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Reconstruction was started last Friday on the Dix River Bridge that was condemned in Brodhead. Contractors hope to have the bridge reconstructed by the beginning of August. The bid for the reconstruction project was awarded to K and K Construction of London for \$540,750 and the emergency funding to reconstruct the bridge was provided by the KYTC Rural and Secondary Roads Program.

Brodhead Council discusses sewer and blacktopping issues

By: Doug Ponder Several items of business were discussed at the monthly Brodhead Council meeting Monday night, including the city's current sewer and blacktopping issues.

Councilman Ronnie Cash started the meeting by informing the council of a grant/loan opportunity from the Kentucky Infrastructure Authority to repair the city's. sewer system. Councilman Rockcastle River Day in

Cash said they city received \$1.2 million with \$600,000 a letter of invitation about of the funding as a grant and

the possibility of receiving the other \$600,000 of the

Citizens Bank's **Rockcastle River** Day is Saturday

Citizens Bank is the official sponsor of this year's

Local man arrested after taking his son from his ex-wife

Livingston and the day is chock-full of activities.

The event will be held at the ford of the river, just south of the Livingston city limits and the ford will serve as the location of the canoe, tube and kayak launch area. The day begins early with registration at the Livingston Volunteer Fire

funding as a loan with a .75 interest rate.

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Councilman Cash said that the council needed to approve the invitation to accept the KIA grant/loan. Councilman Cash said once the invitation is approved, the KIA will analyze the city's financial situation by doing a credit check, water/ sewer rate study, etc.

Councilman Cash went on to say that the council could decline to accept the

50 per copy Thursday, July 17, 2014 Reconstruction begins on closed **Dix River Bridge**

By: Doug Ponder Contractors have recently started reconstructing the condemned Dix River Bridge in Brodhead.

Kentucky Transportation Cabinet Information Officer Amber Hale said contractors started working on the bridge last, Friday and they hope to have the bridge reconstructed by the beginning of August.

Contractors hope to have the project completed in three weeks," Hales said. "But that deadline might be pushed back depending on the weather.

Hale said the bid for the reconstruction project was awarded to K and K Construction of London for \$540,750. She said the emergency funding to reconstruct the bridge was provided by the KYTC Rural and Secondary Roads Program.

replacing the main deck structure of the bridge. However, she said some other parts of the bridge will not have to be replaced.

"The bridge deck structure will obviously have to be replaced," Hale said. "But some of the pillars and other minor parts of the bridge won't have to be replaced because they are still in good condition."

Hale said the Dix River Bridge was condemned by KYTC engineers on November 8th during a routine inspection when they realized the bridge's center box beam had severely decayed and that it posed an immediate threat to motorists, She said KYTC Engineers also asserted that if the bridge was left open it could collapse at any given time. After the Dix River

Bridge was condemned,

(Cont. to A8)

Hale said contractors are **Cameras to be installed**

on Livingston Main Street ing attended by newly ap-At their regular monthly meeting Monday night, pointed commissioner Livingston Mayor Jason Charlene Newcomb. Mrs. Medley told commissioners Newcomb replaces former that surveillance cameras commissioner Allen would be installed on Main Newcomb who resigned re-Street, compliments of Matcently

Medley also told the commissioners that a prescription drug drop off box would be installed in city northern end of Main Street.

(Cont. to A8)

Monday storms cause damage in Rockcastle

thew Green. Green is a

farmer in the area who plans

to open an organic feed store

in the Bales property on the

This was the first meet-

By: Doug Ponder A local man was arrested. Tuesday night after unlawfully taking his five-year-

Indictments returned

Rockcastle Four countians and two from Lexington were named in indictments returned by a Rockcastle County Grand Jury on Friday, July 11th.

Jennifer Fletner, 35 of Sally J Road in Mt. Vernon was indicted on two counts: possession of a controlled substance and theft of a controlled substance.

Her bond was set at \$25,000 cash/property.

Brett C: King, 32 of Rio Dosa Drive, Mt. Vernon was indicted on two counts of possession of a controlled substance,

His bond was set at \$20,000 cash/property.

Raymond J. Carpenter, 33, was indicted on a charge of criminal mischief involving an incident at Anchor Packaging in March of this year, when Carpenter allegedly stole copper wiring damaging property belonging to Rockcastle Fiscal Court.

Carpenter's bond was set at \$42,500 cash/property. Earl M. Miller, 51 of Mt. Villa Apartments, Mt. Vernon was indicted for assault, third degree upon Officer Adam Stallsworth of the Mt. Vernon Police Department and alcohol intoxication.

old son from his ex-wife Monday afternoon at a residence on Lambert Road in northern . Rockcastle County.

Arrested at the scene was Stevie Ray Saylor, 29, of Berea.

According to state police reports, Saylor and his exwife had a verbal argument Monday afternoon in the driveway of a home on Lambert Road. Saylor then reportedly rammed his exwife's vehicle several times and allegedly almost run over his ex-wife with his vehicle.

After the incident, Saylor drove off with his five-yearold son and another sixyear-old girl in his vehicle.

Saylor fled the scene in a red Jeep Cherokee. Officers searched for Saylor and the two children for approximately twenty-four hours before Saylor brought his son to the child's grandmother's residence on Paint Lick Road in Berea on Tuesday afternoon, The boy's grandmother informed police and the son was reunited with his mother moments later.

However, Saylor fled the residence on Paint Lick Road and remained "at large" with the six-year-old girl until Tuesday night when Trooper Scottie Pennington received information that they were both. at a residence on Sweetwater Road in Conway.

Once Pennington arrived at the residence, he arrested

(Cont. to A7)

(Cont. to A8)

Department for the the Wildcat Mountain Triathlon at 7 a.m. The actual event will begin at 8 a.m. and will consist of four miles of kayaking, running and biking over Wildcat Mountain, a total of over 12 miles.

From 10 a.m. to noon, the biggest fish contest will be held, followed by kids swim time on tubes donated by the City of Livingston. Lunch - hot dogs and hamburgers - will be for sale (Cont. to A8)

By: Doug Ponder A severe storm system moved across southeastern Kentucky Monday afternoon bringing thunderstorms, heavy rains, high winds and hail to Rockcastle County.

During Monday's storm, the National Weather Ser-, vice reported wind gusts up to 60 mph with quarter inch size hail in several areas of Rockcastle County. The National Weather Service also reported 2.26 inches of rain in Mt. Vernon, ,88 inches of rain in Brodhead, 2.12 inches of rain in Livingston, 2.08 inches of rain in Climax and .58 inches of rain in the Roundstone community.

CSEPP Director Hal Holbrook said Rockcastle 911 received several reports of downed trees and limbs in areas in southern Rockcastle County, including Calloway, Pine Hill and

Livingston. He said both state and county highway crews were busy Monday. afternoon clearing downed trees and limbs from the roadways in those areas.

Holbrook said they also received a few reports of structure damage to homes because of the downed trees, fallen tree limbs and high winds. However, he said no one was injured in

(Cont. to A8)

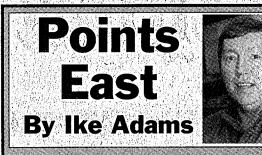


A severe storm system brought thunderstorms, heavy rains, high winds and hall to Rockcastle County Monday afternoon. The National Weather Service reported wind gusts up to 60 mph with quarter inch size hail in several areas of Rockcastle County. They reported 2.26 inches of rain in Mt. Vernon, .88 inches of rain in Brodhead, 2.12 inches inches of rain in Livingston, 2.08 inches of rain in Climax and .58 inches of rain in the Roundstone community. The above photo shows workers removing a tree that fell on U.S. 25 between White Star and the city limits of Livingston.

The second se



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Somewhere, out in California, there's an old Spanmonastery, ish Sansomething-or-other, I've read about where all the locals have a big festival every year to celebrate the return of a huge flock of swallows that once came there to nest every summer. Apparently the birds gave up on the place about 200 years ago, after deciding that neither monks nor California were all that they were cracked up to be. Or maybe the monks painted the stucco a color they didn't like.

Nobody knows for sure why the swallows stopped, coming back but there is a lot of speculation that one of the good friars may have sneaked around and talked a seed company into shipping him one of the thousands of varieties of vegetables that it's illegal to grow in California. It's remotely possible that the birds all became sterile and subsequently extinct, after eating bugs that had eaten. Giant Syrian tomatoes that it's against the law to grow in California.

Nobody knows for sure but Californians are a suspicious bunch about everything except electing governors. From what I can tell, Californians tend to cast their votes for politicians based on their fruit cake recipes; the more nuts, the better. Unfortunately, that's another one of those California fads that has caught on nationwide.

But this column did not start out with any intentions of picking on Californians and politicians. It's just that once I get started it's so easy and so much fun, that I have to force myself to stop. Because the column was supposed to, and may yet be, about swallows coming home.

tan and brown speckled egg and my wife's maternal in-

stincts kicked into high gear. If In short order, she laid two do more eggs. 00 / While the swallow's nest

may have destroyed any chance a photograph of Loretta's front porch might. have dad of being on the cover of Better Homes and Gardens' or Southern Living, I do have to hand it to her: my wife showed way more than simple tolerance for the mud pile.

Dusky black. with splotches of brownish orange on their throats and chest Barn swallows are incredibly fast, agile, sleek, and ultimately beautiful creatures. Every morning, late afternoon, and just before a rain the entire flock of more than 30 puts on an aerobatic show as they go about snatching mosquitoes and moths out of thin air in the fields surrounding our place.

No airplane ever made, or other bird species I have seen, can even come close to matching a barn swallow's in-flight antics and maneuvers. They frequently whiz through our front porch, barely dodging the ceiling, hanging flower baskets and swing chains even while we're sitting in it and they come so close that we can feel the wind draft off their wings on our faces. Sometimes I even try to see if I can smell the fuel burn from their after-burners when they accelerate off the end of the porch.

Anyway, it seemed like no time, even though it was over two weeks, before the eggs turned into little globs of fat with bulging heads and eyes. If you saw something that ugly and it weighed 200 pounds or so, you'd have nightmares for the rest of your life.

The nest was almost di-



Adventures in Laying Linoleum Dear Journal,

We have dreaded it for a long time, but it had to be done. The peel-and-stick tile on the kitchen floor had gotten worn-looking and we had hidden most of them with a big rug. Now the rug was looking bad. The dreaded time had finally come for new linoleum.

I had gone to Lowe's a few weeks ago and selected a nice-looking piece of linoleum. It was impressive, so I thought, looking like a hardwood floor. It would be easier to care for than hardwood, as well. After the proper length was measured and cut, I called Stanley to come with the Explorer to pick up our new flooring. Step one was complete.

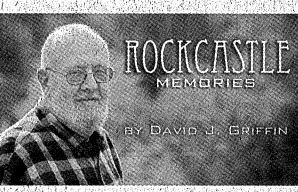
We got the linoleum home and wrestled it to the front porch, along with some other stuff that I got. Yes, I got some plants. We all know my history with them, but I never learn.

The linoleum lay out there on the porch for days, waiting for us to have time and work up the nerve to begin the project. You see, we thought we could be crafty and do the project ourselves.

This past weekend, we decided the time had come to begin. It started by moving furniture in the office and living room to allow for the various kitchen appliances to be temporarily stored there. We wrestled the stove, refrigerator, a chest type freezer, and an antique dish cabinet to the space we had created for them, Who could fail? We had bought some gliders at Lowe's as well to put under

(Cont. to A4)

:00



Smith and Wesson Bodyguard

When I was a young boy, my Dad (Hobe Griffin) was the manager of the Mt. Vernon Hotel located on Main Street. His duties included renting rooms to travelers, and many of whom came through Rockcastle County in the middle of the night. On weekends, I occasionally stayed with Daddy, which enabled me to witness his. dealing with strangers who needed to rent a room for the evening.

Sometimes the renters wanted to finagle with Daddy for the price of the room. But he was very adamant about the price, and sometimes he simply replied, "Either you want a room or you don't. The price

is always the same. Now do you want the room or not?" If that person wanted to continue to argue, Daddy displayed his Smith and Wesson 38 Special – and off they went out the door. This was his standard operating procedure.

It was known by most that Daddy always carried his pistol in his back pocket, no matter where he was going. (In those days, there was no provision for a "Concealed Deadly Weapons License," which did not become a Kentucky law until 1996.) I don't think I ever saw him without his weapon. It was just part of who he was. I didn't really understand why he needed to be "packing" all of the

(Cont. to A4)

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Iwo summers ago, a flock of about 2 dozen barn swallows converged on our front and, before we knew. what was going on, they constructed a nest made of clay mud, twigs, soft straw and discarded down-feathers on top of our bedroom window frame. In the rapid construction process they, splattered mud all over our window and the exterior siding around it. They made a terribly ugly mess on the wall and left two adult swallows making themselves at home, both on and in it.

Before Loretta could tear it down, however, Mama swallow laid a very small

rectly over my head, no more than'4 feet away when I sat in the swing; something I am prone to doing for several hours each day, come rain or shine, when the weather is warm enough to be outside. As the three little baby birds commenced growing and sprouting feathers, they would perch on the outside edge of the nest and impatiently gawk, with beaks wide open, while Mom and Pop kept up a daylong labor of capturing all manner of grasshoppers, moths and other flying insects to pop into their ever -

(Cont. to A4)

Our Readers Write

Gratitude...

Dear Editor, I write to express the Rockcastle Republican Party's gratitude for the recent visit by the first candidate to file for Governor in the 2015 GOP primary and to the local Kiwanis Club for hosting the candidate. We can all appreciate when those seeking public office

bring their message directly to us. We expect that Mr. Hal Heiner from Louisville will not be the only Republican to run for Governor, and in fact, a well known Republican, Agriculture Commissioner James Comer, is rumored to be poised to announce shortly.

It's going to be an exciting primary and I know we will select a nominee who will take our message to victory over Jack Conway, or whichever liberal democrat, we face in November 2015. For the conservative

cause, Travis T. Burton Chairman, Rockcastle Republican Party

Alount Dernon Signal Publication Number 366-000 Periodical Postage Paid in Mt. Vernon, Ky. 40456 606-256-2244 Published every Thursday since November, 1887. Offices in the Mt. Vernon Signal Building on Main Street in Mt. Vernon, Ky. 40456, Postmaster, send address

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Mount Vernon Signal • Thursday, July 17, 2014 • Pg. A3





Luster **Bullock**

Luster Bullock, 88, of Somerset, died Wednesday, July 9, 2014 at the Rockcastle Regional Hospital. He was born July 8, 1926 in Hansford, KY, the son of the late Lando and Jannie Bea Bullock. He was a retired heavy equipment owner/operator, former Rockcastle Co. Road Supervisor, mail carrier, farmer and loving husband, father, and grandfather (Pa). He enjoyed playing and writing music in his younger years, loved farming and watching TV with Hanna, and Gracelyn, and was a great story teller. He also enjoyed his fellowship with his brothers and sisters in Christ, and was a member of the Blue Springs Church of Christ.

Survivors are: his loving wife of 66 years Helen Bullock; one daughter; Teresa Bullock (Dennis) Welles; one grandson, Bryan Leeann Welles; two great granddaughters, Whitlee and Ashtyn; and a very special nephew, Stanley Chaney, all of Somerset; two very special nieces, Hannabeth and Gracelyn of Crab Orchard; two sisters, Bessie Poynter and Walker of Somerset, and Betty Bullock of Mt.Vernon; one brother, Russell Bullock and Ruby of Loveland, OH; and many nieces, nephews, and brothers and sisters in Christ also survive.) Besides his parents he

was preceded in death by: one grandson, Brandon Welles of Somerset; five



Shirley Ann Faulkner

Shirley Ann (Thomas) Faulkner, 65, of Livingston, (Sandhill) died Tuesday, July 8, 2014 at her residence. She was born March 8, 1949 in Sand Hill, a daughter of the late Emmett and Wilma Faulkner Thomas. She found great joy in sewing and crafts, baking and fishing. She was a longtime member of Sand Hill Baptist Church.

