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Mount Vernon, Kentucky 40456 - (606) 256-2244 Volume 128 • Number 23 50 per copy Thursday, May 29, 2014



RCHS Graduation this Friday at 6 p.m.

The 42nd graduating class at Rockcastle County High School will have their graduation ceremony this Friday at 6 p.m. in the Rockcastle County High School Gymnasium.

The ceremony will begin with the graduates marching in to "Pomp and Circumstance" which will be performed by the RCHS Band.

Student Council Co-President McKinzie Stone Taylor Todd will give the opening remarks followed by a welcoming speech from F.C.A President Albert Dakota Ernesto Molina.

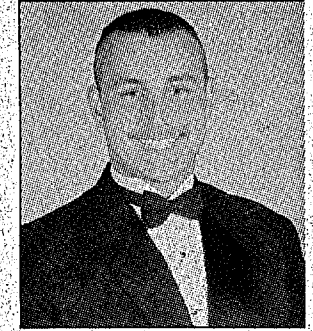
The Chamber Choir and RCHS Band will provide special music before RCHS Principal Jennifer Mattingly recognizes students who received special awards and recognitions.

Valedictorian Madisan Michelle Miller and Salutatorian Jared Scott Lake will both speak after which Rockcastle County Schools Superintendent David Pensol will present diplomas to the graduates.

Student Council Co-President Kelsey Erin Mattingly will conduct the changing of tassels. Junior Marshalls will be Rakai Chetan Patel and Ethan William Cox Mattingly.



Valedictorian Madisan Miller



Salutatorian Jared Lake



Memorial Day Ceremony held Monday at Rockcastle Courthouse

The Rockcastle American Legion Post 71 and Rockcastle Chapter of the VFW sponsored a Memorial Day Ceremony Monday at the Rockcastle County Courthouse lawn. Ceremonies included raising a flag at half staff by the local chapter of the VFW, special music by Jack Lewis, Becky McNew and David Harris, reading of the Roll of Honor recognizing those from Rockcastle who were lost in World War I, World War II, Korean War and Vietnam War. The local chapter of Rockcastle DAR also placed a wreath at the monument. Shown in the top photo is Livingston Mayor and keynote speaker Jason Medley speaking to the crowd. Shown at left is the flag raising ceremony.

RCMS student seriously injured in ATV accident

A Rockcastle County Middle School student was seriously injured Sunday afternoon in an ATV accident in the driveway of his home on Chestnut Ridge Road in Mt. Vernon.

Eighth grader Ryan Windstead was driving an ATV in the driveway of his home when he lost control of the ATV and rear-ended his father's truck.

Windstead was transported by ambulance to the Rockcastle Regional Hospital and was later flown to the UK Medical Center where he remains in stable condition.

Windstead's mother Carol said her son had extensive muscle damage, extensive tissue damage and a broken tibia and fibula.

Mrs. Windstead said her son has already had two surgeries to put a plate in his broken tibia and fibula. She said he will have his third surgery at the end of this week to repair other injuries.

She went on to say that he has already started physical therapy sessions and is able to sit up on the side of his bed for an extended amount of time. She said doctors believe it will take anywhere from 12 to 18 months for him to fully recover from his injuries and that his length of stay at the hospital depends on the results of his next surgery.

Clipper storm system causes power outages across Rockcastle County

By: Doug Ponder

A clipper storm system moved through the state last Wednesday night causing multiple power outages to homes and businesses throughout Rockcastle County.

CSEPP Director Hal Holbrook said the storm uprooted trees and downed utility lines in several different areas across the county. He said some Rockcastle Countians were without power for an extended amount of time after the storm.

Local weather man Bud Cox only reported a half-inch of rain last Wednesday. However, the National Weather Service in Jackson reported wind gusts as high as 60 mph and hail the size of 3/4 inches in diameter in Rockcastle County.

Local man arrested for trafficking synthetic cannabinoids

By: Doug Ponder

A local man was arrested for trafficking synthetic cannabinoids last Tuesday around 3:40 a.m. after police made a traffic stop on Williams Street in Mt. Vernon.

Arrested at the scene was Richard T. Johnson, 19, of Mt. Vernon.

According to Mt. Vernon Police reports, Chief Brian Carter and officer Joe Rush responded to an anonymous

Holbrook said downed power lines were reported in several areas in the county but the highest volume of reports were in the communities near Brodhead and Mt. Vernon. He said Ken-

Authorities searching for escaped inmate

By: Doug Ponder

An inmate at the Rockcastle County Detention Center escaped from authorities while on work release in Brodhead last Thursday.

According to Rockcastle County Detention Center CIO Nathan Carter, RCDC inmate Ruby Elizabeth Coyle, 32, of Richmond was working at the Little League baseball fields in Brodhead last Thursday morning when Carrie Ann Gross, 32, of Richmond picked her up in a gold four-door Pontiac Grand Am. He said the two escaped before authorities could catch them.

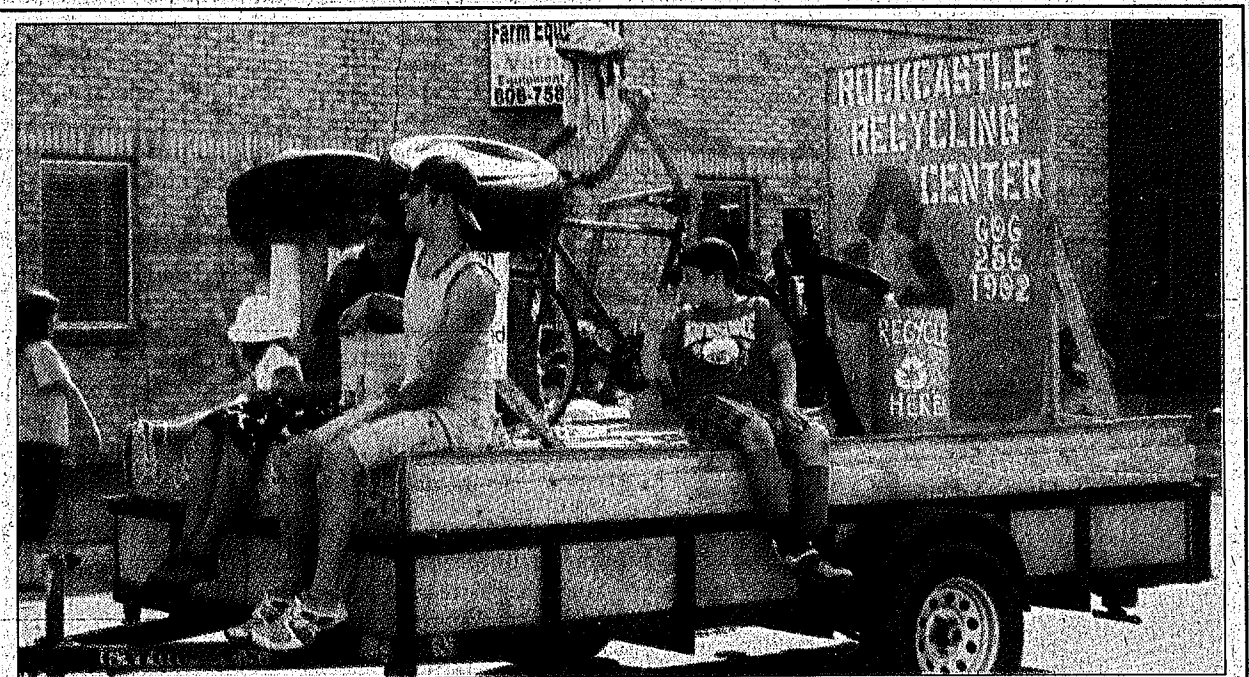
Coyle was originally arrested for a felony offense probation violation on January, 31st. Gross was originally lodged in the RCDC as a state inmate on February, 25th and was released to a halfway house on May, 1st. Carter said Coyle has not reported back to her halfway house since last Thursday.

Carter went on to say that he believes both Coyle and Gross might be staying somewhere in the Richmond area. He said arrest warrants have been issued

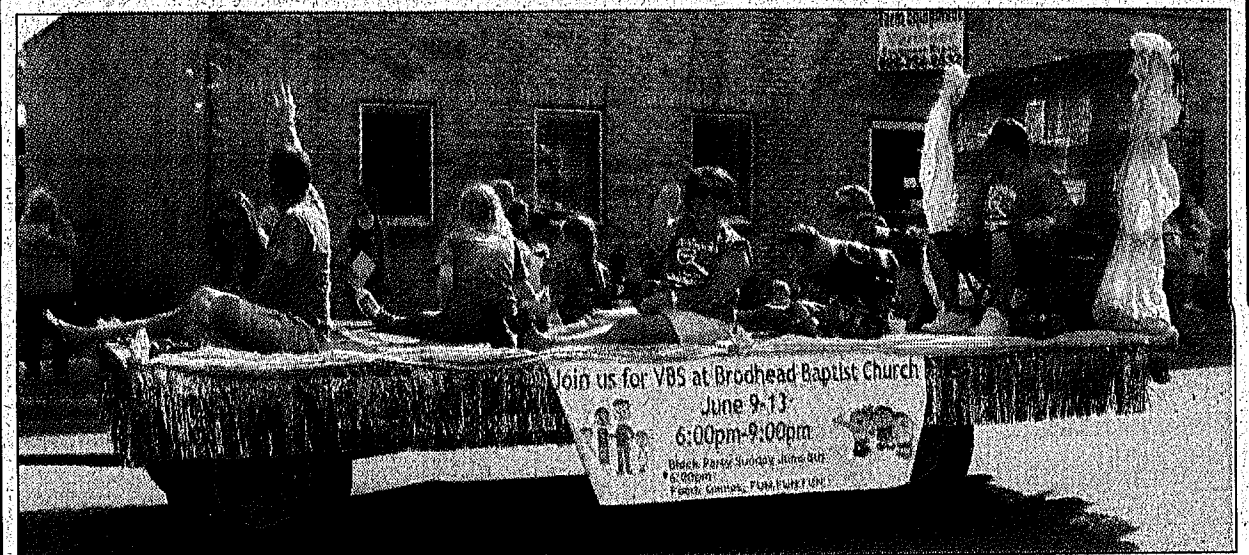
tucky Utilities and Jackson energy worked late Wednesday night and early Thursday morning to repair power

lines and that power was restored in the majority of the

(Cont. to A7)



The annual Dix River Festival took place in Brodhead last Friday and Saturday. Rockcastle Recycling Center's float, shown above, was awarded first place in the parade. Shown on the float from left are Amanda Sizemore, Dustin Sizemore, Billy Osbourne, Jalon Stewart and Jacob Mason. Shown in the picture below is Brodhead Baptist Church's float promoting their upcoming Vacation Bible School. Their float placed second in the parade.



Of Special Note Inside

- Viewpoints Pg. A2
- Obituaries Pg. A3
- Church News Pg. B4

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

- Classifieds Pgs. B6-7
- Courthouse News Pg. B2

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Points East

By Ike Adams



Most of the weekly papers that carry Points East have a Thursday publication date which means that it leaves my computer and hits the internet with a date either before or after anybody actually turns it into ink and pulp. And that's just fine with me because I really don't care whether its olds or news as long as I get paid.

Actually, in the language of journalism, a column technically isn't news but lets not get into that here, this week, because it's an issue that's ruffled sensitive feathers among newsroom snobs for centuries and we just got through a primary election without any reported blood shed.

Anyway May 29 is also Loretta's birthday, which means that she'll be 35 again this week. This makes 4 times Lo has turned 35.

Back in early February I was looking all over the internet for a suitable Valentine gift and I ran across one of those big lifelike, fiberglass, baby tortoise/terrapin/box-turtle whatchamacallit lawn ornaments that looks like it could be a model on the Galapagos Islands. It's not big enough to ride but it is too large for thieving dogs to pack off in the dead of night the way they do my gardening shoes.

It's been lying in the back seat of my truck in a big cardboard box, presumably surrounded by Styrofoam and ballistic grade plastic for the last three months. I know, for sure, the temperature inside the cab of the truck has exceeded 100 degrees and been below zero Fahrenheit several times since the terrapin took residency there. I can only hope that he/she/it is not warped beyond recognition when my wife removes it from the box on Thursday.

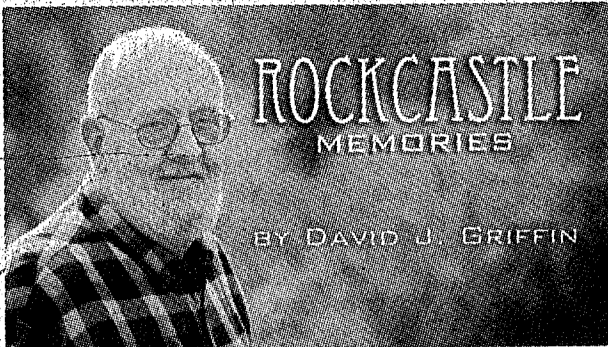
The terrapin as a present is significant because Loretta is not known, especially in our family, as Speedy Gonzalez. When we go to the boys ball games, our son-in-law has taken to saying, "here comes Second Inning Stretch" because that's usually when we get there. When Jennifer needs Grandma to baby sit she asks her to be there at 5:30 and starts calling at 5:00 even though she doesn't plan on leaving the house until 6:00.

Last Friday, our grandson, Tyler (TKO) Ochs "graduated" kindergarten at First Methodist Church's, The Growing Place, in Richmond. It was a milestone and a pretty big deal for our family because three years ago, Tyler's big brother, Braden, finished kindergarten at this same wonderful place of learning and early childhood development. This would probably be the last of six consecutive years where we had attended 10 year-end celebrations for our per-school and kindergarten grandsons enrolled in Richmond's far beyond excellent and so full-of-love-you-feel-it, "The Growing Place".

I'm not sure I'll ever know exactly why I got up, got out of my electronic, heart-monitor, harness, got all the beeping, shut down, got showered, shaved, brushed and dressed etc, nor how we managed to get to the church but we were seated, programs in hand, in the sanctuary, precisely at 11:00 AM. Thirty minutes early. In well over three decades of marriage this was a first.

Then I opened the program and began scanning the list of honorees. Tyler's name was not on it and the

(Cont. to A4)



Mothers in the Fifties

I have wonderful memories of my mother in the early 1950's because most mothers stayed home to take care of the children and the household chores. In those days, children had due respect for their elders. We understood that our moms bought our clothes, cooked all of our meals, helped with the bills, took care of us when we were sick, drove us where we needed to be, and even tucked us in and kissed us good night. Everything we needed she provided. Moms in those days were indispensable.

My mother (Bee) taught me to have absolute respect for women - no matter their age. I was taught to open doors for women, even if I did not know the person. She gave me explicit instructions about dating. I was taught to use good manners and to be a gentleman. There were no exceptions. Bee instructed me to make sure that my dates were home at the exact time they were told to be there. I remember her saying, "David Joe, you should treat your girlfriends like you would want to be treated." I can't say how many times that I heard her say, "David Joe, be a gentleman!" She also reminded me that the man always pays for or provides whatever his date may need - sweater, handkerchief, etc.

I have carried these words of wisdom with me all of my life. Once, when I was taking classes at the University of Kentucky, I was leaving the room and opened a door for an older lady in my class. I suppose she was a "woman's libber" because she called me everything in the book, and then said, "I do not need any man to open a door for me!" I stood there with my mouth open and a shocked look on my face. The professor just happened to be behind me, and he commented, "Some days you just cannot do anything right."

Every morning when I was in high school, Bee woke me up, had breakfast ready, and sent me off to school dressed in clean, neatly ironed clothes. Breakfast in those days consisted of eggs, homemade biscuits, bacon or sausage, usually gravy, juice, and milk. I never went to school hungry. She made sure that my day began with a hardy meal.

Mothers in the 50s dressed the part also. They wore dresses, not slacks. As far as I can remember, it wasn't until Mary Tyler Moore began wearing capris on the Dick Van Dyke Show that any woman was seen in pants. (And that was actually a small controversy in itself, one of the small indicators of changes that were about to occur in our society over the next several years.) During my childhood days though, a lady wore a dress.

Because my curfew dur-

ing the week was 11:00 pm, Bee met me at the door with the question, "Are you hungry?" She was always prepared to feed her growing boy. If I said yes, she promptly made me a sandwich or a burger before I went to bed. While I ate, we would talk about things - maybe how I had spent my evening, or maybe something else for which she wanted my full attention. It was a beneficial time for both of us.

The backbone of every American family throughout the 1950's and 1960's was the dinner hour - that special time when Dad came home from work, kids were home from school and everyone sat at a kitchen table. The dinner hour was the way to connect at the end of the day. My mother excelled in this area because she was truly a great cook. She was so good in fact that my childhood friends often actually asked if they could stay for dinner.

I suppose I took my mother for granted when I was young. She was so very kind and thoughtful, so good at being a mother that I really did not give it much thought. When she became elderly, she took an apartment in Lexington (where we were living at the time) so that we could help care for her needs. For 13 years, I had the opportunity to make some of it up to her. We purchased her groceries every week, took her to the doctor, made sure she had all of her prescriptions filled on time, took her shopping when she needed items for her apartment, and shared several meals each week with her. Even at her advanced age, she still cooked meals for us on some occasions - and we let her!

Those times are now gone, but the strong effect of my mother's influence is still very much a part of who I am. I suppose any successes that I achieved during my lifetime were the result of my mother's guidance. I like to think that she would be proud of me becoming a writer because she was a former English teacher herself, and she loved to read.

With Mother's Day just passed, I am missing her even more than usual. I loved her without reservation and still do even though she has been gone for such a long time. As far as I am concerned, she was the greatest mom that anyone could ever ask for. I hope that she can hear me when I say, "I miss you, Bee!"

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

Subscribe to the Signal



The Way I See it

By Doug Ponder

Several people decorated the graves of their loved ones last weekend to honor them on Memorial Day.

Although a lot of people decorated and visited their deceased relatives' graves, whether they were in the military or not, Memorial Day has actually always been a day to honor those who died while serving in the United States Armed Forces.

On every Memorial Day for the past two years, I always think about a WWII veteran that I interviewed and wrote a feature article about in May, 2012.

The article was about George Garrison, a WWII veteran from Stanford who had served in the same unit with the late Rockcastle County WWII veteran Earl Ponder.

Garrison saved Ponder's life during the Battle of Luzon in the Philippines when Ponder was shot in the arm and the foot by Japanese machine gunners, who were hidden in the woods. While under heavy fire from these Japanese machine gunners, Garrison, and two of his squad members, rescued Ponder and carried him

to safety. Garrison would later receive a Bronze Star for the bravery he showed while rescuing Ponder.

During my interview with him, Garrison talked about all the different battles he and Ponder were involved in during the war. As the interview went on, it amazed me how he could calmly talk about the horrific fighting as if it were just another chore, such as mowing the yard or taking out the trash.

About halfway through the interview, I finally asked him if he was scared at all during the fighting and he replied, "I was scared to death! But we all knew this was something we had to do for everyone back home."

This statement has always left an impression on me and I have always considered it as an example of a perfect definition of sacrifice.

Garrison told me that if it hadn't been for the veterans who fought in WWII, we would all be speaking Japanese today! He also went on to tell me stories about many of his comrades who lost their lives during

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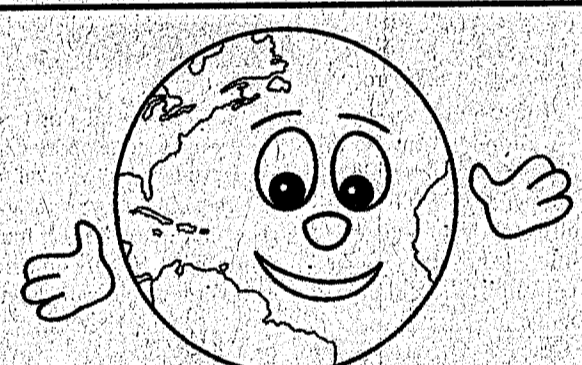
Thank You

Thanks to all citizens of Rockcastle County. Thanks be to God for our County and Country. A special thanks to my supporters who were beside me all the way. Failure was not an option. We must move our County forward. Prayers for each and every candidate and for their families.



I appreciate each and every one. God bless you. Sincerely, Billy Reynolds

Paid for by Billy Reynolds



2014 Rockcastle River-Sweep

Join us on Sat., June 21st, from 9 a.m. to 1 p.m. to help remove trash and tires from the Rockcastle River.

Bring a canoe or flat bottom boat and be ready to get wet and muddy!

Meet at the Livingston Sewer Plant

Free T-Shirts while supplies last and lunch will be provided after the cleanup!

Call the Rockcastle County Solid Waste Office at 606-256-1902 for more information.

Mount Vernon Signal

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Perlina M. Anderkin, Publisher/Editor

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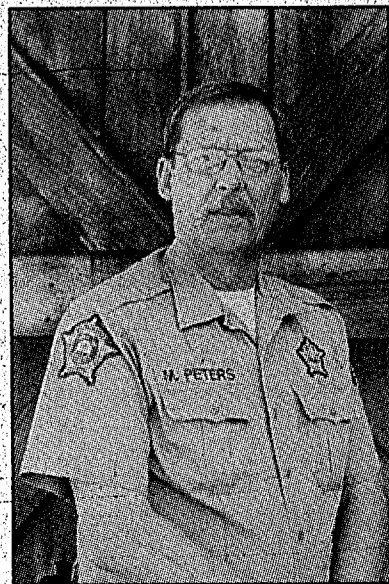
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Thank You Rockcastle County!



I would like to thank everyone for their vote and support during this May Primary Election.

I will do my best to help and support all citizens of Rockcastle County.

Sincerely,

Michael E. Peters,

Rockcastle County Sheriff

Paid for by Mike Peters

Obituaries



Jessie McFerron

Jessie McFerron, 73, of Mt. Vernon, died Friday, May 23, 2014 in Pineville. He was born in Rockcastle County on July 30, 1940 the son of William A. and Rosie Alice Robbins McFerron. He was a retired truck driver for Concrete Materials Company.

He is survived by: his wife, Reta Livesay McFerron; two sons, Glen McFerron of Mt. Vernon, and Randy (Rhonda) McFerron of Orlando; a daughter, Dianna (Seymour) Barnett of Mt. Vernon; two sisters, Nellie McClure and Mary Barnes, both of Mt. Vernon; five grandchildren, Josh McFerron, Chris Decker, Cody McFerron, Samantha Artley, and Candace Caldwell; four step-grandchildren, Shaun Jones, Melissa Whicker, Tara Smith, and Kayla Barnett; seven great grandchildren, Levi, Lydia, Ephraim, Amos, Addie, Eli, and Maleigha; and eight step-great grandchildren, Andrew, Alex, Hannah, Mitchell, Thomas, Karlee, Addison, and Lucas.

Visitation will be held (today) Thursday May 29, 2014 from 6 - 9 p.m. at the Marvin E. Owens Home for Funerals.

Funeral services will be conducted Friday May 30, 2014 at 1 p.m. at the Marvin E. Owens Home for Funerals with Bros. Phillip Scott and Zachary Evans officiating. Burial will follow in the Providence Cemetery.

Casketbearers are: Eddie Reynolds, Raymond Brown, Greg Brown, Wayne Elder, Jimmy McKinney and Jimmy Carter.

In lieu of flowers the family ask that contributions and donations be made to Hospice Care Plus of Berea, Kentucky and the American Cancer Society.

Condolences to the family may be made at his online registry at marvineowensfuneralhome.com.



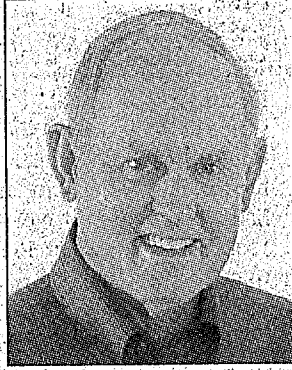
Sue Abney

Sue McFerron Abney, 95, widow of James E. Abney, died Saturday, May 24, 2014 at the Terrace Nursing and Rehabilitation Center. She was a homemaker and loved to sew. She was also active with the Berea Senior Citizens Center. She was a devoted wife, mother, grandmother and great grandmother. She was also a member of the Berea Baptist Church.

She is survived by: her daughters, Linda (Larry) Chadwell of Paint Lick and Carol Hayes of Centennial, CO; her grandchildren, Lorren Chadwell (Rick) Jones of Huntington, WV, Lesley Chadwell (Dan) DePaola of Louisville, and Kathryn and Alan Hayes, both of Centennial, CO; four great grandchildren; and one great great grandchild.

She was preceded in death by: her parents, Robert L. and Winnie Adams McFerron; four brothers; and two sisters.

Funeral services were held Wednesday, May 28, 2014 at Davis & Powell Funeral Home with Rev. James Demaray officiating. Burial was in the Elmwood Cemetery in Mt. Vernon.



Carl E. Lewis

Carl E. Lewis, 68, of Brodhead, husband of Nancy J. Brown Lewis, died Monday, May 26, 2014 at his residence after battling a long illness. He was born September 4, 1945 in Stanford. He was the son of the late Verna Lewis. On March 5, 1966, he was united in matrimony to Nancy J. Brown Lewis and from that union came two children. He was a dairy farmer and a member of Walnut Grove Church of Christ. He enjoyed milking cows, raising tobacco, and most of all playing with his granddaughter Callie.

He is survived by: his wife, Nancy Brown Lewis of Brodhead; two children, Rita (Frank) Stewart of Parksville and Anthony (Tracy) Lewis of Brodhead; one grandchild, Callie Lewis; two cousins, Robert (Pat) Elder of Loveland, OH and Arlena (Bennie) Poynter of Lexington; and a host of nieces, nephews, friends and neighbors.

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Funeral services will be conducted Friday May 30, 2014 at 1 p.m. at the Marvin E. Owens Home for Funerals with Bros. Phillip Scott and Zachary Evans officiating. Burial will follow in the Providence Cemetery.

Casketbearers are: Eddie Reynolds, Raymond Brown, Greg Brown, Wayne Elder, Jimmy McKinney and Jimmy Carter.

In lieu of flowers the family ask that contributions and donations be made to Hospice Care Plus of Berea, Kentucky and the American Cancer Society.

Condolences to the family may be made at his online registry at marvineowensfuneralhome.com.



Lillian Seals

Lillian Bowman Seals, 95, died Thursday, May 22, 2014 at the Terrace Nursing and Rehabilitation Center in Berea. She was born in Rockcastle County to the late Hobart and Della Young Bowman. Before retiring from food service at Berea College, she had been named Woman of the Year from the college. She was a member of the Hickory Grove Pentecostal Church and she loved to garden.

She is survived by: her sons, Tex (Gloria) Seals of Brodhead and Earl (Carol Sue) Seals of Berea; seven grandchildren; 10 great grandchildren; and two great great grandchildren. She was preceded in death by: her husband, Doyle Seals; a son, Grady Seals; four brothers; one sister; and one granddaughter.

A graveside service was held Saturday, May 24, 2014 in the Berea Cemetery with Rev. Randall Adams officiating.

Pallbearers were: Lloyd Grant, Chris Grant, Danny Brewer, Eric Davidson, Tex Seals, and Earl Seals.

Davis & Powell Funeral Home was in charge of the arrangements.



Charles Carter

Charles Edward Carter, 88, of Mt. Vernon, died Monday, May 26, 2014 at the Rockcastle Regional Hospital. He was born July 29, 1925 in Rockcastle County, the son of the late Charles C. and Suda Mae Riddle Carter. He was a retired supervisor at Fox Paper Company, a Navy Veteran of WWII, and was a member of the Bible Baptist Church.

Survivors are: two sons, John (Connie) Carter of Loveland, OH, and Mike (Liz) Carter and wife Liz of Cincinnati, OH; one daughter Mrs. Marie Rogers of Brodhead; one brother, Kenneth Carter of Mt. Vernon; three sisters, Mrs. Iona Parsons, and Mrs. Glenna Baker, both of Mt. Vernon, and Mrs. Irene Anderkin of Mansfield, OH; three grandchildren; and one great grandchild. He was preceded in death by his wife, Dorothy Spears Carter.

Funeral services will be conducted at 1 p.m. Friday, May 30, 2014 at the Bible Baptist Church with Bro. Don Stayton officiating. Burial will follow in the Riddle Cemetery.

Arrangements are by the Cox Funeral Home where friends may visit from 6 to 9 p.m. (today) Thursday.

Pallbearers are: John Carter, Mike Carter, Danny Ford, Tom Sikes, Adam Sikes, and Chris Carter.

Send condolences online at www.coxfuneralhome.com.

Otis D. Noe

Otis D. Noe, 81, of Brodhead, died Wednesday, May 28, 2014 at the Rockcastle Health and Rehabilitation Center in Brodhead.

Arrangements are by Dowell & Martin Funeral Home and are incomplete at this time.

Visit www.DowellMartin.com to view online obituary.

Bobby Ray Hale

Bobby Ray Hale, 80, of Mt. Vernon, died Saturday, May 24, 2014 at Jewish Hospital in Cincinnati, OH.

Funeral services will be conducted (today) Thursday, May 29, 2014 at 11 a.m. at the Dowell & Martin Funeral Home Chapel by Bros. Luther Allen and Neal Thornton.

A complete obituary will appear in next week's Signal.

Visit www.DowellMartin.com to view online obituary.

In Loving Memory

"Loco Linda"
Linda K. McWhorter
March 8th 1958-
May 24th 2010.
Gone But Not Forgotten
We all will always love you....
Jess, Don, Trinity, Jacob,
Nancy, Sue and Carol.



Linda K. McWhorter
March 8th 1958-
May 24th 2010.
Gone But Not Forgotten
We all will always love you....
Jess, Don, Trinity, Jacob,
Nancy, Sue and Carol.

Cemetery Notices

Morning View

Bud Cottengim is now the caretaker of Morning View Cemetery. Please send donations to Mr. Cottengim at 67 Misty Lane, Mt. Vernon, Ky. 40456. A recent storm took out the fence on one side and donations are needed to repair the fence, mowing and upkeep.

Johnetta Cemetery

Flowers on graves should be picked up before June 11th.

Maple Grove

Donations for the upkeep of the Maple Grove Cemetery should be sent to: Michael Robinson, 503 Maple Grove Road, Orlando, Ky. 40460. For more information, call 308-5439.



Genis Ray Burdine
May 22, 1941-June 7, 2015

Happy Belated Birthday
It broke my heart to lose you.

But you didn't go alone,
Part of me went with you,
The day God called you home.

Stephen, Joyce and Wanda Burdine

Alzheimer's disease

Know the 10 signs

If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection of Alzheimer's disease gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. This interactive workshop features video clips of people with Alzheimer's disease. The program will take place at the Pulaski County Public Library, located at 304 South Main Street, Somerset on Wednesday, June 11th from 2:30pm-3:30pm.

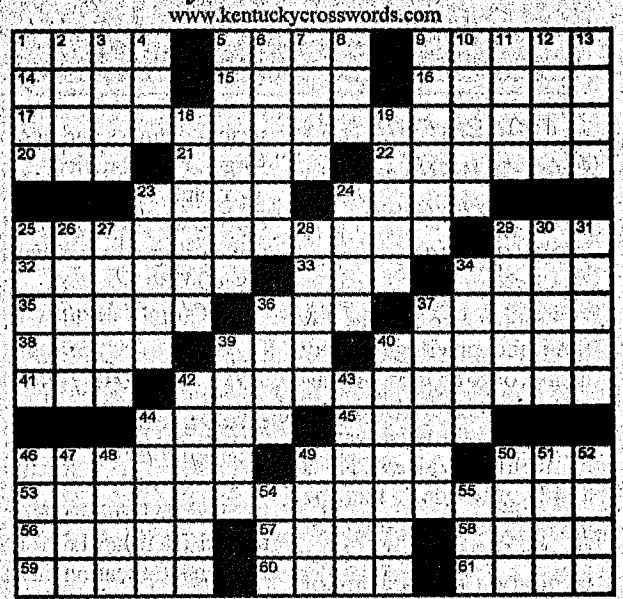
To register for this program, please call 1-800-272-3900 or e-mail infokyn@alz.org. Registration is preferred.

3rd Annual Fire Run set for June 28th at Brindle Ridge FD

Brindle Ridge Fire Dept. will hold their 3rd Annual Fire Run on Saturday, June 28th. Registration is from 9 to 11 a.m. with kickstands up at noon. There will be 50/50 raffles, food and drinks. Cost is \$15 per person, \$5 for passenger.

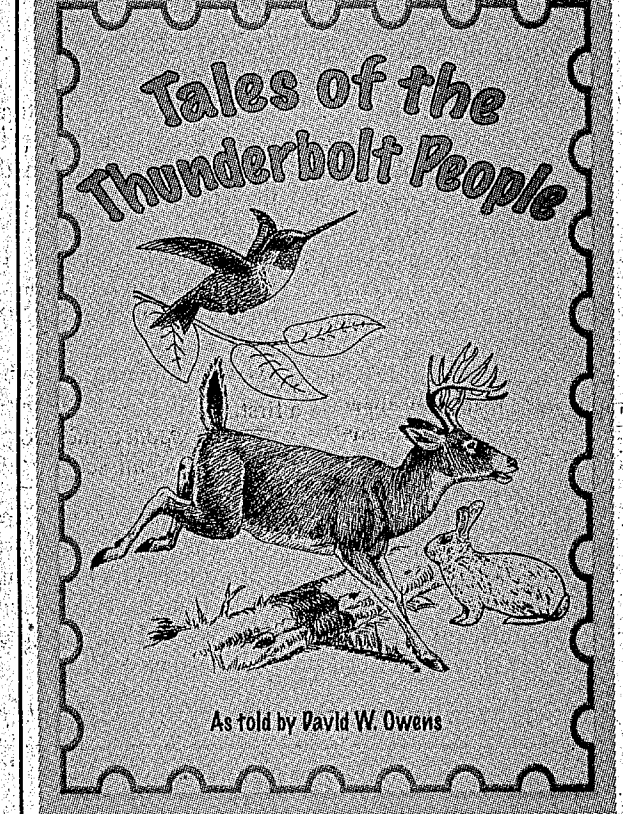
The fire department is located at 8763 North Wilderness Road, Mt. Vernon. For more information, contact Brad Saylor at 606-308-1136.

Kentucky Crossword # 634



- ACROSS
- Street fleet
 - Study for finals
 - Rim support
 - Lunchbox treat
 - Go on and on
 - Yoga breathing
 - National Recreation Area in western Kentucky, "Land"
 - Call to Bo-peep
 - Slow, as cargo
 - Colonial fabric, woolsey
 - Insurable item
 - Eat like a bird
 - Panoramic view of Cumberland Gap is visible from this state park
 - "humbugi"
 - One who loves
 - Floral necktie
 - Whine
 - Pedigree figures
 - Computer program
 - Blood line
 - Nozzle site
 - Paltry amount
 - Certain shark
 - Broke bread
 - A Kentucky governor who went on to serve in the US Senate
 - Croquet site
 - Strong cleaners
 - Star of more than 50 films, Kentuckian
- DOWN
- Victor
 - Workshop gripper
 - Heating fuel
 - Kentucky's brand
 - Kind of mail
 - Downwind
 - Musical finale
 - Pike Co. spot, or robust
 - Bridge call
 - Still-life subject
 - Famous humorist from Paducah
 - Carpet layer's calculation
 - Kind of fest
 - Boar's mate
 - Sue Grafton to Kinsey Milhone
 - Scattershot
 - Chip in
 - Religion degree
 - Abbr.
 - Unit
 - Caper
 - Derby eve race
 - "Trick" joint
 - "Piece of cake!"
 - Dodges
 - Varnish resin
 - Come to terms
 - Frank X Walker, for one
 - Boiled buckwheat
 - Dostoyevsky novel with "The"
 - NIKU's athletic teams?
 - Sun block?
 - Grand Canyon
 - Transport
 - Modfly
 - Got wind of
 - Otomans
 - Beethoven's birthplace
 - Out for the night
 - Slitche'd together
 - Lawrence Co. area named for
 - President Grant
 - Cautiously
 - Shortens, in a way
 - Sensational
 - Puree
 - Ballerina Pavlova
 - Alpine transport
 - Southern constellation
 - Sprout
 - Campaign worker
 - Common flag symbol
 - Once around the track
 - Hotel freebie

SOLUTION TO KY633



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\$10 of each purchase will go toward the cost of the field study to inventory and document fish weirs in the Rockcastle River.

Thank You!

First and foremost, I want to thank God for this opportunity and I want to thank all the voters that have expressed their faith in me. I am humbled by all the encouragement and well wishes I have received and will do my best for all the wonderful people of Rockcastle County.

To my current boss, Margaret Offutt, I can't thank you enough for your support. You gave me a job 8 years ago and have guided me and taught me well. My co-workers, Ruth and Cyndie, I could not run this office without you and am blessed to have you work alongside me. This is a joint effort and I believe in leading by example.

A special thank you to Perlina Anderkin and staff at the Mount Vernon Signal, Larry Burdette and Dove Promotions, Charles and Bobbi Saylor, Charlie Napier & WRNK radio, Jan Walton & The Banner, and Bob Lamsford, you are the best! I appreciate all your help, professional expertise and friendship. To all my supporters, financially, prayer warriors and campaigners, thank you! I am just an ordinary person who has been given an extraordinary opportunity. God has blessed me so much thru the many wonderful people He has placed in my life. A huge thanks to my family, you really came thru for me as did my church family, Valley Baptist! I am so blessed to be part of this family & church.

To my opponent, Matt Bryant, thank you for being the gentleman that you are. I appreciate your campaign and friendship. You worked hard and ran a good clean race.

To all my fellow Rockcastle Countians, I welcome each of you to stop by the office any time you are in town. I could not have accomplished this without you and I will not forget that.

Again, THANK YOU from the bottom of my heart. I will work hard to keep up the good work the PVA office has done these past 18 years.



Thank You and God bless,
Janet Vaughn

Paid for by Janet Vaughn

Our Readers Write

Heritage and Community-Support saved post office...

