

Mount Vernon Signal

Serving Rockcastle County since 1887

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Mount Vernon, Kentucky 40456 - (606) 256-2244 Volume 128 • Number 41 50 per copy Thursday, October 2, 2014



Mt. Vernon Fire Department responded to two trailers that caught on fire Wednesday morning on Pine Hill Circle in Mt. Vernon. Authorities say both trailers were abandoned and no one was injured in the fires. The cause of the fires remains under investigation and arson is suspected in both fires. MVFD was assisted by Livingston Fire Department, Brodhead Fire Department and the Kentucky State Police.

Unemployment rate down in Rockcastle Co.

By: Doug Ponder
A recent annual survey by the Kentucky Office of Employment and Training recorded a lower unemployment rate for Rockcastle County.
According to the survey, Rockcastle County had a jobless rate of 6.9 percent for August 2014 compared to the 7.3 percent rate that was recorded in August 2013.
KOET Economist Manoj Shanker said unemployment rates actually fell in all 120 Kentucky counties between August 2013 and August 2014. She said this was the first time on record that unemployment rates fell in every county.
"The underlying message is that we have left the recession behind. That doesn't mean unemployment rates will decrease each month in all 120 counties," Shanker said. "The survey data is prone to volatility. The overall trend is positive but there will be times when instead of 120 counties recovering, it may be 100 counties."
The overall state unemployment rate in August 2013 was 8.1 percent and it fell to 6.5 percent in August 2014.
The counties with the lowest unemployment rates in August 2014 were Owen, Simpson and Woodford counties with 5.1 percent each. The county with the highest unemployment rate in the state was Magoffin County at 13.3 percent followed by Jackson County at 12.2 percent.
According to the Kentucky Office of Employment and Training, unemployment statistics are based on estimates and are compiled to measure trends rather than the actual number of people working. The statistics also include non-military workers and unemployed Kentuckians who are actively seeking work.
The survey doesn't include unemployed Kentuckians who have not looked for employment within the past four weeks. The statistics are also not seasonally adjusted because of the small sample size for each county and the data should only be compared to

Anchor officially leaves; pays \$300,000 penalty

According to County Judge/Executive Buzz Carloftis, Anchor Packaging has paid the \$300,000 penalty for exercising their option of an early out of their lease of the manufacturing facility in the original industrial park.
The money will be applied in full to the loan the county incurred to buy and refurbish the 165,000 sq. ft. facility.
As to their leaving Carloftis said, "While I sincerely regret the company's decision to leave, and consolidate with another of their facilities in Arkansas, I appreciate greatly their initial decision to locate here and the very progressive attitude taken by the magistrates to secure the purchase of the building several years ago making it an asset very few counties in Kentucky have at their disposal. Although Anchor has left us, the building will be available for future growth and should be considered by all of us as a tremendous asset."

Boil Water Advisory issued for some areas in Mt. Vernon

By: Doug Ponder
As of Wednesday, City of Mt. Vernon water customers in the city limits, Rose Hill, Sand Springs and Brush Creek were still under a Boil Water Advisory.
Mt. Vernon Water and Sewer Superintendent Dennis McClure said the advisory was issued after a water main break was discovered Monday night on Richmond Street near the former John's Cellular building.
McClure said they repaired the break Tuesday morning and sent water samples to a laboratory to be tested. He said the testing process usually takes around one to two days and that the advisory will be lifted once the required test results are received from the lab.

Cross country traveler passes through Rockcastle County on horseback

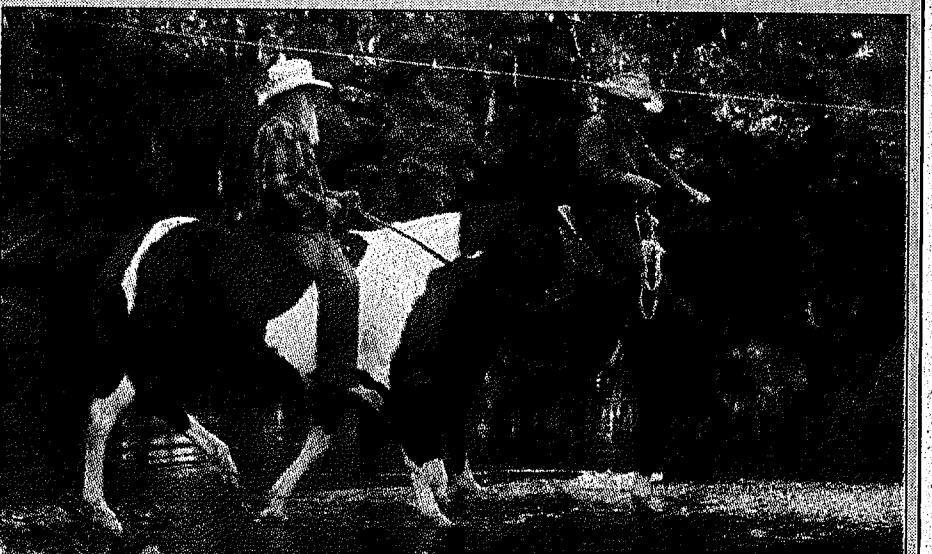
By: Doug Ponder
A man, traveling across the country on horseback, passed through Rockcastle County last week.
Jeremiah Brinkley, 58, of Peculiar, Missouri travelled through Rockcastle County last week on his nine-year-old horse Anna Marie. Brinkley spent the night in Brodhead last Wednesday night before traveling along Hwy 150 and Hwy 25 to Livingston, where he camped out last Thursday night near the ford of the Rockcastle River before heading to Laurel County last Friday.
Brinkley said the duo traveled from Missouri to the Pacific Ocean in Imperial Beach, California. He said they are now traveling to the Atlantic Ocean.
"I made it to the Pacific Ocean all the way on horseback except the last 100 miles or so. We spent the winter in Yucca Valley, California and some local horse people drove us to the ocean from there because they said I couldn't make it on horseback with all the traffic." Brinkley said. "I wanted me and Anna to dip our feet in the water at that ocean and now we are on our way to the other ocean to swim in it."
Brinkley said he has been traveling across the country on horseback for twenty-five years and that he has traveled in thirty-three states, primarily in the gulf coast, southwest and plains. His recent route from California included Arizona, New Mexico, Texas, Oklahoma, Missouri, Illinois and Kentucky.
"I've got around 30,000 miles on Anna. There is no telling how many miles I have traveled. Anna is my fourth horse and I got around the same on them, so I guess you can say I rode around 120,000 miles on horseback," Brinkley said. "We plan to go to Tennessee then to North Carolina before we go to Virginia Beach. Anna is seven months pregnant and my plan is to be back in Missouri before winter."
Before starting his journeys in 1989, Brinkley worked on an agriculture factory farm in Mountain View, Arkansas. He said that the only reason he travels across the country on horseback is because he "loves to ride."
"I just simply jumped on a horse and took off. I liked it so much that I have been doing this for twenty-five years now. I don't do it for any publicity. I do it because I love it," Brinkley said. "I don't pay any rent or taxes. I don't have a cell phone. I stop and work odd jobs for people when I need money, especially during the winters. I love seeing places that people only hear about in history books."
Brinkley said he has never been injured by passing motorists but he said they "had a scare" one time several years ago.
"No one has hit us before but one time a car clipped us on a hill. It was partly my fault but we weren't hurt and their vehicle wasn't hurt so we let it go," Brinkley said. "I don't travel at night to prevent wrecks. I also don't travel when it is foggy or rainy."

General Election Deadlines nearing

The deadlines to register to vote or run as a write-in candidate in the Fall General Election is near.
Rockcastle County Clerk Danetta Allen said the last day to register to vote in the General Election is next Monday, October 6th.
Allen went on to say that those who want to file as a write-in candidate in the General Election have until Friday, October 24th. She said those interested have to file in her office.
Allen said the same requirements and fees still apply to write-in candidates that applied to registered candidates. However, she said the names of write-in candidates will not appear on the ballot.
Allen went on to say that unless write-in candidates file, any votes cast for them will not be counted.

Bittersweet Festival begins this Thursday

The annual Bittersweet Festival is this Thursday through Saturday.
The festival will begin this Thursday with the Bittersweet Cruise-In on Main Street from 5 to 8 p.m. Registration begins at 5 p.m. and dash plates will be awarded to the first 65 entries.
On Friday, events will begin at 4 p.m. with a performance by the Romp n' Stomp cloggers. Ruby Powell will perform from 5 to 5:45 p.m., Country Wide from 6 to 7:45 p.m. and the Medley Boys from 8 to 11 p.m.
The day will begin Saturday with the Bittersweet 5K run/2 mile walk at 7:30 a.m. with registration beginning at 6:30 a.m. The Bittersweet Cloggers will perform from 11 a.m. to noon.
The parade will be from



Two men traveling to Virginia Beach on horseback passed through Rockcastle County last week. Jeremiah Brinkley, 58, of Peculiar, Missouri (left) is shown riding his horse Anna Marie and Jake Yeager, 64, of Elizabethtown shown riding his horse Blue. The men are shown last Thursday crossing the ford of the Rockcastle River near Livingston. Brinkley has traveled across the country on horseback for twenty-five years and Yeager recently joined him when he was traveling through Elizabethtown.



Amelia Eversole was crowned Homecoming Queen and Tate Clements Homecoming King during last Friday night's Homecoming festivities at halftime of the Rockets football game against Perry Central.

Of Special Note Inside

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

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• Obituaries Pg. A3 • Courthouse News Pg. B2
• Church News Pg. B4 Follow us on Twitter: @mvsignal

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Points East

By Ike Adams



After going through the longest winter (October 2013 through April 2014) in my memory, spring finally arrived in May and pretty much lasted until late September.

I suppose you could argue that we did, in fact, have 3 or 4 days of summer there around the end of July and the first of August when the temperature actually got up close to 90, but here on Charlie Brown Road we never had anything that I would call summer.

I recall sitting on the front porch numerous late evenings in July and August when either Loretta or I would remark that it felt like fall. I haven't checked the stats, but if we had a season you could call summer, it had to be the coolest one on record during my 65 years of hanging out here on the planet. I'm ready to call the last six months spummer.

And while I do accept and believe that the globe is warming, as evidenced by the ever melting polar ice caps, I can tell you, for sure, that my little part of the globe has been cooling over the last decade. I am not among the arrogant advocates that humankind can do a darn thing to alter global climate changes because they have been happening, without human assistance, since long before we two legged mammals with flexible thumbs were invented and commenced roaming about the planet.

I figure that we are destined to a fate similar to that of the dinosaurs and there's not a thing we can do about it. If humankind wipes it-

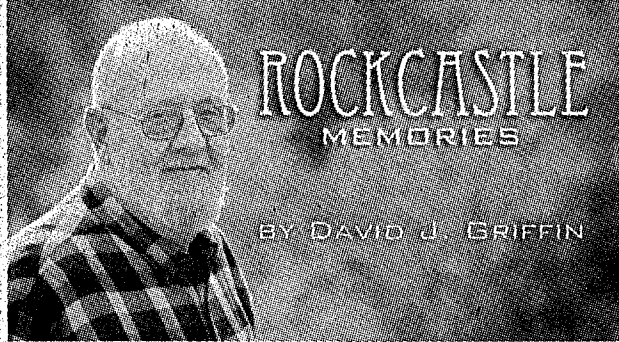
self out on earth, the process is probably going to involve numerous atomic bombs. The current argument that we are doing it with gaseous emissions is, to me, as ridiculous as saying the ice age happened because giant reptiles farted way too much. I believe that our demise is far more apt to happen when a giant asteroid collides with earth in its annual journey around the sun and our Creator simply tires of His or Her little experiment with humans and decides to try the next big thing.

In the meantime I do not waste my time worrying about the end of time, as we know it, because I don't figure it's going to happen anytime soon. I am far more concerned with enjoying the relatively miniscule portion of time that I will be around than I am with worrying about whatever might cause the next eon. Nor am I willing to argue about it. So please don't start on me unless you are dead set on wasting your time.

And, speaking of that enjoyment, after this getting through the current warm/cool season, I am left wondering why everybody who grows flowers around the house does not have at least one mandevilla.

When we started growing them in our front yard about five years ago, they were so pricey that we could only afford one. But, as they gained popularity, the price has steadily dropped to the point that, this year we bought 2 and right now I'm wishing we'd bought more.

(Cont. to A4)



A Walk In The Woods

Because of the lower fall temperatures, I took a leisurely stroll through the woods located next to our house on Furnace Mountain. My love of the woods is rooted in my upbringing because that environment is where I spent my youth in Rockcastle County. Our small farm was almost completely surrounded by woods, and I had countless experiences there.

While on my walk, I came across a huge walnut tree that I had never noticed before. The ground was completely covered with a layer of green walnuts still in the hull. I love walnut trees and the nuts that are provided by these enormous deciduous species. Seeing the nuts on the ground reminded me of my grandmother (Mommie Katie) because she loved to make walnut fudge.

Mommie Katie often would have me gather walnuts so that she could work her magic in the kitchen. Before she sent me on the hunt, she gave me explicit directions about how to secure the nuts for her fudge. Handing me a large bucket and a pair of heavy gloves, she explained, "David Joe, make sure to use the gloves because those nuts will stain your hands. Also, remove the hulls before you bring the nuts home to dry." She handed me a hammer to remove the hulls.

After the hulls were removed, I had to lay out the walnuts in the sun to dry. This took several days, and my job was to keep the squirrels away from the bounty. After Mommie decided that the nuts were ready to open, it was my job to again take the hammer and a concrete block in order to prepare the kernels for her fudge. At that point, my portion of the fudge-making process was complete. Then it was just a matter of waiting until the job was finished. Her walnut fudge was scrumptious, and our entire family enjoyed each and every piece.