She will be lovingly remembered by: her husband, Noah Faulkner of Sandhill; her children; Stacy (Linda) Faulkner of Manchester, Tracey Fraulkner, Casey (Jennifer) Faulkner, and Jeremiah Faulkner, all of Sandhill, and Jake (Leslie) Faulkner of Brodhead; her grandchildren, Latosha, Adam, Ashley, Richard, Tiffany, Madison and Ava; her brother, Billy Thomas_of Sandhill; her sister, Sheila, (Charles) Collins of Sandhill; and a host of nieces/ nephews, friends and neighbors.

Besides her parents, she was preceded in death by a brother, Ralph Thomas, and sister, Carol Blackburn .

Funeral services were conducted/Friday, July 11, 2014 at Sandhill Baptist Church with Bro. Tommy Miller officiating. Burial was in the Sandhill Cemetery.

Casketbearers were: Stacy Faulkner, Jacob Faulkner, Casey, Richard Sandlin, Adam Smith and Jeremiah Faulkner.

Expressions of sympav may be made in the form



Hazel Irene Collins

Hazel Irene Sowder Collins, 87, of Pine Hill, died July 15, 2014 peacefully in her sleep at the UK Hospital. She was born in Harlan County on May 26, 1927 to William and Charlotte Baker Sowder. She was married to the late George Collins on January 31, 1946, they were married 57 years. She was a homemaker who was faithful to visit the sick and elderly and a co-founder and dedicated member of the Pine Hill Holiness Church.

She is survived by: her five children, Jesse Collins of London, Raymond (Magdalene) Collins of Pine Hill, Clifford (Patricia) Collins of Pine Hill, Pauline (Ronald) Warf Maretburg, and Donnie (Carol) Collins of Pine Hill; 15 grandchildren, Natasha Collins Taylor, Darrell Collins, Janet Collins Kirby, Regina Collins Laws, Rhonda Collins Lunsford, Michael Collins, Becky Warf Smith, Sheila Warf Bentley, Mathieu Warf, Stephanie Collins Hines, Amanda Collins Helton, Adam Collins, Crystal Jones Brookshire, Bryan Jones and Jennifer Jones Carr; 21 great grandchildren; one great greatgrandchild; and a special niece, Hazel Parker and family.

She is preceded in death by: her parents, her husband; a son, Robert Eugene Collins; a daughter, Joyce Ann Collins Jones; six brothers; and two sisters.

Services will be con

Alice Faye Cromer Alice Faye Cromer, 61

of Mt. Vernon, wife of Larry Randal Cromer, died Tuesday, July 15, 2014 at the

Rockcastle Hospital. Arrangements are incomplete at this time and have been entrusted by the Marvin E. Owens Home for Funerals and will be announced at a later date. www.marvineowendfimeralhome.com

William Earl "Billy"

Thomas William Earl "Billy"

Thomas, 67, of Sand Hill, widow of Geraldine Thomas, died Sunday, July 13, 2014 at the Rockcastle Regional Hospital. Funeral services were

conducted Wednesday, July 16, 2014 at the Dowell & Martin' Funeral Home Chapel by Bro. David Carpenter. Burial was in Sand Hill Cemetery.

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

Visit www.DowellMartin.com to view online obituary.

William Matthew Holt

William Matthew Holt, 57, of Livingston, died Súnday, July 6, 2014 at UK Medical Center in Lexington. He was born in Mt. Vernon on May 26, 1957 the son of William Gene and Ruth Adams Holt.

He is survived by: one son, Jeremy Matthew Holt of Mt. Vernon; one daughter, Ruth Ann Holt of Dayton, OH; and three brothers, Douglas Wayne Holt of Livingston, Terry Gene Holt and Jonathan and Melissa Ann Holt, all of Dayton, OH. Also surviving is one. grandchild, Matthew Holt. In addition to his parents, he was preceded in death by one brother, Garry Warren Holt.

Graveside services for were conducted Saturday, July 12, 2014 in Red Hill Cemetery.

Arrangements were by Dowell & Martin Funeral Home.

Please visit www.DowellMartin.com to view online obituary.

Anthony Lane Ennis

Anthony Lane Ennis, 42 of Cerro Gordo, NC, died Saturday July 5, 2014. He was born September 17, 1971 in Danville and was a meat cutter.

Surviving are; his daughter, Jessica Hope Ennis of Conway; his son, Wayne Register of Raleigh, his wife, Melissa Ennis of Conway, his mother and stepfather, Loretta and Robert Edwards of Cerro Gordo. 2 sisters, Rachel Ennis Benton and her husband Mark of Cerro Gordo, Robin Edwards Thompson and her husband Jeremy of Evergreen; a nephew, Timothy Benton of Cerro Gordo; a niece, Emily Benton of Cerro Gordo and his grandson, Hunter Register. Also he is survived by numerous aunts, uncles and cousins.

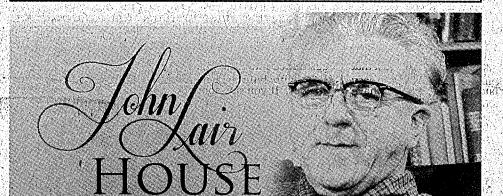
He was preceded in death by his father, Gregory Lane Ennis.

Funeral services were held Tuesday, July 8, 2014 at Meares Funeral Home with Rev. Perry Cribb officiating. Burial was in Edwards Cemetery.

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.



brothers, Lester, Monroe, Billy, Ben, and Glen Bullock, and one sister, Janet Kay Bullock McClure.

Funeral services were conducted Saturday, July 12, 2014 at the Cox Funeral Home with Bro. Marcus Reppert and Bro. Arnold Larkin officiating. Burial was in the Bullock/Welles Cemetery.

Pallbearers were: Bryan Welles, David Owens, Steven Gastineau, Jamie McClure, Kyle Wethington, and Larry Bullock.

View the complete obituary, sign the guest registry, or send condolences to the family online at www.coxfuneralhomeky.com.

Card of Thanks

Shirley Faulkner To our friends, family and loved ones:

The family of Shirley Faulkner would like to say thank you to everyone who kept our family in their thoughts and prayers during our time of sorrow.

We also want to show appreciation to all who brought food, sent flowers and gifts and gave donations toward the funeral expenses.

Our family wants to extend a special thank you to Marvin and Judy Owens and all their employees, Coy and Hazel Kirby, Pastor Tommy Miller and wife, Sharon and all the members of Sand Hill Baptist Church, and Friendship Valley Baptist Church for everything.

It is impossible to, express to everyone how much we appreciate all that was done for us.

All we can say is thank you and may God bless you. Tiffany and Noah, Jeremiah; Stacy and Linda; Tracy and Madison; Casey and Jennifer; Jacob, Leslie and Ava; Latosha and Adam and Ashley and Richard

of contribution to the Shirley Faulkner Burial Fund, P.O. Box 658, Brodhead, KY. 40409: Condolences may be made to her online registry at

www.marvineowensfuneralhome.com

Cemetery. Notices **Piney Grove**

If you would like to donate money for mowing, send to Piney Grove Cemetery, 16 Silver St., Brodhead, Ky. 40409

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.

Scaffold Cane

Donations may be mailed to Avia Brock, 602 Old U.S. 25 N, Berea, Ky. 40403

Negro Creek

Cemetery Anyone wishing to donate should send to: Monticello Banking Co. Trust Dept., 475 East Hwy. 80, Somerset, Ky. 42501.

Cemetery Notice

The Bryant-Bullock Family has taken great pride in maintaining the cemetery where our families and ancestors are buried. If you would like to contribute to the mowing, please mail to: Sandra Bullock Miller, 430 Halcomb East Road, Orlando, Ky. 40460.



ducted at the Pine Hill Holiness Church on Friday, July 18, 2014 at 1 p.m. by Pastor Chris Davidson. Brother Jasper Carpenter and Brother Tommy Hogue. Interment will be in the Collins Family Cemetery on Piney Branch Road.

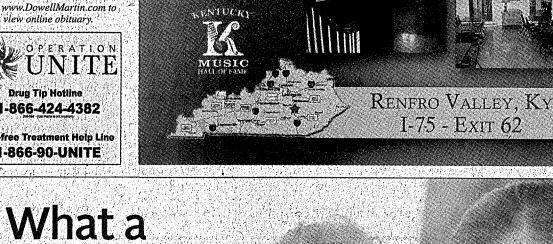
Friends may call at the church (today) Thursday, July 17, beginning at 6 p.m.

Pallbearers will be her five grandsons and Bill Parker.

Funeral arrangements are by Dowell & Martin Funeral Home is in charge of arrangements. Visit www.DowellMartin.com to view online obituary



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The John Lan House - This history

tamily reunions, meetings, etc.

home is available to real for reception

difference a day makes.

Some days, even the heartiest of our elderly loved ones need a little help. Horizon Adult Health Care is an adult day center offering everything from attentive health care and medication monitoring to field trips and recreational activities. Socialization can do wonders for your well-being. Maybe it's time to see what a difference adult day health care can make for you or your loved one.



Wayne Stewart Health Care 439 Jerri Ln, Mount Vernon, KY 40456 (606) 256-0595 www.ForHorizon.com

Gall Today Motteand

I-75 - Exit 62

Iron deficiency anemia

By: Jerrica Brummett When thinking about personal wellness, individuals usually focus on limiting caloric intake, incorporating regular exercise, or simply avoiding sweets and high fat foods. While all of these are great ways to take care of our bodies, there is so much more to personal wellbeing. Taking in the appropriate macronutrients and micronutrients is an important way to stay healthy and feel great.

One specific micronutrient that many people in the world are deficient in is iron. This mineral helps to form red blood cells which carry oxygen from the lungs to muscles and tissues and carry carbon dioxide (waste) away from our muscles and tissues. Iron Deficiency Anemia is condition in which the red blood cells are lacking the iron rich protein known as hemoglobin. Hemoglobin is the part of the red blood cell

that transports iron.

Side Effects of Iron Deficiency Anemia include: *Delay in normal in-

fant motor and mental function we wanted *Increase risk for low

birth weight or preterm birth during pregnancy.

*Can cause fatigue and affect memory in teens and adults.

This is a cause for concern for everyone, but we tend to see it most often in infants, children, and women. This is because iron needs increase during times of rapid growth, pregnancy, and when an individual has blood loss (such as during a-menstrual cycle or if a person has stomach₁ or intestine conditions). ad an of the

Prevention In most cases, iron deficiency anemia can be & ing a huge appliance by hersolved through proper diet. This means taking in iron rich foods like meat, poultry, and fish (heme iron). It's also possible to

get iron from non-heme sources such as fortified cereals, beans, and leafy greens like spinach. However, non-heme iron requires heme iron and/or vitamin C rich foods like, bell peppers to absorb efficiently.

Taking antacids excessively can reduce iron absorption. Also excessive tea, coffee, cola, and dairy products can hinder iron absorption. For more information on iron, visit the US National Library of Medicine at http:// www.nlm.nih.gov.

"Journal"

(Cont. from A2)

the corners of the appliances to allow easy movement. Stanley reasoned that they must work, as the box pictured a petite woman movself. We should have gotten her to help, seeing her previous success.

We carried the linoleum inside to the kitchen and began to roll it out. There wasn't a lot of trimming to do, but on one end of the room, there needed to be some patching as the linoleum wasn't wide enough. Then, if things weren't going bad enough, I decided to do some spray painting of the appliances to make them nice and new-looking while Stanley worked with the linoleum. I had gotten some special enamel spray paint at Lowe's, of course, and after washing the appliances, I applied the paint. The windows were open with the ceiling fan going, but it wasn't enough ventilation. I got very nauseous

and dizzy, and Stanley got short of breath and had chest congestion with irritation. I was scared to death for our pets.

We had done all we could for the day, so we quit and rested. We left the appliances in the office, even the stove so I couldn't cook. It was a shame. We had to eat out Friday night and Saturday with only snack stuff on Sunday.

Sunday came around and we moved the appliances back into place along with everything else. We even washed the walls. By late afternoon, it began to look like a kitchen again.

That job is over for a few years now, and we are certainly glad. It may be the last adventure in laying linoleum before we have to go to the "old folks home". Jobs like this will send us a little sooner than we thought.

"Memories" (Cont. from A2)

time. But the pistol was part of the man.

I have always owned firearms - mostly shotguns for hunting. I did not own a pistol until I was living in Mt. Sterling while teaching at Mt. Sterling High School. Even then, I never took the revolver outside of my home. It remained in a drawer in case of an emergency.

After I retired as a high school chemistry teacher in 2003, I began a second career working as a reporter and photographer for the Powell County Clay City Times. Some of my duties included covering news events, such as fires, drug arrests, breaking and entering, and a litany of other stories. It became evident that I often was in situations in which I should be considering some manner of protecting myself if needed. So I decided to take our commonwealth's Concealed Weapon's course.

The class is an eight-hour training, including firing a pistol at a life-sized, humanshaped target. To pass that portion of the course, each individual has to hit the target 11 out of 20 attempts. The instructor knew that I was a former teacher, so he said, "Let's let the teacher go first." I walked up to the firing range and proceeded to hit the target eleven times in my first attempt. I then asked, "Since I have already passed the firing portion of the course, can I now shoot from different positions?" His answer came with a small laugh and a twinkle in his eye – "Yes, you may." I completed the course by hitting the target a total of twenty times. After receiving my certification, my wife bought me a pistol that I had been wanting for some time. For one of my Christmas presents, she purchased a Smith and Wesson Bodyguard 380. It has a clip that holds six cartridges. It is very small and fits neatly into my back pocket – just like my Daddy's. The first time I went out in public, I thought to myself, "I have become my father." Now I have my weapon with me nearly all the time. It just makes me feel just a bit safer in this crazy world in which we now live. Now my wife wants to take the class, and I will be happy when she does

A few months ago while was watching TV, the news presented video of a man with his wife and small daughter who was driving a SUV when some characters stopped and surrounded the automobile and pulled him from the front seat, beating him severely. I told my wife, "I am so glad that I now have a license to carry a concealed weapon." I certainly hope that I never have to remove my Bodyguard from my pocket - but I'll bet that Daddy would be proud

of me. Y (You can reach me at 1) themtnman@att.net or you can drop me a line at P.O. Box 927 -Stanton, KY 40380. I appreciate your suggestions and comments.

"Points East"

(Cont. from A2)

starving mouths. I named them The Three Amigos because both they and their parents made good

company during my solitary, porch swing sitting. Almost immediately after a feeding, the just-fed Amigo would turn backwards and poop on the window. My

camper. It's a much longer story, which, in fact, I've written here before, but in short order The Three Amigos fledged and gone to wherever swallows go when they leave the nest.

Loretta demolished the nest and spent half a day cleaning the wall and window. Last summer when the flock arrived to build another nest, she was waiting for them with the water hose and they soon gave up the effort. They didn't even try this year.

However, over the last several weeks, three adult swallows have taken to stopping when they fly through the porch. They usually sit shoulder to shoulder on the back of the swing and try to stare me down for a couple of minutes, or they simply grab hold of the swing chains and pause long enough to catch their breath. Sometimes they simply hover and grab hold of the top of the window frame.

