

Several serious accidents occurred in Rockcastle County this past week. Shown above is the remnants of a semi-truck collision that happened Tuesday around 4:45 a.m. on I-75 northbound at the 63 milemarker. In the above photo: Authorities say Jeffrey Shempert, 42, of Parrish, Alabama was traveling north in a 2015 Freightliner semi-truck when he rear-ended another 1996 Freightliner semi-truck driven by Hussein Dadd, 51, of Arlington, Texas. Shempert was transported by ambulance to the Rockcastle



Regional Hospital where he is currently being treated for non-life threatening injuries. Dadd was not injured in the accident. Traffic was rerouted to Hwy 25 while both lanes of northbound I-75 remained closed at exit 62 for almost three hours while crews worked to clean debris, oil spills and diesel spills from the roadway. In the bottom photo: A local woman was injured Monday in a single car accident on Hwy 1505 in Brindle Ridge. Authorities say Lauren Williams, 29, of Berea was traveling west on Hwy 1505 when she lost control of her vehicle causing it to leave the roadway and strike a tree. Williams was transported to Rockcastle Regional Hospital where she was treated for non-life threatening injuries and later released.

## Man sentenced to 14 years for attempted murder

**By: Doug Ponder**  
Circuit Court Judge David Tapp recently sentenced a Pulaski County man for the attempted murder of another Pulaski County man at an abandoned rock quarry on Mullins Station Road in Mt. Vernon.

Jason Dewayne Gambrel, 30, of Science Hill was sentenced to 14 years in prison for the attempted murder of Derek Kissee, 23, of Somerset.

According to the Rockcastle County Sheriff's Department's original report, Kissee was found severely beaten and completely buried under several large rocks at the abandoned rock quarry on July, 16th.

Kissee was treated at the UK Medical Center for multiple skull fractures and was later transferred to Cardinal

Hill Rehabilitation Center where he recovered from his injuries before returning home.

Former Rockcastle County Deputy Sheriff Matt Bryant, who was in charge of the investigation, said that Kissee was stoned with large rocks then buried under a pile large rocks and left for dead. He said Kissee was missing approximately \$700 in cash and several other personal items when he was found.

Bryant said that Kissee was last seen with Gambrel before the incident occurred and that they were both employees at the same pallet manufacturing company in Somerset at the time of the incident. Bryant also said they discovered other evidence that suggested Gambrel was in close proximity of Kissee and the abandoned rock quarry at the time of the incident.

During his arraignment in December, Gambrel admitted to the attempted murder of Kissee and said that it was over "money and drugs." Gambrel was originally charged with attempted murder and first degree robbery. However, during his arraignment, his first degree robbery charge was dropped and his attempted murder charge was amended to first degree assault.

Gambrel remains lodged in the Rockcastle County Detention Center without bond. Officials said he will remain lodged in at RCDC until the Kentucky Department of Corrections can evaluate him and select the prison where he will serve his sentence.

## Swearing-in ceremony for county officials is this Saturday

The official swearing-in ceremony for all the recently elected county officials will be held this Saturday at the Rockcastle County Courthouse at 3 p.m.

Scheduled to be sworn-in are: County Judge Executive Doug Bishop, Jailer Carlos McClure, County PVA Janet Vaughn, County Attorney Billy Reynolds, County Clerk Danetta Allen, Sheriff Mike Peters and County Coroner Marvin Owens.

Other officials to be sworn in this Saturday are magistrates Bill McKinney,

## One of two deteriorated Wildie bridges re-opened

**By: Doug Ponder**  
One of the two deteriorated bridges in Wildie has been reconstructed and is now open to motorists.

Kentucky Transportation Cabinet's Information Officer Amber Hale said con-

tractors recently completed construction on the bridge that was condemned by the KTC last February. She said the bridge is the fourth bridge on Hwy 1786 from Hwy 25 near the intersection of Hwy 1786 and Hwy 1787.

Hale said contractors have now started reconstructing the third bridge on Hwy 1786 from Hwy 25 which had been reduced from a 10 ton bridge to a 3 ton bridge last February. She said contractors hope to have the third bridge reconstructed by the spring of 2015.

Hale said the recently completed bridge was condemned during a routine bridge inspection last Feb-

ruary, when inspectors determined the bridge was rapidly deteriorating at a pace considered unsafe for drivers. She said inspectors also reduced the ton limit on the third bridge due to the amount of deterioration.

Hale went on to say that

there are four bridges on Hwy 1786 and that only the first two bridges on the road are maintained by the state transportation department. She said the third and fourth bridges on the road are maintained by the county

(Cont. to pg. 9)

## Former Livingston Mayor dies

A former Livingston mayor and well-known preacher died this past week.

Billy Medley, 83, of Livingston passed away last Tuesday night at his home from natural causes.

Medley served two terms as mayor of Livingston from 1980 to 1988. He was also a Pentecostal minister for 62 years, a barber for 23 years and a Rockcastle County school bus driver for several years.

Dowell and Martin Funeral Home was in charge of the arrangements. A complete obituary can be found elsewhere in this week's Signal.

## Signal office closed for New Year's

The Mount Vernon Signal office will be closed for the New Year holiday.

Our office will be closed this Thursday, January 1st and Friday, January 2nd.



Western Rockcastle Fire Department and Brodhead Fire Department responded to a house fire on Friday, December 19th on John Road in the Willailla community. Authorities say the home belonged to Patricia Begley Pope and that no one was home at the time of the fire. Officials say the home was considered a total loss and that the cause of the fire is unknown.

## Weather, election dominated first six months of 2014

### JANUARY

The year began with police searching for a man who robbed the local PBK Bank on Friday, Dec. 20th; Rockcastle Fiscal Court amended their lease agreement with Anchor Packaging. Anchor asked that their January 6th, two year out date be extended to give them time to complete a company-wide evaluation. The court agreed to the request; however, they altered the amendment to reflect a \$300,000 penalty for an early out from the original \$200,000;

A Polar Vortex weather

system brought snow and frigid temps to Rockcastle with the temperature plunging from 55 degrees on Sun., Dec. 29th to -6 on Monday, Dec. 30th. Rockcastle students got 5 days added to their Christmas break because of the weather;

Former assistant county attorney Jeremy Rowe was sworn in as 28th District Trial Commissioner and William Leger as the new assistant county attorney;

SourceHOV announced a contract upgrade which would eventually increase employment at the facility

to 750;

Lee Hamilton Speaks, 28, of Mt. Vernon was arrested for a robbery at Citizens Bank in Mt. Vernon on Friday, Jan. 17th and Cash Express, also in Mt. Vernon, on Saturday, Jan. 18th. He was lodged in the Rockcastle Detention Center charged with two counts of first degree robbery on a \$250,000 cash/property bond;

Harsh winter weather again struck the county, dumping from two to four inches of snow, dropping temperatures to below zero and closing schools for two

more days.

Incumbents Buzz Carloftis and Billy Reynolds filed for re-election as County Judge/Executive and County Attorney, respectively. Carloftis will face challenger Doug Bishop and Reynolds has opposition from local attorneys Jeremy Rowe and Jerome Fish;

Dr. George W. Griffith was named Chief of Staff of Rockcastle Regional Hospital with which he has been associated for 40 years.

### FEBRUARY

A severe storm system moved across the county the

first week in February bringing heavy rains, freezing rains and snow within a twenty-four hour period, causing downed trees and ice covered roads in higher elevations. As of Wednesday, February 5th, students had missed 17 days of school;

The Rockcastle Rockets boys basketball team beat McCreary Central 89-55, a game in which junior point guard Sam Pensol set a new school single game scoring record of 46 points;

Former Mt. Vernon Mayor Clarice Kirby filed her candidacy papers for re-

election to that office. Kirby served seven terms on the city council before being elected mayor in 2002 and 2006. She resigned the position in February of 2010, following a series of legal issues and was barred by Circuit Judge David Tapp from ever running again for public office. She received a pardon from Gov. Steve Beshear in May of 2011.

The annual Farmers/Business Banquet was held and C.C. and Bryan Ponder received the 2014

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## Of Special Note Inside

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# ramblings

*by: perlina m. anderkin*  
Went over to the dark side completely this year -- didn't decorate for Christmas, even to the extent of putting a tree up. The first time in 73 years, assuming Mom and Dad decorated in my very young years, that my home hasn't been decorated for the holidays.

We have our Christmas doings at Sara's -- more room and she really decorates (excuse #1). I went to Allison's for Christmas Eve and Christmas Day and enjoyed her decorations and trees - but not as much as I did Celia James (excuse #2). And, the most important excuse of all -- nothing to take down after Christmas!

The New Year is upon us. Years ago, I would make my New Year's Resolutions and struggle mightily for a couple of months, okay a week or two, to stick to them and then, reality would set in. About five years ago, I eliminated a step in the process -- I quit making a list.

I have very little will power. I am glad I have never liked the taste of liquor, although those drinks with the cute little umbrellas aren't bad - I've heard - because I would have been the town drunk. I always felt badly for some time over not keeping said resolutions and then decided I didn't need any more guilt feelings to plague me. Of course, I could have tried harder to keep the resolutions but, nah, it was easier to not make them.

Jamie, Kayla and I saw "Unbroken" last week and, if you've a chance, go see it. It's very good. It is based on a true story by Louis Zamperini. My only problem with it was that it primarily covered his time in a Japanese concentration camp. It briefly touched on his life after WWII but didn't go into detail about his conversion to Christianity (from Catholicism), after attending a Billy Graham Crusade or his work thereafter with orphans and returning to Japan to forgive his captors.

Jamie bought the book and I am currently reading it.

I said I enjoyed the movie and I did but the level of brutality led to it being one of those movies where I spent a great deal of the time with my eyes shut.

I would like to say here that I have enjoyed (the majority of the time) working with County Judge/Executive Buzz Carlostis for the past 21 years.

Buzz, who will be leaving office at the end of the year, has always been very forthcoming with any ques-

tions I have asked him and the level to which the May Primary Election descended was disappointing to say the least.

I always found Buzz to be a man of his word and that in itself is unusual in today's political world.

It will be interesting to see if all the campaign promises made by his opponent will be kept -- or at least the attempt made to keep them. From what I can gather, Doug Bishop, who won the election, is highly regarded and, of course, we wish him success in keeping the county on its present progressive track.

**T.J.'s Journal**  
*by: Tonya J. Cook*

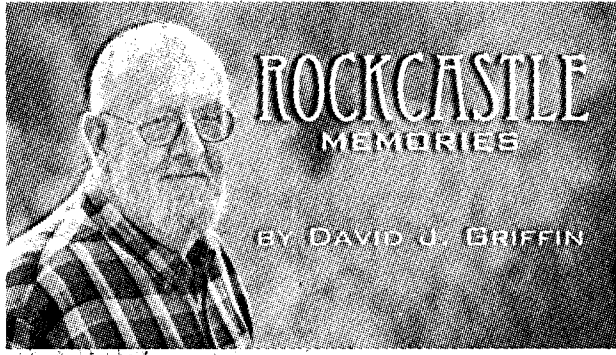


*The Father and Anchor of a Community*

Dear Journal,  
In most small communities, such as Livingston, the one I moved to and became a part of a few years ago, there is a small handful of gentle souls who are the core, or the anchor of that community. This, I suppose, is a small town, rural thing. These dear people are usually elderly and have endeared themselves to the community through their kind deeds, wise counsel, outstanding example, and a genuine love and concern for the community and its people. They, in a sense, are the mothers and fathers, so to speak, of the community. I believe the community takes on a bit of their character.

This is certainly the case of one such dear and gentle soul, Billy Medley. When I first came to the area almost twelve years ago, his was one of the first names I heard mentioned. Of course, it was all of good report and most had a "Billy story" of some advice he had given them or how he had aided them or their family in some way.

I understand that at some point in the past, he was the mayor of Livingston for more than one term. I'm sure he did a lot for Livingston and southern Rockcastle County as his office permitted, not to mention what he did from his heart for people. He has a son that is the mayor now, Jason, who is following in his father's footsteps. He hasn't been in office a great long time, but he has certainly made strides forward in the shoes of his father. People all over the



*Shopping at Woolworth's*

While enjoying a scrumptious Christmas dinner at my Brother Al's home in Mt. Vernon, I overheard some of the women discussing their adventures while shopping for Christmas presents. It caused me to call to mind some similar discussions among my mother (Bee), Mommie Katie, and Aunt Ruth Brown; conversations which I heard as a



young boy. It was at that very same table in the fifties when I first learned of the famous F. W. Woolworth Company in Lexington -- where they often shopped.

Sometime ago, Bobby Harper emailed to me a copy of Woolworth's restaurant menu as it was during the 1950's. When Kathy and I returned from our Christmas celebration, I found the menu again and carefully studied the different offerings and their prices. The extremely low costs made me recall sitting on the counter stools at the Lexington Woolworth store where I was shopping with my mother and my grandmother.

On a frequent basis, Aunt Ruth invited Bee and Mommie Katie to spend the day shopping in downtown Lexington, where she lived. Because I was so young, they often took me along. I remember well when we all had lunch at the Woolworth counter, enjoying the fresh sandwiches and shakes. According to the menu I received, here are some of the prices.

- Bacon and Tomato Sandwich (Double Decker) ...50 cents
- Baked Ham and Cheese Sandwich ...60 cents
- Grilled Cheese ...30 cents
- Milk Shake (Two scoops) ...25 cents
- Apple Pie ...15 cents
- Coffee ...05 cents

I distinctly recollect one particular shopping spree with Bee when we went with Aunt Ruth to Woolworth's. When we first entered the store, two things happened immediately: I spotted the toy section and Bee explained the rules of the day. She spoke to me sternly, "David Joe, you must remain in this department until I come back for you. When I get back you can pick out two toys, and I will pay for them." Fine with me! Occasionally, I could see Bee in the distance watching me.

I knew that they would be engrossed in looking for clothing and other female attire, which gave me plenty of time to do my own shopping. I was just tall enough to see over the edge of the counter in order to study the items that were available to me. I remember seeing games, car models, stuffed animals, toy soldiers, Match Box cars, guns and holsters, comic books, coloring books and Crayons, and an entire shelf of girls' dolls -- which I quickly passed over. As instructed, I began the process of choosing which two toys I wanted. Because the selection was so large, I

I've heard it said by the old folks that if it rains during the visitation or funeral of someone, the heavenly angels are crying for joy. It rained and rained all during the visitation and funeral of our friend, Billy. It could be that the angels were crying at the arrival of their good friend that they had been expecting for so long as he walked the path that led to the heavenly gate, and they have heard of his good deeds on the Earth. "Welcome! You've been a good and faithful servant."

I believe Livingston is closer-knit than the other towns or communities in Rockcastle, and it is probably due to people like Billy Medley. After the funeral, Billy's "community family" gathered at the local firehouse to have a meal and be with his physical family. As we waited for his family, we talked and finally began to sing, "Where the Roses Never Fade". I expect Billy would have liked that.

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**Points East**  
**By Ike Adams**

At this writing, the date is December 26, 2014, but I had to date the timeline, January 1, 2015 and it will, most likely, be late spring before I get used to dating anything else 2015 if my computer doesn't automatically make the correction.

Unfortunately, my computer does not write checks. I realize that some readers probably don't know what writing a check is like, but I still do it because old habits die hard.

Once worked for a company where part of my job entailed getting detailed, reports and requisitions submitted to both Frankfort and Washington, D.C. at least two or three times a week. These had to be signed and dated on the bottom line.

I would frequently, before the end of May, mess up and date stuff the year before -- say March 1, 1994 when it was really 1995 but my brain was a year behind the times.

Now you might think that anyone reading these submissions in one of our capital cities would cross out the incorrect digit and write in the current one or simply mark over it but that's not the way things were done in the BC (before computers) years. Actually, computers had been around for decades before they became mainstay necessities in the workplace.

No buddy. The person or persons on the receiving end would mail the whole thing back with a post it note attached to the front sheet telling me the report or whatever was not correctly submitted. They would not say why. I had to figure out what was wrong, make the correction and resubmit it. It would get to the point, year in and year out, that when something came back, my secretary knew exactly what was wrong, even before she opened the envelope, and that usually meant she had to retype the entire last page.