Dear Editor,

I would like to take this time and privilege to say thank you to all the individuals who were so thoroughly involved in the preservation of Renfro Valley, Ky's 40473 zip code. I feel the historical significance of Renfro Valley provided the inspiration to residents of the area to come together and fight for the values of community and identity that the Renfro Valley Post Office embodies. There were a lot of people involved with this endeavor and each person played a vital role in its accomplishment.

First, and foremost, all residents of Renfro Valley who realized the importance of our post office.

A special thanks to: Jim Snyder for starting a petition and informing state officials of our plight; Renfro Valley Entertainment Center and Doris Sanders who welcomed back home Renfro Valley 40473; city hall employees who researched diligently for past records; Rockcastle County Tourism Director Susan Tomes who wrote letters to officials explaining the vital role this identity offers to our community and to Kentucky; Nick Walker, Village Post Office Coordinator, who shared our values of community and history and quickly saw to confirming Renfro Valley 40473 as a Village Post Office. The average time to establish such a post office is 21 days, but with the help of Mr. Walker, Renfro Valley was able to clear this hurdle in 7 days.

Without the historical role Renfro Valley plays in our identity, I feel our struggle would have been in vain.

I would also like to thank Mrs. Ann Lair Henderson and Mrs. Norma Mullins for reminding us of the benefits of our rich culture. Thankfully, and proudly, 40473 will continue to lend its residents and visitors a deep his-

torical richness and, lest we forget, functionality.

Thank you again to everyone who added a hand in preserving Renfro Valley, Ky. 40473

Clifford Mullins

Thank you for diabetes class...

Dear Editor,

I want to thank Rockcastle Regional Hospital and Theresa Blair for the Diabetes Education class.

The updating of diabetes information was so helpful to me. The reminder of the great walking path at the new Brodhead Depot Park was priceless. I plan to be there six days a week, walking away my diabetes complications.

I have learned some new yummy recipes I can make and keep on my diabetes program. I am thankful for the information about the medications I take, the meal planning and shopping information shared has given me updates I needed to know.

I'm so thankful for the diabetic socks I won in the prize drawing. They are adding such comfort to my walking!

Thank you again, for caring about the many of us who have diabetes.

Jean Hennessey
Brodhead, Ky.

Thank you from Dix River Festival...

Dear Editor,

The Dix River Festival committee would like to thank everyone who made the 26th annual festival a success.

A special thanks to Brodhead Fire Dept. for all their help throughout the week end.

We appreciate all who came out and enjoyed a great weekend.

Thanks to the following sponsors:

Ford Brothers, Jerry Cox, Rockcastle Fiscal Court, Coffey and Ford, Eliza Jane York, Danetta Ford Allen, Katie Wood, Hanson Aggregate, Margaret Offutt,

Bobby Cameron, James Miller, Karen and John Saylor, East Ky. Recycling, Part City Auto Parts, Crab Orchard, Marvin E. Owens Home for Funerals, Brodhead Tobacco and Tanning, Cash Properties, Rose's One Stop,

Bentley Cromer, Town of Brodhead Citizens Bank, Collins Respiratory Care, Brodhead Pharmacy, A&J Nicely Insulation, Earl's This and That, Rockcastle Health and Rehabilitation Center, Sheriff Mike Peters.
Dix River Festival Committee

"Memories"

(Cont. from A2)

first thing that entered my mind was, Jennifer is gonna be really ticked-off. Actually I was thinking about a word that I can't get away with putting in the paper. Anyway I gave Loretta a heads up and told her she'd better call our daughter so she did just that.

Turned out we were early all right. Seven hours early. We were right on time for the pre-school celebration. But the kindergarten graduation was not scheduled to start until 6:30 that evening.

Jennifer swore she'd called her Mom and told her about the time change and I'm not getting in the middle of that one because Friday was a very nice, cool, sunny day in May and just perfect to be out riding around. Besides that, I got to visit with J. C. Adams with whom I used to solve world problems when worked together at The Christian Appalachian Project during the last decade of the 20th century and who also has grand kids enrolled at The Growing Place.

And right after the evening ceremony, at which we also arrived on time, I scored, the prettiest little pale-pink and red striped clematis vine at Meijer's that I've ever seen grow. I still have my fingers crossed that Santa Claus or somebody will find a cardinal red one for me by Father's Day.

"I See It"

(Cont. from A2)

the same battles he was involved in during the war.

On Memorial Day, we can all sympathize with the families of veterans who died in combat. We can use words like honor, courage and bravery when we talk about them in remembrance. But the truth is we can never repay them for the ultimate sacrifices they have made so we can have the freedoms and safety we enjoy everyday.

Our safety, freedoms and rights could have easily been taken from us if it weren't for those who fought to protect them for us.

So for every Memorial Day in the future, I encourage everyone to remember and honor our veterans who paid the ultimate sacrifice while serving in our country's armed forces. After all, it's the least we can do.

T.J.'s Journal

by: Tonya J. Cook



Back When It Was Just Decoration Day

Dear Journal,

The first rays of the morning sunlight found their way through every crack and crevice in the blinds of the bedroom. It was time to get up and get the day started. This was a special day, a holiday-it was the infancy of another "Decoration Day", as it was called when I was growing up.

When I was a child and would go to "The Decoration" with my family, I was totally unaware of the importance of the event. The day originated to pay honor to the soldiers who had lost their lives in fighting the Civil War and has come to include all of the soldiers since who have died in combat.

In those days, when I grew up, my grandpa, Roscoe Norton, who fought in World War I on the front lines all over Europe with his three brothers, (all from Rockcastle County) was on hand to attend the Decoration. He was born only twenty-two years after the Civil War ended, so he would have personally known many of the soldiers from that war. Decoration Day had special significance for him and his family that he passed on to his following generations.

When he was growing up in the little community of Wabd, the oldest of twelve siblings, when Decoration Day would arrive, Joe and Melvina Norton would load up the wagon with their children, food, and flowers, and head out for Freedom Cemetery, then Skaggs Creek the next Sunday for Decoration again. In those days, it was a big event, like a family reunion, Christmas, and Thanksgiving all in one.

Most that came were related in one respect or another, thus the family reunion. There was a huge amount of food on hand and a certain amount of celebratory feel, such as Thanksgiving and Christmas, although it was a serious occasion.

These moods and customs found their way to my generation, as I can remember going to "The Decoration" at Freedom where a long table was filled with food under a grove of very tall trees. After the meal, I would help "decorate" the graves with those hard plastic flowers that by today's standard look so artificial. The next week we were on to Skaggs Creek where the food was spread under a huge oak tree that was at least four feet thick. At the top of the hill was the biggest pine tree that I have ever seen, with a trunk almost as big.

Of course, in the mix of all this was the central figure, my grandpa's sister, my great-aunt Myrtle, who was "The Grande Dame" of the

she was younger said that she could walk from Freedom Church to her home in Wabd (on School House Road today) in thirty minutes if she hit a good stride and the wind was with her.

Bless her heart, you would have had to have known her to appreciate the true essence of her personality. She graciously assumed the role of supervising and directing all that went on at the Decoration. I hear that way back in the 1930s or 1940s, the poor soul tripped over a root of a tree protruding from the ground, spilling a five-gallon crock of banana pudding.

How precious are those dear memories! How I wish my grandpa, Aunt Myrtle, and all the others were here to join me on "Decoration Day" again. So I must rise and carry on tradition.

NOTICE OF BID OPPORTUNITY

Rockcastle County Fiscal Court
P. O. Box 755 • Mt. Vernon, KY 40456

To Whom It May Concern:

Rockcastle County Fiscal Court will be accepting sealed bids for crushed limestone, asphalt surface (hot and cold mix), metal and DWP culverts for the fiscal year 2014-2015 until 12 noon on June 10th, 2014. Bid specifications may be obtained from the office of the County Judge-Executive prior to bid opening upon request. Bids will be opened at the Fiscal Court Meeting on June 10, 2014. The Rockcastle County Fiscal Court reserves the right to reject or accept any or all bids. Bids can be mailed to Rockcastle County Fiscal Court, P. O. Box 755, Mt. Vernon, KY 40456. Please mark envelopes "Sealed Bid", and specify materials for which you are placing a bid. Thank you for your cooperation.

Rockcastle Community Bulletin Board

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Bookmobile Schedule

Mon., June 2nd: Scaffold Cane, Disputanta, Clear Creek, Wildie. Tues., June 3rd: Pongo, Hwy. 3245, Bryant Ridge. Wed., June 4th: Seek 'n Learn.

RCHS Class of '04 Reunion

The RCHS Class of 2004 Reunion will be held Saturday, August 9th, beginning at 6 p.m. at Cedar Rapids Country Club. The meal will be catered and music will be provided. The cost is \$16 per person in advance and \$20 at the door. RSVP to 606-308-4044 or rchs2004classreunion@gmail.com or send check to: Reunion, P.O. Box 185, Mt. Vernon, Ky. 40456 made out to Allison Carney, Special Accts.

Class of 1987

Searching for classmates of RCHS Class of 1987 for reunion scheduled for Sept. 20, 2014. Call Vickie Haarman Mason at 606-308-4750.

3rd Annual Fire Run

Brindle Ridge Fire Dept. will hold their 3rd Annual Fire Run on Saturday, June 28th. Registration is from 9 to 11 a.m. with kickstands up at noon. There will be 50/50 raffles, food and drinks. Cost is \$15 per person, \$5 for passenger. The fire department is located at 8763 North Wilderness Road, Mt. Vernon. For more information, contact Brad Saylor at 606-308-1136.

Eagles Nest Teacher Parent Group

The Eagles' Nest Parent Teacher Group will be renting lots for the annual U.S. 25 Yard Sale for \$20. The lots are equivalent to two car spaces in Roundstone Elementary's parking lot. All proceeds will go to the PTG fund. Deadline to pay for lots is May 30th. For questions or more info, call V. Anderson. 859-358-3291.

Fish Fry at Climax Volunteer Fire Dept.

The new Climax Volunteer Fire Department, located at 7436 Climax Road will be hosting their first Fish Fry on Thursday, June 19th from 6 to 8 p.m. Everyone is welcome to come and enjoy the good food and fellowship.

Service Officer at London

A certified and trained State Service Officer will be at the London DAV building on West 80, behind Clark Truck, on June 3rd from 9 a.m. to noon to assist all veterans and their dependents with VA claims. This is a free service. For more information, call 606-862-0032 or 606-877-1308. If no answer, leave a short message.

Deadline Extended

The deadline to join Grow Appalachia has been extended until May 31st. The purpose of this program is to teach and support the people of Appalachia in addressing the tragedy of hunger in the region by learning to grow their own food to feed themselves. For more information, you can visit www.a-spi.org, stop by the office at 50 Lair St., Mt. Vernon or call 256-0077.

Brodhead Lodge Meeting

The Brodhead Masonic Lodge #566 meets every third Saturday at 7 p.m. on Main Street in Brodhead above Brodhead Pharmacy.

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 Limestone Grill. Everyone is invited.

Historical Society Hours

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

American Legion Post 71

American Legion Post 71 meets the second Thursday at 6 p.m. of each month at the Limestone Grill. Commander David Owens invites all Rockcastle veterans to join this organization that honors American soldiers, sailors and airmen.

Summer Reading Program 2014



Registration June 2nd - 14th

Parents/guardians must register participants at the Rockcastle County Public Library.

Fun activities and crafts for pre-school through teens during the month of June.

For more information contact

Mrs. Amanda Bradley at 256-2388 or e-mail amanda@rockcastlelibrary.org

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Marlene Lawson, Agency Mgr.

Shelly Mullins, Agent

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KENTUCKY FARM BUREAU



BIG ON COMMITMENT.



The City of Mt. Vernon and the Rockcastle County Development Board held a ribbon cutting for the Space2Create at Lake Linville in Mt. Vernon. The facility provides a play space for young children between one and five-years-old. The volunteer program also provides a space where children can play with others in a safe environment. Play items and fixtures were provided by an ARC grant and \$20,000 was provided by the fiscal court toward construction of the building. Shown above from left are: Jill Medley, Jeanette Begley, Sylvia Coldiron, Trish Doan, County Attorney Billy Reynolds, PVA Margaret Offutt, Janet Vaughn, Livingston Mayor Jason Medley, Mt. Vernon Mayor Mike Bryant, Magistrate Bill McKinney, County Judge Executive Buzz Carlottis, Magistrate Ralph Allen, Bordhead Mayor Walter Cash, Magistrate Lee Earl Adams, Kenny Dyehouse, Tammy Cox, RCDB Executive Director Lynn Tatum, Magistrate Gary Burdette, Carlos McClure, Josh Bray and Crystal Singleton.

RCHS Class of 2004 Reunion

Saturday, August 9th @ 6 p.m.
Cedar Rapids Country Club

Meal Will Be Catered
\$16 per person in advance
\$20 at the door

RSVP by July 26th to 606-308-4044 or e-mail rchs2004classreunion@gmail.com or visit our Facebook page. Send payment to Reunion, PO Box 185, Mt. Vernon, KY 40456. Make checks payable to Allison Carney Special Accounts.

Thank You!

I would like to thank everyone for their vote support during the May primary. It has been an honor being your Magistrate.



Lee Earl Adams • District 1

Paid for by Lee Earl Adams

Mamaw's Kitchen

By Regina Poynter Hoskins

SAWDUST SALAD
My sister-in-law introduced this salad to the family back in 1977. It was an instant hit with Will's family as much as it was mine. The "sawdust," of course, is really shredded cheddar cheese sprinkled on top. My family eats this as a dessert instead of a salad. Either with your meal, after your meal, or as a snack, it is worth the effort. It makes an excellent potluck dish. In the summertime, the whipped topping and cream cheese may tend to melt some if it's left out in the sun too long, but you usually don't have to worry about that. It is among the first dishes to disappear. In San Francisco, I took this to ADP when I worked there and it turned out to be a favorite of co-worker Steve Aguirre as well as some of the other co-workers.

1 small box orange Jello®
1 small box lemon Jello®
1 can crushed pineapple, drained
1 bag miniature marshmallows
1 cup sugar
2 tablespoons cornstarch
1 egg
2 cups juice and water
1 small container Cool Whip®, thawed
1 package (8-ounce) cream cheese, at room tempera-

ture.
1 to 2 cups cheddar cheese finely shredded
Drain pineapple; reserve juice. Mix Jello® with 2 cups boiling water until dissolved. Add 1/2 bag marshmallows. Stir until they are slightly melted. Add 1/2 cups cold water, pineapple and rest of marshmallows. Refrigerate until set. In the meantime, combine sugar with cornstarch, add beaten egg. Add enough water to the reserved pineapple juice to make 2 cups. Slowly stir into sugar mixture. Cook over medium heat until thickened. Let cool. Spread cooled pudding over Jello® mixture. Beat cream cheese, fold in Cool Whip. Spread over pudding. Sprinkle with finely grated cheddar cheese.

WATERGATE SALAD
1 small package instant pistachio pudding mix
1 can (15 ounce) crushed pineapple, undrained
1 container (9 ounce) Cool Whip®
1/2 cup chopped nuts
1 small package miniature marshmallows
1 can mandarin oranges, drained
Mix dry pudding mix with the pineapple and juice. Mix well. Fold in Cool Whip® and nuts. Add marshmallows and oranges carefully as to not break up the fruit. Chill.

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THANK YOU!

To the citizens of 2nd District. My family and I are truly grateful for your vote and support during this year's campaign. It is an honor to serve as your magistrate again. If you ever have any questions or concerns feel free to call me anytime at 606-308-3006. I also want to thank my opponent, Michael Combs, for running a mature and friendly race.



Sincerely,
Your Magistrate William Denny

Paid for by William Denny

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FRESH 10 LB ROLL GROUND BEEF \$249	
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\$149 10 oz. bag
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\$229 12 Pack 12 Oz. Cans
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So Cheesy Mac and Cheese was 45¢ 39¢ you save 6¢	Mantia's Spaghetti was 99¢ 89¢ you save 10¢	Assorted Varieties Mantia's Pasta Sauce was 119¢ 99¢ you save 20¢	Kuggins Corn Flakes was 149¢ \$149 you save 20¢
Westcott Vegetable Oil was \$2.99 \$2.49 you save 30¢	Portmann's Mayonnaise was \$2.99 \$1.99 you save 40¢	Portside Chunk Light Tuna in Water was 74¢ 69¢ you save 5¢	Assorted Varieties Del Pino's Cdn Pasta was 79¢ 69¢ you save 10¢
Kurtz Tomato Ketchup was 99¢ 79¢ you save 20¢	Highland Conkle Cdn French Fried Potatoes was \$1.99 \$1.79 you save 20¢	Wrightware Foam Plates was \$1.99 \$1.19 you save 20¢	Crystal 2-0 Drinking Water was \$2.99 \$2.29 you save 60¢

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Wywood Whole Kernel Corn, Cream Style Cdn, Cdn or Fresh Style 49¢	Ginger Evans Granulated Sugar \$1.79	Skillet Masters Dinners 99¢	Save A Lot Today Supreme Combo or Popovers \$1.19
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Adoptable Shelter Dogs

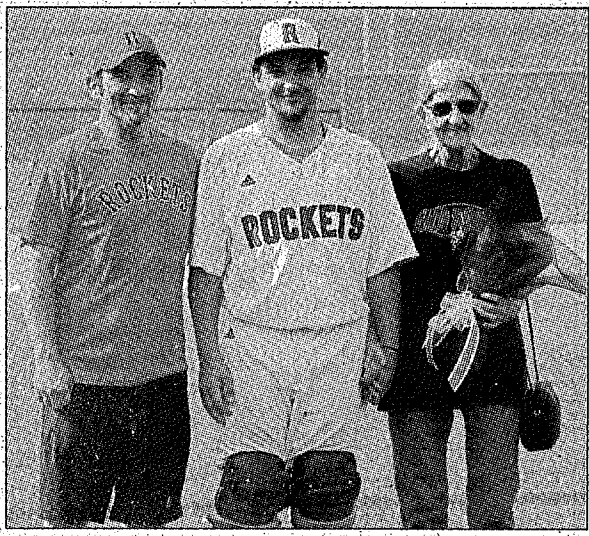


Hi there. My name is Luna and I am a female shepherd mix. I was a drop-out in the southern part of our county and I am now looking for a new home. I am very friendly with people and other dogs as well. I would make a great pet for your family if you could give me a chance. If you are interested in me then call the shelter @ 256-1833.

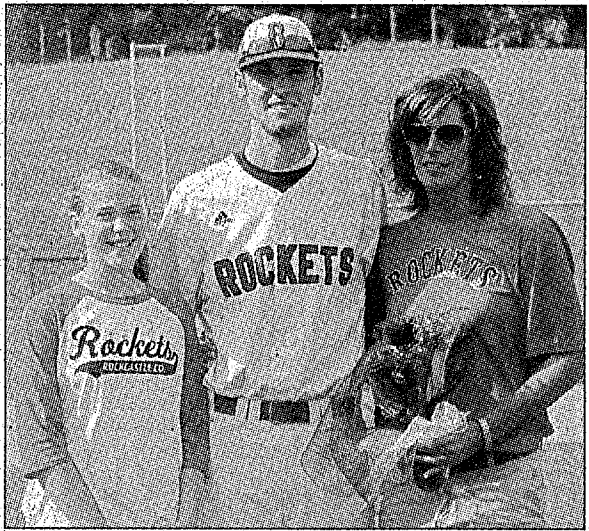


Hello. We are Walker/Cur mixes and we are looking for a new home. We are 2 1/2 months old and we are very playful and energetic. We love to chase and tree housecats but that should be expected, seeing how we are bred. We would make excellent hunting or watch dogs. If you could give one or all of us a home then contact the shelter @ 256-1833.

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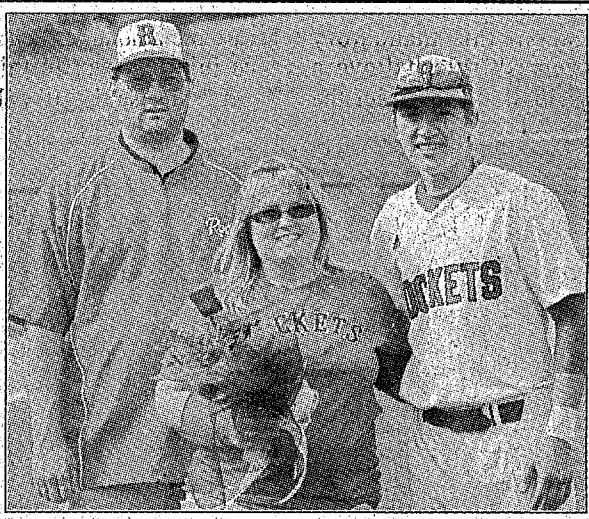
The RCBS Baseball team honored their seniors recently during the final regular season home game. Shown above is Bryan McGuire, with his dad, Greg McGuire and grandmother, Victoria McGuire.



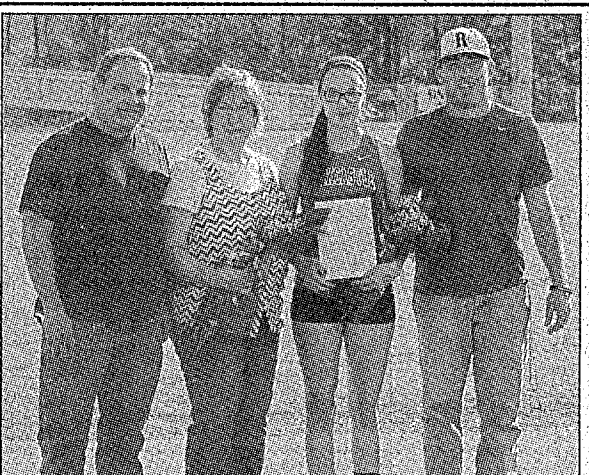
Senior Cody Brown is the son of Lonnie Brown of Brodhead and Sandy Brown of Mt. Vernon. He is shown above with his mother and sister, Hallie.



Senior Gage Reynolds, shown with his mother, Dana Carter and grandmother, Gail Bond.



Senior John Hughes, with his parents, Doug and Kelly Hughes.



Senior track members were honored recently during the team's last home meet. Shown above is senior Alyssa Allen with her parents, Luther and Sandra Allen and brother, Luke.



Senior Lacey Gastineau is shown with her parents, Missy and Joe Lepore and brother Wyatt.



Senior track members Jared Lake and Tyler Harper were recognized during the final home track meet.



The RCBS girls' team placed 17th overall with several outstanding individual and relay team performances at the Class 2A State Track & Field Championships at the University of Kentucky. Team members are front row from left: Lacey Gastineau, Tori Dotson and Alyssa Allen. Back row from left: Nikki McGuire, Tori Phillips, Lanna Prewitt, Jennifer Mercer, Katie Hensley, Ashley McKinney, Arie-anna Lawson, Sierra Mercer, Taylor Bullock, Kensie Sheffield and Autumn Courtney.

Hensley places 4th in triple jump. Phillips 5th in high jump

RCBS girls' track team competes at Class 2A State Championships

The RCBS girls' track team competed in the Class 2A State Track and Field Championships at the University of Kentucky this past Friday in Lexington. Having qualified 10 athletes in 9 events from the regional championship meet, the girls placed 17th overall with several impressive performances.

The girls' 4 x 800-meter relay team got the meet started in impressive fashion with an awesome performance. The team of sophomore Ashley McKinney, 7th grader Kensie Sheffield, freshman Taylor Bullock, and freshman Sierra Mercer had a great race and finished 10th overall with their fastest time this season, 10:37.8. The girls were the youngest team to place that high in the event. With everyone returning, the group will have a great shot at the state title over the next few seasons.

RCBS freshman Katie Hensley competed in the long jump competition and finished 9th overall, just out of medal contention, with a great jump of 15'5". Her best jump this season, 17'3.5", ranked her first in the state during the regular season and would have placed her a close 2nd at the state championships this year. She will be a heavy favorite for the state title in the event her sophomore season and beyond.

Sophomore Tori Phillips came into the state meet as one of the top high jumpers in Class 2A, tied for third overall in the event. Tori had her best performance ever at the state championships, finishing 5th overall with a near personal best mark of 4'10". Her personal best of 5'0" came at the regional championships two weeks ago. She has an excellent chance of winning the event next season as a junior.

After winning regional championship titles in all the sprint events, senior Lacey Gastineau came into the state meet looking for great performances in all

three event finals. In the 100-meter dash, she finished an impressive 13th overall with a fast time of 13.12 seconds. She followed that with the 400-meter dash, her best race of the day. She placed 9th overall, just out of medal contention, with an exceptional time of 1:01.88 which was one of her best performances this season. In the 200-meter dash, Lacey sprinted her way to an 11th place finish overall in an impressive 26.69 seconds. Lacey will continue her track and academic careers at Lindsey Wilson this fall.

In the 400-meter relay state finals, the RCBS girls' team ran one of their best races this season. The team of sophomore Ashley McKinney, senior Alyssa Allen, freshman Arie-anna Lawson, and freshman Jennifer Mercer ran an awesome race and finished 23rd overall with a great time of 54.75 seconds. With three team members returning, the team should be in state title contention for many years to come.

Freshman Katie Hensley and senior Alyssa Allen qualified for the state championships in triple jump. Katie had several outstanding jumps and qualified for the state finals by placing in the top nine. In the finals, she had the best performance of her career. She leaped an incredible 34'1" which placed her an amazing 4th overall, earning her a state medal in the event. She should also earn all-state honors for placing in the top four and being one of the top jumpers during the regular season. She will be a top contender for the state title in the event for the next three seasons.

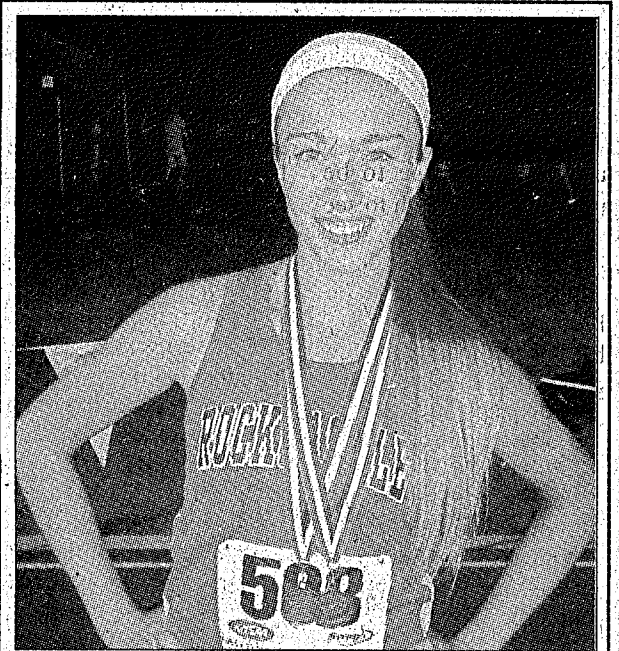
Alyssa came into the triple jump competition looking for the state title in the event, but had some difficulties after sustaining a pulled hamstring which made it nearly impossible to jump. She put together some very gutsy attempts and made it to the sand from the 32' board, but did not have a jump count due to barely crossing the take-off line. Earlier in the week, Alyssa had a 35' practice jump which was a career best and put her in conten-

tion for the individual title in the event since the best regional jump coming into state was 34'9". She will be attending Murray State University this fall and is currently considering competing for the track and field team.

The final event of the evening for RCBS at state was the 1600-meter relay. The team of freshman Sierra Mercer, sophomore Ashley McKinney, freshman Taylor Bullock, and senior Lacey Gastineau ran in the first heat of three that participated. The girls' totally dominated the competition, easily winning their heat with an awesome season's best time of 4:20.27. Their time held up

well among the three heats and placed them 6th overall earning the team state medals. With the entire team returning in this event, they should be state contenders for the next few years.

The RCBS coaching staff would like to thank the athletes, parents, administration, teachers, bus drivers, and fans for their support this season. Special thanks to Linda Loudermilk, Sandy Allen, and Evan Hendrickson for the great photographs they've taken this season for the team. We appreciate your continued support and assistance as we continue to work to improve for next season.



At Class 2A State, RCBS freshman Katie Hensley placed 4th overall in triple jump with an all-time personal best jump of 34'1". She will likely earn all-state honors in the event. She also placed 9th in triple jump.



At Class 2A State, RCBS sophomore Tori Phillips earned a state medal and placed 5th in high jump, nearing her personal best with a jump of 4'10".



At Class 2A State, RCBS senior Lacey Gastineau placed 9th in the 400-meter dash, 11th in the 200-meter dash, and 13th in the 100-meter dash while coming close to her personal best times in each event. She also anchored the 6th place 1600-meter relay team.



At Class 2A State, the RCBS girls' 1600-meter relay team earned state championship medals with a 6th place finish overall in a season's best time of 4:20.27. Team members are from left: Katie Hensley, Sierra Mercer, Lacey Gastineau and Taylor Bullock.



Local French manufacturing company Plastisud received a new molding machine last Thursday at their facility in the Rockcastle County Industrial Park in Mt. Vernon. The molding machine cost \$750,000 and will increase the company's production. The new machine weighed 101,000 pounds and it had to be moved into a large bay by a crane.

RCHS softball player urging mandatory facemask rule change

By: Doug Ponder

A Rockcastle County High School softball player is advocating a rule change that would require certain players to wear facemasks during games and practices.

Freshman Lady Rocket Shelby Ham, 15, of Mt. Vernon is in support of a mandatory facemask rule change after witnessing several players get hit in the head by line drive balls.

Ham said she first became aware of the need for pitchers to wear facemasks after her sister Holly was hit in the head by a line drive while she was pitching for the Lady Rockets in a softball game against Madison Southern on March 28, 2011.

Holly Ham was flown to the UK Medical Center in Lexington where she had surgery to remove a blood clot between her skull and brain.

Remarkably, Holly was recovered from her injury and returned home after spending almost two weeks at the UK Medical Center and Cardinal Hill Rehabilitation Center in Lexington.

Shelby recalled the horror on the night that her sister was critically injured and how she was afraid of losing her.

"When I found out what was going on with Holly I was instantly in terror. We had always been close and all I could think about was what I would do if I lost my best friend," Shelby said. "At the time we didn't know if Holly would have any disabilities or what may happen. We couldn't have been more thankful for her recovery, and she was very blessed to come out of her injury with no problems."

Before her sister's injury, Shelby said she never thought about the importance of a pitcher wearing a facemask and how it would be safer for them.

"I actually wore a facemask before Holly was injured. I always pitched and wore a mask but if others chose not to wear one, I really didn't even notice or think anything about it," she said. "I think the only reason Holly wasn't wearing a facemask that night was because she normally played outfield and didn't have one at the time."

This season, Shelby said she was reminded of her sister's head injury during the Lady Rocket's game against East Jessamine last month when she was the batter that injured senior East Jessamine pitcher Haylee Hamm with a line drive ball to her head.

"As soon as I saw the ball hit Haylee, I immediately

froze. I didn't even run to the base until I heard one of my coaches screaming for me to run," Shelby said. "After I made it to first base all I did was cry because I was terrified that she would be in the same situation as my sister."

Haylee Ham took a direct hit to her left eye from the line drive and suffered a fractured nose, major laceration above her nose and an orbital floor fracture to her left eye. After being treated for her injuries and making a full recovery, Haylee will play softball on the college level at Bluffton University in Ohio and she has reportedly told her coach that she will be playing with a facemask.

Softball statistics analysts say the average Kentucky high school softball pitcher throws anywhere between fifty to sixty mph with balls often being hit back at them double the speed of the pitches. The distance between the mound and home plate is forty-three feet which gives pitchers an extremely short reaction time of only four tenths of a second after a batter hits the ball.

According to the current National High School Sports Related Injury Surveillance Study, the most common softball injury in the United States is a head/face concussion. Supporters of the mandatory facemask rule in Kentucky High School softball believe the high amount of head/face injuries are a result of the short reaction time and pitchers not wearing any protective head gear.

However, proponents against the mandatory facemask rule believe a facemask will restrict the players' peripheral vision and that it will be uncomfortable for players which will hurt their overall performance.

Shelby said she doesn't

think a facemask will interfere with a player's performance at all. She also said she believes all infielders should wear a facemask, if not all infielders then definitely the pitcher, first baseman and third baseman.

"When I wear my facemask while I am playing, I don't even think about having it on," Ham said. "Honestly, it's pretty comfortable and I have never experienced a problem with my facemask."

As of right now, both the NCAA and KHSAA do not require college and Kentucky high school softball players to wear a facemask and declares that the decision to wear a facemask is each individual player's choice.

The KHSAA has proposed a mandatory facemask rule to the National Federation of High School Athletics and KHSAA Commissioner Julian Tackett said he expects some kind of change before the beginning of the 2015 softball season.

However, several details have still not been established such as which players other than the pitcher should be required to wear a facemask and what type of facemask should those players be required to wear.

Shelby Ham went on to say that she hopes some type of mandatory facemask rule is adopted soon to prevent other head injuries to players in the future.

"I'm totally in favor of a mandatory facemask rule change and I believe that forcing players to wear a facemask will greatly decrease the amount of head/face injuries seen in this sport," she said. "It will most definitely make softball a safer game and will help ensure that less players will have to go through what my sister and Haylee went through."

ramblings...

perlina m. anderkin

Great grandchild #3 is on its way to granddaughter, Megan Anderkin Hunt and husband, John. It never gets old to me for babies to arrive and I hope to be around long enough to see quite a few more grands and greats.

The sex of the child hasn't been determined yet but I am pulling for another girl to make a trio of half-Anderkin girls to be born in 13 months (Megan is expecting in late December).

Of course, granddaughter Celia is, technically, of an older generation than Aaron's Avery and Millie and Megan's baby. But my

youngest Allison faced the same confusion at family reunions, when the photographer was grouping children, grandchildren, etc., they would invariably try to put her with the greats rather than the grandchildren.

It was a bit of good news, following last week's election when I, again, managed to lose several votes. But, I am used to it and it no longer traumatizes me. As in many things in my life, I tend to zig when I should zag.

I'm not going to tell you which votes I lost -- I have told you I am a very private person. I'm uncomfortable when casual acquaintances spill intimate details to me within a matter of minutes and then expectantly wait for me to do the same. I'm just not into telling anyone my income (not enough), my debts (too many), my current relationships (non-existent) and various other things that I have to at least have known someone almost since birth before I will divulge the information.

My children, who were very secretive in their

teens, will occasionally start a sentence with, "did I ever tell you about the time..." and my immediate response is "no, didn't know then, don't want to know now." That way I can keep fooling myself that I was on top of things in their growing up years.

Apropos to nothing I have written so far, Google is reportedly developing a driverless car -- thank God! Surely it will have a built-in GPS system so I can just climb in and tell it where I want to go. Of course, by the time it gets fully developed, I probably won't be physically able to climb in anything and will have forgotten why I told it to go where I did by the time I get there, but I can dream.

Wasn't going to get into it but can't help myself. The latest scandal in the present administration is sickening. Veterans in this country are being given the shaft on medical care and, thank goodness, the Inspector General just Wednesday handed down their report verifying the secret waiting lists and that, at least 1700, veterans at one facility were not seen when they should have been.

There were some reports recently that put the doctor/patient ratio at 1.5 to 1 at Guantanamo and 35 to 1 at VA hospitals. The report said that a private cardiologist will see up to 10 patients a day -- at a VA hospital the average is 3. Does this tell you anything about what you have to look forward to with Obamacare?

But, even without that chilling thought, why would we ever treat our veterans this way? My husband, Jim, was not wounded during his time in the Air Force. But, his brother, Elmo, was and, in fairness, I will have to say that to my knowledge Elmo received excellent care from the VA hospital in Lexington. Apparently not so with the majority of the hospitals.

The President has been "waiting for the IG's report" which has now been issued, so you can expect the stonewalling to begin immediately.

"Storm"

(Cont. from front)

affected areas early last Thursday morning.

However, Holbrook said utility customers in the Climax and Roundstone areas were without power for approximately 24 hours before the downed power lines were repaired.

Holbrook said Rockcastle 911 also received numerous calls last Wednesday night and Thursday morning of downed trees across the roadways in the county. He said the hardest hit areas were Mullins Station, Orlando, Pongo and Red Hill.

"Local volunteer fire departments, county road crews and state road crews worked last Wednesday and Thursday clearing downed trees from the roadways," Holbrook said. "It took a collaborative effort with the high volume of downed trees and I was pleased at how everyone worked together to make sure people could drive on the roads."

Holbrook went on to say another storm system moved through the county on Tuesday afternoon of this week bringing more hail, heavy rains and strong winds. He said they received reports of small limbs/trees in the roadways around Mt. Vernon and that a large steel beam building was leveled on Purr Rigsby Road.

Other than those reports, Holbrook said they received no other emergency issue calls as a result of Tuesday's storm.

"Arrest"

(Cont. from front)

tip that someone was "selling dope" at the Mt. Vernon City Park on Williams Street.

Once officers arrived, they saw Johnson standing beside a parked gold SUV and noticed that he was carrying a small backpack.

After receiving consent to search the backpack, officers found an empty yellow package from an urban essence store. During questioning, Johnson admitted to officers that he sold the items that were in the yellow package.

Officers also found three packs of synthetic cannabinoids and \$50 in cash on Johnson at the time of his arrest.

Johnson was charged with trafficking in synthetic cannabinoid agonists or piperazines. He was lodged in the Rockcastle County Detention Center where he was later released on a \$5,000 unsecured bond.

"Escape"

(Cont. from front)

for both women.

Coyle stands 5'0" and weighs 135 pounds. She has blue eyes and black hair. Gross is 5'2" and weighs 190 pounds. She has brown eyes and brown hair.

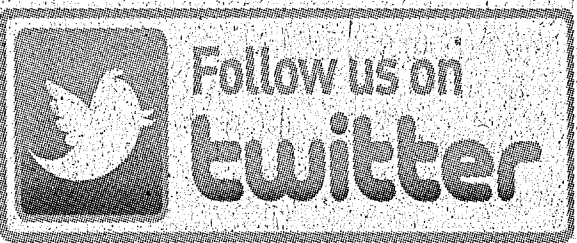
If you have any information about their whereabouts, contact the Rockcastle County Detention Center at 606-256-2178.