I am absolutely and totally convinced, beyond a shadow of doubt, that it is The Three Amigos. This is, after all, the season for homecomings and reunions. And just like us, when we go, back to a family reunion, (The Three Amigos now realize that the old home place has been torn down but this is exactly where it used to be and it was a wonderful. old place to be born and raised.

wife was not a happy **Rockcastle Community Bulletin Board Sponsored By Cox Funeral Home** Family Owned & Operated Since 1907 80 Maple Drive, Mt. Vernon, Ky. Ph. 256-2345 Toll Free 1-888-825-2345 • 24 Hour Obit Line 256-5454 www.coxfuneralhomeky.com **Bookmobile Schedule** Mon., July 21st: Spiro, Level Green, Willailla. Tues., July 22nd: Ottawa and Bee Lick. Wed., July 23rd: Cave Valley Apartments and Brindle Ridge. Kindergarten Parent Meeting

Parents of incoming Brodhead Elementary kindergarten students are invited to attend an informational meeting on Thursday, August 7th at 6 p.m. at BES. This meeting is for parents only and is to discuss changes due to the new all day kindergarten program. Please make arrangemets to attend without your children. Children 'are encouraged to attend Back to School Night on An

Back-to-School Night

Brodhead Elementary will host Back-to-School Night on

Monday, August 11th from 4 to 7 p.m. Parents and stu-

gust 11th with their parents.

Daisy Mae's **Garden Center and Produce** Located behind Wendy's **Now Selling Mulch** • 3 Kinds of Mulch • Red and Black - \$24.00 Scoop Natural - \$19.00 Scoop • River Rock • \$30.00 Scoop

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Let YOUR Voice Be Heard

Please join us in a Community Discussion regarding the Face of Aging, Aging

Services and Long Term Care. Don't let your community go without a voice. Please let us know your thoughts on what changes need to be made and how we can better assist the needs of your community.



Laurel Co. Older Persons Activity Center July 8th 1:00-3:00pm London July 9th 1:00-3:00pm Harlan Harlan Co. Senior Citizens Center July 23rd 2:00-4:00pm Rockcastle Health and Rehab Center Brodhead July 24th 2:00-4:00pm Barbourville, Barbourville Health and Rehab Center

Hosted By: Cumberland Valley Area Agency on Aging and Independent Living For Directions or Further Information, Please Calk: 606-864-7391

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BIG ON COMMITMENT.

KENTUGKY FARM BUREAU

dents are invited to attend to meet teachers, visit classrooms and tour the school. **Class of 1999 Reunion** The RCHS Class of 1999 will hold their 15 year reunion

on Saturday, August 2nd from 7 to 11 p.m. at Gillum's Sports Lounge in Richmond. For more info, call Courtnie at 859-979-1453.

Mt. Vernon Council Meeting

The Mt. Vernon City Council will hold their regular meeting Monday, July 21st at 7 p.m.

Gum Springs School Reunion

The Gum Springs School Reunion will be held at the Pongo Fire Station on Saturday, July 26th, beginning at noon. Everyone attending Gum Springs Grade School is invited to come and enjoy old times with old friends. A collection will be taken for use of the fire station that day. Please bring a covered dish. Hot dogs and buns and paper products will be provided. Please mark your cal-endar for July 26th at noon. Hope to see you there.

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 provided. The cost is \$16 per person in advance and \$20 at the RSVP 606-308-4044 door. to rchs2004classreunion@gmail.com or send check to: Reunion, P.O. Box 185, Mt. Vernon, Ky. 40456 made out to Allison Carney, Special Acct.

Class of 1987

The Class of 1987 has scheduled a reunion for September 20, 2014. The cost is \$20 per person. Please mail check or money order to RCHS Class of 1987, P.O. Box 114, Crab Orchard, Ky. 40419. Deadline is August 9, 2014. If you are a member of this class, we would love to hear from you soon. Please call Donna at 606-453-2469 or Vickie at 606-308-4750

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 Tommy Hodges invites all Rockcastle veterans to join this organization that honors American soldiers, sailors and airmen.

Mount Vernon Signal • Thursday, July 17, 2014 • Pg. A5

Hall of Fame included in Arts Council awards

Hall of Fame and Museum is included in an award from the Kentucky Arts Council's \$1.4 million in operating support to 96 arts organizations across the Commonwealth for the 2015 fiscal year, through its Kentucky Arts Partnership (KAP) program.

KMHF will receive \$4.986.

The KAP program provides nonprofit arts organizations with unrestricted operating support to ensure that year-round participation in the arts is available to the people of Kentucky.

"KAP organizations are the backbone of the state's arts infrastructure and primarily provide arts services and) programs directly for the benefit of the public," said Lori Meadóws, executive director of the arts council. "These arts organizations provide many

<u>At Artisan Center</u>

Polymar clay jewelry demonstration in Berea

On Saturday, July 26. BSpoken Design jewelers James Rich and Diana Smith Thomas, of Georgetown, will demonstrate their polymer clay jewelry from 10:30 to 3:30 at the Kentucky Artisan Center at Berea.

BSpoken Designs is the artistic collaboration of James C. Rich and Diana Smith Thomas. Rich is an artist and designer with a masters degree in architecture. With design and color as his forte, Rich translates his drawings and pen and ink studies into colorful polymer clay. Using a variety of colors, he constructs intricate polymer clay "canes". A "cane" is a rod made up of two or more colors, layered into a pattern that when cut invalo cross-section, reveals a pattern.

Smith Thomas, a Berea College graduate, discovered polymer clay and jew-

are folded, cut and joined to create necklace pendants, earrings and pins. Her designs are built upon her lifelong love and collection of jewelry.

Jewelry by BSpoken Designs is regularly available at the center, located just off Interstate 75 at Berea, Exit 77. The center's exhibits, shopping and travel information areas are open daily, year-round, from 9 a.m. to 6 p.m., with the cafe open from 9:30 a.m. to 3:30 p.m. Admission is free.

The center currently features works by more than 700 artisans from more than 100 counties across the Commonwealth. A gallery exhibit, "Repurposed & Recycled: Works by Kentucky 'Artisans," is on display through Sept. 6; and in the lobby, "Kentucky Bourbon: Distillation and Inspiration," is on display through Nov. 16.

The Kentucky Music under functions in the communities where they are located, including arts programming and resources, arts education and opportunities for residents to directly participate in the arts."

> The competitive grants. are awarded annually. Organizations that will receive funding for the 2015 fiscal year are listed by county below:

The Kentucky Arts Council, the state arts agency, creates opportunities for, Kentuckians to value, participate in and benefit from the arts. Kentucky Arts Council funding is provided by the Kentucky General Assembly and the National Endowment for the Arts.

For more information about the Kentucky Arts Partnership program, visit the arts council online http:/ /artscouncil.ky.gov/Grants/ KAP.htm.

A close friend prepared to board a charter boat with his family for a fishing excursion while on a Florida vacation several years ago. His mother brought along some bananas for a between meal snack.

Kentucky Afield Outdoors

The captain of the boat adamantly said those bananas were not coming on his boat. My friend's mother, perplexed, offered mild protest. The captain told her: "Put them on that hook over there. Believe me; they'll be here when you get back."

The presence or consumption of bananas is universally regarded as inviting terrible luck to a boating or fishing trip, especially among captains of charter fishing boats. The origin of this superstition' begins with the sea, often a dangerous, mysterious place. Any of us who've experienced boat trouble knows the unique feeling of helplessness of drifting in the wind on a boat with a dead motor, hoping someone comes by and tows you back to the ramp.

This kind of atmosphere is ripe for breeding superstition. People emotionally

invested in an outcome, but

powerless to affect it, such:

as a ball game, horse race

or making a fish bite, bend

toward superstition. Being

in a broken down boat

without the knowledge or

tools to fix it is a similar

Bass tournament anglers

feeling.

long voyages across the sea Eventually, the un-

wanted travelers escaped from the bananas and the ship grew infested with insects, spiders or snakes, some of them poisonous, The crew associated the pests with bananas and they became bad luck. Ship captains also abetted this belief by spreading rumors of bananas being bad luck so the crew wouldn't bring the bananas and, therefore the pests, aboard. Fulton, Kentucky con-

tained the major ice plant on the railroad between New Orleans and Chicago. Banana shipments by rail received 162-pound blocks of ice at Fulton, flushing out tarantulas and snakes from the bananas, inciting fear and provoking the ire of workers.

Discarded banana peels powered many pranks on old cartoons, but crew members on ships did slip on them, providing another negative banana connotation. Also, bananas ripen quicker than other fruits and give off ethylene gas . during this process. This gas causes other fruits near the bananas to ripen faster as well, leading to spoiled fruit and another black mark against bananas.

In ancient Hawaiian lore, legend says men in dugout canoes went on fishing excursions lasting weeks at a time. They brought bananas with them to eat and by the time they spoiled, the fishermen arrived in productive fishing waters. The fish would start biting after the bananas spoiled. Therefore, bananas brought bad luck for: fishing.

The superstition is so pervasive that anything associated with bananas such as clothing or sunscreen with the word banana in the name, banana nut bread or banana muffins carries bad luck. Some anglers and ship captains will throw any of these offending items overboard if discovered.

This line of thought even extends to a line of underwear with fruits as part of its logo. Stories circulate of underwear pulled

up above the pants line by an enraged angler or ship captain, a knife pulled, and the offending label cut off after discovery of an occupant wearing this brand, Although a banana isn't part of the company logo, the potential of these make believe fruits mixing with make believe bananas is enough to draw offense.

Now is the heart of boating season. If you see a boat with a sticker on its outboard motor cover with the picture of a banana and a red line through it, you'll know why.

Enjoy bananas, banana nut bread, banana muffins or banana-flavored lip balm in the comfort of your home. Just don't bring them boating or fishing. Author Lee McClellan is a nationally awardwinning associate editor for Kentucky Afield magazine, the official publication of the Kentucky Department of Fish and Wildlife Resources. He is a life-long hunter and angler, with a passion for smallmouth bass

fishing.

Room 4 Me will be hosting their Back to School event on August 2nd. To make this event possible, we need help from the community! We will be accepting monetary donations and donations of school supplies up until the day of the event. To help, please drop off donations at Rockcastle County High School or mail them to 248 Countryside Circle, Mt. Vernon, KY 40456! All donations will help provide school supplies to the elementary students in our community who cannot afford them. Thank you for helping our cause and bettering our community! 大和新闻会主要的利用11、19月1月19月

Want good fishing? Leave the bananas at home



elry design while developing pendants to raise money, for a charity. She takes the constructed polymer clay "cane" designs made by Rich, and creates unique jewelry and wearable art. The polymer clay patterns

For information about the center's events call 859-985-5448, visit us on Facebook website at www.facebook.com/ kentucky.artisan.center, or go to the website at www.kentuckyartisancenterky.gov.

Money Tips for Students Make good use of student ID

If you're headed to college this fall, you'll most likely be issued a student ID card during orientation or registration. Most likely, your card will have your photo and student number. on it. Most colleges require students to carry their ID cards with them at all times while on campus. Use it Kentucky's grant and well, the Kentucky Higher / scholarship programs, in-Education Assistance Authority (KHEAA) advises. Your ID card will often be your dorm room key and your debit card for on-campus meals and the bookstore. It's also your entry into most of the campus Baby," a guide to financial buildings such as libraries, labs, test centers, campus health centers, workout facilities and some classrooms.

Many ID cards have a barcode imbedded in them, which lets you use your card to register for classes, add or drop classes, view your financial aid, view your final grades and more. Don't deface the card or damage it in any way, and try not to lose it. Your first ID card is usually free, but you'll most likely have to

pay for a new one.

In addition to all the uses on campus, many businesses in college towns will give you a discount if you present a valid student ID, so you can save some money here and there.

KHEAA is the state agency that administers cluding the Kentucky Educational Excellence Scholarship (KEES). It provides financial literacy videos at http://itsmoney.kheaa.com. KHEAA also provides free copies of "It's Money, literacy, to Kentucky schools and residents upon request A: N at publications@kheaa.com.

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

put bananas on board their competitors boats to get their goat (a horse racing term originating from taking the favored pet goat of another horse to throw off their performance before a race). In some parts of the United States, tournament anglers refer to bananas as money pickles. Some believe the oil from banana peels repels fish.

Theories abound as to the origin of this powerful superstition. Banana boats held the reputation for being cheaply constructed, top heavy and overpowered for speed. They needed the bananas on the market as quickly as possible to avoid spoilage.

When one of these boats wrecked and sank, a common occurrence, the bananas in the hold would float to the surface, leaving a debris field of nothing but bananas. People saw this as a bad sign and associated bananas with bad luck.

In one wreck off the coast of Atlantic City, New Jersey in 1903, The Brighton ran aground; forcing the crew to dump 26,000 bunches of bananas overboard. They washed up on Atlantic City Beach and enterprising locals scooped them up and sold them on the streets.

Bananas grow in the tropical regions of Central and South America and often brought along)unwanted travelers with them, mainly snakes and spiders. Sailors in these regions brought bananas aboard their ships to eat during

Citizens Bai **Rockcastle River Days** Saturday, July 19th

All activities will be held at the Ford of the Rockcastle River just south of the Livingston city limits. This location is the canoe, tube and kayak launch area.

Schedule of Events

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7 a.m.	Wildcat Mountain Triathlon Registration at IVFD
8 a.m.	Race Start Time - 4 miles each of kayaking, running and biking over Wildcat Mountain, a total of over 12 miles
10 a.m.	- Noon Biggest Fish Contest (All Children Must be accompanied by an adult)
12 p.m.	Kids Swim Time - tubes donated by the City of Livingston
1 p.m.	Lunch - hot dogs and hamburgers will be for sale by the LVFD
2 p.m.	Duck Race (rubber bathtub ducks) - Ducks will be dropped off the railroad bridge by festival staff and the first one back wins \$100; 2nd-\$50; 3rd -\$25. These ducks are sold prior to the race for \$5 and are numberd. Kids will gather ducks up after the race race and they are to be returned to festival staff.
4 p.m.	Wacky Boat Race - Whatever you can build you can race! Most people build them out of cardboard, duct tape, pallets, plastic barrels, etc. Starts at railroad bridge
5 p.m.	Live music from Renfro Valley's own Jake and Courtney
7 p.m.	Kids Bonfire Marshmallow Roast (free marshmallows for the kids)
8 p.m.	One of the areas best Bluegrass Groups "Tidal Wave Road"
10 p.m.	Festival Closes
A	ll river activity will be monitored by festival staff, Livingston police and fire department.

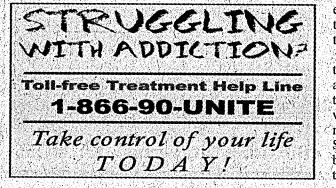
The Heart of Natural Kentucky

For more

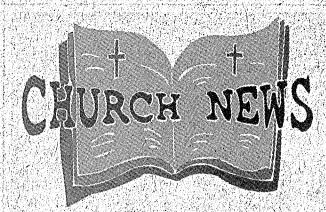
information,

call

606-453-2061



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

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

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.

In Revival

The United Gospel Church of Christ will be In Revival July 21-23, at 6 o'clock each evening. Bro. Gordon Mink will be preaching and there will be special singing each night featuring Hobert Russell and friends.

Pastor Buck Baker in-

vites everyone to attnd.

