz. Box

Creamy Whip  
**Whipped  
Topping**  
  
**79¢**  
8 Oz.

WE ACCEPT WIC EBT, DEBIT, VISA OR MASTER CARD AND PERSONAL CHECKS FOR AMOUNT OF PURCHASE

# savings made easy

## Pepsi

6 pk. 24 oz. bottles

**4/10<sup>00</sup>**



We have all your  
fixin's  
for a great  
Thanksgiving  
Dinner



## 9th Annual Jingle Bell 6K Run/Walk drawing near

Lace up your sneakers and grab your Santa hats for the 9th annual Jingle Bell 6K Run/Walk. It's not Christmas Eve, but you may see Santa, some reindeer and even get a present. Enjoy the scenic beauty of Renfro Valley at the 9th annual Jingle Bell 6K Run/Walk on Saturday, December 1st. Young and old alike can walk, jog or run.

Pre-registration (by Nov. 27) is \$20.00. Race-day registration (Dec. 1) is \$25.00. All participants will receive a custom designed shirt. You can register online at [www.rockcastle.org/jinglebell6k](http://www.rockcastle.org/jinglebell6k).

This year's race features \$100 cash prize for the overall top male and female finishers. Santa's Surprise Gift Grab allows participants to pick up gifts along the way including cash, coal or gifts!

Registration begins at 7:30 a.m. on December 1, 2012. The 6K Run/Walk will begin at 8:30 a.m. EST. Awards presentation will immediately follow for runners and walkers.

Aid and water stations will be located at the turnaround. Officials will direct and supervise the course.

All proceeds benefit the long-term care residents of the Respiratory Care Center at Rockcastle Regional in Mt. Vernon. The "Miracle Fund" provides assistance to improve the quality of life of our long-term care residents. In 2011, we donated \$2,300 to the Miracle Fund.

For additional information on the Jingle Bell 6K Run/Walk, contact Susan Turley at 606.256.7746 or [s.turley@rhcc.org](mailto:s.turley@rhcc.org). Race Sponsorships are available to interested business or individuals.

## Two people arrested for meth possession

By: Doug Ponder

Two people were arrested for meth possession last Thursday night after the Mt. Vernon Police Department and Rockcastle County Sheriff's Department raided a home on Acorn Fork Road in Mt. Vernon.

Arrested at the scene were Jeffery Lynn Mullins, 44 and Malana Elizabeth Fletcher, 28, both of Mt. Vernon.

According to Mt. Vernon Police reports, Assistant Chief Barry Adams and Deputy Sheriff Matt Bryant had received several complaints that Mullins was manufacturing meth at the residence.

Upon receiving consent from Mullins to search the residence, officers found a toy tool box containing a plastic bag of suspected methamphetamine and other items used to manufacture meth. Mullins told officers that the plastic bag and other items found inside the toy tool box belonged to him.

Officers also found two zip lock bags of suspected methamphetamine inside Fletcher's metal cigarette case.

Mullins and Fletcher were charged with possession of a controlled substance, first degree. Mullins was also separately charged with possession of drug paraphernalia.

Both Mullins and Fletcher were lodged in the Rockcastle County Detention Center. Fletcher remains lodged on a \$7,500 unsecured bond and Mullins was later released on a \$7,500 unsecured bond.

## Christmas Open House Pappy & Mammy's Place

Water Plant Road, Renfro Valley, Ky.

Thursday, November 15th  
10 a.m. to 5 p.m.

All proceeds go to Relay for Life



Rockcastle County High School football head coach Scott Parkey and players Tyler Smith, Boone Saylor and Eli Haddix present a check to Melissa Brock, Rockcastle Regional Oncology Service Line Manager and Gayle DeBorde, RN, Rockcastle Regional Chemotherapy Clinic. The over \$2,100 donation is proceeds from a pink ROCK t-shirt sale that benefited The Hope Fund, a local cancer patient assistance fund.

## Underway in Renfro Valley

## Christmas in the Valley; A Christmas Tradition

It's that time of year again! Christmas in Renfro Valley is underway. Fans should be ready for familiar holiday hits of the season including "The Most Wonderful Time of the Year" and "I'll Be Home For Christmas."

The Roarks, a country-gospel group, began their holiday show, "A Country Gospel Christmas with the Roarks," this past weekend. The group will perform every weekend from November 9th to December 22nd

## First annual Turkey Trot 5K is next Tuesday

The first annual Turkey Trot charity challenge 5K run will be held at the RCMS track next Tuesday.

Registration opens at 5:15 p.m. and the race starts at 6 p.m. The fee for the race is a six pound (or greater) turkey breast or \$12, which will be used to purchase a turkey breast. All turkey breasts will be given to local needy families for the Thanksgiving holiday.

Awards will be given to overall male and female winners (14 and older) and overall male and female winners (13 and under.) Awards will also be given to first, second and third place walkers as well.

For more information call Amanda Kerns at 606-682-2918.

in the Old Barn Theater.

Perhaps the most exciting event going on in Renfro Valley this Christmas season is the annual original stage production written by entertainment director, Mark Laws, and performed by the Renfro Valley entertainers. The show's theme is "A Christmas Guest," containing a combination of Christmas music, comedy and a unique story line, guaranteed to fill you with the holiday spirit! Make your holiday special by celebrating with Christmas in the Valley any weekend from November 16th through December 22nd in the New Barn Theater!

Tickets are on sale now for all of these Christmas in the Valley events. For tickets and information call 800-765-SING or visit [www.renfrovalley.com](http://www.renfrovalley.com). Renfro Valley is offering special pricing for groups and tours of ten or more! Contact our group/tour department for more information, 800-765-7464.

*New Barn Theater  
"Christmas in the Valley"  
Production*

\*November 16th - December 22nd on Thursdays at 7 p.m.

\*Thursday Shows begin December 1st on Fridays at 7 p.m.

\*Saturday Matinee at 3 p.m. and 7 p.m.

\*\*Matinee Show begins December 3rd

\*\*\*Schedule Subject to Change.

*Old Barn Theater  
"A Country Gospel Christmas with the Roarks"*

\*November 9th - December 22nd on Friday at 7 p.m.

\*Saturday Matinee at 3 p.m. and 7 p.m.

\*No show November 24th

\*\*Schedule Subject to Change.

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 Kentucky. For information and to purchase show tickets call 1-800-765-7464 or visit the Renfro Valley website address at [www.RenfroValley.com](http://www.RenfroValley.com).

## Mt. Vernon man arrested for drug possession after being pulled over on a scooter

By: Doug Ponder

A Mt. Vernon man was arrested for drug possession after the Mt. Vernon Police Department made a traffic stop on Hwy 25 in Mt. Vernon.

Arrested at the scene was Jason Boyd Stewart, 32, of Mt. Vernon.

According to Mt. Vernon Police reports, officers Ryan Messinger and Adam Stallsworth observed Stewart traveling south on Hwy 25 on a red scooter with no tail lights.

After initiating the traffic stop, Stewart turned off Hwy 25 into the Mt. Vernon IGA parking lot. Officers also observed Stewart almost run into the gas pumps as he pulled through the parking lot.

While performing field sobriety tests, officers noticed Stewart appeared intoxicated. Officers arrested Stewart for DUI and requested a wrecker service to come and pick up the scooter.

While waiting for the wrecker, officers discovered a plastic bag containing five Endocet tablets on the ground next to the scooter.

Stewart was charged with operating a motor vehicle under the influence of alcohol or drugs, tampering with physical evidence and possession of a controlled substance, first degree. He remains lodged in the Rockcastle County Detention Center on a \$5,000 unsecured bond.

## Fire in the Mountains

When: 3 pm Sunday, Nov. 18, 2012

Where: • Eastern KY Expo Center, Pikeville

• Somerset Christian School Auditorium, Somerset

• Corbin Civic Center, Corbin

Who: Citizens from across southern and eastern Kentucky will join together in prayer for guidance in addressing substance abuse issues.

What: Special speakers at each regional rally location.

Contact: Carl Varney, 606-594-8144 or [cvarney@centertech.com](mailto:cvarney@centertech.com)



People in Prayer from Pulaski to Pike

# News from the Rockcastle Courthouse



## Circuit Civil Suits

Cabinet for Health and Family Services vs. Chris Couch, complaint for child support and medical support.

Vanderbilt Mortgage and Finance, Inc. vs. Will Shackelford, \$116,256.68 plus claimed due.

Amy Abney vs. Aaron Abney, petition for dissolution of marriage.

JP Morgan Chase Bank vs. Ruby W. Maupin, \$32,524.39 plus claimed due. CI-00250

## District Civil Suits

First Financial Credit, Inc. vs. Jeffery Thacker, \$3,891.64 plus claimed due.

Portfolio Recovery Asso. LLC vs. Anita Collins, \$738.56 plus claimed due.

Portfolio Recovery Asso. LLC vs. Dwight Brown, \$1,043.79 plus claimed due.

Joseph Leger vs. Ginger Barret, et al, forcible detainer complaint. C-00300

## Deeds Recorded

Karen Powell, property in Rockcastle County, to George Powell. No tax

Estate of Rilda Baker, property in Rockcastle County, to William Lewis Baker. No tax

Estate of Rilda Baker, property in Conway, to Charles J. Baker. No tax

Estate of Rilda Baker, property in Conway, to Sean David Lark. No tax

Estate of Rilda Baker, property in Conway, to Virginia Ann Denham. No tax

Estate of Rilda Baker, property in Conway, to John Keith Baker. No tax

Vonda Hasty-Anderkin, property on Freedom School Road, to Charles Gilbert Hasty. Tax \$3.

Secretary of Housing and Urban Development,

property in Rockcastle County, to Ronald Mark and Janice Dean Emery. No tax

James and Bessie King and George Curtis King, property on waters of Copper Creek, to Polly Roberts. Tax \$8.50.

Judy B. and Cecil King, property on West View Drive, to Roger Payne. Tax \$8.

Debra Stoots, property in Rockcastle County, to James E. Collins. Tax \$10.

Dale and Donna Jan Hasty, property in Rockcastle County, to Crystal Faulkner. No tax

Boyd Hasty, property in Rockcastle County, to Crystal Faulkner. No tax

Robert and Shirley Wilson, property on Copper Creek, to Dolores Stewart. Tax \$5.

Citizens Bank, property on Ky. Hwy. 618, to Phillip Boreing. Tax \$6.50.

Carlos and Tara McClure, property in Rockcastle County, to Yulonda K. Bader. Tax \$8.50.

Ky. Housing Corp., property in Robert Ford Subdv., to Farmer and Resch Developments, Inc. Tax \$10.

Mary Rowe, property on Cromer Road, to Ricky Douglas Rowe. No tax

## Marriage Licenses

Jessica K. Blackburn, 18, Livingston, unemployed to Casey R Bowles, 22, Orlando, unemployed. 11/5/12.

Beverly Mae French, 48, Mt. Vernon, disabled to James Wesley French, 46, Mt. Vernon, disabled. 11/6/12

## District Court

Nov. 5-7, 2012  
**Hon. Kathryn G. Wood**  
 Charles F. Ashcraft: driving on suspended license, \$100 fine and costs.  
 Anthony W. Barnett:

card and no/expired Kentucky registration receipt, bw issued for fta.

Derick Damrell: failure to wear seat belts, \$25 fine.

Anthony Dattilo: license to be in possession and failure to produce insurance card, license suspended for fta.

Jason Durham: operating on suspended/revoked operators license and failure to

produce insurance card, bw issued for fta/license suspended.

Tabitha Halcomb: operating motor vehicle under influence of alcohol/drugs, \$350 fine and costs, \$375 service fee, 12 months operator license suspension, ADE authorized, to serve 7 days on week ends.

Jeffery C. Howard: court costs due (\$133)/converted

to 3 days.

Jeffery W. Jones: failure to produce insurance card, \$50 fine and costs.

Regina G. Russell: possession of marijuana, \$100 fine and costs; drug paraphernalia - buy/possess, 30 days/probated 24 months on condition.

Teresa G. Shannon: no operators/moped license, \$100 fine and costs.

Angelia M. Chasteen: failure to wear seat belts, \$25 fine; failure to produce insurance card, \$100 fine; no operators license in possession, \$50 fine and costs.

Speeding: Danielle L. Griffieth, Walter M. Howard, Shawn M. Cottongim, Tonya D. Hacker, Tyler C. Morgan, William C. Wofford, license suspended for fta; Lindsey N. Stone, \$30 fine and costs; Jessica M. Lang, Sheena D. Pitman, Dwight A. Sutton, Jr., paid.

Daniel R. Hopkins: speeding and failure to wear seat belts, paid.

Charles Marlow Jr: failure of owner to maintain required insurance/security, bw issued for fta.

Jeffrey Mullins: operating on suspended/revoked operators license, \$150 fine and costs.

Krise R. Mullins: theft by deception, bw issued for fta.

Timothy L. Nicely: DUI, 2nd offense; driving DUI suspended license, improper display of registration plates and failure of owner to maintain required insurance/security, bw issued for fta.

Melinda A. Powell: fines/fees due (\$183), converted to two days in jail/concurrent.

Joshua L. Childress: failure to wear seat belts, license suspended for fta.

Jonathan W. Bates: terroristic threatening, 360 days/probated 24 months on condition.

Donnie L. Lunsford: criminal mischief, 90 days/probated 24 months on condition; fleeing or evading police, 180 days/probated 24 months on condition/costs merged; theft by unlawful taking, 180 days/probated 24 months on condition plus costs.

Dwayne S. Bradley: alcohol intoxication, \$100 fine and costs.