Escaped inmate Ruby Coyle



Carrie Gross

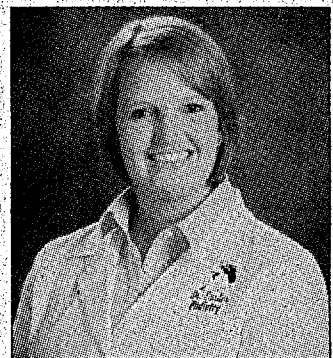


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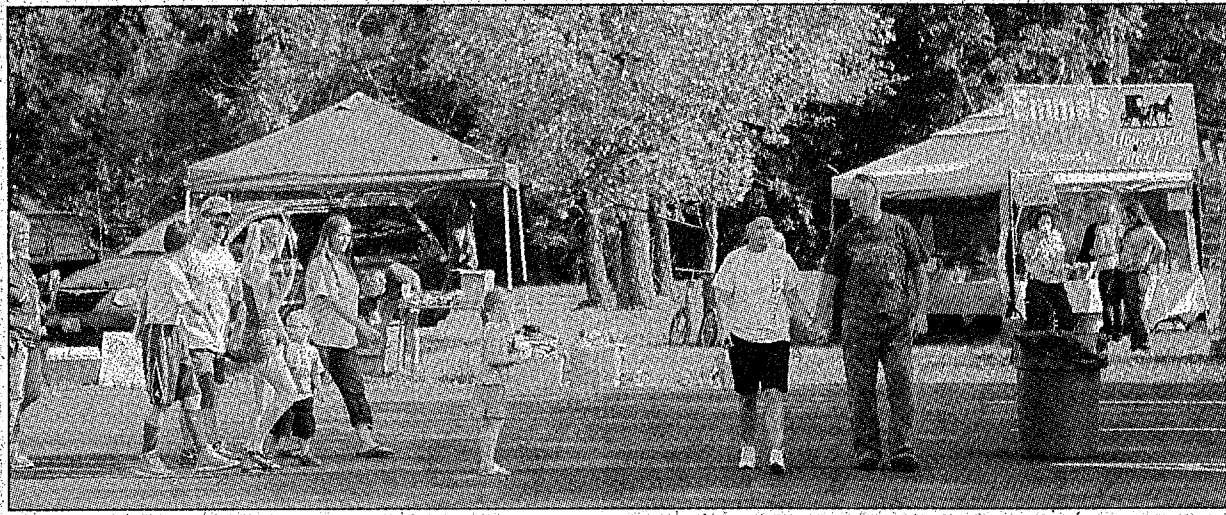
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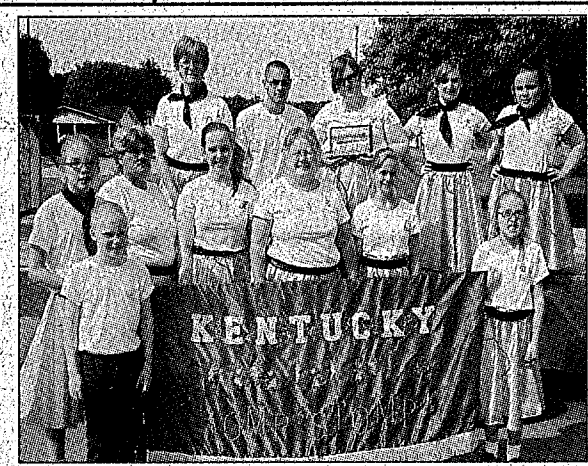
Monday - Friday 8 a.m. to 5 p.m.



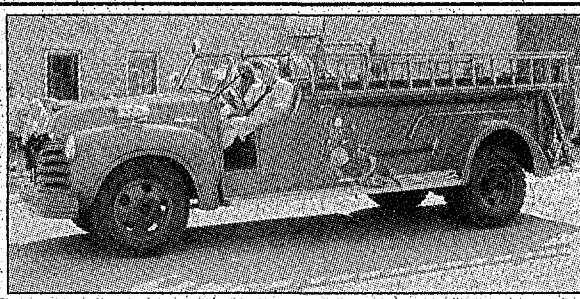
Many different vendors set up in the Brodhead Depot Park during the festival last weekend. This year was the first time the park was open to the public during the annual Dix River Festival.



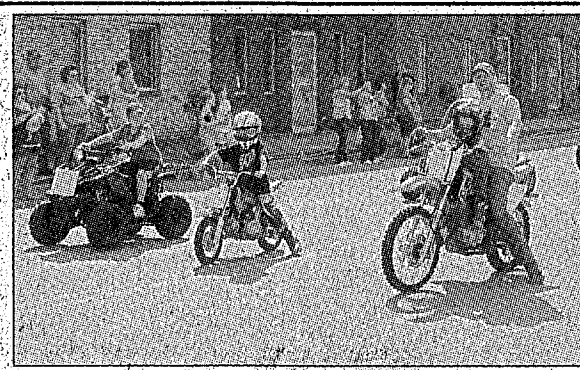
Numerous families and couples enjoyed the recently completed Depot Park during the Dix River Festival last weekend. The new park features walking trails as well as three shelters with picnic tables and grills.



Congratulations to Kentucky Romp 'N Stomp for winning 3rd place in the Dix River Festival Parade Saturday in Brodhead. The float had a 50's theme with the cloggers dancing to "Do you love me." For more information about joining the group, contact Ginger "Granny" Taylor at 606-256-1891.



Brodhead City Commissioner and BVFD firefighter Dallas Todd drove the department's 1948 Chevrolet fire engine in the parade.



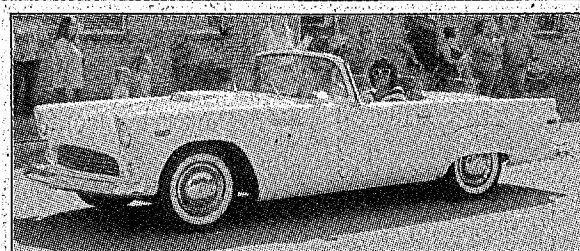
There was a large host of motorcycles and ATVs in the Dix River Festival parade.



Brodhead Lions Club entered a float in the parade last Saturday.



Rick Reynolds is shown driving his Studebaker in the parade last Saturday.



Judy King drove her Ford Thunderbird in the Dix River Festival parade.

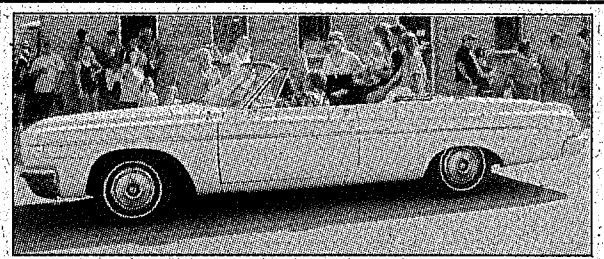


Rockcastle County Attorney Billy Reynolds passed out candy and hitched a ride with Cecil King in his Ford Thunderbird.



Judy Owens was all smiles while driving her 1987 Rolls Royce in the parade.

Dix River Festival 2014



Republican nominee for Rockcastle County Jailer Carlos McClure drove his family and some friends in his 1964 Dodge Polara.



Brodhead Mayor Walter Cash drove Representative Jonathan Shell in Cash's Chevy Impala.



Some of the members of the Bittersweet Cloggers performed during the Dix River Festival Saturday. From left are: Carbyn Collins, Barbara DeChambeau, Pamela Rowe, Glennia Settles and Shari Proctor.



Members of the Brodhead Fire Department and Rockcastle EMS performed a vehicle rescue demonstration last Saturday. The demonstration was held to inform people of what to expect if they have to be rescued from a vehicle accident.



Firefighter Nathaniel Swartz drove Mt. Vernon Fire Department's ladder truck during the parade. Also pictured is the department's Dalmatian dog Belle.



Rockcastle County Judge Executive-Elect Doug Bishop is shown with his grandchildren Gracie and Sydney. Bishop's wife Janet drove and his daughter Julie Hines rode in the passenger seat.




Brodhead volunteer firefighter Josh Hayes drove the department's UTV during the parade. Kim Hayes, Carissa Looney and Izabella Hayes all hitched a ride.



Local band Wilderness Road performed at the Brodhead Depot Park last Saturday. Other bands and musicians who performed at the festival were Level Green, Wild River, Ruby Powell and friends, Jeff Watson, Jake and Courtney, Old Town Project, 4/20 Band and the Medley Boys.

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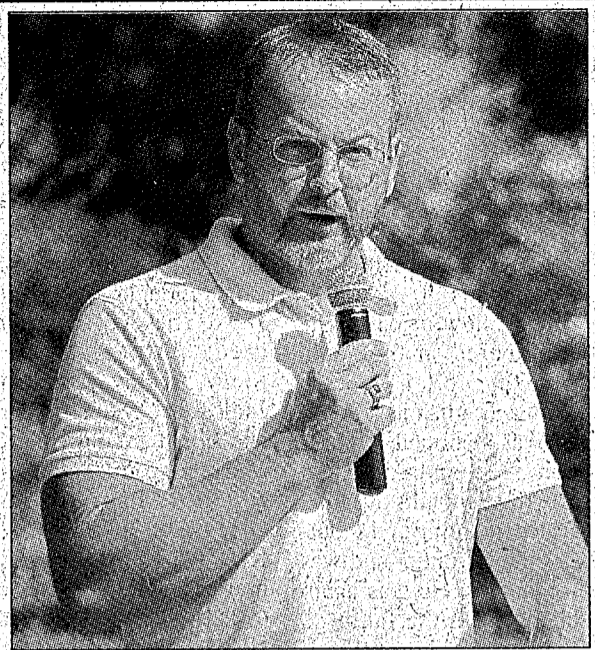
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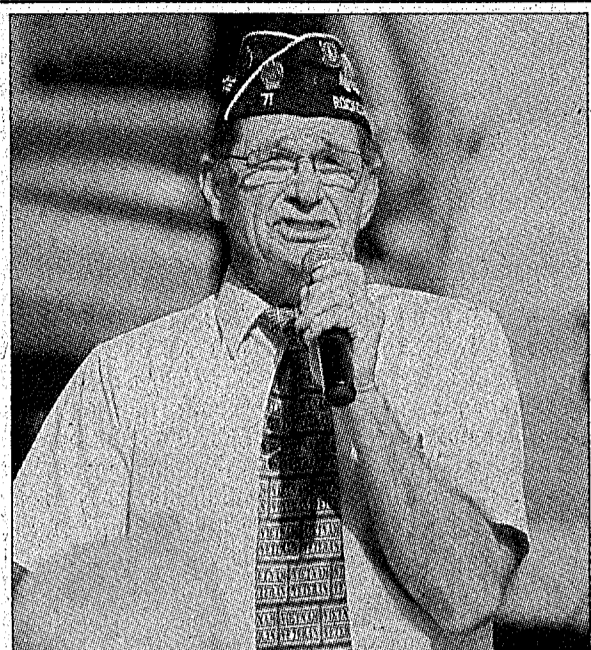
Second Section

Thursday, May 29, 2014

Memorial Day Ceremony held Monday



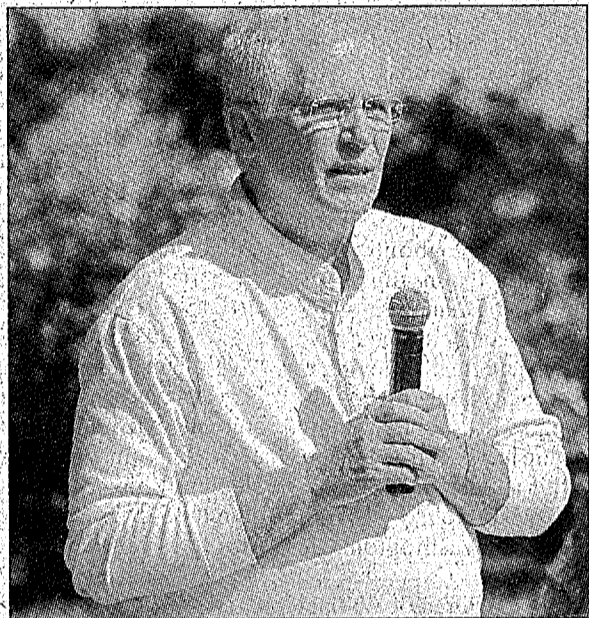
Livingston Mayor Jason Medley was the keynote speaker during the Memorial Day Ceremony held at the Rockcastle Courthouse Monday.



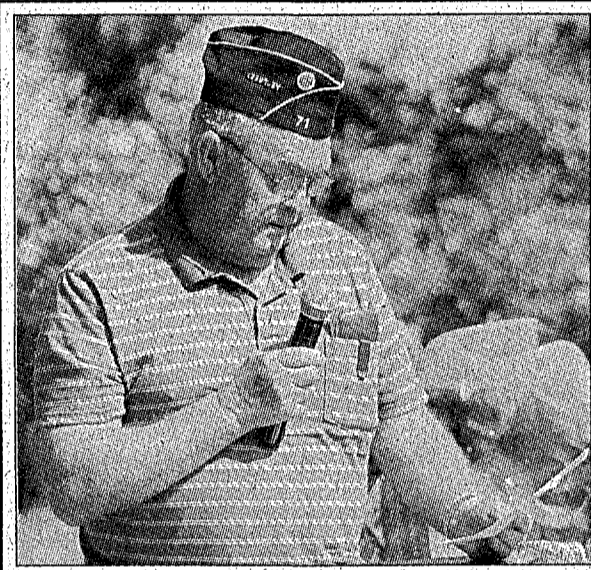
Veteran Tommy Hodges as Master of Ceremonies for the Memorial Day Ceremony Monday. Bro. Bruce Ross provided the opening prayer and Mt. Vernon Mayor Mike Bryant provided the closing prayer for the ceremonies.



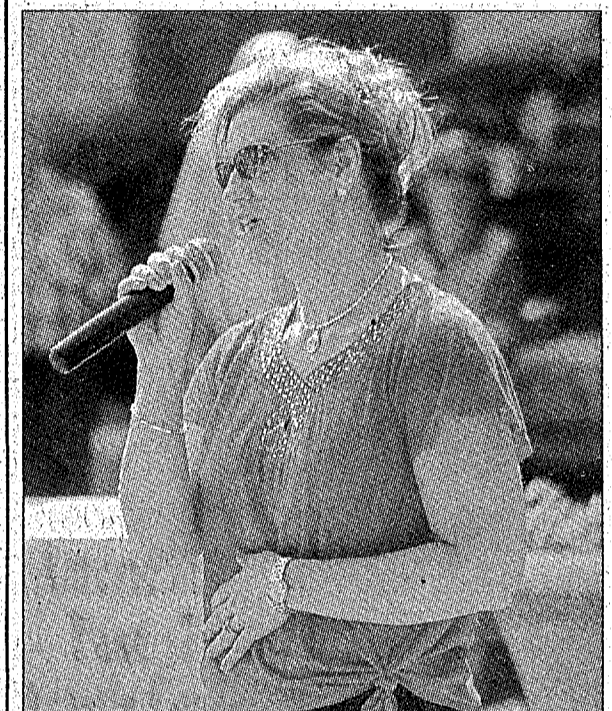
Jack Lewis provided special music on the bagpipes during the Memorial Day Ceremony.



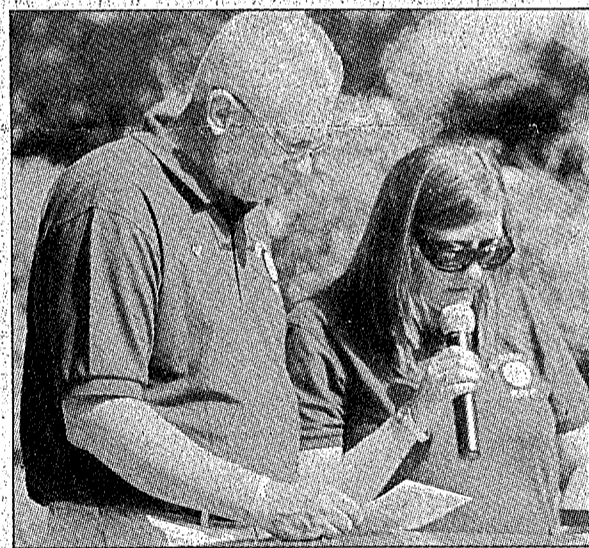
County Judge-Executive Buzz Carlotis gave the opening remarks for Monday's ceremony.



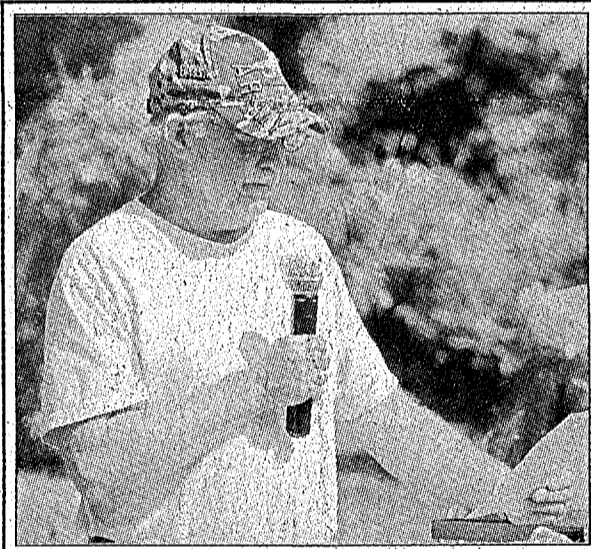
Veteran Coleman Russell read the Roll of Honor for Rockcastle County soldiers lost in the Vietnam War.



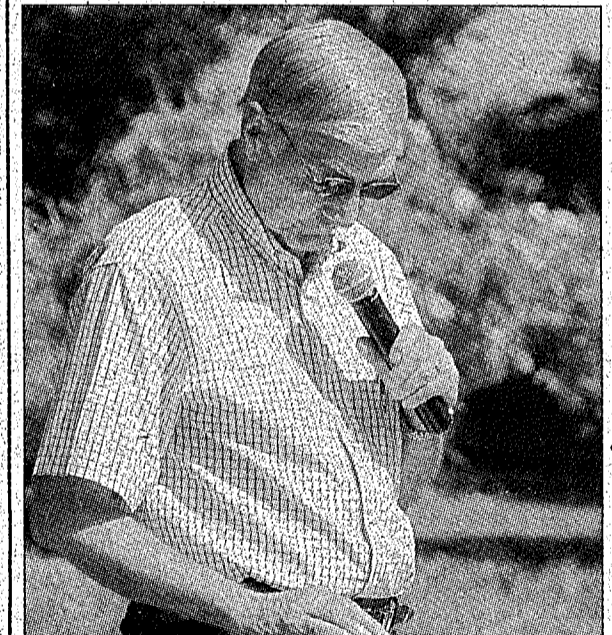
Becky McNew sang the National Anthem during ceremonies Monday.



Veterans Rick and Kathy Bobo read the Roll of Honor for Rockcastle County soldiers lost in World War II.



Veteran Bobby Kendrick read the Roll of Honor for Rockcastle County soldiers lost in World War I.



Veteran Gary Cromer read the Roll of Honor for Rockcastle County soldiers lost in the Korean War.



DAR honors fallen soldiers...

As part of the Memorial Day Ceremony at the Rockcastle Courthouse Monday, members of the Rockcastle Chapter of the DAR met to lay a wreath at the Monument of fallen Veterans in past wars. The chapter also placed a wreath at the Monument of the Unknown Soldiers at Elmwood Cemetery. Those present were: Debbie Brown, Iris Young, Patsy McFalls, Laura Durham, Tonya Cook, Janie Cromer and Cassie Literal. Shown at the courthouse ceremony, in the top photo, from left: Patsy McFalls, Debbie Brown, Tonya Cook, Iris Young and Laura Durham. Not pictured: Cassie Literal. Shown in the bottom photo at Elmwood Cemetery from left: Tonya Cook, Debbie Brown, Laura Durham and Janie Cromer.



David Harris played Taps during Monday's Memorial Day Ceremony at the Rockcastle Courthouse. Roger McClure led the crowd in the Pledge of Allegiance.

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Book signing planned at Renfro Valley for local author

Local author, Albert E. Griffin, will hold a book signing in the Renfro Valley Shopping Village on Friday, June 6th from 11 a.m. to 6 p.m. and Saturday, June 7th from 11 a.m. to 6:30 p.m.

The 338 page book can be purchased in hardback or softback copies.

Griffin, along with his wife, Eva, grew up in Mt. Vernon. He is the son of the late "Hobe" and Ruby Stokes Griffin and Eva is the daughter of the late Charles and Lena Machal.

The couple graduated from the old Mt. Vernon Grade and High School.

"Bro. Al" (as most of his old and young acquaintances call him now), has been in the ministry since he was seventeen. Now 80, Bro. Al and Eva have been married for nearly 59 years. They are the parents of two daughters, Debra Ann Lambert of Brooksville, Florida and Denise Haddix, Mt. Vernon. The Griffins have four grandchildren and five great grandchildren.

They are a veritable storehouse of knowledge and ministerial familiarity, which they are more than willing to share. Through the years, they have worked as an inseparable team and now, in their "prime," welcome friends and neighbors, old acquaintances, and new inquirers to come, sit and swing with them on their comfortable, southern-style front porch. They have become "swingers" in their

dotage. We must warn you, you may become addicted to their "not-yet" retired lifestyle.

After their retirement, they spent several years doing interim pastorates. It was the occasion for both of them to share with churches, searching for a new "shepherd," to help evaluate their churches and help them prepare for the pastor the Lord had assigned for them. In this role, both had the opportunity to make new friends and share their unique experiences as pastor and equally important, pastor's wife.

About three years ago, Griffin was beset with what he called a Christian's "spiritual discernment," indicating his ministry had not reached its full potential because of a serious deficit he conceived of as a personal, spiritual "failure." He began a frenzied struggle, searching and re-searching the present day absence of knowledge and teaching concerning the Holy Spirit.

Growing up in Mt. Vernon, there was very little serious discussion concerning the Paraclete, the Comforter, the Holy Spirit. It was not a topic of serious discussion in local churches. It was not taught in the denominational college they attended. Neither was there an emphasis on the Holy Spirit in Seminary. Nearly three years ago, when they were asked to teach an older adult Sunday School class, they met with some older, well educated people, retired public school teachers, ardent students of the Bible... and a newly-motivated Christian couple.

This class was not a situation brought on by happenstance. From the beginning, the class indicated a strong urgency to know more about the Holy Spirit of God. The ages of the class members provided a pressing need to learn, to experience the Holy Spirit's leadership and presence... as

soon as possible!

Griffin admitted to the class that his nearly sixty years of ministry had not equipped him for a deep impartation or expose of the work of the Holy Spirit. He began to belabor the loss, the absence of the Person who had been available to enable him throughout his entire ministry. He obstinately judged his spiritual inadequacy and found himself woefully wanting! He had little or no background in Holy Spirit theology or obvious experiences related to the Holy Spirit.

Looking back at sixty years of denominational involvement and church political affairs, he decried the over-emphasis of areas of his sectarian leadership and grieved at the stale, spiritual immobility in his pastor friends. Sadly, they had not dealt with anything exciting or wholesome dealing with the Presence of the Paraclete either.

Wretchedly, he reflected on how few church or denominational decisions were predicated on the Holy Spirit's leadership. The truth of that prolonged mismanagement of study and prayer began to overwhelm him. He acknowledged this late-in-life opportunity to study together with older, experienced class members had been initiated by the leadership of the Holy Spirit. It felt intimidating but it felt good!

A new hunger and thirsting to please God through the leadership of the Holy Spirit, totally revolutionized and energized Griffin's new insatiable desire to study, pray, write, experience what had blatantly been missing in his many years of self-aggrandizement... now transformed into a powerful craving to glorify the Author and Creator of everything, even the cosmos... and expressly, His Son Jesus. It was an all-consuming revelation and he recognized its source: The Holy Spirit... the Third of the Divine Trinity. At the age of eighty, Griffin was experiencing a new, burning passion: a yearning to glorify the name of God the Father, God the Son and God the Holy Spirit. It was undeniably Holy Spirit in-breathed.

Sunday after Sunday, lesson after lesson, the Holy Spirit worked His glorious transformation in the class. It was the precious Seed of the Gospel Message that was being planned, interpreted, nourished... and a manuscript was being written, with this single prayer: "Lord in Heaven, we submit all this to You." The book being penned by God's Holy Spirit resulted in what we have titled, *Acts of the Holy Spirit*.

Being retired has provided more time to study and pray and to celebrate the Spirit's filling. Griffin's study became so all-encompassing, days turned into nights and nights into days. Never had he studied, prayed, written and rewritten with such desperation. Never had he cried so unashamedly, only now his shame was for the years of spiritual barrenness: With the Holy Spirit's learned guidance, Bro. Al's new, insatiable objective was to please his Heavenly Father.

In the background of that sanctified room, where he studied night after night, day after day, week after week, the months ran into year after year, he regularly kept some quiet sacred music playing in the familiarity of the background, not really for listening to the music as much as allowing God's spiritual ambience to be felt, surrounding him. Late, or early in one of those 4 to 6 a.m., never-to-be-forgotten occasions, he became aware of a song, like a soothing, overwhelming warmth and words wrapped in a perfect melody for that special moment in his lifetime, and it was all orchestrated by the infilling, the Glory of that song, *Surely the Presence of the Lord is in this Place!* Tears flowed profusely and

they seemed to cleanse his longing soul.

In addition to purchasing *Acts of the Holy Spirit* at the book signing, three versions: hardback, softback and E-books can be ordered

on-line from Amazon.com, Lifeway Bookstores/Publishers, Barnes and Noble Book Stores, Crossbooks.com and Google.

We would be humbled to

have you drop in and celebrate with us "in His refreshing Spirit," just for a spell! Perhaps the Lord will lead you to a new, spiritual, reading adventure!

Martin inducted into honor society

Megan Elaine Martin of Mount Vernon, majoring in Wildlife Management, is one of 45 Eastern Kentucky University juniors, seniors and graduate students who were inducted into the EKV chapter of The Honor Society of Phi Kappa Phi during a special ceremony in April.

Martin is among approximately 30,000 students, faculty, professional staff and alumni to be initiated into Phi Kappa Phi each year.

Faculty honored were Dr. E. Michael Eastman, Vice President for Development and Alumni Relations, and Dr. Verna Lowe, Dean of the

College of Education.

Founded in 1897 at the University of Maine, Phi Kappa Phi is the nation's oldest, largest and most selective all-discipline honor society. The Society has chapters on more than 300 campuses in the United States, Puerto Rico and the Philippines.

Membership in Phi Kappa Phi is by invitation and requires nomination and approval by a chapter. Only the top 10 percent of seniors and 7.5 percent of juniors, having at least 72 semester hours, are eligible for membership. Graduate students

in the top 10 percent of the number of candidates for graduate degrees may also qualify, as do faculty, professional staff and alumni who have achieved scholarly distinction.

Carri Hunt graduates from Campbellsville

Carri Dolores Hunt of Mount Vernon, recently graduated from Campbellsville University School of Education. Hunt graduated with a bachelor of music in music education with a vocal emphasis.



**Cedar Rapids Swim Team
Dolphin Dash 2 miler Run/Walk
June 6, 2014 • 7 p.m.
Cedar Rapids LLC**

Name: _____

Address: _____

Phone #: _____ Age on Race Day _____ Male _____ Female _____

Circle Shirt Size: YS YM YL AS AM AL AXL

AXXL (add \$2) XXXL (add \$2)

Cost: Pre registration \$15 (Deadline is Thursday, May 29th) Race day \$20 (Registration starts at 6 p.m. No t-shirt guarantee) Make checks payable to: Cedar Rapids Swim Team

Swim Team Members are FREE; but if you want a T-shirt you must pay \$10

Course Info: The race will begin and end at Cedar Rapids LLC. The course will be 2 miles on old US Hwy 150. Participants are welcomed to "Dash and Splash" after the race by taking a refreshing swim in the Cedar Rapids Pool.

Mail registration form to: Teresa Hamilton

2929 Hurricane School Rd
Mt. Vernon, Ky 40456

Drop off/pick up form at: Richmond Street Eyecare
205 Richmond St
Mt. Vernon, Ky 40456

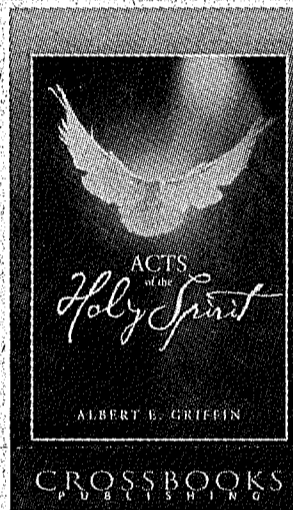
AGE GROUPS: Overall Male/Female, 8U, 10-12, 13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+ No walker medals. If you walk, you still compete for a medal against all participants, including runners.

Questions: Email Teresa Hamilton at queenofheridge@windstream.net or check out our Facebook page.

Cedar Rapids Dolphins Dash 2 Miler Run/Walk

RELEASE OF LIABILITY
I know that running/walking in a race is a potentially hazardous activity. I represent that I am medically able and properly trained to participate in this event. I assume all risks associated with this event including, but not limited, heat exhaustion, falls, contact with other participants, effects of weather etc, and all such risks being known and recognized by me. I hereby agree to discharge Cedar Rapids Swim Team, Cedar Rapids LLC, and all respective directors, officers, and employees or any other personnel assisting or connected with this event any rights, claims or demands therefore which I may have or which I may hereafter accrue to me arising out of injury to my person or my property incurred in connection with participation in the Cedar Rapids Swim Team Dolphin Dash 2 Miler. I hereby release all publication rights of any photographs or video taken at this event. By signing below, I indicate that I agree to that I ASSUME ALL RISK ASSOCIATED WITH PARTICIPATING IN THIS EVENT.

Signature: _____ (Parent's signature if under age 18)



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2011 Toyota Tundra Dbl Cab 4x4 TRD Rock Warrior, 1 Owner Local Trade in Black on Black \$29,980

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Monday - Friday 8:00 to 4:00 • Saturday 8:00 to 12:00
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CHURCH NEWS

Gospel Sing

Jim Miller will hold a Gospel Sing at the Black Barn Music Show at Conway (in front of Conway Grocery) on the first Friday of each month (April through September) at 7 p.m. All-singers welcome.

VBS at

Brodhead Baptist

Brodhead Baptist Church will hold a Block Party June 8th at 6 p.m. for VBS registration and kick-off celebration. Food, games, hayrides, inflatables. Lots of free fun. VBS will be held June 9th - 13th from 6 to 9 p.m. nightly for 4 year olds thru 8th grade. Crafts, games, music, nightly meals. Call 758-8316 for more info. or call Kenny for van pickup at 758-4945.

VBS at

First Christian

First Christian Church of Mt. Vernon will hold their Vacation Bible School Tuesday, June 3 thru Friday, June 6 from 6 to 8 o'clock nightly. Jungle Safari is this year's theme for toddlers through 5th grade.

Family Time will be held at the church Friday, June 6th.

For more information, call 256-2876.

Yard Sale

There will be a Yard Sale at Brush Creek Holiness Church inside the Fellowship Hall on Fri., May 30th. Rain or shine. 8:30 a.m. to 5 p.m. After 4 p.m., items will be 1/2 off. Lots of clothing and household items. Proceeds will go to benefit activities for church youth. Take Hwy. 1004 about 2 1/2 miles, turn right

onto Maple Grove Rd. Then turn right onto Brush Creek Road.

Revival

Ottawa Baptist Church will be in Revival Monday, June 2nd thru Wednesday, June 4th at 7 o'clock each evening.

Bro. David Moore from Dadeville, Alabama will be the evangelist.

Everyone welcome to come worship with us.

Vacation Bible School

Vacation Bible School will be held June 8-12 at Mareburg Baptist Church from 6 to 8:30 each evening. Family night will be Friday, June 13th.

The theme will be Lifeway's Agency D3 - Discover Decide Defend (1 Peter 3:15).

For more information, or transportation, call 256-5278 or 392-1205.

Fellowship Meeting

There will be a Fellowship Meeting at Rab Orchard Pentecostal Church on Monday, June 2nd at 7 p.m. Bro. Lonnie McGuire will be preaching. Bro. and Ms. Donald King and congregation welcomes all!

Backyard VBS

Backyard VBS will be held in down town Livingston, behind the old school, on Saturday, May 31st from 3 to 5 p.m. There will be activities for children, free food (hot dogs, nachos 'n cheese and door prizes, including a bicycle giveaway.

Everyone welcome.

Vacation Bible School

Collect & secure evidence about the life, death & resurrection of Jesus!



Crafts!
Games!
Music!
Nightly meals

Brodhead Baptist Church

June 9TH - 13TH
6pm - 9pm

Classes for 4 year olds thru 8th grade!

Call 758-8316 for more info

Call Kenny for van pickup

758-4945

Join us for a
VBS Block Party
June 8 - 6pm
VBS Registration & Kick-off Celebration!
Food!! Games!!
Hayrides!! Inflatables!!
FREE FUN!!!!!!



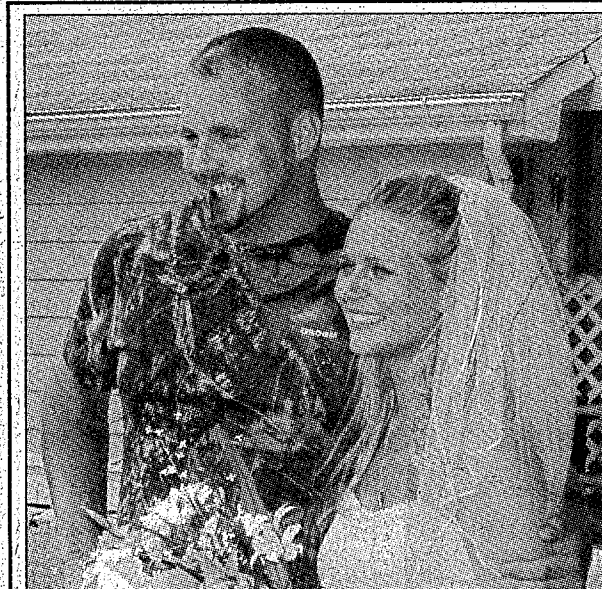
30th Wedding Anniversary

Tracy and Sandy Valentine will celebrate their 30th wedding anniversary on Sunday, June 1st. They have ministered at Brodhead Christian Church for twelve years. Please join us at Brodhead Christian Church this Sunday in worship service at 11 a.m. and a dinner honoring Tracy and Sandy immediately following the morning worship service.



Miss Stewart to wed Mr. Davidson

Allan "Tubb" and Diana G. Stewart of Mt. Vernon are pleased to announce the engagement and forthcoming marriage of their daughter, Wendy Sue, to Joshua Corey Davidson, son of Jimmy and Connie Davidson of Paint Lick. Wendy is a 2006 graduate of Rockcastle County High School and a 2012 graduate of EKU. She is employed by KY COJ-AOC as a juvenile service worker. Joshua is a 1999 graduate of Garrard County High School and is employed as an operator for the Allen Company. The wedding will be an event of June 7, 2014 in Tennessee. All family and friends are invited.



Anniversary...

Happy anniversary Robert and Jessica Himes May 27th.

Vacation Bible School

First Christian Church
June 3rd - 6th • 6:00 - 8:00

Toddlers - 5th grade

Family Time - Friday, June 6th

• For information call 256-2876 •

Church is located on West Main St. in Mt. Vernon

CHURCH CARNIVAL

Join us as we kickoff Vacation Bible School

First Baptist Church - Fellowship Hall

340 West Main Street Mt. Vernon

Sunday, June 1st at 6:00PM

Games, Face Painting, Popcorn,
Snow Cones and Cotton Candy

For kids in grades K-5

For more information call the church office
606-256-2922

We Are Inviting You To Join Us For Our Summer Bible Series, VBS

June 2nd - 6th

At The Providence Church Of Christ

109 Providence Cemetery Road, Brodhead, KY 40409 • (606-758-8524)

Theme: Running With Jesus Every Day

Time of Services:

7:00 - 8:00 PM for the Adult Class

Monday - **The Armor of God:** Pat Craig

Tuesday - **The Good Samaritan:** Josh McKibben

Wednesday - **David and Jonathan:** Danny McKibben

Thursday - **Parable of the Talents:** Roy Reynolds

Friday - **Growing Like Jesus:** Jim Hardy

Nursery/Preschool Class 6:15 - 7:45 PM

Primary/Intermediate/Junior Classes 6:00-7:45 PM

Come join us for a good week of bible study, singing, and prayer. It looks like a great week for children, and adults as well!

Our Web Site: www.WhatSaithTheScriptures.com

Professional Services

We do tree trimming. Call 453-2200. 15x10p
Jonathan Collins Remodeling and Repair Service. Home improvements of any kind from doors and windows, painting, new floors to roofs and decks. We will do it all. Any home, any problem, we're the one to call. 606-308-3533. 21x4p
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! Anything that fits on a truck. Local or long distance. Building - demolition - moving - clean-ups - bushhogging - landscaping. No garbage. 606-256-9222 or 4308-1629. 35xntf

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

Miscellaneous For Sale

Strawberries: \$7 gallon. U-Pick at the home of Fred and Thelma Mullins at Scaffold Cane. Ph. 606-256-2686, leave message. Or 859-661-6988. Bring own container to take home in.
Sigmon Farm now has strawberries for sale. You pick or we pick. Call 256-2781 for more information.
Bedbugs? Use Harris Bedbug Killer. Odorless and non-staining. Available at Jack's Hardware. 606-256-4363. 21x6

Notices

I would like to sit with the elderly. I'm a christian lady and love the elderly. I'm experienced. 606-392-8914. 22x2p

I am a caregiver looking for work. I have references. 859-779-3145. 22x2p

New Antique Store, now open at 9245 N. Wilderness Road at Conway, Mt. Vernon. Open Thursday, Friday and Saturday, 10 a.m. to 5 p.m. 21x5p

Caregiver seeking part time or full time work, any shift. Call 453-2301. 21x3

Legal Notice: Applicants Sought for Mental Health/Mental Retardation Board. The annual meeting of the Cumberland River Regional Mental Health/Mental Retardation Board, Inc. will be held at 6:30 p.m. June 16, 2014 at the Corbin Comprehensive Care Center, 1203 American Greeting Road, Corbin, Kentucky. The

Board of Directors for the coming fiscal year will be appointed. Citizens interested in serving on this board should contact the Cumberland River Regional Mental Health/Mental Retardation Board, Inc., Nominating Committee, P.O. Box 568, 1203 American Greeting Road, Corbin, Kentucky 40702. 23x1

Notice is hereby given that Freda M. Hurd, 533 Zade Road, Mt. Vernon, Ky. 40456 has been appointed Executrix of the estate of James Benton Hurd on the 14th day of May, 2014. Any person having claims against said estate shall present them, according to law, to the said Freda M. Hurd on or before November 17, 2014 at 9:30 a.m.