Benefit Service Neals Creek Church at Stanford will have a Benefit Service for Faye Chasteen on Sat., July 19th, starting at 7 p.m. There will be special singing by the Turner family and preaching by Bro. Dwayne Carpenter.

Pastor David Hendrickson and congregation welcome everyone. Philadelphia United

Baptist Church We would like to thank all those who helped us with our benefit to pay off our church bus. The bus is now paid in full. Thank God!

Those who donated included: Kyle McKnight Funeral Home; Marvin E. Owens Funral Home; Mark's Feed Store; Ky. Farm Bureau Insurance, Mt. Vernon; Redi Mart; Carol. Shepherd; Wendy's, Mt. Vernon; Leroy and Rae Hopkins; Cox Funeral Home; Dowell & Martin Funeral Home; Cindy's Place and IGA.

Upcoming Reunions

Burdette Reunion

The Burdette Reunion will be held Sat., July 19th at Rockcastle County Middle School in Mt. Vernon, beginning at 1 p.m. Please come, bring a dish and family pictures and let's all have a good time with family and friends.

For more information. call 758-8962 or 758-9629. McHargue Reunion

The McHargue Reunion will be held August 2, from 11 a.m. to 3 p.m., at Pine Hill Baptist Church. Bring a dish

Kirby Reunion

The 2014 Kirby Family Reunion, descendants of Jessie Francis Kirby and Martha Gentry, will be held Sunday, July 20th; beginning at 1' p.m., at Quail Community Park on Hwy.

are welcome to attend.

side dish or dessert to share.

Reunion will be held Saturday, July 19th at Quail Community Park, Lunch will be served at noon./ The reunion will begin at noon. Bring a dish and come fellowship with us. 256-4212.

Toll-free Treatment Help Line

1-866-90-UNITE

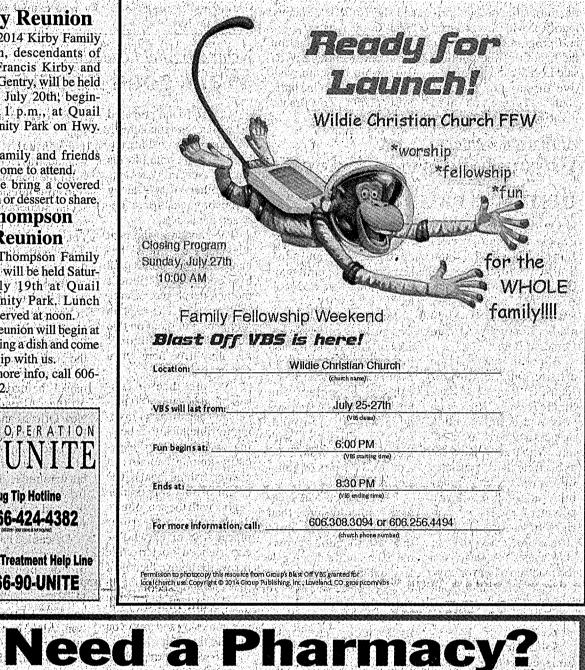




July 16th - 20th • 7:30 p.m. Lord's Day Worship: Sunday, July 20th - 10 a.m. & 2 p.m. Church is located on Hwy. 1249 - 7 miles south of Mt. Vernon

You are invited to attend a

Gospel Meeting



An encouraging word: The Way To Character and Accomplishment By Howard Coop

The years of my childhood and youth were bleak. Scholars have given that period in human history a special name; they call it the Great Depression.

During those difficult, years, times were hard, and work was scarce. But the neighbors I knew did not complain or attempt to blame someone else for the hard times they faced. Instead, they willingly assumed responsibility and worked hard at whatever was available to eke out a plaining about the situation one faced and attempting to blame someone else for that situation.

To be responsible means one thing: It is to be answerable or accountable for whatever is within one's power, control, or management, and the time will come when each individual will have to be answerable. Hubert Selby, Jr. has been quoted as saying, "Eventually we all have to accept full and total responsibility for our actions, everything

nving. It wasn t easy, but they got through that difficult period.

One things stands out in my mind from those difficult days: Good parents, good teachers, and even good neighbors frequently reminded me that, regardless of the circumstances I faced, I was a responsible person and what happened in my life depended upon me. I was not a victim of circumstance; I could rise above them. Therefore, at all times and in all situations, I was expected to accept responsibility and act accordingly. There was nothing to be gained, those good people said, by com-

we have done, or have not done." Another anonymous person said it well: "After the day there's a price to pay." That's just a reality of life one has to face; that reality cannot be avoided.

Joan Didion, an American writer whose work explores the disintegration of American morals, defined) character as "the willingness to accept responsibility for one's own life." And Winston Churchill, an English statesman said, "The price of greatness is responsibility." So, accepting responsibility and acting responsibly is the way to character and accomplishment.

Financial Aid Tip of the Month Make college more affordable saving on non-billable expenses

When it comes to comparing the costs of various colleges, remember that on the broadest level, costs are divided into billable and non-billable costs. To save money, follow these tips from the Kentucky Higher Education Assistance Authority (KHEAA).

Billable costs are what you have to pay to start college. At a minimum, these costs include tuition and fees. If you're going to live in school-provided housing, billable costs will also include room, and board. These costs are called bill-t able because the school will bill you for them.

Non-billable costs include textbooks; supplies, such as laptops and tablets; transportation; and personal items, such as shampoo, clothes, entertainment, laundry, and other expenses.

You can save money, sometimes a lot of money, in room and board and nonbillable costs.

Textbooks are expensive, but you can save money by 'uying used books if possible. Renting books is an option. Some schools now

include the cost of renting textbooks in tuition and fees.

If you're attending a school nearby, you can save room and board by commuting from home. You can also cut room and board costs by sharing an apartment with friends. However, some colleges require freshmen to live on campus their first year.

It's a good idea to compare billable and non-billable costs at the colleges you're considering. Once you've done that, you and your parents can discuss ways to save.

KHEAA is the state agency that administers. Kentucky's student financial aid programs, including the Kentucky Educational Excellence Scholarship (KEES)

To find links to other useful education websites, go to www.gotocollege.ky.gov. For more information about Kentucky scholarships and grants, visit www.kheaa.com; write KHEAA, P.O. Box 798, Frankfort, KY 40602; or call 800-928-8926, ext. 6-7372.



Mount Vernon Signal

In-County - \$20.00 • Out-of-County - \$27.00 • Out-of-State - \$35.00 **Prices Per Year • 10% Discount to Senior Citizens**

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————— Mail to: Mt	Vernon Sign			t Vernon	KY 4045

Drawing completed for elk hunting areas

Those drawn for a can now go online to www.fw.ky.gov to see their assigned hunting, area.

Kentucky's popular quota elk hunts are carried out in two stages: initial selection then a second random drawing to determine the hunting area.

Kentucky has five hunting areas within its 16-county elk restoration zone in the southeastern part of the state. The Kentucky Department of Fish and Wildlife Resources is sending letters to hunters this week to notify each person of their assigned hunting area.

Hunters may also go 2014 Kentucky elk hunt online to check this information. Applicants must provide their 19-digit confirmation number or their Social Security number and birth date to check the assignment.

Kentucky Fish and Wildlife is issuing 1,000 general quota hunt permits this year, along with 10 youth-only permits. The department received nearly 70,000 applications from as far away as Hawaii, Texas and Canada for the 2014 elk hunt

Archery season for bull elk opens Sept. 20. Firearms seasons for bull elk are held in October while firearms seasons

for cow elk are held in December. Hunters may go online to the department website for specific season dates.

Kentucky began its elk restoration program in 1997. Hunting began in 2001 with the issuance of 12 permits. Since that time, Kentucky's elk herd has grown past 10,000, making it the largest east of the Rocky Mountains. The Kentucky Department of Fish and Wildlife Resources manages, regulates, enforces and promotes responsible use of all fish and wildlife species; their habitats, public wildlife areas and waterways for the benefit.

"Saylor"

(Cont. from front)

Saylor and returned the six-year-old girl to her

Upon further investi-

gation, Saylor also alleg-

edly physically restrained his ex-wife for approxi-

mately six days between

last Wednesday and

Monday of this week. Saylor reportedly used

physical force by hitting her and striking her with

Saylor's ex-wife was

transported to Saint Joseph Berea hospital

where she was treated for head injuries and a "float-

Officer also noted that

Saylor took the children

from his ex-wife and placed them "unlaw-

fully" in his custody.

Saylor's ex-wife had a

domestic violence order

a barrel of a gun.

ing" rib.

family.

of those resources and for public enjoyment. The Kentucky Department of Fish and Wildlife Resources is an agency of the Tourism, Arts and Heritage Cabinet. For more information on Kentucky Fish and Wildlife, visit our website at fw.ky.gov.

STRUGGLING WITH ADDICTION? Toll-free Treatment Help Line 1-866-90-UNITE Take control of your life TODAY!



254 Sue Johnson Rd. - Singlewide & 6+/-A - \$39,000

GILLIAM

258 Sue Johnson Rd. -Doublewide & 3.12 A - \$39,000

341 Pleasant View Dr. - Doublewide & 1.21 A - \$69,000 3802 Sweetwater Rd. - Brick home & 9+A - \$144,900 Brick home & 3/4 A - \$89,900

2800 Richmond St. - Commercial Bldg. & 1 A - \$125,000 With extra 11 A - \$180,000 • 11 Acres only - \$55,000 2780 Richmond St. - Doublewide & 0.645 A - \$75,000

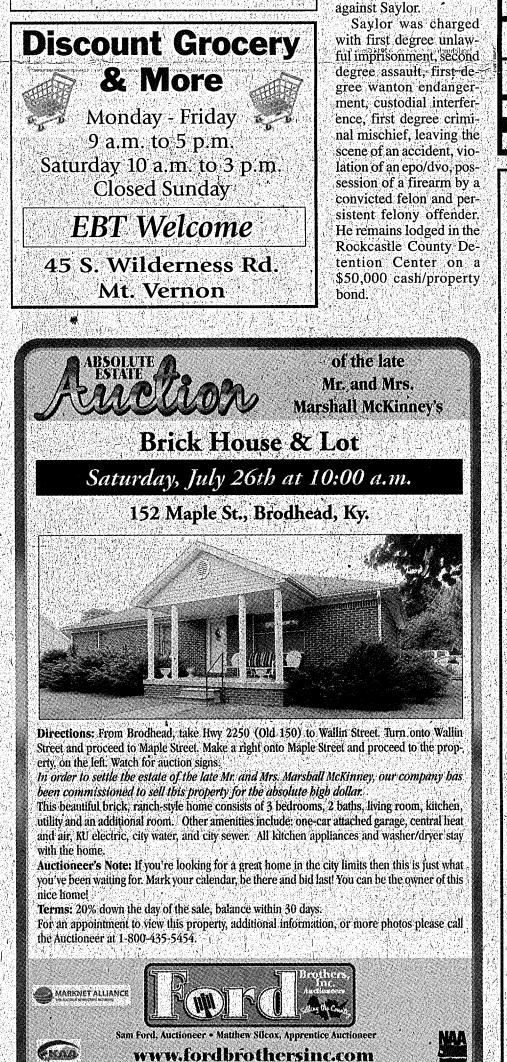


Hectrolux For all your Electrolux needs contact County Agent David Owens at Rocket Carpet Cleaners 606-256-9870 • 606-386-0187 We sale the best & service the rest!

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.



Mt. Vernon, KY

606-256-4545 · 800-435-5454

London, Ki 606-878-711

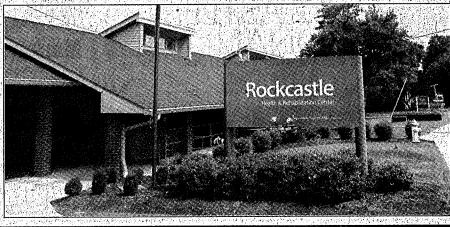
Mount Vernon Signal • Thursday, July 17, 2014 • Pg. A7

Dignature HealthCARE Care Redefined Do you live in the Brodhead,

Mt. Vernon, Crab Orchard area and are in need of therapy services?

Rockcastle Health and Rehabilitation Center is now offering outpatient Physical, Occupational and Speech therapies. Most insurance accepted.

Contact 606-758-8711 for more information or come by the facility for a visit! You can also visit our website at www.rockcastlehealth.com.



Pg. A8 • Mount Vernon Signal • Thursday, July 17, 2014



The above picture was taken at the home of Livingston resident Ann Senters during the severe storms Monday afternoon. Senters had 13 large trees and numerous large limbs that fell on her property. The National Weather Service analyzed the damage and determined it was caused by straight-line winds.

"Storms" (Cont. from front)

the storms.

One Livingston homeowner said she was fortunate that she is still alive and her home still standing after the storms had passed Monday afternoon. Anne Senters said she was driving home from Richmond when the heavy rains started.

"It was raining so hard that it was hard to see in front of me. But fortunately there was no wind at that time," Senters said. "I still decided to take Hwy 25 home instead of I-75 just to be safe.'

When Senters made it home, she said the wind started blowing fiercely and that it started hailing as well.

"I hadn't been home but about twenty minutes until the hail and heavy winds started," Senters said. "I looked out my kitchen window and I could see the trees bending on their sides. It scared me to death and I headed straight for my basement.

Once the storm had passed. Senters said she was amazed at the downed trees

"I first noticed my electric was out. Then I walked upstairs to look outside and see what kind of limbs had fell during the storm. I had no idea how bad it really. was at that time," Senters said. "When I looked outside there were huge trees and huge limbs all over the place. I couldn't believe what I saw. In the end, I had thirteen huge trees down and numerous large limbs that had fell."

she found on her property.

Senters said she called family members and friends to tell them she was alright. She said they had to cut one huge tree in her driveway and remove other limbs just to get to her house.

"I have a long driveway and there was a huge tree down in one section with more huge limbs covering it for most of the way,' Senters said. "I couldn't even drive out of my driveway if they hadn't come to. help me."

Representatives from the National Weather Service came to Senters' residence Tuesday afternoon to analyze the damage and determine if it was caused by a tornado or straight-line winds. Senters' said she believed it was strong enough to be a tornado but the NWS representatives determined it was straight-line winds.

"The way those huge trees twisted off, I thought it had to be a tornado. I talked to some people in Livingston who saw rolling black clouds and what some even believed was a funnel cloud," Senters said. "But I am just glad to be alive and glad no one else was killed or injured in the storms, In the end, that's what weshould all be thankful for."

"Indicted"

(Cont. from front)

His bond was set at \$25,000 cash/property.

Kari A. Krutz, 42 of Hightower Road, Lexington was indicted for possession of a controlled substance. Her bond was set at

\$10,000 cash/property.

Kathy L. Rose, 50 of Lakeshore Drive, Lexington; was indicted on three counts - possession of a controlled substance, rear license not illuminated and operating motor vehicle. while under the influence of alcohol or drugs.

Her bond was set at \$25,000 cash/property.

"Bridge"

(Cont. from front) Hale said a temporary bridge was built upstream from the condemned structure which opened on November, 18th to eliminate lengthy detours for motorists.

Once the Dix River Bridge is reconstructed and opened to motorists, Hale said the temporary bridge will be torn out with large track excavators and a lot of the material will be recycled and used on other KYTC projects.

Hale went on to say that she will be glad when the Dix River Bridge is reconstructed and reopened for motorists.

"I know the closing of the Dix River Bridge has been a headache for a lot of people," Hale said. "We will all be glad when the bridge is reopened for motorists to use once again and everything returns to normal."

"Cameras"

(Cont. from front)

hall in the near future. This will give residents a place to dispose of prescription drugs rather than flush them into the sewer system.