Bentley D. Carpenter, Jr: operating on suspended/revoked operators license, failure of owner to maintain required insurance/security, failure to produce insurance

**Anthem**  

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

**You can have an affordable managed care plan with the freedom of choice and the security of Anthem Blue Cross and Blue Shield — Blue Access.**

**(606) 256-2050**



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

**EASTERN KENTUCKY RECYCLING** 

Visit us at our Crab Orchard facility located east of town across from Redi-Mart and next to Dollar General Store

Buying car bodies, tin, copper, aluminum, aluminum cans, brass, batteries, steel & stainless steel

*Top Prices, Fast Friendly Service, Accurate Weights*


**Monday - Friday 8:00 to 4:00 • Saturday 8:00 to 12:00**  
 345 Main St. • Crab Orchard, KY

**606-355-2322**

## Kentucky Crossword # 559

www.kentuckycrosswords.com

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- ACROSS**
- First-stringers
  - Texting: "Pardon me for jumping in"
  - State's arts org.
  - It may be fit for a queen
  - Scott of the 2012 Cincinnati Reds
  - "\_\_ got it!"
  - Chose
  - Like some walls
  - Chess pieces
  - River that separates Fulton County
  - Serpentine letter
  - Ditto
  - Increase
  - Sarge, for one
  - AP Horse of the 20th Century
  - Morganfield is this county's seat
  - Crimson Tide home
  - Goblin
  - Daisy variety
  - Show horse
  - Casual winter wear
  - Kentucky \_\_\_ State Forest
  - Barren County rifles
  - Cliched movie ending
  - Fixed
  - Historic periods
  - Bush spokesman
  - Fliescher
  - Kentucky's oldest city
  - Reel's partner
  - Greek marketplace
- DOWN**
- Energy source
  - Conical tent
  - Diner sign
  - Greek war god
  - Home county of Fort Boonesborough
  - State Park
  - Rainbow maker
  - "Goldfinger," e.g.
  - Gymnast's feat
  - Rough terrain vehicle
  - Louisville neighbor?
  - "The Memory Keeper's Daughter" author
  - Zoroastrian scripture
  - Bleep out
  - Kentuckian, bluegrass musician
  - Bush
  - Region
  - Center
  - Yoko \_\_\_
  - Robert Penn Warren's first novel
  - Wild canine found in Kentucky
- 30. The Say Hey Kid**
- 31. Tad's dad**
- 33. Graph line**
- 34. County where the Kentucky River forms**
- 36. Ben Jonson wrote one to himself**
- 38. Gray, in a way**
- 39. Keeneland action**
- 41. John Sherman Cooper?**
- 42. Lake Cumberland sprawls across this county**
- 43. Sacred beetle of ancient Egypt**
- 44. Moon of Jupiter**
- 45. Regrettable**
- 47. Miscalculated**
- 48. Some horses**
- 51. Chills and fever**
- 52. Daviess Co. area, or city on the Tiber**
- 53. Vigor**
- 54. Runnin' Rebels home**
- 55. Nettle**
- 56. Turned right**
- SOLUTION TO KY558**
- 

**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 December 10, 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
<b>3/4-Inch Meter</b>		
First 2,000 Gallons	\$22.00 Minimum Bill	\$23.82 Minimum Bill
Over 2,000 Gallons	8.80 per 1,000 Gallons	9.71 per 1,000 Gallons
<b>1-Inch Meter</b>		
First 5,000 Gallons	\$48.40 Minimum Bill	\$52.95 Minimum Bill
Over 5,000 Gallons	8.80 per 1,000 Gallons	9.71 per 1,000 Gallons
<b>2-Inch Meter</b>		
First 15,000 Gallons	\$136.40 Minimum Bill	\$150.05 Minimum Bill
Over 15,000 Gallons	8.80 per 1,000 Gallons	9.71 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	517.00	875.00	81.8%
Meter Turn-On Charge	25.00	35.00	20%
Meter Re-Read Charge	0.00	35.00	100%
Meter Test Charge	0.00	50.00	100%
Service Call/Investigation Charge	25.00	35.00	20%
Service Disconnection Charge	0.00	35.00	100%
Service Reconnection Charge	0.00	35.00	100%
After Hour Service Reconnection Charge	0.00	45.00	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 (15<sup>th</sup>) day of the month and payable by mail or in person. Payments must be received, not postmarked, before the close of business on the 15<sup>th</sup> day of the month.

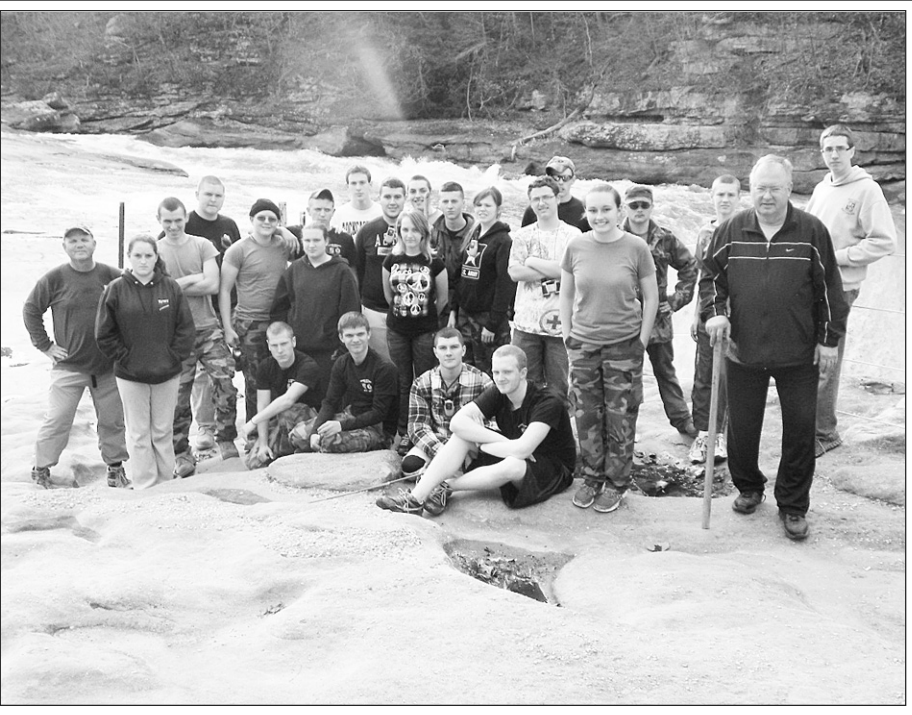
The charges/rates contained in this notice are the charges/rates proposed by the Eastern Rockcastle Water Association. However, the Public Service Commission may order charges/rates to be charged that differ from these proposed charges/rates. Such action may result in charges/rates for consumers other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



Cadets after the hike at the beautiful Cumberland Falls.

# JROTC hike 14 miles at Shellotowee Trail

Submitted

Saturday, November 3rd, the RCHS JROTC program took 22 cadets to hike 14 miles at the Shellotowee Trail.

Cadets began their hike at the mouth of the Laurel River and ended up at Cumberland Falls. During the hike the participating cadets cleared the trail by picking up trash and at camp shelters; cleaned up the shelters and fire pits. The

hike took 6 hours to complete and was led by Senior Army Instructor Captain Jeffery Thompson and Army Instructor SFC. Keith Graves. All cadets that participated can agree that the hike was a wonderful experience.

The participating cadets were: Daniel Amyx, Addison Atkin, Samantha Collins, Jacob Durham, Josh England, Dana Hatfield, Jacob Houk, Jus-

tin Houk, Tiffany Horn, Robbie Howard, Josh Linville, Jessica Mason, Justin Mason, Brady McClure, Katlyn McGee, Chris Morrow, John Mullins, Ryan Rawlins, Andrew Sizemore, and Derrick Yates.

Special thanks to CPT. Jeffery Thompson and SFC. Keith Graves for taking the cadets and all parents who allowed their cadets to attend this event.

# Mt. Vernon Message

School News

There will be no school next Wednesday, Thursday and Friday, November 21-23. Enjoy your time off with family and friends celebrating Thanksgiving.

Mt. Vernon Elementary School Kindergarten students and teachers would like to thank Mrs. April Martin and PTG, Mr. Leon Davidson, and Mr. Anthony Coffey, for helping us purchase our new "Charlie the Chomper" playground toy. We would also like to thank Mr. Ira Napier and Mr. Dennis Rigsby for putting it in the ground and Mrs. Sharon Lovell for recording and selling videos which helped buy the toy.

FRC News

Kenna's Kitchen is an annual event in which many families are provided with a Thanksgiving Meal prepared by volunteers at MVES. This year's meal is scheduled for Tuesday, November 20 from 6:00p.m until 8:00 p.m.

There will be a food drive to collect food to prepare for Kenna's Kitchen. All donations are appreciated. The

donation schedule is as follows:

Thursday, November

15—Instant Potatoes.  
Friday, November 16—  
Boxes of Stuffing.



Second grade students at MVES hiked through the woods behind Mrs. Iris Young's house. Their reading unit is "Let's Explore". Students were able to explore and enjoy finding rocks, colorful leaves, fallen logs, and a turtle in a pond.



# Minds in the Middle

We would like to thank all of the Veterans and their families who attended our

annual Veterans Day Recognition Ceremony last Friday. We always feel blessed to be

able to provide this day for our local heroes.

The Y-Club will host Hat Day this Friday. Students can pay \$1 to wear a hat and all proceeds will be used to help provide Christmas presents to needy families in our community.

Congratulations to Mr. McNabb's 8th grade Comets homeroom on winning the attendance battle last week. Mrs. Stewart's 6th graders Voyagers won second place and Mrs. Taylor's 8th grade Challengers took third place.

Dash for Cash will be coming up next Tuesday, November 20th. Students must be present every day until then to be eligible for the drawing.

RCMS yearbooks are for sale. The cost is \$30. Personalization and icons are extra. After December 19th, the price will increase to \$35. Parents of 8th graders may purchase "Best Wishes" ads for their child and will receive a yearbook discount for doing so. Order forms were sent home with report cards or are available in the main office.

Tuesday was mid-term of the second grading period. Reports will go home this Friday.

School will not be in session next Wednesday, Thursday, or Friday. Have a great Thanksgiving break with your family!

**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](http://www.fordbrothersinc.com)

Mt. Vernon, KY  
606-256-4545

Watch for different listings next week.

# HOMES FOR SALE

**End of the Road Privacy** - 60 Acres +/- with a stream and a pond. Approximately 25 acres in grass and the balance in woods. There's a beautiful 1 1/2 story home with a full basement, 6 bedrooms, and 3 baths. Amenities include: a small barn and a workshop building. MLS8897464

**MUST SEE!!** If you're looking for a "like-new" home in a great neighbor-hood... 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

**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

**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

**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, backtop driveway, city water and city sewer. \$69,500. MLS8898002

**Country Estate** - located on Wabd Jones Road in Mt. Vernon on 3 acres. Features include: 5 BR, 3 1/2 BA, large open Kitchen/Living room/Dining room, 2-car garage, 1-car garage in basement and wrap around porch. For more details, call today! \$205,000. MLS8898067

**Super Nice!** The home has been well kept. It consists of 3 BR, 2 BA and is located between Broadhead 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

**SOLD**

**Nice Brick Home** features a kitchen/dining room combination, living room, three BR and 1 1/2 BA on first floor and one BR, family room, utility room and unfinished storage room in basement. Other amenities include: covered front porch, large covered rear deck, one-car attached carport, heat pump, central air, drapes & blinds, concrete driveway, city water and city sewer. Home is situated on lot measuring 100x171x100x181. M2800

**This beautiful 2 story vinyl sided home** features an eat-in kitchen, formal dining room, 1/2 bath, living room, and den on the first floor and 3 bedrooms and 2 full baths on the second floor. Other amenities include 2-car attached garage, 2 central heat/air units, large rear deck, front porch, carpet tile and hardwood flooring, city water and septic system all situated on 6/10 acre lot. \$175,000. MLS8898155

**Log Home...** This nice, 2-story home is situated on a beautiful, large lot and consists of 4 bedrooms, 1 1/2 baths, and has an open floor plan. The house has laminate flooring throughout the 1st floor and an attached 2-car garage and a 26x25 add'l room above the garage. Amenities include: city water, city sewer, KU, security system, wood stove and much more! Priced to sell at \$109,900. MLS8898261

**Charming!!** 2-story house with mature trees situated on 3.2 acres. Features include: LR, K, 4 BR, and 2 BA. Amenities include: horse barn, 2-car garage, surrounded by farm land. Priced at \$99,900. MLS8898205

**Near the Hospital** - This home is in a convenient location and features 2 bedrooms, 1 bath, living room, kitchen, utility room, hardwood flooring, a fireplace and garage. This home is situated on a large lot and is priced to sell at \$59,900. MLS8898256

**Check it out...** This 3 bedroom, 2 bath home is priced right at \$110,000. Amenities include: living room, kitchen, heat pump, central air, full unfinished basement, and partially fenced yard. Call for more details. MLS 889762

**Worth the Money!** This cozy, 2 bedroom, 1 bath brick veneer home is situated on 0.3 of an acre lot and it is minutes from town. Other amenities include: hardwood floors nice spacious kitchen cabinets, formal dining room, KU utilities, city water, and attached storage area. Priced at only \$52,500. MLS8898242

**Hwy 643 - Ottenheim, Lincoln County** - Approx. 1800 sq. ft. on each level. Country Estate. Ranch Brick, 3 BR, FR, Eat-in Kitchen, Formal LR, 3 Baths all on the first floor. Basement with Kitchen, 2 BR, 1 BA, Utility room, storage room. Also, there's a 2-car attached garage, 2 fireplaces. Plus detached garage/workshop and additional acreage available. Priced at \$149,900. MLS8898300

**Sale Pending**

# 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

**Acreage For Sale!** This tract of land consists of 44 acres more or less with access of Carl Brown Road. There are 25 acres more or less of cleared land with the balance in woods. City water and electric available. Priced to sell quick... \$105,000. MLS8898346

**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

**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

**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 view of the lake - Blacktopped roads. Prices range from \$7,900 to \$16,900 ea. M1798

**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

**This lot contains 0.589 acres by survey** and has backtop 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 backtop road frontage** along Barnett Road. City water available and within walking distance of Lake Linville. An ideal building site! \$10,000. MLS8897960

**Need a Lot?** This lot is a restricted lot for a home or mobile home and measures approx. 151x270x314x245. Improvements include: barn with office area. Call for more details. MLS8898243

**22.4 Acres More or Less...** This property is restricted for residential use only and is close to Mt. Vernon. This property is located just across from the Industrial Park and is priced right. Owners will divide. Call for more details. \$45,000. MLS8898260

**Wild & Wooly...** Great place to build. Remote property within the Daniel Boone National Forest. Great for investment, hunting or recreation. \$37,900. M2771

# 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 backtop road frontage along Hwy. 25. City water and city sewer available. \$25,000. MLS#8897246

**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 backtop entrances, level lot, city sewer available, one mile north of I-75. \$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

**For Sale or Lease!** This brick commercial bldg. features approx. 3,200 sq. ft. of office space including reception area, waiting room, kitchen and 2 restrooms on the first floor. There's 4,400 +/- sq. ft. on the second floor which has not been remodeled. Other amenities: heat pump, central air, city water and city sewer. Property is located on Main St., in the heart of McKee. If you're looking for office space in a great location, don't let this one pass you by. \$129,900. MLS8898204

# FUTURE AUCTIONS

<p><b>Absolute Online Only Auction of House &amp; Lot - 112 Mill St.</b></p> <p>Bidding Ends: Friday, November 16th at approx. 3:00 p.m.</p> <p><b>Absolute Estate Auction of Hubert &amp; Vernelle Jacobs' Farm</b></p> <p>Approx. 142 acres in Tracts ~ Timber</p> <p>Saturday, November 17th at 10:00 a.m.</p> <p>Hwy 328, Lincoln Co, KY</p>	<p><b>Absolute Auction of Two Houses and 3 Mobile Homes in Tracts</b></p> <p>Saturday, November 17th at 10:30 a.m.</p> <p>9925 South Hwy 27 - Burnside</p> <p><b>Absolute Auction of House &amp; 3 Acres in Tracts and Personal Property</b></p> <p>Sat. Nov. 17th at 1:30 p.m.</p> <p>98 Highland Trails - Science Hill</p>	<p><b>Absolute Estate Auction of the Late Mr. Lewis Hyden's House &amp; 10 Acres in Tracts Vehicles, Tractor &amp; Personal Property</b></p> <p>Saturday, November 24th at 10:30 a.m.</p> <p>2375 East Hwy 635 Science Hill</p>
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**Call Our Agents Or Visit Our Website At [www.fordbrothersinc.com](http://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	Michael Crouch.....308-4563

# Recognize & Respond to Stroke FAST

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.