Also during my walk in the woods, I also noticed two other trees that I had not noticed before. Just at the edge of the forest, I spotted a pair of large sassafras trees hanging full of dark blue berries situated on their bright red stems. Sassafras trees can reach a maximum of 50 inches in diameter and a spread of 40 feet wide.

You might be interested to know that the largest sassafras tree in the United States is located right here in Kentucky - Owensboro to be exact. It measures over 78 feet tall. It was given the distinction of a "pardon" by governor A. B. "Happy" Chandler in 1957, because it was standing in the right-of-way of a proposed road. The road was moved, and the tree still stands today. It is reportedly more than 300 years old.

One of the reasons that I love these trees is because they attract a wide variety of birds, who feed on the berries. Some of the Kentucky birds include: quail, kingfishers, wild turkeys, catbirds, pileated woodpeckers, thrushes, and mockingbirds. I have observed every one of these species of birds in my woods. Now I guess I know why they venture into the area.

On my walk, I also noticed the wide variety of acorns covering the forest floor. Their size seems much larger this year than they usually are, and I am not sure why that is true. I suppose it could have something to do with the increased amount of moisture we have had on Furnace Mountain this summer.

The last thing I observed during my woods walk was the vast amount of hickory nuts covering the forest floor. Usually this means that we are going to have a bad winter if you pay attention to the prognosticators who predict such things. At any rate, these finds in the woods explain why I have seen more animals and birds than usual in the area. For this reason, I am excited to discover the existence of the new tree varieties in my woods. I will be watching them with great care.

George Washington Carver expressed best how I feel about being in the woods.

"Reading about nature is fine, but if a person walks in the woods and listens carefully, he can learn more than what is in books, for they speak with the voice of God."

T.J.'s Journal

by: Tonya J. Cook



A True Friendship

Dear Journal,

In this society today, very different from that of years past, a true friendship is something rather rare and a thing to be valued. Today it seems to revolve around a "what's in it for me" attitude. If you don't stand to benefit from a relationship, few put any effort into developing that relationship. Then too, factor in that we seem to have very little time, even with out luxuries and conveniences. Social media has taken over and the old time handwritten letters and phone calls are a thing of the past, and you'll never hear, "Why don't you come to my house next Tuesday night about six and we'll have dinner and catch up." In any case, you see my point. We don't have time or need friendships so it seems, only acquaintances shooting e-mails, reading Facebook and the post popular text. The personal touch is forever gone.

A few days ago, there

was an episode that happened at our house that was a true inspiration. It would do us all well to take a lesson from it.

About four years ago, a little grey ball of fur showed up at our house. He had lived on leftover dog food the dogs had left behind on the porch. Then he sought shelter under a car or in the garage. One morning Stanley went out to feed and curled up in a white wicker chair was the small grey kitten still sleeping where he had spent the night. Stanley caught him, expecting to be attacked, and brought him inside. We often name our "companion animals" after a biblical figure. This ball of fur became Michael David and the rest is history.

Last October 1, we adopted a Great Pyrenees/Golden Retriever mix from the local shelter. He was about a year or so old and weighed about a hundred pounds or more. I sure wish more people would adopt a

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The Rockcastle County Fiscal Court in conjunction with the Kentucky Division of Waste Management is pleased to announce the:

2014 Waste Tire Management Program
October 2nd and 3rd from 8am until 5pm and
October 4th from 8am until 2pm at the STATE Highway garage

Get rid of your waste tires for free!!!
All tires including those with rims will be accepted with the following exclusions: foam or calcium filled tires, off road construction equipment tires with a bead greater than 1 1/4 inch, and solid tires with pressed-on rims.
Tire retailers, agricultural tire retailers, scrap yards and junk yards are not eligible to participate!
If any individual has over 1500 tires in one location, then you need to call at least fourteen days in advance of the amnesty days to arrange for a special pick up.
Call the Rockcastle County Solid Waste Office at 606-256-1902 for more information.

6th Annual
HEALTHY JOE EXPO
Thursday, October 9, 2014
Men's Health Fair
For men of all ages

MEN >>> The light is green. Now is the time to get ahead of the race by coming to the Healthy Joe Expo. You'll find a fun atmosphere, short presentations, health screenings such as blood pressure checks and many others, and some very nice door prizes.

WOMEN >>> If your family is a racing team, we know you're the pit crew boss. If not the driver, is it sometimes hard to motivate the men in your life to see the doctor? Enjoy a women-only workshop to talk about how to keep your men healthy.

WHAT >>>
Location: Rockcastle Regional Hospital Wellness Center (3rd floor of Outpatient Services Center)
Agenda: 5 p.m. Health Screenings
6 p.m. Dinner served; program begins
7 p.m. Door prizes
Please register by Friday, October 3.
For more information or to register, contact Kayla Martin at (606) 256-7767.

THE CREW >>>
FOR MEN: Dr. Della Falout, Ray Hensley, Jason Medley, Sam Ford
FOR WOMEN: Chastity Frakes APRN, Dr. Kevin Govee

ROCKCASTLE REGIONAL HOSPITAL • RESPIRATORY CARE CENTER

Giant
Yard Sale
Saturday, October 4th
9 a.m. to 6 p.m.
on the lawn of the Aunt Polly House
in Renfro Valley
Space is Free
Bring your own tables & chairs
Show your Rockcastle ID and receive \$1.00 off or an extra dip of ice cream from Aunt Polly House
Blue Bell Ice Cream

Obituaries



Mary Edith Cummins

Mary Edith Cummins, 90, of Mt. Vernon, died Friday, September 26, 2014 at her home. She was born February 13, 1924 in Rockcastle County, the daughter of the late James Martin and Maggie Cleo Doan Thomason. She was a retired restaurant owner, enjoyed cooking, gardening, serving others, homemaking, and was a member of the Baptist faith.

Survivors are: her husband, Ivan Cummins of Mt. Vernon; three daughters, Joanne C. Randolph, and Wanda Lou King, both of Mt. Vernon, and Patricia Gail Reynolds of Lexington; two brothers, Ted Thomason of Batavia, OH, and Hobart Thomason of Milford, OH; two sisters, Minnie Stewart, and Ruby Rice, both of Mt. Vernon; seven grandchildren; nine great grandchildren; two great great grandchildren; and a host of nieces and nephews.

She was preceded in death by: one daughter, Carolyn Sue Cummins; five brothers, William "Bill", Verldon, Joe, Bentley Ray "Sach", and Paul Thomason; two sisters, Roberta Pittman, and Dessie Stewart; and two infant sisters, Laverne and Nellie.

Funeral services were conducted Tuesday, September 30, 2014 at the Cox Funeral Home with Bro. Zandell Hasty officiating. Burial was in the Cresthaven Cemetery.

Arrangements by Cox Funeral Home.

In lieu of flowers memorial contributions are suggested to Hospice.

Send condolences to the family at www.coxfuneralhomeky.com.



Tabetha Clark Kates

Tabetha Sabrina Clark Kates, 42, of Mt. Vernon, died Tuesday, September 23, 2014 at the Lake Cumberland Regional Hospital in Somerset. She was born in Cincinnati, OH on February 29, 1972 the daughter of Lonnie and Gail Clark. She was a homemaker, enjoyed spending time with her grandchildren and attended Fairground Hill Holiness Church.

She is survived by: her husband, Jason Kates of Orlando; one daughter, Brianna (Bruce) Cotton of Mt. Vernon; two grandchildren, Elizabeth Cotton and Bailey Cotton of Mt. Vernon; and her parents, Lonnie and Gail Clark of Mt. Vernon. She was preceded in death by her grandparents, Pete and Dorothy Hurd and her uncle, Benton Hurd.

Funeral services were conducted Friday, September 26, 2014 at the Dowell & Martin Funeral Home Chapel by Bros. Elsie Doan and Vernon Doan. Burial followed in Elmwood Cemetery.

Pallbearers were: Neal Bray, Josh Bray, Jason Kates, Ronnie Dale Cromer, Chad Hurd, Danny Hurd, Bruce Cotton and Keith Kates.

Visit www.DowellMartin.com to view online obituary.



Nora Dees Poynter

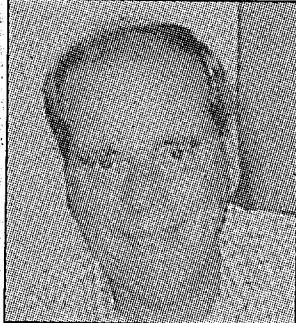
Nora Dees Poynter, 83, of Mt. Vernon, died Sunday, September 28, 2014 at her residence. She was a life-long resident of Rockcastle County, born January 27, 1931, daughter of the late Thomas and Stella Montgomery Dees. She was a homemaker, and faithful member of Fairview Baptist Church.

Survivors include: seven children, Tom (Melinda) Poynter, Doug (Kathy) Poynter, Kevin Poynter, JoAnn (J. B.) Croucher, Betty (Johnny) Kemper, Frances (Robert) Gabbard, and Janice (Jeff) Ingram; five siblings, Myrtle Rudie, Sue Bowman, Lillian Allen, Mary Bowman, and Donald Dees; one daughter-in-law, Beverly Poynter; 23 grandchildren; 41 great grandchildren; eight great great grandchildren; as well as, numerous relatives and friends.

In addition to her parents, she was preceded in death by: her loving husband, Warren Poynter, Sr.; two sons, Warren Poynter, Jr., and Wendell Poynter; four grandchildren; and four siblings.

Funeral services were held Wednesday, October 1, 2014 at Fairview Baptist Church with Pastor Vaughn Razor officiating. Burial was in Fairview Cemetery.

Reppert Funeral Home entrusted with arrangements.



Roy N. Shafer

Roy N. Shafer, 66, of Lancaster, and formerly of Brodhead, died Friday, September 26, 2014 at Ephraim McDowell Regional Medical Center in Danville. He was born June 19, 1948 in Brodhead, a son of the late Charlie and Molly Joseph Shafer. He was a 40 year employee of Feldman Lumber Co., in Lancaster. His hobbies and interests included fishing, NASCAR, and wrestling.

He will be lovingly remembered by: his wife, Ona Ruth McGuire Shafer of Lancaster; daughters, Traci (Monroe) Troyer and Staci Shaffer (Carter) Thomas, all of Crab Orchard; six step-children; grandchildren, Jordan (Brandy) Shaffer, A.J. Shaffer, Katlin Denney Ramirez, and Nick Wilson; brothers, Jimmy Shafer, Eddie (Joyce) Shafer and Kenneth Shafer, all of Brodhead; sisters, Betty Singleton and Emma Crank, both of Brodhead; and a host of nieces/nephews, friends and neighbors.

Besides his parents, he was preceded in death by brothers, Terry, Junior, Bobby, Donald and Johnny Shafer.

Funeral services were conducted Tuesday, September 30, 2014 with Bro. Rick Reynolds officiating. Burial followed in the Piney Grove Cemetery.

Expression of sympathy may be made to the Roy Shafer Burial Fund; P.O. Box 658, Brodhead, Ky. 40409.

Condolences may be made at www.marvineowensfuneralhome.com



Gerald "Gary" Moore

Gerald Wayne "Gary" Moore, 55, of Somerset and formerly of Rockcastle County, died Thursday, September 25, 2014 at the Lake Cumberland Regional Medical Center. He was born in Berea, on November 3, 1958, the son of Shirley Edward and Mary Edith Carpenter Moore. He was a self-employed truck driver and was a member of the Falls Creek Baptist Church in Monticello.

He is survived by: his wife, Audrey Webb Moore; a daughter, Patricia Vito and boyfriend Tyler of Somerset; two step-children, Andrew Simpson of Monticello, and Amanda (Melvin) Gibbons of Livingston; two brothers, Billy Ray (Hazel) Moore of Maple Grove, and Bobby Moore of Somerset; a sister, Mary Ann (Ted) Saylor of Mt. Vernon; his mother-in-law, Nancy Webb of Somerset; and a brother-in-law, David (Katie) Webb of Monticello. Also surviving are six grandchildren, Sebrina Vito, Stetson Simpson, Carson Simpson, Adison Simpson, Jordan Gibbons, and Valarie Gibbons. He was preceded in death by his parents, and a niece, Crystal Winkler.

Funeral services were conducted Tuesday, September 30, 2014 at the Brush Creek Holiness Church by Bro. Lonnie McGuire.

Pallbearers were: Melvin Gibbons, Tyler Haynes, Stetson Simpson, Andrew Simpson, Carson Simpson, Bobby Moore, Jr., Jordan Gibbons and Dwayne King.

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

David Singleton

David Harrison Singleton, 82, of Eubank, died Saturday, September 20, 2014 at his residence. He was born February 24, 1932 in Orlando, a son of the late Sam Brown Singleton and Ellie Virgie Durham Singleton. He was a member of the Brush Creek Holiness Church. He found great joy in using his hands with farming, hunting, fishing, ginseng hunting and gardening. He will be fondly remembered for his sharing the vegetables he grew in his garden. On July 5, 1986 he was joined in holy matrimony to Judith Ann Morris and they enjoyed 28 years together.

Those left to cherish his memory are: his wife, Judith Singleton of Eubank; his brother, Millard (Stephanie) Singleton of Crab Orchard; sisters, Edna Harrington of Dayton, OH and Lena Lawson of Sweetwater, TN; his god-children, Austin and Markita Smith; and a host of nieces/nephews, friends and neighbors.

Besides his parents, he was preceded in death by: brothers, Sam Singleton, Jr., Rovie Singleton, and Tip Singleton; and his sisters, Irene Hamilton, Ardella Thompson, Farrie Coffey, Rose Moore, and Christine Robinson.

Graveside services were conducted Wednesday, September 24, at Singleton Mountain Cemetery with Bro. Lonnie McGuire officiating.