Notice is hereby given that Rose Marie Ludemann, 98 Halcomb Road East, Orlando, Ky. 40460 has been appointed Executrix of the estate of William Henry Ludemann. Any person having claims against said

estate shall present them, according to law, to the said Rose Marie Ludemann or Hon. Debra A. Hembree Lambert, 860 West Main St., P.O. Box 1094, Mt. Vernon, Ky. 40456 by November 3, 2014 at 9:30 a.m. 21x3

Notice is hereby given that Billy Rice, 110 Carter Drive, London, Ky. 40741 and William H. Bowles, 797 Lodge Hall Road, McKee, Ky. 40447 have been appointed co-administrators of the estate of Pleas Wise. Any person having claims against said estate shall present them, according to law, to the said Billy Rice and/or William H. Bowles or Hon. Stephen M. Jones, P.O. Box 604, London, Ky. 40743 by November 10, 2014 at 9:30 a.m. 21x3

Notice is hereby given that Billy Rice, 110 Carter Drive, London, Ky. 40741, William H. Bowles, 797 Lodge Hall Road, McKee, Ky. 40447 and Carolyn Tompkins, 2025 Summerhayes Ct., Lexington, Ky. 40503-4037 were appointed co-executors of the estate of Pleas Wise. Any person having claims against said estate shall present them, according to law, to the said Billy Rice, William H. Bowles and Carolyn Tompkins or Hon. Stephen M. Jones, P.O. Box 604, London, Ky. 40743 by November 10, 2014 at 9:30 a.m. 23x3

Notice is given that Leman D. Harris has filed a final settlement of his accounts as Administrator of the estate of Destie Harris, deceased. A hearing on said settlement will be held on June 23, 2014 at 11 a.m. Any exceptions to said settlement must be filed before that date.

Notice is given that Patricia Carpenter has filed a final settlement of her accounts as Administratrix of

the estate of Samuel L. Whitaker, Jr., deceased. A hearing on said settlement will be held June 23, 2014 at 11 a.m. Any exceptions to said settlement must be filed before that date. 23x1

Notice is given that Beverly Pumphrey has filed a final settlement of her accounts as Executrix of the estate of Shirley Ann Rowe, deceased. A hearing on said settlement will be held June 23, 2014 at 11 a.m. Any exceptions to said settlement must be filed before that date. 23x1

ADVERTISEMENT PROVIDENCE COUNTY
 DATE: May 21, 2014
 Notice to:
 BILLY GENE RASH and any & all parties in interest
 In Re:
 JALIE ALEACE RASH
 Born On: 11-DEC-2009
 Juvenile Number:
 201403111
 Case Number:
 NSP-14-000004

A Petition has been filed in the Rhode Island Family Court to terminate your parental rights. That Petition is scheduled for a hearing at the Family Court, 45 WASHINGTON SQUARE, NEWPORT, RI 02840 on 25th day of JUNE, 2014 at 9:00 AM. If you do not appear on the 25th day of June, 2014, an Order will enter terminating your parental rights to this child. Ronald J. Pagliarini Administrator/Clerk

Pets
Mountain Top Precious Pups: Yorkies, Maltese, Shih-Tzu, Poodles, Chihuahua, Boxers. 1-606-231-5498 - leave message or text. Join us on fb: mountain top precious pups or e-mail: YUNGERMTPP@YAHOO.COM 46x26

John's Repair
 Appliance & Plumbing
 Faucet & Toilet
308-5646
 John Tyler, Owner

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1996 Ford Expedition, Eddie Bauer Edition, 4 wheel drive. \$2500 obo. 606-308-3670. 13xntf

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 rockcastleappliance@gmail.com

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Adopt-a-Highway groups ready to scrub roadsides

Volunteers will be out in force to summer scrub Adair, Casey, Clinton, Cumberland, Lincoln, McCreary, Pulaski, Rockcastle, Russell and Wayne County's highways. The Transportation Cabinet (KYTC) announces that

Adopt-a-Highway Summer Scrub Week is June 2-8. "The Kentucky Transportation Cabinet appreciates the efforts of our Adopt-a-Highway volunteers who help keep our highways and communities beautiful and litter-free," Transportation Secretary Mike Hancock said.

Nearly 700 groups participate in Kentucky's Adopt-a-Highway program, which was established in 1988. Volunteers clean approximately 4,800 miles of roadside annually, setting an example of responsible environmental stewardship.

The Adopt-a-Highway program promotes public environmental awareness and supports tourism. The program also creates a part-

nership between citizens, community and government, and establishes a sense of pride in the Bluegrass State.

Get Involved!

How can you contribute to the community, make a difference, send a message and educate others - all while having fun with friends and family? Join Kentucky's Adopt-a-Highway Program. By taking responsibility for an area roadway, you set an example in your community.

The environment is everyone's responsibility. Adopt-a-Highway provides the opportunity to be a part of the solution. Each year, the KYTC spends about \$5 million and 200,000 worker hours to remove 96,000 bags of highway litter. Adopt-a-Highway volunteers help save thousands of taxpayer dollars and demonstrate that a clean environment is a shared responsibility.

Any permanently established business, association, community or public organization, or government entity can adopt a stretch of highway. A wide range of groups throughout Kentucky now participate, including homemaker clubs, Boy Scout and Girl Scout troops, high school organizations, service clubs, veterans, college fraternities and sororities, sports teams and church groups, among others.

Volunteers adopt two-mile sections of highway under a two-year, renewable contract with the Transportation Cabinet.

Adopt-a-Highway coordinators can explain the fundamentals of the program to volunteer groups, work with group members in locating an available highway, and keep them notified of news and upcoming events.

Litter pickups are held at least four times per year or as many times as necessary to keep adopted areas reasonably litter-free. The cabinet coordinates three annual clean-up efforts.

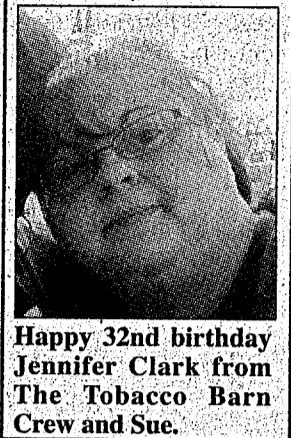
How do I join?
Groups interested in becoming members of the Adopt-a-Highway Program can find details and district coordinator information at adopt-a-highway.ky.gov/. Safety guidelines are provided to volunteers and should be reviewed prior to each cleanup.

The Adopt-a-Highway coordinators help volunteers get in touch with the county maintenance crew superintendent to arrange warning sign placement on the date of pickup. Trash bags and safety vests can be obtained at each state maintenance facility, and litter removal is provided by the state highway crews.

For more information, visit <http://adopt-a-highway.ky.gov/> or contact Amber Hale, District 8 coordinator, at (606) 677-4017, or by e-mail at Amber.Hale@ky.gov.

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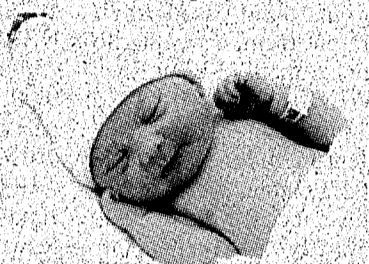
AUTO FINANCING? WE CAN HELP!
Call Any or Bill or apply online
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859.625.1422
Mann



Happy 32nd birthday Jennifer Clark from The Tobacco Barn Crew and Sue.

Welcome Home, first son and grandson

My name is Harrison Eugee Davidson. I was born April 23, 2014 at Central Baptist Hospital in Lexington. I weighed 6 lbs., 14 ozs and was 19 inches long. I'm the first child for my mommy, Heather Asher and my daddy, Jeremy Davidson. My maternal grandparents are Mr. and Mrs. Michael Asher of Lexington. My paternal grandparents are Rex and Jewell Davidson of Mt. Vernon. My paternal grandparents are Hallie Alexander of Mt. Vernon and the late Eugene Alexander and the late Felix and Myrtle Davidson of Kirksville.



Happy 99th Birthday, Trap Carpenter
May God bless you with many more.
Your loving family

3rd Annual US 25 Yard Sale

June 5-7, 2014
7am - 6pm

Set up a booth along US 25 in Rockcastle County and be a part of this third annual event. From Covington, Kentucky to Woodfin, North Carolina on US 25 and US 25W. This event spans 425+ miles and is the 6th longest yard sale in America. 7am-6pm. Must have access to off road parking. Permission to set up on private or public property is the responsibility of the yard sale participant, and must be obtained prior to the event.



For more information, contact:

Mt. Vernon - Rockcastle County Tourist Commission

800-252-6685

www.rockcastletourism.com

2014 Martial Arts Summer Camps

Special themed camps for ages 5-13 where kids will learn basic martial arts and tumbling while also making new friends, building confidence, getting fit, and learning respect, focus, and discipline!
Drop Off: 8-9 AM Pick Up: 4-4:30 PM
Located at Rockcastle Shaolin Do on Main St in Mount Vernon

June 9-13 : Lego Warrior Camp
Kids will work their minds in the downtime with some fun Lego challenges!

June 23-27 : Light Saber Camp
Find out how strong the force is in you with our LED Light Saber Training!

July 7-11 : Kung Fu Movie Camp
Kids will be the stars in their own kung fu movie!

Limited spots available, call (859)588-8905 to sign up.
Save \$25 per week when you mention this ad!
New classes also starting in June for kids and adults

Absolute Auction of Mr. and Mrs. Walter McCoy's

Antiques, Personal Property & Tools

Saturday, May 31, 2014 at 10:00 a.m.

97 Carpenter Road - Mt. Vernon, KY (Orlando section)

Location: Follow Hwy 1004 approximately 1.8 miles to Carpenter Road. Turn onto Carpenter Road and follow to the auction site, second house on the left. Auction signs are posted.

Mr. and Mrs. Walter McCoy are relocating and have contracted our firm to sell this property at auction for the absolute high dollar.

Furniture: La-Z-Boy upholstered rocker recliner ~ (2) Roatan couches ~ Roatan glass top table and end tables ~ Oak carved coffee table with slate inserts ~ large Entertainment center, very decorative ~ several end tables ~ Oak spindle back kitchen chairs ~ Antique Oak sideboard ~ modern hall tree ~ Oak 3-tier fern stand ~ Curio cabinet with 4 shelves ~ Antique Oak kitchen table with 4 chairs ~ Antique Oak gentleman's chest with beveled mirror and hat box ~ Antique wardrobe chest with mirror ~ large Oak dining table with Queen Ann legs and 4 chairs ~ Antique hall tree (partially refinished) ~ wooden US Army trunk ~ picnic table ~ sofa table ~ bamboo screen ~ Oak curio cabinet with glass shelves ~ Queen size poster bedroom suite with chest of drawers, dresser and nightstands ~ blanket chest, cedar lined ~ brass fire screen ~ slant front desk with carved pulls and pigeon holes ~ (2) wingback chairs ~ Sofa and loveseat, upholstered with ball and claw feet ~ vanity chair ~ 3 pc. White bedroom suite with canopy bed, dresser with mirror and nightstand ~ (2) old child's doll highchairs ~ bamboo dresser ~ Maple glider-rocker ~ Oak dresser base ~ quilt rack ~ rocker with pressed cane slides ~ small hall table ~ oak stand table ~ fern stand with marble shelf ~ and more!

Glassware: 8 pc. setting of Radisson W.S. George warranted 22k gold dishes including creamer, sugar and serving bowl ~ large cut glass compote and basket bowl ~ cup and saucer sets ~ glass cake plate with cover ~ several jars with glass lids, various sizes ~ relish dishes ~ Limoges plate floral design ~ Aunt Jemima figurines ~ TST China pink with floral designs ~ cheese dishes ~ Lochs of Scotland blue willow platters ~ numerous figurines ~ Butler salt and pepper shakers ~ miniature tea sets ~ lady head vases Nippon, hand painted ~ Napco lady head vases ~ Upstairs/Downstairs collectible bear figurines ~ Avon dishes ~ etched decanter and glasses ~ Florentine china ~ Carolyn Crown Victoria china ~ several Hall large decorative pieces ~ several gold pieces of Carnival: pitchers, bowls, saucers, butter dish, candlesticks and more ~ fluted amber basket with rope handle ~ numerous fluted and opalescent pieces ~ glass slippers ~ cobalt blue pieces ~ satin glass ~ Forget me not china ~ several hen on nests ~ blue ironstone pitcher ~ several tea sets ~ pink depression glass ~ large Hull floral vase ~ and much more!

Dolls: Barbie "My Graduation 2004" in box ~ Birthstone collection August ~ oriental dolls in boxes ~ doll accessories ~ Glamorized doll in box ~ Elegance collection limited edition in box ~ Collectible Memories "Pamela Summer" in box ~ Birthstone porcelain dolls ~ Classic Treasures Bisque special edition porcelain doll in box ~ Doll of the Month collection ~ August ~ Marie Osmond Fine Collection porcelain doll, signed ~ Marian J. Designs collection ~ Golden veil 1-2000 large Bisque doll ~ Native American bear eagle design doll ~ Tanisha bisque doll ~ Bradley doll Southern lady ~ Heirloom dolls ~ Mary Hada Little Lamb doll ~ Cabbage Patch Kids dolls ~ Night bridge collection doll ~ Dynasty doll "Anastasia" ~ Melissa collection by Melissa Vastelli ~ Victorian collection doll in box ~ James Dean American Legend Timeless Treasure doll ~ (2) Barbie "Happy Holidays" dolls ~ numerous other dolls (some in boxes) and much more!

Lamps, Prints, Appliances, Home Goods & More: Bosch front load washer and dryer ~ Singer Ultralock 14U32 ~ Babylock sewing machine ~ several area rugs ~ Guthy-Renker Fitness Pro machine ~ Whirlpool upright freezer ~ Antique treadle sewing machine ~ several table lamps ~ floor lamps ~ numerous prints of various sizes, some framed and matted ~ cast iron Popeye the Sailor items ~ marble candle holders ~ Kenmore sewing machine ~ Tacsen sewing machine ~ Liberty Bell Limited train set ~ Lionel train pieces ~ Christmas décor ~ assortment of baskets ~ several clocks ~ Rooster collectibles ~ pots and pans ~ jewelry boxes ~ old tin card box ~ several needlepoint items ~ lace pieces ~ stereo with turn table ~ old albums ~ Crown Court wall clock ~ golf clubs ~ Hoover hand vacuum ~ old Sundrop, Pepsi and Mt. Dew glass bottles ~ and much more!

Tools: Craftsman 8" drill press 1/3 h.p. ~ Instant Power battery charger ~ skilsaw ~ jacks ~ numerous hand tools ~ hedge trimmer ~ tool boxes ~ small air compressor ~ Ryobi circular saw ~ Rockwell circular saw ~ small anvil ~ Black and Decker skilsaw ~ Ryobi 10" saw ~ Craftsman 8" table saw ~ battery chargers ~ 2-wheel dolly ~ Craftsman 10" radjo saw on stand ~ creeper ~ air hose ~ stand jacks ~ Delta 10" table saw ~ Companion drill press ~ several hand drills ~ coolers ~ fishing equipment ~ socket sets ~ jumper cables ~ hand saws ~ aluminum 8 ft. ladder ~ Hawthorne aluminum cooler ~ wheel barrow ~ garden tools ~ double ax ~ Black and Decker 10" saw and much more!

Buyer's Premium: There will be a 10% Buyer's Premium added to the winning bid. The sum of the winning bid plus the Buyer's Premium will be the sales price.

Terms: Payment due in full the day of the auction. Accepted forms of payment: Cash, check, MasterCard and Visa (with processing fee).

Auctioneer's Note: This is a lifetime collection of quality personal property and you have the opportunity to buy at your own price. We will be running 2 auction rings throughout the day. Come and spend the day with us. Announcements day of sale take precedence over printed matter.

For additional information/photos log on to our website, www.fordbrothersinc.com or contact our office at 606-256-4545.

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HEALTH *signal*



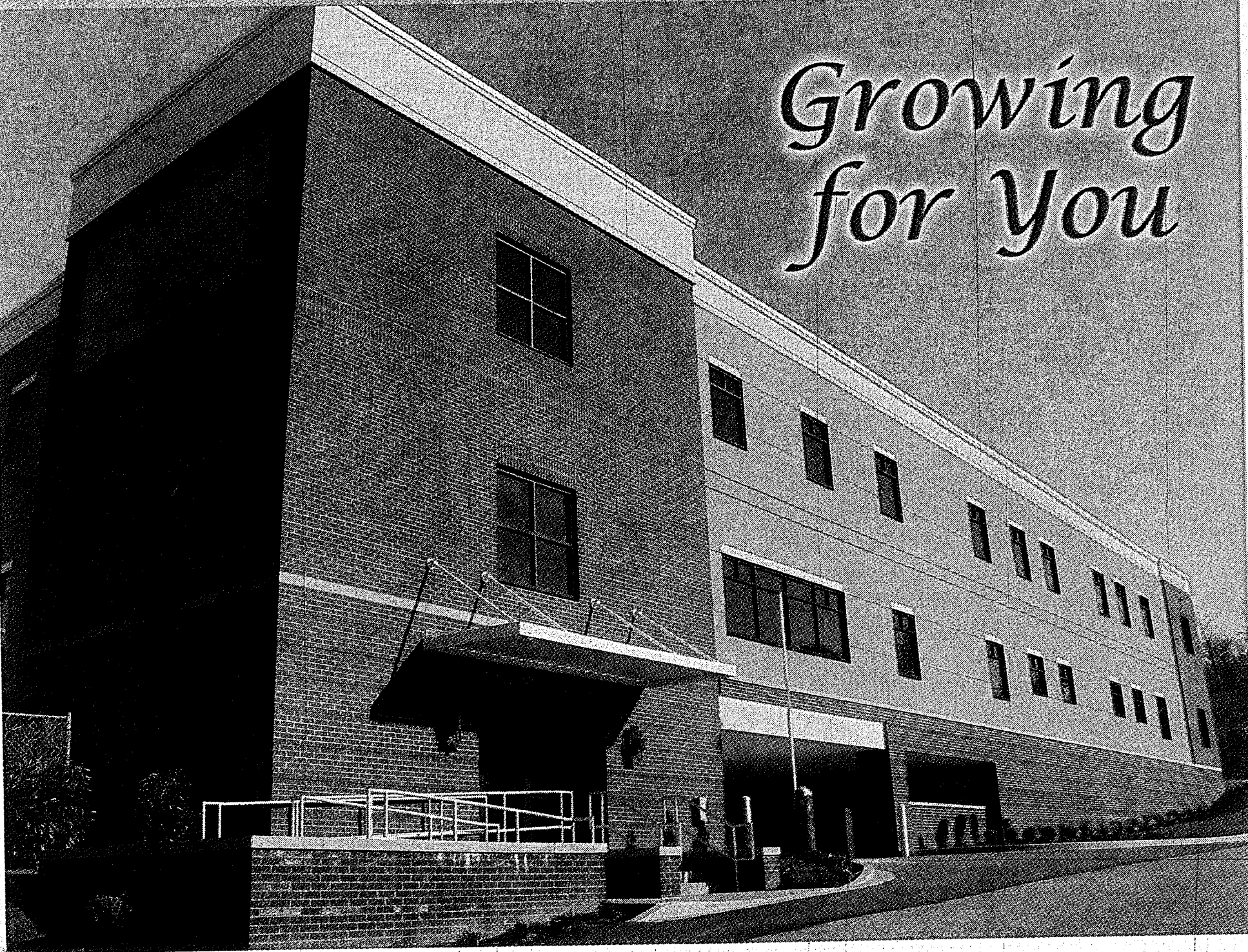
ROCKCASTLE
REGIONAL
HOSPITAL & RESPIRATORY CARE CENTER

Breathing Life into healthcare

Vol. 10 • Issue 2

Spring 2014

*Growing
for You*





ROCKCASTLE REGIONAL HOSPITAL ■ RESPIRATORY CARE CENTER

About Us

Rockcastle Regional Hospital & Respiratory Care Center is a not-for-profit community health-care system that operates an emergency department, a 26-bed inpatient acute hospital, outpatient services, a 93-bed long-term care program for patients dependent upon mechanical ventilation and a medical office complex. Rockcastle Regional Hospital was established in 1956 and is accredited by the Joint Commission. Rockcastle Regional Hospital is a six-time Kentucky Hospital Association Quality Award Winner for 2006, 2008, 2009, 2010, 2011 and 2012 and a U.S. News & World Report 2013 Best Nursing Home.

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

Executive Management

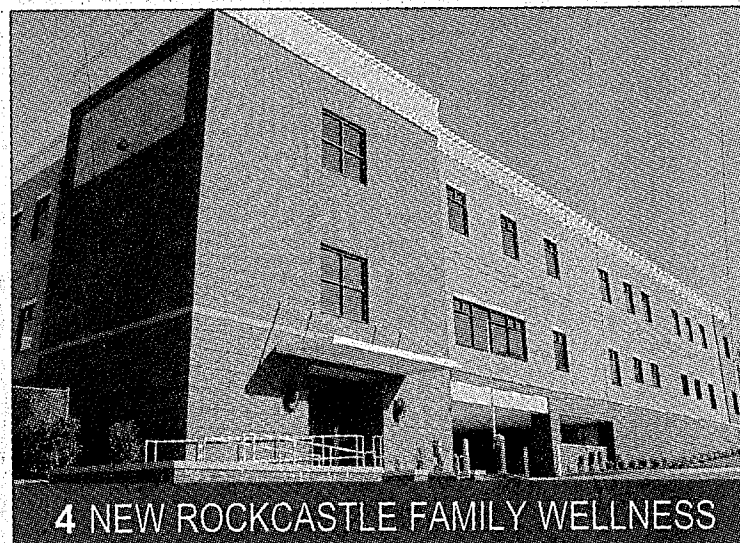
- Stephen A. Estes, President/CEO
- Cynthia D. Burton, RN, Chief Nursing Officer
- C. Nicholas Bastin, Controller

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

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

Jana Bray, Director
Susan Turley, Designer

FEATURES



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OPEN HOUSE



Growing for you

We welcome you and your family for an evening to celebrate another milestone.

**Thursday, May 29
5:30 p.m.**

This free event is open to the community and features:
Tours • Cookout • Inflatables • Snow Cones
Cotton Candy • Popcorn • Cake

140B Newcomb Avenue • Mt. Vernon, KY 40456

Growing for you

Rockcastle Family Wellness's transition into its new home has been a smooth one.

By all accounts, doctors, staff, and patients have been pleased with the new home of Rockcastle Family Wellness, a two-story, \$4.2 million building that is the practice site for Drs. Karen Saylor, Dr. David Bullock, and Dr. Kevin Rowe, nurse practitioner Ginger Mink-Cash, and physician assistants Angie Parsons-Woods, Brittany Perkins-Saylor and Alicia Cook.

"Thanks to the hard work of our team, we were able to move in with little disruption in services," said Brandy Bullock, director of medical arts. "Our providers are seeing a full schedule of patients and getting acclimated to their new work environment."

The addition, which officially opened May 5, represents the latest expansion for Rockcastle Regional Hospital and Respiratory Care Center.

An Open House will be held Thursday, May 29 at 5:30 p.m. In addition to the ribbon cutting, the evening will feature tours, a cook-out, inflatables, and refreshments.

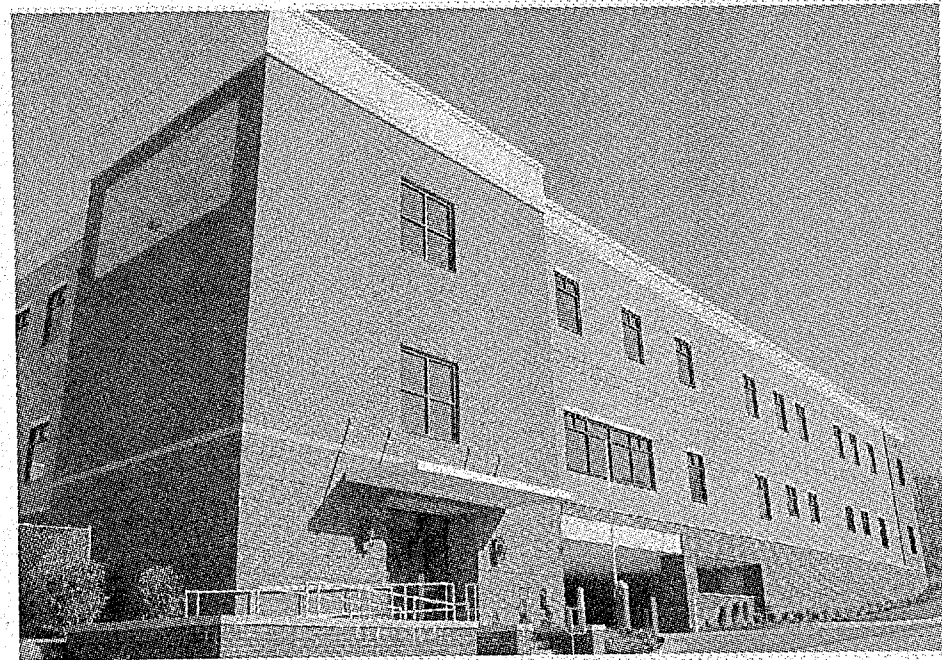
Located on High Street behind Rockcastle Medical Arts, the 32,000 facility features 36 state-of-the-art patient exam rooms, sick- and well-patient waiting areas,

private patient registration areas, consultation area for dietitians and pharmacists, and a children's play area. Some features also extend beyond

the construction. Comfort amenities such as coffee, tea, and ice water are available in the waiting rooms, televisions in the waiting area as well as every exam room to be used for educational purposes, and standard-seat-height exam tables in many exam rooms.

"Every aspect of the design of the building is centered on the safety and comfort of our patients," said Bullock. "Quality, compassionate care is not limited to simply an exam, diagnosis, and treatment. The comfortable environment provides for a more relaxed patient experience."

Rockcastle Family Wellness provides health-care services to a large patient population from Rockcastle County and the surrounding region. In 2013, the clinic had nearly 32,000 patient visits. It currently employs 62, an increase in staff of nearly 32% since December 2012. The new facility contains plenty of space for a number of medical students and residents who have



Front entrance of Rockcastle Family Wellness, the new office of Dr. Karen Saylor, Dr. David Bullock, and Dr. Kevin Rowe

"Our mission is to be the destination of choice for our patients seeking the highest quality of care"

committed to practice in Rockcastle County in the coming years. The third floor remains unfinished to allow for future growth.

"Our mission is to be the destination of choice for our patients seeking the highest quality of care," said Stephen A. Estes, president and CEO of Rockcastle Regional Hospital and Respiratory Care Center.

"Exceptional patient-centered care begins with exceptional providers, and we want to have the very best facilities in which these individuals can care for their patients."

The hospital will immediately begin remodeling the existing Medical Arts Building, the current home of Rockcastle Pediatrics. Plans for the pediatric office include separate waiting areas for sick and well patients, more exam rooms, and space for a new pediatrician, Dr. Sara Oliver, who will join the practice in 2015. Pediatric specialty clinics will also be located there.

The remaining space in the Medical Arts Building will be utilized to further increase access to specialty clinics from UK HealthCare and other providers. The availability of clinics such as cardiology, women's

health, gastroenterology, nephrology, and others decreases travel time for residents of Rockcastle and surrounding communities.

The new construction and renovation projects are another chapter in the success of Rockcastle Regional Hospital and Respiratory Care Center. Built as a small community hospital in 1956, the organization now employs 615, and the campus has grown to 10 acres and includes eight buildings. In

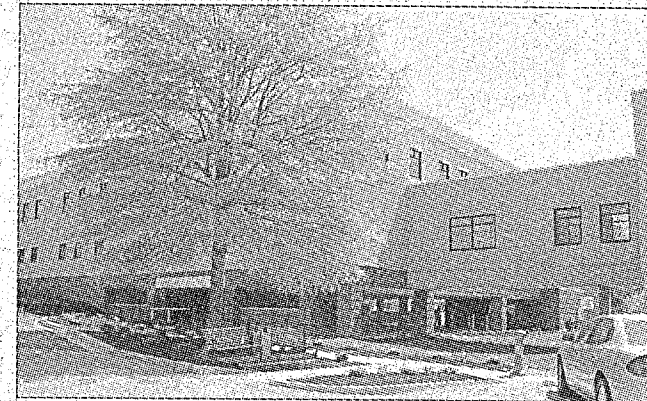
addition to providing acute care, emergency, and outpatient services, it is home to a nationally recognized 93-bed ventilator care unit that accepts patients from throughout Kentucky and many other states.

Rockcastle Family Wellness is an established rural health clinic with a focus on providing rural patients' access to quality primary care services. To learn more about the clinic, or to schedule an appointment, please

call 606-256-5176.

Rockcastle Regional Hospital and Respiratory Care Center is a six-time Kentucky Hospital Association Quality Award winner and a two-time US News & World Report Best Nursing Home award winner. The hospital also earned the 2013 Women's Choice Award for patient experience and the 2014 Jackson Healthcare Award for Hospital Charitable Services.

Snapshots from the new Rockcastle Family Wellness

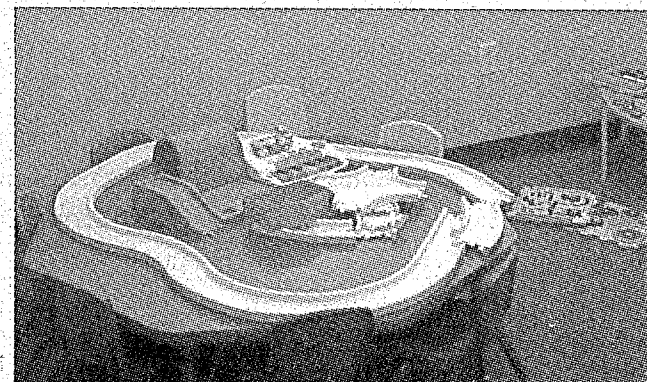
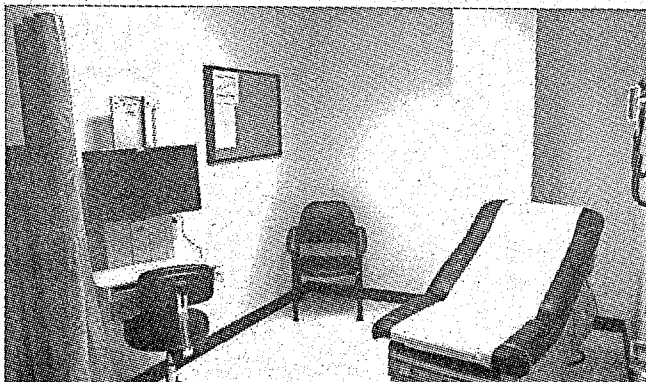


Top left, separate well- and sick- waiting areas, as well as private patient registration offices provide for an easy and comfortable experience for our patients.

Top right, new pedway offers convenient access to the Medical Arts Building.

Bottom left, patient exam rooms are designed with all aspects of comfort in mind, from standard-seat-height exam tables to the color choice of the walls.

Bottom right, children's play area provides kids with toys, puzzles, and other items while in the waiting areas.



Breast cancer survivor inspires *hope*

By Jana Bray, Community Relations Director

In 2004, Kaye Heseltine was ready to begin a new chapter in her life - retirement. However, two weeks after announcing her upcoming plans she learned

this new journey would take an expected turn. Kaye was diagnosed with breast cancer.

Kaye immediately began her fight against the disease.

Two weeks after her diagnosis, she underwent surgery and then began che-

motherapy treatments. Today, ten year out, Kaye is living cancer-free.

Throughout her journey beating breast cancer, Kaye held on to her faith, never losing hope. In 2007, she felt a calling to support others battling the disease. Kaye contacted Gayle DeBorde, RN, chemotherapy nurse coordinator at Rockcastle Regional Hospital & Respiratory Care Center, on how she could help other cancer patients. Gayle suggested Kaye simply visit and talk with them.

"All you have to do sometimes is just listen," said Kaye of her visits with patients. She began her ministry by visiting patients, talking with them, and praying with them. After a few months, she felt the calling to

take her ministry further, that she could do even more to give people hope.

Kaye started the Hope Ministry at Rockcastle Regional Hospital. Each month, Kaye delivers a supply of gift bags to the chemotherapy clinic to be given to patients. The bags are filled with various items that a cancer patient might find useful. She collects items for the bags from individual donations,

community organizations, and church groups - such as the Baptist Women's Ministry Union. Some things that are often included in the bags are inspirational scriptures, devotional magazines, hand sanitizers, lotions, snacks, bottled water, tissues, or puzzle books. Each bag will also have some type of special item like a manicure set or a flashlight.

Every Christmas, the Hope Ministry partners with Melissa Albright at Rockcastle Embroidery to create and give each patient a special tote bag with the word "Hope" embroidered on the front. Each bag contains a Bible and a special item, such as a scarf.

Kaye also delivers bags to cancer patients outside of Rockcastle County. Today, Kaye serves as a missionary for the North American Mission, traveling throughout Kentucky to offer support,

encouragement, and hope to those fighting the disease and their families.

The Hope Ministry has expanded beyond the chemotherapy clinic at Rockcastle Regional Hospital. Pine Hill Baptist Church contacted Kaye inquiring how they could also become involved with patient ministry.

The result, Hope for Children - a gift bag for children visiting the emergency department at the hospital. The Hope for Children bag may include a coloring book, crayons, small toys, or a Bible story book.

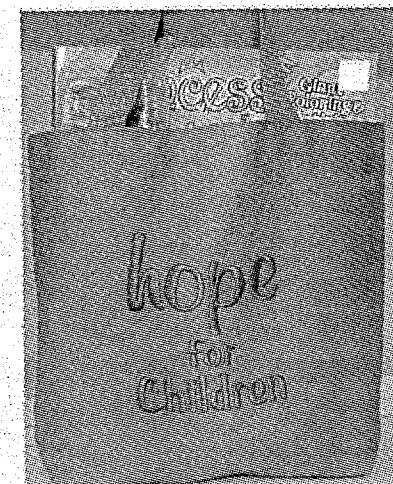
"It's about the personal connections you make," said Kaye. "Nothing is about me - it's all about Him. Had I not had cancer, would I be doing this? No. I wouldn't know how they feel. God used my cancer for His glory."

If you are interested in learning more about or supporting the Hope Ministry, contact Kaye Heseltine at 606-308-3000 or Jana Bray at 606-256-7880.

*It's about
the personal
connections
you make*



Kaye Heseltine



Pictured at left, Kaye Heseltine with Gayle DeBorde, RN, chemotherapy nurse coordinator at Rockcastle Regional Hospital & Respiratory Care Center.

Superheroes of Rockcastle County unite to 'Finish the Fight'

By Jana Bray, Community Relations Director

On Friday, May 16, more than 500 residents of Rockcastle County joined forces as superheroes unite for the fight against cancer. Joining together were cancer survivors & their families, loved ones of those who have lost the fight to cancer, and others throughout the community. Each person had their own personal reason for "relaying" – but all are passionate about creating a world without cancer.

"Not only are we working together to raise funds," said Melissa Brock, Relay For Life community chairperson. "But we're also working together to raise awareness of the importance of healthy lifestyles, preventive measures, and education on early detection through appropriate screenings."

The evening began with a Survivor's Dinner, honoring those who have battled the disease. The dinner was co-sponsored by Rockcastle Regional Hospital and Roundstone Baptist Church.

The Relay For Life cheerleaders kicked off the event with several cheers and a routine. Following their performance, all survivors joined them for a special "Face Your Hope" ceremony, whereby those diagnosed with cancer more recently were encouraged by longer-term survivors.

Community teams set up indi-

vidual "camp sites" for which they continued fundraising throughout the night with various games and food sales. Great fun and entertainment for all ages was provided by these team activities such as a basketball shooting game and a costume contest.

The Rockcastle County Relay For Life is an annual community-wide event which culminates a season of team and individual fundraising. At the close of Relay, total monies raised was \$41,265.64 – exceeding the goal of \$40,000.

"Fighting cancer is a team effort," Brock said. "The strength of people coming together in our community for a common cause is greater than the strength of any one of us. The fundraising efforts of this year's Relay was tremendously successful. But our success is also measured by the amount of awareness and hope that we raise for the cause – a goal for which we should all work towards every day."

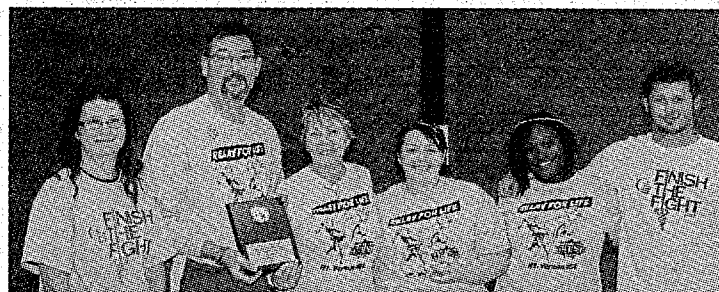
2014 ROCKCASTLE TEAMS

Bittersweet Cloggers
Citizens Bank
Community Trust Bank
PBK Bank
Brodhead Baptist Church
Conway Baptist Church
Mt. Vernon IGA
Rockcastle Family Wellness
Rockcastle Regional
Hospital
Snack Shack
Class of '93 Cancer Crushers
Rockcastle Co. High School
Team Believe

2014 TOP RELAY FOR LIFE FUNDRAISING TEAMS



Top Overall • Rockcastle Regional Hospital



Top Business • Mt. Vernon IGA



Top Friends & Family • Bittersweet Cloggers



Top Church • Brodhead Baptist

Fall Prevention

May is National Trauma Awareness Month

Falls are the most common cause of injuries in the United States. More than 2.3 million children are treated annually at hospital emergency rooms for fall-related injuries, and falls send 2.2 million adults to the hospital each year.