Learn more about stroke and other sudden warning signs at [www.stroke.org/symp](http://www.stroke.org/symp)



On November 9th, in honor of Veterans Day, the fifth grade students hosted a school wide assembly to recognize those men and women who have so bravely served our country. Over 20 veterans were in attendance who shared a touching moment with students and staff in honoring Veterans Day.

# Tiger Pause

On November 9th, in honor of Veterans Day, the fifth grade students hosted a school wide assembly to recognize those men and women who have so bravely served our country. Over 20 veterans were in attendance who shared a touching moment with students and staff in honoring Veterans Day. Students lead patriotic songs, and shared thoughts and feelings on what Veterans Day means to them. Members of Brodhead Elementary School would like to extend

a special thank you to all veterans in appreciation of their service.

Storybook characters filled the streets of Brodhead as Brodhead Elementary presented a school wide storybook parade on October 31st. The Storybook Parade presented an opportunity to promote the love of reading that students at Brodhead have developed. Superintendent, Mr. David Pensol, led the procession as the Grand Marshall of the Storybook Parade. Local

businesses joined BES parents to celebrate the march through downtown Brodhead, cheering on students and staff decorating in costumes to embody their favorite storybook character.

Thanks to Mrs. Skyler Bradley and BES storybook committee for arranging the events and occasion for Brodhead Elementary to generate connections with our community.

**NOW OPEN**

## Shear Image Salon

**940 W. MAIN ST. • MT. VERNON**

*In front of RCMS & Save-A-Lot*

**606-256-9966**

**Commonwealth of Kentucky  
28th Judicial Circuit  
Rockcastle Circuit Court • Division II  
Civil Action No. 12-CI-00110**

**HSBC Bank USA, as trustee in trust  
for Citigroup Mortgage Loan Trust,  
Inc., Asset Backed Pass-Through  
Certificates Series 2003-HE3** **Plaintiff**

**V.**

**Frankie Sparks, Belinda Sparks,  
Citifinancial, Inc., Capital One Bank  
USA, N.A. f/k/a Capital One Bank,  
LVNV Funding LLC, County of  
Rockcastle and BAHS** **Defendants**

**NOTICE OF SALE**

Pursuant to a judgment and order of sale entered in this action on October 11, 2012 for the purpose of satisfying the judgment against the defendants in the amount of FIFTY FIVE THOUSAND TWO HUNDRED SEVENTEEN DOLLARS AND 03/100 (\$55, 217.03) 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, November 30, 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

Beginning in the south right of way of the Maple Grove Road at its intersection with old Dan Gray Road; thence westerly with the Maple Grove Road, 110 feet to the line of Edd Fields; thence with the line of Edd Fields 175 feet southwardly to an iron pin, corner to lands conveyed and Edd Fields; thence easterly 100 feet with the line of Edd Fields to the Dan Gray Road; thence with the right of way of the Dan Gray Road 175 feet northerly direction to the point of beginning.

Being the same property conveyed to Frankie Sparks and wife Belinda Sparks by deed dated July 14, 1998 of record in Deed Book 179, Page 1 in the Rockcastle County Clerk's Office.

Said property contains a Mobile Home described as a Make: 1997 Pioneer, Model: #24x64, Color White, with a VIN: PH2411GA1903AB and Title #:971741020013.

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

- The real property and mobile home 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**

**Commonwealth of Kentucky  
28th Judicial Circuit  
Rockcastle Circuit Court • Division II  
Civil Action No. 12-CI-00096**

**PNC Bank, National Association  
Successor in Interest to National  
City Real Estate Services, LLC  
Successor by Merger to National  
City Mortgage Inc. f/k/a National  
City Mortgage Co. d/b/a Commonwealth  
United Mortgage Company** **Plaintiff**

**V.**

**Tammy Y. Hasting a/k/a  
Tammy Hasting, The Mortgage  
Outlet, Inc. and Conseco  
Finance Servicing Corp.** **Defendants**

**NOTICE OF SALE**

Pursuant to a judgment and order of sale entered in this action on October 17, 2012 for the purpose of satisfying the judgment against the defendants in the amount of SIXTY ONE THOUSAND EIGHTY FOUR DOLLARS AND 41/100 (\$61,084.41) 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, November 30, 2012  
Beginning at the Hour of 11:30 a.m.**

Said property being more particularly bounded and described as follows:

Route 3, Brodhead, KY 40409

Beginning at a stake on the south side of the Brodhead and Conway Road; thence with said Road and a plank fence N 77 E 160 feet to a fence post; thence due South 188 feet to a fence post at the creek; thence S 88 W 49 feet to a fence post; thence S 76 W 114 feet to a stake in the fence; thence N 13 W 68 feet to a stake; thence S 88 E 3 feet to a fence post; thence with the plank fence n 1 E 120 feet to the beginning and containing 7/10 of an acre.

**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 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 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**

# Managing stress in financial crisis

**Family and Consumer Sciences**

**Hazel Jackson**

Rockcastle County Extension Office

During today's economy, many families are stressed by their finances.

**Sources of Stress:**  
\*Prices rise, but your income stays the same.  
\*Cut-backs, layoffs or other restricting creates job instability.

\*You feel frustration with family members spending or debt.  
\*You have medical, automobile or household expenses that pile up.

\*An unexpected event or crisis creates money problems for the family (illness, death, divorce, etc.).

**Take Care of Your Body:**  
\*Try to eat a healthy and balanced diet.

\*Take time for an enjoyable physical activity to relieve stress.

\*Get enough sleep. We tend to be more on edge and have less to give when we are tired.

*Take Care of Your*

**Emotions:**  
\*Try to maintain a positive outlook. Remember that the economy has cycles; sometimes they are down, but they will go back up again.

\*You need to set aside some time every day, to laugh, relax and enjoy life.

\*Make sure you have someone you can talk to if times get tough. This could be a spouse, partner, sibling, parent or good friend.

\*Don't be afraid to ask for help if you need it. Most people are willing to lend a hand when others are having a difficult time.

\*Consider seeing a doctor, marriage and family therapist or other professional if you feel overwhelmed.

For more information on handling your finances during tough times, contact the Rockcastle County Extension Office at 256-2403.

**Commonwealth of Kentucky  
28th Judicial Circuit  
Rockcastle Circuit Court • Division I  
Civil Action No. 11-CI-00001**

**Citifinancial** **Plaintiff**

**V.**

**Terry Bell, et al** **Defendants**

**NOTICE OF SALE**

Pursuant to a judgment and order of sale entered in this action on September 28, 2012 for the purpose of satisfying the judgment against the defendants in the amount of SIXTY TWO THOUSAND FIVE HUNDRED SIXTY NINE DOLLARS AND 65/100 (\$62,569.65) 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, November 30, 2012  
Beginning at the Hour of 11:30 a.m.**

Said property being more particularly bounded and described as follows:

Route 6 Box 78B, Mt. Vernon, KY 40456

A certain parcel or tract of land lying and being within the County of Rockcastle, State of Kentucky and being more particularly bounded and described as follows to wit:

Beginning on an 18" X 1/2" rebar with a yellow plastic survey cap denoted "B.J. Price L.S. 2449," said iron pin being set within the existing West right-of-way of U.S. Highway No. 25, a corner with aforesaid grantee herein, Peggy Mills' right-of-way; thence leaving said U.S. 25 R/W and running the next two (2) lines with last said Mills' drive (1) N 75 degrees 25' 41" W 165.68' to an I.P.; (2) N 50 degrees 26' 22" W 11.26' to an I.P., a corner of aforesaid Mills' present Five acre tract; thence continuing the next two lines with said Mills Tract (1) N 67 degrees 34' 36" W 33.96' to an I.P.; (2) N 18 degrees 10' 50" E 90.76' to an I.P., a corner with Rickie J. Partin, D.Bk. 147, Pg. 269; thence leaving said Mills and with said Partin N 84 degrees 38' 14" E 34.82' to an I.P.; thence continuing with said Partin S 78 degrees 17' 23" E 186.80' to an I.P. set within aforesaid existing West R/W of U.S. Hwy. No. 25; thence leaving said Partin and with last said Hwy. 25 R/W S 21 degrees 51' 16" W 122.16' to the point of beginning, containing 0.558 acres, as surveyed by Bradley L. Price, L.S. No. 2449, Kentucky.

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

Being the same property conveyed to Terry Bell and wife Peggy Bell by deed dated May 23, 2000 executed by Cynthia Renee King, single, of record in Deed Book 179, Page 610 in the Rockcastle County Clerk's Office.

**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 delinquent state, county and/or city ad valorem real estate taxes owed to those government entities (including the full satisfaction of the tax liens held by defendants Tax Ease Lien Servicing LLC, Kentucky Tax Company LLC, U.S. Bank as Custodian for Sass Muni V DTR and Southern Tax Services, LLC) 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**



# 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

**Trailer** in Mt. Vernon. Call 606-256-9183. 49x1p  
**2 BR House** on Hwy. 490. \$300 month/\$300 deposit. 859-358-9670. 49x1p

## For Rent

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

**2 BR trailer** for rent. \$350 deposit/\$400 per month. 2-3 references needed. Call 606-256-8390 or 606-308-4088. 48x2p

**Office space** located on Main St. above Coffey and Ford office. Ample parking. 256-4802. 46x4p

**Trailer in Orlando.** 2 bedrooms. 2-3 references required. No inside pets. \$400 month/\$350 deposit. 606-256-8390 or 606-308-4088. 47x2p

**2 bedroom trailer** in Brodhead. No pets. 758-4729. 34xntf

**Duplex in Brodhead.** All appliances furnished. Call Patty 758-9666. 33xntf

**Accepting applications** at Mt. Vernon Housing Authority on Mondays 9 a.m. til 12 noon. Rent based on income. 256-4185. 14xntf

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

## Property For Sale

**For sale by owner: Trailer on Lake Linville.** 3 BR, 2BA, open living room and kitchen. Sets on nice large lot adjoining city property. Will show anytime. Call 606-256-9898 or 606-308-3685 for more info. 49x4p  
**Lots in Castle Ridge Sub-division.** Use same entry way as Bible Baptist Church. All lots have city sewer and underground utilities. starting at \$12,900. 606-256-5692 • 256-4504 • 308-3730. 50x1

**House For Sale:** Recently updated. Beautiful hardwood floors, crown molding, new kitchen cabinets, lighting, gutters, plumbing. Convenient location in city limits. \$49,900. Call Sherry at 606-682-2462. Remax Property Professionals

**Mobile home lots,** located in Sunnyside Mobile Home Park. 1/2 acre lots - \$500 down and \$100 per month. Call 606-256-5692 or 606-256-5648. 50x1

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

## Posted

**Posted:** No trespassing, hunting, fishing or ATVs on property of Rick and Louise Spall on Chestnut Ridge Road in Mt. Vernon. Violators will be prosecuted. 46x12p

**Absolutely no hunting or trespassing** on all lands belonging to Charles and Polly Abney, located in Buffalo and Renfro Valley. Violators will be prosecuted. 49x3p

**I, Mary Freda Damrell and Raymond J. Damrell,** own properties in Rockcastle County at 495 Madison View Road and 485 Madison View Road and 32 acres behind 485 Madison View Road, which is all a wooded area. Also, properties at 55 Bent Oak Court and a 2 acre lot at 34 Bent Oak Ct. We do not want any hunting or 4 wheelers, hiking or illegal dumping on any of these properties. Absolutely no illegal drug making or growing any illegal drugs. We have no trespassing signs up at all three properties and we will not be responsible for any accidents on any of these properties. And we will absolutely not be held for any type of illegal drug making or growing, nor will we be responsible for any type of clean up of any kind. Any violators will be prosecuted and responsible for any clean-up charges. 47x3

**Posted:** No hunting or trespassing on property belonging to Carol Blackburn, 1435 Marler Hollow. Violators will be prosecuted. 37x26p

**Posted:** Absolutely no hunting, fishing or trespassing on land belonging to William and Donna Asher, located in Sand Springs Area on School House road. Violators will be prosecuted. 37x29p

**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 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 Bengue 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

## Mobile Homes For Sale

**Want a Home? Need Help?** We do turn key on your land or family land. 606-528-6114. 49x2

**Tired of Renting?** \$500 deposit or your land. Own your own home. 606-528-6114. 49x2

**Bank Reposs,** 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 I075 north of Richmond. Open 7 days. visit us on the web at [www.usedmobilehomesRus.com](http://www.usedmobilehomesRus.com)

## Coal Miner Appreciation

Present your mining card, if of you are a retired miner, with purchase you will receive home discount and \$100 VISA Card

**Clayton homes SUPER CENTER** of Corbin  
**606-528-6114**  
[ClaytonHomesofCorbin.com](http://ClaytonHomesofCorbin.com)

**Your land is your credit. EZ financing w/land Electric, septic, water included w/zero deposit.**

**Clayton homes SUPER CENTER** of Corbin  
**606-528-6114**  
[ClaytonHomesofCorbin.com](http://ClaytonHomesofCorbin.com)

**Leftover 2010 4BR Doublewide Free Furniture & Decorations. You can have it all!! \$54,900**

**Clayton homes SUPER CENTER** of Corbin  
**606-528-6114**  
[Claytonhomesofcorbin.com](http://Claytonhomesofcorbin.com)

**Trade-In your old trailer for new. Receive \$1,000 in free furniture. Zero Deposit!**

**Clayton homes SUPER CENTER** of Corbin  
**606-528-6114**  
[Claytonhomesofcorbin.com](http://Claytonhomesofcorbin.com)

## Miscellaneous For Sale

**Sigmon Farm** has a few Kennebec potatoes for sale for \$14 a bushel. Bring containers. Call 256-2781. 49x1

**Hay For Sale:** 5x5 rolls, \$45; 4x5 rolls, \$35; 4x4 rolls, \$30; bales \$4 each. Stored inside at Wildie. Call Jim 513-313-0840. 49x4p  
**Log Splitter,** 22 ton Husky, \$700. 2 chain saws -- Stihl 20 inch, \$275; Stihl 16 inch, \$175. Call Jim 513-313-0840. 49x2p

**100% Wood Heat,** no worries. Keep your family safe and warm with an OUT-DOOR WOOD FURNACE from Central Boiler. Burnside Greenhouse 606-271-0342. 49x1

## Pets

**Cats and kittens** need good home. 606-308-1161. 49x1  
**Puppies:** Shih-tzu and Shih-poo - four males. Vet checked, wormed and shots w/certificate. \$100 each. Please call 606-256-0155, leave message or 859-9872-2268. 46x1

**OPERATION UNITE**  
**Drug Tip Hotline**  
**1-866-424-4382**  
(No Fee - your name is not required)  
**Toll-free Treatment Help Line**  
**1-866-90-UNITE**

## Rocket Carpet Cleaners

*Circular Dry Foam Cleaning*  
**(606) 256-9870**

## Commonwealth of Kentucky 28th Judicial Circuit Rockcastle Circuit Court • Division II Civil Action No. 10-CI-00372

**Citimortgage, Inc. Plaintiff**  
**v.**  
**Raymond P. Burdette, et al Defendants**

### NOTICE OF SALE

Pursuant to a judgment and order of sale entered in this action on October 11, 2012 for the purpose of satisfying the judgment against the defendants in the amount of NINETY EIGHT THOUSAND ONE HUNDRED FIFTY FOUR DOLLARS AND 79/100 (\$98,154.79) 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, November 30, 2012 Beginning at the Hour of 11:30 a.m.**

Said property being more particularly bounded and described as follows:

1057 Bowling Ridge Road, Brodhead, KY 40409  
 Beginning at a locust tree in the South right of way of the Bowling Ridge Road also a corner of David Spoonamore; thence with the property line of David Spoonamore the following calls: thence S 9 degrees 35'08" W, 83.65 feet to a post; thence S 42 degrees 12'36" W, 79.90 feet to a steel pin; thence S 9 degrees 28'23" E, 414.48 feet to a post set in the property line of Eugene Lafavers; thence with the property line of Eugene Lafavers, N 77 degrees 01'22" W, 207.81 feet to a post & steel pin; thence N 7 degrees 36'52" E, 545.12 feet to a post set in the South right of way of the Bowling Ridge Road; thence with the South right of way of the Bowling Ridge Road, S 74 degrees 17'02" E, 134.70 feet to the point of beginning; containing 1.727 acres more or less.