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



Ruth Ellen Wilson

Ruth Ellen (Woodall) Wilson, 87, of Butler, and formerly of Brodhead, died Wednesday, September 24, 2014 at the River Valley Nursing Home in Butler. She was born April 30, 1927 in Brodhead, a daughter of the late George Madison Woodall and Lila Jane Ross Woodall. She was a member of the Union Chapel Pentecostal Church. She was a homemaker and had been a seven year employee at the D.A.V. in Cold Springs. She was a loving and devoted wife, mother and grandmother. On June 29, 1946 she was united in holy matrimony to Charles Wilson and they enjoyed 60 years of marriage, prior to Charles's passing in 2007.

She will be lovingly remembered by: her children, Patsy (Floyd) Schnitzler of Butler and Jerry Wilson of Erlanger; grandchildren, Angela Schnitzler, Michael Schnitzler, Eric Wilson and Rachael Wilson; great grandchildren, Chelsey, Jordan, Abigail, Shawn and Alyssa; and a host of nieces/nephews, friends and neighbors.

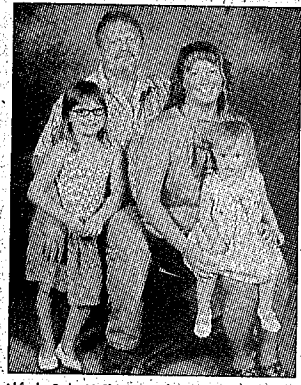
Besides her parents and husband, she was preceded in death by: three sisters, Evelyn Honeycutt, Christine Woodall and Faye Woodall; and two brothers, Herbert Woodall and Ray Woodall.

Funeral services were conducted Saturday, September 27, 2014 with Bro. Ralph Reynolds officiating. Burial followed in the Piney Grove Cemetery in Brodhead.

Casketbearers were: Billy and Eric Wilson, Jordan and Justin Geiman, and Mike and Shawn Schnitzler. Condolences to the family may be made to her online registry at www.marvineowensfuneralhome.com

ELECT Carlos McClure Rockcastle Jailer

I will make sure to provide jail services in an equal and impartial manner according to the requirements of law.



Paid for by Carlos McClure

I will offer up a jail with the security and friendliness our small community deserves.

Your vote is appreciated!

Limestone Grille

Dinner Specials

Thursday 9/25

Hand Cut & Breaded Chicken Tenders w/ Two Sides

Friday 9/26

All you can eat Catfish

Saturday 9/27

BBQ Ribs w/ Choice of Two Sides

Sunday 9/28

Baked Ham w/ Choice of Two Sides

Monday 9/29

White Northern Beans cooked w/ Country Ham, Greens & Cornbread

Tuesday 9/30

Alecia's Salmon Patty w/ Choice of Two Sides

Wednesday 10/1

Lasagna w/ Garlic Bread & Side Salad

Carry-Out Available

Open 7 days a week 10 a.m. to 10 p.m.

(Open later on weekends)

Located at Exit 62

(former Rockcastle Steakhouse)

Phone 606-256-0131

Rockcastle

Health & Rehabilitation Center

A Signature HealthCARE Community

Cordially invites you to a celebration of the lifetime achievements of our Residents, our Stakeholders, and our Community Leaders as "Hometown Heroes" in the 2014 "Hall of Fame Cafe"

Please join us in honoring those who have dedicated their lives to helping others.

Rockcastle Health and Rehabilitation Center
371 W Main St, Brodhead, KY 40409

DATE
THURSDAY
OCT 9th
2014

TIME
6:00PM

Please R.S.V.P. by October 2nd by calling (606) 758-8711

This year's inductees are residents Peggy Bowling, Kenneth Leach, David Brock, shareholder Vicki McClure and community leader Danny Ford.

Special Guest Speaker: Judge Buzz Carloftis

Our Readers Write

Thank You Microclinic program...

Dear Editor,
I would like to thank Microclinic program for the recent free fun interactive sessions.

I give a lot of credit to Lorinda Fletcher, who led our Microclinic program at the Rockcastle Senior Center.

I was teamed up with four other great ladies and we finished second behind "3 Ladies and 2 Gents" who came in first. Congratulations to them.

There were 16 sessions with general nutrition and physical activity goals. Some of my favorites were fitness, stretching and walking.

Food groups, portion sizes and cooking tips were all helpful with my diabetes battle.

All of the Microclinic challenge role plays made the health challenges less stressful and more fun.

Jeanette Hennessey

Constitution Day a success...

Dear Editor,
The Rockcastle County Republican Party would like to thank everyone who attended our 2014 Constitution Day lunch on September 17th.

The event was such a

success! We appreciate special guest Chief Circuit Judge Jeff Burdette for giving such an insightful and educational presentation on the Constitution. His known depth of knowledge on the topic, our party's conservative message, and our exciting slate of candidates are no doubt the reasons we had such a huge turnout - it was an overflow crowd.

Thanks to Limestone Grille for being such great hosts and helping to accommodate our larger than expected crowd. A very special thank you to our event sponsors Mr. Doug Bishop, Mr. Carlos McClure, Senator Jared Carpenter, Representative Jonathan Shell, Mr. Paul Cummins, and Mr. David Collins.

Looking forward to
November,
Travis T. Burton
Chairman
Rockcastle County
Republican Party

"Points East" (Cont. from A2)

We had been alternating between hot pink one year and bright, crimson red the next but this year we got one of each color. We planted them very early in May or late April and they are still going strong. Loretta put one in a 5-gallon planter and the other one directly in the soil in front of our porch.

She intends to see if she can pull the potted one through the winter, indoors, because the first hard frost kills them and they don't come back in our climate the way they do in the deep-south.

From the middle of May until the first frost, they produce a steady, consistently-abundant display of very large blossoms and the supply will steadily increase if the vines have something to climb. At this writing there are 32 very large, 4x7 inch blossoms on the pink one and 20 about half that size on the potted red one. There would be twice that many if Loretta allowed them to climb on the porch rails.

Loretta had the prettiest big, 12 feet in diameter, circular bed of traditional flowers that we've ever had. I don't remember all the names of the dozen or so varieties, but all except the Latvia and petunias are pretty much gone and they both seem to be as persistently determined to last until frost as the mandevillas.

Well, actually, our Lynn Embaugh Magic Bean (looks much like a hyacinth bean) is still going strong and will continue to do so until frost and it smells so wonderful there beside our back door.

We do enjoy a variety of lilies, tulips, irises, peonies, bleeding hearts, poppies, clematis and the like but they are gone by the time I get used to them being there. Well, the clematis does, teasingly, show up for brief spells, throughout the season after its first big hurrah in May.

Last Saturday, we were out driving the back roads and byways when we happened upon Warren Farm Greenhouse, petals and plants, located at 2325 Barnes Mill Road about 10 miles outside (southwest) Richmond. There we found the most impressive and healthiest selection of chrysanthemums and pansies that I have seen in years. We wound up spending about 40 bucks and would have spent more if the car had been able to hold all the stuff Loretta wanted.

Prices were significantly lower than the big box stores and the quality was at least double that of any of the other places we have shopped. I don't have room here to write directions, but the scenery and the display is worth the drive out of your way if you are anywhere close to Richmond. Call Eddie or Tammi Warren, 7 days a week, except for Sunday mornings, at (859)328-7005 and they'll tell you how to get there or simply plug the address into your gps. It's worth the drive even if you don't spend a nickel.

"Journal" (Cont. from A2)

dog or cat from there. It might save their life and bring a blessing to yours.

He is a wonderful dog with long golden blonde hair and the attitude of a saint. His name is James Isaac, and he thinks he is a cat. He has so many cat-like traits. James loves to play with our cats and they enjoy each others

company for hours.

A few days ago, Michael had some surgery on his ear and had to be gone overnight. James missed his little grey friend. The next day, we brought Michael home and he felt bad and wouldn't eat. He just wanted to lay around and mend. Well, James seemed to know that there was something wrong with Michael and wouldn't eat either. James began to "fret". He paced around near Michael with a low throaty sigh that he makes when he gets worried. It reminds me of somebody pacing and blowing, "Whew!"

Later, we went to bed, taking James and the other "companion dogs". Poor old James couldn't monitor Michael's condition and wouldn't stop pacing, barking and wanting out the door. We had to get Michael and put him at the foot of the bed so James could look in on him. Then James only paced and fretted...most all night

and wouldn't go to sleep. Tap, tap, tap went his claws across the wooden floor. He stopped occasionally and put his head over on the footboard staring at Michael. We didn't sleep much either.

The next day, Michael wasn't much better and was put on the computer desk. As I did my chores from the kitchen, I glanced to the office area. James was standing on his back legs with one of his big paws and head laying on Michael. It looked like he was actually praying for Michael. It must have worked because later that day, Michael began to feel better, and he ate. In a day or so, Michael was back to his old self and James was so relieved.

This is one of the most true and enduring friendships I've ever seen. We humans would do well to learn by example the depth of caring and genuine concern this dog displayed for his friend, a cat.

Rockcastle Community Bulletin Board

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Bookmobile Schedule

Mon., Oct. 6th: Calloway, Red Hill, Sand Hill, Livingston, Lamero and Pine Hill. Tues., Oct. 7th: Maple Grove, Orlando and Climax. Wed., Oct. 8th: Cave Valley Apts. and Brindle Ridge.

No Permit/Driver Testing

There will be no permit testing on Friday, October 3rd. There will not be driver testing or permit testing on Friday, October 31st.

Bus Drills - Early Dismissal

The Rockcastle County Schools will be conducting Emergency Bus Evacuation Drills on Thursday, October 2, 2014. Rockcastle County High School and Middle School will dismiss at 2:45 p.m. Buses will proceed to the elementary schools where the drills will be conducted. Please adjust your schedule for this early dismissal. There will not be any school on Friday, October 3, 2014, KEA Day.

American Legion Raffle Items

The Rockcastle American Legion Post #71 will be raffling three items at the Bittersweet Festival. They are: (1) A Dale Earnhardt "Tribute to a Legend" case knife with collector case - \$120 value, (2) A basket filled with Rocket apparel - \$75 value, (3) 17" Gator Back Hunting Knife with Red Pakka wood handle and sheath - \$50 value. Tickets may be purchased from American Legion members or at our booth at the festival. Tickets are \$1 each or 6 for \$5. Contact Joe Howard 606-308-1594 or Bobby Kendrick 606-308-9918 for details.

Retired Teachers Meeting

The Rockcastle County Retired Teachers will meet on Wednesday, October 8th at 11 a.m. for lunch at the Limestone Grille. This is the first meeting of the new year and important topics will be discussed. All retired teachers are encouraged to attend.

Bittersweet Festival

The Bittersweet Festival has been scheduled for Friday, Oct. 3rd from 4 to 11 p.m. and Saturday, Oct. 4th from 9 a.m. to 11 p.m. Applications for vendor sites can be picked up at City Hall or call 606-256-3437 for more information.

Florida Fruit/Nut Orders

The Rockcastle County Kentucky Farm Bureau 2014 Florida Citrus Fruit and Nut orders are being taken from Monday, September 15, 2014 to Friday, October 27, 2014 during regular business hours. Please call 606-256-2050.

Class of 1994 Reunion

RCHS Class of 1994 will hold a Reunion Saturday, October 11th from 7 to 11 p.m. at the Western Rockcastle Fire Dept. A potluck meal will be served. Bring a dish and drinks and celebrate our 20 year reunion. For more info, call Sharon Tompkins at 606-256-3496 or Shanna Lawson at 606-7578-0050. No charge. Donations for the fire department will be appreciated.

Livingston School Reunion

The annual Livingston School Reunion will be held October 4th at Livingston. All former students, teachers, family and friends are invited to attend. This year we will be recognizing graduates of the classes of 1954 and 1964. Registration information will be mailed to previous attendees. For info, call Barbara M. Castleberry, 256-9188 or Doris Thompson, 256-1843.

DAR Meetings

The Rockcastle Chapter of the Daughters of the American Revolution meet the first Monday of each month, September-May at 6 p.m. at First Christian Church in Mt. Vernon. All prospective members are welcome to attend.

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.

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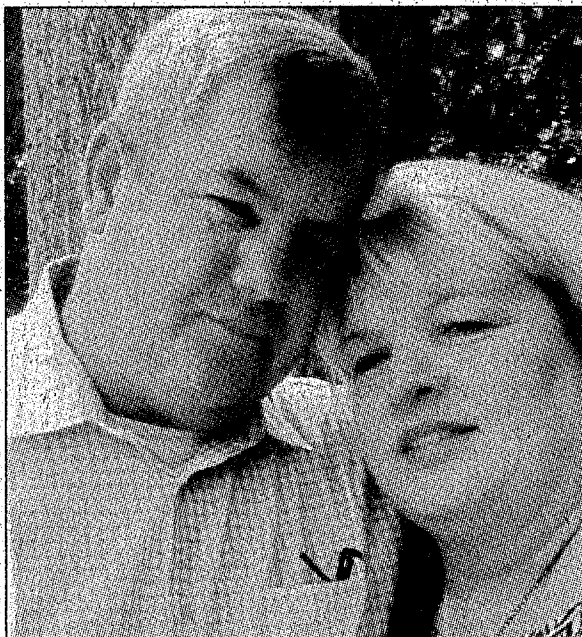


Rockcastle Co. Chapter DAR presents DAR member Norma Eversole portraying Drucilla Parker, who is buried in the old Hiatt Burial Ground. The cemetery holds a history of War Veterans. The event will take place October 17th around 6 p.m. with a box meal. Tickets are \$12.00 and are limited. To reserve your ticket, call 859-582-3625 or 606-256-2244.

Celebrate!



You're invited to an **85th Birthday Celebration** honoring **Geraldine Robbins** **Saturday, October 4th** 1-4 p.m. * Quail Park
Given with love by her family. Your presence is your gift.



Frenches celebrate 25th anniversary

William "Dee" and Debra French, of Conyers, GA, celebrated their 25th wedding anniversary on September 30th. They were married in Conyers, GA in 1989.