About one-third of those

older than 65 fall each year, and the risk increases with age. At 80 years or older, more than half of seniors fall annually.

"You would be surprised how many people come to our emergency department after a fall," said Renee McClure, emergency department trauma

coordinator at Rockcastle Regional Hospital. "Many of the common injuries we see resulting from a fall could have been easily prevented. Sometimes all it takes is just being aware of your everyday surroundings, and making small changes to eliminate those potential risks."



PEDIATRIC FALL PREVENTION TIPS

- **Supervision**— Infants begin to roll over at about 3 months of age. Keep your hand on the child at all times to prevent them from rolling off the changing table, beds, sofas, or chairs. If you need to step away for a moment, place the baby in a safe place, like a crib or play pen. Older children are in danger of falling from things that can be climbed, such as a playground set, a tree, or larger rocks.
- **Create Barriers** — Fence in the play yard. Lock doors to any dangerous areas. Use gates on stairways and doors. Install operable window guards on all windows above the first floor. Screens WILL NOT prevent a fall.
- **Beware of baby walkers** — A child can tip over a baby walker, fall out of it, fall down the stairs while in it, or get to places where they can pull objects on themselves. If you choose to use a baby walker, be sure it has a wide based, and never leave the child unattended in the walker.
- **Prevent dangerous situations** — Keep furniture away from windows, counters or tables to prevent children from climbing to dangerously high places. Remove sharp-edged or hard furniture from the rooms where your child plays and sleeps. Make sure that bookcases, file cabinets, dressers, or other furniture that could tip when opened or climbed, are fastened to the wall. Be sure that the surface under play equipment is soft enough to absorb a fall. Use a rubber mat, or 12 inches of sawdust, sand, or wood chips under play equipment.
- **What to do in case of a fall** — If your child has a serious fall and loses consciousness (even briefly) or does not act normally, immediately call 9-1-1 or take them to the closest emergency department.



TIPS FOR OLDER ADULTS TO PREVENT FALLS

Tell your doctor about all falls and the events leading up to the fall. Be proactive and take all necessary precautions to prevent falls by identifying and eliminating any potential risks.

- Evaluate the placement of furniture in your home. If you repeatedly trip over a chair leg, move it to a different location.
- Ensure all electrical cords are placed out of walkways.
- Repair loose carpet.
- Use nonskid floor wax, wipe up spills immediately.
- Place rubber tips on walkers and canes. Clean tips often.
- Keep your house well lit, use night lights, especially on stairs.
- Turn on lights if you must get up at night.
- Have handrails installed to assist you in the bathroom and on stairs.
- Store household items so that you do not have to reach, climb, or stoop over them.
- Use reaching devices instead of straining for an item.
- If you have to use a step stool, use one with rails.
- Do not carry heavy items or ones that cause you to become off balance.
- Wear low-heeled shoes with nonskid soles that fit properly.
- Do not wear socks without shoes on smooth floors.

PREVENTING FALLS AROUND PETS

Pets can be loyal friends and provide unconditional love. But pets, their toys, and food bowls can also create fall hazards. Below are tips on how to stay safe around pets.

- Keep pet items like toys and food/water bowls out of paths and walkways to avoid tripping over them. Wipe up spills immediately.
- For cats and smaller dogs that may run under your feet, place a bell on the pet collar to alert you they are nearby.
- Larger dogs may jump to greet you or your guests. Work with your pet on obedience training to control behaviors that may increase falls.
- Be aware of your pet when people of all ages visit your home. Older adults with balance problems and children may be at risk of falling when around your pet.
- Know your pet's behavior and work on training in order to control them. Some dogs can knock you over if they get excited or pull you down when running towards other dogs.
- Walk or jog with your pet in familiar, well-lit areas with level ground. Depending on your dog's behavior, it may be best to walk in areas away from other dogs.
- Use two hands on the leash when walking your dog – increase your stability by placing one hand on the handle or leash loop and the other hand lower down on the leash.



[YOUR HEALTH]

Preventing Skin Cancer

Everyday steps to sun safety

Most people like to get a little sun. Its warmth and light can relax us and boost our spirits. But the benefits come with a dangerous tradeoff. Each year more than 3.5 million cases of skin cancer are diagnosed in the US, over 90 percent of which are caused by the sun's ultraviolet rays (UVR). Similarly, most of the skin damage we associate with aging - wrinkles, sagging, leathering, and discoloration - is UVR-related. This damage is cumulative. So, whenever you venture out in the sun, be smart about it. To enjoy what the sun has to offer without risking your health, follow these simple rules:

Seek the shade, especially between 10 AM and 4 PM. That is when the sun's rays are usually strongest. If you're outside, head under a pavilion roof or leafy tree - or carry a sun umbrella. And take advantage of early morning and late afternoon to indulge in your favorite outdoor activities - try the beach at sunset, for example, rather than midday.

Do not burn. Even a single sunburn increases your risk of developing melanoma, the deadliest form of skin cancer; suffering five or more sunburns doubles your lifetime risk. Avoid spending long periods in the sun, and when you see or feel your skin redden, take cover.

Avoid tanning and UV tanning booths. A tan is never safe, whether you acquire it on the beach or in a salon. Although tanning salon operators may say that their new bulbs are safe and that some UV exposure is necessary for vitamin D, neither statement is true. In general, it is far safer to obtain vitamin D through D-rich foods (such as salmon, fortified milk or orange juice) and/or dietary supplements. New high-pressure sunlamps used in tanning salons actually emit

UVR doses as much as 12 times that of the sun. When unprotected skin is overexposed to UVR, DNA is damaged; a tan is the skin's attempt to prevent further damage by creating a wall of darker pigment. Damage that has already occurred can lead to changes (mutations) in skin cell DNA.

People who use tanning beds are 2.5 times more likely to develop squamous cell carcinoma (SCC) and 1.5 times more likely to develop basal cell carcinoma (BCC). Even occasional sunbed use almost triples your chances of developing melanoma. Young people - including teenagers - are especially sensitive to the UVR emitted from tanning booths.

Cover up with clothing, including a broad-brimmed hat and UV-blocking sunglasses. Clothing can be your most effective form of sun protection, so make the most of it with densely woven and bright- or dark- colored fabrics, which offer the best defense. For instance, a thin white T-shirt provides a UPF, or Ultraviolet Protection Factor, of about 5, meaning the shirt lets in about 1/5 of the sun's rays. In contrast, blue jeans have a UPF of approximately 1700. The more skin you cover, the better, so choose long sleeves and long pants whenever possible. For extra safety, seek specially designed clothes that come with a UPF label; a UPF rating of

30 and up indicates substantial protection.

Wraparound sunglasses that block 99-100 percent of the sun's UV rays effectively shield both eyes and the surrounding skin, helping prevent serious conditions from cataracts to melanomas of the eye and eyelid. And, hats with a brim of 3" or greater offer significant protection for the face and back of the neck.

Use a sunscreen with an SPF of 15 or higher every day. A sunscreen's SPF, or Sun Protection Factor, measures how long unprotected skin can be exposed to the sun's shortwave, ultraviolet B (UVB), rays before burning, compared with how long it takes to burn without protection. If used correctly, sunscreen with an SPF of 15 would prevent sunburn 15 times longer than if the product weren't used. Sunscreen with an SPF of 15 effectively filters out about 93 percent of all incoming UVB rays, while SPF 30



[YOUR HEALTH]

Preventing Skin Cancer

keeps out 97 percent and SPF 50, 98 percent. These higher SPF's can make a difference for people with skin that always burns rather than tans, people with photosensitive conditions such as lupus, those taking medications that increase photosensitivity, and outdoor sports enthusiasts who spend a lot of time in the sun.

However, a high SPF alone is not enough. SPF measures protection against UVB, but not against the sun's long-wave, ultraviolet A (UVA) rays, and new research shows that UVA penetrates the skin more deeply than UVB, causing as much or even more damage. UVA is also the key cause of sun-induced skin aging (photoaging). So look for products that offer "broad spectrum" or "UVA/UVB" protection, and make sure your sunscreen has one or more of these UVA-filtering ingredients: titanium dioxide, zinc oxide, stabilized avobenzone, or ecamsule (a.k.a. Mexoryl™). Remember, use sunscreen every day, year-round, in every kind of weather. Here's why:

- sunlight reflects off snow, ice, sand and water, intensifying UVR effects by up to 80 percent. So in winter, be sure that your hands, neck, and as much as possible of your face are covered. If your skin gets dry, moisturizing sunscreen formulas are a great idea.
- even on overcast days, 70-80 percent of UVR travels through clouds.
- at high altitudes, for example when you're skiing, the thinner atmosphere filters out less UVR.

What You Need to Know:

✧ *Skin cancer is the most common form of cancer in the United States. More than 3.5 million skin cancers in over two million people are diagnosed annually.*

✧ *Each year there are more new cases of skin cancer than the combined incidence of cancers of the breast, prostate, lung and colon.*

✧ *One in five Americans will develop skin cancer in the course of a lifetime.*

Apply 1 ounce (2 tablespoons) of sunscreen to your entire body 30 minutes before going outside. Reapply every two hours, or after swimming or excessive sweating.

For adequate protection, you have to apply enough sunscreen. And after two hours in the sun, sunscreen loses effectiveness, so it's vital to reapply. Furthermore, no sunscreen is completely waterproof, so if you've been swimming or exercising heavily, reapply immediately.

Keep young infants out of direct sunlight to prevent sunburn. An infant's skin possesses little melanin, the pigment that gives color to skin, hair and eyes and provides some sun protection.

Therefore, babies are especially susceptible to the sun's damaging effects. If you go out with your baby in the first six months, make sure he or she is covered up with clothes (long-sleeved cotton clothing is cool and comfortable), wearing a sunbonnet and shielded by an umbrella or stroller hood. Sunscreen may be applied to small areas of a baby's skin not covered by clothing and hats.

Just one severe burn in childhood doubles the chances of developing melanoma later in life. Remember, sunburns can be dangerous for babies and toddlers, possibly leading to dehydration and heat stroke.

Getting out to exercise is good for everyone. So teach your children early about the importance of protecting their skin and eyes from the sun. When they go outside to play, make sure they are well protected with clothing, hats, sunscreen, and sunglasses.

EXAMINE YOUR SKIN

Examine your skin head-to-toe once every month. Here's how:

- In a full-length mirror, inspect your skin. Start with your head and face, using a blow dryer to check your scalp.
- Check hands, including nails. Examine elbows, arms, underarms, torso and trunk.
- With your back to the mirror, use a hand mirror to check your back, the back of your neck, and other hard-to-see places.
- Sitting down, check legs and feet, including soles, heels, toes, and nails. Use the hand mirror to examine genitals.

Look for skin changes of any kind.

Cancer warning signs include:

- a spot or sore that continues to itch, hurt, crust, scab, erode or bleed
- an open sore that does not heal within two weeks a skin growth, mole, beauty mark or brown spot that:
 - changes color or appears pearly, translucent, tan, brown, black or multicolored
 - changes in texture
 - increases in size or thickness
 - is asymmetrical
 - is irregular in outline or border
 - is bigger than 6mm, the size of a pencil eraser
 - appears after age 21

See your physician every year for a professional skin cancer exam.

And ask your child's pediatrician to examine his or her skin thoroughly as part of a yearly check-up. This is especially important for children and teens at high risk for sun damage, such as those with fair skin, light eyes and hair, and those with a personal or family history of skin cancer.

Regular total-body checkups are the best way to make sure your skin is healthy and stays that way.

Follow these tips and you can enjoy yourself safely outdoors, minimizing the sun's dangers while maximizing your health.

[UK CONNECTIONS]

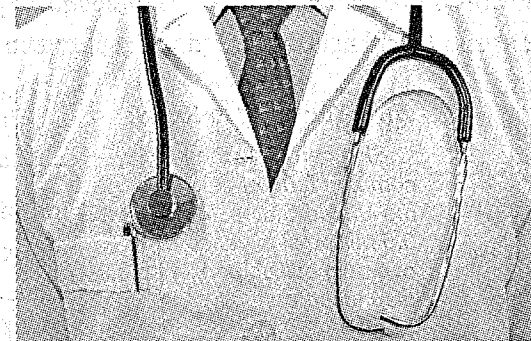
UK HealthCare

Melina Aguinaga-Meza, M.D. • Cardiology
 Lauren Anderson-de Moreno, M.D. • Otolaryngology
 Michael Anstead, M.D. • Adult & Pediatric Pulmonology
 Paul Anaya, M.D. • Cardiology
 Susanne Arnold, M.D. • Hematology & Oncology
 Louis I. Bezold, M.D. • Pediatric Cardiology
 David C. 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
 Affab Chishti, M.D. • Pediatric Nephrology
 Kristopher Cumbermack, M.D. • Pediatric Cardiology
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Making the most of your doctor's appointment

By Suzanne J. Fiscella • Courtesy of UK HealthCare Public Relations

Seeing the physician can be overwhelming. Not only do you not feel well, but you are anxious about missing work or not understanding your diagnosis. On the other hand, physicians



won't need to call pharmacies, hospitals, and other doctor's offices for your records. You have a right to one free copy of your medical records; ask your doctor's office how to obtain them.

and physician assistants (PAs) want to help you get better with minimal testing and cost. Patients and health care providers can work together to maximize health outcomes with a minimum of stress.

There is an art to seeing the physician or physician assistant. Good communication is a must on both sides. To make the most of your appointments:

Know why you are there. What are your symptoms, and when did they start? Have you tried anything to help your symptoms, and did it make them worse or better?

Be familiar with your own medical history. Keep a list of the medications you are taking, including name, dosage, and frequency. Alternately, you can bring all your medicines in a plastic bag to show to the doctor or PA. Even if some of your medications are over the counter, it is still important to mention them to your provider.

Make sure you bring with you lab results, x-rays, MRIs or CT scans that you think are relevant to your symptoms. This avoids costly and time-consuming duplicate testing. It can also reduce your wait time, since medical office staff

Write down your questions before your appointment. A physician or PA sees as many as 30 patients on a typical day, but good providers will always make time to answer your questions.

The questions you ask will depend on your situation, but some suggestions include:

- Can you explain my diagnosis in layman's terms?
- What are my treatment options? What are the benefits of each option? What are the side effects?
- Will I need a test? What is the test for? What will the results tell us?
- What will the medicine you are prescribing do? How do I take it? Are there any side effects?
- Do I need to change my daily routine?

If you don't understand the answers, or are confused, ask your doctor to explain them again.

Take notes, or bring someone with you to your appointment to help you understand and remember what you've heard.

The best care comes when the provider and the patient work together as a team. When you are prepared for your appointment, you become your own best advocate.

[UK CONNECTIONS]

Knee pain?

Talk to your doctor about treatments for knee cap pain

By Brian Noehren, PT, Ph.D., FACSM • Courtesy of UK HealthCare Public Relations

Knee cap or patellofemoral pain is one of the most common conditions that sports medicine practitioners see. The condition was once thought to predominately affect adolescents.

However, in recent years, it has been recognized as a significant source of pain and disability throughout the life span, curtailing one's ability to enjoy playing sports, and to perform more basic activities such as going up and down stairs. There is even emerging evidence that having knee cap pain earlier in life may be one risk factor for developing knee osteoarthritis later in life. The pain may or may not be associated with a feeling of instability. Thankfully, recent developments have led to effective treatments for individuals with knee cap pain and instability.

We have learned over the past decade how important the hip is in the development of knee cap pain. It is much like the old adage the knee bone is connected to the hip bone. The knee cap makes contact with the thigh bone. Thus, if the muscles that control the thigh (hip muscles) are not strong enough or lack good control, they can allow the thigh bone to rotate in a way that causes the knee cap to become excessively loaded on one side. With repeated repetitions, this results in pain.

The good news is that with exercises,

given under the proper instruction of a licensed physical therapist, an individual's pain can be significantly reduced if not eliminated. These exercises target not only hip weakness but teach the individual when and how to use the muscles to best reduce stress on the knee cap.

Knee cap instability also has several promising treatments that have developed over the past decade. Much like knee pain, the first step is to work with a physical therapist on similar hip exercises to see if keeping the thigh bone in a better position will reduce the feelings of instability. Other treatments such as bracing and even orthotics may be used to help reduce symptoms, after the initial bout of instability. If conservative interventions are not successful, then a consultation with a board certified orthopedic surgeon with specialized training in the treatment of knee cap instability is warranted.

The orthopedic surgeon would be able to assess whether the knee cap instability is due to a lax or torn ligament called the medial patellofemoral ligament, or if the



instability is due to the shape of the portion of the thigh bone that the knee cap makes contact with. This portion of the thigh bone is shaped like a U and if it is too shallow it does not give the patella a good track to follow as you bend and extend your knee. Surgery can help reduce or eliminate the bouts of instability, allowing the individual the ability to more fully engage in activities that they enjoy.

Whether suffering from knee cap pain or instability, it is important to seek treatment from a physical therapist or physician who can guide you through the steps of treatment. We have seen that a wait-and-see approach may cause the perception of pain to grow, even if you decrease the amount of activity you are engaged in.

[YOUR HEALTH]

Swimming Safety

Your home doesn't come with a lifeguard

Staying safe around water is more than staying near the lifeguard at the pool. Every year many children drown in residential swimming pools, bath tubs, buckets of water and other containers of water. Anywhere there is water there is risk for drowning. Do not leave a young child unattended near any source of water, not even for a moment.

Remove the risk and prevent access

- Use physical barriers to prevent children from accessing any source of water.
- Use safety locks on toilets and keep bathroom doors closed and toilet-bowl covers down if there are small children in the home.
- Empty cleaning buckets immediately after use.
- Empty kiddie pools immediately after use.
- Install barriers around your home pool. Pool alarms and covers provide additional layers of protection.

Know the water hazards in your community and make sure children stay away. These hazards could include—

- Drainage ditches.
- Garden ponds.
- Creeks and streams.
- Wells and cisterns.
- Canals.

When visiting another home, check the

site for potential water hazards and always supervise children.

Practice water safety

- Teach children to always ask permission to go near water.
- Never leave a young child unattended in a bath tub and do not trust a child's life to another child or to aids that help a child sit upright in the tub.
- Have young children or inexperienced swimmers wear a U.S. Coast Guard-approved life jacket around water.
- When swimming, set specific rules for each individual based on swimming ability.
- Designate a person to watch over children whenever they are in, on or around any body of water.

Know how to respond to an aquatic emergency

- If a child is missing, check the water first. Seconds count in preventing death or disability.
- Know how and when to call 9-1-1 or the local emergency number.
- Enroll in water safety, first aid and CPR courses to learn what to do.
- Have appropriate equipment, such as reaching or throwing equipment, a cell phone, life jackets and a first aid kit.



Do you know the signs of drowning?

Look for these other signs of drowning when persons are in the water:

- Head low in the water, mouth at water level
- Head tilted back with mouth open
- Eyes glassy and empty, unable to focus
- Eyes closed
- Hair over forehead or eyes
- Not using legs – vertical
- Hyperventilating or gasping
- Trying to swim in a particular direction but not making headway
- Trying to roll over on the back
- Appear to be climbing an invisible ladder

NEWS AND NOTES FROM OUR TEAM

Napier joins Speech Therapy Department

Christy Olivia Napier is a new speech-language pathologist at Rockcastle Regional Hospital. "I am very excited to be joining this team," Christy said. "Working with my patients gives me the chance to help others every day – it is a truly rewarding



Christy Napier

experience." Christy earned her both her B.S. and M.A. Ed. in communication disorders from Eastern Kentucky University. A native of Mt. Vernon, she currently resides in Richmond and enjoys singing and spending time with her family and friends.



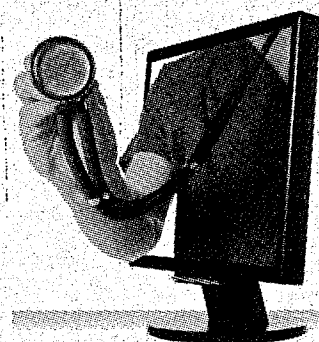
SAVE THE DATE:

Child Safety Expo

Saturday,
July 19, 2014

10 a.m. - 1 p.m.

Look for more
details soon!



Visit our new on-line health library at
rockcastleregional.kramesonline.com



www.rockcastleregional.org

ROCKCASTLE REGIONAL

Physicians Based In Rockcastle County

Jon A. Arvin, M.D.	Family Practice
David L. Brabon, M.D.	Plastic Surgery
David S. Bullock, M.D.	Family Practice
Kimberly Cornelius, M.D.	Internal Medicine/Pediatrics
Eduardo R. Gomez, M.D.	Radiology
George W. Griffith, M.D.	Family Practice
Kevin Rowe, M.D.	Family Practice
Karen B. Saylor, M.D.	Internal Medicine/Pediatrics
Callie Shaffer, M.D.	Pediatrics

Visiting Physicians

Melina Aguinaga-Meza, M.D.	Cardiology
Paul Anaya, M.D.	Cardiology
Lauren Anderson-de Moreno, 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 C. Booth, M.D.	Cardiology
Jeffrey T. Brumfield	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
Aftab Chishti, M.D.	Pediatric Nephrology
James K. Crager, M.D.	Cardiology
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
Amy Hessler, D.O.	Neurology
Thomas W. Howard, M.D.	Rheumatology
James Huffman, M.D.	Ophthalmology
Mark Huffman, M.D.	Ophthalmology
Joseph A. Iacono, M.D.	Pediatric Surgery
Mary Ireland, M.D.	Orthopaedic Surgery
Dennie V. Jones, M.D.	Hematology/Medical Oncology
Michael Jones, M.D.	Cardiology
Anna Kamp, M.D.	Pediatric Cardiology
Ashok Kanthawar, M.D.	Gastroenterology
Stefan Kiessling, M.D.	Pediatric Nephrology
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
Steve Leung, M.D.	Cardiology
Iraklis Livas, M.D.	Allergy/Immunology
Anne P. Marshall, M.D.	Pathology/Cytopathology
Jeremiah Martin, M.D.	Cardio/Thoracic Surgery
Rick R. McClure, M.D.	Cardiology
Amr Mohamed, M.D.	Nephrology
Gustavo Morales, M.D.	Cardiology
Timothy Mullett, M.D.	Thoracic Surgery
M. Elizabeth Oates, M.D.	Teleradiology
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Anthony Parenti, M.D.	Wound Care
Andrew Pulito, M.D.	Pediatric Surgery
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William Robertson, M.D.	Nerve Study
Anthony Rogers, M.D.	Cardio/Thoracic Surgery
Edward Romond, M.D.	Hematology/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
Susan Smyth, M.D.	UK Cardiology
Vincent L. Sorrell, M.D.	UK Cardiology
Mark Vranicar, M.D.	Pediatric Cardiology
Byron T. Westerfield, M.D.	Sleep Medicine
Thomas Wayne, M.D.	Cardiology
Greg Wheeler, M.D.	Neurosurgery
Denis Yaikut, M.D.	Urology
Frederick M. Zachman, M.D.	Gynecology

LONGEST DAY OF PLAY & FIT FAMILY RUN

THURSDAY
JUNE 19

6-9 p.m.

Rockcastle County Middle School
Longest Day of Play @ softball field
Fit Family Run @ track

Longest Day of Play:

Cost: FREE

*Educational booths

*Inflatables

*Activities for children of all ages.

Fit Family Run:

Cost: 2 cans non-perishable food items

*Fastest Kid in Town

*Family Fun Relay

*1, 2 or 3 mile self-timed run/walk



**FOR MORE
INFORMATION**

Kelsey Adams
keadams@soahec.org
606-256-0950



**Congratulations
Class of
2014**

Honoring the 42nd Graduating Class

**Rockcastle County
High School**

COMMENCEMENT

Friday, May 30, 2014 • 6:00 p.m.

Rockcastle County High School Gymnasium

To the Class of 2014,

Congratulations, graduates! You have been working for the past thirteen years to reach this milestone in your lives. Believe it or not, in 1990, in the middle of education reform in KY, your class was predicted to have 100% proficiency. Since that sweeping declaration, you have seen a boom in technological advances, putting the world in the palm of your hand with the push of a button. You have also witnessed attacks of terrorism, and seen our nation's swift military response across the globe. You have experienced severe climate changes as a result of global warming and felt the dramatic impact of economic shifts across the nation and in our county.

Changes in standards and state assessments have marked your progress through the Rockcastle County School system, including KIRIS, CATS, and K-Prep and ACT, just to name a few of the tests you have taken. Your reading, math and writing proficiency has been measured in a variety of ways, and, at this writing, all students are expected to be College and Career Ready and prepared for higher education and/or the workplace. While your journey has been challenging, I am confident that you are ready for the next phase in your lives, because I know the quality of teaching and instruction you have been blessed to have in elementary, middle and high school. There are still lessons to learn, however, as you prepare to march across the stage into the future.

I encourage you to hold fast to a strong moral center. Your integrity, spiritual faith and personal code of ethics will sustain you through difficult times you are sure to face. No matter how the tide may turn in your family, among your circle of friends or in your workplace, you should strive to always do the right thing in every situation, and be confident in your decisions. I can assure you that you will be confronted with tough decisions that may not always be black or white. Never compromise who you are and know that, even when no one is looking, you have an opportunity to prove that you are a good person, committed to doing what is right.

I also hope that you will continue to learn and grow the rest of your lives. Find something you are passionate about and learn everything you can. If you have a passion and work to develop that throughout your life, you will find the challenges and tasks of daily living much easier to bear. Don't be one of the folks who regrets their path and past choices. Make sure that the road you travel is one you intentionally travel, not one that you have allowed others to choose FOR you. Life is too short to spend years in a job or position that you don't truly love. Whether you continue on to college, join the workforce or the military, make every moment count. Do your very best and never give up on your dreams.

As you walk across the stage on graduation night, wearing your cap and gown, excited about your future, I pray that you take wonderful memories of Rockcastle County with you wherever you go. Know that you have a group of adults who have coached, mentored, cheered and taught you for the past 13 years. We will never forget you and pray for your safety and success as you take this next step. Be confident in the fact that you are prepared and have the potential to change our community and world for the better. We expect to see wonderful things from the Class of 2014. Good luck to each of you! You will always be in our thoughts and prayers!

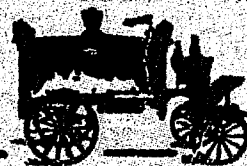


Sincerely,
Jennifer C. Mattingly
Mrs. Jennifer Mattingly

ESTABLISHED IN 1907



Congratulations Class of 2014!



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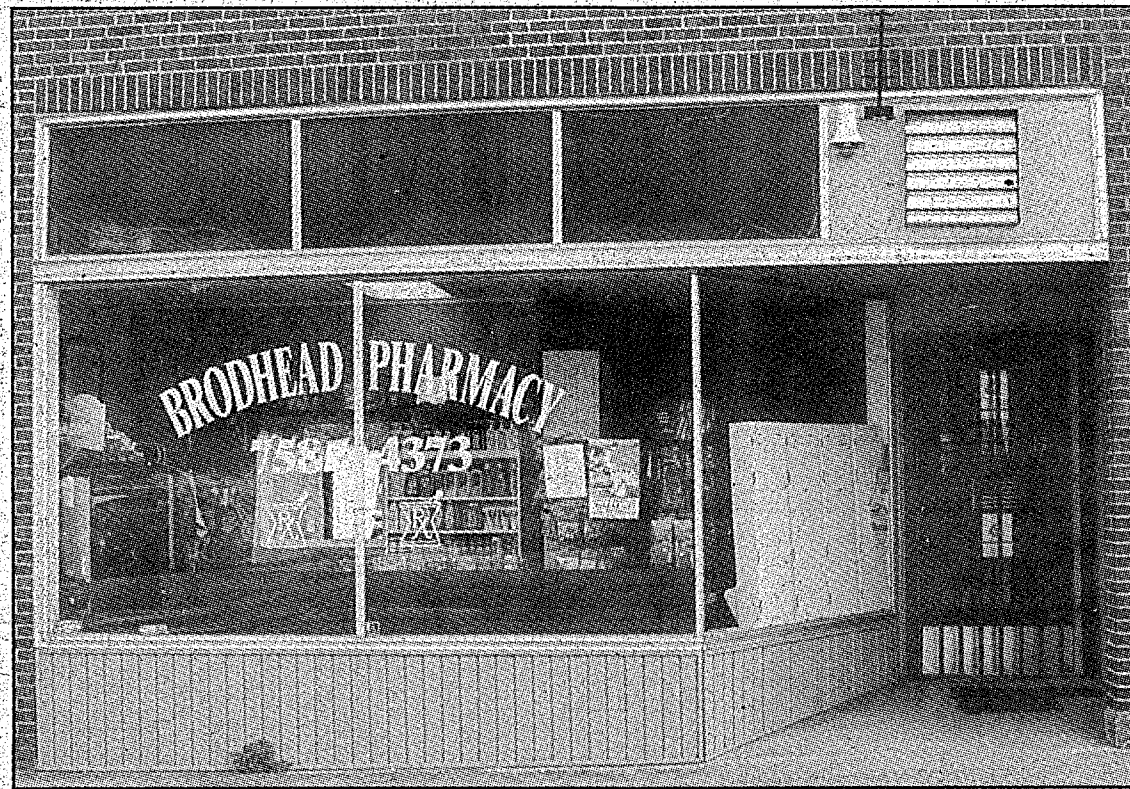
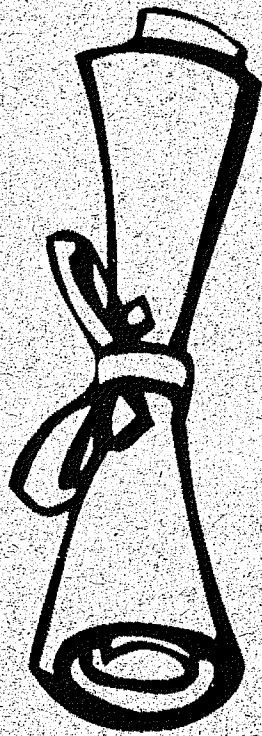
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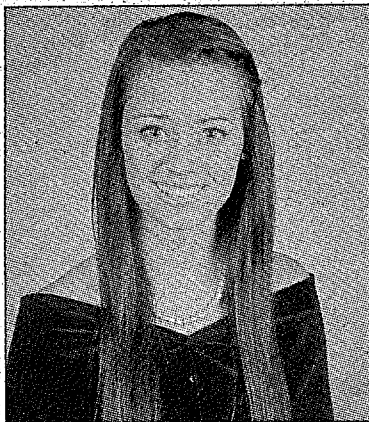
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Stop in and let one of our knowledgeable staff help you with all your prescription needs!

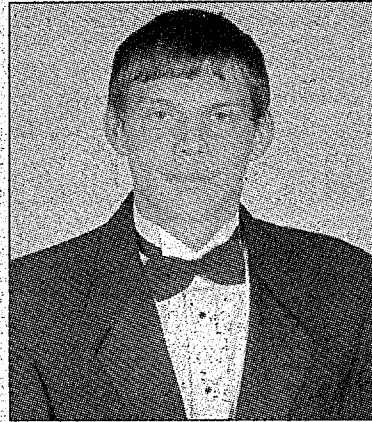
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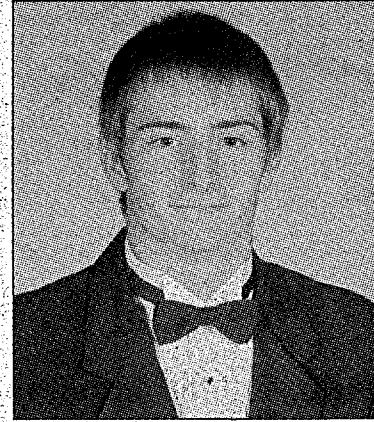
Congratulations Class of 2014



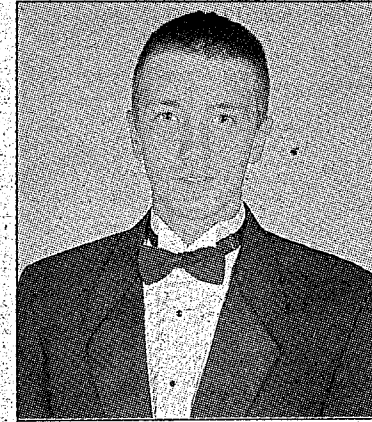
Lyndsey Jade Abel



Devin Lee Adams



Brandon Douglas Alexander



Matthew Scott Alexander



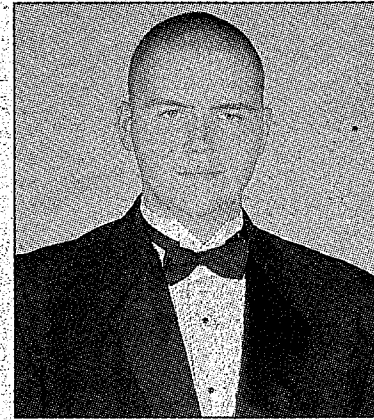
Alyssa Janette Allen



Kayla Shylynn Nicole Allen



Ruby Diane Allen



Daniel Blaine Amyx

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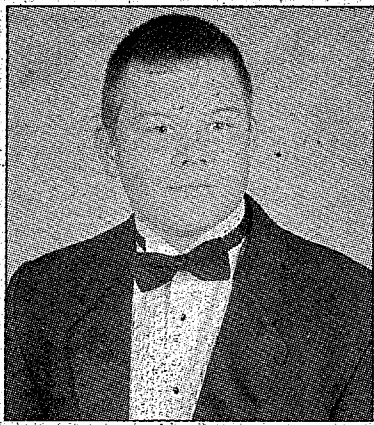
Give Us A Call -- Summer Terms Are Starting Now!