Being the same property conveyed to Raymond P. Burdette and wife Regina L. Burdette by deed dated August 9, 1990, executed by James E. Bussell, et ux., of record in Deed Book 140, Page 312 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 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.
  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 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.
  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**



**FOR SALE:** Newly remodeled home in Mt. Vernon. The home features 3 Bd, 1.5 baths, formal dining room, living room, den, and a beautiful kitchen with wall to wall cabinets and built in appliances. The home has a large front porch with a great view, an outbuilding that could be used for storage or a workshop, and is located within walking distance of church, hospital, schools, and grocery stores. Asking \$84,900.00.  
**If interested call 256-9914 or 308-4990**



**House With 3.5 Acres M/L For Sale**  
 Bedford Stone Ranch with unfinished basement located in the city limits of Mt. Vernon @ the corner of Hwy 1326 and Hwy 461. The house is a great older home with 2,835 sq ft. Home features 5 bedrooms, 2.5 baths, 2 living rooms, 2 kitchens, dining room and a family room with hardwood/carpet/vinyl floors. Utilities are KU electric and city water/sewer. Home has a fireplace with wood burner insert and also a Trane heat pump. Nice detached 27x57 garage suitable for a multitude of uses! Driveway is blacktop paved. Property is in an excellent location for a home in town or a business, located near schools, grocery, banks and I-75.  
**For an appointment to view the house, please call (606) 256-9395, (606) 308-2189 or (606) 308-3256**



**Country Home For Sale**  
 1,300+ sq. ft. of living space with 3 bedrooms and 1 bath + additional space for a 1/2 bath. Recently remodeled home set on wooded and private .46 acre lot in the Willailla community off Hwy. 70 near Brodhead, Ky. Open great room floor plan with large living space. Kitchen has modern cabinets and countertops, all kitchen appliances stay with home. New laminate flooring throughout the house. Bathroom has a new tile floor and all new fixtures and shower unit. Home has a recently installed security system. The home is heated/cooled by a HVAC system. An elegant corner tiled gas fireplace is in the family room, has large tiled entry way. Family room has a large separate storage room. Property also includes a separate oversized garage 18 ft. x 29 ft. (well insulated), with heat and air conditioning, and a partitioned 5 ft. area in the back for storage with separate lighting, wired with 220 voltage. A 12 ft. X 20 ft. Insulated building with concrete floor previously used as a business, that has both electric heat and air conditioning, and 220 voltage wiring. There are 2 other storage buildings. Yard is complete with mature trees, and a wonderful neighborhood to live in. RARE OPPORTUNITY for a beautiful home conveniently located near the Rockcastle/Pulaski/Lincoln Co. lines only 15 minutes from I-75. 1/2 miles from the Quail Community Park".  
**Must see to appreciate. Call for viewing appointments. Priced for Quick Sale at \$85,000.00 Call: (606) 308-9112 ASK FOR RICK**



**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**

**Help Wanted**

**Precision Tube Inc.** is currently seeking a CNC Programmer for 1st shift. Applicant must be able to set up and program CNC lathes and mills. Experience using G and M Codes to program required. Knowledge of Esprit software beneficial but not required. Send resume and salary requirements to 1025 Fortune Drive, Richmond, Ky. 40475 or email to spayne@ptube.net. EOE 49x1

**Precision Tube** has an immediate opening for a Cost Estimating Clerk working with incoming job quotes. Applicant must be proficient in Excel, possess excellent communications skills and ability to multitask while remaining detail-oriented. Blueprint reading helpful but not required. Send resume and salary requirements to 1025 Fortune Drive, Richmond, Ky. 40475 or email to spayne@ptube.net. EOE 49x1

**Farm worker needed.** 606-231-5498. 46xntf

**Now hiring for light industrial positions** in the Somerset area, temp to perm and must be available for all shifts. Pay ranges from \$9 to \$13 per hour. To apply go to www.jcmalone.com and complete an online application. 45x8free workplace and is an Equal Opportunity Employer. Minorities encouraged to apply. 48x1

**Notices**

**I will not be responsible** for debts made by anyone other than myself. Bethel L.W. Baker. 49x1

**Notice is hereby given that** Ola Catheryn Smith, 1067 McHargue Branch Road, Mt. Vernon, Ky. 40456 has been appointed executrix of the estate of Billy Lee Phillips on the 31st day of October, 2012. Any person having claims against said estate shall present them, according to law, to the said Ola Catheryn Smith or to Hon. Debra Hembree Lambert, P.O. Box 1094, Mt. Vernon, Ky. 40456 on or before May 1, 2013 at 11 a.m. 48x3

**Notice is hereby given that** Laura Frances Hensley, 152 Dogwood Lane, Orlando, Ky. 40460 has been appointed administratrix of the estate of James Elijah Hensley on the 29th day of October, 2012. Any person having claims against said estate shall present them, according to law, to the said Laura Frances Hensley or to Hon. Sandra M. Varellas, 259 West Short St., Ste. 201, Lexington, Ky. 40507 on or before April 29, 2013 at 11 a.m. 48x3

**Notice is hereby given that** Dale Whitaker, 114 Eddie Drive, Mt. Vernon, Ky. 40456 has been appointed executor of the estate of Olive Whitaker on the 31st day of October, 2012. Any person having claims against said estate shall present them, according to law, to the said Dale Whitaker or to Hon. William D. Reynolds, 140 West Main St., P.O. Box 1250, Mt.

Vernon, Ky. 40456 on or before May 1, 2013 at 11 a.m. 48x3

**Notice is hereby given that** Angela Samples, 290 Tincher Drive, Mt. Vernon, Ky. 40456 has been appointed administratrix of the estate of Anna Belle Rodriguez on the 31st day of October, 2012. Any person having claims against said estate shall present them, according to law, to the said Angela Samples or to Hon. William D. Gregory, 240 East Main St., P.O. Box 220, Mt. Vernon, Ky. 40456 on or before May 1, 2013 at 11 a.m. 48x3

**Notice is hereby given that** Dolores Stewart, 155 Happy Lane, Crab Orchard, Ky. 40419 has been appointed executrix of the estate of Moss Stewart on the 7th day of November, 2012. Any person having claims against said estate shall present them, verified according to law, to the said Dolores Stewart on or before May 7, 2013. 49x3

**Notice is given that** Darlene Reynolds, 2164 Bee Lick Road, Crab Orchard, Ky. 40419 has filed a periodic settlement of her accounts as guardian of Jordan Lee Rowe, a minor. A hearing on said settlement will be held on Dec. 3, 2012 at 9:30 a.m. Any exceptions to said settlement must be filed before said date. 49x2

**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

**Pet Supplies**

**All New Happy Jack Kennel Dip II:** Kills fleas, ticks and mange mites without steroids. Do not use on cat!!! Dyehouse Farm Supply 355-2301. www.happyjackinc.com 45x4p

**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. 47x4p

**Owens Monument:** Located behind Owens Funeral Home in Brodhead. Open Mon-Fri. 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

**Deadline for next week's paper is 4 p.m. Monday**

**STEWART'S SALVAGE** Owned: Clayton Stewart



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We also buy batteries, converters, aluminum wheels and radiators, starters, and alternators.

Used tires and parts for sale at dirt cheap prices.

Make \$1,000 selling your old scrap cars-trucks and farm equipment and machinery.

Call 24 hours a day. If no answer, leave message and your call will be returned.

**859-358-3560 or 606-256-3841 anytime**

**Commonwealth of Kentucky  
28th Judicial Circuit  
Rockcastle Circuit Court • Division II  
Civil Action No. 12-CI-00168**

**Citizens Bank** **Plaintiff**

**v.**

**The Estate of Kenneth Earhart, et al** **Defendants**

**NOTICE OF SALE**

Pursuant to a judgment and order of sale entered in this action on October 12, 2012 for the purpose of satisfying the judgment against the defendants in the amount of EIGHTEEN THOUSAND EIGHT HUNDRED SIXTY SEVEN DOLLARS AND 80/100 (\$18,867.80) 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, November 16 2012  
Beginning at the Hour of 11:30 a.m.**

Said real property and mobile home are more particularly described as follows:

Beginning at the center of a Gravel Road extending Northeast 30 yards to creek; thence along the Northeast bank of said creek North 2800 yards to large forked poplar tree, corner to logging road and an open field; thence West 440 yards to a small forked poplar tree at the base of a rock formation; thence Southwest 700 feet to West side of logging road to a large white pine; thence S 2800 yards to middle of gravel road; thence East by Southeast 840 yards along gravel road to center of a fork in said gravel road; thence East by Southeast 400 yards to the center of said gravel road at Poplar Gap Road, containing ten (10) acres, more or less.

Being all of the same real property conveyed to the decedent Kenneth Earhart by deed dated June 18, 2007 executed by Kenneth Earhart, et al, of record in Deed Book 216 Page 431 in the office of the Clerk of the Rockcastle County Court.

**Mobile Home**  
The 1995 Clayton Mobile Home (Vin # CLR-010483TNAB) on the above-described real property is permanently affixed to the land and a part thereof. The mobile home shall be transferred and conveyed as part of the above-described real estate.

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

1. The real property shall be sold for cash or upon 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 bearing interest at the rate of ten percent (10%) per annum. 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.
2. Unpaid taxes or liens of record at the time of entry of judgment shall be paid out of the proceeds of sale (subject to the priority set out elsewhere in this judgment).
3. The buyer(s) shall pay the 2012 local, county, state and school taxes on the property.
4. The buyer(s) shall have possession of the real property upon compliance with the terms of sale.
5. In the event Citizens is the successful bidder and the sale price does not exceed the amount of its judgment, no deposit or bond shall be required and the property will be conveyed to the plaintiff in due season upon payment of the expense of sale.

**William D. Gregory  
Special Master Commissioner  
Rockcastle Circuit Court**

**Commonwealth of Kentucky  
28th Judicial Circuit  
Rockcastle Circuit Court • Division II  
Civil Action No. 09-CI-00340**

**Citimortgage, Inc.** **Plaintiff**

**v.**

**Anthony Cahill, et al** **Defendants**

**NOTICE OF SALE**

Pursuant to a judgment and order of sale entered in this action on October 11, 2012 for the purpose of satisfying the judgment against the defendants in the amount of EIGHTY SIX THOUSAND THREE HUNDRED FIFTY FIVE DOLLARS AND 74/100 (\$86,355.74) 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, November 30, 2012  
Beginning at the Hour of 11:30 a.m.**

Said property being more particularly bounded and described as follows:

1622 Chestnut Ridge Road, Mt. Vernon, KY 40456

Beginning at an iron stake in Bill Thompson's line and the Western right of way of the Chestnut Ridge Road; thence with said right of way as follows: North 57 East 60 feet, North 49 1/2 East 60 feet, North 36 East 105 feet to a stake, Albert Griffin's corner; thence with Griffin's line, North 65, West 210 feet to a mound of stone; thence South 53 1/2 West 142 feet to a dogwood in Thompson's line; thence with Thompson's line, South 40 East 210 feet to the beginning, and containing .87 acre.

Being the same property conveyed to Anthony Cahill and wife Christi Cahill by deed dated September 25, 2006, executed by Dennis Ray McGuire, et ux., of record in Deed Book 212, Page 587 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 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.
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 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.
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**

**Tractor Trailer Driver  
Mt. Vernon, KY**

Must have three years on the road experience  
No overnight travel • Drug test is required  
Must have current CDL with hazardous material and tanker endorsement

**Call 606-256-5421**

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**Part-time**

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*The Terrace is non-discriminatory in admissions & employment, EOE*

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Seasoned Firewood For Sale Cell 606-308-3548 Seasoned Firewood For Sale

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Dependable Dave will treat you nice.  
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Painting • Mowing  
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House Washing • Drywalling  
General Construction

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Free Estimates, but not over phone

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606-308-2163 or 606-256-3293  
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Classified  
Deadline is  
10 a.m.  
Tuesday

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## Thinking About Cleaning Your Carpet! Some things to think about...

What is the best way to clean my carpet, should I use the old technology of steam cleaning or the new technology of dry foam?

Test results from Consumer Report, 2008.

**Option 1: Steam Cleaning-How does it work?**  
A. Steam Cleaners saturate your carpet and floor pad with hot (150° degree) soapy water containing lye and beach to help dissolve stains.  
B. After your carpet reaches its maximum saturation point the solution is then extracted by means of a commercial shop vacuum.  
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.

# Rocket Carpet Cleaners

Circular Dry Foam Cleaning

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# Many volunteers make Roadside Pride success

By James Renner, Rockcastle County Solid Waste Coordinator and Pride Coordinator

I would like to take this opportunity to thank all of the groups and volunteers that participated in the 2012 Roadside Pride Clean-Up. There were 224 volunteers that worked 539.75 hours and picked up 1191.5 bags of trash and 63 tires up along 48.85 miles of 32 different stretches of roadside. This does not include the totals for the Cities of Brodhead, Livingston, or Mt. Vernon.

Congratulations on a job well done!!!! I apologize in advance for any misspellings or omissions.

The following groups and individuals participated:

•Grace Baptist Church- Dwayne McKinney, Melvin Harrison, Reva McKinney, Sarah McKinney, Erica McKinney Doan, Anthony McKinney, Linda Burton, Matthew Doan, Tammy Powell, Ashley Powell, Ben Powell, Tony Mahaffey, Jackie Mahaffey, Lindsey Mahaffey, and Trevor Richardson.

•Conway Baptist Church- Anna Carolyn Brandenburg, Cathy Silmon, Charlie King, Evia Mullins, Eugene Brandenburg, and Joyce Thompson.

•Fairview Baptist Church- Luke J Mullins, Twila Burdette, Luther Isaacs, Zoe Burdette, Rodney Mullins, Amie Johnson, Laura Case, and Doris Cromer.