Dee is the son of the late Estil and Louella French of Mt. Vernon, who were married for 57 years. Debra is the daughter of Harold and Geroldine Worthy of Conyers, GA, and they will celebrate their 64th wedding anniversary in November.

Dee and Debra have five children, Jenny (Sean) Books of Griffin, GA, William Dee French, Jr. of Jonesboro, GA, Skylar (Jessica) French of Conyers, GA and Rebekah and Maryrose French, and four grandchildren, Haley Books, Lainey and Will French and Ellie French.

Dee and Debra work alongside each other daily at their "Treasure Junktion" business in Covington, GA. They are active members of Light of Calvary Baptist Church in Conyers, GA and pray that God will continue to bless them. They would also like to thank both their families for being such a big part of their lives. *We love each of you.*

Weed control for pastures

Farm and Home News

Tom Mills

Rockcastle County Extension Office

Dry weather conditions in many parts of Kentucky this past summer may have resulted in grazed pastures with areas of thin vegetative cover and bare soil. Many of these areas already have evidence of weedy vegetation such as common ragweed and other summer annuals. As these plants die back naturally, cool-season weeds will sprout: chickweed, henbit and purple deadnettle will fill the voids. Other weeds such as buttercup and musk thistle will likely be more prevalent in the next spring.

One option to tackle weed problems is to apply broadleaf pasture herbicides in mid to late fall or early next spring. However, herbicides alone may not be the best solution to revitalize pastures for the next grazing season.

The first step to determining your weed management options is to do a critical evaluation of pasture fields. Not only do you need to take an inventory of the current weeds present, but you also need to scout the field to look for any developing weed problems in their seedling growth stages. Identify areas of the field with potential problems such as musk or other biennial thistles, poisonous hemlock, buttercup and com-

mon chickweed. Also, you should assess the growth of desirable forage grasses and legumes.

Your primary question then becomes—does the existing stand of desirable forages appear adequate and potentially competitive enough against any emerging weed problems? If the forage stand is acceptable and weed pressure is light, the best course of action likely is to follow routine pasture management practices. However, if you see developing weed problems, you may want to take action to begin correcting the problem. In some cases, you may have no good solutions to correct all your weed problems. Here are some points to consider as you make those decisions.

After you evaluate the pasture, you must decide whether to drill or overseed more forages into existing pasture to improve the stand of desirable forage grasses or to spray herbicides to control emerging broadleaf weeds. You will not be able to do both at the same time since most pasture herbicides have the potential to injure newly emerging forage grasses or legumes.

For pasture herbicides that contain only 2, 4-D, general recommendations are to wait four to six weeks after spraying before reseeding forage crops. Other broadleaf herbicides may require waiting six months or more between the application and seeding forage legumes; make sure and check the label of the specific herbicide product you use. As a general rule of thumb, if you decide to spray this fall, you will

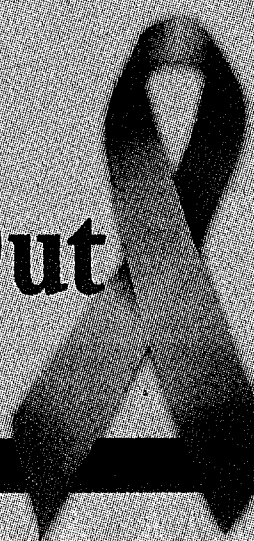
need to wait until next spring before seeding additional forages. If you reseed first, then you should wait until the new seedlings have well-established root systems before applying herbicides. It's important to note that anytime you use broadleaf herbicides, you'll likely kill any clovers or other desirable legumes in the treated areas.

One alternative to consider in some situations is using a total-pasture renovation technique to control or suppress growth of the weedy vegetation followed by interseeding more forage grasses or legumes. This assumes that you don't need the field for grazing animals until the newly seeded forages become well established. In this approach, you apply an herbicide product containing either paraquat or glyphosate to "burn back" or kill all existing vegetation before reseeding. Since paraquat and glyphosate have no soil-residual activity, you can immediately interseed desirable forages into the soil after herbicide application.

Yet another course of action is a "wait and see" approach. But, keep in mind that weeds are much easier to control when they are small and immature. Although you have several options to consider for managing weed problems in the fall, few of these options are viable without some badly needed rain-fall.

Removing a cutting of hay and grazing any regrowth also makes the addition of grass and clover seed much easier next spring. Evaluate your fields and make plans now.

Ladies Night Out



Bring your friends and join us for an evening of good food, pampering, shopping, learning and fun in recognition of Breast Cancer Awareness Month.

October 14, 2014

Rockcastle Middle School • 5:30 p.m.

Guest speakers include:

- Dr. Edward Romond
Markey Cancer Center Oncologist
- Melissa Brock
Rockcastle Regional Oncology Service Line Manager
- Grandtazztics
Grandmas for Awareness

Featuring:

- Heart healthy dinner
- Health education
- Door prizes
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If you plan to attend, please call 256-7767 by Friday, October 10.



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Rockets win homecoming game, 22-20, over Perry Central

By: Doug Ponder
The Rockcastle County Rockets pulled off a close 22-20 win during their homecoming game last Friday night against the Perry Central Commodores.

The game came down to the wire when the Commodores scored in the fourth quarter with 3:05 left on the game clock, cutting the Rocket lead to 22-20. The Commodores went for a two point conversion to tie the game but failed to make it into the end zone. The Rockets then ran the game clock out on their next possession.

The Rockets were first

to get on the scoreboard when sophomore tailback Chayse McClure broke free for a 13 yard touchdown run. The extra point attempt by McClure was no good giving the Rockets the early 6-0 lead.

The Rockets scored again in the second quarter when McClure punched the ball in on a 3 yard touchdown run. The two-point conversion by McClure was good making the score 14-0 at halftime.

The Commodores finally scored in the third quarter when quarterback Nathan Prey connected with wide receiver Braxton Whitmore on a 46 yard touchdown pass. The

two point conversion was no good and the score was 14-6 at the beginning of the third quarter.

The Commodores scored again late in the third quarter with a 49 yard touchdown pass from Prey to wide receiver Tyler Lawson. The two point conversion was good tying the game at 14-14.

The Rockets attempted to put the game away in the fourth quarter when senior fullback Chance Ansardi ran the ball into the end zone for a 6 yard touchdown run. The two point conversion by senior fullback Layne Jasper was good extending the Rockets lead to 22-14.

However, the Commodores rallied late in the fourth quarter on a Prey pass to Whitmore for a 36 yard touchdown. The two point conversion was no good and the the game ended 22-20.

The Rockets offense was led by McClure with 13 carries for 74 yards and two touchdowns. Sophomore running back Devon Robinson had a big night on the ground with 21 carries for 71 yards.

Other Rockets picking up rushing yards were Ansardi with 11 carries for 45 yards and one touchdown, senior fullback Isaiah Adams had 8 carries for 36 yards and freshman fullback Holdan Barnett was credited with 4 carries for 20 yards.

Sophomore quarterback Dakota Bishop was 4 of 6 passing for 59 yards and one interception.

Sophomore tight end Isaiah Mercer led the Rockets receiving corps catching one pass for 32 yards. Senior wide receiver Kyle Denny had two catches for 19 yards and Adams had one catch for 8 yards.

The Rockets were led on defense by Robinson who had six tackles and one fumble recovery.

Other Rockets picking up tackles and sacks were Mercer with four tackles and one sack, Denny with five, senior defensive back Tyler Langford and sophomore defensive back Tommy Benge both had four each, Ansardi had three tackles and one sack, sophomore defensive end Lucas Jones had three tackles and two sacks, senior defensive lineman Justin Hughes had three tackles and one sack, sophomore defensive lineman Austin Saylor had three tackles and one sack, freshman defensive lineman Logan Coffey had three tackles and sophomore defensive back Isaac McClure and Adams both had two tackles each.

Head Coach Scott Parkey said that he is proud of his players for fighting the emotional swings of the game and coming out with a win.

"I was pleased and excited that we won a game that tested our players' hearts," Parkey said. "Our team overcame adversity and trusted each other when things became difficult."

Parkey said that he thought the Rockets ground game was phenomenal. He also credited the offensive line and blocking backs with success in the backfield.

"Chayse McClure got us going early at the tailback position and Holdan Barnett was simply outstanding at fullback during the first varsity game of his career," Parkey said. "Levi Coffey and Layne Jasper led the offensive line in their best performances of the season."

Parkey went on to say the Rockets defense stepped up and played

great again in last Friday night's game.

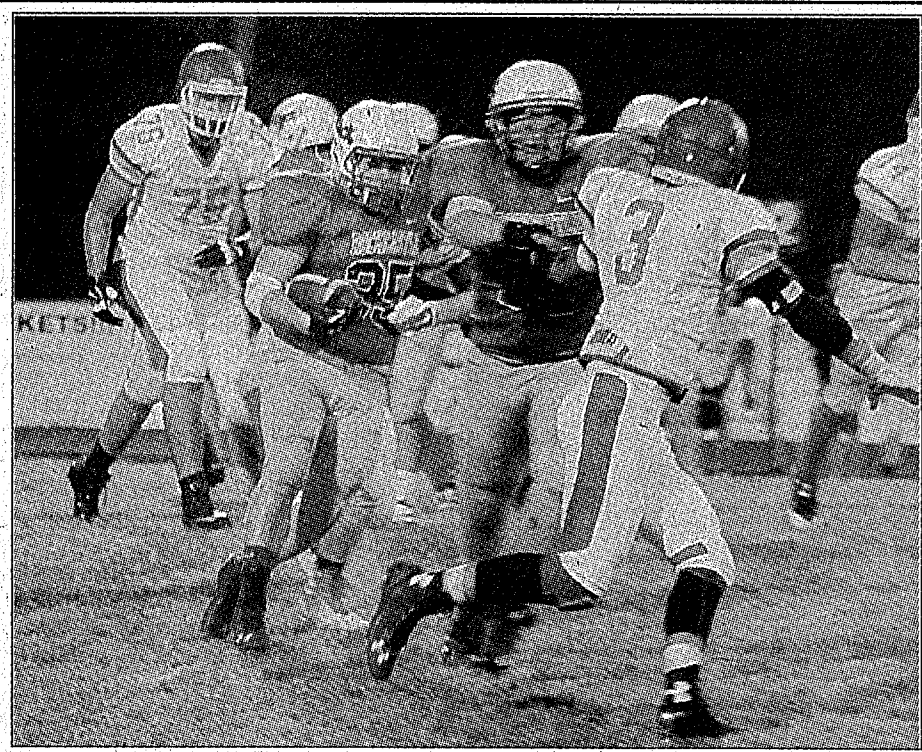
"To stop the Commodores' offense on the two point conversion late in the fourth quarter that would have tied the game tells you what kind of defense we have," Parkey said. "They never give up, no matter the circumstances or the situation. They simply won't give in under pressure. That kind of attitude and toughness is what we need heading into district play."

The Rockets won't play this Friday night as they are on their bye week. Their next game is Friday, October 10th when they

travel to Russell Springs to take on the Russell County Lakers at 7 p.m.

Parkey said the Lakers have struggled this year and their 0-5 record is more of a reflection of their difficult schedule.

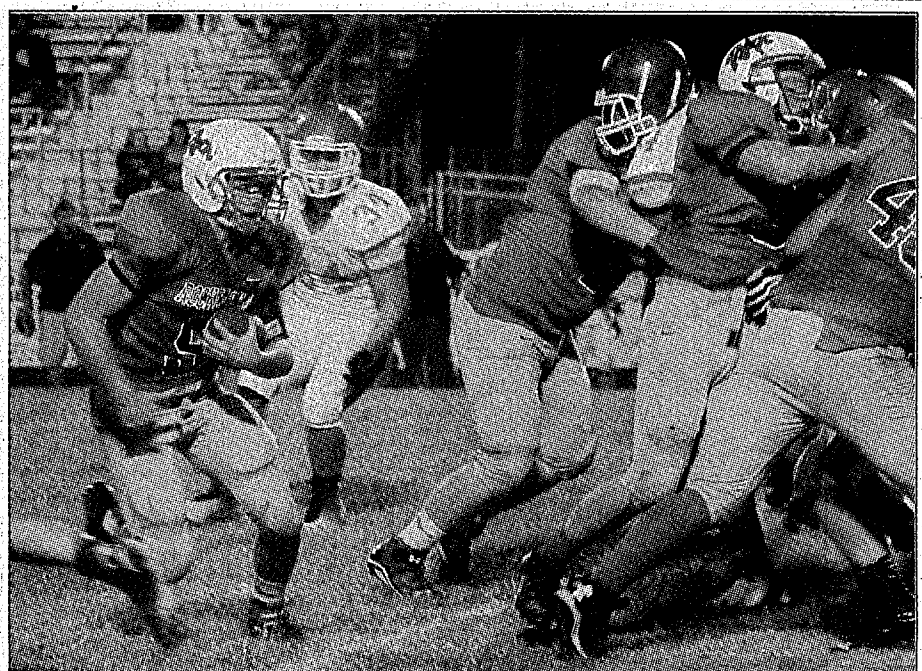
"They have played some pretty good teams close and they have a good nucleus of players," Parkey said. "WKU commit Nick Coffey is good enough to shut down half the field with his play. But our own beast Chance Ansardi will get the call to block him most of the game and he is ready for the challenge."