270-789-5220

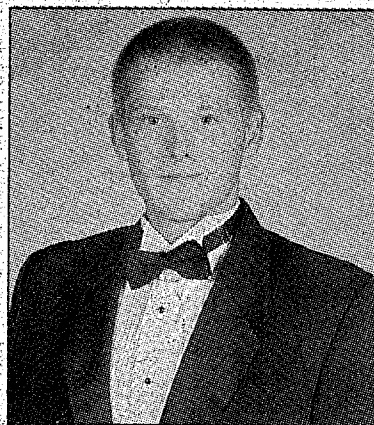
www.campbellsville.edu



Mark Anthony Anderson



Tanner Nathaniel Anderson



Joseph Steven Baggett II



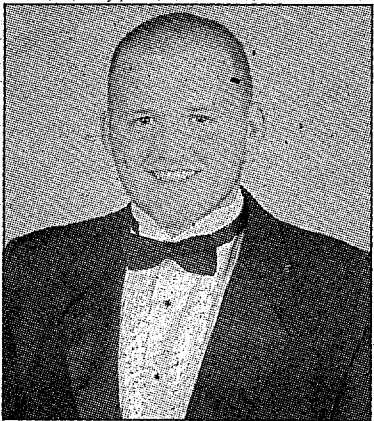
Marion Edward Barnett



Stephanie Chantelle Barnett



Lillian Ambrose Beichler



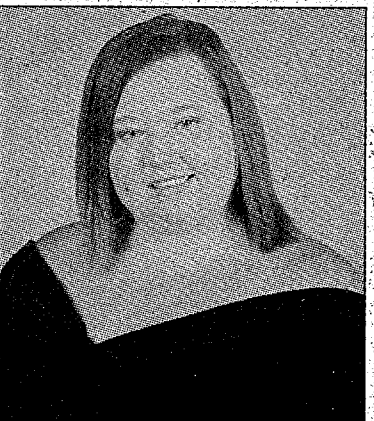
Dakota Scott Bengte



Nathan Scott Berryman



Kelley Jourdan Blanton



Jessica Elaine Bledsoe



Megan Lynn Boggs

Congratulations Class of 2014!



from



Rockcastle County

Attorney

Billy Reynolds

& staff

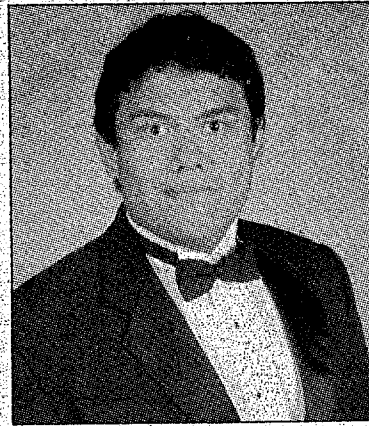
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Tiffany Ann Bowman



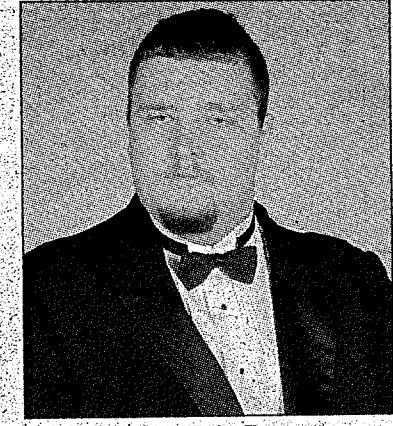
Holly Lyndale Bradley



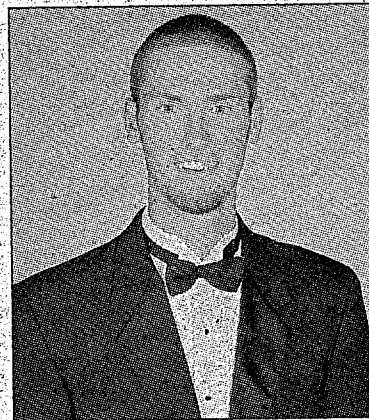
James Michael Brewer



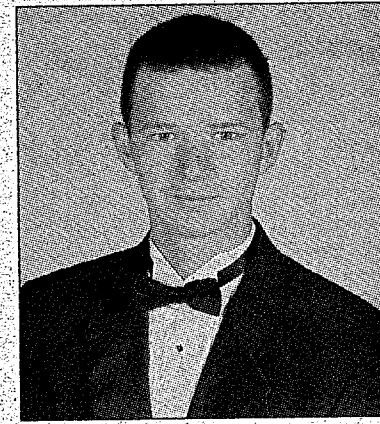
Kimberly Nichole Brock



Austin Kain Brown



Cody Everett Brown



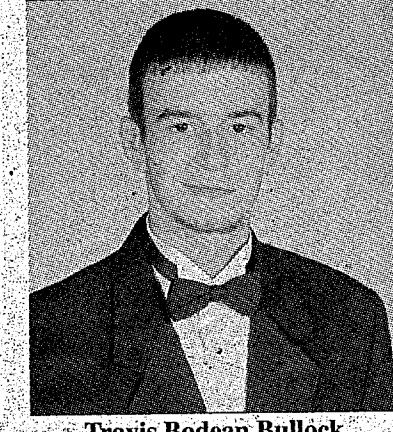
Nicholas Eugene Brown



Kristin Denise Bryant



Kelsey Lynn Bullock



Travis Bodean Bullock

Rockcastle Area Technology Center Outstanding Student Awards

Outstanding Automotive Technology — Harley Davidson

Outstanding Electrical Technology — Tiffany Renner

Outstanding Health Science — Shalynn Winkler

Outstanding Office Technology — Cassidy Daugherty

Outstanding Welding Technology — Dakota Bengé

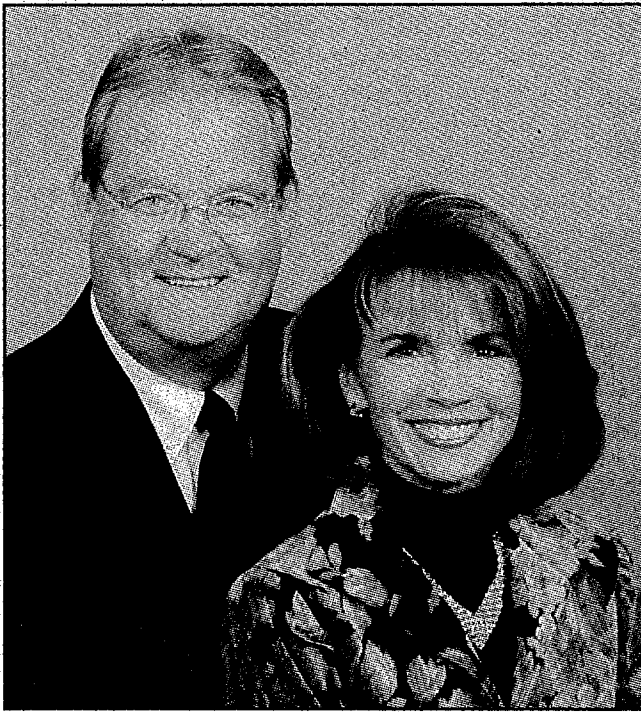
FBLA Leadership Award — Cassidy Daugherty

SkillsUSA Leadership Award — Zachary Lunsford

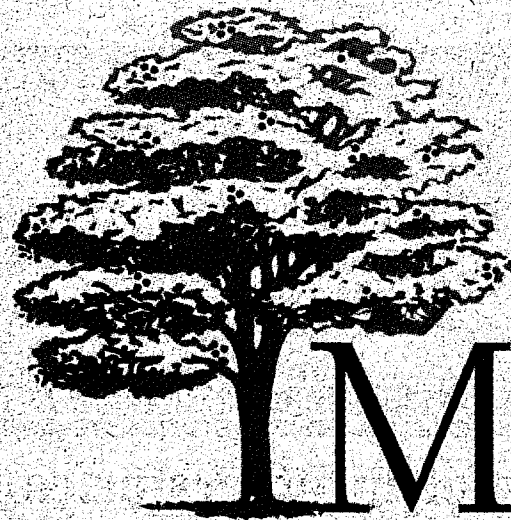
HOSA Leadership Award — Alyssa Allen

Kenneth Cummins Industrial Technology Award — Matthew Alexander

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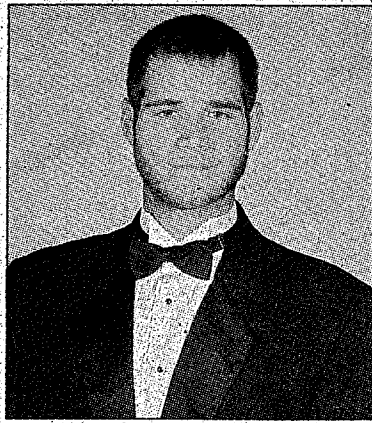




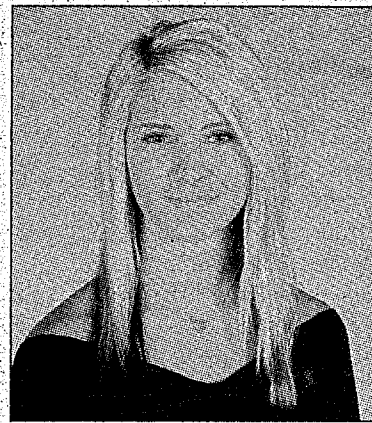
Brianna Michelle Burdette



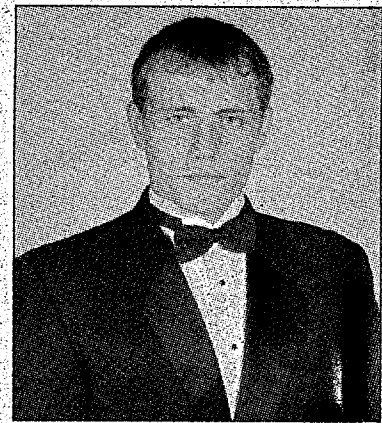
Trevor Ryan Burris



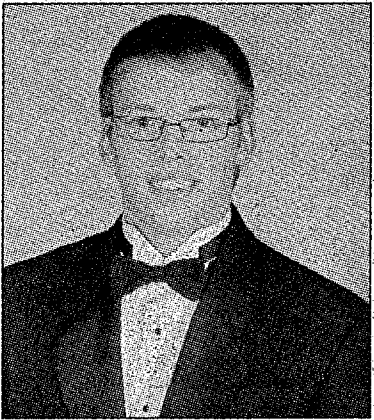
Andrew Lawson Hill Burton



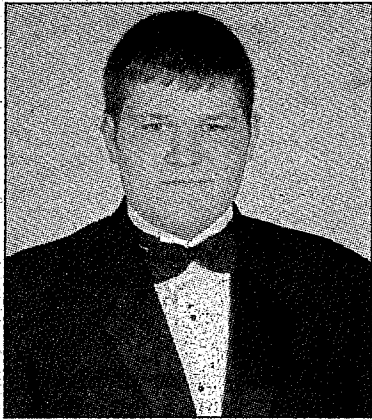
Lauren Ashley Burton



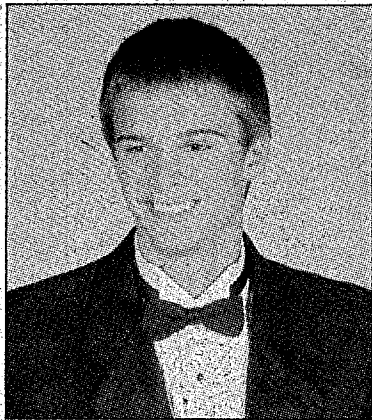
Jacob Edward Bussell



Travis Logan Cameron



Shawn Gregory Carpenter



Taylor Warren Carter



Samantha Tracey Caudill

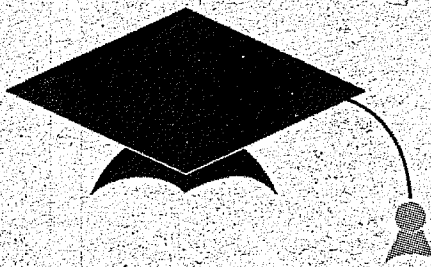


Kimberly May Chestnut

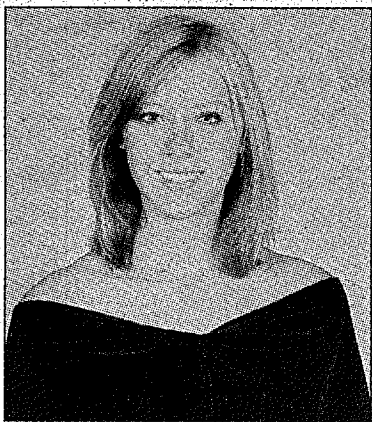
All the folks at
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*Congratulate the
graduates of the*

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Amethyst Rose Chiantaretto



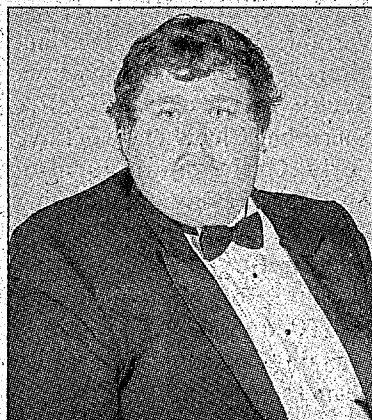
Andrea Gayle Coffey



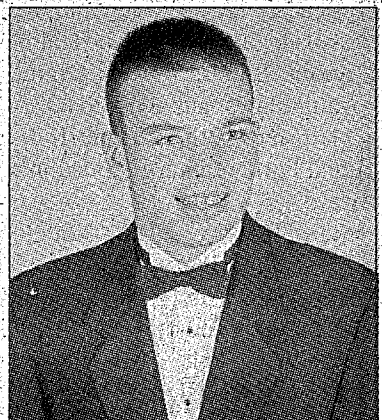
Kellan Hiatt Coffey



Samantha Mary Beth Collins



John Michael Lee Collinsworth



Charles Kenneth Cornelius III

2014 Senior Class

Lyndsey Jade Abel, Mt. Vernon, daughter of Jeff and Tracey Abel. Art Club; UNITE; FCA; Entrepreneur Club; Do Something Club; Volleyball, 7 yrs.; All-Tournament (2012), All-District (2012).

Devin Adams, Mt. Vernon, son of Anita Adams. Chess Club; Rocket Club.

Brandon Douglas Alexander, Brodhead, son of Thomas Alexander and Michelle Alexander. Weight lifting.

Matt Alexander, Mt. Vernon, son of Dennis Alexander and Amy Dees. FFA, 4 yrs; FFA Sentinel, 1 year; FFA Parliamentary Team; FFA Tractor Competition; Welding, 4th place, Central Ky. Welding Classic, Ky. D.O.T. Welding Certification; Work Keys - Silver/National Career Readiness Certificate; Career Major - Manufacturing and Agriculture Power Structured Technical Systems; KOSSA for Ag and Welding; ONet: Arc Cutter, Arc Welder-Cutting Processes, Gas Metal Arc Welder, Production Line Welder, Shielded Metal Arc Welder, Tack Welder and Welder Helper.

Alyssa Allen, Mt. Vernon, daughter of Luther and Sandy Allen. Varsity Track and Field, 7 yrs; FCA, 3; UNITE, 1; Rocket Club, 1; Book Club, 2; HOSA, 3, parliamentarian/treasurer; Lifetime Fitness, 1; Key Club, 1; Teenage Republicans, 1; Dance Blue, 1, senior fundraising chair. UNITE To Read Gold, 4; Presidential Fitness, 1; Biology I Award; Health/Physical Fitness Award; Drama Award; Statesman Award (HOSA - 11th and 12th); Group/Individual Parliamentary Procedures Award.

Kayla Allen, Livingston, daughter of Carrie Allen and Tim Felty. Peer Friends Club; KOSSA Early Childhood Education Certification.

Ruby Diane Allen, Brodhead, daughter of Margaret Elizabeth

Kidd Allen. Book Club Award; FFA; FCCLA; Book Club; Art Club; Road Ready Rockets.

Blaine Amyx, Mt. Vernon, son of Brandon Abney and Elizabeth Abney. Football, 1 year; JROTC, 4 (Cadet Captain); Guitar Club, 4.

Mark Anthony Anderson, Crab Orchard, son of Margaret McCollum and Doug Anderson. JROTC, 4 years.

Tanner N. Anderson, Mt. Vernon, son of Carla and Robby Anderson.

Marion Barnett, Berea, son of Lois Barnett. Male vocalist of the Year in Choir; Guitar Club.

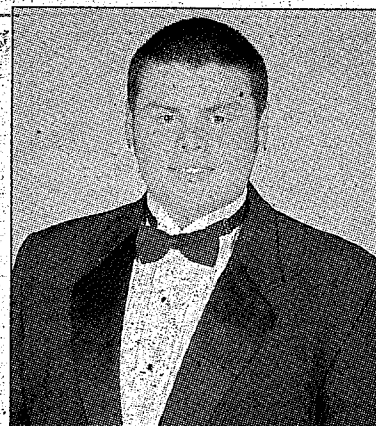
Lillian Ambrose Beichler, Berea, daughter of Andy and Paige Beichler. Honors Choir (alto section leader); All Festival Choir; First Place (state) - Letters About Literature Competition; New and Popular Fiction Book Club President; Young Democrats, 3 years.

Nathan Scott Berryman, Crab Orchard, son of Eva Dicken and Doug Dicken and Scotty Berryman. Welding, 4 years; Engineering, 4; Gold Work Keys Certification, D.O.T. Certification.

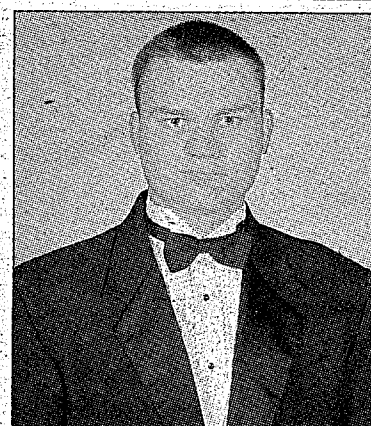
Kelley Jourdan Blanton, Brodhead, daughter of Danielle Carlson and Benny Blanton. FCA; Rocket Club; Teenage Republicans; Art Club; Volleyball - 110% Award; Defensive MVP; Invasion Club Volleyball.

Jessica Elaine Bledsoe, Mt. Vernon, daughter of Toni and Marty Evans and Dewayne and Becky Bledsoe. FCCLA; Shutterbug Club; Letters of Love; Early Childhood Education Award and Family and Consumer Sciences Award.

Megan Boggs, Mt. Vernon, daughter of Nathan Boggs. JROTC, 4 years - earned rank of Captain, Commander of Raider Team senior year; Raider Tab,



Kyle Caleb Cornelius



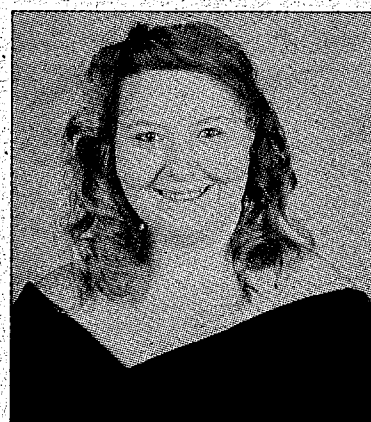
Tristan Kane Cox



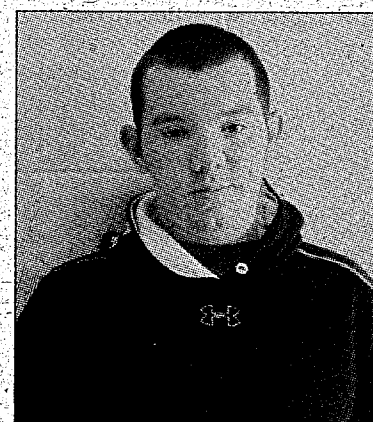
Ashley Nicole Craig



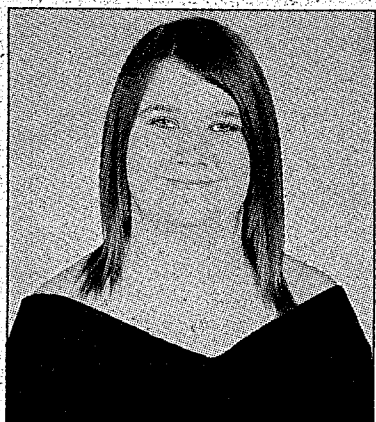
Mackenzie Lynn Craig



Erica Ruthann Croucher



Justin Michael Blake Cummins



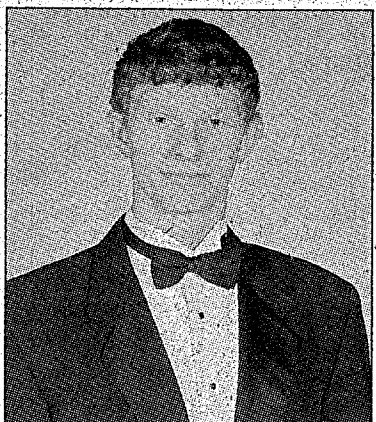
Destiny Leann Dean Damrell



Cassidy Elizabeth Daugherty



Harley Scott Davidson



Kenneth Tyler Davidson



Savannah Brooke Falin

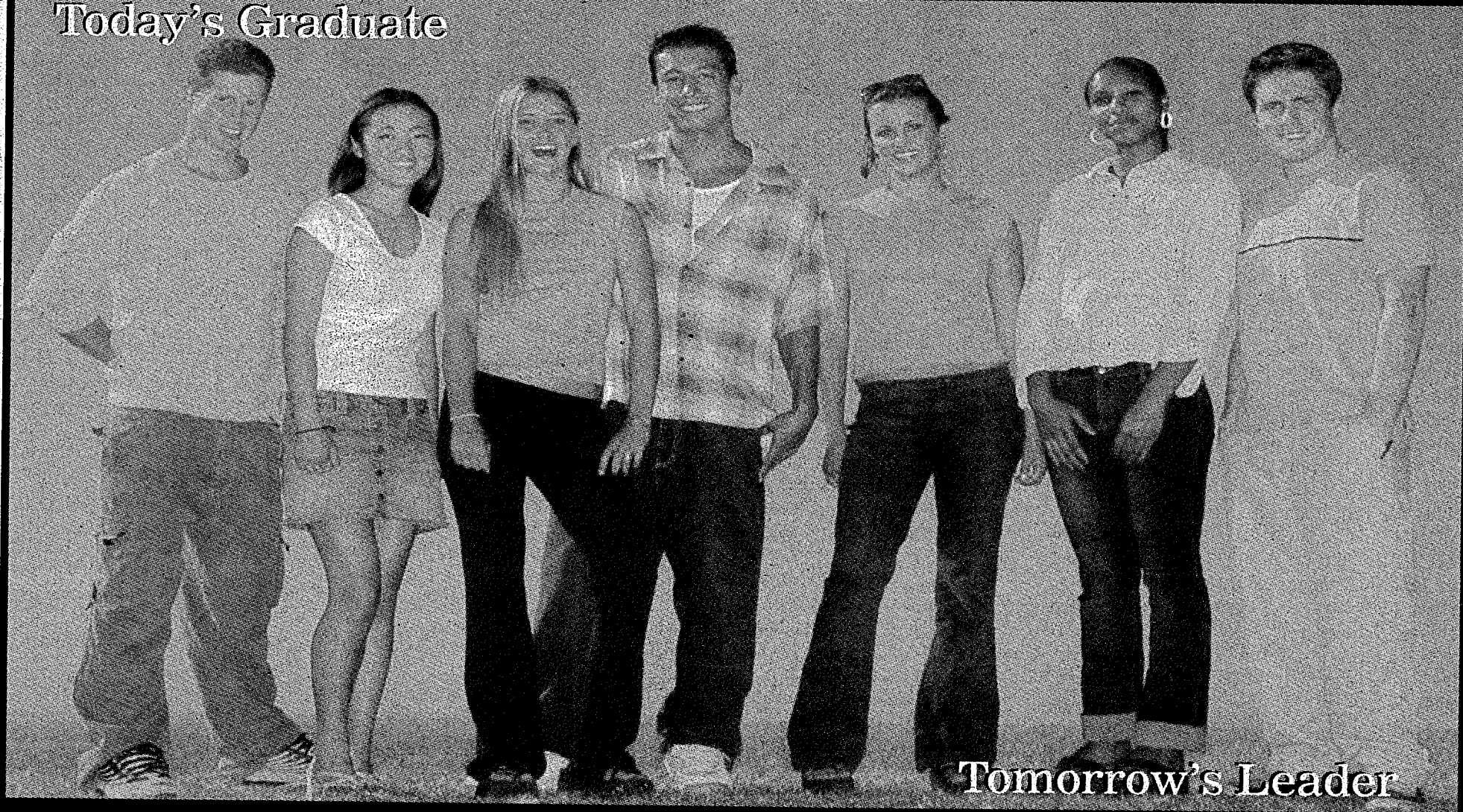


Dorothy Leann Gadd

(Cont. to pg. 12)

Congratulations Class of 2014

Today's Graduate

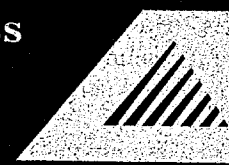


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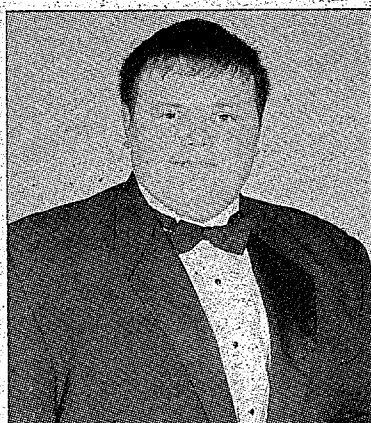


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Mountain Raider Tab, Raider Rope.

Tiffany Bowman, Orlando, daughter of Linda Bowman and Robert Bowman. Rocket Club, Letters of Love, Dance Blue; FFA - Chapter Reporter; Chapter and Regional Poultry Impromptu Winner; Chapter and Regional Swine Impromptu Winner; Agriculture Sales Team; Agriculture, Agriculture Sales, 3rd High Regional Individual; Asst. Reporter; 4-H, 4 years; Cowboy Up for Christ, 2 years.

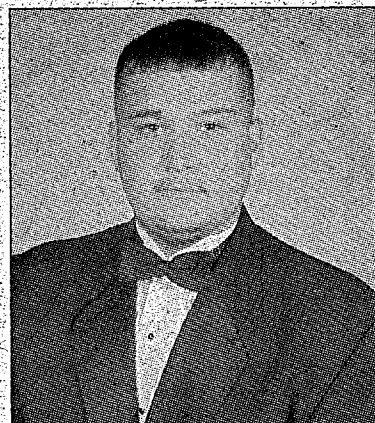
Michael Brewer, Brodhead, son of Fred and Donna Brewer. FCA; UNITE; Film Club; Honors Choir; Band - Distinguished Senior Year Solo.

Kimberly Nichole Brock, Crab Orchard, daughter of James Brock and Tina Lamb. Peer Friends; Rockapella; Lifetime Fitness; Do Something Club; Shutterbug Club. Choir, 3 years; Drama, 2.

Austin Kain Brown, Mt. Vernon, son of Melinda Gates and Merrill Brown. FFA, 1 year; Guitar Club, 1; Small Engines, 1; Computer Technology, 2.

Cody Brown, Mt. Vernon, son of Sandra Brown and Lonnie Brown. Baseball. UNITE; FCA; Rocket Club; Teenage Republicans; Do Something Club.

Nicholas E. Brown, Mt. Vernon, son of Kristie Leger and Tommy Brown. FFA; Small Engines - State Champion - 2nd high Individual (tied).



Zachary Leander Gadd

Kristin Denise Bryant, Mt. Vernon, daughter of Kathy Bryant and John Bryant. FCCLA.

Brianna Michele Burdette, Brodhead, daughter of Michael Burdette and Lori Blanton. Community Service - over 300 hours; KCTCS Presidential Scholarship for Somerset Community; Senior Elite; Co-President of Do Something Club; Y-Club, 7 years.

Trevor Ryan Burris, Brodhead, son of Bobby and Michele Burris. FCA, 4 years; FBLA, 2; UNITE, 2; Math Club, 1; Computer Technology Classes, 4.

Travis Cameron, Mt. Vernon, son of Jeff Cameron and Brenda Cameron.

Shawn Carpenter, Brodhead, son of Vickie Barnes and Greg Carpenter. FFA - Regional Welding Team, 1st Place, Regional Nursery Landscape, 1st place, Greenhouse Impromptu, Excellent. Skills USA, FCA, Young Republicans, Do Something Club.

Kimberly Chesnut, Orlando, daughter of Cynthia and Gilbert Chesnut. Peer Friends. CNA or SRNA License, Work Keys Test - Silver.

Andrea Gayle Coffey, Livingston, daughter of Anita and William Coffey. FFA, 3 years - Community Service Committee Member, 1; Sci-Fi Fantasy Book Club, 1; FCCLA, 2 - Vice President of Relations, 1; Recognition in Advanced Child/Human Development; FFA Chapter Degree; Livestock Grant.



Lacey Nicole Gastineau

Kellan Hiatt Coffey, Mt. Vernon, daughter of Kim and Willis Coffey. Key Club President; UNITE Club Treasurer; Swim Team - Founding Member.

Samantha Collins, Mt. Vernon, daughter of Mary and Tommy Collins. JROTC, most involvement, S-2, Rifle Team Captain, Rifle Team Tab and Rope, Drill Team; World Dance Club.

Chuck Kenneth Cornelius, III, Mt. Vernon, son of Kenny Cornelius and Angie Cornelius. Basketball, 2 yrs.; Rocket Club, 3; Entrepreneur Club, 1; UNITE, 1; 3 vs. 3 Basketball Club, 1; TSA, 2.

Kyle Caleb Cornelius, Mt. Vernon, son of Dan and Melissa Cotton and James and Deborah Cornelius. JROTC, 3 yrs.; Guitar Club, 1; Teenage Republican Club, 1; Rockapella.

Ashley Nicole Craig, Mt. Vernon, daughter of Anna Craig and Ricky Craig. FCCLA; Road Ready Rockets.

Mackenzie Lynn Craig, Brodhead, daughter of Pat and Ann Craig. FFA; Yearbook; TSA, 3 yrs.; Rocket Club.

Erica Ruthann Croucher, Mt. Vernon, daughter of Dewayne and Bridget Croucher. FCCLA; FBLA; UNITE; FCA.

Destiny Leann Dean Damrell, Mt. Vernon, daughter of Brenda and Michael Mink and Gerald Owens.

Cassidy Elizabeth Daugherty, Mt. Vernon, daughter of Lonetta and John Daugherty.



Keeley Shay Goff

Cheerleading, 3 yrs.; Volleyball, 1; FBLA, 3, Secretary 1, President, 1; FCA, UNITE, Rocket Club; Perfect Attendance for entire school career; FBLA Futures and Business Award; passed KOSSA, received Gold on Work Keys.

Harley Scott Davidson, Livingston, son of Scott and Lisa Davidson. Guitar Club.

Kenneth Tyler Davidson, Mt. Vernon, son of Canon Davidson and Linda Alexander. Welding, 4 yrs., Silver in Work Keys; KOSSA; KY DOT Certification; Laser Ready.

Savannah Falin, Mt. Vernon, daughter of Ginnie and Robert DeBorde. President of Skills Club.

Dorothy Leann Gadd, Mt. Vernon, daughter of Anita Vanwinkle and Eugene Vanwinkle. Dance Blue; Entrepreneur Club; Shutterbug Club.

Zack Gadd, Orlando, son of Kenneth Gadd and Kim Gadd. FFA, 3 yrs., 2nd degree; Automotive, 4; Engineering, 1.

Thomas Graves, Mt. Vernon, son of Granville Graves and Vicky Graves. Guitar Club; Teenage Republicans.

Gwen Hampton, Brodhead, daughter of Vicky Hampton and Willis Hampton. Archery; KOSSA, Family Consumer Sciences and Agriculture; Peer Friends.

Brianna Katelynn Hansel, Mt. Vernon, daughter of Bryan and Kristi Hansel. Perfect Atten-



Johnathon Ashton Allen Goodeve

dance, 2 yrs.; HOSA, 4; FBLA, 2; FCA, 3; Rocket Club, 3; Basketball, 4; Gold Certificate in Work Keys; Highest Class Average for Emergency Procedures and First Aid.

Tyler Scott Harper, Mt. Vernon, son of Christy Harper and Scott Harper. Football, 3 yrs.; Track, 4; Basketball, 2; FCA; UNITE; WYMT All-Mountain Honorable Mention Football.

Austin Harris, Brodhead, son of Troy and Sherl Harris. Archery; President of Sci-Fi Fantasy Book Club.

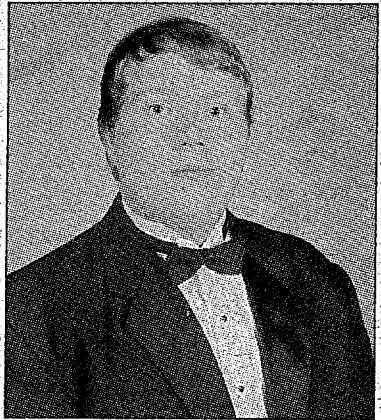
Rachel Renee Hayes, Mt. Vernon, daughter of Donna Bowling and Larry Hayes. Japanese Club, 3 yrs.; Book Club, 2; Martial Arts Club, 1.

Jodi Lynn Bernice Hellard, Mt. Vernon, daughter of Eddie and Regina Stallworth. Chess Club; Chess Tournament Winner; Quil Bowl Connections; International Club; Japanese Club; JROTC Rifle Team; Band, 2 yrs.

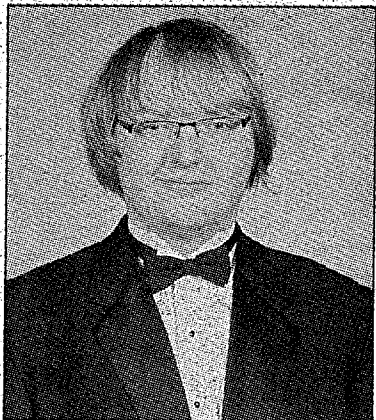
Austin Chase Helton, Mt. Vernon, son of Crystal M. Gray and Jeff W. Helton. Drum Major for Marching Rockets, 3 yrs.; Marching Band, 5; Accepted into the Music Program at EKU.

Meghin Paige Helton, Berea, daughter of Alan and LaVonda Helton. FBLA, 3 yrs.; Future Business Award; FCLA, 3; UNITE, 3; FCCLA, 3; Pinterest Club, 1; HOSA, 1; KOSSA test (Office Technology); Work Keys (Office Technology).

(Cont. to pg. 15)



Thomas Jerome Graves



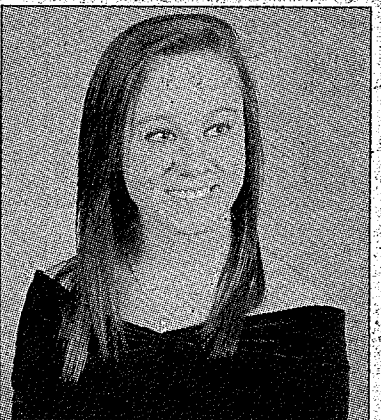
Robert Dalton Gray



Stephanie Ann Gross



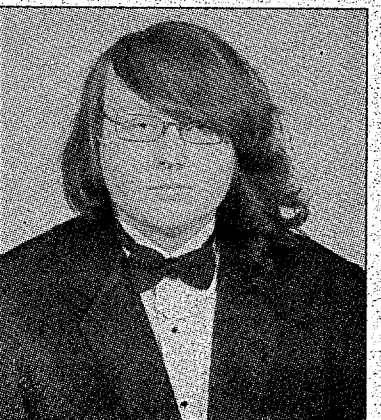
Gwendolyn Faith Lucille Hampton



Brianna Katelynn Hansel



Tyler Scott Harper

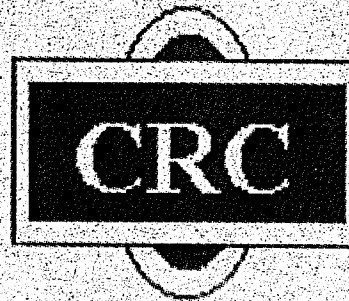
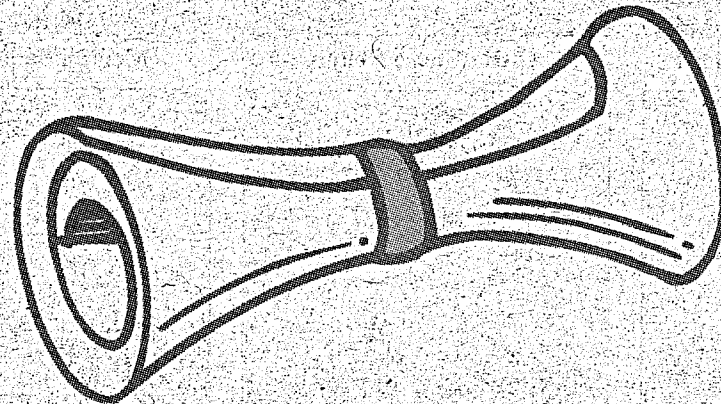


Austin Arthur Harris



Nicole Paige Hatton

Congratulations Class of 2014



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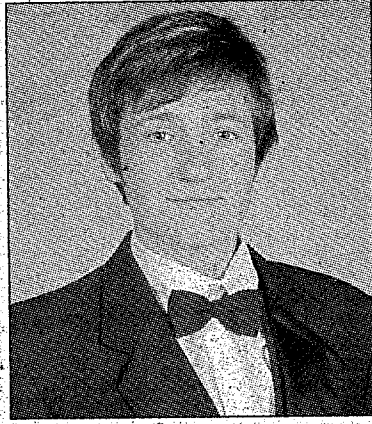
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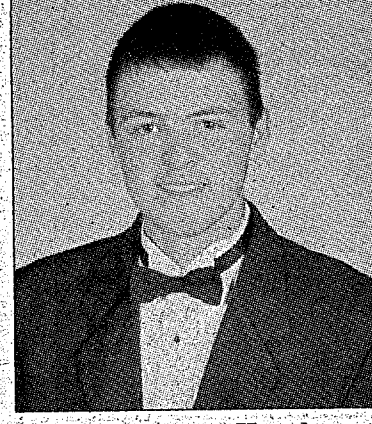
Jodi Lynn Bernice Hellard



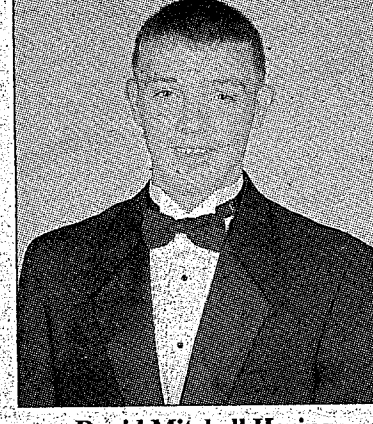
Austin Chase Helton



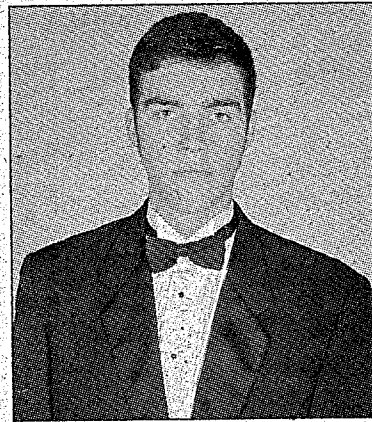
Meghin Paige Helton



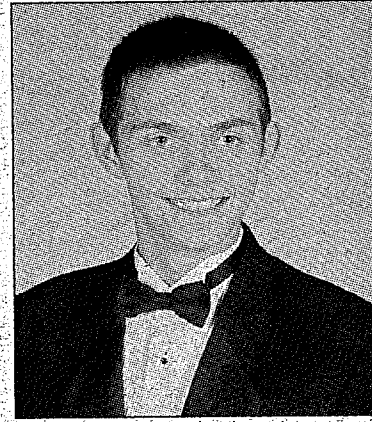
Jordan Trevor Hemsley



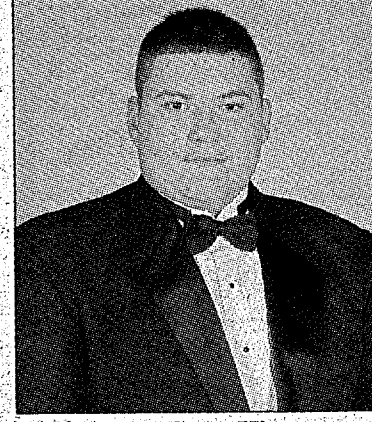
David Mitchell Hering



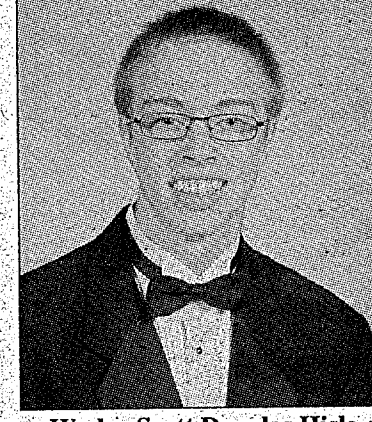
Samuel Dylan Hillard



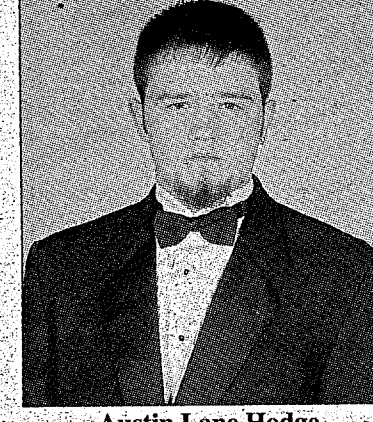
Dustin Ryan Hines



Ellis Wayne Hines

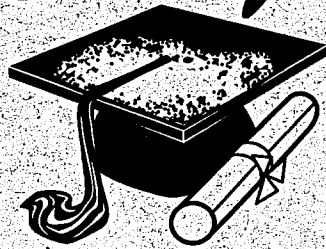


Wesley Scott Douglas Hisle



Austin Lane Hodge

*Congratulations,
Graduate*



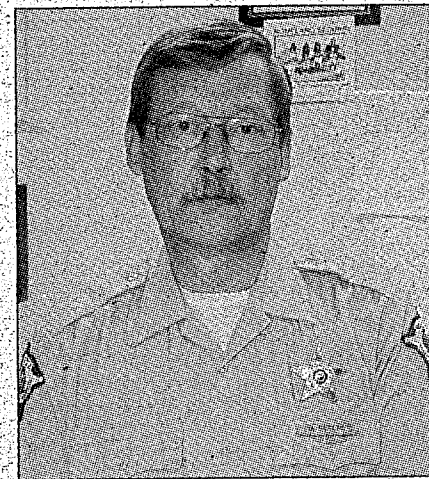
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Eliza York**

Brittnay Mullins, Renita Blanton, Joyce Allen, Teresa Amis, Marcia Olinger,
Sam Alcorn, Brenda Miller, Kim Denny and Samantha Price

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**Congratulations
Class of 2014!**



**Rockcastle Sheriff
MIKE PETERS**

David Mitchell Hering, Brodhead, son of Brenda Evans and Tom Sandlin.