•Concerned Citizens of Pongo- Edna Renner, Zoey Holland, Jalon Stewart, Regina Munguia, Nathan Munguia, Erika Munguia, Victoria Munguia, Jonathan Munguia, Joey Smith, Trent Smith, Crystal Stewart, Jason Stewart, JC Bush, Chey-

enne Harrison, Robin Harrison, Jasmine Harrison, and Amarins Harrison.

•Rockcastle Regional Child Development Center (Pre-Schoolers)- Brady V., Maci M., Walker C., Wyatt C., Sadie O., Zane B., Kaleigh C., Mykah L., Maddy B., Baylee T., Braydon I., Sydney W., Davaney B., Chloe S., Kinsye C., and Donna T.

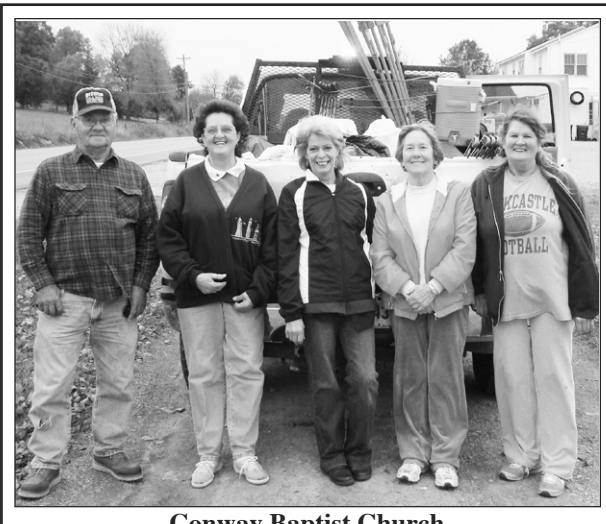
•Copper Creek Missionary Baptist Church- Joseph Montano, Jeanitta Montano, Olivia Montano, and Josh Bowles.

•Brindle Ridge Baptist Church- Mike Sowder, Judy Sowder, Ron Roberts, Jan Roberts, John Keefe, Marsha Coffey, Melinda Finley, Matt Finley, and Nancy Coffey.

•University of Notre Dame- Anna Carolyn Brandenburg, Ian White, John Ning, Liam Chan, Tom Luppi, Northbird, Taylor Boyd, Mina Golebovich, Amy Johnson, June Tome, Kayleigh Hausser, Emily Kaye, Michelle Liang, David Colson and Jon Bloom.

•All-American Club/ NAMI- Wayne Bullock, Cassie Kendrick, Christin Kendrick, Bonita Fleming, and Robert Shackelford.

I would also like to say a special thank you to our work release supervisors, Robert Chesnut, Freddie Cromer and Josie Adams and their respective crews, for all the work that they do on a daily basis. And last but not least, I want to say thanks to the Rockcastle County Pride Committee/ Clean Rockcastle County Committee (Anna Carolyn Brandenburg, JC Griffen, Lynn Tatum, Edna Renner, Stephanie Sizemore, JC Bush, Jill Medley, Mike Bryant, Carol Bryant, and Nancy Seaburg).



Conway Baptist Church



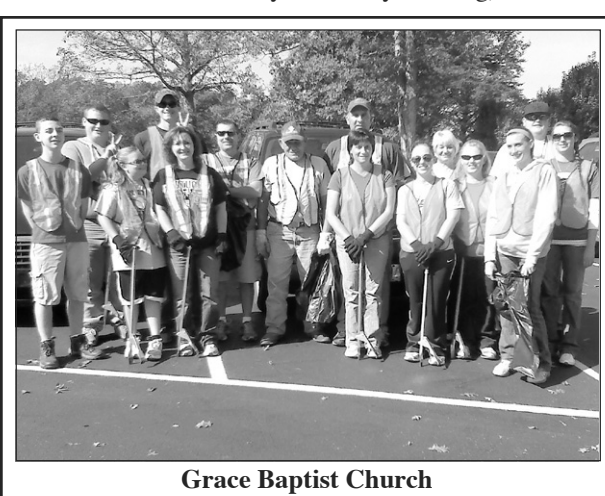
Copper Creek Missionary Baptist Church



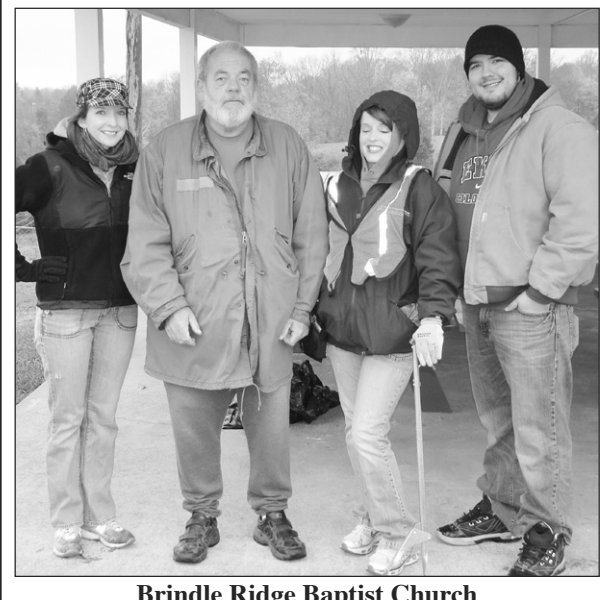
Fairview Baptist Church



All-American Club and NAMI



Grace Baptist Church



Brindle Ridge Baptist Church



Concerned Citizens of Pongo

# Mamaw's Kitchen

By Regina Poynter Hoskins

## CREAMED CHEESY POTATOES

6 medium potatoes  
1 teaspoon salt  
8 ounces cheese—Velveeta or American  
4 tablespoons butter  
1/4 cup milk  
Peel potatoes. Dice into one inch squares and place in large pan. Cover with cold water. Add salt to water and bring to a boil, then cover and reduce heat to gently simmer until tender. Drain. Stir in butter and cheese. When butter and cheese are melted, add milk to reach desired consistency. Some lumps should remain, but mixture should be creamy also.

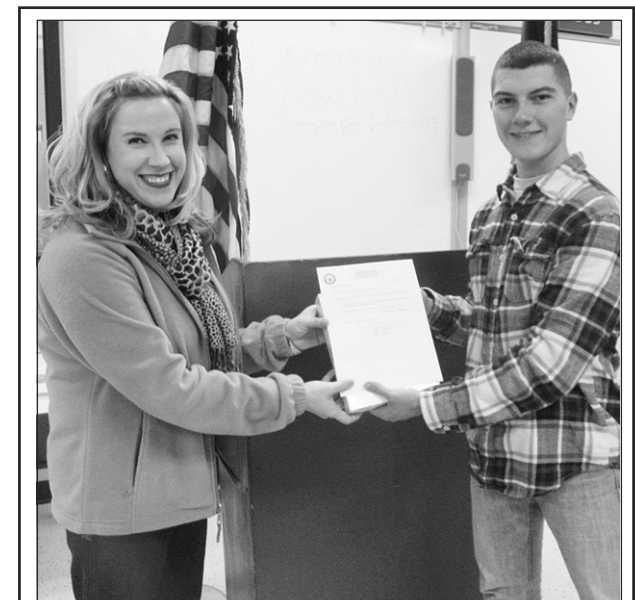
## DEVILED EGGS

6 eggs  
2 tablespoons chopped sweet pickle  
1 teaspoon yellow mustard  
2 T Miracle Whip®  
Salt and pepper to taste  
Paprika  
Place 6 eggs in a big pan so they aren't crowded. Gently add cold water to cover eggs. Add 1 tablespoon salt to water. Bring to a boil; reduce heat to medium-high. Let gently boil for 10 min-

utes. Remove from heat. Drain and run cold water over eggs. Crack shells on sides of pan. Cover with cold water; let sit for 2 minutes. This makes eggs easier to peel. After peeled eggs are cool, cut in half lengthwise. Put yolk in small bowl and place egg half on platter. Mash yolks with a fork. Add mustard and Miracle Whip®. Stir until smooth. Add pickles, salt and pepper. You may also want to adjust the mustard and Miracle Whip® to your taste. Using a small spoon, stuff filling into the empty egg whites evenly. Sprinkle with paprika. They are ready to eat. If not eating right away, refrigerate.

## GREEN PEA SALAD

1 can (15 ounce) green peas, drained  
1 hardboiled egg, chopped  
1/4 cup celery, chopped  
1/2 small onion, chopped  
1/4 cup chopped sweet pickles  
1/3 cup Miracle Whip®  
Mix first five ingredients. Add salad dressing to moisten everything. Adjust the amount of Miracle Whip® to your taste.



## iPad Raffle...

On Friday, October 26th, the Rockcastle County High School JROTC program raffled off a new iPad during halftime at the last home football game. The winner of the raffle was Mrs. Courtney Rigsby. We would like to thank everyone who supported JROTC in purchasing a raffle ticket.

Battalion Commander Cadet LTC. Justin Houk is shown presenting Mrs. Courtney Rigsby with the iPad on Monday evening.

# RACE TO THE FINISH LINE BEFORE THE NEW GED

(If you have previously passed parts of the GED Exam, these scores will no longer be valid after December, 2013)



November 1st - December 12th

Anyone who completes a post-assessment by December 12th will be in a drawing for a

## \$50 Wal-Mart Gift Card

Drawing to be held on December 13th.

## (606) 256-0218

Rockcastle Adult Education Center - 955 West Main Street - Mt. Vernon  
Beside Rockcastle County Middle School

Tell 'em you saw their ad in the

# Mount Vernon Signal

# HEALTH *signal*



ROCKCASTLE  
REGIONAL  
HOSPITAL & RESPIRATORY CARE CENTER

Breathing *Life* into healthcare

November 2012

Vol. 8 • Issue 4



## *Fitness for All*

Rockcastle Regional's Wellness Center offers fitness classes for all ages

#### 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 Estes (606) 256-7880.

#### Leadership

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

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

Debra H. Lambert  
Jeffrey T. Burdette

#### Executive Management

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

145 Newcomb Avenue • P.O. Box 1310 • Mt. Vernon, KY 40456  
(606) 256-2195 • [www.rockcastleregional.org](http://www.rockcastleregional.org)

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

Arielle Estes, Director  
Susan Turley, Designer



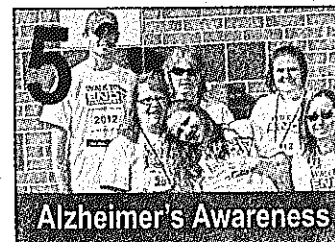
# ROCKCASTLE REGIONAL

HOSPITAL  RESPIRATORY CARE CENTER

## FEATURES



IMPROVING IMAGING



Alzheimer's Awareness



Girls on the Move

6 Dealing with bullying

7 Bedtime battles?

8-9 Celebrating the holidays

11 Community report

12 Who needs a flu vaccine

# Fitness for all!



A typical workout during the Silver Sneakers® Fitness Program at Rockcastle Regional's Wellness Center.

## Wellness Center offers exercise for all ages

By Arielle Estes, Community Relations Director

**B**etty Purcell, RN, MSN has worked at Rockcastle Regional Hospital & Respiratory Care Center for 44 years. A life-long advocate for healthy lifestyles, she has seen her career transition from a nurse to nurse administrator; and for the last four years, Wellness Coordinator. While she primarily focuses on employee health, Purcell has shifted to community health since she began teaching senior exercise classes at the Wellness Center at Rockcastle Regional in August.

Purcell has been instrumental in starting Body Recall and Silver Sneakers® fitness programs at the Wellness Center. Purcell, along with Morgan Kincer, have six hours worth of senior exercise options at the Wellness Center.

“Our classes center around improving strength, balance, flexibility and endurance,” said Purcell. “Participation in class can also improve your ability to do everyday tasks and make you feel better while doing them.”

Senior exercise options include Body Recall and two classes from the Healthways

SilverSneakers® Fitness Program. Body Recall, based in Berea, is a program of lifetime fitness and was founded by the late Dorothy Chrisman. Its mission is “to offer all people a better quality of life through responsible movement that is pain-free and possible; to assist, inform, teach, and train people in the practice of lifetime fitness.” Classes are held Monday, Wednesday and Friday at 10 a.m.

SilverSneakers® Muscular Strength & Range of Movement is a national program where partici-

pants 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. Classes are Tuesdays and Thursdays at 10 a.m. To find out if you’re eligible call (606) 256-2609.

SilverSneakers® YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed

to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. Meets Wednesdays at 9 a.m. To find out if you’re eligible call (606) 256-2609.

In a recent article of the Courier Journal, Dr. Robert Friedland, Rudd Professor and Chair of the Department of Neurology at the University of Louisville, promoted exercise and the importance of people being physically active throughout life. “Exercise not only makes people feel better, and a little bit sharper, but actually can improve the ability of the brain to function in a healthier way.” The National Institute of Health reported that even moderate exercise and physical activity can improve the health of seniors who are frail, or who have diseases that accompany aging.

Speak to your healthcare provider if you are interested in joining a safe, fun exercise program designed for a target audience with trained instructors. The Wellness Center at Rockcastle Regional Hospital hosts a variety of fitness classes. For the current class calendar or for more information about Body Recall, Silver Sneakers® or the variety of other classes including: karate, kettle bell strong, kids fitness, piloxing, spin, zumba, body boot camp, meditation/manifestation, yoga, call 606-256-7880 or visit [www.rockcastleregional.org/wellnesscenter](http://www.rockcastleregional.org/wellnesscenter).



Fitness instructor Betty Purcell, above left, is pictured with the Body Recall fitness class.

# New and improved imaging

By Arielle Estes, Community Relations Director

**R**ockcastle Regional Hospital & Respiratory Care Center has upgraded technology in the Diagnostic Imaging Department. A state-of-the-art MRI, Seimens Magnetom Essenza, will provide high-quality imaging for Rockcastle's radiologists, physicians and patients. The new MRI will offer more diagnostic precision, while offering the patient more comfortable exam.

"This improved addition is such an asset to our range of imaging services," said Rockcastle Regional Hospital Diagnostic Imaging Director John Mitchell. "We can now get very detailed images on a variety of MRI's, such as breast, orthopedic, vascular and abdominal studies."

The nearly \$1.3 million project, including

remodeling of the space that the MRI occupies, replaces the MRI that had been in use since 2004. Patients were able to have exams in the new unit beginning on September 24, 2012.

"Patient safety, quality and comfort are our top priorities with every patient experience," said Rockcastle Regional Hospital President/CEO Stephen A.

Estes. "We pride ourselves in increasing access to healthcare in our community; and this equipment is comparable to what much larger medical facilities across the Commonwealth are utilizing. The new MRI provides the detailed images that our clinicians need to provide their patients with greater

diagnostic confidence."

For more information about the high-quality, detailed images available with the new MRI at Rockcastle Regional Hospital, or any other diagnostic imaging service visit [www.rockcastleregional.org](http://www.rockcastleregional.org) or call 606-256-7878.