It is often hard for me to believe that we did not have a computer or word processor in our office prior to 1990, just twenty five years ago. So, when I say "re-type" I mean literally put a sheet of paper into an IBM Selectric typewriter and do the whole thing over because the Federal Home Loan Bank frowned on white-out corrections. Sometimes it feels almost prehistoric when we believed that the typo correcting ribbon on our typewriters was the greatest invention since the light bulb. But, in actuality, my office was still totally dependent on that technology less than 30 years ago.

One federal agency that I reported to in Washington, also had a state "clearing-

house" whose function I never understood at all because they never seemed to be clear about anything. In theory, the clearinghouse was supposed to sign off on stuff before it went to Washington. In reality, Washington usually saw it several weeks before it was read in Frankfort and money had usually changed hands before Frankfort got around to saying, "Okay, we guess that was cool."

Thirty years after Xerox copiers were in use in practically every office in the nation, one agency I reported to still required at least 2, and sometimes 3, carbon copies, in addition to the original, of everything I sent them. That literally meant you kept ultra thin, filmy, color coded sheets of paper in your office and inserted sheets of jet black carbon between them. Every time the typewriter key made a strike on the top sheet, the pressure made the same letter on the underlying sheets of carbon paper. If you made a typographical error, it usually took several minutes to correct it on the 3 or 4 underlying sheets. Pink went to Frankfort. Blue and green went to Washington and you kept yellow for your records.

As recently as 2005, I was showing a secretary how we did things in the old days and she could not believe that there was a time when printers did not exist. I often wonder what archeologists are going to think when they dig into one of the rock quarry caves in central Kentucky where billions of carbon copies are stored for safe keeping because we ran out of space to house our filing cabinets.

Last week I mentioned "typesetting" in this column and a lady who was editing it at one of the papers emailed me to ask if I had made an error. The fact of the matter is that I can remember when every letter of every word that went into the Mountain Eagle had to be manually arranged into the press that printed the paper.

In other news this week, one little girl I know told me that she had stopped believing in woolly worm weather forecasts.

I asked her why and she told me, "Well Grandpa has a big white one under his nose and he told me that meant it was going to snow on Christmas. But it didn't."

Then she heaved a sigh and said, "But at least the woolly worms didn't keep Santa Claus from showing up so they must be good for something. I'd just like to know how that sleigh gets around without any snow to slide on."

(Cont. to A3)

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**“Review”**

(Cont. from front)

**Master Conservationist Award**

Rockcastle Middle School won their first ever Regional Academic Championship and will compete in the state finals in Louisville in March;

Senator Rand Paul was the keynote speaker at the Lincoln Day Banquet held at RCMS;

A project to grow industrial hemp began in Rockcastle County, one of five pilot projects in the state. Growing Warriors founder Mike Lewis is in charge of the project;

A fake bomb device was discovered at Brodhead Tobacco and Tanning. The scare caused evacuation of the area and a call to the Kentucky State Police bomb squad;

Former Brodhead Fire Chief and City Commissioner Larry Taylor, 62, died unexpectedly at his home of natural causes. Taylor served 41 years on the fire department, 11 as chief and was a city commissioner for 13 years;

Rockcastle native Golda Pensol Walbert was inducted into the Kentucky Teacher Hall of Fame. Walbert taught in Rockcastle County schools from 1943-1952, two years in Harlan County and, for the remainder of her career, in Barren County from 1954-1989;

White House Clinics opened their Rockcastle County branch office in Rockcastle Business Park South. The new clinic specializes in the treatment of uninsured and low-income patients;

The Rockcastle Lady Rockets basketball team (5-22 on the season) took it on the chin in first round action of the district tournament, losing to the Casey County Lady Rebels 50-36;

The RCMS 8th grade basketball team won the championship of the Commonwealth Middle School Athletic Conference. The 6th and 7th grade teams were runners-up in their conference championships.

**MARCH**

A major winter storm moved across the county bringing rain, freezing rain, sleet and snow within a twenty-four hour period. Three inches of snow fell on Monday, March 3rd, with a high of 51 degrees and a low

of 15 degrees. Three-quarters of an inch of ice, an inch of sleet and amounts as high as six inches of snow were reported in some areas of the county. The storm closed the courthouse for a day and a half, circuit and district courts on Monday and delayed the opening of or closed several businesses. Schools were closed for three days, bringing the total of missed days for the school year to 24;

A water main break in Brodhead closed the town's elementary school for a day. The break cut off service to eight homes in the Chickadee Lane/150 area for two days;

Rockcastle County Clerk Danetta Ford Allen presented the fiscal court with a check for \$74,207 in excess fees from 2013;

The RCHS girls indoor track team won the Class 2A Indoor State Track & Field Championship, defeating runner-up Highlands 101-80;

Rockcastle Schools were closed once again because of an ice storm, bringing the total days missed to 26;

It was announced that Rockcastle would get an additional \$405 thousand in coal severance funds;

A slip on Lower River Road closed the road for a week while it was being repaired;

The annual Kiwanis Radio Auction raised \$6,000;

Mt. Vernon Mayor Michael W. Bryant, Sr. a candidate for re-election to that office, filed suit asking for Clarice Kirby's disqualification as a candidate for the same office. The suit challenges Kirby's ability to run for the office because of her conviction in Rockcastle Circuit Court of a felony charge of abuse of public trust in February of 2010.

Around 100 college students from 17 colleges spent their spring breaks making repairs to four homes in Rockcastle County, in conjunction with Christian Appalachian Project's Workfest Program;

The RCMS Quick Recall Team finished in the top 24 schools, out of the 300 competing, at the Kentucky Governor's Cup State Finals in Louisville. Mahala King became the first RCMS student to finish in the top ten in Arts and Humanities, beating out over 900 students.

**APRIL**

Heavy rains caused

flooding throughout the county. Three to four inches of rain were reported in some areas of the county. The makeshift Dix River Bridge in Brodhead had to be closed for about 24 hours until the water receded and repairs could be made;

The Rockcastle County Board of Education approved an amended calendar for the 2013-14 school year. The school day was extended for 20 minutes beginning Monday, April 7th with the last day of school set for June 2nd;

Local prominent lawyer and former county attorney William D. Gregory, 74, died April 9th. Mr. Gregory died of complications from a recent return of esophageal cancer. He had battled the disease for over four years;

The Livingston Volunteer Fire Department held an Open House at their new fire station provided by the Rockcastle Fiscal Court. County Judge/Executive Buzz Carloftis cut the ribbon during the ceremony;

The Rockcastle Rockets baseball team, under the leadership of new head coach Brad McNew, were 6-8 on the season and the Lady Rockets softball team was 8-5;

A Livingston man shot his estranged wife before turning the gun on himself. Roger Baker, 46 shot his estranged wife, Rhonda Baker, 43, twice in the back with a single barrel .410 shotgun as she was leaving for work early on Monday, April 21st. Baker then fled from police down a riverbank behind the couple's former home where he fatally shot himself with the same shotgun. Baker was flown to the UK Medical Center where she was expected to recover from her wounds;

The Mt. Vernon City Council held the second reading of an annexation ordinance for Hanson Aggregate Inc. at their regular April meeting. The ordinance annex covers 433.44 acres. Hanson will be exempt from city property taxes for five years and the city is prohibited from implementing any mining rules, regulations or restrictions.

**MAY**

Incumbent Mt. Vernon Mayor Mike Bryant's motion to prohibit former mayor Clarice Kirby from being a candidate for her former office in the November General Election, was overruled by Circuit Judge Jeff Burdette, clearing the way for Kirby to seek reelection to that office. In his ruling, Burdette said that while his decision might not be pleasing to Bryant or others, everyone must accept Gov. Steve Beshear's constitutional authority to restore Kirby's right to vote and hold public office;

Rockcastle Regional Hospital opened their new 32,000 sq. ft. Rockcastle Family Wellness facility. The \$4.2 million project will be the new home for several doctors with 36 state-of-the-art exam rooms;

The City of Brodhead held a ribbon cutting ceremony for their new Depot Park;

Rockcastle native and comic book illustrator Zac Pensol's work was featured in a children's comic book that was nominated for a Will Eisner Comic Industry Award;

Jon Cromer was the keynote speaker for UNITE's annual Leadership and Community Celebration held at RCMS. Cromer shared his experiences with the crowd and was honored by State Rep. Jonathan Shell and Senator Jared Carpenter with a citation from the state legislature for his seven years of sobriety and his efforts to fight against the drug epidemic impacting our community;

A large crowd took part in the annual National Day of Prayer observance held on the courthouse lawn. Dr. John Mark Toby, president of the Kentucky Baptist Convention was guest speaker at the event;

Former Livingston Elementary School secretary Vonie Mink served as Grand Marshall of the Livingston Founder's Day Parade;

A Candidate Forum was held in the RCMS cafeteria during which all candidates for county office were allowed to address the crowd for two to three minutes. The forum was also broadcast live over WRVK Radio. County Judge/Executive candidates, incumbent Buzz Carloftis and challenger Doug Bishop, engaged in a discussion answering questions submitted by Rockcastle County voters;

Incumbent County Judge/Executive Buzz Carloftis was defeated in his bid for a sixth term, by 428 votes, by challenger Doug Bishop. Bishop ran as an Independent in 2010 against Carloftis and lost by 173 votes. Carloftis was the third longest serving judge/executive in the state. Also defeated was incumbent Jailer James Miller by Carlos McClure. McClure defeated Miller 2199 to 2078, taking 10 of the 15 precincts. Also winning election was Janet Vaughn as PVA. Vaughn was the leading vote getter, easily outdistancing her opponent Matt Bryant 3,497 votes to 749 and taking all 15 precincts. County Attorney Billy Reynolds narrowly won reelection over challenger Jeremy Rowe by 78 votes. Another candidate in the race, Jerome Fish, got 236 votes. Incumbent Sheriff Mike Peters easily won reelection, defeating his challenger, Shawn Simmons 3,443 to 748 votes and also taking all 15 precincts. Two of the magistratral races were also very close. Incumbent Lee Earl Adams lost his bid for reelection by 24 votes to challenger Shannon Bishop in District 1. It was even closer in the District 5 race between Mike McGuire and Michael Smith with McGuire winning by only 17 votes. Both men were running for the seat of incumbent Ralph Allen who chose not to seek reelection. Incumbent Magistrates Bill McKinney, Gary Burdette and William Denny were all reelected.;

The annual Relay For Life was held at RCHS and over \$41,000 was raised, exceeding the group's goal;

The Renfro Valley Post Office was saved from closing and reopened for business in the Renfro Valley Entertainment Center ticket office;

Approximately 150 people attended the official opening of the new Climax Volunteer Fire Department, built with funds provided by the Rockcastle County Fiscal Court;

Rockcastle County High School held their 42nd graduation ceremonies Friday, May 30th. Valedictorian Madisan Miller and Salutatorian Jared Lake both spoke at the ceremony, along with McKinzie Todd, Student Council Co-President and FCA president Dakota Mullins;

A Memorial Day Ceremony was held at the Rockcastle Courthouse, sponsored by American Legion Post 71 and the Rockcastle Chapter of the VFW;

A clipper storm system moved through the county causing multiple power outages to homes and businesses throughout the county;

The annual Dix River Festival was held in Brodhead.

**JUNE**

A local woman was arrested in connection with a Jackson County bank robbery. Sabrina Nicole Hensley, 29 of Orlando was charged with second degree robbery and tampering with physical evidence. She was lodged in the Jackson County Detention Center on a \$25,000 cash bond;

Over 600 people came out to an Open House and Ribbon Cutting Celebration for Rockcastle Family Wellness;

Mt. Vernon Mayor Mike Bryant's grandson qualified

to compete in the U.S. Open. Hunter Stewart, 21, of Lexington qualified after finishing six under par at the Colonial Country Club in Memphis, TN;

Lois Burdette, RES, Gina Nicely, RCMS and Amy Lewis, RCHS all received a Campbellsville University Excellence in Teaching Award.

Aaron Anderkin, a Rockcastle County native and past chairman of the Kentucky Commission on Community Volunteerism and Service, delivered the keynote address at the UNITE Service Corps year-end celebration at the Mountain Arts Center in Prestonburg;

Former lady Rockets star and current Louisville Cardinals women's basketball player Sara Hamond, won a gold medal at the 2014 3x3 FIBA World Championship in Moscow, Russia. Hammond and the USA women's 3x3 team had a 9-0 record in the tournament and beat Russia's team 15-8 in the gold medal game;

Anchor Packaging exercised their option to terminate their lease as of September 10th. They cited higher rail transportation costs of raw materials and higher electric rates were the determining factors;

The Rockcastle River Trading Company was officially designated as the first Proven Winners Botanical Trail in the nation during a ribbon-cutting ceremony;

The annual Longest Day of Play was held at RCMS; Rockcastle County Fiscal Court approved a \$7,891,478 budget for the 2014-15 fiscal year.

**July through December Year in Review will appear in next week's issue of the Signal.**

**“Memories”**

(Cont. from pg 2)

had to eliminate as many items as possible – quickly. My eye spotted a medium-sized bag of assorted Match Box cars; I put it under my arm and continued to look. At the end of the second row, I noticed a wooden-handled cap pistol. I thought that it was totally realistic, and I put it under my other arm. Up and down the toy isles I roamed.

After probably 20-30 minutes, Bee appeared and asked if I had made my selection. I showed her the two items, and she placed them in her shopping bag without comment. Now I was ready to go—I wanted to get out of there so that I could open my two new toys as soon as possible. But Bee reminded me that we had to wait for Aunt Ruth to finish her shopping before we could go back to the car. It seemed to me that she took forever to complete her selections. On the way home, I had a good time driving my Match Box cars on the seat and on the floor of the back seat in Pop's 1951 Chevrolet that Bee had barrowed.

I was sold on Woolworths. Maybe spending an afternoon of shopping was worth it! After all I had taken a trip to the city, enjoyed treats at the Woolworth counter, and came home with new toys. What more could a boy ask?

(You can reach me at themtunan@att.net or you can drop me a line at 2167 Furnace Road – Stanton, KY 40380. I appreciate your comments and suggestions.)

**Mamaw's Kitchen**

By Regina Poynter Hoskins

I remember Mamaw, Granny Burton, and Will's mom making one of these almost every Christmas. With all the layers it is time consuming, but, oh, is it ever worth it. Will remembers that his mom would make cookies with this batter also. They called them "Tea Cakes." When I was telling Mary what some of the recipes in the book were, she wanted to know if I had one for Stack Cake. She remembers her mother making them also. Many people use molasses instead of sugar, but we like it better with brown sugar.

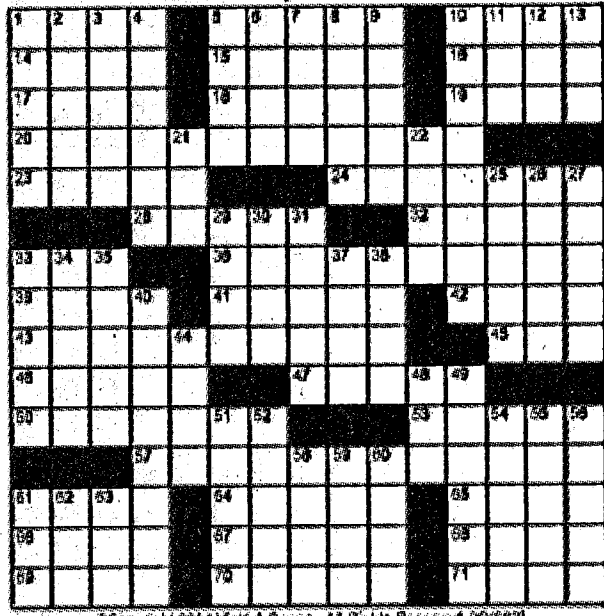
**DOUGH:**  
1 cup shortening  
1 cup packed brown sugar  
1 cup white sugar  
1 teaspoon baking soda  
3 teaspoons baking powder  
2 eggs, slightly beaten  
6 cups sifted all-purpose flour  
1/2 cup buttermilk  
2 teaspoons vanilla  
1 teaspoons salt  
Preheat oven to 450°. Cream shortening and sugars together. Mix in rest of dough ingredients. Divide into six parts. Press into prepared pans (see note below). Bake at 450°

for 10 minutes. Cool completely.  
**NOTE:** The dough will be divided into 6 parts so grease and flour up to six 8-inch cake pans. If you don't have six, you can bake as many layers as you have pans and room for in the oven at a time. (If only have two pans, break it down and cook two at a time. After letting them cool for 5 minutes, turn them out onto a clean dish towel, wash and dry the pans and start the whole process over again.)