"Brodhead"

(Cont. from front)

invitation to participate in the grant/loan. However, Councilman Cash said the KIA told him they might not get another chance to get a grant/loan of this size.

We don't have any choice except to do what we can to fix our sewer problem," Councilman Cash said. "If we don't inform KIA that we want to do this then we won't get it and won't get another chance at something like this."

The city filed a project profile with the Cumberland Valley Area Development District in October 2010 in order to be able to seek loan and grant funding for the project. The city's project profiles plans to address their sewer and wastewater systems by completing sewer line and manhole repairs/replacements, wastewater pumping station replacement, construction of wet water flow equalization at the treatment plant, city hall lift station maintenance and a new state mandated influent meter that has to be installed at the city's sewer plant.

The second and last phase of the project profile includes doubling the city's 150,000 gallons a day sewer plant processing capability to 300,000 gallons a day.

The council agreed unanimously to approve the invitation to participate in the KIA grant/loan.

Mayor Walter Cash also brought up the issue of the council approving the invitation for bids on the city's blacktop project. The project calls for blacktopping on West Street, Albright Street, Willow Street, Sycamore Street, Smith Street, Cass Street and Castle Village Drive.

Councilman Dallas Todd asked if the city laid blacktop that they have the contractors lay it to where "it isn't like hitting speed ing." a transformer of the part

Councilman Cash said he had a concerned citizen approach him with the very

same complaint about last summer's city blacktopping project.

"This citizen said the patchwork we did last year caused a problem of it being like speed bumps, Councilman Cash said. "They said you wouldn't be spending but just a little more money and that it helped in the future."

The council agreed with Todd and Cash that it would be better to blacktop whole sections instead of patches or strips. After working the details of the bid, the council agreed unanimously to advertise bids in the Mount Vernon Signal for their blacktop project.

"Day"

(Cont. from front)

at the LVFD at 1 p.m. At 2 p.m., the Duck Race (rubber bathtub ducks) will be held. The ducks will be dropped off the railroad bridge by festival staff and the winning duck will receive a \$100 prize; second place will get \$50 and third, \$25. The ducks are being sold for \$5 each and are numbered. The ducks will be gathered up after the race and returned to festival staff.

The Wacky Boat Race will be held at 4 p.m. whatever you build you can race! Most boats are made of cardboard, duct tape, pallets, plastic barrels, etc. The race will begin at the railroad bridge. At 5 p.m. there will be live music provided by Renfro Valley's own Jake

and Courtney. There will be a Kids Bonfire Marshmallow Roast at 7 p.m. (marshmallows provided) and at 8 p.m., one of the areas' best Bluegrass groups "Tidal Wave Road.'

The festival will close at 10 p.m.

All river activity will be bumps when you're driv-or monitored by the festival staff and the Livingston police and fire departments. For more information, call 606-453-2061.

FIGHTING CANCER TOGETHER

or 10 years, the chemotherapy clinic at Rockcastle Regional Hospital has combined the best local care with the expertise of a nationally recognized cancer center. Our affiliation with UK's Markey Cancer Center means their specialists travel to our hospital to deliver care alongside our highly skilled nursing staff.

The result? Less driving and more rest for our patients and their families.



www.rockcastleregional.org/services/cancecare

UKHealthCare. **Markey Cancer Center**

Kentucky's Only NCI-Designated Center

For more information, call (606) 256-7798

Mount Vernon Signal

Second Section

Rockcastle exceeds child support collection goal

Rockcastle County is one of the five counties in the Cumberland Valley Region to be recognized for not only meeting, but exceeding, their child support collection goal for fiscal year 2013.

County Attorney Billy Reynolds, whose office heads up child support collection, said he is "very proud and excited" and thanks senior caseworker, Julie Adams; caseworker Tammi Martin and Assistant County Attorney William Leger, as well as Judge Lawless, Judge Wood, Judge Vanover, Judge Tapp and Judge Burdette. Without the judges

placing priority on child support enforcement this would not have been possible," Reynolds said.

Over \$1.2 million was collected in Rockcastle County, during fiscal year 2013, an increase of more than \$48,000 and, Reynolds said, "Rockcastle's children are reaping the benefits of the combined efforts of our caseworkers and judges.'

He added, "There is still plenty of room for improvement and my office is dedicated in its continuing efforts to provide the children of Rockcastle County the support they deserve."

Blood Drives Scheduled

Rockcastle Health & Rehab The first of three blood drives in one week will be held Monday, July 21st from 3 to 6 p.m. on the Kentucky Blood Center Bloodmobile at Rockcastle Health & Rehab, 371 W. Main Street in Brodhead.

First Baptist Church

The second drive will be held on Tuesday, July 22nd from 1:30 to 6:30 p.m. in Mt. Vernon in the First Baptist Church gymnasium at 340 W. Main Street in Mt. Vernon.

Brodhead Baptist Church

The last drive will be held Friday, July 25th from 2:30 to 6 p.m. at Brodhead Baptist Church, 360 Silver Street, in the Fellowship Hall.

At all three drives, donors will receive a \$10 Walmart gift card and will be entered to win a blue Toyota Corolla Sport!

All donors will also be entered to win a trip to Las Vegas (donors must be at least 18 years old to win).

To schedule a donation for any of the drives, call 800-775-2522 or visit kybloodcenter.org.

Blood donors must be 17 years old (16 with parental consent), weigh at least 110 pounds, be in general good health, show a photo I.D. and meet additional requirements. Sixteen year old donors must have a signed parental permission slip, which can be found at kybloodcenter.org.

About Kentucky Blood Center

KBC, the largest FDA regulated blood bank headquartered in Kentucky, is a non-profit organization dedicated to ensuring a



Thursday, July 17, 2014

Northbound and southbound lanes of 1-75 were closed for several hours beginning early Tuesday morning. after a tractor trailer accident on northbound 1-75 near the 62 mile marker in Mt. Vernon. Authorities say James A. Key, 46, of Tyron, North Carolina was traveling northbound when he lost control of his tractor trailer when he dropped off the right shoulder of the roadway and crashed into the woods. Key was transported to Rockcastle Regional Hospital where he was treated for non-life threatening injuries and released. Drugs and alcohol are not suspected as a factor in the accident. Investigators say Key was hauling five 55 gallon drums of methylene chloride which is used as a paint stripper and degreaser. Firefighters noticed two of the drums were leaking when they arrived and informed Hazmat crews. The interstate remained closed until the hazardous material was contained and air monitoring showed no further signs of the methylene chloride. The hazardous material was contained to the interstate and no one had to be evaculated from their homes in nearby areas. Assisting on the scene were Kentucky State Police, Mount Vernon Fire Department, Mount Vernon Police Department, Brodhead Fire Department, Berea Police Department and Rockcastle EMS.





safe, adequate blood supply for patients at nearly 70 Kentucky hospitals and clinics in more than 60 counties. KBC relies on volunteers to donate 400 pints of blood per day to meet area patients' needs. Over the last year, KBC distributed nearly 130,000 blood components.

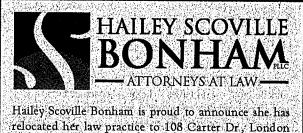
Preparedness survey for Rockcastle residents

This week many of you have or will receive a letter from our office asking you to participate in an online survey. If you receive this letter you were randomly selected and participation is greatly appreciated. The survey is short and. will only take about 10 minutes to complete. If you prefer or do not have internet access there is also a toll-free number you can call to participate.

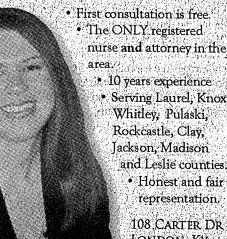
The purpose of this survey is to see how well prepared the residents of Rockcastle County are should an emergency event occur. It asks general questions about emergency preparedness such as, what steps have you taken to protect yourself and your family should an emergency event occur?

The Rockcastle County Chemical Stockpile Emergency Preparedness Program (CSEPP) would like to thank the residents of Rockcastle County in advance for participating in a Preparedness Survey. The results of this survey. will help us serve, educate and protect our community.

For more information please contact the Rockcastle County CSEPP/EMA office at 256-8436. Visit us on the web www.rockcastlecountyema.com.



relocated her law practice to 108 Carter Dr., London (directly behind Patton, (Chesnut, Binder Insurance Agency) She continues to practice in divorce, child custody, child support, car accidents, criminal defense and personal injury.



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representation.

108 CARTER DR LONDON, KY 606-862-6000 This is an advertisement Kentucky gubernatorial candidate Hal Heiner spoke at the Rockcastle Kiwanis Club meeting last Thursday at the Limestone Grille in Mt. Vernon. Heiner is currently the only Republican party candidate in the Kentucky Governor's race with Kentucky Attorney General Jack Conway as the sole Democrat party candidate. Heiner's visit was a part of his campaign tour during which he will visit over sixty counties in the state. Shown above are Kiwanis members Eliza Jane York and Glenna Smith presenting Heiner with a Certificate of Appreciation.



Rockin

Health & Safety Fair

AKids

Saturday, July 19 - 10:00 am-1:00 pm

Location: Rockcastle Regional Hospital,

employee parking lot on Newcomb Ave.

The first 300 kids will receive a FREE bicycle helmet!

- Door prizes
- See a police cruiser & ambulance
- Hot car demonstration
- Helicopter landing
- "Rainbow of Food" samples Come see Rocky the Health Hound!

For questions, please call Jana Bray at 256-7880.



Land, LLC. Tax \$90

Subdy.,

Inc. Tax \$4

property in Ridgeview

Rockcastle Water Assn.,

Fame, property in Renfro

Valley, to Rockcastle

nifer Goff, property in

Willailla, to Scott A.

Marriage

Licenses

Kendra Skyler Leigh

Ann Leger, 20, Burnside.

unemployed to Steven

District

Court

July 7-9, 2014

Hon. Kathryn G. Wood

ure to wear seat belts, no/

expired registration plates

- receipt, failure to produce

insurance card, bench war-

rant (bw) issued for failure

fines/fees due (\$88), bw is-

sued for fta/2 days in jail

criminal trespassing, bw is-

fines/fees due (\$733), con-

verted to 74 hours commu-

intoxication controlled

substance, bw issued for

Tiffany C. Daugherty:

Nolan Mitchell Dillon:

Tabitha J. Halcomb:

Jennifer Howard: public

to appear (fta).

or payment in full.

nity service work.

Angelique

sued for fta.

Edward O. Cromer: fail-

14/14

County, Ky. Tax \$400

Wooten. Tax \$70

Kentucky Music Hall of

Keith D. Goff and Jen-

to 🖓 Western

News from the Rockcastle Courthouse

District Civil Suits

Lake Cumberland Women's Health Specialists vs. Becky Rose, \$471.74 plus claimed due. Kentucky Orthopedic

Associates vs. Linda K. Proctor, \$5,001 plus claimed due.

University of Kentucky Federal Credit Union vs. Doyle Baldwin and Ronald Crabtree, \$229.46 and \$481.42 plus claimed due.

Discover Bank vs. Amy L. Bailey, \$4,648.51 plus claimed due. C-00093

Circuit Civil Suits

Christopher Allen Hendrickson vs. Angie T. Hendrickson, petition for dissolution of marriage. McKinney's Tire & Ser-

vice Station vs. Tammy L. Newton, complaint. Donald Bell vs. Amanda

K. Gadd, et al, complaint. Cody Clayton Sutton vs.

Torre Renita Sutton, petition for dissolution of marriage.

Gary Burgess Doan vs. Linda Faye Denney, petition for dissolution of marriage.

Janet Lee Bullock vs. Jess Bullock, petition for dissolution of marriage. CI-00158



Bobby and Doris P. Wright, property in Rockcastle County, to Dennis and Rhonda Bray? No tax

Wells Fargo Bank, property in Happy Acres Subdy., to Vantium REO Capital Markets L.P. No tax

Vantium REO Capital



ceipt, possession of mari-Smith, property on Poplar juana, drug paraphernalia-Gap Road, to Ky. Dream buy/possess, license suspended for fta/bw issued. Cecil and Judy King,

Justin W. McCracken: fines/fees due (\$543); bw issued for fta/11 days in jail or payment in full.

Shannery D. Nicely: fines/fees due (\$233), bw issued for fta/5 days in jail or payment in full.

Domonique L. Rudolph: possession of marijuana and drug paraphernaliabuy/possess, bw issued for fta.

Brandan C. Simpson: disregarding traffic control device, failure to wear seat belts, bw issued for fta/license suspended.

Clell Swinney: cruelty to animals, bw issued for fta.

Speeding: Shadera C. Upchurch, paid; Elizabeth A. Porter, Ellan J. Rkiouak, Natalie Tincher, license suspended for fta.

Christy L. Robinson: fines/fees due (\$151), bw issued for fta/2 days in jail or payment in full.

Amie M. Ruhe: alcohol intoxication, \$50 fine and costs.

Edwin P. Sellers: failure o produce insurance card. n/ expired registration plates receipt, w issued for fta. Westley Dewayne

Singleton: theft by deception, bw issued. Jerry L. Slate: failure to

wer seat belts, \$25 fine; improper equipment, \$25 fine and costs.

Jacob C. Stines: no/expired Kentucky registration plates - receipt and failure to produce insurance card, bw issued for fta.

Billy Thomas Hines: drug paraphernalia-buy/ possess and escape, 30 days, each charge/concurrent,

Dakota S. Benge: disregarding traffic control device, no/expired registration plates, failure of owner to maintain required insurance/security, bw issued for fta/license suspende

Agricultural News

By: Warden Alexander, FSA Director

Farm Service Agency County Committee Nomination Period Begins

June 15 Agriculture Secretary Tom Vilsack announced today that the nomination period for local Farm Service Agency (FSA) county committees began Sunday, June 15, 2014.

'County committees are a vital link between the farm community and the U.S. Department of Agriculture,' said Vilsack. "I hope that every eligible farmer and rancher will participate in this year's county committee elections. Through the county committees, farmers and ranchers have'a voice; their opinions and ideas get to be heard on federal farm

programs." Vilsack added, "We've seen an increase in the number of nominations of women and minority candidates, and I hope that trend continues.'

To be eligible to serve on an FSA county committee, a person must participate or cooperate in a program administered by FSA, be eligible to vote in a county committee election and reside in the local administrative area where the person

is nominated. Farmers and ranchers may nominate themselves or others. Organizations representing minorities and women also may nominate candidates. To become a candidate, an eligible individual must sign the nomination form, FSA-669A. The form and other information about FSA county committee elections are available at www.fsa.usda.gov/ elections. Nomination forms for the 2014 election must be postmarked or received in the local USDA Service Center by close of business on Aug. 12, 2014. Elections will take place this fall.

While FSA county committees do not approve or deny farm ownership or op-

LESOLUTE

erating loans, they make decisions on disaster and conservation programs, emergency programs, commodity price support loan programs and other agricultural issues. Members serve three-year terms. Nationwide, there are about 7,800 farmers' and ranchers' serving on FSA county committees. Committees consist of three to 11 members that are elected by eligible produc-

FSA will mail ballots to eligible voters beginning Nov. 3, 2014. Ballots are due back to the local county office either via mail or in person by Dec. 1, 2014. Newly elected committee members and alternates take office on Jan. 1, 2015.

USDA is an equal opportunity provider and employer. To file a complaint of discrimination, write: USDA, Office of the Assistant Secretary for Civil Rights, Office of Adjudication, 1400 Independence Ave., SW, Washington, DC/ 20250-9410 or call (866) 632-9992 (Toll-free Customer Service), (800) 877-8339 (Local or Federal relay), (866) 377-8642 (Relay voice users).