Rockcastle Regional recently held a ribbon cutting ceremony for its new state-of-the-art MRI. Pictured from left, Gary Asher, Facility Manager, Billy Roberts, CT Tech, Dr. Eduardo Gomez, Radiologist, John Mitchell, Radiology Director and Mary Thomason, MRI Tech.

**Ultra High-Tech MRI**

**ROCKCASTLE REGIONAL HOSPITAL RESPIRATORY CARE CENTER**



## NOVEMBER IS ALZHEIMER'S AWARENESS MONTH

### Even non-diabetic blood sugar ranges can harm the brain

By Dr. Gregory Jicha

**I**t is a common saying among neurologists that what is good for the heart is also good for the brain. Not only is this true of exercise, maintaining a healthy weight, and keeping blood pressure within a healthy range, but now a study suggests that blood sugar levels lower than the usual diagnostic criteria for diabetes may be detrimental to brain health.

It has long been known that high blood sugar levels are damaging to the circulatory system, contributing to atherosclerosis (plaques in the arteries) and associated problems like nerve damage, eye and kidney problems, gum disease and even heart attack and stroke.

As a major organ, the brain is dependent on the circulatory system for oxygen and other compounds necessary for cell health. When circulatory health is impeded, the brain suffers.

In the new study conducted by the Australian National University and published in *Neurology*, 249 people age 60 to 64 each had brain scans four years apart. Those people with higher fasting blood sugar levels were found to have experienced more brain shrinkage in the four-year interval.

Participants who were not diabetic, but who had high blood sugar levels were shown to have experienced brain deterioration. (In the United States, diabetes is commonly diagnosed when fasting blood

sugar reaches or exceeds 126 milligrams per deciliter.)

Researchers took into account other factors – such as smoking, alcohol use, age and high blood pressure – that could affect brain health. Even controlling for those factors, the researchers found that 6 to 10 percent of brain loss could be accounted for only by blood sugar levels.

Interestingly, another study in the journal *Pediatrics* recently showed a link between metabolic syndrome (which includes the insulin resistance seen in pre-diabetes) in teens with worsened brain functioning.

In older adults, numerous studies have shown links between high blood sugar, Type 2 diabetes and dementia. Until now, though, it was unknown whether people with non-diabetic blood sugar levels could experience the same results. The current research suggests that blood sugar ranges too low to be considered diabetes may in fact place people at risk for brain deterioration along with other complications.

So, what can you do? Basically, it's important to live a healthy lifestyle. Get exercise, eat well and keep your brain active. Make sure to have your doctor keep an eye on your blood sugar ranges, and know your numbers for blood sugar just as you would for cholesterol and blood pressure. If you have questions about your diet, consult a registered dietitian or your doctor.

### Walking to end Alzheimer's



Rockcastle Regional's "Walk to End Alzheimer's" Team raised over \$2000 for the Alzheimer's Association. Pictured are team members who participated in the walk on September 15 in Berea. Front, from left, Worth Ann Harris, Faith Harris, and Tiffany McKibben. Back, Cory Coe, Tammy Powell, Lora Beth McKee, Betty Purcell and Gayle DeBorde.



## Lunch & Learn

November 15, 2012

12:00 Noon  
Rockcastle Regional  
Education Center

The Basics:  
Memory Loss, Dementia,  
& Alzheimer's Disease

If you have a loved one who is newly diagnosed, or if you just want to learn more about Alzheimer's disease, this program is for you. This presentation will explore what everyone should know about memory loss issues and what they mean for all of us.

To sign up call 606-256-7746.

## [ UK CONNECTIONS ]

## UK HealthCare

Shamik Alkat, 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 Flomenhoff, 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  
 Jeremiah Martin, M.D. • Cardiothoracic Surgery  
 Rick McClure, M.D. • Cardiology  
 Amr Mohamed M.D. • Nephrology  
 Gustavo Morales, M.D. • Cardiology  
 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  
 Thomas Whayne, M.D. • Cardiology  
 Greg R. Wheeler, M.D. • Neurosurgery  
 Frederick M. Zachman, M.D. • Gynecology

Help your child deal with *bullying*

By Vicki Hensley

**H**ave you ever wondered if your child has been bullied? Were you bullied as a child or have you witnessed a child being bullied?

Childhood bullying is a problem most children will face at some point during their childhood. American children ages 8 to 15 report bullying as a greater problem than alcohol and other drugs, and about 25 percent to 30 percent of American teens and preteens are involved in bullying. It is normal child behavior to occasionally tease, play fight, and have disagreements with peers. However, bullying is a far more serious behavior that parents should know about and watch for.

Bullying has a complex definition. It is considered hostile or aggressive activity repeated over and over to another person with intent to hurt the person physically or mentally. The bully is considered to have more power or strength than the victim. Bullying might include name-calling, purposely leaving someone out of a group or activity, spreading rumors about someone, posting mean or inappropriate comments about someone on the Internet, pressuring someone to do something he or she does not want to do, embarrassing someone, tripping, pushing, hitting, kicking, or spitting on someone, or taking someone's things. Bullying can happen at school, on the way to school, online or at a social gathering.

Bullying can cause children to feel depressed, anxious, tense and tired. Bullied children might also

wet the bed, have headaches or stomach pains, or have trouble sleeping. They might not want to go to school. They might become withdrawn, and they are more likely to commit suicide than children who are not bullied. A bully is more likely to be involved with drinking alcohol, using illegal drugs, and violence than someone not involved in bullying.

To help children who may be involved in bullying, here are some practical tips for parents:

- Look for symptoms of bullying. Often children will not tell you they are being bullied, so it is

important for parents to know what symptoms might be the result of bullying.

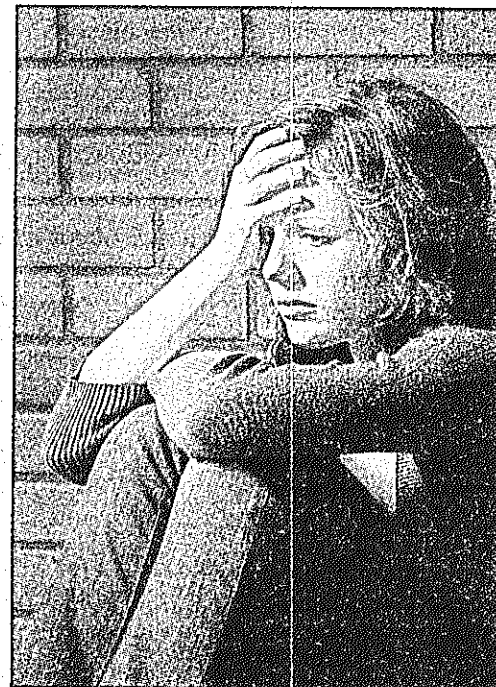
- Talk to your children every day. Ask about their day and who they played with and sat next to at lunch. Do not accept one-word answers. Try to get your child to openly talk to you by avoiding questions that can be answered with a yes or no.

- Encourage your child to tell you if he or she has been bullied. Ask your child if there are bullies at school and who these children are. Listen to any concerns and reassure your

child you love and care about him or her. Make it clear this is not their fault.

- Brainstorm with your child ways to stop or avoid bullying. Playing with new friends or in a different place could help. Encourage your child to tell an adult at school about the bullying.

- Advocate for your child. Talk to your child's teachers or principal about the bullying.



Courtesy of University of Kentucky Public Relations. Column appeared in the Lexington Herald-Leader on Sunday, September 23. Vicki Hensley is an instructor and pediatric nurse practitioner at the University Of Kentucky College of Nursing.

## [ UK CONNECTIONS ]

*Bedtime Battles?*

## Check kids for sleep disorders

By Dr. Zoran Danov

**B**edtime can be a struggle for both tired parents and resistant children. Adequate and quality sleep is important for children to remain healthy during childhood and into adolescence and adulthood. While bedtime battles are common in many households, for some children there could be something else at work: About 20 percent of children suffer from some sort of sleep disorder.

Sleep disorders include – but are not limited to – sleep apnea and behavioral insomnia of childhood.

Sleep apnea is a condition in which there is a regular, momentary stopping of breath during sleep. These stoppages can lead to sleep disruptions and also falls in blood oxygen levels. Some warning signs of sleep apnea in children are:

- High blood pressure.
- Weight gain.
- Dry or sore throat in the morning.
- Morning headaches.
- Snoring or stoppages in breath during sleep.
- Undue sleepiness during the day or difficulty falling asleep.

Tonsillectomy and adenoidectomy are both helpful in resolving obstructive sleep apnea. When those measures fail, positive airway pressure devices are used for those with sleep apnea, providing a gentle airflow to prop open the airway during sleep so as to avoid waking up during the night. A small mask fitted over the nose and mouth provides the airflow and is secured

with straps around the head.

There are several types of behavioral insomnia of childhood, in which the child refuses or resists going to bed, falls asleep later than normal or is awake for prolonged periods of time during the night, prompting parental mediation.

There are other general warning signs that may not necessarily point to one of the mentioned childhood sleep disorders but should still be addressed by a physician. Some of these warning signs include: sleepwalking, anger or temper problems, restless legs, night or sleep terrors, unusual sleeping schedule, snoring and lack of energy.

There are several ways to diagnose a sleep problem. As in any disorder, patient history and physical exams are the most important first steps in reaching a diagnosis. Some sleep disorders require additional tests, such as a polysomnography, a multiple sleep latency test or a maintenance of wakefulness test. Such disorders can be effectively treated to ensure that your child stays healthy. If you think your child may be suffering from a sleep disorder, contact your pediatrician.

Even if no disorder is present, encourage healthy sleeping habits in children by making sure they:

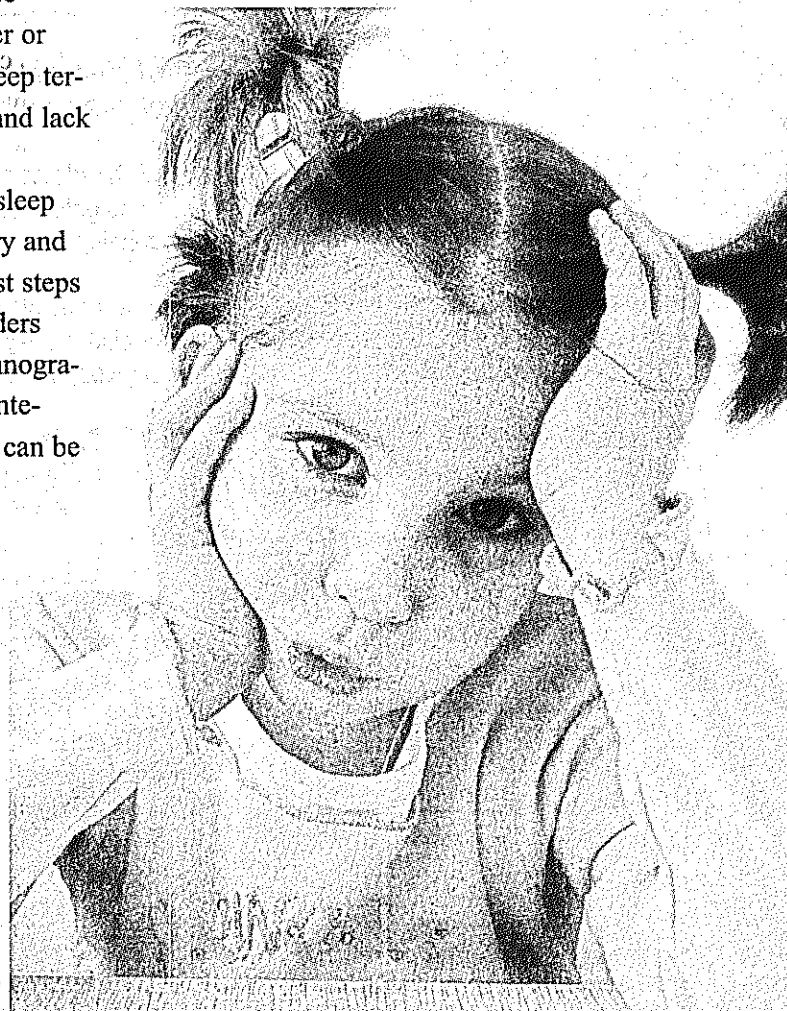
- Maintain a healthy weight
- Have a consistent bedtime routine—go to bed and wake up at the same time every day

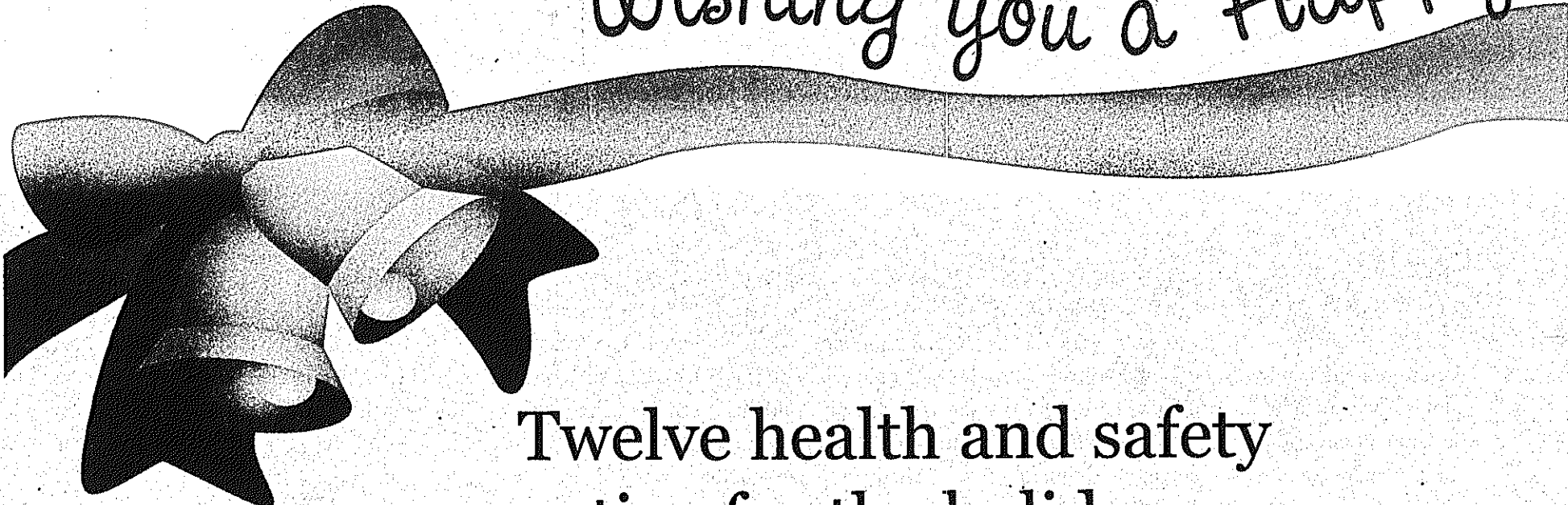
- Avoid or limit late afternoon naps for children past preschool age

- Utilize the bedroom for sleep only; all other activities like homework and playtime should be done outside the bedroom

- Exercise regularly during the day but not in the evening

- Avoid television, computer and video game usage one to two hours before bedtime





Wishing you a Happy

## Twelve health and safety tips for the holidays

---

*Give the gift of health and safety to yourself and others by following these holiday tips*

*Pay special attention to your health and be safe this holiday season.*

**1. Wash hands often** to keep yourself from spreading germs and getting sick. Wash your hands with soap and clean running water for at least 20 seconds.