**FILLING:**  
2 pounds dried apples  
1 and 3/4 cups packed brown sugar  
3 teaspoons cinnamon  
1 teaspoon allspice  
Wash apples; add sugar and spices from filling ingredients. Cook until soft and almost dry. Let cool slightly.  
Stack cooled cake layers with apple mixture between each layer, beginning and ending with a layer of cake. If you can, let cake sit in refrigerator for two days before cutting. Cake needs a little while to let all the flavors mingle. Even if you can't wait, the cake is still good to eat the first day.

**Kentucky Crossword #663**

www.kentuckycrosswords.com



**ACROSS**

- 1. Kentuckian, actor Johnny
- 5. Lens
- 10. Famous Kentucky distillery; Makers
- 14. Stars at
- 15. Food in Exodus 16
- 16. Census data
- 17. Add this to berry to make a fruit
- 18. Split
- 19. Easy win
- 20. Our official state fish
- 23. Engine driver
- 24. A toy dog breed
- 28. "The Lord of the Rings" figure
- 32. Mash symbol resembling an inverted hat
- 33. An edible mushroom
- 36. Louisville's forerunner
- 38. Graph line
- 41. Synthetic silk-like fabric
- 42. Go for
- 43. Harrodsburg was Kentucky's first permanent one
- 45. Dungeons & Dragons game co.
- 46. Africa semi-desert
- 47. Fowl pole
- 50. Common exercise
- 53. Kentuckian, actor Warren
- 57. Coach Tubby
- 61. Switchblade

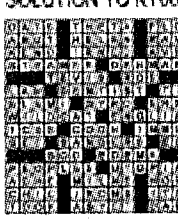
- 64. To read on the Kindle or NOOK?
- 65. Turkish leader
- 66. Kentucky's largest county (land area)
- 67. KFC Yum! Center, for one
- 68. Singer Redbone
- 69. Maple genus
- 70. Mouth-watering
- 71. Formerly, formerly

**DOWN**

- 1. Harbor landings
- 2. Everglades bird
- 3. 747, e.g.
- 4. A group of five
- 5. Ally Financial once
- 6. Songbird
- 7. Capp of the comics
- 8. Holly-holly sorta
- 9. Former UK women's basketball center Elliot
- 10. Kentucky county named for a US Chief Justice
- 11. Give a
- 12. "Losing My Religion" rock group
- 13. Hosts at Trooper Island, KY
- 21. Underground org.
- 22. Selt (on)
- 25. Blue eyes or baldness, e.g.
- 26. Fall asleep quickly
- 27. Below
- 29. "God's Little

- 30. Wander
- 31. Dinner bird
- 33. Post holders
- 34. School leave
- 35. Cajun music
- 36. Pioneer Austin
- 37. Favor pass
- 38. Captivated by
- 40. Community in 68
- 43. Acres, or short stay on the way
- 44. Frown
- 48. "Send help!"
- 49. It's wrapped in corn husks
- 51. Skin fold
- 52. Tel Aviv native
- 54. Georgetown College athletes
- 55. Community spirit
- 56. Quaint contraction
- 58. Some votes
- 59. Ward of warning
- 60. "Sure, why not?"
- 61. Hot springs
- 62. Popular fruit drink
- 63. White House nickname

**SOLUTION TO KY662**





# Obituaries



## Bro. Billy Medley

Bro. Billy Medley, 83, of Livingston, died Tuesday, December 23, 2014 at his home. He was born in Laurel County, on April 17, 1931, the son of Alfred and Maggie Frye Medley. He was a well-known minister of the Pentecostal faith who gained the love and respect of people from all walks of life, near and far. He was a man that touched the lives of many, many people. They loved him with a love that was unspoken. If you met Billy Medley one time, you were sure to walk away with a memory or a story about him. He was a man full of love for humanity and showed no favoritism with people. He treated everyone equally, looked down upon no one, and lifted up everyone he came in contact with.

He was also a well-known barber for many years. People not only came for haircuts, they came for his words of wisdom, comfort and great understanding. People always walked away with a fresh haircut, maybe a little guidance he had offered, or maybe a chuckle had his funny antics. He was warm, inviting, and always a comfort.

Billy was also a school bus driver for several years and touched the lives of many young people who gained love and respect for him that was untouchable. They never forgot him, and the lessons they learned on their rides home.

He was a Mayor for the city of Livingston for several years; a fact in which he took great pride. He helped shape the town and offered many services to those in need, going above and beyond his mayoral duties.

Billy's heart was his family. He worked hard his whole life, but especially to provide for them. He sometimes had up to 4 and 5 jobs, and later in life would joke that he had to get a new job after every new son he had.

It is known far and wide that Billy Medley was a good man. He helped others selflessly, wanting no recognition for his good deeds, simply because he knew he was doing the work of God. It's said that the best portion of a good man's life are his little, nameless, unremembered acts of kindness and giving. He lived his whole life in that manner. The community mourns as Heaven rejoices. As we say goodbye today to Billy, we feel as though we are saying goodbye to a Legend, a hero, who was a great man of God.

He is survived by: his wife of 43 years, Juanita Sizemore Medley; four sons, Anthony and Jill Medley of Mt. Vernon, Jamie and Merita Medley of London, and Jason and Natasha Medley, and Dougie and Samantha Medley, all of Livingston; a brother, Alfred Medley of London; six grandchildren, Hunter Medley, Kerrigan Medley, Ethan Medley, Kameryn Medley, Hayden Medley, and Maggie James Medley; and an ex-daughter-in-law, Angie Lynch. His dog, "Odie" also survives.

Funeral services were conducted Sunday, December 28, 2014 at the Livingston Pentecostal Church by Bros. Burgess Daugherty, Jimmy Miller, Dennis Doan, and Arthur Hunt. Burial was in Pittsburg Cemetery.

Dowell & Martin Funeral Home was in charge of arrangements.

Pallbearers were: Anthony Medley, Dougie Medley, Ethan Medley, Hunter Medley, Jamie Medley, and Jason Medley.

Honorary pallbearers were: Hayden Medley, Kameron Medley, Kerrigan Medley, and Maggie Medley.

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



## Theresa Marler

Miss Theresa Darlene Marler, 55, of Cincinnati, OH and formerly of Rockcastle County, died Wednesday, December 24, 2014 at the Heartland of Madeira Nursing Facility. She was born in Cincinnati, OH on September 20, 1959 the daughter of John and Isabel Bond Marler. She was a devout Christian and a member of the Linwood Faith Tabernacle Church.

She is survived by: four uncles, Curt and Velma Bond of Campbellsville, Victor and Millicent Bond of Orlando, Gary Weaver of Cincinnati, and Vernon and Ellen Denny of Eubank; two aunts, Loretta Winkler of Okeechobee, FL, and Pat Winkler of Winchester; a very dear friend, Cathy Wilson of Cincinnati, OH; and a large number of extended family and friends. She was preceded in death by her parents, John and Isabel Marler.

Funeral services were conducted Saturday, December 27, 2014 at the Dowell & Martin Funeral Home Chapel by Bros. Jimmy Miller and Tommy Hogue. Burial was in Corinth Cemetery.

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



## Raymond J. Caldwell

Raymond J. Caldwell, 69, of Brodhead, died Wednesday, December 17, 2014 at the Rockcastle Regional Hospital. He was born February 4, 1945 in Quail, a son of the late Shirley B. and Edna Scott Caldwell. He was a member and a Deacon at the Brodhead Christian Church. He was an Army Veteran and proudly served his country during the Vietnam Era; a member of the Brodhead Masonic Lodge #566 and also a member of the American Legion. He will be remembered for the love of collecting Coins and Vintage Cars.

Those left to cherish his memory are: his wife, Sheary P. Caldwell of Brodhead; two children, Kelly R. Caldwell of Brodhead and Kevin J. (Stephanie) Caldwell of Cincinnati OH; two stepchildren: Michael L. (Jane) McClure and Beverly A. McClure, all of Brodhead; six grandchildren, Kylan, Mason, and Phoenix Caldwell, Kyle, Anna Nicole, and Logan McClure; one brother, Wayne Caldwell; five sisters, Fern Caldwell, Nina Burton Burkhart, Mabel Cash, and Ethelene Caldwell, all of Brodhead, and Ella (Monroe) Barnett of Mt. Vernon.

He was preceded in death by his parents, Shirley B. and Edna Scott Caldwell



## Paxstin Cole Letner

Paxstin Cole Letner, infant boy, of Science Hill, departed this life Thursday, December 25, 2014 at the Kentucky Children's Hospital in Lexington. Paxstin was born December 23, 2014 in Somerset, to Christopher Lee Letner of Somerset and Brianna Elizabeth Little of Somerset.

He is survived by: his parents; a brother, Brantley Cam Letner; paternal grandparents, Ralph and Kimberly Letner of Eubank; maternal grandparents, Barry Little of Science

and a niece, Regina Cash. Masonic Rites were performed Saturday, December 20, 2014 in the Chapel of the Marvin E. Owens Home for Funerals with funeral service conducted by Bro. Tracy Valentine and Gary Keith Caldwell. Burial followed in the Providence Cemetery.

Casketbearers were: Kenny Burton, Shannon cash, Carlos Caldwell, David Burton, Gary Caldwell and J.C. Harris. Condolences to the family may be made to his online registry at [www.marvineowensfuneralhome.com](http://www.marvineowensfuneralhome.com)



## Dorothy French

Dorothy Johnson French went home to be with her Heavenly Father December 21, 2014. She was born in Rockcastle County, on March 31, 1918 to Willis C. and Louisa McNew Johnson. She attended Mt. Vernon High School and a business college in Louisville, before moving to Dayton, OH where she worked in factories making guns and rations for the troops during WWII. It was there, in 1945 that she met and married the late Clyde French. She retired from Parker Seal in Berea, in 1983, a member of the Eastern Star, where she held several positions and received her 50 year pin in 2011 and a member of the Northside Baptist Church. She enjoyed reading, especially her Bible, gardening, cooking, crocheting and her family.

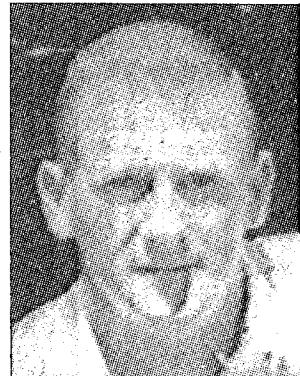
She is survived by: two daughters, Joyce (Joe) Jewell of Georgetown and Sue (Mike) Brown of Crab Orchard; two granddaughters, Sherri (Roger) Banta of Paris and Nichole Goodson of Berea; and several nieces, nephews, great nieces and great nephews. She is also survived by a very special friend, Connie Moore, who she considered to be another daughter.

Besides her parents and husband, she was preceded in death by her brother, Frank Johnson, and her sisters, Glenna Pennington, Jessie Mobley, Rena Jordan and Georgia Cunnagin-Isaacs.

Funeral services were conducted Saturday, December 27th, 2014 at the Cox Funeral Home with Bro. Zandel Hasty officiating. Burial was in the Maret Cemetery.

Pallbearers were: Michael Cunnagin, Steve Cunnagin, Chris Kelly, Wendy Johnson, Joe Jewell and Roger Banta.

Send condolences online at [www.coxfuneralhomeky.com](http://www.coxfuneralhomeky.com).



## Garlan M. DeBorde

Garlan M. DeBorde, 77, husband of Barbara, of Mt. Vernon, died Sunday, December 28, 2014 at the University of Kentucky Medical Center in Lexington. He entered this life on May 4, 1937 in Mt. Vernon, a son of the late Virgil Morton and Vivanna Bullock DeBorde. On September 4, 1960 he was united in marriage to Barbara Grace Houk and from that union came four children. He was a member of the Grace Baptist Church of Roundstone, where he was the treasurer for a number of years. He enjoyed old cars, motorcycles, golf, and U.K. basketball.

Those left to celebrate his life are: his wife of 54 years, Barbara Grace DeBorde of Mt. Vernon; three children, Steven Garlan DeBorde of Mt. Vernon, Guy Morton (Yolanda) DeBorde of Louisville, and Vanna Grace (Les) Jankowski of Island Lake IL; six grandchildren, Kayla Nicole DeBorde, Gabrielle Sheridan Rondina, Samantha Nevaeh DeBorde, Angela Yanina DeBorde, Kyle James Jankowski, and Ethan Mitchell Jankowski; one aunt, Roberta Cromer of Somerset; and many friends, and neighbors.

Besides his parents, he was preceded in death by his son, Michael Stanton DeBorde.

Funeral services were conducted Wednesday, December 31, 2014 at the Marvin E. Owens Home for Funerals with Bro. Raymond Offutt officiating. Burial was in the Maretburg Cemetery.

Casketbearers were: Guy and Steve DeBode, Les and Ethan Jankowski, Charles Pobar, James McKinney, and Danny Ray Offutt.

Honorary casketbearers were: Billy Reynolds and the Church Family.



## Gary Lee Miracle

Gary Lee Miracle, 65, of Mt. Vernon, died Monday, December 15, 2014 at the Rockcastle Regional Hospital. He was born in Berea, on July 25, 1949 the son of Joseph William Martin and Barbara Dooley. He was the owner of Mt. Vernon Scrap and was of the Baptist Faith.

He is survived by: his wife, Sarah Grace Clark Miracle; one son, Gary Lee Miracle II; two brothers, Jeff Miracle and Wendall Martin; and three sisters, Linda Miracle, Vickie Hisle and Benda Hall. Also surviving are three grandchildren, Christopher Miracle, Ashlynn Clark and Chandler Clark. He was preceded in death by: his father, Joe Martin; his step-dad, Bob Hubbard; his mother, Barbara Hubbard; and one brother, Jimmy Miracle.

Memorial services were conducted Saturday, December 20, 2014 at the Dowell & Martin Funeral Home Chapel by Bro. Evan Eckler, Bro. Ralph Baker and Bro. Shannon Parkerson.

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

Hill and Patricia Odgen of Corbin; maternal great-grandma, Priscilla Little; five uncles, Ralph Letner, Jr., Thomas Ratliff, Steven Mayer, Scott Mayer, and Johnathan Odgen; three aunts, Angel Letner, April Middleton, and Kaylee Odgen; seven cousins, Eden Reese Mayer, Kayden Wyatt Middleton, Sophia Grace Letner, Channing Xavier Letner, Caden Shaun Roberts, Bryson Edward Ratliff, and Brayden Nathaniel Ratliff.

Funeral services were held Wednesday, December 31, 2014 at the Chapel of Lake Cumberland Funeral Home with Phil and Joy Shearer officiating. Burial was in Science Hill Cemetery.

The family request expressions of sympathy be made to the Paxstin Cole Letner Memorial Fund.

You are welcome to view the obituary and send condolences to the family at our website: [www.lakecumberlandfuneralservice.com](http://www.lakecumberlandfuneralservice.com)

## Rockcastle Community Bulletin Board

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### Bookmobile Schedule

Mon., Jan. 5th: Calloway, Red Hill, Sand Hill, Livingston, Lamer, Pine Hill. Tues., Jan. 6th: Maple Grove, Orlando and Climax. Wed., Jan. 7th: Cave Valley Apts. and Brindle Ridge.

### Circuit Clerk's Holiday Schedule

The Circuit Court Clerk's office will be closed January 1, 2 and 3 for the New Year's Holiday.

### Health Dept. Hours

Beginning Monday, January 5th, the Rockcastle County Health Department will be open Monday through Thursday from 8 a.m. to 5 p.m. and on Fridays from 8 to 11:30 a.m.