FSA Signature Policy Using the correct signature when doing business with FSA can save time and prevent a delay in pro-gram benefits. The following are FSA signature guidelines:

Spouses may sign documents on behalf of each other for FSA and CCC programs in which either has an interest, unless written notification deny-ing a spouse this authority has been provided to the county office Spouses shall not sign on behalf of each other as an authorized signatory for partnerships, joint ventures, corporations, or other simi-

lar entities For additional clarification on proper signatures contact your local FSA office

Office Closure Schedule The Mt. Vernon Service Center (FSA, NRCS and Rockcastle Co. Conservation District) offices will be closed the following dates in 2014 for observance of a Federal Holiday: September 1-Labor Day October 13-Columbus Day November 11-Veterans Day November 27-Thanksgiving Day December 25-Christmas Day

Important program dates and Interest Rates July 15th-Crop Reporting deadline Farm Operating Loans-Direct = 2.250% Farm Ownership Loans-Direct=4.000% Limited Resource Loans=5.000% Farm Storage Loans-7 yr =2.250%, 10 yr.=2.625%,

12 yr.=2.750% Commodity Loans-1.125%

The US Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin; age, disability, and where applicable, sex, marital status, familial status, parental status, religion, sexual orientation, genetic information, political beliefs, reprisal, or because all or part of an individual's income is derived from any public assistance program. (Not all prohibited basis apply to all programs). Persons with disabilities who require alternative means for communication or program information (Braille, large print, audiotape, etc.) should contact USDA's Target Center at 202-720-2600. (voice and TDD). To file a complaint of discrimination write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, DC 20250-9410 Or call (800) 795-3272 (voice) or (202) 720-6382 (TDD). USDA is an equal opportunity provider and employer.

David Frederick, 25. Burnside, unemployed. 7/8/ Fonda C. Perry, 40, Mt. Vernon, KMA to Jerry Charles Malicoat, 41, Mt. Vernon, night watchman. 7/

Markets L.P., property in Happy Acres Subdv., to Bayview Loan Servicing LLC. No tax Dennis and Anna Laura

speeding, opeerating on Kentucky registration re-

Subscribe to the Signal Call 256-2244

fta.



*PAYMENT BASED ON 7.99% A.P.R. UNSECURED LOANS. TERM LENGTH LISTED IN AD. BANK APPROVAL NEEDED.

Daniel K. Clark: fines/ suspended/revoked operators license, no/expired for fta/4 days in jail or payment in full.

Cole T. Hammond: operating motor vehicle under influence of alcohol/drugs, \$200 fine and costs, \$375 service fee, 30 days operator license suspension/ADE authorized.

Randal Hasty: failure to wear seat belts, license suspended for fta/bw issued.

Justin E. Hensley: failure to wear seat belts, \$25 fine.

Lisa Holsomback: fines/ fees due (\$113), bw issued for fta/3 days in jail or payment in full.

Richard T. Johnson: trafficking in synthetic cannabinoid agonists or piperazines, 180 days/probated 24 months on condition plus costs.

Sammy D. Stewart: failure to wear seat belts, 1 day/ concurrent.

EASTERN KENTUCK RECYCLING

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

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

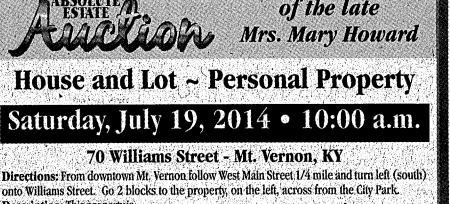
Now buying Electronic Scrap

We are now accepting computer towers, laptop computers and cell phones. Call for details or visit our website at easternkentuckyrecycling.com.

Top Prices, Fast Friendly Service, Accurate Weights

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

06-355-2322

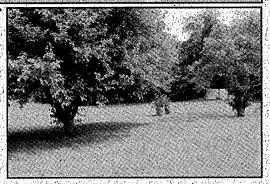


Description: This property is conveniently located in the city of Mt. Vernon, just a short walk/drive from grocery shopping, downtown, and the Mt. Vernon City Recreational Park. The lot measures 0.63 acre by the boundary deed and is improved by a traditional style house with a shingle roof, aluminum sid-

ing, nice front porch, and spacious back yard. The floor plan features a living room, dining room, kitchen, sitting room, enclosed back porch, 3 bedrooms, and a full bathroom. Other amenities include: oil furnace heat, city utilities, and KU electric. This property will make a good home or rental investment.

In addition to the real estate the following items will also be offered





at absolute auction. Speed Queen washer and dryer - Frigidaire refrigerator - (2) half beds Sofa and Chair (matching) ~ Sofa ~ Recliners ~ White kitchen cabinet ~ Entertainment cabinets ~ shelves ~ Chest of Drawers ~ Dinette table ~ End tables ~ lamps ~ space heaters chairs ~ TV's ~ DVD player ~ VHS player ~ DVD and VHS collection of movies ~ floor model stereo ~ Surround Sound system ~ framed prints ~ and many more items.

Note: The purchaser of a single-family residence built before 1978 has a maximum of 10 days to inspect the property for the presence of lead-based paint. The period for inspection begins July 9th through July 18th. The successful bidder must sign a waiver of the 10-day post sale inspection period.

Real Estate Terms: 20% down the day of the sale, balance due in full within 30 days. Personal Property Terms: Payment in full the day of the sale. Payment methods include: cash, personal check, company check, MasterCard and Visa (with processing fee).

Auctioneer/Broker/Seller Disclaimer: The information contained herein is believed to be correct to the best of the auctioneer's knowledge. The information is being furnished for the bidder's convenience and it is the responsibility of the bidder to determine the information contained herein is accurate and complete. The property is being sold in its "as is" condition. Announcements day of auction take precedence over printed matter.

For additional information, contact the selling agents: Devin Ford, Auctioneer



Little League season ends with championship night

The Rockcastle County Little League ended a great season with a championship night in Brodhead on June 26. It was a night where 15 of the 19 teams played and drew a crowd of over 400 people to Thacker Field. Each player received a free hot dog and soft drink and was recognized with an award.

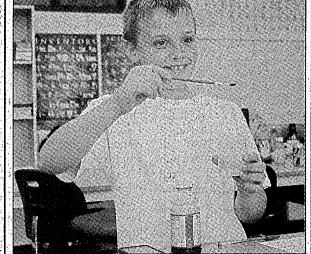
There were seven Tee Ball teams and each player from the Pirates, Marlins, Reds, White Sox, Orioles, Cubs, and Rangers received a medallion for their hard work and participation this year. There were 6 teams in the coach pitch league. The Dodgers received

awards for tournament champions and season champions. The Marlins received awards for tournament runner-up and season runner-up. Players from the Reds, Pirates, Braves, and Indians received participation medallions. The Minor League had 3 teams this year. The Yankees received awards for tournament: champions and season runner-up. The Reds received awards for tournament runner-up and season champions. Players from the Rays received a participation medallion. The major league had 4 teams this year. The Reds received

ment champions and season champions. The Rangers received an award for tournament runner-up and the A's received an award for being the season runner-up. The Orioles received a participation award. After the season, 4 All-Star teams represented the league in district play June 30-July 3. The 7u, 8u, 10u, and 12u teams played in Somerset, KY and qualified for state competition. RCLL would like to

ner-up and season champions. Players from the Rays received a participation players for their participamedallion. The major league had 4 teams this their support. We thank the year. The Reds received 38 coaches and volunteers awards for being tournato improving the skills of their players. We thank all the volunteers that spent hours working and cleaning the ball fields to create a quality playing field for the players.

Most importantly, we want to thank our sponsors for their support this year. Our team sponsors were St. Joseph Berea (2 teams), Rockcastle Regional (2 teams), Citizen's Bank (6 teams and 4 All Star teams), Western & Southern Life Insurance, Jack's Hardware, Dowell & Martin Funeral Home, King Bot-Dari Delite, tling, Rockcastle Health & Rehab (2 teams), Red's Auto & Tire, PepperhillDental Care London, and Central Body Service.



Seth Lykins, a sixth-grader from Brodhead, was among the participants in Eastern Kentucky University's recent summer camp for gifted/talented middle school students from across the area. The annual event, titled "Soar to the New Heights," was held June 16-20 at EKU's state-of-the-art New Science Building. Lykins participated in the Termite Races class.

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 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

<u>For skyrocketing temperatures</u> Curb energy consumption with these tips and programs

When temperatures soar during the scorching summer months, energy usage can quickly follow. Local utility companies often of-: fer customers energy-saving tips and programs to help manage their energy consumption.

Kentucky Utilities Company offers a full suite of programs providing customers with discounted services and offsetting expenses when various energy-efficient upgrades are made – earning customers as much as \$1,700 to put back in their pockets and reducing their energy consumption.

"The weather is a huge contributor that affects how much energy we use at home," said David Huff, director of Customer Energy Efficiency and Smart Grid Strategy for LG&E and KU. "When as much as half of your home energy use may be attributed to heating and cooling, your air conditioner and habits around the house are areas to focus on during summer months."

Even taking advantage

of simple do-it-yourself tips can have a significant impact on how customers use energy this summer. Here are a few examples to help

combat the heat wave: • Make a plan: Think about the habits of everyone within your household and how they're using energy; then, make a list of the available resources you can call on for help, like your local utility company. KU, for instance, offers the Online Home Energy Analysis. In about 10 minutes, customers can log in to their online account and answer a series of questions about their home. Based on their home's actual energy usage, they receive a detailed report with tips to make their home up to 10 percent more energy efficient.

• Put your best foot forward: Dirty equipment or improper refrigerant levels force an air conditioner or heat pump system to worker harder than necessary. KU partners with local trained service providers and offers a discounted A/C Testing and Tune-Up Program, by

appointment, to make sure a customer's air conditioner is performing at its best.

· Set it, and forget it: Setting the thermostat to the highest comfortable setting during the day will help manage cooling expenses. For most people, the ideal setting is between 78-80 degrees. Raising your thermostat setting by one degree can save as much as 4-7 percent on the cooling portion of your energy bill. • Ceiling fans cool you, not the room: Ceiling fans help circulate cool air and make rooms - and you more comfortable during hot summer days. But, re-' member to turn off the fan when leaving the room because it's only circulating cool air, not lowering the room temperature.

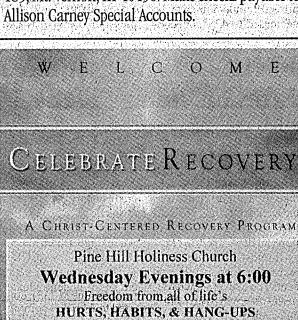
• Keep it clear: Remove surrounding plants, dirt and grass clippings from the outdoor unit of an air conditioner for uninterrupted air circulation. Periodically spray the outdoor coil with a garden hose to keep it free from debris.

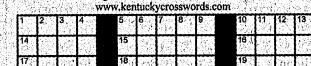
• Soak up the shade: Closing curtains, drapes and blinds on sun-facing windows helps block rays that naturally increase indoor temperatures.

• Mark your calendar: Designating a "maintenance" date each month serves as a reminder to

Several other businesses and organizations supported the league with sign advertisements: Cox Funeral Home, Mark's Hardware, Richmond Street Eye Care, Owens Funeral Home, McDonald's, Jack's Hardware, Shafer's Auto Body, Citizen's Bank, People's Bank, Ky Farm Bureau, Rockcastle Health and Rehab, State Farm Insurance, Rockcastle Co. Attorney's Office, Dowell & Martin Funeral Home, Rockcastle Regional Hospital, Blevins Law, Community Trust Bank, Ford Brothers, Hospice Care Plus, Bishop's Sporting Goods, Jackson Hewitt, James Miller, Cummins Sporting Goods, and Rockcastle UNITE Coalition. Other significant dona-

tions and contributions were madethis year. King Bottling donated to the concession stand. Citizen's Bank providedtwo scoreboards. Fouranonymous donors provided scholarships to pay for player's registration. Jack's Hardware collected registration forms and money. Mount Vernon, Signal printed registration forms and weekly updates about the league. The schools, Brodhead, Mt. Vernon, Roundstoneand Rockcastle Middle, sent registration forms home to



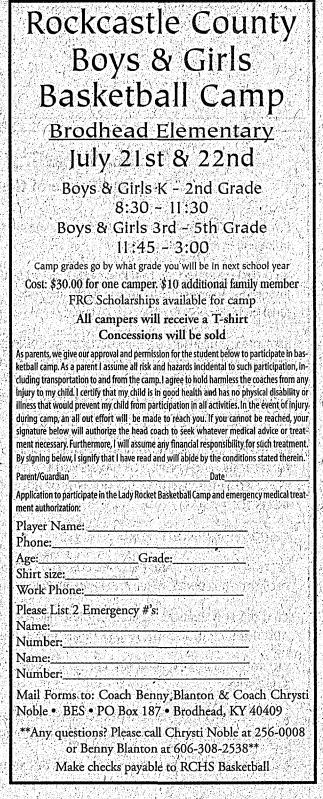


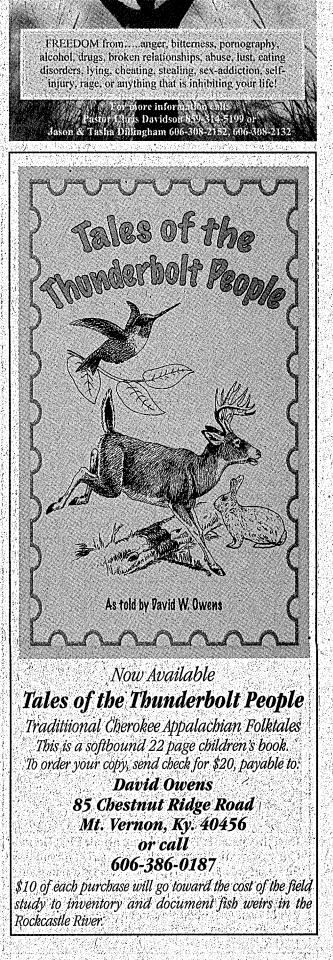
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check and change your air filters, as needed, following the manufacturer's instructions.

Visit the LG&E and KU website to learn more ways customers are beating the heat and saving energy. parents. RCLL thanks each sponsor, donor, and volunteer. We look forward to a great. 2015 season. Registration for 2015 begins Friday, February 27, 2015 and the season opener will beMonday, April 13.





Mamaw's Kitchen

By Regina Poynter Hoskins

PINTO BEAN CASSEROLE

Will, Anna Belle, and Robert used to work at the same place in Oak Ridge, Tennessee in the 1980's. It wasn't until 1998 when Anna Belle and I discovered we were related through the Poynters.

Gay Cousin Rumppefixed this when Anna Belle's mother died. It is a custom that after the funeral, people gather to eat pot-luck and 'reminisce' about the good times with their loved ones. 1 pound ground beef

1/2 cup chopped onion 1 can (15 ounce) pinto beans I can (15 ounce) whole kernel corn, drained

1 can (8 ounce) tomato sauce Preheat oven to 450°. Brown ground beef and onion; mix with remaining ingredients. Pour into 8 x 8 or

casserole baking dish. TOPPING: 1/2 cup self-rising commeal 2 eggs, well beaten

1/2 cup flour 3/4 cup milk

3 tablespoons melted shortening

1 egg, beaten

Mix topping ingredients together and pour over ground beef mixture. Bake for 25 minutes or until topping is. brown. Temperature may be decreased to 425°, depending on how your oven bakes, utes or until center is set.

to get topping done. SALMON LOAF 1 tablespoon margarine, melted 1/4 cup skim milk 2 slices whole grain bread, crumbled 1 can (16 ounces) pink salmon, skin and bones removed 1 and 1/2 tablespoons lemon juice 1 tablespoon minced onion Dash pepper 1 egg Dash paprika 2 tablespoons chopped fresh parsley

Preheat oven to 325°. (Spray 1-quart casserole dish with Pam.