**2. Bundle up** to stay dry and warm. Wear appropriate outdoor clothing: layers of light, warm clothing; mittens; hats; scarves; and waterproof boots.

**3. Manage stress.** Don't over-commit yourself and prevent holiday anxiety and pressure. Get enough sleep.

**4. Don't drink and drive** or let others drink and drive. Whenever anyone drives drunk, they put everyone on the road in danger.

**5. Be smoke-free.** Avoid smoking and second-hand smoke. There is NO safe amount of tobacco or second-hand smoke. Breathing even a little secondhand smoke can be dangerous.

**6. Fasten seat belts** while driving or riding in a motor vehicle. Always buckle your child in the car using a child safety seat, booster seat, or seat belt according to his/her height, weight, and age. Use a seat belt on every trip, no matter how short the trip.

**7. Get exams and screenings.** Ask what exams you need and when to get them. Update your personal and family history.

**8. Get your vaccinations,** which help prevent diseases and save lives.

**9. Monitor the children.** Keep potentially dangerous toys, food, drinks, household items, and other objects out of kids' reach. Dress warmly for outdoor activities. Develop and reinforce rules about acceptable and safe behaviors including electronic media.

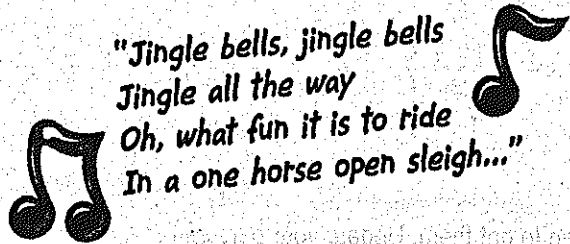
**10. Practice fire safety.** Most residential fires occur during the winter months, so be careful to never leave fireplaces, space heaters, stoves, or candles unattended. Have an emergency plan and practice it regularly.

**11. Prepare food safety.** Remember these simple steps: wash hands and surfaces often, avoid cross-contamination, cook foods to proper temperatures, and refrigerate promptly.

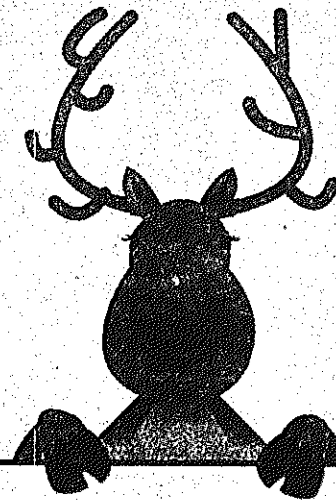
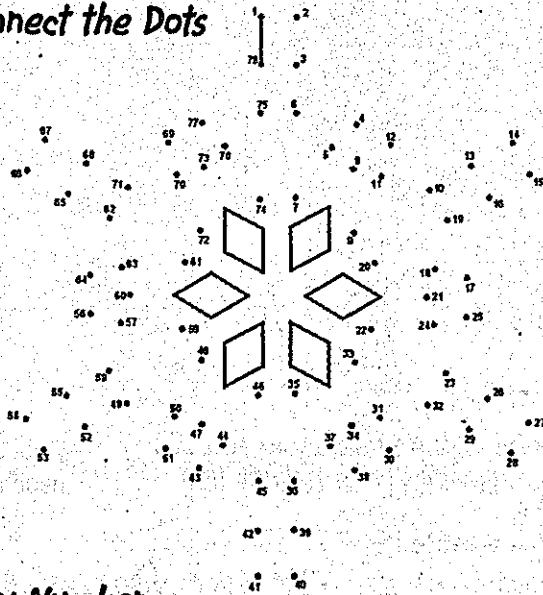
**12. Eat healthy, and get moving.** Eat fruits and vegetables. Limit your portion sizes and foods high in fat and sugar. Be active for at least 2½ hours a week and help kids and teens be active for at least 1 hour a day.

# and Healthy Holiday Season!

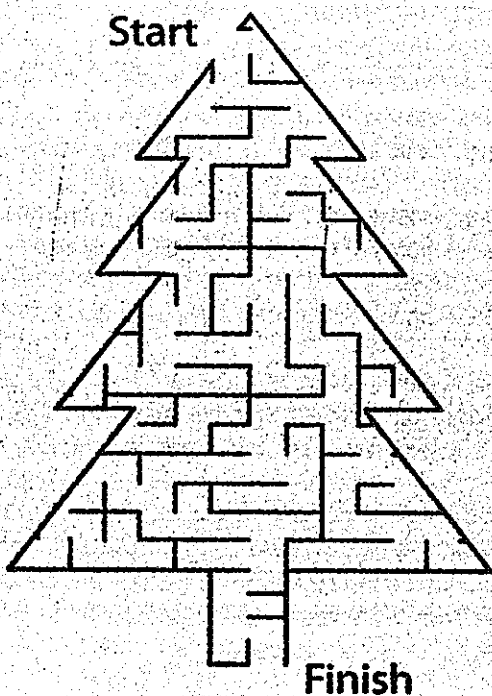
## Kids Corner



Connect the Dots

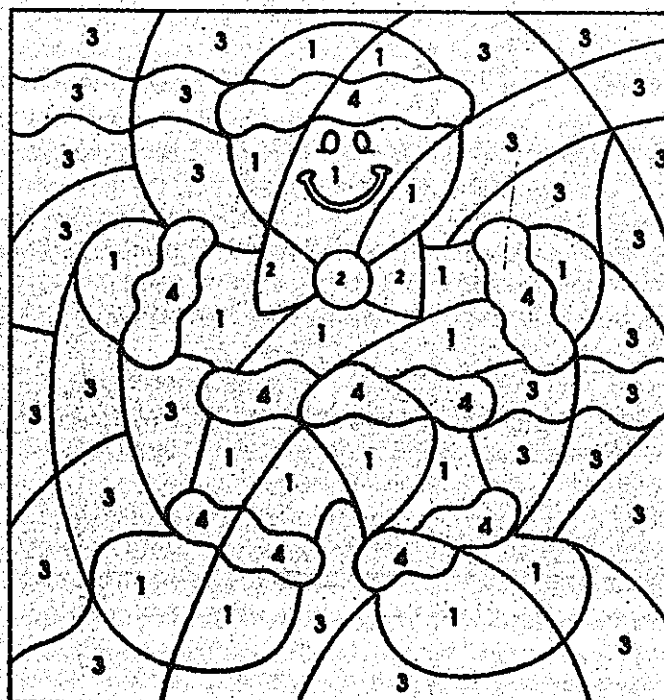


Christmas Tree Maze



Color by Number

1-Brown 2-Red 3-Green 4-Yellow



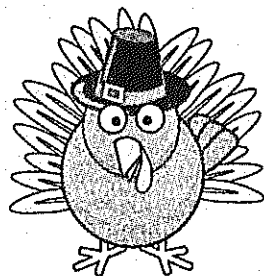
### My Christmas Wishlist

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

# COUNTY-WIDE *Stride* 2012 Run/Walk Series



## Upcoming Race Events



1st Annual

### Gobble Go-Go 5K Run/Walk

**Saturday, November 17, 2012**

Renfro Valley Entertainment Center • Mt. Vernon KY

Proceeds benefit local elementary girl's running program

#### Event Details

- 5K Run/Walk to begin at 8:00 am
- Race-day registration from 7:15 am
- \$15 pre-registration fee by November 13
- \$20 registration fee on raceday
- Free t-shirt to race participants.
- \*It is recommended that you pre-register to guarantee your shirt.\**
- Registration info at [rockcastleregional.org/countywidestride](http://rockcastleregional.org/countywidestride)

#### Awards

- Overall male and female race winner
- Top three male and female finishers in each of the following age groups: 12-Under, 13-17, 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, and 70+
- 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.)

#### Questions/Information

- Contact Susan Turley at [s.turley@rhrcc.org](mailto:s.turley@rhrcc.org) or call 606-256-7746

Race 11 of 12 in the 2012 County-Wide Stride Series



9th Annual

### JINGLE BELL Run/Walk

**Saturday, December 1, 2012**

Renfro Valley Entertainment Center • Mt. Vernon, KY

PROCEEDS BENEFIT "THE MIRACLE FUND"

#### Event Details

- 6K Run/Walk to begin at 8:30 am
- Race-day registration to begin at 7:30 am
- \$20 pre-registration fee by November 28
- \$25 registration fee on raceday
- Free long-sleeved t-shirt to all race participants
- \*It is recommended that you pre-register to guarantee your shirt.\**
- Door prize drawings (must be present to win)
- Santa's Surprise Gift Grab (gifts may contain cash, gifts or coal!)
- Registration info at [rockcastleregional.org/countywidestride](http://rockcastleregional.org/countywidestride)

#### Awards

- Overall male and female race winner
- Fastest male and female walker
- Top three male and female finishers in each of the following age groups: 12-under, 13-17, 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+ (walkers are eligible for age group awards)

#### Questions/Information

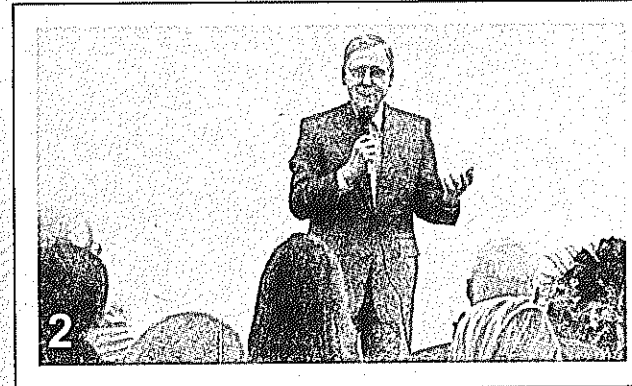
- Contact Susan Turley at [s.turley@rhrcc.org](mailto:s.turley@rhrcc.org) or call 606-256-7746

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

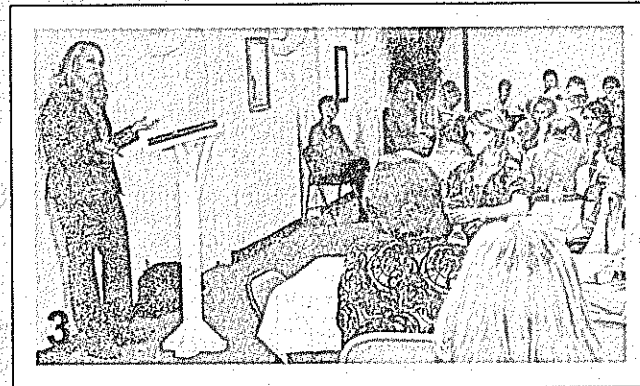
# [ COMMUNITY RELATIONS ]



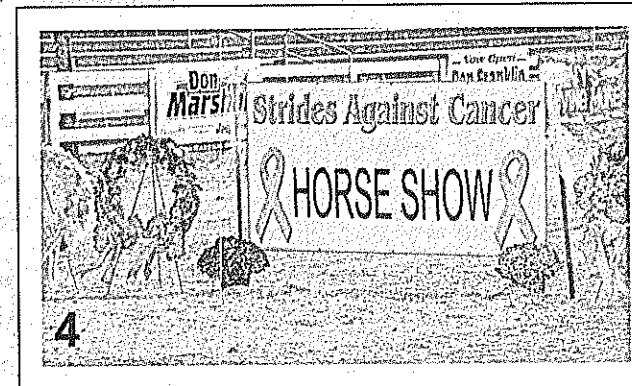
1. Sixty-two people attended Rockcastle Regional's second annual Babies Rock event on August 16. Pictured are Rachel Wright and Twila Burdette from the hospital's Child Development Center.



2. Rockcastle Regional Hospital hosted U.S. Senate Republican Leader Mitch McConnell on Tuesday, September 4 for a Washington update.



3. September 13 was Dinner with a Doctor with Dr. Callie Shaffer, pictured, and dietitian Lindsay Gabbard speaking on "Child Nutrition and Obesity".



4. The 1st annual Strides Against Cancer Horse Show was September 15 at the Brodhead Fairgrounds and raised over \$17,000 for The Hope Fund, Rockcastle Regional's program to benefit local cancer patients.



5. More than 30 men attended the 4th Annual Healthy Joe Expo featuring health screenings, a dynamic guest speaker, door prizes, and the chance to become health "Gamechangers".

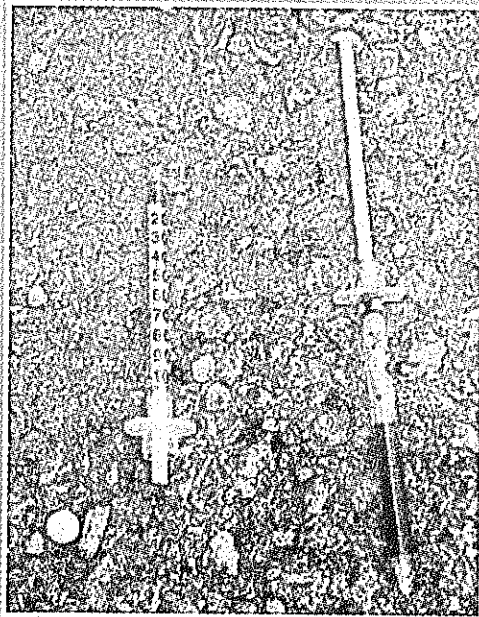


6. The annual Ladies Night Out for Breast Cancer Awareness was October 11. A total of 139 ladies attended. Pictured are Ruth Lane, RN, Scotty Stogsdill, mammography technician, and Sue Hamm, cancer survivor.



**ROCKCASTLE  
REGIONAL**  
HOSPITAL ■■ RESPIRATORY CARE CENTER

## Have you seen one of these?



### Growing Community Health Problem

A growing problem in our community is the disposal of used needles. Many areas of the county have seen used, dirty needles in parking lots, along sidewalks, in grassy areas near playgrounds and many areas frequented by children and adults. These needles represent a threat to the safety of our community. Diseases like HIV, Hepatitis B and Hepatitis C can be spread by a stick from a dirty needle. Talk to your kids about alerting an adult if they see a needle and tell them to never, ever pick it up. Adults should alert the owners or staff of property where needles are found. Proper disposal of needles should be in an approved sharps container that can be purchased from a pharmacy. Needles may also be disposed of in a puncture proof container, such as an empty laundry jug or coffee can. Seal the lid and dispose of with regular household waste. You may contact the local health department at 606-256-2242 or Rockcastle Regional Hospital at 606-256-7762 if you have questions or concerns about needle disposal in your area.

## Yeah, you need a flu vaccine

**A**n annual flu vaccination is the best way to prevent the flu and the flu-related complications that could lead to hospitalization and even death. Health experts across the country recommend that everyone 6 months and older get a flu vaccine.