### DAR Meetings

The Rockcastle Chapter of the Daughters of the American Revolution meets 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

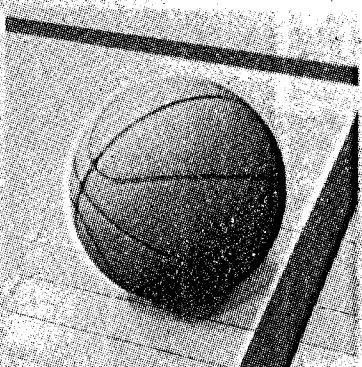
The Rockcastle Historical Society is open on Mondays from 10 a.m. to 2 p.m. in the RTEC garage building.

### 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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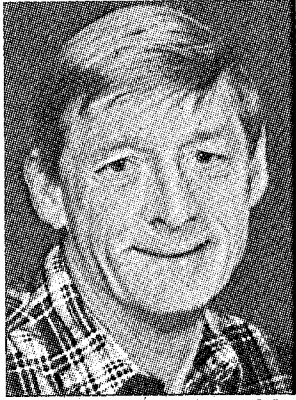
KENTUCKY FARM BUREAU



BIG ON COMMITMENT.



# Obituaries



**Jackie Huff, Sr.**

Jackie Huff, Sr., 67, of Mt. Vernon, died Wednesday, December 24, 2014 at the Compassionate Care Center in Richmond. He was born in Rockcastle County on February 18, 1947, the son of Henry and Ramie Lambert Huff. He was a floor covering installer and was a member of the Grace Baptist Church. He enjoyed fishing and hunting.

He is survived by: his wife of 44 years, Rita Ann Reynolds Huff; two sons, Jackie Allen Huff, and Timothy and Victoria Huff, all of Conway; a sister, Judy and Ronnie Jones of Wentzville, MO; and two grandchildren, Christopher Allen Huff and Marti Fields. Several nieces and nephews also survive. In addition to his parents, Henry and Ramie Huff, he was preceded in death by: five brothers, Raymond, Monroe, Bud, Earl, and David Huff; and two sisters, Mabel Reed and Ruby Dooley.

Funeral services were conducted Monday, December 29 at the Dowell & Martin Funeral Home Chapel by Bro. Raymond Offutt. Burial was in Cresthaven Memorial Cemetery.

Pallbearers were: Bobby Dooley, Chris Dooley, David V. Huff, Joseph Huff, Shannon Jones, and Tim Saylor.

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



**Cecil Ray Bowles**

Cecil Ray Bowles, 63, of Mt. Vernon, died Sunday, December 21, 2014 at Baptist Health Hospital in Lexington. He was born in Rockcastle Co., on February 25, 1951 the son of George and Della Mae Howard Bowles. He was a retired truck driver for Rush Trucking, was a member of Blue Lick Missionary Baptist Church and enjoyed fishing.

He is survived by: his wife, Elaine Bowles; one son, Gordon Tracy Bowles of Orlando; three brothers, Charles Bowles, Harold Bowles and James Bowles, all of Mt. Vernon; and two sisters, Deloris Priest of Nelsonville, OH and Martha Owens of Mt. Vernon. Also surviving are: one grandson, Casey Ray Bowles; and one great granddaughter, Jacee Bowles. In addition to his parents, he was preceded in death by: one son, Troy Ray Bowles; two brothers; and one sister.

Funeral Services for Mr. Bowles were conducted Wednesday, December 24, 2014 at 1:00 PM at the Dowell & Martin Funeral Home Chapel by Bro. Jimmy Lakes and Bro. Charles Bowles. Burial was in Johnetta Cemetery.

Pallbearers were: David Anglin, Todd Anglin, Clarence Owens, Mitchell Rader, Tim Singleton, and Mike Smith.

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



**Michael Roy Fain**

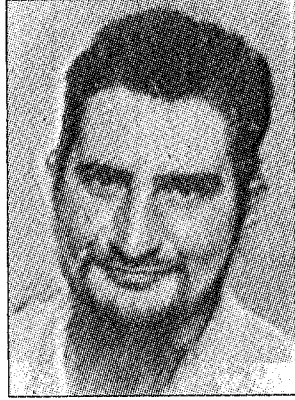
Michael Roy Fain, 49, of Mt. Vernon, died Friday, December 19, 2014 at the University of Kentucky Medical Center in Lexington. He was born in St. Joseph, MI on November 4, 1965 the son of Charles and Mary Smith Fain. He was a member of the Fairview Baptist Church, was a maintenance worker for Madison County Schools and a member of Berea Masonic Lodge #617 F & AM. He also enjoyed bowling, hunting, trains, music and was an organ donor.

He is survived by: his wife, Debra Fain of Mt. Vernon; his parents, Charles and Mary Fain of Watervliet, MI; one daughter, Andrea Horner of Richmond; one brother, Timothy Smith of Benton Harbor, MI; a cousin who he considered a brother, Curt Fain of Richmond; and two sisters, Regina Novacek of Benton Harbor, MI and Christel Wagonmaker of Loveland, CO. Also surviving are: three nephews, Jeremy Wagonmaker, Sydney Wagonmaker and Kory Wagonmaker; and 10 nieces, Rachel Ann Petlick, Destal Layne Pepple, Amy Marie Vollman, Joellyn Kay Day, Leigha Danielle Mathewson, Shelly Smith, Shannon Smith, Shelby Fain, Glassie Fain and Lydia Fain. He was preceded in death by his grandparents.

Funeral services were conducted Tuesday, December 23, 2014 at the Fairview Baptist Church by Bro. Vaughn Rasor.

Arrangements were by the Dowell & Martin Funeral Home.

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



**Michael Taylor**

Michael Wayne "Mike" Taylor, 59, of Crab Orchard, died Monday, December 29, 2014 at the Fort Logan Hospital in Stanford. He was the husband of the late Cyma Joann (Kidwell) Taylor who preceded him in death on September 19, 2011. He was born in Rockcastle County, March 17, 1955. He was a son of the late James Everett and Eula (Braley) Taylor. He was a member of the Crab Orchard Baptist Church and had worked as a mechanic for most of his life.

Survivors include: sons, Mickey Taylor and his fiancée Tiffany Manuel of Stanford, Jody Taylor of Brodhead, and Adam McCallister and Michael Wayne Taylor II, both of Lancaster; daughter, Wendy Taylor of Brodhead; companion, Alma Denny of Crab Orchard, brothers, James E. "Button" (Carol) Taylor of Berea, and Larry Taylor, Harold Taylor and Allen (Linda) Taylor, all of Crab Orchard; sisters, Janet (Kenny) Adams and Donna (Michael) McCoy, all of Crab Orchard; and eight grandchildren.

In addition to his parents and wife, he was preceded in death by a brother, Lonnie Taylor.

Pallbearers were: Adam McCallister, Austin, Jordan and Timmy Taylor, Kenton Adams, Brandon Saylor and Michael McCoy. Honorary pallbearers were: Larry and Button Taylor.

Funeral services were held Wednesday, December 31, 2014 at McKnight Funeral Home Chapel with Bro. Isaiah Super officiating. Burial was at Providence Church of Christ Cemetery.

(Sharon) Bullock of Brodhead; sisters, Glenda Bullock of Brodhead, Carol Martin of Corbin and Jeanette Ramsey of Loveland, OH; sister-in-law, Carol Bullock of Brodhead; as well as a host of nieces/nephews, friends and neighbors.

Besides her parents, and husband, Lonnie, she was preceded in death by her son, Lonnie Lee Thomas and brothers, Everett and Ernon Bullock.

Funeral services were conducted Saturday, December 27, 2014 at the Marvin E. Owens Home for Funerals with Bro. James Poynter officiating. Burial was in the Oakhill Cemetery.

Casketbearers were: Brian Napier, Darrell Melton, Jeff and Eric Bullock, Charlie Bullen and Damon McGuire.

Condolences to the family may be made to her online registry at [www.marvineowensfuneralhome.com](http://www.marvineowensfuneralhome.com)



**Bobbie Jean Cromer**

Bobbie Jean Gilford Cromer, 83, of Livingston, died Wednesday, December 24, 2014 at Baptist Health Hospital in Richmond. She was born in Lomansville, on March 23, 1931, the daughter of Celcie and Lillie May Boyd Gilford. She retired as a food service worker for Rockcastle County Schools after 36 years of service. She had numerous children she "adopted" in one way or another. She was a member of the Pine Hill Missionary Baptist Church. She graduated from high school in Lomansville before moving to Columbus, OH where she met the first of her two husbands, Buddy Gilford, then later, Bernes Cromer, both of whom were WWII veterans.

Her kindness and sweetness will be surely missed by all who had the privilege of knowing her. May God bless and keep her. Rest in peace.

She is survived by: her daughter, Sheila Gilford of Livingston; her sister, Betty Lou Hall of Beckley, WV; a granddaughter, Melanie Hines; a great granddaughter, Ashley Sizemore; and two great grandchildren, Elijah and Layla Sizemore. In addition to her parents, she was preceded in death by: her first husband, Buddy Gilford; her second husband, Bernes Cromer; and three brothers, Lovell, Omer, and Jason Cordial; as well as two sisters and a brother who died in infancy.

Funeral services were conducted Tuesday, December 30, 2014 at the Dowell & Martin Funeral Home Chapel by Bro. Clyde

Miller. Burial was in Elmwood Cemetery.

Pallbearers were: Brent Cordial, David Cordial, Lowell Cordial, Omar Cordial, Chris Kirby, and Chris Sizemore.

Honorary pallbearers were: Donald Bradley, Larry Calhoun, Coy Kirby, and Bert Newcomb.

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



**Carl W. Robbins**

Carl W. Robbins, 83, of Orlando, died Tuesday, December 16, 2014 at the Rockcastle Regional Hospital. He was born October 30, 1931 in Rockcastle County the son of the late Lloyd and Fannie Kirby Robbins. He was a retired mechanic, as

well as auto body repairman. He was an Army Veteran of the Korean War, enjoyed gardening, and was a member of the Maple Grove Baptist Church.

Survivors are: his wife, Shirley Bullock Robbins of Orlando; four daughters, Carol Jean (Cecil) Sparks of Orlando, Carlene (Donald) Allen of Brodhead, Janet (Joe) Day of Brodhead, and Lesa (Robert) Kilbourn of Berea; one brother, Herbert Ray Robbins of Mt. Vernon; 15 grandchildren; and 17 great grandchildren. Besides his parents, he was preceded in death by one daughter, Deronia Kay Jessup, and two step-sons, Roger and Larry Bell.

Funeral services were conducted Saturday, December 20, 2014 at the Cox Funeral Home with Bro. Kenny Allen and Bro. Jerry Owens officiating. Burial was in the Bullock Bryant Cemetery.

Pallbearers were: Tuck Rigsby, Mike Mason, Keith Bullock, Dylan Bell, Tommy Kidwell, Steven Ray Robbins.

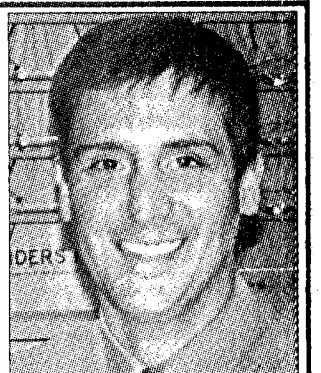
View the complete obituary, sign the guest registry, or send condolences to the family online at [www.coxfuneralhome.com](http://www.coxfuneralhome.com).

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**ADVERTISEMENT FOR BIDS • ADVERTISEMENT FOR BIDS CITY OF LIVINGSTON - ROCKCASTLE COUNTY, KY SIDEWALK CONSTRUCTION PROJECT • JANUARY 2015**

Sealed proposals for the following work will be received by the CITY OF LIVINGSTON at Livingston City Hall, P.O. Box 645, Livingston, KY 40445 until 3:00 PM EST (local time) on January 22, 2015 for furnishing labor and materials and performing all work as set forth in this Advertisement for Bids, General Conditions, Specifications and/or Drawings prepared by HMB Professional Engineers, Inc., 3 HMB Circle, US 460, Frankfort, KY 40601.

Immediately following the scheduled closing time for the reception of bids, all proposals which have been submitted in accordance with the above conditions will be publicly opened and read aloud.

The work to be bid upon is described as follows:

- Construct approximately 1,840 SY of Concrete Sidewalk and Ramps
- Construct 40 LF of 18" Storm Pipe, 2 Storm Inlets and 1 Headwall
- Construct approximately 1,500 LF of Concrete Curb and Gutter
- Construct 673 SY of Concrete Entrance Pavement
- Landscaping, Street Lighting, & Street Furniture

All Bidders must comply with the following:

- Contractors and Subcontractors bidding on this project must be prequalified with KYTC and possess a Certificate of Eligibility at the time of the bid opening.
- A 5% bid bond will be required with contractors bid.
- A DBE Goal of 2% is set for this project and every effort possible must be made to meet this goal.
- Buy America Requirements must be met with this project.

This Project will follow the KY Standard Specifications Road and Bridge Construction (Latest Edition). Drawings and Contract Documents may be examined at the following places:

- City of Livingston, P.O. Box 645, Livingston, KY 40445
- HMB Professional Engineers, Inc., 3 HMB Circle, Frankfort, Kentucky 40601
- Director of Minority Business, Small and Minority Business Division, Cabinet for Economic Development, Capital Plaza Tower, Frankfort, KY 40601

Copies of the CONTRACT DOCUMENTS may be obtained at the office of LYNN IMAGING, 328 Old Vine Street, Lexington, Kentucky 40507 at a cost of \$100.00 for each set (NON-REFUNDABLE). The phone number for LYNN IMAGING is (859) 225-1021 ext. 235 or 250, Toll Free 800-888-0693. Note: Additional shipping charges may apply.

Sealed proposals for the Contract shall be clearly marked on the outside of the container as follows:

"Sealed proposal for Livingston Sidewalk, Lighting, & Landscape Improvement Project, Rockcastle County, KY Not to be opened until 3:00 PM EST (local time), January 22, 2015"

Time allowed for completion of the Project is 90 consecutive calendar days.

If forwarded by mail, the sealed envelope containing the proposal must be enclosed in another envelope and mailed to the City of Livingston, P.O. Box 645, Livingston, KY 40445 allowing sufficient time for such mailing to reach this address prior to the scheduled closing time for the receipt of proposals.

Bids shall be accompanied by a certified check or bid bond payable to the City of Livingston in an amount not less than five percent (5%) of the base bid. No bidder may withdraw his bid for a period of ninety (90) days after the date bids are opened. He may, however, withdraw his bid at any time prior to the time and date scheduled for opening of same or any authorized postponement thereof. Any bid received after the time and date specified will not be considered and will be returned unopened to the bidder.

The City of Livingston reserves the right to reject any and all bids and to waive formalities and any bid that is obviously unbalanced may be rejected.

Bidders must comply with the President's Executive Order Nos. 11246 and 11375, which prohibit discrimination in employment regarding race, creed, color, sex, or national origin. Bidders must COMPLY WITH Title VI of the Civil Rights Act of 1964, the Anti-Kickback Act, Section 3 Segregated Facilities, Section 109 and the Contract Work Hours Standard Act.

Bidders must certify that they do not, and will not, maintain or provide for their employees any facilities that are segregated on the basis of race, color, creed or national origin.

Federal law prohibits discrimination on the grounds of race, color, national origin, religion, age, handicap, and sex in this project. Minority firms are particularly encouraged to participate.

Both Federal (Davis-Bacon Act) and State prevailing wage rates will apply to this project.

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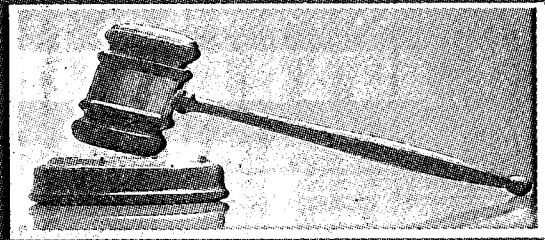
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# News from the Rockcastle Courthouse



## Circuit Civil Suits

William Nathan Singleton v. Ashley Gayle Singleton, petition for dissolution of marriage.