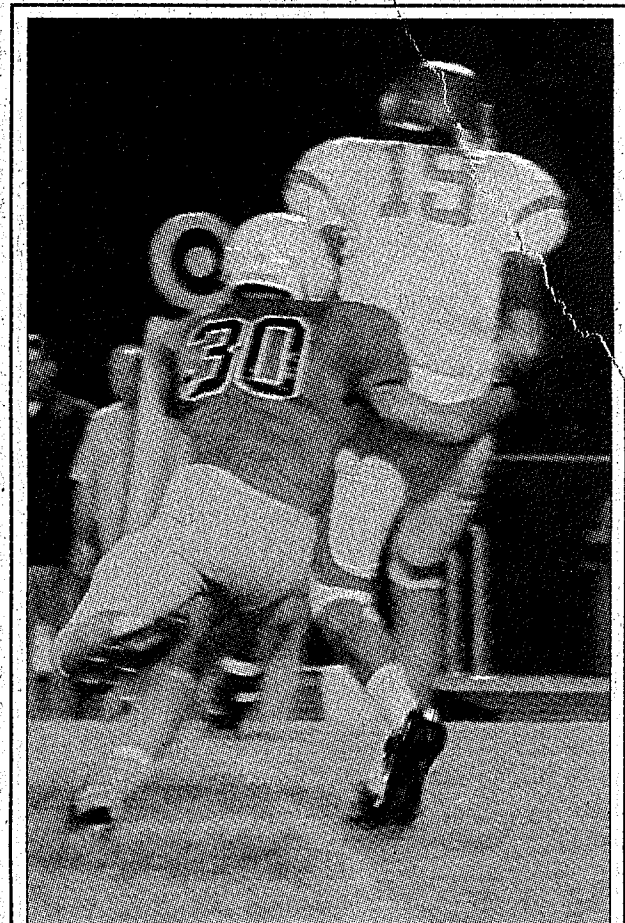
Sophomore offensive lineman Caleb Kirby picks up a block for senior fullback Isaiah Adams during the Rockets nailbiting 22-20 win over Perry Central last Friday night.



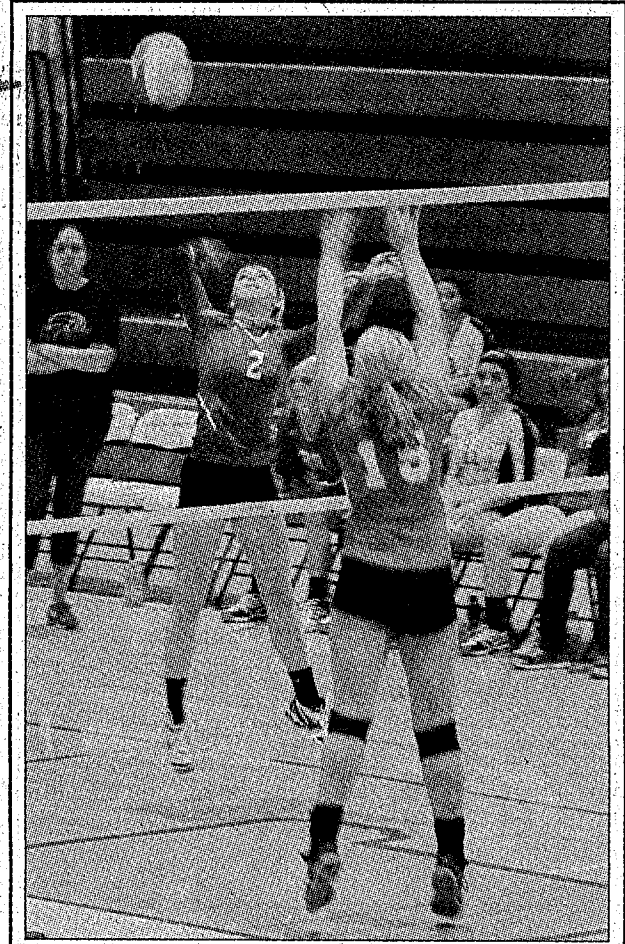
Sophomore defensive end Isaiah Mercer sacks Perry Central quarterback Nathan Prey during the Rockets 22-20 win last Friday night. The Rockets have a bye this week. Their next game is Friday, October 10th when they travel to Russell Springs to take on the Russell County Lakers at 7 p.m.



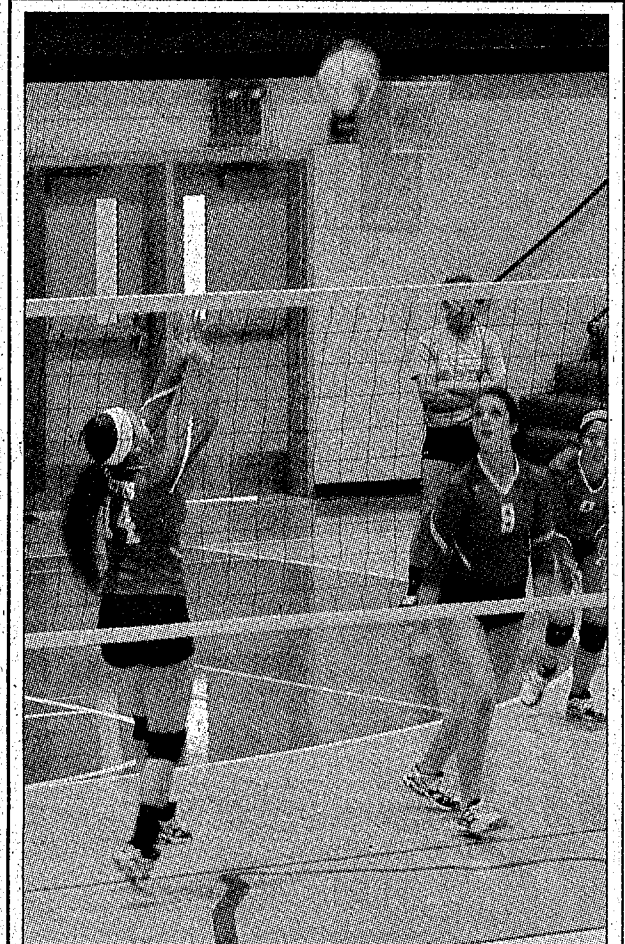
Sophomore tailback Chayse McClure looks for running room during the Rockets barn burner against Perry Central last Friday night. McClure led the Rocket offense with 13 carries for 74 yards and two touchdowns.



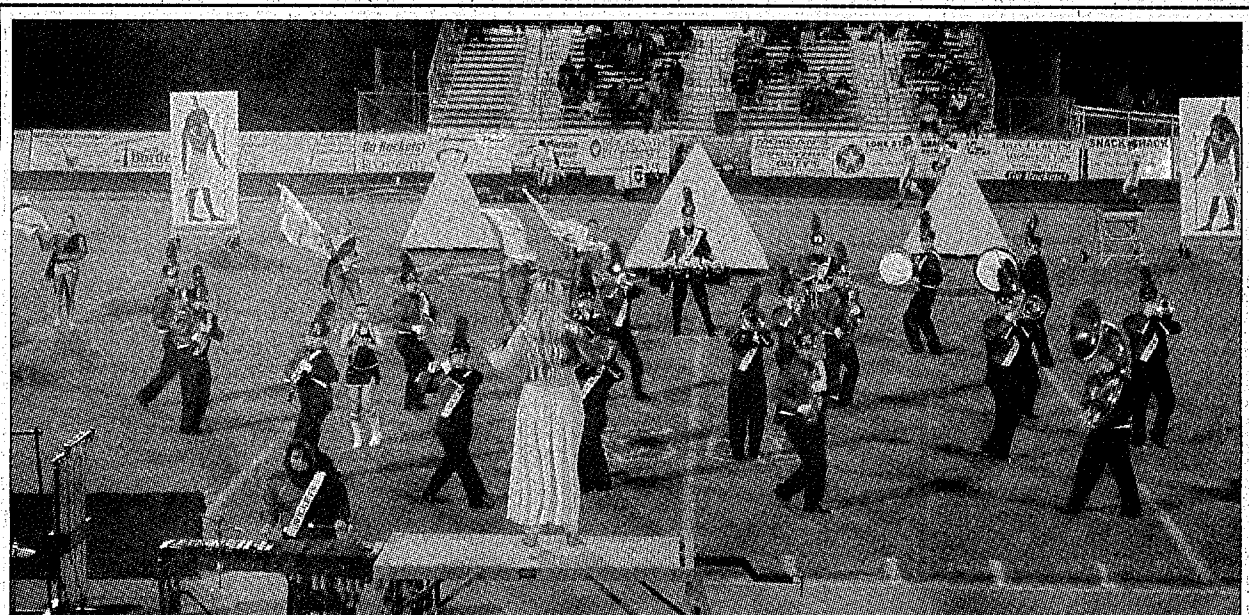
Senior defensive back Tyler Langford tackles a Perry Central receiver in the open field during their game last Friday night. The Rockets won 22-20 and are now 4-2 on the season.



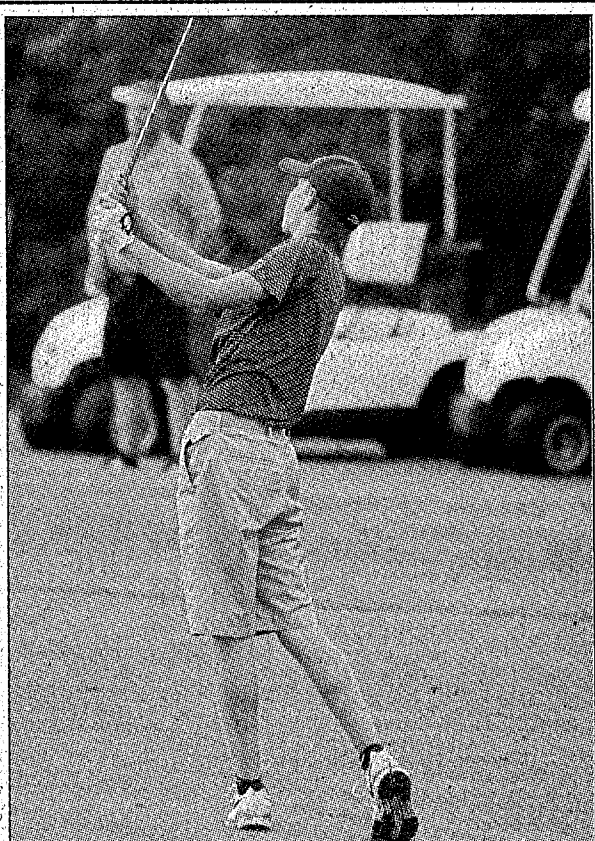
Arie-Anna Lawson hits the ball over the net during the Lady Rockets 0-3 loss to the Casey County Lady Rebels Tuesday night.



Brooklyn Bishop sets up Katie Adams with a pass during the 0-3 loss to Casey County Tuesday night. The Lady Rockets next game is this Thursday night at home when they play Wayne County at 5:30 p.m.



The Rockcastle County High School Marching Rockets performed during halftime of the Rockets game against Perry Central last Friday night. The Rockets show "Pyramids of Egypt" placed second in Class AAA competition and were also named Best Colorguard in Class AAA.

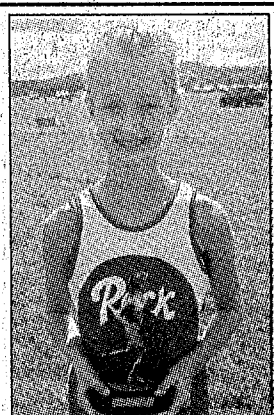


Rockets place 5th in Regional

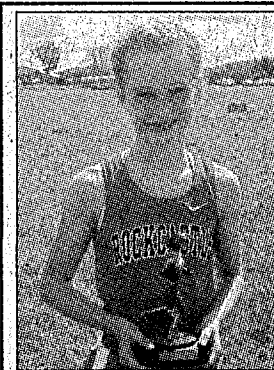
Cade Burdette (above) had one of his best performances of the year at the Boys Regional Golf Tournament. Battling sickness Cade turned in an impressive 76 which led to him going in to a sudden death playoff for the chance to compete for the state tournament. Burdette played great in the playoff which took 3 holes and eventually ended on a chip in birdie by North Laurel's Kyle Jeffers.

Sam Pensol competed in his final tournament as a member of the RCHS Boys Golf Team. Pensol has had a great career for the Rockets finishing with over 10 top 10 tournament finishes and 2 first team all conference selections. Pensol carded a 78 for his final outing.

John Cornelius played very well in Tuesdays Regional Tournament. Cornelius shot a 78 and has performed well all year for the Rockets. Cornelius looks to bring experience and leadership to the Rockets next season. Overall the team finished with a 332 putting them in a 5th place finish. Burdette, Pensol, and Cornelius all finished top 10 individually in the Region.



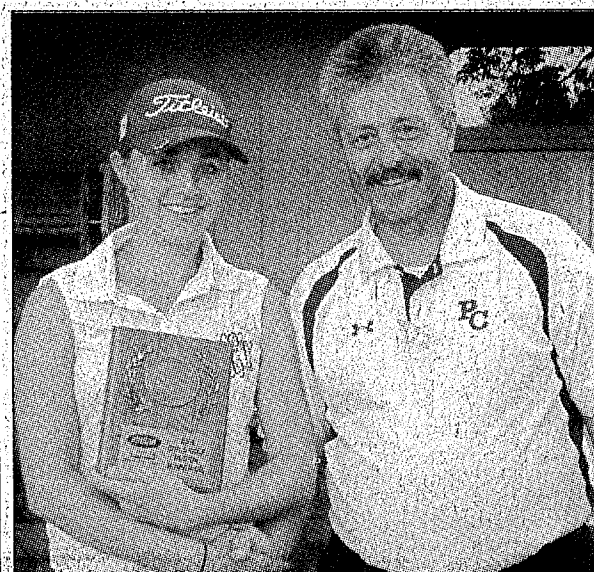
Rockcastle 5th grade cross-country runner Karalinn Loudermilk won the Wayne County Invitational 6th grade and under race this past Saturday. She also had the race at Boyle County won until an official's mistake caused her and several other front runners to run a longer course than the rest of the field of competitors.



RCMS 7th grader Tori Dotson picked up her second invitational win in her first three meets, winning the Wayne County Invitational varsity race on Saturday. Tori is currently ranked 11th in Class 2A State and 2nd in Region 5.