Over the years, the number of people recommended for flu vaccination grew steadily as experts learned more about who was at highest risk for flu complications or who was bearing the greatest burden of illness and possibly playing a role in spreading flu in the community. Scientists and public health experts came to recognize that while influenza is particularly dangerous for certain people, it can cause severe illness and even death for anyone, regardless of whether or not they have high risk conditions. In fact, influenza is among the most common respiratory illnesses in the United States, infecting millions of people every flu season. However, only 46% of people 6 months of age and older were vaccinated during the 2011-12 season.

Every year, flu spreads across the country, from person to person, family to family, and community to community. The severity of flu illness can vary from mild to severe. When severe, flu complications can lead to hospitalization and sometimes even death. Even healthy children and adults can get very sick from the flu.

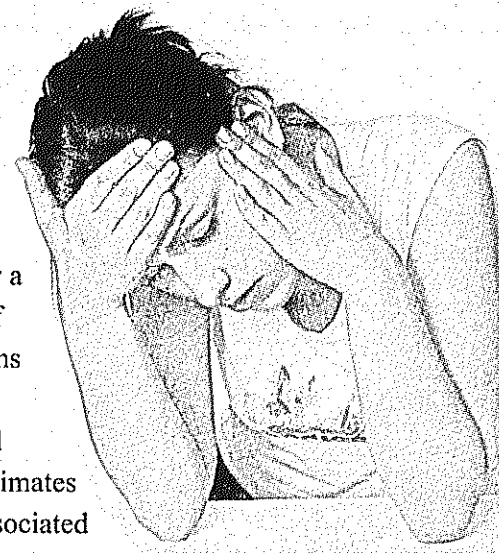
“One of the greatest challenges we face from the flu is the uncertainty of the disease,” explains Dr. Anne Schuchat, Director of the National Center for Immunization and Respiratory Diseases at the Centers for Disease Control and Prevention (CDC). “Flu viruses are constantly changing. Each flu season, different flu viruses can spread, and they can affect people differently based on their body’s ability to fight infection.”

Over a period of 31 seasons between 1976 and 2007, estimates of flu-associated deaths in the United

States range from a low of about 3,000 to a high of about 49,000 people. And, each year it’s estimated that more than 200,000 people are hospitalized because of flu-related complications. People with certain long-term health conditions (e.g., heart disease, diabetes, asthma) are at greater risk of experiencing serious health complications as a result of flu. A flu vaccine is the first and best way to prevent influenza and is particularly important in people who are at higher risk of serious flu complications.

Getting a flu vaccine is more convenient than ever before. Vaccines are available, for example, from your doctor or local health department, and at many retail pharmacies. Many employers, schools, colleges and universities also offer flu vaccines. Moreover, the annual vaccine supply continues to grow, helping to ensure that enough vaccine is available for everyone who wishes to be vaccinated. So when you’re out and about in your community and see signs offering flu shots, or when you visit your doctor for a routine check-up, remember: the flu vaccine is the single best way to prevent the flu.

There are some people who should not get a flu vaccine, for instance, people who have had a severe reaction to a flu vaccine or any of its components in the past. For more information about who should and who should not get vaccinated, visit [www.cdc.gov/flu/protect/whoshouldvax.htm](http://www.cdc.gov/flu/protect/whoshouldvax.htm).





# Lifeline Rockcastle Home Health brings healing home

Submitted by Lifeline Rockcastle Home Health

Everyone knows there's no place like home. That's especially true when recovering from illness or injury. Lifeline Rockcastle Home Health provides high-quality home health services to local patients in the comfort of home.

The therapeutic value of being in comfortable surroundings, with quality medical care and family and friends nearby, can have a positive effect on the healing process. And the development of new medical treatments and technologies has made home health care an important and cost-effective option for many people.

As a member of the nationally recognized LHC Group, Lifeline Rockcastle Home Health is equipped to provide high-quality, professional medical care in the comfort of home for a wide range of conditions. Under the direct supervision of his or her physician, each patient receives attentive

and compassionate care from highly skilled home care professionals. And family members or other caregivers receive information, guidance and support to help make their loved one's recovery as comfortable and effective as possible.

Lifeline Rockcastle Home Health enjoys a close affiliation with the doctors and staff at Rockcastle Regional Hospital, helping to ensure each patient's safe and seamless transition to home care. In addition, qualified home care patients at Lifeline Rockcastle Home Health have access to help 24 hours a day, seven days a week, with the convenient Philips Lifeline medical alert service. This one-

touch button device, worn as a pendant or wristband, connects home care patients to a certified Philips Lifeline professional for immediate assistance.

Generally, Medicare and/or Medicaid will cover the cost of home care services for those patients over the age of 65 who meet either

program's eligibility requirements. Private insurance companies, managed-care organizations and worker's compensation plans may also pay for home health services.

For more information on the many benefits of home health care, please call Lifeline Rockcastle Home Health at 606-256-1808.

**Lifeline**  
Rockcastle Home Health

145 Lewis St. • Mt. Vernon, KY 40456  
606.256.1808

It's all about  
helping people.



During National Physical Therapy Month we celebrate our therapists, Lee Phillips, PT and Loretta Dunn, PTA. Lifeline Rockcastle Home Health offers Physical Therapy services five days a week.

# Girls on the **EMOVE**

By Dwain Harris

**F**aith Harris never fancied herself a runner. “Before I started it didn’t seem very fun,” says the 9-year-old Brodhead Elementary School student. “It seemed like it would be too hard.”

Now she’s glad that her mom, Anne, suggested she try Girls on the Run (GOTR), a learning and running program in its second year in Rockcastle County.

Running was the last thing on both of their minds when Faith came down with Rheumatic Fever in 2009. The disease damaged her heart, requiring a 10-day hospitalization to control inflammation and to drain what turned out to be 21 ounces of fluid from around her heart. Eight months later doctors performed surgery to repair damaged valves.

She’s much better now, but her heart valves still leak and will require more surgery in the years to come. As for exercising, her doctors put no restrictions on her, but she is somewhat limited and must pay close attention to how her body is reacting to physical exertion. She plays on her elementary school basketball team and began the GOTR program in August.

Girls on the Run is a national learning program that combines training for a 3.1 mile running event with self-esteem enhancing, uplifting workouts. The goals of the program are to encourage positive emotional, social, mental, spiritual, and physical development. Lessons provide girls with the tools to make positive decisions and to avoid risky adolescent behaviors.

Rockcastle Regional, always interested in outreach programs that promote healthy behaviors, led the effort last year to create a GOTR chapter locally, and it’s back in 2012 by popular

demand. Thirteen girls, in grades three through five and from all three elementary schools, signed up for the program. They hold meetings after school twice a week. The final program will conclude with the 5K (3.1 miles) on Nov. 17 at Renfro Valley.

Each practice starts with a lesson and is followed by warm-ups and a run or run/walk of varying distances. The lessons teach valuable strategies for girls who are at a critical age.

For example, one lesson deals with peer pressure, another about how to maintain good relationships with friends. “We’ve learned not to gossip because it can hurt people’s feelings,” Faith reports, “and don’t spread rumors.”

The program’s effectiveness in combining

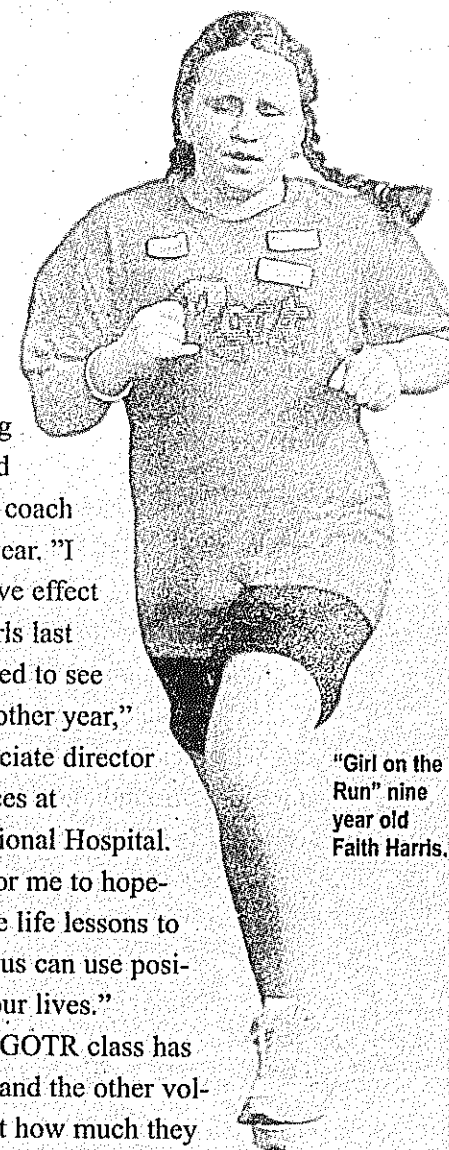
life lessons with the challenge of running is what attracted Selena Mink to coach the group this year. “I knew the positive effect it had on the girls last year and I wanted to see that through another year,” said Mink, associate director of Social Services at Rockcastle Regional Hospital. “It was a way for me to hopefully teach some life lessons to girls, and all of us can use positive lessons in our lives.”

This year’s GOTR class has surprised Mink and the other volunteers with just how much they want to run.

“I am so proud of the girls,” she said. “They have found a love for running and improving their health. I am amazed at how they always want to run more laps and how they always want to reach their goals.”

That goes for Faith, too. Though she runs at a cautious pace, she keeps running. And even as she takes a brief pause between every quarter-mile lap, her distance mounts. With the help of her running buddy, volunteer James Bullen, she’s up to 10 laps per practice, or 2.5 miles.

“I never dreamed she’d be able to run two and half miles,” her mother said proudly. Neither did Faith, but she is not satisfied. “I want to get to where I can run the 5K,” she says, “and maybe go further.”

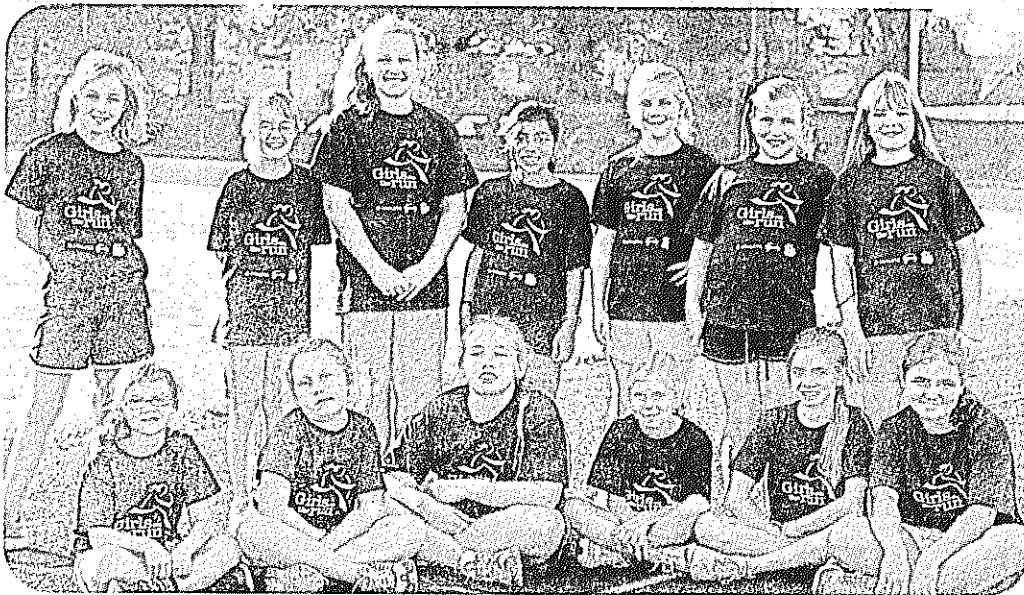


“Girl on the Run” nine year old Faith Harris.



Rockcastle 2012 Girls on the Run has 13 participants. Pictured are some of the team members at practice. (See more snapshots on next page.)

# "GOTR" Snapshots



**Girls on the Run** – Sitting from left, Emily Castell, Taylor Sloat, Valerie Kendrick, Kylie Martin, McKinzi Lunsford, and Bailee DeBorde. Standing from left, Aden Amburgey, Shelby Harris, Faith Harris, Hannah Davis, Audrey Childress, Kelsey Carlton, and Elizabeth Denny.



## 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. Krestik, D.P.M.	Podiatry
Christian Lattermann, M.D.	Orthopaedic Surgery
Iraklis Livas, M.D.	Allergy/Immunology
Anne P. Marshall, M.D.	Pathology/Cytopathology
Jeremiah Martin, M.D.	Cardiothoracic Surgery
Rick R. McClure, M.D.	Cardiology
Amr Mohamed, M.D.	Nephrology
Gustavo Morales, M.D.	Cardiology
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
Edward Romond, M.D.	Oncology
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
Byron T. Westerfield, M.D.	Sleep Medicine
Thomas Whyne, M.D.	Cardiology
Greg Wheeler, M.D.	Neurosurgery
Denis Yalkut, M.D.	Urology
Frederick M. Zachman, M.D.	Gynecology

# Fall into Wellness

*Jumpstart your workout this fall and join a class  
at Rockcastle Regional's Fall Wellness Center...*

**Body Boot Camp with Amanda** • Wednesdays at 7 p.m.

**Body Recall** • Mondays, Wednesdays & Fridays 10 a.m.

**Karate with Chris** • Tuesdays at 6 p.m. (ages 6-14) & 7 p.m. (adult)

**Kettlebell Strong with Eric (ages 18+)** • Tuesdays at 8 p.m. & Thursdays at 7 p.m.

**Meditation & Manifestation with Missy** • Fridays at 6 p.m.

**Movin' with Morgan Kids Fitness Class (ages 8-12)** • Tuesdays & Thursdays at 3:45 p.m.

**Piloxing with Lindsay** • Mondays at 7 p.m. & Thursdays at 4:45 p.m.

**SilverSneakers® Muscular Strength & Range of Movement** • Tuesdays & Thursdays at 10 a.m.

\*Call 256-2609 to find out if you're eligible

**SilverSneakers® YogaStretch** • Wednesdays at 9 a.m.

\*Call 256-2609 to find out if you're eligible

**Spin with Jamie** • Tuesdays at 8 p.m., Thursdays at 8 p.m., Saturdays at 9 a.m. & 10 a.m.

\*Note: Spaces are limited. You must pre-register by e-mailing [jamie.ellison12@yahoo.com](mailto:jamie.ellison12@yahoo.com)

**Trifecta Training with Morgan** • Mondays at 6 p.m.

**Zumba with Carol & Angie** • Mondays at 8 p.m., Wednesdays at 5:45 p.m. & 7:30,  
Thursdays at 8 p.m. & Saturdays at 10 a.m.

**Zumba with Morgan** • Mondays at 4:45 p.m. & Wednesday at 4:45 p.m.

**Zumba with Susan** • Tuesdays & Fridays at 4:45 p.m. & Sundays at 3 p.m.

*For class description, fees and the current schedule visit [rockcastleregional.org/wellnesscenter](http://rockcastleregional.org/wellnesscenter)*