Billy Rice, et al v. Carolyn Tompkins, et al, verified complaint.

Joe Spoonamore v. Angela Spoonamore, petition for dissolution of marriage.

Cabinet for Health and Family Services, ex el Amy Newby v. Joshua Newby, complaint for child support and medical support.

Kami Lovell v. Deborah Hopper, \$18,955.83 plus claimed due.

Donna McHone v. Addie Long, et al, petition for custody.

First Financial Investment Fund 5 LLC v. William Kirby, \$5,960 plus claimed due.

Citi Mortgage, Inc. v. Jeremiah B. Lane, \$130,958.09 plus claimed due.

Automotive Finance Corp. v. Sean D. Gentry, complaint.

Eldon Newcomb v. Courtney Thomas, verified petition.

Barbara Baxter v. Donald Baxter, verified petition for dissolution of marriage.

Robert A. Carosello v. Misti A. Carosello, petition for dissolution of marriage. CI-00293

## District Civil Suits

LVNV Funding LLC vs. Joseph D. Leger, \$2,546.56 plus claimed due.

Bluegrass Energy Cooperative Corp. v. James D. Cope, \$1,332.78 plus claimed due.

Portfolio Recovery Assn., Inc. v. Paula Russell, \$2,402.12

Midland Funding LLC vs. Dougie Newcomb, \$753.01 plus claimed due.

Midland Funding LLC vs. Barbara Graves, \$718.31 plus claimed due.

Midland Funding LLC v. Dustin Linville, \$1,442.87 plus claimed due.

Midland Funding LLC v. Vernon Doan, \$592.77 plus claimed due.

Midland Funding LLC v. Linda Lowery, \$1,503.37 plus claimed due.

Midland Funding LLC v. Darin King, \$635.39 plus claimed due. C-00276

## Deeds Recorded

Timothy L. and Nadine Almond, property in Rockcastle County, to Tyler and Alison Peterson. Tax \$68

Linda Sue and Paul Robert Rader, property in Rockcastle County, to Danny O. and Nancy L. Helton. Tax \$49

Edward Charles, property in Rockcastle County, to Theodore L. and Laura J. Barscowski. Tax \$145

Marshall Vincent and Wanda Jean Fish, property on Old Scaffold Cane Road, to Gerald and Kathy Rolfs. Tax \$150.

EW Todd LLC, property in Evergreen Estates, to Jeff S. and Rebecca Carpenter. Tax \$135

Edward Jim and Barbara Bussell, property in Rockcastle County, to Timothy Bullock. Tax \$60

James R. Thomas, Jr. and Leigh Ann and Tom Mosier, property on Scaffold Cane Road, to Donald and Alice B. Stidham. Tax \$65

Estil J. and Betty F. Owens, et al, property in Rockcastle County, to Josh and Heather J. Hancock. Tax \$53

Estil J. and Betty F. Owens, et al, property in Rockcastle County, to Jerry and Dorothy Ham. Tax \$156

Carlos and Tara McClure, property in Rockcastle County, to Donald and Virginia Coffey. Tax \$25

Billy and Marietta Jones, property on Hwy. 150, to Jack and Regina Hodge and Eric and Tina Hodge. Tax \$1

Vicki M. and Gary Hisle and Paul Rice, property in Sunset Place Subdv., to Paul Rice. No tax

Lavada Ruth Blevins, property in Rockcastle County, to William and Barbara S. Fain. No tax

Jason and Kayla Leger, property on Line Road, to Emery A. Mast. Tax \$50

Susan M. and Christopher C. Turley, property in Rockcastle County, to Jennifer R. Hicks and Susan M. Turley. No tax

Jennifer R. and Jason Hicks, property in Rockcastle County, to Susan M. and Christopher C. Turley. No tax

William Singleton, property in Rockcastle County, to William P. Johnson and Bonita A. Creech. Tax \$150

## Marriage Licenses

Lisa York, 44, Brodhead, unemployed to Anthony Dale Jackson, Jr., 44, Mt. Vernon, retired. 12/23/14

Georgie Florence Cash, 48, Livingston, housewife to Franklin Delano Shumate, Jr., 54, Livingston. 12/29/14

Denise Kay Douglas, 37, Brodhead, adult health care, to Mark Raymond Singleton, 48, Brodhead, construction. 12/29/14

## District Court

12/15/14 - 12/22/14

Hon. Jeffrey S. Alless

Abdulla M. Al-Ghedaïd: speeding, reckless driving; no operators/moped license, bench warrant (bw) issued for failure to appear (fta).

Speeding: Jordan R. Angel, Randell D. Wall, Caleb Taylor Brinker, \$50 and costs; Robert A. Alcorn, Craig A. Rader, Carol M. Cameron, Matthew S. Thompson, William Wright, Ian Apostol, license suspended for fta; Dmytro Korban, Leroy Wilson, order entered; Kenneth R. Meredith, Michael G. McIntosh, action slip; Eliasell Lopez, Anthony T. Morrison, paid; Juan A. Chibalan, \$36 plus costs.

Lee Roberts: failure to dim headlights, \$25 fine (suspended), plus costs.

Jacob D. Zimbeld: failure to wear seat belts, license suspended for fta.

Kelly R. Caldwell: alcohol intoxication in a public place, \$50 fine.

Darrell B. Cochran: operating motor vehicle under influence of alcohol/drugs, sentencing order entered.

Zachary L. Gadd: speeding, \$54 fine and costs; operating on suspended/revoked operators license, \$100 fine.

Anthony J. Gaines: flagrant non support, bw issued for fta.

Joyce D. Hoover: failure of owner to maintain required insurance/security, \$500 fine (\$400 suspended), plus costs.

Daniel J. Hunsucker: theft by unlawful taking (three counts), bw issued for fta.

Jeffery W. Jones: no/expired Kentucky registration receipt, \$25 fine and costs;

no/expired registration plates, \$25 fine/suspended.

Michael J. McKinney: fines/fees due (\$153), bw issued for fta/4 days in jail or payment in full.

Darrin W. Pingleton: alcohol intoxication, \$25 fine and costs; unlawful transaction w/minor, 90 days/probated 12 months on condition.

Jerry L. Prater: for compliance of 25 hours community service work and dismissal, bw issued for fta.

Delbert Slusher: menacing, 90 days/probated 12 months plus costs.

Kurt Patrick Smith: speeding and failure to produce insurance card, license suspended for fta.

Joshua Henry Vanwinkle: fines/fees due (\$178), bw issued for fta.

Walter M. Carpenter: operating motor vehicle under influence of alcohol/drugs, sentencing order entered.

Virginia Mahaffey: no/expired registration plates - receipt, failure of owner to maintain required insurance/security, bw issued for fta.

Joshua Dale Miller: no/expired registration plates, action slip.

Michael Mills: possession controlled substance, bw issued for fta.

James C. Noe: no/expired registration plates - receipt, failure to produce insurance card, operating vehicle with expired operators license, bw issued for fta.

Buford Pearson: operating on suspended/revoked operators license, \$100 fine and costs.

Sergio Perez: no operators/moped license, \$100 fine and costs.

Jerry D. Barron: operating motor vehicle under influence of alcohol/drugs, sentencing order entered.

Jeremiah J. Bustle: failure to wear seat belts, operating on suspended/revoked operators license, failure to produce insurance card, bw issued for fta.

Freddie D. Denny: disregarding traffic control device, traffic light, \$25 fine and costs.

Joshua C. Emerson: operating on suspended/revoked operators license, failure to wear seat belts, failure to or improper signal, disregarding stop sign, bw issued for fta.

Daniel Lamb: operating on suspended/revoked operators license and failure to wear seat belts, bw issued for fta.

Ashley Sanders: no/expired registration plates - receipt, failure to produce insurance card, failure of owner to maintain required insurance/security, license to be in possession, bw issued for fta.

Westley Dewane Singleton: theft by deception, 10 days in jail (to serve)/concurrent w/state sentence plus restitution, costs waived.

Glen Spoonamore: failure of owner to maintain required insurance/security and no operators/moped license, 10 days in jail (each count) to serve concurrent w/state sentence, costs waived.

Allen K. Stanley: license to be in possession, license suspended for fta.

Marvin V. Swanson: failure to wear seat belts, no/expired registration plates - receipt, failure of owner to maintain required insurance/security, failure to produce insurance card, bw issued for fta.

Vicente Vela Cruz: operating motor vehicle under influence of alcohol/drugs, sentencing order entered.

Freddie D. Denny: failure to wear seat belts, \$25 fine.

Sarabjit Singe: speeding and part 395/Fed Safety Regs - Hours of Service for Drivers, license suspended for fta.

Christopher S. Jones: as-

sault, 4th degree, 360 days to serve concurrent w/any state sentence, costs waived; criminal mischief and public intoxication, 90 days (each count)/concurrent with any state sentence/costs waived.

Ricky Joe Bishop: violation of Kentucky EPO/DVO, 90 days/conditionally discharged 24 months.

Samantha Spears: criminal trespass, 30 days/conditionally discharged 12 months.

Robert D. Banks: failure to wear seat belts, \$25 fine.

Coty H. Burdine: public intoxication, \$100 fine; possession of marijuana, \$100 fine.

Angela R. Gibbs: giving officer false name or address, 45 days/conditionally discharged 12 months.

William B. Harrison: one headlight, rear license not illuminated, too many passengers in vehicle, failure to wear seat belts, license suspended for fta.

Michael A. Jackson: operating motor vehicle under influence of alcohol/drugs, sentencing order entered.

Jody W. Taylor: operating motor vehicle under influence of alcohol/drugs, possession of marijuana, drug paraphernalia - buy/possess, possession controlled substance, controlled substance prescription not in original container, tampering with physical evidence, probation violation (two counts), bench warrant issued.

Jacob T. Williams: fines/fees due (\$158), bw issued for fta/4 days in jail or payment in full.

Signal office will be closed January 1st and 2nd

### NOTICE OF BOND SALE

The Rockcastle County School District Finance Corporation, will until 11:00 A.M. E.S.T., on January 14, 2015, receive in the office of the Executive Director of the Kentucky School Facilities Construction Commission, Suite 102, 229 W. Main Street, Frankfort, Kentucky 40601, competitive bids for its \$1,010,000 School Building Refunding Revenue Bonds, Series of 2015, dated as of the date of delivery; maturing as to principal August 1, 2015 through 2026. Specific information and required Official Bid Form available in POS at [www.rsamuni.com](http://www.rsamuni.com) from Ross, Sinclair & Associates, LLC, BQ

## HAILEY SCOVILLE BONHAM ATTORNEYS AT LAW

Hailey Scoville Bonham is proud to announce the addition of Brittany N. Riley to her law practice at 108 Carter Dr., London (directly behind Patton, Chesnut, Binder Insurance Agency). They continue to practice in divorce, child custody, child support, car accidents, criminal defense and personal injury.

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



Rockcastle Kiwanis member Eliza York presented \$200 to the Department for Community Based Services to help purchase Christmas gifts for children placed in foster care. Pictured from left are: Stacy Kennedy, Jennifer White, Eliza York, Amy Yates and Rose Mullins.



Rockcastle Kiwanis member Eliza York presented a donation of \$100 to KCEOC Head Start to help fund Family Fun Days for children in Rockcastle County. Pictured from left are: Kacey Slate, Eliza York, Jessica Stallworth and Candace Price.



# Church Directory

**Believers House of Prayer**  
156 Scenic View Lane  
U.S. 25 N, left at 18 mile marker  
Renfro Valley, Ky.  
Sabbath School Sat. 10-11 a.m.  
Morning Worship 11 a.m.  
Evening Worship 7 p.m.  
Wednesday 7 p.m.  
Pastor: Bill Davis  
bhop@ymail.com

**Berea Gospel Tabernacle**  
231 US 25 South  
Berea, KY  
Tuesday Night 7 p.m.  
Sunday Night 6 p.m.  
Pastor: Ralph Chasteen

**Bible Baptist Church**  
100 Higher Ground (off US 25)  
Mount Vernon, Ky.  
Church Phone 606-256-5913  
e-mail: www.biblebaptist.org  
Sunday School 10 a.m.  
Sunday Worship/Children's  
Church 11 a.m.

**Blue Springs Church of Christ**  
7 miles south of Mt. Vernon on  
Hwy. 1249 (Sand Springs Rd.)  
Services:  
Sundays 10 a.m. & 6 p.m.  
Preaching Brethren  
Zade McClure, Gary Reppert,  
Marcus Reppert

**Bride of Christ Church**  
100 High St. Mt. Vernon  
Sundays 6:00 p.m.  
Thursdays 7:00 p.m.  
Pastor Darlisa Holder  
606-416-7136  
606-379-6335

**Brodhead Baptist Church**  
Corner of Silver & Maple St.  
Brodhead, Ky. 40409  
606-758-8316  
Sunday Bible Study 10 a.m.  
Sunday Worship 11 a.m. &  
7 p.m.  
(Nursery Provided)  
Sunday Youth Bible Study  
5 p.m.  
Wednesday Adult & Youth  
Worship/Bible Study 7 p.m.  
Children's Programs:  
RAs & GAs  
Mission Friends and  
Creative Ministry  
Ralph Baker, Pastor  
Brodhead Christian  
Church

237 W. Main St. Brodhead  
606-758-8721  
Sunday School 10 a.m.  
Sunday Worship 11 a.m. & 6 p.m.  
Wednesday Bible Study 7 p.m.  
Tracy Valentine, Preacher  
606-758-8662  
Cell 606-305-8980

**Brodhead Church of God**  
Hwy. 3245 • Brodhead  
758-8216  
Sunday School 10 a.m.  
Sunday Worship 11 a.m.  
Sunday Evening 6 p.m.  
Wednesday evening 7 p.m.  
Terry Orcutt, Pastor

**Brush Creek Holiness Church**  
Sunday School 10 a.m.  
Sunday Worship 11 a.m.  
Sunday Evening 7 p.m.  
Tuesday Prayer Meeting 7 p.m.  
Lonnie R. McGuire,  
Pastor

**Buffalo Baptist Church**  
Located 15 miles south of  
Mt. Vernon on Hwy. 1249  
(Sand Springs Rd.)  
606-256-4988  
Sunday School 10 a.m.  
Sunday Worship 11:15 a.m.  
Sunday Evening Service 6 p.m.