Mix first 7 ingredients (through pepper) in mixing bowl. Beat egg and fold gently into above mixture. Pour mixture into prepared casserole dish. Sprinkle with paprika and parsley; bake for 50 to 60 minutes.

OATMEAL PIE (Or FAKE PECAN PIE) 1 cup sugar. 1 cup dark Karo® syrup 1 cup old fashioned oats 1/2 cup butter 1 cup coconut 1 unbaked 9-inch pie shell

Preheat oven to 350%. Mix eggs, sugar, syrup, oats, butter, and coconut together. Spoon mixture into unbaked pie shell. Bake for 40 min-

KHESLC lowers interest rates on college loans

Kentucky students and plication: parents who need help paying for college may now qualify for lower interest rates on Kentucky Advantage Education Loans from the Kentucky Higher Education Student Loan Corporation (KHESLC).

Interest rates are fixed and are as low as 4.95 percent. The exact rate will depend on creditworthiness and choice of payment plan.

The low-cost loans fill the gap between other financial aid a student receives and the total cost of education. Students should apply.

•Be a U.S. citizen or a non-citizen with a proof of

residency card; and, •Have an acceptable credit history or an approved cosigner.

To qualify for a parent Advantage Loan, the borrower must:

•Be the parent or stepparent of an undergraduate or graduate student; as determined by the Free Application for Federal Student Aid (FAFSA);

•Be a U.S. citizen or a non-citizen with a proof of residency card; and

PUBLIC NOTICE

BUDGET HEARING REGARDING PROPOSE USE OF COUNTY ROAD AID AND LOCAL GOVERNMENT ECONOMIC ASSISTANCE (LGEA) FUNDS.

A public hearing will be held by Rockcastle County at the courthouse on July 24 at 10:00 a.m. for the purpose of obtaining citizens comments regarding the possible uses of the County Road Aid (CRA) and Local Government Economic Assistance (LGEA) Funds.

All interested persons in Rockcastle County are invited to the hearing to submit verbal or written comments on possible uses of the CRA and LGEA Funds. Any person(s) who cannot submit written comments or attend the public hearing but wish to submit comments, should call the Office of the county judge/executive at 606-256-2856 so the arrangements can be made to secure their comments.

NOTICE OF ADOPTION OF ORDINANCE

The County of Rockcastle, Kentucky Fiscal Court, at a meeting held on 7/10/14 adopted the following ordinance:

AN ORDINANCE APPROVING A LEASE FOR THE FINANCING OF A PROJECT: PROVIDING FOR THE PAYMENT AND SECURITY OF THE LEASE; CREATING A SINKING FUND: AND AUTHORIZING THE EXECUTION OF VARIOUS DOCUMENTS RELATED TO SUCH LEASE.

It is hereby certified that the foregoing ordinance provides for approval of a lease with Kentucky Association of Counties Leasing Trust, as administrator, and the bank, financial institution or finance corporation offering the lowest and best interest rate, as lessor for financing certain public improvements and provides a general obligation pledge to assess and levy sufficient taxes to comply with the obligations to make lease payments, establishes and maintains a sinking fund for the deposit and application of tax revenues, and makes certain designations regarding the Lease.

A complete copy of the ordinance may be reviewed at the office of the County of Rockcastle, Kentucky at 205 E. Main St., Mt. Vernon, KY 40456.

COUNTY OF ROCKCASTLE, KENTUCKY

Fiscal Court Clerk

NOTICE OF PUBLIC HEARING AND SECOND READING OF ORDINANCE

The Fiscal Court of the County of Rockcastle, Kentucky, at a meeting to be held on at 205 E. Main St., Mt. Vernon, KY 40456 in the County of Rockcastle, Kentucky for the purpose of receiving public comment and to consider for passage, the following ordinance:

AN ORDINANCE APPROVING A LEASE FOR THE FINANCING OF A PROJECT. PROVIDING FOR THE PAYMENT AND SECURITY OF THE LEASE; CREATING A SINKING FUND: AND AUTHORIZING THE EXECUTION OF VARIOUS DOCUMENTS RELATED TO SUCH LEASE.

It is hereby certified that the foregoing ordinance provides for approval of a lease with Kentucky Association of Counties Leasing Trust, as administrator, and the bank, financial institution or finance corporation offering the lowest and best interest rate, as lessor for financing certain public improvements and provides a general obligation pledge to assess and levy sufficient taxes to comply with the obligations to make lease payments, establishes and maintains a sinking fund for the deposit and application of tax revenues, and makes certain designations regarding the Lease. Public comment concerning the lease will be received at this meeting

for all free aid, such as grants and scholarships, credit history or an approved then for Federal Stafford Loans before applying for a private loan.

To qualify for an Advantage Loan, the student must: •Be a Kentucky resident enrolled in an approved school or a non-Kentucky resident enrolled in an approved Kentucky school; •Be 18 by the date of ap-

•Have an acceptable cosigner.

The loans are available to students attending eligible colleges and universities. Applications may be subonline i at mitted www.kheslc.com or at www.advantageeducationloan.com. For more information, call 800-988-6333.

Adoptable Shelter Dogs

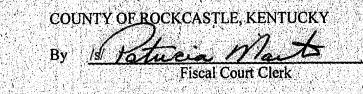


Hello. My name is Shorty and I am a Beagle/Lab mix. I was surrendered by my owner because he could no longer care for me. I am now looking for a new home. I get along good with other dogs and I am always excited to meet new people. If you could give a home then call the shelter @ 256-1833 (kennel 4).



Hey!! My name is Tiger and I am a male Plott Hound/ Cur mix. I am about 2 years old and I am looking for a home. I am very hyper and energetic and would love to be adopted into a family that would spend lots of time outdoors. I make friends very easily and would be a great addition to any family. If you are interested in adopting me, call the shelter @ 256-1833. (kennel 12).

A complete copy of the ordinance may be reviewed at the office of the County of Rockcastle, Kentucky at 205 E. Main St., Mt. Vernon, KY 40456.



Second Reading & Final Adoption An Ordinance of the County of Rockcastle

(Synopsis of Ordinance Number 7-8-14) - A complete copy of the text may be found on file at the County Clerk's office and County Bookkeeping:

An Ordinance of the County of Rockcastle required by the Commonwealth of Kentucky and relating to Electrical Inspections of properties both commercial and residential. Said Ordinance to be in force throughout the jurisdictional boundary of Rockcastle County.

SECTION 1: ADOPTION OF THE KENTUCKY BUILDING CODE (LIMITED WITHIN THIS ORDINANCE TO THE STATE ELECTRICAL CODE) That the KENTUCKY BUILDING CODE (IN THIS ORDINANCE LIMITED TO ELECTRICAL INSPECTIONS), promulgated in 815 KAR 7:120 AND THE KENTUCKY RESIDENTIAL CODE (LIMITED IN THIS ORDINANCE TO ELECTRICAL INSPECTION) TO BE ENFORCED BY THE FISCAL COURT ACTING ON BEHALF OF THE COUNTY OF ROCKCASTLE OF THE COMMONWEALTH OF KENTUCKY PERTAINING TO ELECTRICAL INSPECTIONS.

SECTION 2: THE FISCAL COURT SHALL NAME AND HAVE ON FILE ALL PERSONS DESIGNATED AS ELECTRICAL INSPECTORS. EACH INSPECTOR HAVING AUTHORITY FOR INSPECTIONS WITHIN ROCKCASTLE COUNTY SHALL BE CERTIFIED BY THE KENTUCKY DEPARTMENT OF HOUSING, BUILDINGS, AND CONSTRUCTION AS AN ELECTRICAL INSPECTOR

SECTION 3: REQUIRED REPORTS

SECTION 4: PERMITS AND FEES. ALL COSTS FOR PERMITS AND FEES FOR INSPECTION SHALL BE BORNE BY THE PROPERTY/BUILDING OWNER AND SHALL BE PAID TO THE CERTIFIED ELECTRICAL INSPECTOR.

CHARGES FOR RESIDENTIAL INSPECTIONS: TEMPORARY, SINGLE FAMILY, MULTI-FAMILY, MOBILE HOME, ADDITIONS, CHANGE-OUTS, AND RE-INSPECTIONS SHALL EACH BE \$70

CHARGES FOR COMMERCIAL INSPECTIONS: 1% OF COSTS OF ELECTRICAL CONSTRUCTION WITHIN THE STRUCTURE

PENALTY: FAILURE BY THE OWNER TO MAKE PAYMENT AS PROVIDED TO THE INSPECTOR SHALL CAUSE ELECTRICAL SERVICE TO THE STRUCTURE TO BE PROHIBITED

SEVERANCE: THE FISCAL COURT MAY, AT ITS DISCRETION, SEVER THE RELATIONSHIP BETWEEN THE COUNTY AND ANY INSPECTOR

Mount Vernon Signal • Thursday, July 17, 2014 • Pg. B5

Hidden Among Us The American Revolutionary War Patriots of Rockcastle

By Karen Hamm Adams To celebrate and honor the county's American **Revolutionary War Patriots** and to enlighten the community about the service and sacrifice of these brave men. on behalf of the Rockcastle Chapter of the Daughters of the American Revolution, I have complied highlights of the service of the known patriots living in the county and who applied for a pension between the years 1818 and 1842. All information was taken from the patriot's own account from his pension application and other historical documents. More information can be found on each patriot at the local library or the Rockcastle Historical Society. (Copyright pending). If you are interested in joining the Daughters of the American Revolution, please contact Debbie Brown (606) 758-8659 or Iris Young (606)256-2851.

Micajah Frost Virginia

Micajah Frost was born in 1762 in Bedford County, Virginia and died 4 September 1843 in Lincoln County, KY. According to his pension application, Micajah gave the following account of his service on 26 November 1832 in Rockcastle Co. KY at 70 years of age: He volunteered in the service of the United States in the **Revolutionary War against** the Cherokee Nation under Captain William Elliott. He was not sure of the year, but it was during what was called the warm winter

(thought to be winter of (1778). He rendezvoused on the Holston River and then was marched to the Nation and joined Colonel John Sevier. They chased the Cherokeeover the country, occasionally coming in contact with them, taking several of their towns. Captain Elliott was killed in a little engagement with the Indians on the Hiwassee River, a fork of the Tennessee. Micajah received a wound during the engagement from an Indian arrow. The troops had shot across the river and broke an Indian's thigh and Captain Elliott rode over to scalp him thinking he was dead. The Indian had squatted in the sage grass and as Captain Elliott approached, he was shot in the head.

After the engagement, the troop scoured the country and were marched back and discharged, having been in actual service as he believed upwards of three months. He volunteered again in 1780 against the British and Tories under Captain Finley and marched to the lead mines on the New River and was stationed there as a guard. There came an express for them to march to King's Mountain and theyimmediately marched there and joined-Colonel William Campbell. Micajah stated that he was in the battle and that James Cuney, a Sergeant, was shot' through the bowels and the night after the battle, he carried water to him in his shoe and attended to him until he died before dawn the next

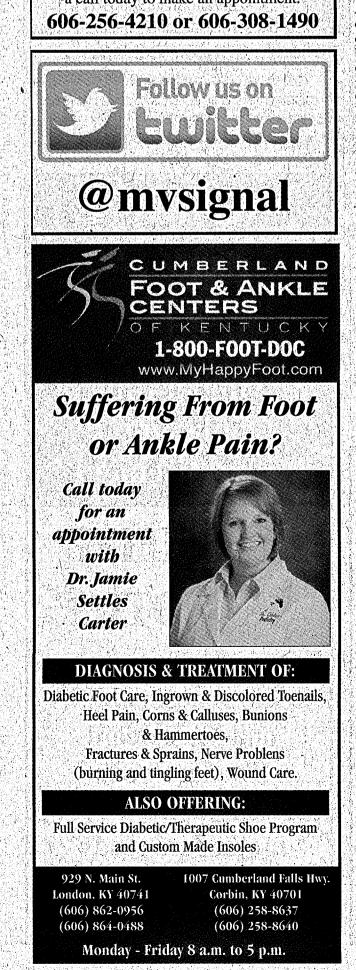
Central Body Service offers Haddix Custom Detailing. Basic hand wash to a full detail that is guaranteed to makeyour vehicle look great! Free pickup and delivery Stop by Central Body Service or give us a call today to make an appointment. day. A man namedMr. Blackburn was also killed and four men by the name of Edmondson, with whom he was well acquainted. Colonel Williams was also killed, but he had no acquaintance with him.

Sometime after he was discharged in 1782, having served out his tour of three months and being in actual service all the time, he was drafted and went out under Captain 'Tremble' and marched to the frontierCastlewoods on the Clinch River and was stationed there to guard the frontiers for two months, during which time he served. as a spy. He again volunteered in the same year under Captain Dorton and marched to the same place and served as a spy for two months and again was very near being caught by the Indians several times.

Micajah lived in Washington County, VA when he entered the service and lived there until 1795 when he moved to Tennessee. He lived in Tennessee until 1828 and then moved to Rockcastle County, KY. He was allowed a pension on 6 August 1833 in the amount of \$33.33 per year until his death on 4 September 1843. His final resting place is unknown.

Micajah did not mention a wife or children in his pension papers. He married Nancy Robbins on 12 September 1786 in Washington Co. VA. Micajah and Nancy lived in Washington County, Virginia, during his service and until the year 1795 when he moved to Anderson County, Tennessee with his father and several brothers and sisters. He and his brother Elijah Frost bought 1,000 acres of land from Stockely Donelson in 1795 in a valley which was later named "Frost Bottom" north of Walden's Ridge. However, Indian title to land in that area had not been extinguished in 1795, and Micajah is shown in the nderson 1802 tax list owning 225 acres in Raccoon Valley near his father, brothers, and uncle, Reverend John Frost. Micajah moved to Rockcastle County, Kentucky in 1828. In 1840, Micajah is listed as. living in Lincoln Co. KY. The known children of Micajah and Nancy are: Joseph Thomas Frost (1790 VA-1838 Jackson, MO). He married Nancy Adkins (1795VA-1862/1864 AR) in 1807. They had the following children: Josiah, Riley, Pleasant, Gilbert, Thomas, Elvira, Andrew, Adelaide. Richard, Christopher and Wyatt. Isabella Frost (1792VA-2 October 1832TN) married Samuel Wesley Seiber (1790MD-20 December 1871TN) in 1809. They had eight children: Nancy, Phillip, Elijah, John, Thomas, Mariah, Samuel and Columbus. Thomas Micajah Frost (1795TN-1837 Jackson, MO). Nancy Frost (1796VA-1800TN). She drowned in Poplar Creek. Elijah Frost (1797TN-1850TN) married Amelia L. Patterson on 26 December-1818 in TN. They had twenty three children of which seventeen are known: Micajah, Elijah, William, Thomas, Matthew, Nancy, Joseph, Mary, Elizabeth, Rhoda, Sevier, White, Snow, Winter, Young, Sarah and Hiram. Elijah and Amelia are buried at the Frost Cemetery in Anderson Co., TN. Mary Frost (1798TN-19 April 1825TN) married Moses Duncan (1792-1872TN) in May 1814. They had eight children: Nancy, Elizabeth, Sarah, William, Lemuel, Susan, Elijah and Jacob. Elliott Frost, Samuel Frost, Rolen Frost, Winter Frost, who died in the War of 1812 and Phinehas Frost who died as a prisoner of war in Quebec during the War of 1812. Micajah Frost is a recognized patriot of the Daughters of the American Revolution







Cates even 2:00PM - Admission \$7

Need help to become a **non-smoker?**

If you would like to quit smoking, the Kentucky Cancer Program can help. Using an innovative smoking cessation program called the Cooper-Clayton method we can help you become a non-smoker. Join the hundreds of other Kentuckians who have **quit for life!**

12-week program held on Tuesdays at 6:00 pm. FREE nicotine replacement patches will be available and are grant-funded by the Agency for Substance Abuse Policy (ASAP).