Samuel Dylan Hillard, Mt. Vernon, son of Mark Hillard and Kim Bowling. Band, 4 yrs.; Percussion section leader, 3; Marching Band, 4; Concert Band, 4; Pep Band, 4; Jazz Band, 4.

Ellis Hines, Mt. Vernon, son of Billy and Stephanie Hines. Electricity, 4 yrs.; Welding, 1.

Wesley Scott Douglas Hisle, Brodhead, son of Mark and Karrie Thompson. Automotive, 3 yrs.; Computer Classes, 2; Work Keys Certified (Silver level).

Bobbie Brooke Hopkins, Brodhead, daughter of Robert and Teresa Hopkins. Honor Roll; Senior Elite; UNITE; FCA; Dance Blue - overall chair; Y-Club; International Club; Peer Friend; Key Club; Do Something Club.

Robert A. Howard, Brodhead, son of Bertha and Bob Howard. JROTC, 4 yrs.

John Logan Hughes, Mt. Vernon, son of Douglas and Kelly Hughes. All-District Baseball Team 2014; All-Mountain Team Football 2014; Academic All-State Football, 3 years; University of the Cumberlands Bert T. Combs Scholarship; University of the Cumberlands Academic Merit Scholarship; University of the Cumberlands Football Athletic Scholarship; Y-Club, 4 yrs.; UNITE, 4; UNITE Presents, 2; FCA, 4; Teenage Republicans, 4; Card Shark, 1; Rocket Club, 4; Football, 4; Baseball, 4; Attending University of the Cumberlands to play football and major in Political Science and plans to attend law school one day.

Zachary Irvin, Brodhead, son of

James and Shanda Irvin. Honors World Civilization; FFA, 2 yrs.; FCA; Greenhand Degree; Teenage Republicans.

Andrea J. Isaacs, Mt. Vernon, daughter of Billie and Jeff Isaacs. FFA, 4 yrs.; Chapter Degree in FFA; Letters of Love; FFA Committee Chairperson Scholarship Committee; FFA SAE Committee Member; FFA Committee Co-chair Community Service Committee.

John Matthew Isaacs, Mt. Vernon, son of Carolyn and Tony Isaacs. Work Keys Silver; Career Major Construction Award; Electrician Helper I Award; Pass KOSSA; Electricity Certificate; Construction Electrician Helper Award; Commercial Electrician Helper Award; Residential Electrician II Award; Electrician Helper II Award.

Lucas Isaac, Berea, son of Roger and Debbie Isaac. FFA, 1; Auto, 4.

Nicoline Cecilia Joenborg, Mt. Vernon, daughter of Marianna and Johnny Joenborg. Outstanding Beginning Artist; Certificate in Recognition of Architecture; Certificate in Recognition of Advanced Artist; Honoree and Scholar of Future Medical Leaders 2013; Certificate in Recognition of Outstanding Character and Scholastic Achievement; FCA; Beta; National Honor Society; Key Club; Art Club; UNITE; Rocket Club; Volleyball.

Bettie Jane Jones, Mt. Vernon, daughter of Nancy Alcorn. Peer Friends; Relay for Life; Shutterbug Club.

James Bryan King, Mt. Vernon, son of JB and Janie King. Regional Skills USA Welding first place; Fabrication Team; State

Skills USA Welding third place Fabrication Team; Skills USA member; FFA member.

Jared Lake, Cartersville, son of Scott and Karla Lake. Football, 4 yrs.; Honorable Mention All-State D-Line by Louisville CJ; Honorable Mention All-State O-Line by Louisville CJ; 1st Team All-State Division 4-A by Bluegrass Rivals; Indoor/Outdoor Track, 4; Basketball, 2; FCA, 4; National Honor Society, 2; Beta Club, 4; Teenage Republicans, 1; TSA Sgt. of Arms; Governor's Scholar.

Kayla Briann Lovell, Brodhead, daughter of Barbara Lovell. Welding, 4 yrs.; Skills USA, 3; 1st place Regional Competition Skills USA; 2nd place State Competition Skills USA; Work Keys Certification; KOSSA Certification.

Zachary Lunsford, Mt. Vernon. Skills USA, 4 yrs.; State Competition 3 out of 4 years; 3 gold medals and 1 bronze for skills; Football letterman, 3; Baseball, 2; FFA, 1st place welding team.

Hannah Katelynn McClure, Mt. Vernon, daughter of Mike McClure and Crystal Smith. FBLA, 3 yrs.; FBLA officer, 2; Yearbook; FCA, 3.

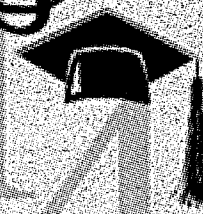
Charles Brandon McFerron, Mt. Vernon, son of David and Brenda McFerron. Band; Future Achievement Award; Administrative Support KOSSA; Work Keys; FBLA Treasurer; Guitar Club.

Katlyn McGee, Orlando, daughter of Joe and Jerri Lynn McGee. FCA, 4 yrs.; UNITE; JROTC, 3; Drill and Rifle Team, 3; Drill Team Commander; Rank of Major - Battalion Executive Officer; over 28 awards special recognition: Super Cadet, Military Order of the Purple Heart and the American Legion Military Excellence Award; Over 260 Community Service hours; Attending ECU.

Bryan McGuire, Mt. Vernon, son of Gregory McGuire and Ali

Congratulations

Class of 2014



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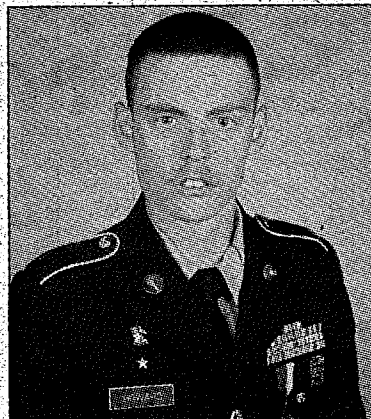
Photos Not Available For

- Megan Alcorn
- Gabriel Bensusan
- Nathan Sudduth

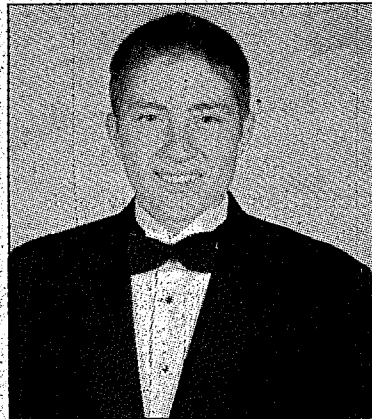
(Cont. to pg. 18)



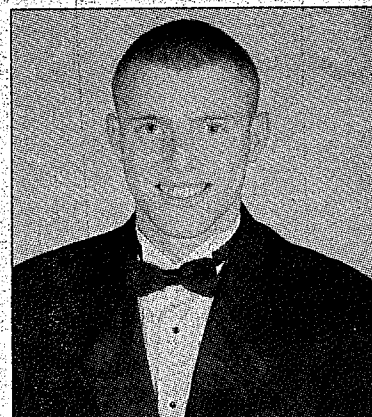
Bobbie Brooke Hopkins



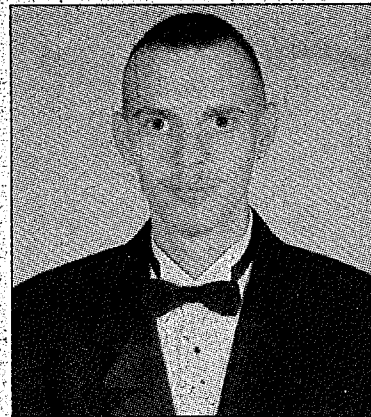
Robert Allen Howard, Jr.



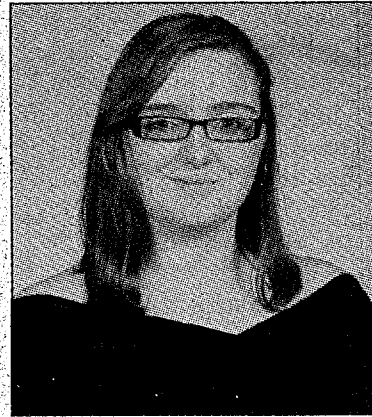
John Logan Hughes



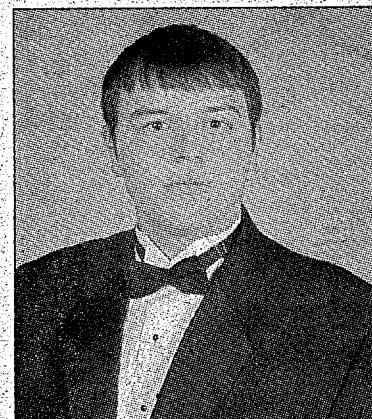
Zachary Ryan Irvin



Lucas Tyler Isaac



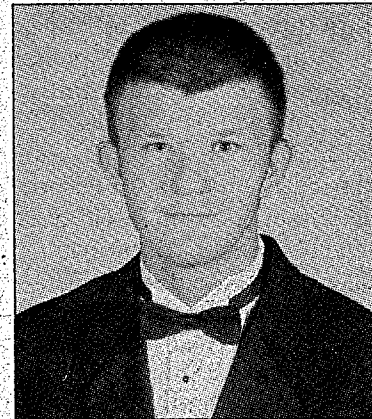
Andrea Jo Isaacs



John Matthew Isaacs



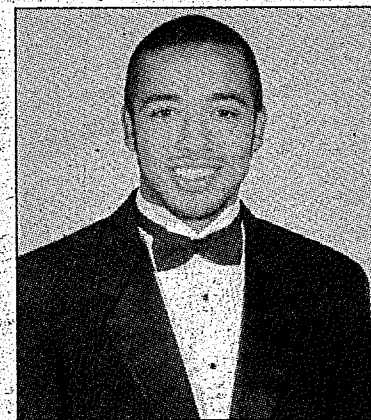
Nicoline Cecilia Joenborg



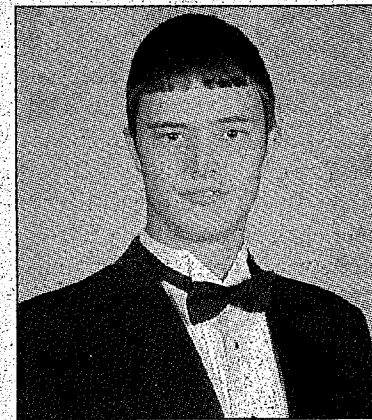
Jordan River Johnson



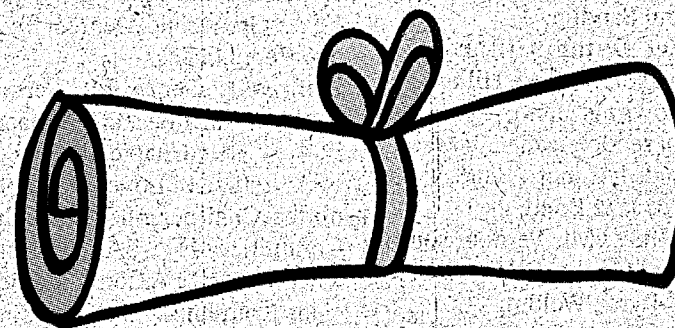
Bettie Jane Jones



Brandon Deron Jones



James Bryan King



Congratulations Class of 2014

from

Rockcastle PVA

Margaret Offutt

and staff

Janet Vaughn

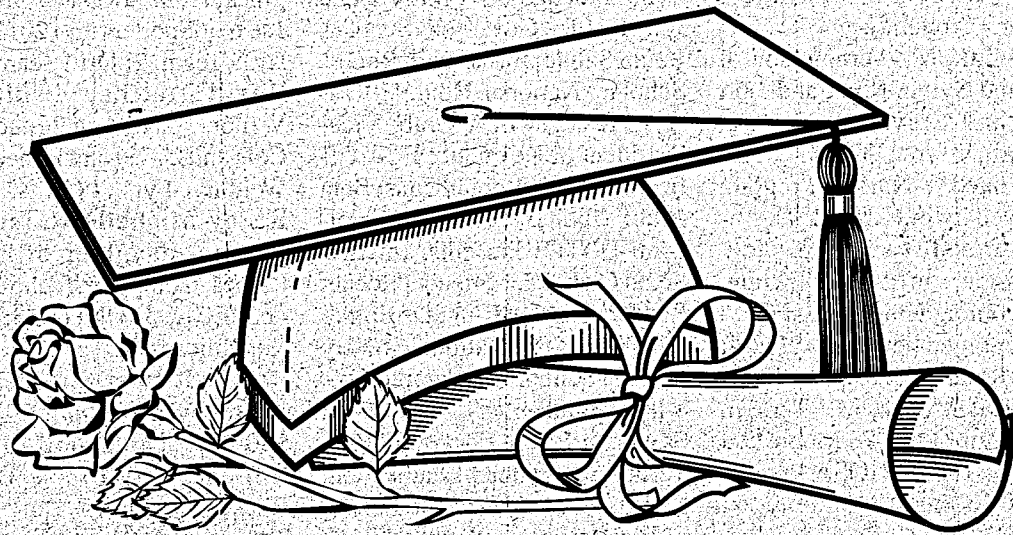
Ruth Thompson

Cindy Offutt

Phone 606-256-4194

Office Hours:

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



Congrats Class of 2014

Special Congratulations to Senior Employees...



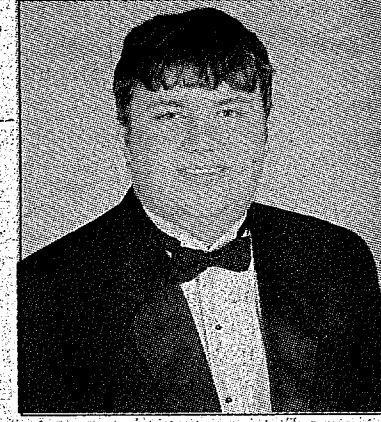
Tiffany Bowman



Holly Bradley



April Mason



Zachary Smith

Danny, Gaylen and Chris Settles and all the employees of



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Friday and Saturday until 1 a.m.



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Monday - Thursday a.m. to Midnight
Friday & Saturday 5 a.m. to 1 a.m.

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cia McGuire. Baseball, 4 yrs., Film Club, 3 - President, 1.

Corey McPhetridge, London, son of Kevin and Linette McPhetridge. Football, 4 yrs.; Basketball, 4; UNITE Club, 4; UNITE Presents, 4; Rocket Club Co-President, 2; FCA, 4; Card Shark, 1; International Club, 1. **Katherine Mackey**, Mt. Vernon. Honors Choir - Soprano Section Leader; Art Club; Dance Blue Club; Morale Choir Member; All-Festival Choir.

April LaSha Mason, Orlando, daughter of Linda and Michael Mason. FCA, 4 yrs.; UNITE, 4; Dance Blue Club, 1; Do Something Club, 2; Key Club, 1; Rocket Club, 4; International Club, 1.

Cassandra Gail Mason, Mt. Vernon, daughter of Chris Mason and Judy Mason. FCCLA; Peer Friends.

Josh Mason, Brodhead, son of Lisa Bishop and Richard Bishop. Teenage Republicans; Rocket Club; Do Something Club; UNITE; Basketball; All-District 2013 and 2014; All-Region Academic Team 2014; Berea Invitational All-Tournament Team.

Kelsey Mattingly, Mt. Vernon, daughter of Ken and Jennifer Mattingly. Basketball; President of Young Democrats and Do Something Club; UNITE; Y-Club; Key Club; Rocket Club; Card Sharks; Founder of Room 4 Me; Presidential Spirit of Service Award (Bronze Medal) attended GSP; Presidential Scholarship at the University of Kentucky, majoring in Journalism.

April Rebecca Faye Miller, Mt. Vernon, daughter of Harold and Verla Miller. HOSA, Parliamentarian; SRNA.

Brian Davis Miller, Brodhead, son of Scott Miller, Joann Angel and Steve Angel. FCA Officership; Choir - All Festival Competition, 3, All-State Competition, 2; Outstanding Choir Member, Outstanding Bass; Rockapella Club; FFA Jr. Parliamentary Procedure Team;

Greenhand Award; Drama Productions.

Gabriella Jaclynne Miller, Brodhead, daughter of Brienne and Dennis Miller. Volleyball, 4 yrs.; Co-Historian of FBLA 2013-2014, in 2013 placed 1st in regions and 4th in state, in 2014 placed 2nd in regions and 1st in state for website design, attending Nationals this summer in Nashville; earned Career Major Certificate in Administrative Support; Earned ONet Certificates for Word Processor and Typist, Integrated Office Skills and Data Entry; Earned certificate for reaching the Future level in the Business Achievement Award; received certificate for Silver in Work Keys; KOSSA Certificate for Administrative Support; Career Ready.

Josh Miller, Mt. Vernon, son of Dale and Marlene Miller. FFA; Greenhand; Welding; Work Keys Silver; KY State DOT Certification Bridge Code; Arc Cutter Certificate; Arc Welder - Cutting Processes Certificate; Gas Metal Arc Welder Certificate; Production Line Welder - Cutting Processes Certificate; Shielded Metal Arc Welder Certificate; Tack Welder B Certificate; Welder Helper B Certificate.

Madisan Miller, Mt. Vernon, daughter of Danny and Tammy Miller. University of the Cumberlands Trustee Scholarship recipient; Cheerleader, 4 yrs.; Academic Team, 3 yrs., district Governor's Cup 1st place Composition, 4th place Language Arts and 5th place Science; Class of Kentucky as a sophomore; Jim Claypool Essay contest four-time school winner, three-time county winner and two-time area winner; Fellowship of Christian Athletes and FCA Leadership Team, 4; Teenage Republicans, 4, reporter, 1 and vice-president, 1; Beta Club, 3, National Honors Society inductee; 2013 Governor's Scholar; University of Kentucky Collegians, AP Scholar Award; Y-Club, 3; Key Club, 3; Rocket

Club, 4; UNITE, 3; Rogers Scholar - sophomore.

Jake Mink, Mt. Vernon, son of Greg and Sylvia Mink and Lori Mink and Steven Anderson. Baseball, 3 yrs.; 32 ACT; Accepted into Pre-Nursing Program at University of Kentucky.

Albert Dakota Ernesto Molina, Mt. Vernon, son of Lisa Bowling. Homecoming King 2013; FCA - President member, 4; UNITE, 4; Young Republicans, 3.

Billi Jean Moore, Mt. Vernon, daughter of Luther W. Moore and Norma J. Turner. HOSA.

Justin Mullins, Mt. Vernon, son of Frank and Joyce Mullins. FCA; Drama, 4 yrs.; Freshmen year highest class average.

Miranda Emily Mullins, Mt. Vernon, daughter of Natalie Mullins and Dewayne Mullins.

Shawn David Osborne, Mt. Vernon, son of Sandra Sue and Shawn Christopher Osborne. FCA, 3 yrs.; National Honors Society, 1; JROTC, 4; 100+ Community Service Hours; Drill Team, 3; Rifle Team, 2; Academic Team, 1; 2 Perfect Attendance medals; SAI Leadership Medal; Sons of the American Revolution Medal/Ribbon.

Jalia Parker, Mt. Vernon, daughter of Tommy Parker and Sonya Parker. Robinson Scholar recipient; Do Something Club; HOSA Club; Dance Blue.

Adam Parsons, Mt. Vernon, son of Kathy Parsons and the late Tully Parsons. Electricity - awards, Circuits I, Career Major Construction Award, Electrician Helper I Award; Electricity Certificate; Construction Electrician Helper Award; Commercial Electrician Helper Award; Residential Electrician II Award; Work Keys Silver; Full 4-year tuition waiver from Department of Veterans Affairs to attend any college in state of Kentucky. The Veteran for whom entitlement is derived is his father, Tully C. Parsons, Sr., who served the Armed Forces for 31 years.

Rebekah Lynn Ponder, Mt.

Vernon, daughter of Marvin and Judy Ponder. Governor's Scholar; Youth Salute; Basketball; Rogers Scholar; National Honors Society; President of Y-Club; Vice-President of Key Club; FCA Officer; Teenage Republicans; Beta Club; UNITE Club Vice-President; UNITE Presents; International Club; Peer Friends; Rocket Readers; Rocket Club; Do Something Club; The National Society of High School Scholars; Room-4-Me Volunteer.

Savannah Paige Portwood, Mt. Vernon, daughter of James and Kristie Thacker. Computer Technology classes, 4 yrs.; FCA; Rocket Club; FCCLA, 2; Cheerleading, 2.

Matthew K. Poyle, Crab Orchard, son of Danny and Linda Poyle. Eastern Kentucky University Presidential Scholarship; Honor Roll; UNITE Club; Key Club.

Devin Poynter, Mt. Vernon, son of Dwight and Carmey Poynter. Bass Fishing Team, 2 yrs.

Caleb Price, Mt. Vernon, son of Charles Price. FFA; Small En-

gines Team; JROTC; 5th Place 1st Year Sporter team 2013; FCA; Rifle Team, 2; Drill Team, 1.

David Matthew Pruitt, Mt. Vernon, son of Angela and Kevin Cole and David and Renee Pruitt. Welding, 4 yrs.; FCA, 4.

Kasey Michelle Raines, Mt. Vernon, daughter of Tammy Raines. Computer Technology, 4 yrs.; FCA, 3; UNITE, 3; Future Republicans, 1.

Robert Renner, Brodhead, son of Bobby and Tammy Renner. \$80,000 scholarship to Berea College and Black Belt in Rockcastle Shaolin Do.

Tiffany Lynn Mae Rose Renner, Mt. Vernon, daughter of Paul and Rebecca Renner. Awards in FFA; Awards in Electricity.

Tim Renner, Mt. Vernon, son of Laura Cromer and Timothy W. Renner.

Carson Gage Reynolds, Mt. Vernon, son of Nathan and Dana Reynolds Carter. Basketball, 4 yrs., team captain, most charges taken; Baseball, 4, team captain;

(Cont. to pg. 28)

Congratulations Class of 2014

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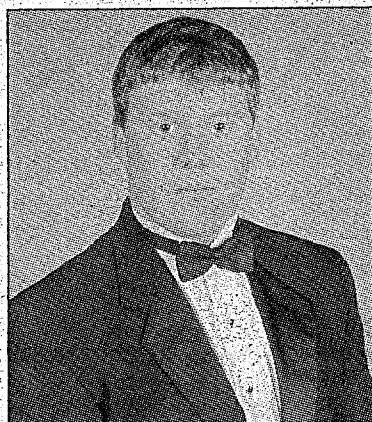
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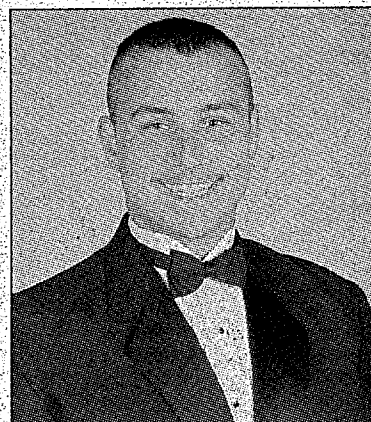
Somerset
606-451-2274

Brodhead
606-758-8212

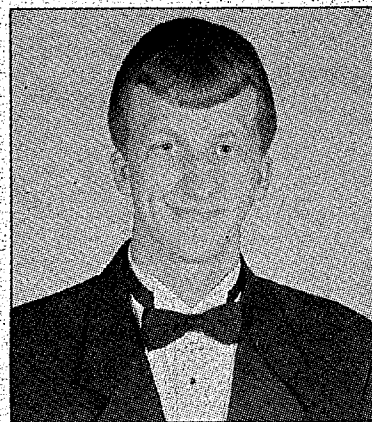
McKee
606-287-8390



Robert Christian Kirby



Jared Scott Lake



Zachary Wayne Langford



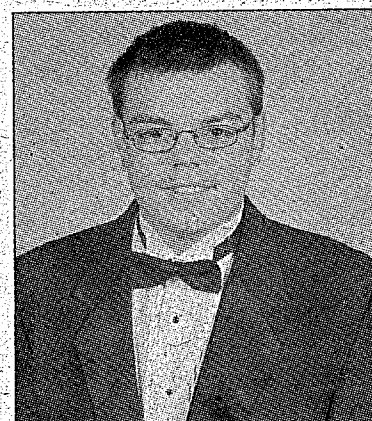
Lisa May Laswell



Crystin Shania Lawson



Mary Casandra Lee Lear



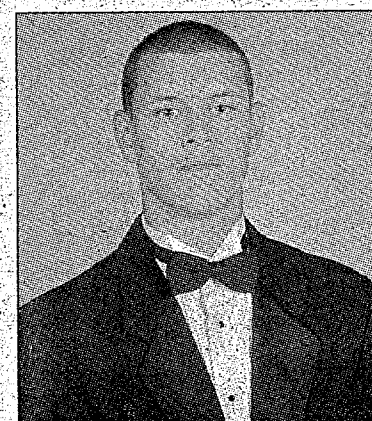
Robert Paul Longest



Carissa Gail Looney



Kayla Briann Lovell



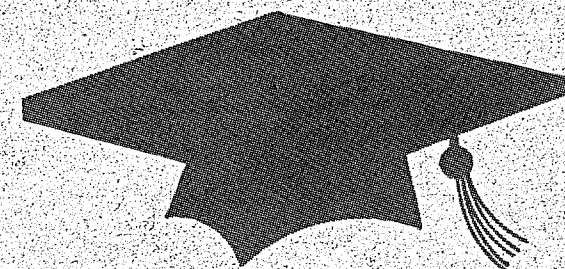
Zachary Lee Lunsford



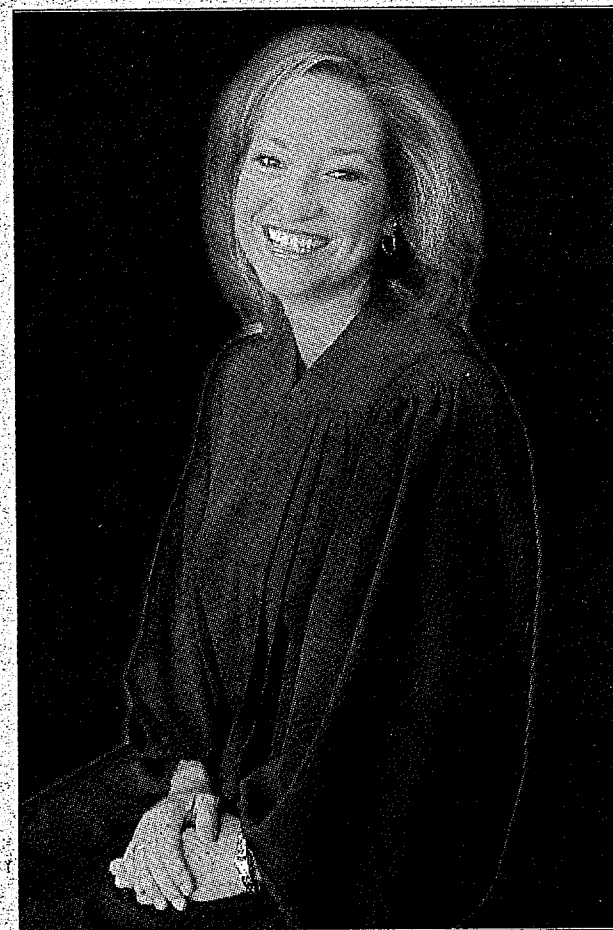
Kathryn Jo-Diamond Mackey



April LaSha Mason



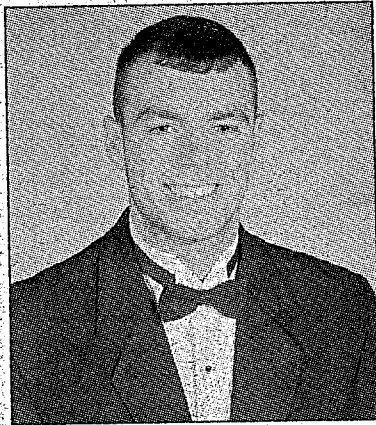
*Congratulations
to the
Class of 2014*



**District Judge
Katie Wood**



Cassandra Gail Mason



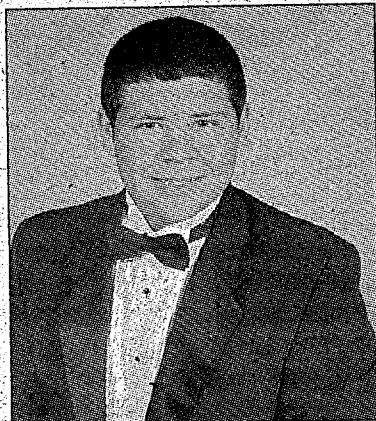
Joshua Andy Mason



Kelsey Erin Mattingly



Hannah Kafelynn McClure



Nicholas Bain McCollum



Ashley Brooke McCoy



Charles Brandon McFerron



Katlyn Nicole McGee



Wishing you the
best in your future
endeavors!

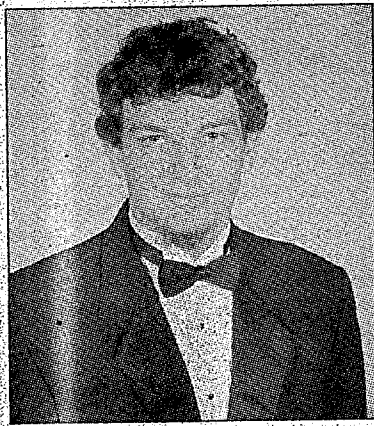
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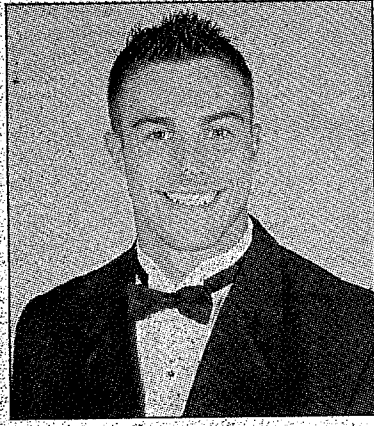
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Bryan Gregory McGuire



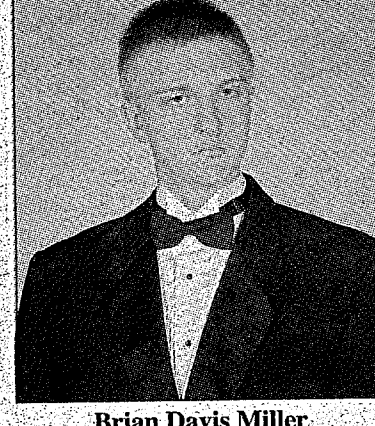
Corey Wayne McPhetridge



Anthony Douglas Miller



April Rebecca Faye Miller



Brian Davis Miller



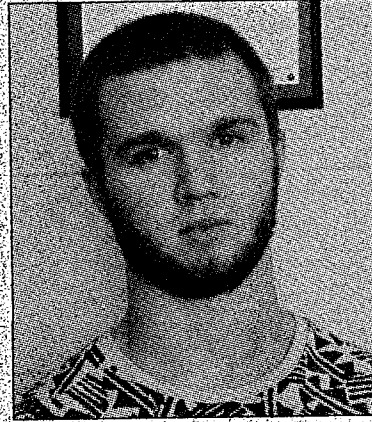
Gabriella Jaclynne Miller



Joshua Dale Miller



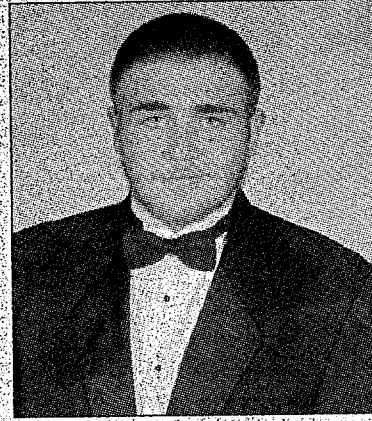
Madisan Michelle Miller



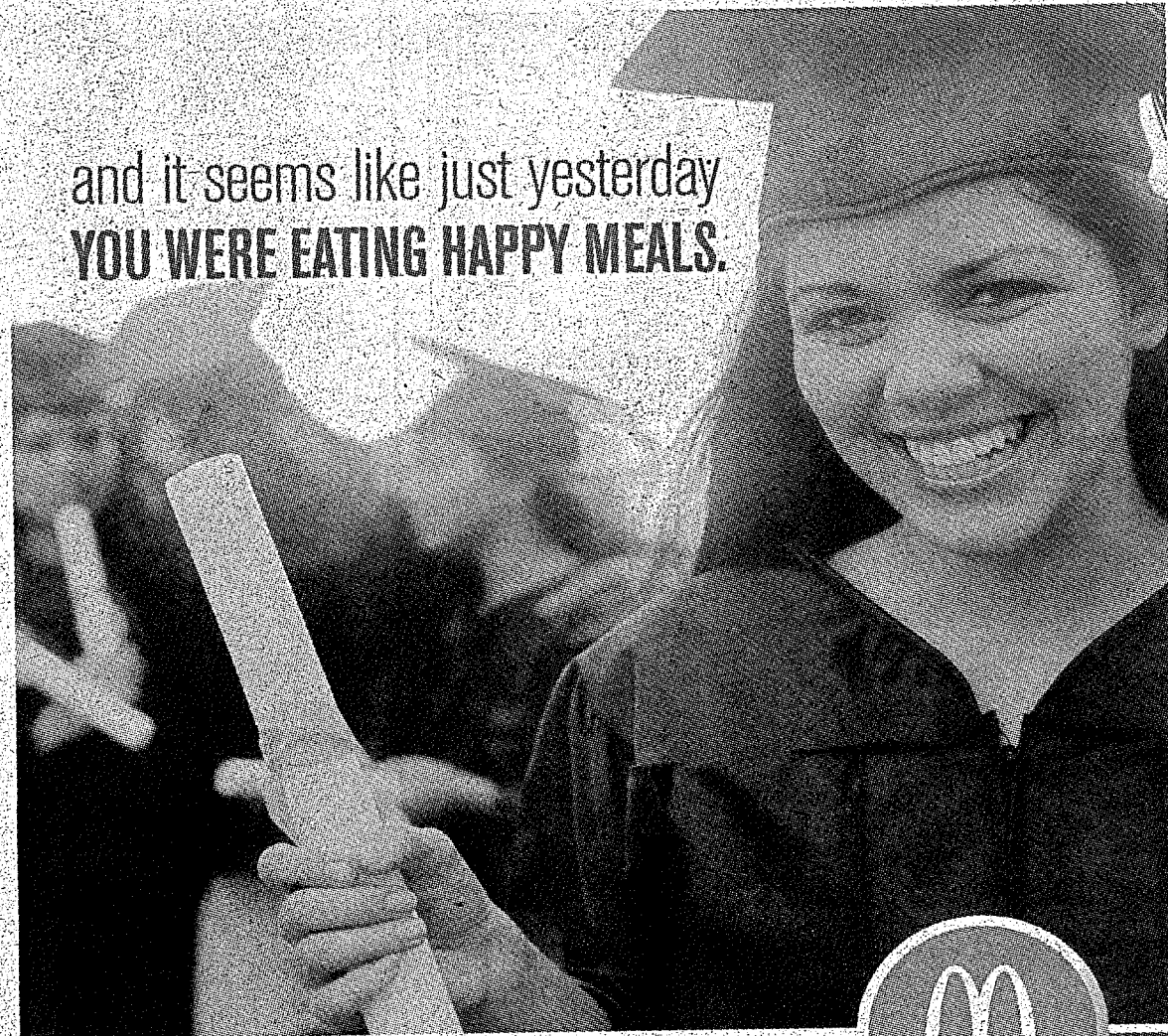
Jacob Mason Mink



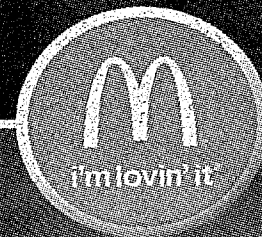
Albert Dakota Ernesto Molina



Cody Ryan Monk



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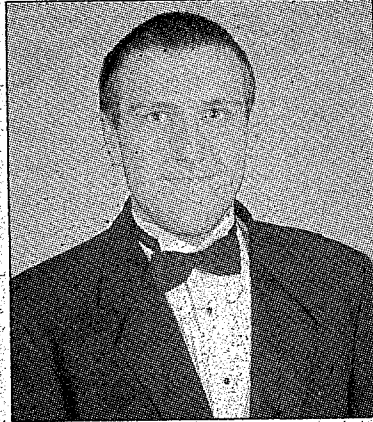
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Justin Lee Mullins