**Calloway Baptist Church**  
76 Calloway Branch Rd.  
(Off US 25) • Calloway  
Sunday School 10 a.m.  
Sunday Worship 11 a.m.  
Sunday Evening 6 p.m.  
Wednesday Evening 6 p.m.  
George Renner, Pastor  
606-224-4641

**Central Baptist Church**  
86 Maintenance Rd.  
Mt. Vernon, KY 40456  
606-256-2988  
centralbaptistky.org  
Pastor: Mark Eaton  
Home of "Central Baptist  
Christian Academy"  
K-12 Private School  
"Central Time" Radio  
Broadcast  
WRVK 1460AM  
Monday-Friday 11:15 a.m.  
Sunday School 10 a.m.  
Sunday Morning and  
Children's Church 11 a.m.  
Sunday Evening 6 p.m.  
Wednesday Bible Study,  
Prayer Meeting and "Patch  
the Pirate Club" 7 p.m.  
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Mark Eaton, Pastor  
Church of Christ at  
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Wednesdays 7:30 p.m.  
Bro. Ova Baker  
Bro. Dale McNew  
Bro. Philip Scott  
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Different speaker each  
Sunday  
Climax Christian Church  
Hwy. 1912  
308-2806 • 256-4138 • 256-5977  
Sunday School 10 a.m.  
Sunday Worship 11 a.m.  
Terry Thornton, Minister  
Climax Holiness Church  
Sunday Night Worship 6 p.m.  
Thursday Nights 7 p.m.  
3rd Sat. of every month at  
7 p.m.  
Conway Missionary  
Baptist  
U.S. 25 between  
Mount Vernon and Berea

**Crab Orchard Pentecostal**  
Sunday School 10 a.m.  
Sunday Evening 6 p.m.  
Tuesday Evening 7 p.m.  
Pastor: Donald King  
606-355-7595  
Crossroads  
Assembly of God  
Hwy. 150 • Brodhead  
Bro. Steven Vanhook, Pastor  
Sunday School 10 a.m.  
Sunday Worship 11 a.m.  
Sunday Evening Worship  
6:00 p.m.  
Wednesday Night 7 p.m.  
Dixie Park Cornerstone  
700 N. Powell St. Berea, Ky.  
Sunday School 10 a.m.  
Sunday Worship 11 a.m.  
Sunday Evening Service 6  
p.m.  
Wednesday Service 7 p.m.  
Joe Vanwinkle, Pastor  
Fairview Baptist Church  
520 Fairview Loop Road  
Mount Vernon, Ky.  
Sunday Services  
Sunday School 9:45 a.m.  
Sunday Worship 11 a.m.  
Children's Choir 6 p.m.  
Sunday Evening Service 7 p.m.  
Sunday Adult Choir 8 p.m.  
Wednesday Services  
Creative Ministry 6 p.m.  
Bible Study 7 p.m.  
Youth Ministry QUEST 7 p.m.  
RAs and GAs 7 p.m.  
Mission Friends 6 p.m.  
Vaughn Raso, Pastor  
606-256-3722  
email: fairviewbapt@aol.com  
Faith Chapel Pentecostal  
S. Wilderness Road,  
Mount Vernon, Ky.  
Sunday School 10 a.m.  
Sunday Evening Service 7 p.m.  
Wednesday Service 7 p.m.  
Saturday Service 7 p.m.  
Jack Carpenter, Pastor  
First Baptist Church  
340 West Main Street  
Mt. Vernon, Ky. 606-256-2922  
Neal Thornton, Pastor  
Jesse Wright,  
Assoc. Pastor/Youth  
website: www.fbcmtv.org  
email: fbcmtv@newwave.net  
Sunday Services: 8:20 a.m.,  
10:45 a.m. and 6 p.m.  
Wednesdays: AWANA and  
Adult Bible Study 6:30 p.m.  
Live Broadcast WRVK 1460AM  
Sundays at 11 a.m.  
Broadcast on New Wave Cable  
Channel 3 Tues., Thurs. & Sun-  
day at 10 a.m., 3 p.m. & 8 p.m.

**First Christian Church**  
West Main St. Mt. Vernon  
606-256-2876  
Bro. Bruce Ross, Pastor  
Sunday School: 10 a.m.  
Sunday Worship  
11 a.m. & 6 p.m.  
Wednesday Bible Study 7 p.m.  
Flat Rock Missionary  
Baptist  
504 Maple Grove Rd. Hwy. 1004  
Orlando, Ky.  
Sunday School 10 a.m.  
Fellowship Hour 11 a.m.  
Sunday Evening Service 7 p.m.  
Wednesday Bible Study 7 p.m.  
Jack Stallworth, Pastor  
Contact: 606-308-0124  
Freedom Baptist Church  
Freedom School Rd.  
Mt. Vernon  
Sunday School 9:45 a.m.  
Sunday Worship 11 a.m.  
Discipleship Training 6 p.m.  
Sunday Evening Worship  
7 p.m.  
Wednesday Evening Prayer  
Meeting & Youth/Children  
Classes 7 p.m.  
www.freedombc.com  
email:  
pastor@freedombc.com  
Pastor: David Sargent  
606-256-2968  
Hickory Grove  
Pentecostal Church  
Hwy. 1505 (6 miles from Brodhead)  
Brodhead, Ky.  
Randal Adams, Pastor

**Livingston Baptist**  
Sunday School 10 a.m.  
Sunday Morning Worship  
11 a.m.  
Sunday Evening 6 p.m.  
Tues. Night Intercessory Prayer  
7 p.m.  
Wednesday Night Bible Study  
7 p.m.  
Little Country Church  
Jarber Rd.  
Turn left off Rev. Green Loop  
onto Jarber Rd.  
Jack Weaver, Pastor  
Sunday 6 p.m.  
Wednesday 7 p.m.  
Livingston Baptist  
Sunday School 10 a.m.  
Adult Classes Available  
Worship Service 11 a.m.  
Bro. Steve McKinney, Pastor  
606-758-4097  
email: stevemc1964@gmail.com  
Livingston Christian  
Church  
Sunday School 10 a.m.  
Sunday Worship 11 a.m.  
Arthur Hunt, Minister  
Livingston Pentecostal  
Holiness Church  
Sunday School 10 a.m.  
Sunday Worship 11 a.m.  
Sunday Evening Service 6 p.m.  
Wednesday Service 7 p.m.  
Jim Miller, Pastor  
606-256-1709  
Macedonia Baptist  
Scaffold Cane Road  
Mount Vernon, Ky.  
Bro. Barry Hurst, Pastor  
Sunday School 10 a.m.  
Sunday Worship 11 a.m.  
Sunday Evening 6 p.m.  
Wednesday Evening 7 p.m.  
Maple Grove Baptist  
Hwy. 1004 (Big Cave Road)  
Orlando, Ky. • 606-256-1873  
Bro. Jerry Owens, Pastor  
Home Phone 606-256-3075  
Sunday School 10 a.m.  
Sunday Morning Worship  
11 a.m.  
WRVK Broadcast 2 p.m.  
Sunday Evening 6 p.m.  
Wednesday Evening 7 p.m.  
Maretburg Baptist  
Church  
2617 New Brodhead Rd.  
Mt. Vernon, KY 40456  
Wayne Harding, Pastor  
Phone: 256-8844  
Sunday School 10 a.m.  
Sun. Morning Worship 11 a.m.  
Sun. Discipleship Training/  
Sunday Youth Missions  
6 p.m.  
Sunday Worship 7 p.m.  
Wednesday Evening 7 p.m.  
www.maretburgbaptist.org  
maretburgchurch@yahoo.com  
McNew Chapel  
Baptist  
Sunday School 10 a.m.  
Sunday Worship 11 a.m.  
Sunday Evening Service 6 p.m.  
Wednesday Service 7 p.m.  
Bobby Owens, Pastor  
859-986-1317  
Mt. Vernon Church of  
the Nazarene  
40 Fair Street • Mt. Vernon  
Sunday School 10 a.m.  
Sunday Worship 11 a.m.  
Sunday Evening 6 p.m.  
David Smith, Pastor  
Mt. Zion Baptist Church  
606-308-3293  
Sunday School 10 a.m.  
Sunday Worship 11 a.m.  
Sunday Evening 5 p.m.  
New Hope Baptist Church  
Jct. 1797 New Hope Tower Rd.  
Orlando  
Sunday School 10 a.m.  
Sunday Worship 11 a.m.  
Sunday Evening 6 p.m.  
Wednesday Evening 7 p.m.  
Bro. David Carpenter, Pastor

**Northside Baptist Church**  
777 Faith Mountain Rd.  
(Off 461 bypass) Mt. Vernon  
606-256-5577  
Sunday  
Sunday School 10 a.m.  
Morning Worship 11 a.m.  
Children's Church 11 a.m.  
Hispanic Services 6 p.m.  
Evening Worship 6 p.m.  
Tuesday  
Celebrate Recovery 7 to 9  
on Hwy. 618  
Wednesday  
Adult & Youth Worship 7 p.m.  
Time Warner Cable  
Tues., Thurs., Sun.  
9 a.m., 2 p.m., 7 p.m.  
Ottawa Baptist Church  
1074 Ottawa Rd. • Brodhead  
Sunday School 10 a.m.  
Sunday Worship 11 a.m.  
Children's Church 11 a.m.  
Sunday Discipleship  
Training/Youth Mission  
Groups 6 p.m.  
Wednesday Services  
Youth Choir 6 p.m.  
Children's & Youth Bible Study  
6:45 p.m. • Service 7 p.m.  
Jim Craig, Pastor • 758-8453  
ottawabaptist@windstream.net  
Our Lady of Mt. Vernon  
Catholic Church  
515 Williams St (across from MVES)  
Mount Vernon, Ky.  
606-256-4170  
Mass Times:  
Tuesdays at 5 p.m.  
Sabbath Mass: Sat., 5 p.m.  
Holy Days 5 p.m.  
Fr. Michael Flanagan, Pastor  
Sister Joyce Moeller,  
Pastoral Associate  
Jack Lawless, Groundskeeper  
Tom Darst, Maintenance  
Philadelphia United  
Baptist  
834 Bryant Ridge Rd. Brodhead  
Sunday School 10 a.m.  
Sunday Evening Service 6 p.m.  
Wednesday Service 7 p.m.  
Saturday Service 7 p.m.  
Gordon Mink, Pastor  
606-256-9724  
Pine Hill Holiness  
5216 S. Wilderness Rd.  
Mt. Vernon, Ky. 40456  
Randy Christian, Pastor  
256-5955  
www.pinehillholiness.com  
Sunday School 10 a.m.  
Sun. Evening Worship 6 p.m.  
Thursday Night Worship  
7:00 p.m.  
WRVK (1460 AM) Broadcast  
Noon Sundays  
Pine Hill Missionary  
Baptist Church.  
81 Limeplant Hollow Road  
Mt. Vernon, Ky. 40456  
Bro. Clyde Miller, Pastor  
859-986-1579  
Sunday School 10 a.m.  
Sunday Worship 11 a.m.  
Discipleship Training 5:30 p.m.  
Sunday Evening Worship  
6:00 p.m.  
Wednesday Prayer Meeting &  
Youth Service at 7:00 p.m.  
Prayer Partners Ladies Meeting  
monthly every 2nd Tues. at 6:30 p.m.  
Pleasant Run Missionary  
Sunday School 10 a.m.  
Sunday Worship 11 a.m.  
Sunday Evening 5 p.m.  
1st Sunday in Month Church at  
2 p.m. at Rockcastle  
Respiratory Care  
Bro. Gary Bowling, Pastor  
Poplar Grove Baptist  
145 Richlands Rd. •  
Brodhead  
Sunday School 10 a.m.  
Sunday Worship 11 a.m.  
Sunday Evening 7 p.m.  
Wednesday Evening 7 p.m.  
Providence  
church of Christ  
1 mile off Hwy. 70  
on Hwy. 618  
Dan McKibben, Minister  
758-8524 or 758-9316  
Sunday Bible Study 10 a.m.  
Sunday Morning Worship  
10:30 a.m.  
Sunday Evening 6 p.m.  
Wednesday Bible Study 7 p.m.  
email:  
dan.mckibben@juno.com  
www.WhatSaiithTheScriptures.com  
Roundstone Baptist  
Jason Brown, Pastor  
606-308-1272  
Sunday School 10 a.m.  
Sunday Worship 11:00 a.m.  
Sunday Night 6:00 p.m.  
Wednesday Night 7 p.m.  
Sand Hill Baptist  
Church  
Sand Hill Rd.  
Sunday School 10 a.m.  
Sunday Worship 11:00 a.m.  
Sunday Night 5:00 p.m.  
Thursday Night 6 p.m.  
Pastor Tommy Miller  
Sand Springs  
Baptist  
Directions: Take Hwy 1249, go  
exactly 5 miles, church on right  
Sunday School 10 a.m.  
Sunday Worship 11 a.m.  
Sunday Evening 6 p.m.  
Wednesday Evening 6 p.m.  
Pastor:  
Bro. Eugene Gentry  
Scaffold Cane  
Baptist  
Chris Cobb, Pastor  
Sunday School 10 a.m.  
Sunday Worship 11:00 a.m.  
Sunday Night 6:00 p.m.  
Wednesday Night 7 p.m.  
Union Chapel  
Pentecostal  
1505 Union Chapel Rd.  
Brodhead, Ky.  
Letcher Napier, Pastor  
Sunday School 10 a.m.  
Sunday Worship 11:00 a.m.  
Sunday Evening 6:00 p.m.  
Thursday Evening 7:00 p.m.  
United Gospel of Christ  
4 miles off US 25 on Wildie Rd.  
Church welcomes everyone  
Sunday Worship 11:00 a.m.  
Sunday Evening 6:00 p.m.  
Wednesday Evening 7:00 p.m.  
Valley Baptist Church  
4482 Copper Creek Rd.  
Berea, Ky. 40403  
Organized in December, 1908  
Sunday School 9:45 a.m.  
Sunday Worship 11:00 a.m.  
Sunday Evening 6 p.m.  
Wednesday Evening 7 p.m.  
Evan Eckler, Pastor  
Wildie Christian  
Church  
1478 Wildie Rd. • Wildie  
606-256-4494  
Sunday School 10 a.m.  
Sunday Worship 10:55 a.m.  
Family Fellowship 6 p.m.  
Bible Study 6 p.m.  
Bro. Gary Pettyjohn, Pastor

**Bro. Steven Vanhook, Pastor**  
Sunday School 10 a.m.  
Sunday Worship 11 a.m.  
Sunday Evening Worship  
6:00 p.m.  
Wednesday Night 7 p.m.  
Dixie Park Cornerstone  
700 N. Powell St. Berea, Ky.  
Sunday School 10 a.m.  
Sunday Worship 11 a.m.  
Sunday Evening Service 6  
p.m.  
Wednesday Service 7 p.m.  
Joe Vanwinkle, Pastor  
Fairview Baptist Church  
520 Fairview Loop Road  
Mount Vernon, Ky.  
Sunday Services  
Sunday School 9:45 a.m.  
Sunday Worship 11 a.m.  
Children's Choir 6 p.m.  
Sunday Evening Service 7 p.m.  
Sunday Adult Choir 8 p.m.  
Wednesday Services  
Creative Ministry 6 p.m.  
Bible Study 7 p.m.  
Youth Ministry QUEST 7 p.m.  
RAs and GAs 7 p.m.  
Mission Friends 6 p.m.  
Vaughn Raso, Pastor  
606-256-3722  
email: fairviewbapt@aol.com  
Faith Chapel Pentecostal  
S. Wilderness Road,  
Mount Vernon, Ky.  
Sunday School 10 a.m.  
Sunday Evening Service 7 p.m.  
Wednesday Service 7 p.m.  
Saturday Service 7 p.m.  
Jack Carpenter, Pastor  
First Baptist Church  
340 West Main Street  
Mt. Vernon, Ky. 606-256-2922  
Neal Thornton, Pastor  
Jesse Wright,  
Assoc. Pastor/Youth  
website: www.fbcmtv.org  
email: fbcmtv@newwave.net  
Sunday Services: 8:20 a.m.,  
10:45 a.m. and 6 p.m.  
Wednesdays: AWANA and  
Adult Bible Study 6:30 p.m.  
Live Broadcast WRVK 1460AM  
Sundays at 11 a.m.  
Broadcast on New Wave Cable  
Channel 3 Tues., Thurs. & Sun-  
day at 10 a.m., 3 p.m. & 8 p.m.