RCHS sophomore Sierra Mercer finished 2nd at the Wayne County Invitational on Saturday and 7th at the Boyle County Invitational last Thursday with two great individual performances. She's currently ranked 35th in Class 2A State and 4th in Region 5.



Hannabeth Owens finished runner-up at the girls' region 9 tournament Monday at Burnside Island Golf Course in Burnside. Hannabeth posted a score of 73 (2 over par) on the challenging layout. Hannabeth will be competing in the KHSAA Girls' State Tournament at Bowling Green Country Club next Tuesday and Wednesday in Bowling Green. This will be the fifth straight state tournament appearance for Hannabeth.



The Lady Rockets golf team had a great season this year. They ended their season with a 3rd place at Burnside Golf Course during the regional tournament with a score of 358. Hannabeth Owens finished with a 73 to take 2nd place individual. The team had two 1st place finishes at Cedar Rapids and Arlington, a 3rd place at Eagles Nest and a 4th place at Danyille.



The RCHS girls' cross-country team won the Wayne County Invitational on Saturday with a perfect team score. They also placed 3rd at the Boyle County Invitational this past Thursday and held on to their #1 ranking in Class 2A Region 5. Team members are from left: Lanna Prewitt, Tori Phillips, Taylor Bullock, Sierra Mercer and Rachel Cain. Not pictured: Autumn Courtney and Rakhi Patel.



The RCMS girls' 6th grade and under team won the Wayne County Invitational for their third win of the season. They also won last Thursday at the Boyle County Invitational. Team members are from left: Lexi Dotson, Lila Holt, Callie Delph, Hannah Davis, Gracie Spoonamore, Karalinn Loudermilk, Allie Martin and Kylie Martin.



The RCMS girls' middle school team placed 2nd at the Boyle County Invitational and had three of the top five runners at the Wayne County Invitational. They were led by Alexandria Blair (left) who placed 3rd, Grace Gardiner (center) who placed 4th, and Destiny Hamm (right) who finished 5th.

25,000
Kentucky coal jobs lost since Mitch McConnell took office.

How can he save our coal jobs if he won't even show up for work?

CHECK THE FACTS: Senate Committee Meeting Records, 2009-2014; Kentucky Energy and Environment Cabinet, accessed 8/7/14.

Alison
LUNDERGAN GRIMES

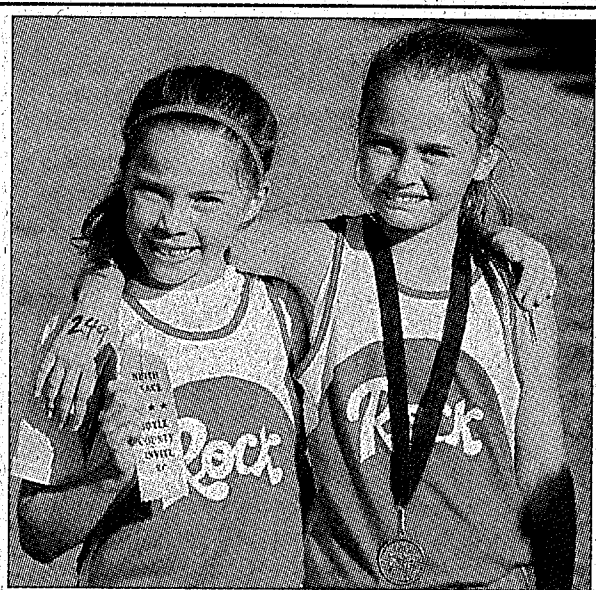
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| | 8' | 10' | 12' | 14' | 16' | 18' | 20' |
|----------|---------|------------------------------------|---------|----------|--|----------|----------|
| 2x4 SPF | \$ 2.88 | \$ 3.78 | \$ 4.28 | \$ 5.08 | \$ 6.22 | \$ 7.47 | \$ 8.47 |
| 2x6 SPF | \$ 4.92 | \$ 6.28 | \$ 6.90 | \$ 7.88 | \$ 9.49 | \$ 11.80 | \$ 13.14 |
| 2x6 SYP | \$ 3.64 | \$ 5.34 | \$ 6.19 | \$ 7.31 | \$ 8.65 | \$ 9.68 | \$ 11.14 |
| 2x8 SYP | \$ 4.66 | \$ 5.91 | \$ 7.52 | \$ 9.79 | \$10.67 | \$ 12.16 | \$ 13.51 |
| 2x10 SYP | \$ 5.99 | \$ 7.79 | \$10.12 | \$ 11.67 | \$14.30 | \$ 15.01 | \$ 18.14 |
| 2x12 SYP | \$ 9.31 | \$11.64 | \$16.97 | \$ 18.92 | \$21.42 | \$ 24.52 | \$ 35.80 |
| Treated | 8' | 10' | 12' | 14' | 16' | 18' | 20' |
| 2x4 | \$ 3.99 | \$ 4.92 | \$ 6.25 | \$ 7.63 | \$ 9.79 | NA | NA |
| 2x6 | \$ 4.55 | \$ 6.47 | \$ 7.55 | \$ 9.16 | \$10.69 | \$ 13.88 | \$ 17.29 |
| 2x8 | \$ 6.05 | \$ 7.64 | \$ 9.67 | \$ 12.33 | \$13.46 | \$ 17.70 | \$ 19.67 |
| 2x10 | \$ 7.95 | \$10.26 | \$13.21 | \$ 15.27 | \$18.48 | \$ 24.53 | \$ 31.26 |
| 2x12 | \$13.46 | \$16.56 | \$22.04 | \$ 24.99 | \$28.97 | \$ 33.04 | \$ 46.05 |
| 5/4x6 | \$ 4.64 | \$ 5.57 | \$ 6.78 | \$ 7.58 | \$ 9.47 | NA | NA |
| 4x4 | \$ 8.52 | \$11.46 | \$14.07 | \$ 15.39 | \$18.49 | NA | NA |
| 4x6 | \$12.57 | \$14.21 | \$18.99 | \$ 22.00 | \$25.54 | \$ 34.24 | \$ 39.91 |
| 6x6 | \$19.39 | \$23.99 | \$27.59 | \$ 30.49 | \$41.19 | \$ 42.64 | \$ 57.39 |
| OSB | Price | Laminate Flooring starts @ \$ 0.99 | | | CALL FOR PRICING ON TREATED FENCE POST FENCE BOARDS LOG CABIN SIDING | | |
| 7/16 | \$ 7.28 | Vinyl Siding Starts @ \$51.59 sq | | | | | |
| 5/8 | \$12.66 | 1x6 & 1x8 Knotty Pine in Stock | | | | | |
| 3/4 T&G | \$14.87 | Prices expire on 10/18/14 | | | | | |

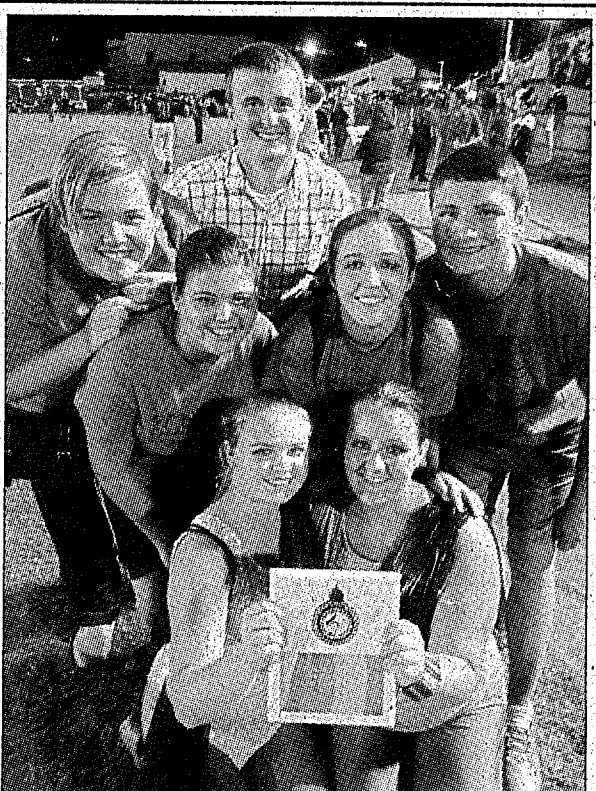
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Be The First To Know When We Have A SALE!!!!
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Rockcastle elementary cross-country runners Lila Holt (left) and Lexi Dotson (right) ran great races at the Boyle County Invitational last Thursday. 3rd grader Lexi won the 3rd grade and under race and had the fastest time among all boys and girls in the 6th grade and under race. Lila, a 2nd grader, placed 9th overall with a personal best performance.

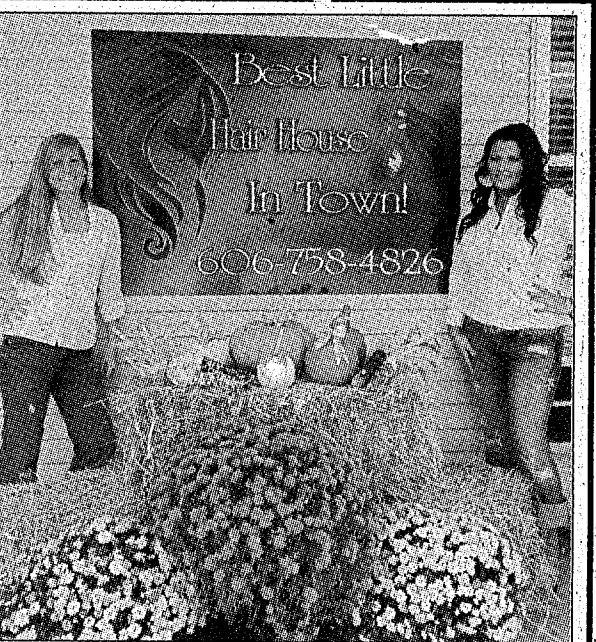


Rockcastle 5th grade cross-country runner Gracie Spoonamore placed 2nd at the Boyle County Invitational this past Thursday and 3rd at the Wayne County Invitational on Saturday with two great performances in the 6th grade and under races.



Marching Rockets success at Corbin Marching Invitational

The Marching Rockets had another strong performance at the 2014 Corbin Marching Classic Invitational with their show "Pyramids of Egypt". The band placed 2nd in Class AAA-1 Competition as well as earning "Best Colorguard In Class" last Saturday Evening. The Marching Rockets will continue their season as they compete at the Hazard Band of Gold Marching Competition on Saturday October 11th. Pictured above is the RCHS Colorguard, front from left: Colorguard Captains Allison Renner and Caitlin Daugherty. Back row from left: Johnathan Case, Steven Renner, Colorguard Instructor, Trista Graves, Senior Member Jessica Harris, and Frankie Woodall.



Call today for an appointment with Lindsey and Erin for all your hair care needs! 606-758-4862 Located beside Dari-Delite in Brodhead

Sigmon Farms Fall Festival
October 11th & 12th • 10 a.m. to 7 p.m.
Activities for Kids and Family



- Hayrides to pick your pumpkin • Food
- Traders Tent • Crafts • Yard Sales Welcome
- Free Admission & Booth Setup

Wilderness Road will be playing Saturday night

Located 4 miles north of Renfro Valley off of US 25, turn on Jct. 3275 go 1 mile, follow signs.

For more info. on booth setup and field trips call 256-2781

"Festival"

(Cont. from front)

noon to 1 p.m. and Mercy Roadz will perform from 1 to 1:45 p.m.

Wilderness Road will perform from 2:15 to 3 p.m., followed by Jake and Courtney who will take the stage from 3:15 to 3:45 p.m. Blind Ricky is scheduled to perform from 4 to 5:45

Rockcastle Shaolin Do will hold demonstrations this Friday and Saturday at 6 p.m.

Level Green will perform from 6 to 7:45 and The Wild River Band from 8 to 11 p.m.

Entertainment during the festival will also include free inflatables for children and vendor booths.

The Miss Bittersweet Pageant was cancelled this

year due to the lack of participants.

However, Pageant Director Karen King said plans are to sanction a Miss Rockcastle Pageant for next year to generate more interest and give the pageant winner more opportunities to participate in other state pageants.

For more information about the festival contact City Hall at 606-256-3437.

Flu Shots available at health dept. beginning October 6th

Rockcastle County Health Department will begin giving flu shots on Monday, October 6th.

No appointment necessary.

If you are on Medicare, you must bring your red, white and blue card and your supplemental insurance card.

If you are on Medicaid, bring your card and your MCO (provide card). Humana Insurance cards will be honored.

All others must pay \$28 at the time of service.

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Fast, Friendly Service - Accurate, Honest Weights

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www.easternkentuckyrecycling.com

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Crab Orchard Location

345 Main Street • (next to Dollar General Store)
606-355-2322 Open: Mon-Fri 8am to 4pm
Sat 8am to Noon

Junction City Location

367 Phillips Lane • (beside Ponderosa Speedway)
859-854-6965
Open: Mon-Fri 8am to 4pm

Manchester Location

2525 South Hwy 421
(behind Hot Rod's Service Center)
606-598-1122 Open: Mon-Fri 8am to 4pm

Williamsburg Location

300 Savoy Road (behind Firestone)
606-549-8512
Open: Mon-Fri 8am to 4:15 pm

Absolute Estate Auction of the late Mr. and Mrs. Owen Burton's

60 Acre Farm More or Less • Equipment Vehicle, Antiques & Personal Property

Saturday, October 4th at 10:30 a.m.

Willaila Road — Hwy. 70

Directions: From the intersection of Hwy. 150 and Hwy. 70, take Hwy. 70 approximately five miles to the property. Auction signs are posted.

The heirs of the late Mr. & Mrs. Burton have authorized our firm to offer this property and quality selection of antiques & personal property at absolute auction. Mr. & Mrs. Burton (Mr. Burton being a World War II Veteran), pillars in their community have attended our auctions for many years. We are honored to offer this farm and fine collection of antiques and personal items on behalf of their family.