First class will be **Tuesday, August 5 at 6:00 pm**



Interested in participating? Contact Rodney Weaver at 256-2195 ext. 5088 or Morgan Kincer 256-7704 or m.kincer@rhrcc.org Pg. • Mt. Vernon Signal • Thursday, July 17, 2014

• Local Rates - \$4 for 25 words

 or less - .10 each additional word
Display Classifieds \$5.00/Inch
Deadline for Classifieds is 10 a.m. TUESDAY

For Rent

2 Bedroom House, 60 School St., Brodhead. Attached garage, hardwood floors, heat pump and central AC. Absolutely no pets, inside or out. Do not ask. References required, \$400 per month/\$400 deposit. Cecil King, 606-510-3759 or 606-510-3759. 30xntf Three Bedroom Farm House. All electric, city water. Dog Walk section of Lincoln County. Deposit required. Call 606-355-7302. 30x2p

Duplex For Rent: Located at 75 High St., Mt. Vernon (behind Rockcastle Regional Medical Arts Bldg.). 2 bedrooms, 2 baths, kitchen/dining room, laundry room, back deck, washer and dryer, refrigerator, range, dishwasher. Call 606-308-2927, 606-308-1160 or 606-308-3073. 27x4

Redwood House. Two bedrooms, one bath on 1 acre lot. Stove and fridge furnished. Gas and electric heat. Located off Hwy. 150 between Mt. Vernoncand, Brodhead. \$450 month/ \$450 deposit. No pets, Credit check and reference required. Now available. Shown by appointment. Call 606-256-8156 before 7 p.m. 27xntf



Double Corner Lot on Parsons St. in Mt. Vernon. \$6,500 obo. Interesting trades welcome. 606-392-

2023. 30x2p **House on Scaffold Cane** Road, Mt. Vernon. 2 acres, all fenced. House has approx. 3,000 sq. ft., w/4 bedrooms, 2 1/2 baths, big porches for easy living, pool. Wonderful place to raise a family. If interested and for more info, call 606-308-1561. 27x4 2BR/2BA 1450 sq. ft. Selling for \$89,900. Rick Szaks, Broker. 859-255-7777. Lincoln Real Estate, Inc. rickszaks@aol.com 18xntf Between Mt. Vernon and Somerset: 5.7 wooded

acres for \$31,500. Near Berea - 10.2 acres \$31,900. Owner financing available. Call Dwight at 859-331-4888. 8xntf

Lots in Castle Ridge Subdivision. Use same entry way as Bible Baptist Church. All lots have city sewer and underground utilities starting at \$12,900. 606-256-5692 • 256-4504 • 308-3730.50x1 Mobile home lots, located in Sunnyside Mobile Home Park. 1/2 acre lots - \$500 down and \$100 per month. Call.606-256-5692 or 606**Posted:** No trespassing, hunting or fishing on land belonging to Rachel Denney on Hwy. 3245 (former Reggie Benge property).

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

Help Wanted

CDL-A Drivers: Penske Logistics has local openings in Winchester, Ky for CDL-A Drivers - Regional Dedicated Lanes, all new equipment. Call for an interview: 1-859-745-4750 or 1-855-CDL-PENSKE. 28x4-



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



Notices

Lassing tilec

Notice is hereby given that Gina McCollum, 2600 Peggy Flats Road, Paint Lick, Ky. 40461 has been appointed executrix of the estate of Dorothy H. Brock on the 25th day of June, 2014. Any person having claims against said estate shall present them, according to law, to the said Gina McCollum'or to Hon. Robert McCollum or Robert Hon. to McClelland, P.O. Box 54654, Lexington, Ky. 40555 on or before December 29, 2014 at 11 a.m. 28x3*

Notice is hereby given that William Keith Denney, 41 Bryant Lane, Brodhead, Ky. 40409 has been appointed Administratrix of the estate of Margaret Latitia Kidd Bryant. Any person having claims against said estate shall present them, according to law to the said William Keith Denney on or before January 5, 2015 at 9:30 a.m. 29x3

Notice is hereby given that Jacqueline A. Bullock, 310 Manchester Lane, Brodhead, Ky. 40409 has been appointed Executrix of the estate of Connie G. McClure. Any person having claims against said estate shall present them, according to law, to the said Jacqueline A. Bullock or to Hon. John D. Ford, Coffey & Ford P.S.C., 45 East Main St., P.O. Box 247, Mt. Vernon, Ky. 40456 on or before January 12, 2015 at 9:30 a.m. 30x3

Notice is hereby given that Angela Howard, 8851 North Wilderness Road, Mt. Vernon, Ky. 40456 has been appointed Guardian of Sadie Howard, a minor. Any person having claims against said estate shall present them, according to law, to the said Angela Howard or to Hon. Graham D. Barth, Ward, Hocker and Thornton, PLIC. The Bluegrass Corporate Center, 333 West Vine Street, Lexington, Ky. 40507, on or before August 4th, 2014 at 11 a.m. 30x2

Notice is hereby given that Angela Howard, 8851 North Wilderness Road, Mt. Vernon, Ky. 40456 has been appointed Guardian of Iric Woodall, a minor. Any person having claims against said estate shall present them, according to law, to the said Angela Howard or to Hon. Graham D. Barth, Ward, Hocker & Thornton, PLLC, The Bluegrass Corporate Center, 333 West Vine Street, Lexington, Ky. 40507 on or before August 4, 2014 at 11 a.m. 30x2

Notice is hereby given that. Brandy Leeann Caudill, 101 Holman Lane, Crab Orchard, Ky. 40419 was appointed Administratrix of the estate of Katrina Shawn Killen Cunagin. Any person having claims against said estate shall present them, 'according to law, to the said Brandy Leeann Caudill on or before December 30, 2014 at 11 a.m. 29x3



2 Bedroom Trailer. No pets. Security deposit required. 1859-358-3560. 20xntf Duplex in Brodhead. All appliances furnished. Call Patty, 758-9666. 17xntf Duplex in Brodhead. Call Amy Nicely 256-8700:

15xntf Trailers and house in Brodhead. No pets. 758-8922. ntf

Accepting applications at Mt. Vernon Housing Authority on Mondays 4 to 8 p.m. and Wednesdays and Fridays, 4 to 6 p.m. Rent based on income. 256-4185. 14xntf

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

Subscribe to the Signal Call 256-2244

For Rent Maple St. Storage of Brodhead 256-2884 or 606-308-2491 Posted: No hunting, trespassing, 4 wheelers or ATVs

256-5648. 50x1

of any type on land belonging to Cecil and Judy King on Hwy. 2549 (White Rock Road) on property known as Ridgeview Estate. Violators will be prosecuted. 24xntf **Posted:** No hunting, trespassing or 4 wheelers on property belonging to William Johnson and Bill Parker (formerly owned by Barbara Setser) and located on Hwy. 490, Mahaffey Hollow Road, Livinston. Violators will be prosecuted.

13x26 Posted: No hunting, trespassing or ATVs on land belonging to Jason and Sara Coguer at Roundstone. Not responsible for accidents. **Posted:** No trespassing on land belonging to James and Dorothy Rash heirs on Rash-Branch Road off Chestnut Ridge. No hunting, camping, ATVs, trespassing for any purpose. Not responsible for accidents. Violators will be prosecuted. (1/15/ 15)

Posted: No trespassing on Crawford Place - Old Brodhead Road: Danny' Smith 47tfn Posted: Absolutely no hunting, fishing or trespassing on property belonging to Mark and Debbie Cummins. Violators will be prosecuted. 9x52p



House For Sale • Paul St. • Mt. Vernon 2,640 sq. ft., 3 BR, 2 full baths, 20x20 living room, large sunroom leading out to 24 ft. above ground pool with wrap around deck, 17x24 covered picnic area, privacy and lots of room situated on acre lot with beautiful landscape and Kot Pond with large waterfall. 16x24 metal workshop. Serious inquiries only. Asking below appraisal at \$125,000. Shown by appointment • Call Kathy at 606-308-1861. preferably in thermoforming or extrusion. We offer a performance bonus and excellent benefits. Must pass the background check and drug test.

Apply at 890 East Blue Lick Rd., Shepherdsville, KY 40165 between 9 am and 11 am or email resume and salary history to: adavis@sabert.com

Candidates must be able to work 12 hour shifts (3 and 4 days a week) including every other weekend. Night shift available. Same day service available on most orders. **Contact Jerry Blair Toll Free 1-800-658-4902 • 256-4700** Located 4 miles s. of Berea, off U.S. 25 at 862 Lambert Rd. Serving Rockcastle County & surrounding counties. www.bccmfg.com

NO classifieds can be placed over the phone without paying at time of placing advertisement

CLASSIFIED ADS NOTICE

For your convenience, we now accept VISA and Mastercard To place your classified, have your credit card ready and call (606) 256-2244

Miscellaneous For Sale

2000 Diesel Engine, 7.3 ltr powerstroke and automatic transmission w/heavy duty rear end 2 wheel. \$1800 for all obo. Also, 4 Michelin tires, like new, maybe 200 miles. LT245/75R16 with wheels, fits 8 lug. 1 spare. \$500 for all firm. Call 606-256-2009 or 606-308-0110. 29x2p

Professional Services

Burke's Roofing: New and old roofs. Shingles and metal roofing. Gutter cleaning and siding. 606-308-2170. Robert Burke. 30x5p **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

Jonathan Collins Remodeling and Repair Service. Home improvements of any kind from doors and windows, painting, new floors to roofs and decks - will do. it all. Any home, any problem, we're the one to call. 606-308-3533. 30x5p 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 04 308-1629. Gail's Pampered Pooch 57 West Main St. Brodhead. For appt. call 606-758-0064

Yard Sales

Yard Sale: 79 Woodland

Place, Mt. Vernon. Friday

Yard Sale: Home of Stacy

Gentry on Ford Drive near

Rockcastle Co. Library. Fri-

day and Sat., 9 to 5. Items

include: youth Taylor made

set of golf clubs w/bag, nu-

merous Home Interior wall

decor; I-Pad; Foosball table;

men's/boy's Jordan and

Nike shoes and clothing; la-

dies' clothing and shoes and

many other items priced to

Yard Sale: Friday and Sat-

urday, July 18-19 at 401

Hemlock Circle off Hwy.

150, Maretburg Road. Rain

or shine. Clothing - new-

born to adult; coins, gun;

stuffed toys; Beanie Babies; Webkins; lamps, books;

DVDs; CDs; VHS tapes;

grill; patio chairs; tools;

desk; flowers; action figure

collectibles and much more.

In case of rain, sale will be

Yard Sale: At the home of

Wanda and Darrell Ellison

on Hwy. 1326 (Old

Brodhead Road). Friday

held in garage.

sell.

and Saturday, 9 to ?

Wanted

Wanted To Buy: Your antiques and collectibles. Antique glassware, furniture, quilts, all types of military items, clocks, watches (working or not), pocket watches and wrist watch parts, pocket knives, coins and paper money. All types of gold, silver scrap, cast iron banks, toys, lighters, crock jugs, cast iron skillets, marbles, pocket

For Sale



Call

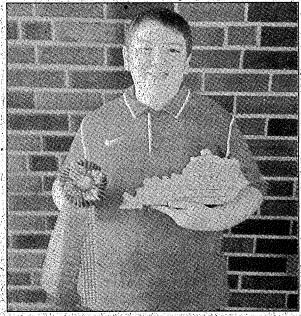
The Mt. Vernon Signal • Thursday, July 17, 2014 • Pg. B7



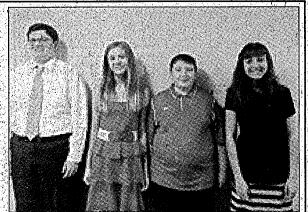




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Kyle Coffey was 1st place Champion in the 10 year old 4-H State Speech contest this past Saturday in Lexington. Kyle's winning speech title was "My Hobby."



Participants in the State 4-H Communications Day on Saturday, July 12, in Lexington, wereJohn David Hurley, Leann Tankersley, Kyle Coffey, and Alyssa Bustle. All were Blue Ribbon winners with Kyle Coffey winning the 10 year old age group; Leann Tankersley participated in the 12 year old speeches; Alyssa Bustle participated in the 14 year old speeches; and John David Hurley participated in the 16 year old speeches.

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.

DAV Ride and Show is Saturday, August 2

• The Disabled American Veterans Chapter #66 in London will hold a Ride and Show for all Bikes and Classic Cars on Saturday, Aug. 2nd.

Riders will stage at the Dogpatch parking lot with sign-up beginning at 9 a.m. and kickstands up at 10 a.m. for a ride through scenic Southeast Kentucky.

Besides three rest breaks, riders will be stop at the Bread of Life Cafe for lunch and the ride will terminate on the DAV grounds, behind the Valero Gas Station on DAV Drive, where you can relax and enjoy local gospel talent as you vote for best motorcycle and car.

Entry fee is \$15 per individual rider and \$5 per passenger.

Trophies will be awarded for first and second place People's Choice car and bike, as well as a drawing

NAMI cook-out well attended

NAMI Cumberland River held their first annual cook-out recently for their members.

Those attending were: Wayne Bullock, president; Cassie Kendrick, vice president; Bonita Fleming, secretary/treasurer and members: Bobby Bullens, Sylvia Bullens, Pearl West, Michael Shackleford, Robert Shackleford, Donald Blanton, Christin Kendrick, Scott Hardesty, Willie Smily and Linda Burton.



will be held for a door prize and the 50/50 drawing. For more info, contact J.D. Roark at 606-344-0747 or Dave Kilpatrick 606-843-0004.



ebrated her 1st birthday on June 17, 2014 with a Minnie Mouse Party. She is the daughter of Chris and Leslie Larkey, the sister of Christian, Kierra and Camden Larkey and the granddaughter of Bobby and Zannie Robinson and Tom and Darlene Larkey.



On June 22, 2014, Mr. and Mrs. Michael Darst were hosts to a 90th birthday lawn/balloon party in honor of her mother, Kathalene Hunt, at the Mary Alice and Kathalene Hunt residence. Approximately 50 guests were in attendance with cousin Esther Williams having traveled the greatest distance from Atlanta, Georgia, and cousin Doris Ford and daughter, Peggy, from Lexington. Many former students of yesteryear were also in attendance.

A tent compliments of Ford Brothers was erected as shelter for folks in attendance as well as Jeff Hunt operating the sound system. As folks mingled with Mrs. Hunt and related their favorite stories, refreshments were provided for their partaking.

The highlight of the activity was the releasing of 90 pink balloons. I think the greatest curiosity is whether or not a balloon will be found and where it will come from: Thanks to all in attendance and all who those who helped where needed. Without you, it could not have been.