**First Christian Church**  
West Main St. Mt. Vernon  
606-256-2876  
Bro. Bruce Ross, Pastor  
Sunday School: 10 a.m.  
Sunday Worship  
11 a.m. & 6 p.m.  
Wednesday Bible Study 7 p.m.  
Flat Rock Missionary  
Baptist  
504 Maple Grove Rd. Hwy. 1004  
Orlando, Ky.  
Sunday School 10 a.m.  
Fellowship Hour 11 a.m.  
Sunday Evening Service 7 p.m.  
Wednesday Bible Study 7 p.m.  
Jack Stallworth, Pastor  
Contact: 606-308-0124  
Freedom Baptist Church  
Freedom School Rd.  
Mt. Vernon  
Sunday School 9:45 a.m.  
Sunday Worship 11 a.m.  
Discipleship Training 6 p.m.  
Sunday Evening Worship  
7 p.m.  
Wednesday Evening Prayer  
Meeting & Youth/Children  
Classes 7 p.m.  
www.freedombc.com  
email:  
pastor@freedombc.com  
Pastor: David Sargent  
606-256-2968  
Hickory Grove  
Pentecostal Church  
Hwy. 1505 (6 miles from Brodhead)  
Brodhead, Ky.  
Randal Adams, Pastor

**Livingston Baptist**  
Sunday School 10 a.m.  
Sunday Morning Worship  
11 a.m.  
Sunday Evening 6 p.m.  
Tues. Night Intercessory Prayer  
7 p.m.  
Wednesday Night Bible Study  
7 p.m.  
Little Country Church  
Jarber Rd.  
Turn left off Rev. Green Loop  
onto Jarber Rd.  
Jack Weaver, Pastor  
Sunday 6 p.m.  
Wednesday 7 p.m.  
Livingston Baptist  
Sunday School 10 a.m.  
Adult Classes Available  
Worship Service 11 a.m.  
Bro. Steve McKinney, Pastor  
606-758-4097  
email: stevemc1964@gmail.com  
Livingston Christian  
Church  
Sunday School 10 a.m.  
Sunday Worship 11 a.m.  
Arthur Hunt, Minister  
Livingston Pentecostal  
Holiness Church  
Sunday School 10 a.m.  
Sunday Worship 11 a.m.  
Sunday Evening Service 6 p.m.  
Wednesday Service 7 p.m.  
Jim Miller, Pastor  
606-256-1709  
Macedonia Baptist  
Scaffold Cane Road  
Mount Vernon, Ky.  
Bro. Barry Hurst, Pastor  
Sunday School 10 a.m.  
Sunday Worship 11 a.m.  
Sunday Evening 6 p.m.  
Wednesday Evening 7 p.m.  
Maple Grove Baptist  
Hwy. 1004 (Big Cave Road)  
Orlando, Ky. • 606-256-1873  
Bro. Jerry Owens, Pastor  
Home Phone 606-256-3075  
Sunday School 10 a.m.  
Sunday Morning Worship  
11 a.m.  
WRVK Broadcast 2 p.m.  
Sunday Evening 6 p.m.  
Wednesday Evening 7 p.m.  
Maretburg Baptist  
Church  
2617 New Brodhead Rd.  
Mt. Vernon, KY 40456  
Wayne Harding, Pastor  
Phone: 256-8844  
Sunday School 10 a.m.  
Sun. Morning Worship 11 a.m.  
Sun. Discipleship Training/  
Sunday Youth Missions  
6 p.m.  
Sunday Worship 7 p.m.  
Wednesday Evening 7 p.m.  
www.maretburgbaptist.org  
maretburgchurch@yahoo.com  
McNew Chapel  
Baptist  
Sunday School 10 a.m.  
Sunday Worship 11 a.m.  
Sunday Evening Service 6 p.m.  
Wednesday Service 7 p.m.  
Bobby Owens, Pastor  
859-986-1317  
Mt. Vernon Church of  
the Nazarene  
40 Fair Street • Mt. Vernon  
Sunday School 10 a.m.  
Sunday Worship 11 a.m.  
Sunday Evening 6 p.m.  
David Smith, Pastor  
Mt. Zion Baptist Church  
606-308-3293  
Sunday School 10 a.m.  
Sunday Worship 11 a.m.  
Sunday Evening 5 p.m.  
New Hope Baptist Church  
Jct. 1797 New Hope Tower Rd.  
Orlando  
Sunday School 10 a.m.  
Sunday Worship 11 a.m.  
Sunday Evening 6 p.m.  
Wednesday Evening 7 p.m.  
Bro. David Carpenter, Pastor

**Northside Baptist Church**  
777 Faith Mountain Rd.  
(Off 461 bypass) Mt. Vernon  
606-256-5577  
Sunday  
Sunday School 10 a.m.  
Morning Worship 11 a.m.  
Children's Church 11 a.m.  
Hispanic Services 6 p.m.  
Evening Worship 6 p.m.  
Tuesday  
Celebrate Recovery 7 to 9  
on Hwy. 618  
Wednesday  
Adult & Youth Worship 7 p.m.  
Time Warner Cable  
Tues., Thurs., Sun.  
9 a.m., 2 p.m., 7 p.m.  
Ottawa Baptist Church  
1074 Ottawa Rd. • Brodhead  
Sunday School 10 a.m.  
Sunday Worship 11 a.m.  
Children's Church 11 a.m.  
Sunday Discipleship  
Training/Youth Mission  
Groups 6 p.m.  
Wednesday Services  
Youth Choir 6 p.m.  
Children's & Youth Bible Study  
6:45 p.m. • Service 7 p.m.  
Jim Craig, Pastor • 758-8453  
ottawabaptist@windstream.net  
Our Lady of Mt. Vernon  
Catholic Church  
515 Williams St (across from MVES)  
Mount Vernon, Ky.  
606-256-4170  
Mass Times:  
Tuesdays at 5 p.m.  
Sabbath Mass: Sat., 5 p.m.  
Holy Days 5 p.m.  
Fr. Michael Flanagan, Pastor  
Sister Joyce Moeller,  
Pastoral Associate  
Jack Lawless, Groundskeeper  
Tom Darst, Maintenance  
Philadelphia United  
Baptist  
834 Bryant Ridge Rd. Brodhead  
Sunday School 10 a.m.  
Sunday Evening Service 6 p.m.  
Wednesday Service 7 p.m.  
Saturday Service 7 p.m.  
Gordon Mink, Pastor  
606-256-9724  
Pine Hill Holiness  
5216 S. Wilderness Rd.  
Mt. Vernon, Ky. 40456  
Randy Christian, Pastor  
256-5955  
www.pinehillholiness.com  
Sunday School 10 a.m.  
Sun. Evening Worship 6 p.m.  
Thursday Night Worship  
7:00 p.m.  
WRVK (1460 AM) Broadcast  
Noon Sundays  
Pine Hill Missionary  
Baptist Church.  
81 Limeplant Hollow Road  
Mt. Vernon, Ky. 40456  
Bro. Clyde Miller, Pastor  
859-986-1579  
Sunday School 10 a.m.  
Sunday Worship 11 a.m.  
Discipleship Training 5:30 p.m.  
Sunday Evening Worship  
6:00 p.m.  
Wednesday Prayer Meeting &  
Youth Service at 7:00 p.m.  
Prayer Partners Ladies Meeting  
monthly every 2nd Tues. at 6:30 p.m.  
Pleasant Run Missionary  
Sunday School 10 a.m.  
Sunday Worship 11 a.m.  
Sunday Evening 5 p.m.  
1st Sunday in Month Church at  
2 p.m. at Rockcastle  
Respiratory Care  
Bro. Gary Bowling, Pastor  
Poplar Grove Baptist  
145 Richlands Rd. •  
Brodhead  
Sunday School 10 a.m.  
Sunday Worship 11 a.m.  
Sunday Evening 7 p.m.  
Wednesday Evening 7 p.m.  
Providence  
church of Christ  
1 mile off Hwy. 70  
on Hwy. 618  
Dan McKibben, Minister  
758-8524 or 758-9316  
Sunday Bible Study 10 a.m.  
Sunday Morning Worship  
10:30 a.m.  
Sunday Evening 6 p.m.  
Wednesday Bible Study 7 p.m.  
email:  
dan.mckibben@juno.com  
www.WhatSaiithTheScriptures.com  
Roundstone Baptist  
Jason Brown, Pastor  
606-308-1272  
Sunday School 10 a.m.  
Sunday Worship 11:00 a.m.  
Sunday Night 6:00 p.m.  
Wednesday Night 7 p.m.  
Sand Hill Baptist  
Church  
Sand Hill Rd.  
Sunday School 10 a.m.  
Sunday Worship 11:00 a.m.  
Sunday Night 5:00 p.m.  
Thursday Night 6 p.m.  
Pastor Tommy Miller  
Sand Springs  
Baptist  
Directions: Take Hwy 1249, go  
exactly 5 miles, church on right  
Sunday School 10 a.m.  
Sunday Worship 11:00 a.m.  
Sunday Evening 6:00 p.m.  
Wednesday Evening 6 p.m.  
Pastor:  
Bro. Eugene Gentry  
Scaffold Cane  
Baptist  
Chris Cobb, Pastor  
Sunday School 10 a.m.  
Sunday Worship 11:00 a.m.  
Sunday Night 6:00 p.m.  
Wednesday Night 7 p.m.  
Union Chapel  
Pentecostal  
1505 Union Chapel Rd.  
Brodhead, Ky.  
Letcher Napier, Pastor  
Sunday School 10 a.m.  
Sunday Worship 11:00 a.m.  
Sunday Evening 6:00 p.m.  
Thursday Evening 7:00 p.m.  
United Gospel of Christ  
4 miles off US 25 on Wildie Rd.  
Church welcomes everyone  
Sunday Worship 11:00 a.m.  
Sunday Evening 6:00 p.m.  
Wednesday Evening 7:00 p.m.  
Valley Baptist Church  
4482 Copper Creek Rd.  
Berea, Ky. 40403  
Organized in December, 1908  
Sunday School 9:45 a.m.  
Sunday Worship 11:00 a.m.  
Sunday Evening 6 p.m.  
Wednesday Evening 7 p.m.  
Evan Eckler, Pastor  
Wildie Christian  
Church  
1478 Wildie Rd. • Wildie  
606-256-4494  
Sunday School 10 a.m.  
Sunday Worship 10:55 a.m.  
Family Fellowship 6 p.m.  
Bible Study 6 p.m.  
Bro. Gary Pettyjohn, Pastor

**Bro. Steven Vanhook, Pastor**  
Sunday School 10 a.m.  
Sunday Worship 11 a.m.  
Sunday Evening Worship  
6:00 p.m.  
Wednesday Night 7 p.m.  
Dixie Park Cornerstone  
700 N. Powell St. Berea, Ky.  
Sunday School 10 a.m.  
Sunday Worship 11 a.m.  
Sunday Evening Service 6  
p.m.  
Wednesday Service 7 p.m.  
Joe Vanwinkle, Pastor  
Fairview Baptist Church  
520 Fairview Loop Road  
Mount Vernon, Ky.  
Sunday Services  
Sunday School 9:45 a.m.  
Sunday Worship 11 a.m.  
Children's Choir 6 p.m.  
Sunday Evening Service 7 p.m.  
Sunday Adult Choir 8 p.m.  
Wednesday Services  
Creative Ministry 6 p.m.  
Bible Study 7 p.m.  
Youth Ministry QUEST 7 p.m.  
RAs and GAs 7 p.m.  
Mission Friends 6 p.m.  
Vaughn Raso, Pastor  
606-256-3722  
email: fairviewbapt@aol.com  
Faith Chapel Pentecostal  
S. Wilderness Road,  
Mount Vernon, Ky.  
Sunday School 10 a.m.  
Sunday Evening Service 7 p.m.  
Wednesday Service 7 p.m.  
Saturday Service 7 p.m.  
Jack Carpenter, Pastor  
First Baptist Church  
340 West Main Street  
Mt. Vernon, Ky. 606-256-2922  
Neal Thornton, Pastor  
Jesse Wright,  
Assoc. Pastor/Youth  
website: www.fbcmtv.org  
email: fbcmtv@newwave.net  
Sunday Services: 8:20 a.m.,  
10:45 a.m. and 6 p.m.  
Wednesdays: AWANA and  
Adult Bible Study 6:30 p.m.  
Live Broadcast WRVK 1460AM  
Sundays at 11 a.m.  
Broadcast on New Wave Cable  
Channel 3 Tues., Thurs. & Sun-  
day at 10 a.m., 3 p.m. & 8 p.m.

**First Christian Church**  
West Main St. Mt. Vernon  
606-256-2876  
Bro. Bruce Ross, Pastor  
Sunday School: 10 a.m.  
Sunday Worship  
11 a.m. & 6 p.m.  
Wednesday Bible Study 7 p.m.  
Flat Rock Missionary  
Baptist  
504 Maple Grove Rd. Hwy. 1004  
Orlando, Ky.  
Sunday School 10 a.m.  
Fellowship Hour 11 a.m.  
Sunday Evening Service 7 p.m.  
Wednesday Bible Study 7 p.m.  
Jack Stallworth, Pastor  
Contact: 606-308-0124  
Freedom Baptist Church  
Freedom School Rd.  
Mt. Vernon  
Sunday School 9:45 a.m.  
Sunday Worship 11 a.m.  
Discipleship Training 6 p.m.  
Sunday Evening Worship  
7 p.m.  
Wednesday Evening Prayer  
Meeting & Youth/Children  
Classes 7 p.m.  
www.freedombc.com  
email:  
pastor@freedombc.com  
Pastor: David Sargent  
606-256-2968  
Hickory Grove  
Pentecostal Church  
Hwy. 1505 (6 miles from Brodhead)  
Brodhead, Ky.  
Randal Adams, Pastor

**Livingston Baptist**  
Sunday School 10 a.m.  
Sunday Morning Worship  
11 a.m.  
Sunday Evening 6 p.m.  
Tues. Night Intercessory Prayer  
7 p.m.  
Wednesday Night Bible Study  
7 p.m.  
Little Country Church  
Jarber Rd.  
Turn left off Rev. Green Loop  
onto Jarber Rd.  
Jack Weaver, Pastor  
Sunday 6 p.m.  
Wednesday 7 p.m.  
Livingston Baptist  
Sunday School 10 a.m.  
Adult Classes Available  
Worship Service 11 a.m.  
Bro. Steve McKinney, Pastor  
606-758-4097  
email: stevemc1964@gmail.com  
Livingston Christian  
Church  
Sunday School 10 a.m.  
Sunday Worship 11 a.m.  
Arthur Hunt, Minister  
Livingston Pentecostal  
Holiness Church  
Sunday School 10 a.m.  
Sunday Worship 11 a.m.  
Sunday Evening Service 6 p.m.  
Wednesday Service 7 p.m.  
Jim Miller, Pastor  
606-256-1709  
Macedonia Baptist  
Scaffold Cane Road  
Mount Vernon, Ky.  
Bro. Barry Hurst, Pastor  
Sunday School 10 a.m.  
Sunday Worship 11 a.m.  
Sunday Evening 6 p.m.  
Wednesday Evening 7 p.m.  
Maple Grove Baptist  
Hwy. 1004 (Big Cave Road)  
Orlando, Ky. • 606-256-1873  
Bro. Jerry Owens, Pastor  
Home Phone 606-256-3075  
Sunday School 10 a.m.  
Sunday Morning Worship  
11 a.m.  
WRVK Broadcast 2 p.m.  
Sunday Evening 6 p.m.  
Wednesday Evening 7 p.m.  
Maretburg Baptist  
Church  
2617 New Brodhead Rd.  
Mt. Vernon, KY 40456  
Wayne Harding, Pastor  
Phone: 256-8844  
Sunday School 10 a.m.  
Sun. Morning Worship 11 a.m.  
Sun. Discipleship Training/  
Sunday Youth Missions  
6 p.m.  
Sunday Worship 7 p.m.  
Wednesday Evening 7 p.m.  
www.maretburgbaptist.org  
maretburgchurch@yahoo.com  
McNew Chapel  
Baptist  
Sunday School 10 a.m.  
Sunday Worship 11 a.m.  
Sunday Evening Service 6 p.m.  
Wednesday Service 7 p.m.  
Bobby Owens, Pastor  
859-986-1317  
Mt. Vernon Church of  
the Nazarene  
40 Fair Street • Mt. Vernon  
Sunday School 10 a.m.  
Sunday Worship 11 a.m.  
Sunday Evening 6 p.m.  
David Smith, Pastor  
Mt. Zion Baptist Church  
606-308-3293  
Sunday School 10 a.m.  
Sunday Worship 11 a.m.  
Sunday Evening 5 p.m.  
New Hope Baptist Church  
Jct. 1797 New Hope Tower Rd.  
Orlando  
Sunday School 10 a.m.  
Sunday Worship 11 a.m.  
Sunday Evening 6 p.m.  
Wednesday Evening 7 p.m.  
Bro. David Carpenter, Pastor