Tract #1 measures 3.31 acres and front Hwy 70 over 400 ft. With the road frontage, a barn, pond and branch for stock water- this tract would be an excellent site for building.

Tract #2 consists of .86 acres and is improved with the pictured home featuring living room, lg. kitchen, two bedrooms, full bath and a utility room.

Tract #3 and Tract #4 measure 6.94 and 8.82 acre respectively. Tract #3 fronts Hwy 70 approximately 338 ft and Tract #4 fronts Hwy 70 more than 400 ft. Each of these tracts are excellent crop/pasture tracts and offer several ideal building sites.

Tract #5 fronts Hwy 70 approximately 860 ft and has 7.24 acres. This tract is partially cleared with the balance in woodland. This tract also offers several building sites.

Tract #6 and #7 are mostly cleared tracts consisting of 8.19 and 9.10 acres respectively. With road frontage along Hwy 70, these are two of those rarely found size tracts.

Tract #8 is a great field and measures 7.60 acres. This tract has frontage along John Brown Road.

Tract #9 fronts John Brown Road approximately 294 ft. and has 3.98 acres. This tract is another ideal building site.

Tract #10 has 3.02 acres and fronts Hwy 70 more than 550 ft. and John Brown Road more then 337 ft. A corner tract, this would make a perfect home site.

Tract #11 fronts Blue Jay Lane 272 ft. and contains 1.11 acres.

Vehicle: 1999 Buick Century - 6 cylinder with approximately 63,600 miles.

Mobile Home: 1965 model mobile home. (must be moved)

Equipment: 1962 Ford 601 Select-O-Speed Tractor * 5 ft AgriCutter Bush Hog * New Holland Mowing machine * farm wagon * tobacco setter * hay rings * disc harrows * horse drawn mowing machine * horse drawn hay rake * farm sled/drag * iron wagon wheels * plow * various other pieces of horse drawn equipment * mule harness * tobacco sticks * de Laval milk tank * antique hand farm implements * milk cans * old logging implements * old cross cut saws * army type water cans * ammunition boxes * horse/mule hames.

Personal Property: Various collections of depression era glassware * bottle collection including coke glass bottles from various states * iron kettles * crocks * primitive small painted cabinet * primitive metal topped cabinet * Kayson, Golden Rhapsody China (from gasoline purchases) * forest green sandwich glass * Royal ruby red, Anchor Hocking glass Corp. (62 pieces) * Sharon "Cabbage Rose" Federal glass Company (rose) * Miss America, Diamond Pattern, Hocking Glass Co, pink * Mayfair, Open Rose, Hocking Glass, Co, Pink * Iris, Iridescent, Jeanette Glass Co. * Holiday, Buiton and Bows, Jeanette Glass Co. Pink * Floragold, Louisa, Jeanette Glass Co., iridescent * plus many other items. For a complete list check out our website at www.fordbrothersinc.com

Auctioneer's Note: When combined, there is a total of 60 acres +/- . This farm has awesome fencing, a number of great building sites, a house, a barn and is a one of a kind farm!!! Do not miss this all-day event on October 4th at 10:30 a.m.

Terms: Real Estate: 20% down the day of the auction with the balance due in full within 30 days.

Equipment, Vehicle & Personal Property: Cash, check, Visa or Mastercard in full the day of the auction. A 3% processing fee (minimum of \$3.00) applies to all credit charges.

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 provided for the bidder's convenience and it is the bidder's responsibility to determine the information contained herein is accurate and complete. The property is selling in its "as-is" condition with no warranties express or implied.

For additional information contact the auctioneers at 606-679-2212.

Announcements made the day of the auction take precedence over printed matter.



www.fordbrothersinc.com

London, KY 606-878-7111

Somerset, KY 606-679-2212

Mt. Vernon, KY 606-256-4545

800-526-9430



"Traveler"

(Cont. from front)

Ironically, Brinkley said he hasn't experienced any major hardships in his travels except when his horses get hurt or sick. Whenever he gets sick, Brinkley said he just "grins and bears it."

"I've had problems with horses getting rope burn. One time Anna stepped on a glass bottle and it caused part of her leg to swell up. But so many people have been kind along the way and paid for her care if it was needed. Other than that, I haven't had any major problems with my horses or myself," Brinkley said. "I don't take any medicine or see any doctors. I always take extra good care of my horses. People shoe them along the way and give me shoes for them. I only had to pay for shoeing Anna once and that was in California."

Brinkley said he has never had to worry about food, clothing, a place to stay, etc. He said he is a Christian who believes

"God will provide" and that God has always provided for him throughout his journeys over the years.

"I have met so many good people and that's what keeps me going. Everywhere I go people offer me food, a place to stay and a place to bed my horse," Brinkley said. "I help people out too whenever I can. I want to give back when I can because so many have given to me."

Brinkley said he has cleanup national disasters such as the 2011 EF-5 tornado in Joplin, Missouri and the 2013 EF-5 tornado in Moore, Oklahoma. He said he also helped during the cleanup of the flood damage in Morehouse, Missouri.

"I helped in the cleanup of those big tornadoes. They really did a lot of damage and wiped out entire neighborhoods. It was awful," Brinkley said. "I've also stopped to help cleanup muck and repair homes after the Morehouse flood. Doing things like that is my way to help others after so many people have helped

me." On his recent journey to Virginia Beach, Brinkley was joined by Jake Yeager, 64, of Elizabethtown. Yeager said he saw Brinkley riding on the roadway and asked if he could join him on his journey.

"I ask him where he come from and where he was going. I told him to come up to my house to stay the night and eat," Yeager said. "Before he left the next morning I asked if I could join him. He said in all his twenty-five years of doing this, no one had ever asked to join him. He said he would be more than happy to have me come along."

Yeager saddled up on his horse "Blue" and joined Brinkley as they departed from Elizabethtown. He said it's something he has always dreamed about doing.

"I served in the Vietnam War with the Air Force for four years. Then I spent thirty-three years in the post office and three years in the Kentucky National Guard," Yeager said. "I am retired

now and ready for such an adventure. But I will probably only make this one trip through."

However, Brinkley went on to say that he plans on traveling across the country on horseback for the rest of his life.

"I'm going to do this for the rest of my life until I fall off my horse and die. I've already told Jake that if something happens to me just bury me and cover me with rocks. But I told him to be sure to take care of Anna," Brinkley said. "Once I am dead, I don't care what happens to my body. There is no other way I would rather leave this world than on a horse, doing what I love to do."

"Election"

(Cont. from front)
For more information about registering to vote or registering as a write-in candidate, call Allen's office at 606-256-2831.

"Rate"

(Cont. from front)
the same month in previous years.

For more information about unemployment rates in Kentucky, visit www.kylmi.ky.gov.



Two people were injured in a collision on Hwy 25 in near Hardee's Restaurant in Mt. Vernon Monday night. Authorities say a Toyota Camry, above, driven by Jennifer Dixon, 50, of Eubank was traveling north on Hwy 25 when an Infiniti, driven by Brian Peters, 36, of Barbourville attempted to turn left into the Shell gas station in front of Dixon's vehicle. Peters was not injured in the accident. Dixon and her two passengers Alline Bryant, 70, and Carol Brown, 68, both of Crab Orchard were all transported to Rockcastle Regional Hospital. Brown and Dixon were treated and released. Bryant was transported to the UK Medical Center where she remains in stable condition after surgery for a broken wrist.



The Stylists at Sabrina's Hair Design would like to welcome Jessica Cummins to their team!

Jessica's Specials for October: *FREE eyelash or eyebrow tint w/highlight or color and - *Men's Cuts - refer one client and get \$5 off your next cut. **Katie Hensley offers:** *Novalash Eyelash Extensions! **Katie's October Specials:** \$10 off full set of Novalash Extensions! \$10 off highlight or color service.

Sabrina's Hair Design 606-256-1537

Hours: 9 a.m. to 7 p.m. M-F * 10 a.m. to 4 p.m. Sat. Walk-Ins Welcome

Also, offering a full line of Rocket Apparel



At left: New team member Jessica Cummins and stylist Katie Hensley.

Weichert



161 Gold Dust Dr.
Mt. Vernon, Ky.
MLS #49891
Listing Agent and Host:
Becky McNabb



OPEN HOUSE
Sunday,
October 5th
4:00 p.m. - 6:00 p.m.

PO Box 1435
Mt. Vernon, KY 40456
606-256-5229
1-800-435-5454

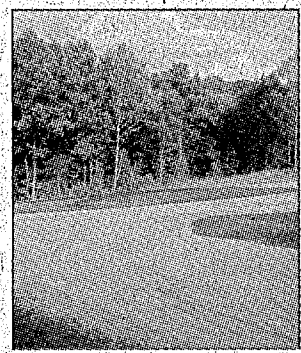
mtvernon@fordbrothersinc.com
www.wfvtvernon.com

ONLINE ONLY Auction

16 Acres More or Less
Renfro Valley, KY

Bidding Ends: Friday, October 10, 2014 at approximately 4:00 p.m.
BID ONLINE: www.fordbrothersinc.com

Location: Approximately 1/2 mile north of Renfro Valley on Hwy 25 North. Auction signs are posted.
Mr. Mike Smith has decided to liquidate this property and has authorized our company to conduct this auction.
This property consists of 16 acres more or less and will be offered as a whole. It is ideally located within close proximity to I-75 and has unlimited development potential. There is a pond on the property.



Bidding Assistance: There will be a 2-hour period of bid assistance from 2:00 p.m. - 4:00 p.m. on the day the auction is scheduled to end, Friday, October 10th. You are welcome to come to the auction site and we will assist you with the bidding process. Also, look over the property while you are there... the scenery is beautiful. *** Appointments can be made to view the property anytime.



Auctioneer's Note: If you're in the market for a mini farm, hunting land or some acreage close to Renfro Valley, then be sure to log on to our website, www.fordbrothersinc.com, and BID NOW!

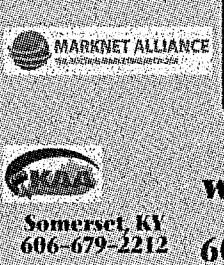
Terms: 20% down, as a non-refundable earnest money, in the form of a certified check, cash or wire transfer within 48 hours of the close of auction. We do not accept a credit card for down payment. The balance of purchase price is due at closing, said closing to be within 30 days of close of bidding.



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

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 provided for the bidder's convenience and it is the bidder's responsibility to determine the information contained herein is accurate and complete. The properties are selling in their 'as-is' condition with no warranties expressed or implied. Announcements take precedence over printed matter.

For additional information or an appointment to view the property, please contact Danny Ford 256-4545 or 1-800-435-5454.

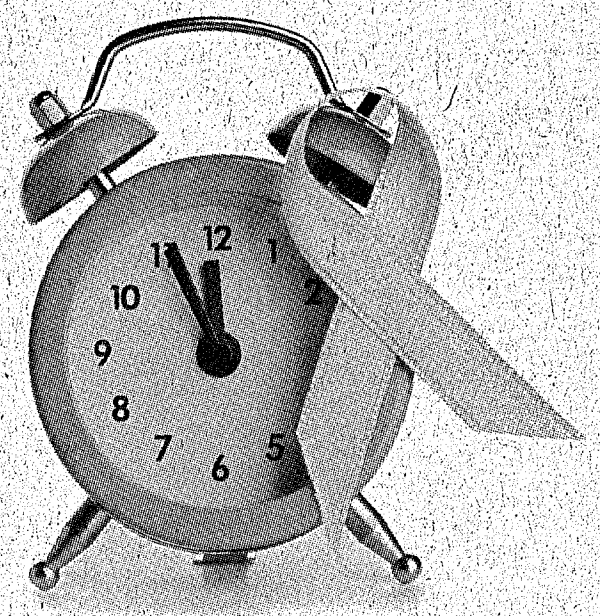


Auctioneer: Danny Ford

www.fordbrothersinc.com
Mt. Vernon, KY
606-256-4545 • 800-435-5454



London, KY
606-878-7111



Make time for your Mammogram

October is Breast Cancer Awareness Month
Early detection and treatment provide the best chance of surviving breast cancer - and getting a mammogram is the first and most effective step for early diagnoses.

If you are age 40 or older, take that step! (Speak with your healthcare provider about when to get your mammogram; if you have certain health risks or a family history of breast cancer.)

As a special offer for self-pay patients, a digital mammogram and radiologist reading will be \$100 during the month of October.

Call today to schedule your digital mammogram. No referral necessary.

256-7878



rockcastleregional.org



Kentucky's Only NCI-Designated Center

Bittersweet Festival

Main Street ♦ Mt. Vernon



October 3rd

4 pm to 11 pm

October 4th

9 am to 11 pm

Bittersweet

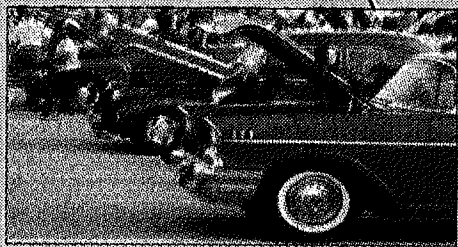
5kRun/2 Mile Walk

Saturday, October 4th

Registration 6:30 am

Race 7:30 am

Contact Kayla Martin @ 606-256-7767 for more info.