Miranda Emily Mullins



Terry Scherrie Lynn Newman

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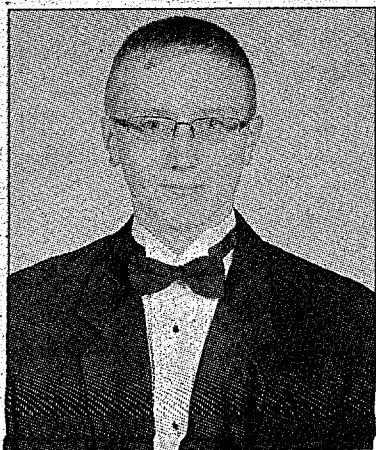
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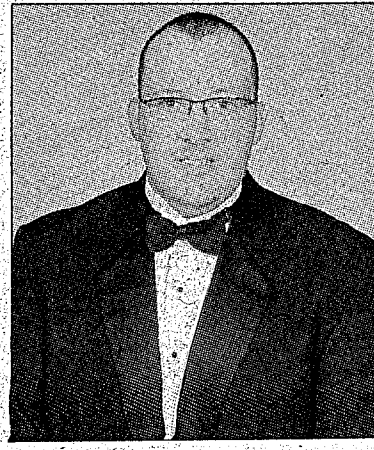
Member
FDIC



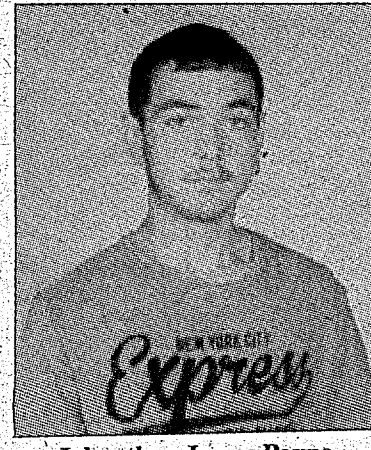
Shawn David Osborne



Jalia Mikaytelin Rose Parker



Adams Cole Parsons



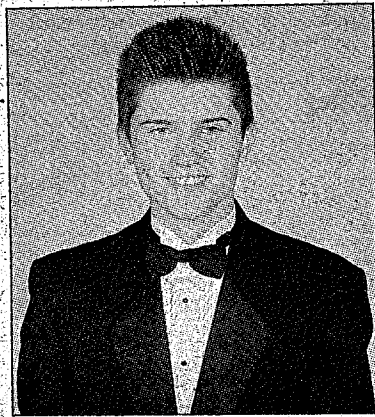
Johnathon James Payne



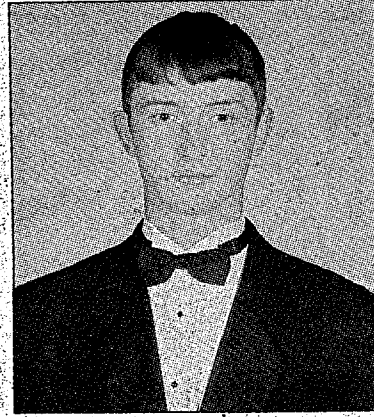
Rebekah Lynn Ponder



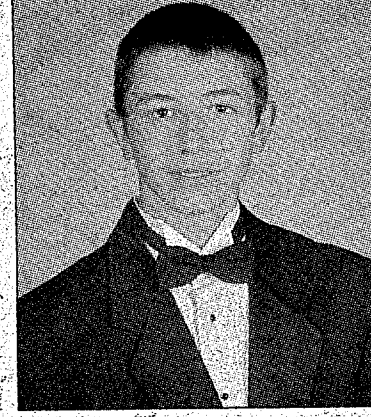
Savannah Paige Portwood



Matthew Kyle Poyle



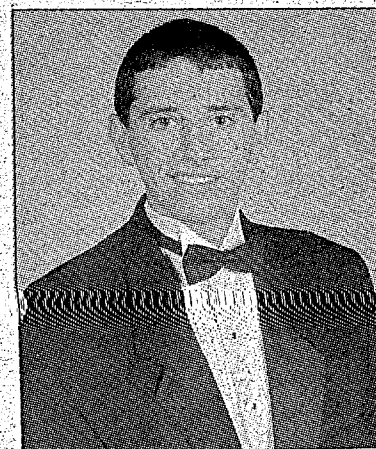
Devin Andrew Poynter



Logan Wayne Prewitt



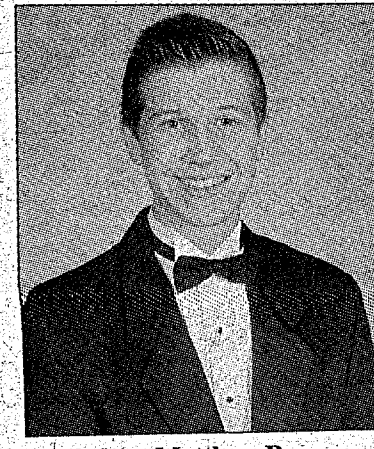
Caleb Aaron Price



David Matthew Pruitt



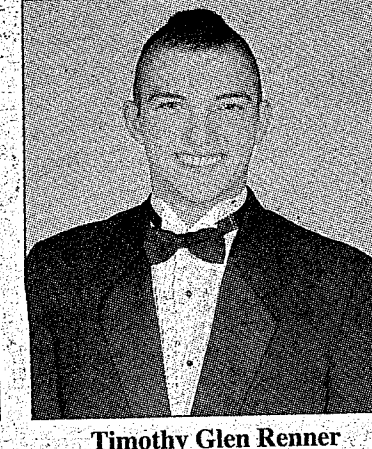
Kasey Michelle Raines



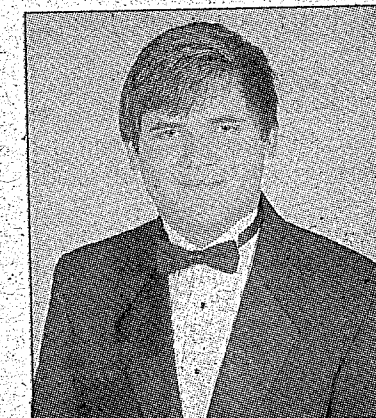
Robert Matthew Renner



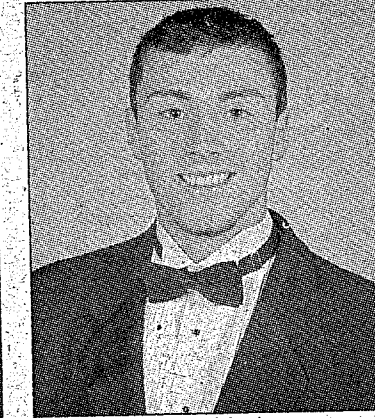
Tiffany Lynn Mae Rose Renner



Timothy Glen Renner



Zachariah Daniel Renner



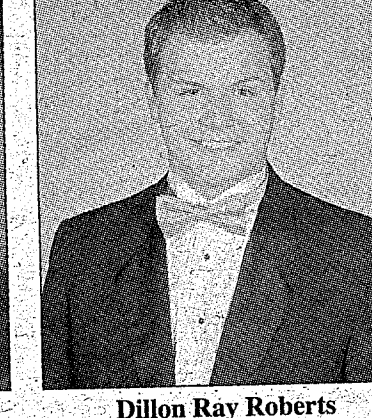
Carson Gage Reynolds



Kayla Nicole Reynolds



Samantha Morgan Reynolds



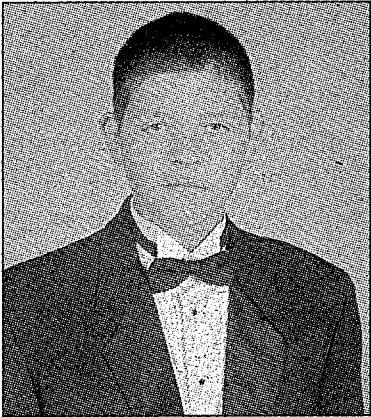
Dillon Ray Roberts



Makenna Jordanne Roberts



Jasmine Lee Robinson



John Marcus Robinson



Jeffery Lewis Rowe



Ariel Elaine Jade Scheffler



Brandon Nicholas Shearer



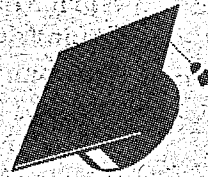
Haley Nicole Shelton



Hayley Marie Simmons



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Hannah McClure

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Rockcastle County High School Scholarship Recipients

Lyndsey Abel— Rockcastle Community Scholarship (Community Trust Bank), \$1,000; Eastern Kentucky University Presidential Scholarship \$3,500 per year, (\$14,000).

Alyssa Allen— Murray State University Regents Scholarship - \$6,000 per year (\$24,000); KY Blood Donor Scholarship - \$500; Jim Cox Memorial Scholarship - \$500.

Lilly Beichler— Berea College Tuition Scholarship - \$20,000 per year (\$80,000).

Michael Brewer— Eastern Kentucky University Music Scholarship \$3,600.

Brianna Burdette— KCTCS/Somerset Community College Presidential Scholarship - Pays for 12 credit hours per semester.

Kimberly Chesnut— Lindsey Wilson College Academic Scholarship.

Kellan Coffey— Rockcastle Community Scholarship (Citizen's Bank) - \$1,000.

Mackenzie Craig— Farm Bureau Scholarship - \$500.

Cassidy Daugherty— University of the Cumberlands Cheerleading Scholarship - \$3,000 per year (\$12,000); Rockcastle Board of Education Scholarship \$250.

Lacey Gastineau— Lindsey Wilson College Track Scholarship - \$2600 per year (\$10400).

Keeley Goff— Transylvania University Pioneer Scholarship - \$13,000 per year, (\$52,000); Transylvania University Bryden Scholarship - \$2,000 per year, (\$8,000).

Paige Hatton— Berea Masonic Lodge Scholarship - \$500.

Jodi Hellard— Lindsey Wilson College L.R. McDonald Scholarship - \$11,000 per year (\$44,000); Lindsey Wilson College Instrumental Scholarship - \$2,500 per year (\$10,000); Lindsey Wilson College Mirror Mirror Scholarship - \$1,000 per year (\$4,000); Lindsey Wilson College E.O. Robinson Scholarship - \$1,000 per year (\$4,000); Lindsey Wilson College Mary Louise Ott-Fanelli Scholarship - \$3,500 per year (\$14,000).

Bobbie Hopkins— University of Kentucky Provost Scholarship - \$1,500 per year (\$6,000); Rockcastle Regional/Wayne Stewart Scholarship - \$1,000.

John Hughes— University of the Cumberlands Bert T. Combs Scholarship - \$1100 per year (\$4,400); University of the Cumberlands Merit Academic Scholarship - \$7,500 per year (\$30,000); University of the Cumberlands Athletic Football Scholarship - \$2,000 per year (\$8,000).

Nicoline Joenborg— Rockcastle Community Scholarship - \$500; Eastern Kentucky University Presidential Scholarship \$3,500 per year (\$14,000).

Brandon Jones— University of Kentucky William C. Parker Diversity Scholarship - \$15,000; Horatio Alger National Scholarship - \$42,000; University of Kentucky Provost Scholarship - \$1,500 per year (\$6,000).

Jared Lake— Washington University in St. Louis Mesmer Scholarship - \$49,600 per year (\$198,400).

Mary Lee Lear— University of Louisville Trustees' Scholarship - Full Tuition/Fees/Housing.

Carissa Looney— Eastern Kentucky University Presidential Scholarship - \$3,500 per year (\$14,000).

Kelsey Mattingly— University of Kentucky Presidential Scholarship - \$10,000 per year (\$40,000).

Corey McPhetridge— University of Pikeville Academic Scholarship - \$11,500 per year (\$46,000); University of Pikeville Football Scholarship - \$10,000 per year (\$40,000).

Anthony Miller— University of Kentucky William C. Parker Diversity Scholarship - \$10,500 (\$42,000); University of Kentucky Provost Scholarship - \$1,500 per year (\$6,000); University of Kentucky Mining Engineering Scholarship - \$3,000 per year (\$12,000).

April Miller— KY Blood Donor Scholarship - \$500.

Brian Miller— Rockcastle Community Scholarship - \$500.

Madisan Miller— University of the Cumberlands Trustee Scholarship - \$29,200 per year (\$116,800).

Jalia Parker— University of Kentucky Robinson Scholars Scholarship - 4 year education.

Adam Parsons— Dependents of Deceased or Totally Disabled Kentucky Veterans Award (tuition).

Rebekah Ponder— Berea College Tuition Scholarship - \$20,000 per year (\$80,000); Rockcastle UNITE Coalition Scholarship - \$500.

Matt Poyle— Eastern Kentucky University Presidential Scholarship - \$3,500 per year (\$14,000).

Devin Poynter— Chamber of Commerce - \$1,000; Eastern Kentucky University Presidential Scholarship - \$3,500 per year (\$14,000); Rockcastle Regional Scholarship - \$1,000.

Robert Renner— Berea College Tuition Scholarship - \$20,000 per year (\$80,000).

Zacharian Renner— Eastern Kentucky University Regents Scholarship - \$6,000 per year (\$24,000).

Kayla Reynolds— Eastern Kentucky University Regents Scholarship - \$6,000 per year (\$24,000); Rockcastle County Farm Bureau Scholarship - \$500; Cruisin' In The Valley Scholarship \$1,000; FFA Alumni Scholarship - \$500.

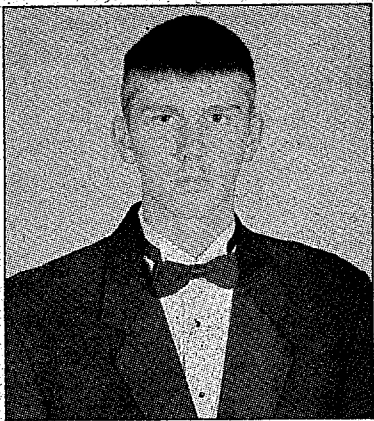
Ariel Scheffler— St. Catharine College Merit Scholarship - \$2,000.

Hannah Sowder— Wayne Stewart Scholarship - \$1,000.

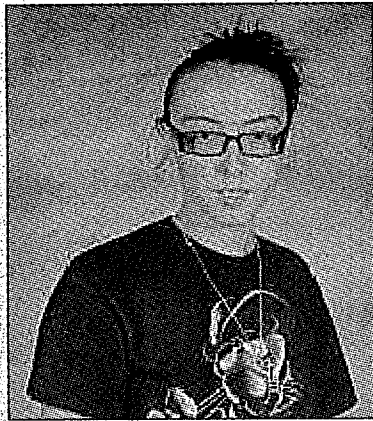
Jacob D. Taylor— University of Kentucky Presidential Scholarship - \$10,000 per year (\$40,000); Eric Ponder Memorial Scholarship - \$1,000; UNITE/Hollie Barnett Scholarship - \$500.

McKinzie Todd— Kiwanis Scholarship - \$1,000; Operation UNITE Coalition Scholarship - \$1,500; Rockcastle UNITE Coalition Scholarship - \$500.

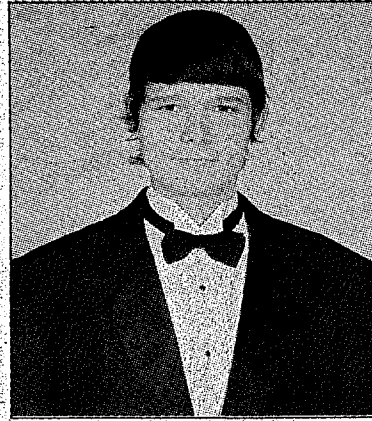
Shalynn Winkler— Eastern Kentucky University Regents Scholarship - \$6,000 per year (\$24,000); Rockcastle Regional Scholarship - \$1,000.



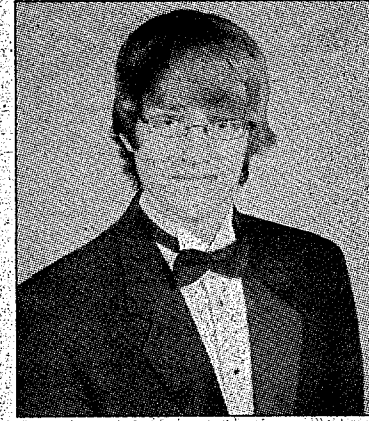
Johnathan Kojack Sizemore



Felecia Renee Slusher



Andrew Lee Smith



Austin Bailey Smith



Joshua Curtis Smith

Congratulations Class of 2014!



Attorneys:

Tracy Todd Blevins • Frankie C. Blevins, Jr. • Valerie J. Himes

- Real Estate Closings • Deeds • Wills
- Probate • Personal Injury • Car Accidents
- Civil Litigation • Business Negotiations
- Adoptions • Company Formation Services

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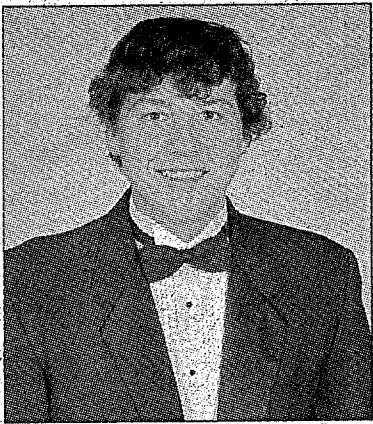
Zachary Tyler Smith



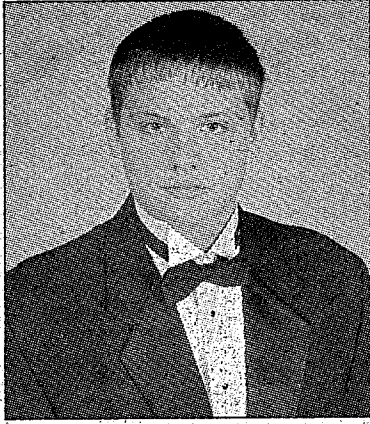
Alston Perry Louis Snow



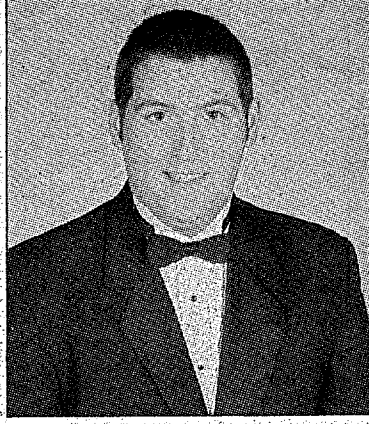
Hannah Marie Sowder



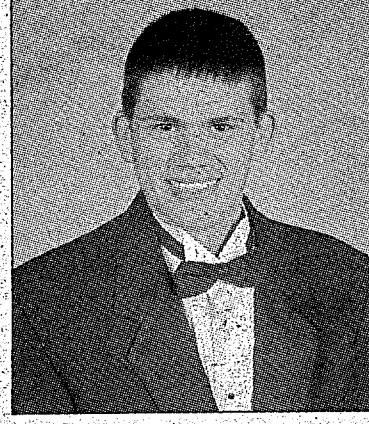
Austin Ryan Stewart



Joshua Edward Sturgill



Jacob Dean Taylor



Jacob Timothy Taylor



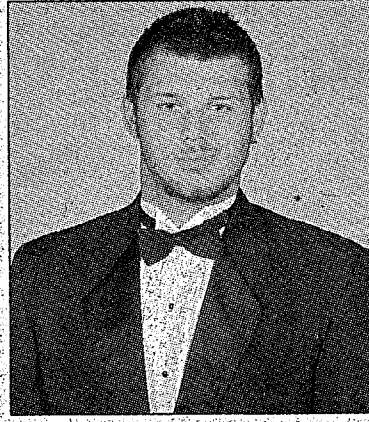
Samantha Marie Taylor



Kathryn Nicole Thompson



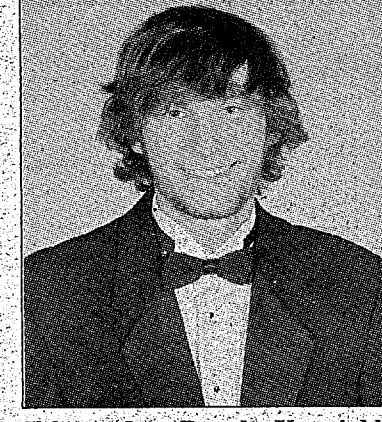
McKinzie Stone Taylor Todd



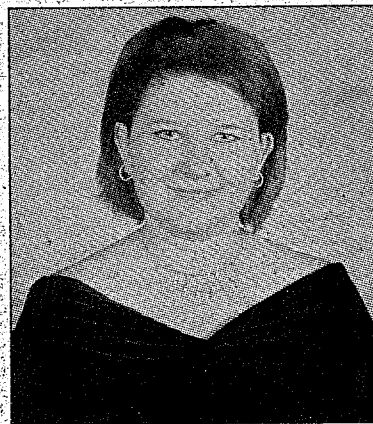
Dustin Mark Turner



Samantha Kae Vance



Tyler Andrew Douglas Vanwinkle



Samantha Danielle Vanzant

**Information
provided
by
2014
Senior
Class**

Bass Fishing Team; HOSA; FCA; UNITE; Rocket Club; Card Sharks; Passed Work Keys; Passed KOSSA Health Finals.

Kayla Nicole Reynolds, Crab Orchard, daughter of Roy and Kristi Reynolds. Lady Rockets Basketball, 4 yrs.; FFA, 4; TSA, 4; UNITE, 4; Key Club, 2; FCA, 4; Dance Blue, 1; Honor Roll, 4; Regents Scholarship EKU; FFA Alumni Scholarship; Rockcastle Co. Farm Bureau Scholarship.

Samantha Morgan Reynolds, Mt. Vernon, daughter of Coylynn Reynolds and Steve Reynolds. FFA, 1 yr.; Auto Tech Class, 2.

Jasmine Robinson, Orlando, daughter of Robin and Karen Robinson.

John Robinson, Mt. Vernon, son of Christopher Robinson and Stephanie Robinson. Competed this year with JROTC Raider Team in several competitions. With the help of the Lord competed with the Raider Team at the National Guard hosted Mountain Raider Challenge and won the

Mountain Raider Tab. To get the tab, Cadets had to complete several events including repel tower, land navigation, 3 mile road march, and meet the Army standards in the PT Test (2 mile run, push ups and setups). Also, with the Lord's help, Bro. Joshua Pearson, Bro. Dakota Molina and I helped start a prayer group every morning at school. Using this time to spread God's love and revival in our school.

Jeffery Rowe, Mt. Vernon, son of Eliza and Lewis Rowe. FFA; Chess; JROTC.

Haley Nicole Shelton, Mt. Vernon, daughter of Caryn Martin. International Club; Dance Club; JROTC; Art Club.

Hayley Simmons, Conway, daughter of Shawn and Patty Simmons. Dance Blue; Zombie Apocalypse Club; Shutterbug club; Dance at Laura's School of Dance, 4 yrs.

Kodack Sizemore, Mt. Vernon, son of Karen Bradley and John

Bradley. Automotive, 4 yrs.; FFA.

Andrew Smith, Mt. Vernon, son of Donna Fox. Entrepreneur Club; Skateboarding; Paintball.

Austin Smith, Mt. Vernon, son of Christy Dixon and Eric Smith.

Joshua Curtis Smith, Mt. Vernon, son of Elsie and Lafey Smith. Shokhan Karate, 6 yrs.; Band, 4; Asst. section leader Band; Kept A's and B's; Martial Arts Club, 1; Marching Band; Concert Band; Pep Band, 4.

Zachary Smith, Mt. Vernon, son of Shannon Smith and Eric Smith. TSA, 1 yr.; FCA, 2; Card Shark, 1; Teenage Republicans, 1.

Alston Snow, Brodhead, son of Joni Baker and Johnni McClure. FFA, 1 yr.; Football, 1; Engineering, 3; Small Engines Team.

Hannah Marie Sowder, Brodhead, daughter of Mark and Wendy Sowder. Softball, 5 yrs.; Basketball, 4; CNA Certification; HOSA; UNITE; FCA.

Austin Ryan Stewart, Brodhead, son of Tamatha Stewart. FFA

Award Winner; Baseball; Welding.

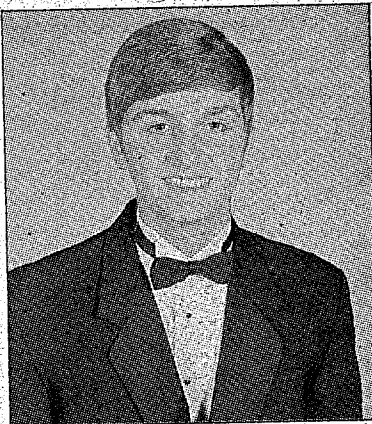
Jacob Taylor, Mt. Vernon, son of Troy and Natalie Taylor. Governor's Scholar; National Society of High School Scholars; University of Kentucky Honors Program; FCA; UNITE; Y-Club; Teenage Republicans and Swim Team.

Jacob T. Taylor, Mt. Vernon, son of the late Timothy Taylor. FBLA; FCA; Swim team.

Samantha Taylor, Mt. Vernon, daughter of Jeanette Rose. Rockin' Arrangements.

McKinzie Todd, Crab Orchard, daughter of Brandy Brock and Eddie Todd. Fellowship of Christian Athletes, 4 yrs.; Leadership Team; UNITE, 8, Co-President; Teenage Republicans, 4, Secretary; Key Club, 4; Rocket Club, 4; Student YMCA, 4, Community Service Chair; Do Something Club, 1, Media Representative; Card Sharks Club, 1; Boys Bas

(Cont. to pg. 31)



Trenton Joseph Walker



Sean Robert Watkins



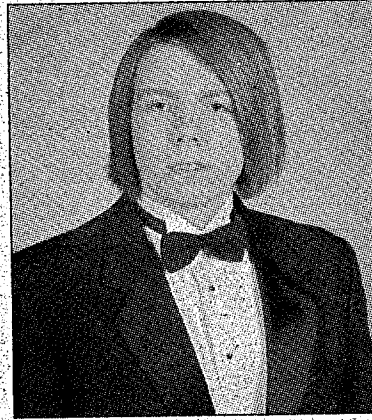
Jacklyn Ashley Nicole White



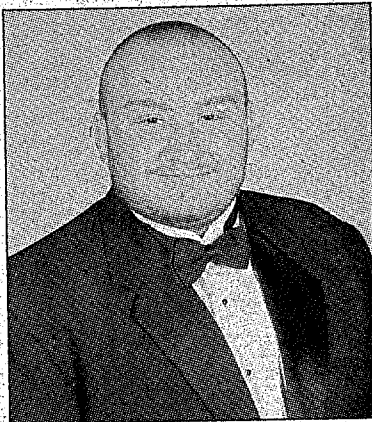
Kaci Layne Wilmott



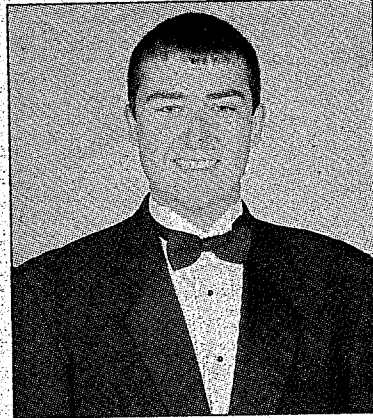
Shalynn Taylor Winkler



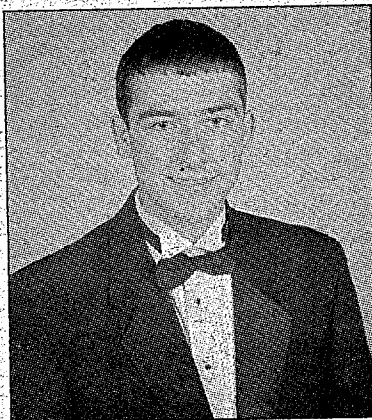
Lucas Daniel Witten



Dalton Taylor Wynn



David Blake Wynn



Derek Lee Wynn



Samantha Kaye Young

CONGRATULATIONS

ON A JOB

Well Done!

*May this be the
beginning of a
lifetime of success!*

ROCKCASTLE


PROFESSIONAL PHARMACY

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"FREE DELIVERY"

Best Wishes Class of 2014

from

 **Jeff
Burdette**
Circuit Court Judge

Departmental Awards

Valedictorian -- Madisan Miller

Salutatorian -- Jared Lake

Highest ACT -- Madisan Miller & Jacob Taylor

Library -- April Mason

Art -- Nicoline Joenborg

Math -- Jared Lake

Agriculture -- Kayla Reynolds

Yearbook -- Brianna Burdette

Science -- Madisan Miller

John Lair Award -- Lacey Gastineau

English -- Madisan Miller

DAR Good Citizenship --

Amethyst Chiantaretto & Dakota Molina

Spanish I -- Shalynn Winkler

Spanish II -- Katie Mackey

Band -- Austin Helton & Michael Brewer

Marines Distinguished Athlete Award --

Lacey Gastineau & Corey McPhetridge

Marines Semper Fidelis Music Award -- Dylan Hillard

Presidential Fitness --

Lyndsey Abel, Amethyst Chiantaretto & Bryan McGuire

Family and Consumer Science -- Samantha Young

Arts & Humanities -- Jared Lake

Drama -- Justin Mullins

Woodman of the World U.S. History Award -- Jared Lake

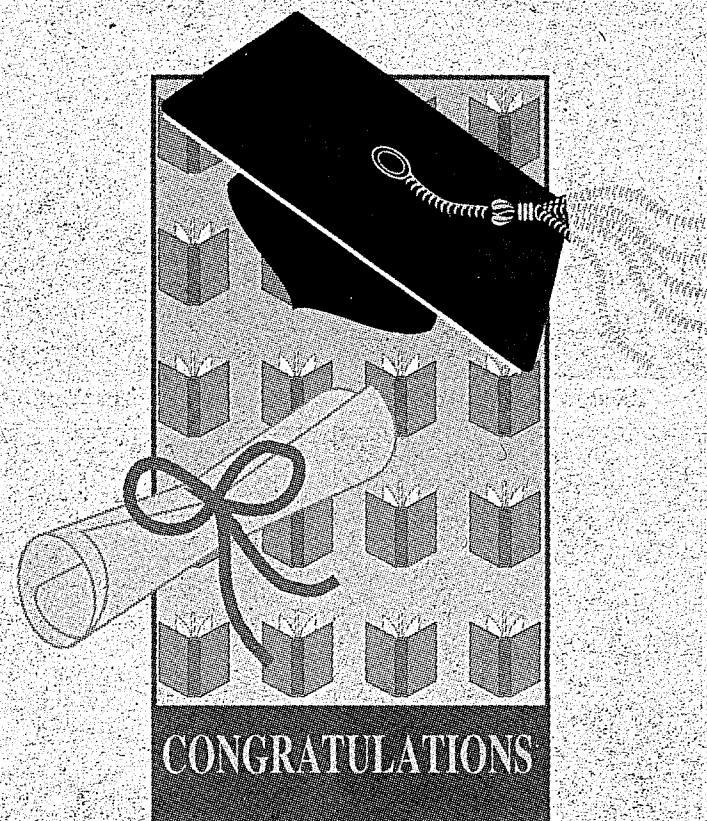
Senior Performance Award -- Josh Smith

John Phillips Sousa Award -- Austin Helton

Senior Chorus Award -- Brian Miller & Michael Brewer

Special Achievement -- Kaci Wilmott

Prudential Spirit of Community Award -- Kelsey Mattingly



Class of 2014

from

County Clerk Danetta Ford-Allen

ketball Manager, 2; Secretary of State Commonwealth Ambassador; Honor Roll.

Dustin Turner, Mt. Vernon, son of Rebecca Turner and Robby Sturgill. Kentucky Welding Classic First Place Team; ONet Certificates Welding Classes.

Samantha Kae Vance, Mt. Vernon, daughter of Ben and Patty Vance. Honors Choir, Art Club; Book Club.

Trent Walker, Mt. Vernon, son of Jeff Walker and Cherie McHargue. Basketball, 1 yr.; planning on joining Air Force after school.

Sean Watkins, Mt. Vernon, son of Ken Kirk. TSA, 4 yrs.; Card Sharks, 1; Young Democrats, 2.

Jacklyn White, Mt. Vernon, daughter of Marcia Clontz and Jack Clontz. FCA; Dance Blue; Rocket Club; Teenage Republi-

cans; Do Something Club; UNITE.

Kaci Layne Wilmott, Brodhead, daughter of Barb Wilmott and Wayne Wilmott. Shutterbug Club; FCCLA.

Shalynn Winkler, Mt. Vernon, daughter of Terry Winkler and the late Deonna Winkler. Senior Elite; HOSA; Dance Blue Club; Do Something Club.

Lucas Witten, Orlando, son of Teresa Witten and Jeff Witten. Film Club, 3 yrs.

Dalton T. Wynn, Brodhead, son of Kim Stansell. FFA.

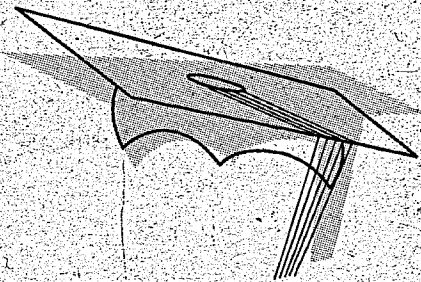
David Blake Wynn, Orlando, son of Carolyn and Ken Holt and Bobby and Kim Wynn. JROTC, 3 yrs.; FCA, 3; UNITE, 4.

Derek Lee Wynn, Orlando, son of Carolyn and Ken Holt and

Bobby and Kim Wynn. Welding, 3 yrs.; Work Keys Certification; DOT Certification; FCA, 3; UNITE, 2; JROTC, 2.

Samantha Kaye Young, Brodhead, daughter of Fred Young. FCCLA, 3 yrs.; officer 1 year; UNITE, 3, officer 1 year; HOSA, 1; FCA, 3; accepted to the NOVA Program at EKV.

Congratulations Class of 2014



**Coffey &
Ford, PSC
Attorneys At Law
Willis Coffey and
John D. Ford**

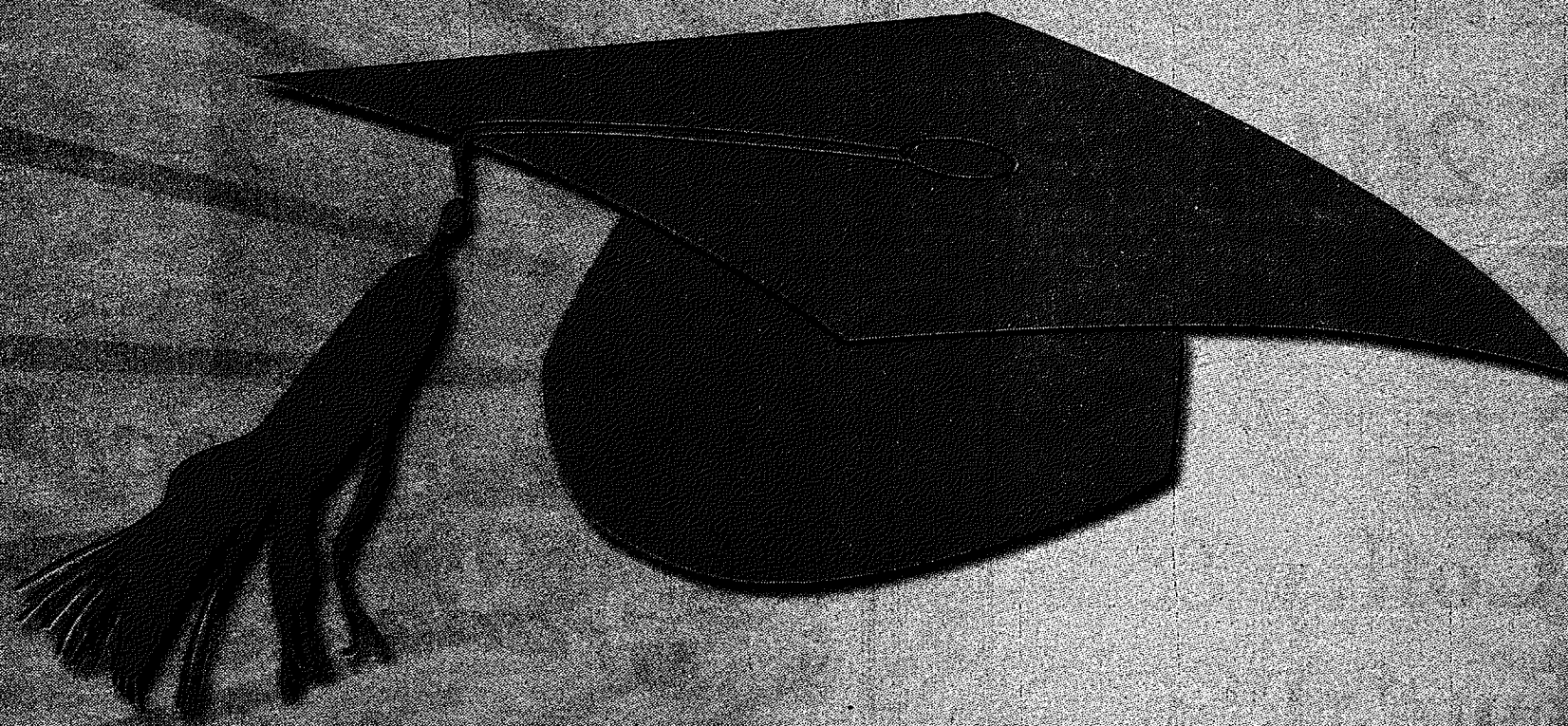
Tracy Mink • Nicole Nicely



Congratulations RCHS 2014 Graduates!!

Mayor Mike Bryant and Carol
wish you all the best in life!
We pray that God blesses you
and keeps you safe always!

CONGRATULATIONS Class of 2014



**ROCKCASTLE
REGIONAL**
HOSPITAL RESPIRATORY CARE CENTER