Bittersweet

Cruise-In

Thursday, October 2nd

Main Street 5-8 pm

Registration at 5 pm

Dash plates to first 65 entries

Entertainment Line-Up

Friday, October 3rd

- 4:00 - 4:45 Romp & Stomp
- 5:00 - 5:45 Ruby Powell
- 6:00 - 7:00 Rockcastle Shaolin Do
- 6:00 - 7:45 County Wide
- 8:00 - 11:00 Medley Boys

Saturday, October 4th

- 11:00 - 12:00 Bittersweet Cloggers
- 12:00 - 1:00 Parade
- 1:00 - 1:45 Mercy Roadz
- 2:15 - 3:00 Wilderness Road
- 3:15 - 3:45 Jake and Courtney
- 4:00 - 5:45 Blind Ricky
- 6:00 - 7:00 Rockcastle Shaolin Do
- 6:00 - 7:45 Level Green
- 8:00 - 11:00 Wild River

For more information contact City Hall at 606-256-3437

Crafts
 Vendors
 Food
 Music
 Cornhole
 Parade
 Karate
 Inflatables



Mount Vernon Signal

Second Section

Thursday, October 2, 2014

Hospital sponsors breast cancer awareness events

Rockcastle Regional Hospital will sponsor the annual Ladies Night Out for breast cancer awareness on Tuesday, October 14 at 5:30 p.m. at Rockcastle County Middle School.

Women are invited to bring their girlfriends to participate in the free event for breast cancer awareness for an evening of food, pampering, shopping, and education. Every woman will receive a free gift. Guest speakers for the evening are Markey Cancer Center Oncologist, Dr. Edward Romond, Rockcastle Regional oncology service line manager, Melissa Brock, and the Grandtazztics.

This year, we will be kicking off the event in a special way by recognizing those individuals who would like to donate their hair to Locks of Love. Do you have ten inches or more of hair and would like a new "do?" With the help from local salon, A Cut Above, those wishing to donate their hair will receive a free haircut and we will take care of processing your hair donation. Locks of Love is a non-profit organization that provides hairpieces to financially disadvantaged children. Their mission is to "return a sense of self-confidence and normalcy to chil-

dren suffering from hair loss by utilizing donated ponytails to provide the highest quality hair prosthetics to financially disadvantaged children.

Those wishing to participate in the Locks of Love donation are asked to call Kayla Rowe at 256-7767 for scheduling purposes and to receive more information.

October is recognized annually as breast cancer awareness month; the most common form of cancer in women. Early detection is the first step in the fight against breast cancer. It is important to know your risk and the importance of early detection. The American Cancer Society recommends an annual mammogram, starting at age 40. Speak to your health care provider about what's best for you.

During the month of October, Rockcastle Regional Hospital will offer reduced rates on self-pay mammograms; a digital mammogram and radiologist reading. To schedule your digital mammogram, call 256-7878. No referral necessary.

If you plan to attend the Ladies Night Out, please call 256-7767 or email kayla.rowe@rhrcc.org by October 10.

Bittersweet 5K Run and 2-Mile Walk is Saturday

Rockcastle County's oldest race, the Bittersweet 5K Run/2-Mile Walk will be on Saturday, October 4. The race will begin in front of the courthouse on East Main St. at 7:30 a.m.

Race day registration will be from 6:30 - 7:20 am

for a fee of \$20.

A free t-shirt will be given to all pre-registered participants. Shirts will be available on race day in limited quantities. Please visit rockcastleregional.org/race

(Cont. to B5)



Top vote getters in their respective classes in the Rockcastle High School Homecoming King and Queen Contest are shown above, from left: juniors Aaron McNabb and Kali Lay, Queen Amelia Eversole and King Tate Clements, sophomores Paul Holbrook and Sierra Mercer and freshmen Sarah Roberts and Cameron Brown.

Healthy Joe Expo set for October 9th

Gentlemen, start your engines! We want you to get revved up for the annual Healthy Joe Expo men's health fair to be held Oct. 9 at Rockcastle Regional Hospital.

The night will feature a meal and short, informative presentations amidst a Nascar theme. It will also offer plenty of health screenings, education, giveaways and door prizes.

Among the evening's presentations will be a panel discussion about three of Kentucky's most common diseases - cancer, heart disease and diabetes - which will feature three well-known local men. They'll talk about their diagnoses and recovery, as well as how they cope with their conditions on a daily basis.

Urologist, Denis Yalkut, M.D. will speak, and we'll have a break-out presentation scheduled for women in a different room while the men discuss male-specific health issues. The women's group will have an informal discussion led by Dr. Kevin Rowe and, nurse practitioner, Chasity Frakes. They

will talk about strategies to help encourage the men in their lives to engage in healthy behaviors.

"We know that health decisions aren't made in isolation," Healthy Joe organizer Dwain Harris said. "Family or social networks have a big influence on our health and lifestyle decisions."

As always, important health screenings such as blood pressure checks will be available, and vouchers will be handed out for free cholesterol and blood sugar checks, as well as PSA tests. The PSA test measures the blood level of PSA, a protein that is produced by the prostate gland. A high PSA level for a man may indicate a possibility for him to have prostate cancer. However, there are additional reasons for having an elevated PSA level, and some men who always have elevated PSA.

The Healthy Joe Expo was created to reach those who are sometimes have difficulty accessing health education, and for whom that education might be

most important. Men drink more than women, smoke more than women, don't live as long as women, and engage in more high-risk activities than women. Yet, men are notorious for not seeing a doctor when they should. The American

Academy of Family Physicians reveals that 55 percent of U.S. men haven't seen their health care provider in the past year.

For more information about this year's Healthy Joe Expo, contact Harris at 606-256-2195.

Rock the Pink!

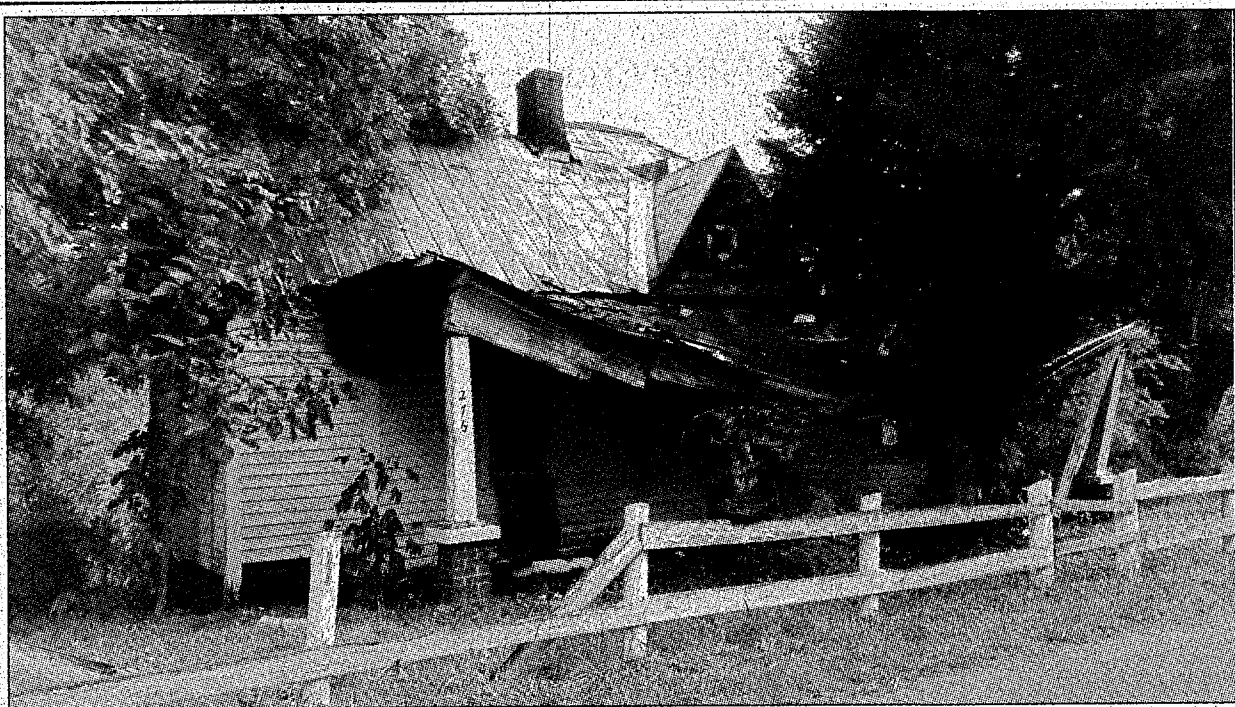
It's time again to Rock the Pink and, this year, the Rockcastle Rockets football team is partnering with Rockcastle Regional Hospital and RCHS DanceBlue Club to spread the word about Breast Cancer Awareness Month.

On a special Thursday night game, October 30th at 7 o'clock, the Rockets will host Wayne County in the

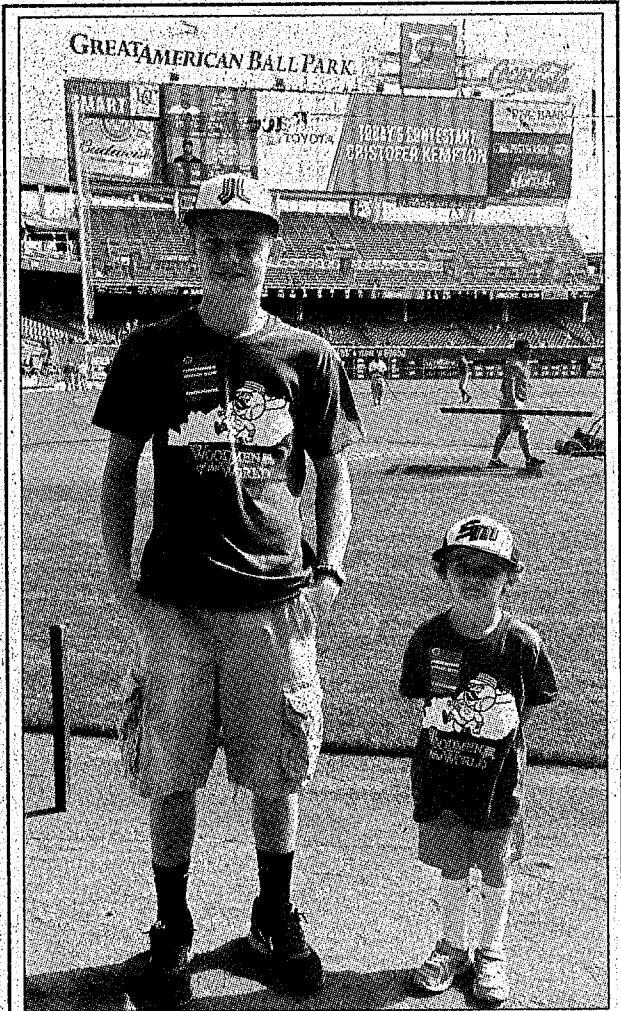
annual "Pink" game.

T-shirts will be available for preordering, from now through October 13th. Proceeds from the sales will benefit Rockcastle Regional's Hope Fund (for local families dealing with cancer) and UK DanceBlue. We hope to see everyone in Pink and at the game.

(Cont. to B5)



Brodhead Volunteer Fire Department and Kentucky State Police responded to a house fire on Hwy 1505 in the Brodhead City Limits last Saturday night. Authorities say the home was abandoned and no one was injured in the fire. The cause of the fire remains under investigation. BVFD was assisted by the Mount Vernon Fire Department, Brindle Ridge Fire Department and the Kentucky State Police.

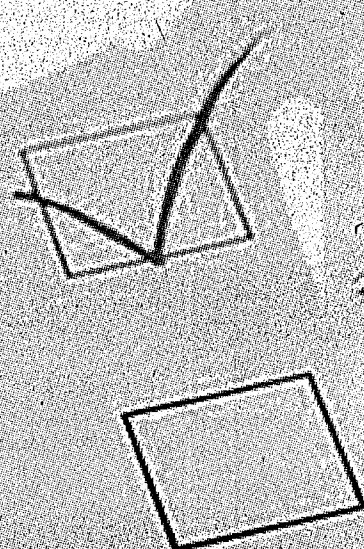


Gavin Isaacs (right) threw out the first pitch at the Red vs Pirates game on Sept 27th. His brother Isaac McClure (left) caught the ball for him. Both boys are from Brodhead and Gavin attends Brodhead Elementary. Isaac is a member of the RCHS baseball team. Great pitch and great catch!



NOW is the time to request your absentee ballot and vote for our Republican candidates!

Call 606-256-2831 to request your ballot and help us fight back against Obama's liberal agenda.



REQUEST AN ABSENTEE BALLOT TODAY!

Paid for by the Rockcastle Republican Party

Professional Services

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What is the best way to clean my carpet, should I use the old technology of steam cleaning or the new technology of dry foam?
Test results from Consumer Report, 2008.
Option 1: Steam Cleaning-How does it work?
A. Steam Cleaners saturate your carpet and floor pad with hot (150° degree) soapy water containing lye and bleach to help dissolve stains.
B. After your carpet reaches its maximum saturation point the solution is then extracted by means of a commercial shop vacuum.
The results: Removes less than 20% of the soil from the carpet driving the remainder down deeper into the carpet fibers. The lye/bleach solution used by steam cleaners to dissolve stains fades carpet colors. Drying time is 1 to 5 days depending on the carpet texture. As a result of the water saturation, carpet fibers harden and the floor pad remains damp, which promotes bacteria growth and mildewing, causing carpet threads to rot, shortening the life of your carpet. Carpet manufacturers recommend that you do not steam clean carpets.
Option 2: Dry Foam-How does it work?
C. Carpet fibers are agitated with carpet combs to separate the fibers loosening dirt particles, which are then dry cleaned with an industrial strength vacuum.
D. The carpet is then shampooed with horse hair brushes using Dry-Foam lather, a solution that contains six different cleaners and fabric softener, color brightener, deodorizer, disinfectant, crystalline agent, scotch guard, & degreaser. Does not contain lye or bleach.
E. Carpet fibers are then groomed to fluff up worn walk areas to give a uniform look to the carpet.
The results: Removes over 90% of carpet soil. Rejuvenates and brightens colors and patterns of carpets. Drying times is less than 2 hours. Floor pads remain dry-Fabric Softener makes carpets soft again. Promoting the life of the carpet.
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