**Northside Baptist Church**  
777 Faith Mountain Rd.  
(Off 461 bypass) Mt. Vernon  
606-256-5577  
Sunday  
Sunday School 10 a.m.  
Morning Worship 11 a.m.  
Children's Church 11 a.m.  
Hispanic Services 6 p.m.  
Evening Worship 6 p.m.  
Tuesday  
Celebrate Recovery 7 to 9  
on Hwy. 618  
Wednesday  
Adult & Youth Worship 7 p.m.  
Time Warner Cable  
Tues., Thurs., Sun.  
9 a.m., 2 p.m., 7 p.m.  
Ottawa Baptist Church  
1074 Ottawa Rd. • Brodhead  
Sunday School 10 a.m.  
Sunday Worship 11 a.m.  
Children's Church 11 a.m.  
Sunday Discipleship  
Training/Youth Mission  
Groups 6 p.m.  
Wednesday Services  
Youth Choir 6 p.m.  
Children's & Youth Bible Study  
6:45 p.m. • Service 7 p.m.  
Jim Craig, Pastor • 758-8453  
ottawabaptist@windstream.net  
Our Lady of Mt. Vernon  
Catholic Church  
515 Williams St (across from MVES)  
Mount Vernon, Ky.  
606-256-4170  
Mass Times:  
Tuesdays at 5 p.m.  
Sabbath Mass: Sat., 5 p.m.  
Holy Days 5 p.m.  
Fr. Michael Flanagan, Pastor  
Sister Joyce Moeller,  
Pastoral Associate  
Jack Lawless, Groundskeeper  
Tom Darst, Maintenance  
Philadelphia United  
Baptist  
834 Bryant Ridge Rd. Brodhead  
Sunday School 10 a.m.  
Sunday Evening Service 6 p.m.  
Wednesday Service 7 p.m.  
Saturday Service 7 p.m.  
Gordon Mink, Pastor  
606-256-9724  
Pine Hill Holiness  
5216 S. Wilderness Rd.  
Mt. Vernon, Ky. 40456  
Randy Christian, Pastor  
256-5955  
www.pinehillholiness.com  
Sunday School 10 a.m.  
Sun. Evening Worship 6 p.m.  
Thursday Night Worship  
7:00 p.m.  
WRVK (1460 AM) Broadcast  
Noon Sundays  
Pine Hill Missionary  
Baptist Church.  
81 Limeplant Hollow Road  
Mt. Vernon, Ky. 40456  
Bro. Clyde Miller, Pastor  
859-986-1579  
Sunday School 10 a.m.  
Sunday Worship 11 a.m.  
Discipleship Training 5:30 p.m.  
Sunday Evening Worship  
6:00 p.m.  
Wednesday Prayer Meeting &  
Youth Service at 7:00 p.m.  
Prayer Partners Ladies Meeting  
monthly every 2nd Tues. at 6:30 p.m.  
Pleasant Run Missionary  
Sunday School 10 a.m.  
Sunday Worship 11 a.m.  
Sunday Evening 5 p.m.  
1st Sunday in Month Church at  
2 p.m. at Rockcastle  
Respiratory Care  
Bro. Gary Bowling, Pastor  
Poplar Grove Baptist  
145 Richlands Rd. •  
Brodhead  
Sunday School 10 a.m.  
Sunday Worship 11 a.m.  
Sunday Evening 7 p.m.  
Wednesday Evening 7 p.m.  
Providence  
church of Christ  
1 mile off Hwy. 70  
on Hwy. 618  
Dan McKibben, Minister  
758-8524 or 758-9316  
Sunday Bible Study 10 a.m.  
Sunday Morning Worship  
10:30 a.m.  
Sunday Evening 6 p.m.  
Wednesday Bible Study 7 p.m.  
email:  
dan.mckibben@juno.com  
www.WhatSaiithTheScriptures.com  
Roundstone Baptist  
Jason Brown, Pastor  
606-308-1272  
Sunday School 10 a.m.  
Sunday Worship 11:00 a.m.  
Sunday Night 6:00 p.m.  
Wednesday Night 7 p.m.  
Sand Hill Baptist  
Church  
Sand Hill Rd.  
Sunday School 10 a.m.  
Sunday Worship 11:00 a.m.  
Sunday Night 5:00 p.m.  
Thursday Night 6 p.m.  
Pastor Tommy Miller  
Sand Springs  
Baptist  
Directions: Take Hwy 1249, go  
exactly 5 miles, church on right  
Sunday School 10 a.m.  
Sunday Worship 11:00 a.m.  
Sunday Evening 6:00 p.m.  
Wednesday Evening 6 p.m.  
Pastor:  
Bro. Eugene Gentry  
Scaffold Cane  
Baptist  
Chris Cobb, Pastor  
Sunday School 10 a.m.  
Sunday Worship 11:00 a.m.  
Sunday Night 6:00 p.m.  
Wednesday Night 7 p.m.  
Union Chapel  
Pentecostal  
1505 Union



At Holiday Jam in Bardstown

## Lady Rockets beat Estill in Nelson County Tournament

It was an excellent ball game last Saturday as the Lady Rockets got payback for an earlier season 54-46 loss to the Lady Engineers from Estill County.

For the first quarter, it looked as though it was going to be a replay of the first game. The Lady Rockets were down 15-6 when they mounted a mini-comeback to make it 19-13 at the end of the first quarter.

The Rockets took control in the second quarter and outscored the Engineers 17-6 for a half-time lead of 30-25.

In the third, the Rockets extended their lead to 48-36 and added to it in the fourth for the final 64-44.

Much of the Rockets' success in the game can be attributed to their aggressive defense of the Engineers' legendary senior point guard Kennedy Flynn, who poured in 34 points in their first contest of the season. Flynn was held to 20 points in the second meeting.

Sophomores Hope Kelley and Mahala Saylor led the scoring for their team with 13 points each; junior Ashley McKinney got 11; sophomore Jayna Albright 10; junior Emily Payne 8; senior Alaina Coguer 7 and 7th grader Shelby Newland got two free throws.

The Lady Rockets didn't fare as well in their

second matchup with the tourney hosts on Sunday, losing 48-38 to Nelson County.

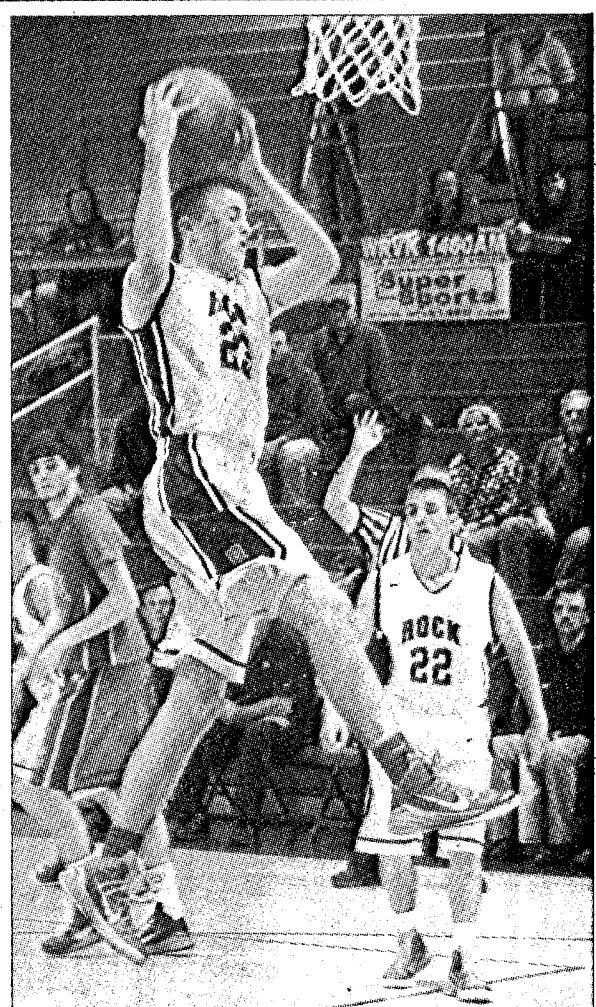
The Rockets won the first quarter 13-8 and were ahead 22-17 at the half. However, their offensive game deserted them in the third when they only put up four points to Nelson's 7 and Nelson doubled them up in the fourth 24-12.

Coguer led the scoring for her team with 11; Kelley got 6; Albright and Saylor had 5 each; sophomore Emme Barker got 4; Payne 3 and McKinney 2.

Against Sheldon Clark on Monday, the Lady Rockets were ahead 18-9 at the first quarter stop but, by half-time, Sheldon Clark had reclaimed the lead 28-26. In the third, Sheldon Clark was up 34-33 and extended that lead to 47-41 at the end of the third quarter. The Rockets couldn't make any headway in the fourth and it was 62-57 for the final.

Kelley led the scoring for her team with 20 points; Saylor got 10; Albright and McKinney 8 each; Barker 5 and Payne 4.

The Lady Rockets will play a girls/boys double-header with district rival Casey County this Friday night and will host Somerset in a double-header next Tuesday night in another district matchup.



Sophomore Lucas Gentry pulls down a rebound during the Rockets 60-46 win over Adair County on Friday, December 19th. Gentry also led the Rockets in scoring with 26 points during the Harlan County game and 35 points during the Jackson County game.

## Lady Rockets win Chain Rock Classic

The Lady Rockets journeyed to Pineville before the Christmas holidays to take part in the Chain Rocket Classic and brought home the first place trophy.

The Rockets play the McCreary Central Lady Raiders in their first game and, after a shaky first half which they lost 24-19, they regrouped and took the win 55-48.

Nine Lady Rockets got in the scoring column with sophomore Mahala Saylor leading the scoring with 13; sophomore Emily Payne got 9; sophomore Emme Barker had 7; senior Alaina Coguer and seventh grader Shelby Newland scored 6 each; sophomore Jayna Albright got 5; junior Ashley McKinney had 4; senior Amelia Eversole scored 3 and sophomore Hope Kelley got 2.

In the second game, the Lady Rockets routed Red Bird 62-18.

This time 11 Rockets scored for their team, led by sophomore Maddy Bullen with 12; freshman Mackenzie Payne got 7; Saylor, Payne, sophomore Caroline Coguer and freshman Emily Adams all got 6 each; Kelley and Alaina Coguer scored 5 each; Albright got 4; Eversole 3 and Barker 2.

The championship game was another of the same with the Rockets defeating Pineville 53-16.

This time McKinney led the scoring with 12; Alaina Coguer 11; Payne 9; Kelley 8; Newland 5; Caroline Coguer and Albright 3 each and Saylor 2.

## RCMS Linescores

6th Grade		Estill	6	21	31	38
47th District First Round		Rockcastle	6	11	23	28
Meece	17	31	39	52		
Rockcastle	6	10	15	15		
Isaiah Bowles 2,	Rily Smith 4,	Hunter Spivey 4,	Tanner Noel 2,	Ashton Hansel 1,	Nick Chasteen 2.	
47th District Consolation		Foley	13	18	36	49
Casey	7	13	17	30		
Rockcastle	8	14	22	34		
Jacob Lopez 2,	Bowles 2,	Smith 4,	Spivey 20,	Noel 4,	Hansel 2.	
Farristown	11	25	35	43		
Rockcastle	7	13	21	21		
Smith 5,	Spivey 6,	Noel 6,	Aiden Thompson 2,	Hansel 2.		
Lopez 2,	Bowles 6,	Smith 5,	Spivey 5,	Hansel 2.		
Garrard	10	14	21	27		
Rockcastle	9	17	23	32		
Bowles 3,	Smith 5,	Spivey 12,	Noel 8,	Hansel 2,	Jacob Collinsworth 2.	
Rockcastle	12	24	32	50		
Bowles 5,	Smith 13,	Spivey 22,	Noel 6,	Hansel 4.		
Casey	4	7	13	18		
Rockcastle	6	10	12	17		
Lopez 4,	Bowles 4,	Smith 1,	Spivey 6,	Hansel 2.		

(Cont. to pg. 9)

## Rockets go 3-3 over holiday break

The Rockcastle County Rockets have won three out of six games over the past two weeks after playing in the Chain Rock Classic and the Cumberland Falls Invitational Tournament.

The Rockets started their holiday break with a 60-46 win over the Adair County Indians at home on Friday, December 19th.

Adair County jumped out to an early 12-11 lead at the end of the first quarter but the Rockets went ahead of the Indians 26-17 at the half. After halftime, the Rockets came out strong and led 40-26 at the end of the third quarter and put the game away in the fourth quarter with a final score of 60-46.

Senior Sam Pensol led the Rockets with 23 points, sophomore Lucas Gentry was next with 15, senior Dakota Hasty had 11, sophomore Carson Noble scored 5, sophomore John Cornelius got 3, senior Carter Blanton made 2 and junior Dylan Rowe had 1.

After the Adair County win, the Rockets traveled to Pineville last Monday and Tuesday to play in the Chain Rock Classic. The Rockets lost to Pineville in the first round of the tournament 67-47 but came back in the second round with a blowout 71-41 win over Harlan County. The Rockets finished the final round of the Chain Rock Classic with a 60-54 loss to Williamsburg.

In the opening game against Pineville, Gentry led the Rockets with 13 points, Pensol was next with 8, Hasty and Cornelius both had 7 each, Rowe scored 6, Noble got 3 and junior Jor-

dan Hawkins and Blanton both had 2 each.

During the Harlan County game, Gentry led the Rockets in scoring with 26 points, Cornelius was next with 14, Pensol got 10, Hasty had 9 and Rowe 4. Senior Ethan Mattingly, junior Cody Burton, Noble and Blanton all scored 2 points each.

In the Williamsburg game, Pensol led the Rockets with 17 points, Gentry had 13, Noble scored 12, Cornelius 10 and Blanton got 2.

The Rockets then headed to Corbin Monday night to play in the Cumberland Falls Invitational Tournament where the Rockets won a close game against the Jackson County Generals 79-73 before suffering a disappointing 75-73 loss to the Corbin Redhounds.

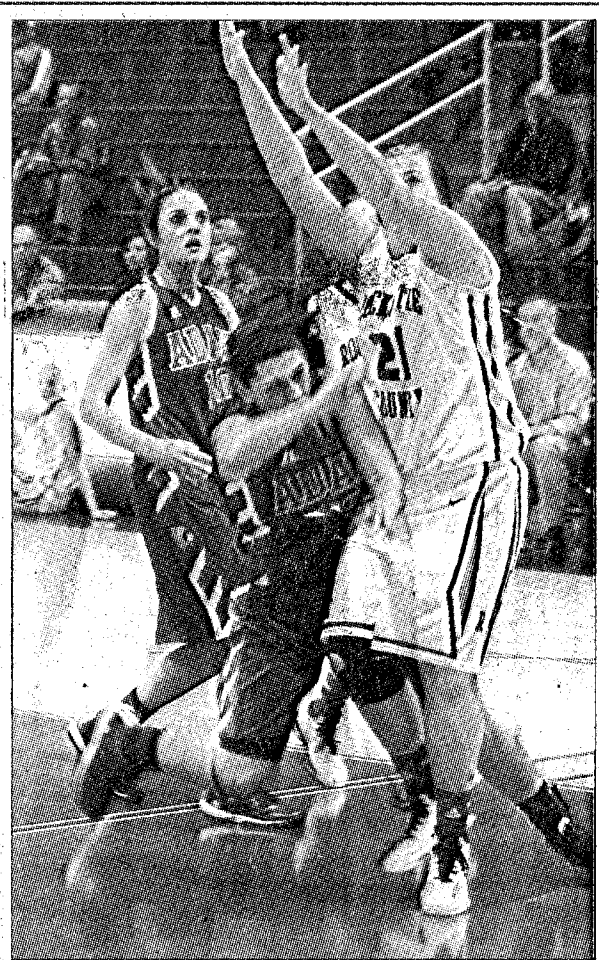
In the opening game against Jackson County, Gentry led the Rockets in scoring with a career high 35 points, Cornelius was next with 15, Noble got 11, Pensol scored 8, Hasty made 6 and Rowe had 4.

During the Rockets final game of the tournament against Corbin, Gentry once again led the Rockets in scoring with 27 points, Cornelius was next with 21, Hasty and Pensol had 7 each, Rowe scored 6 and Noble got 4.

Head Coach Benny Blanton said he believed his team played well against some tough opponents during the tournaments despite losing three games, including one game by two points.

"It's hard when you lose close games like we did

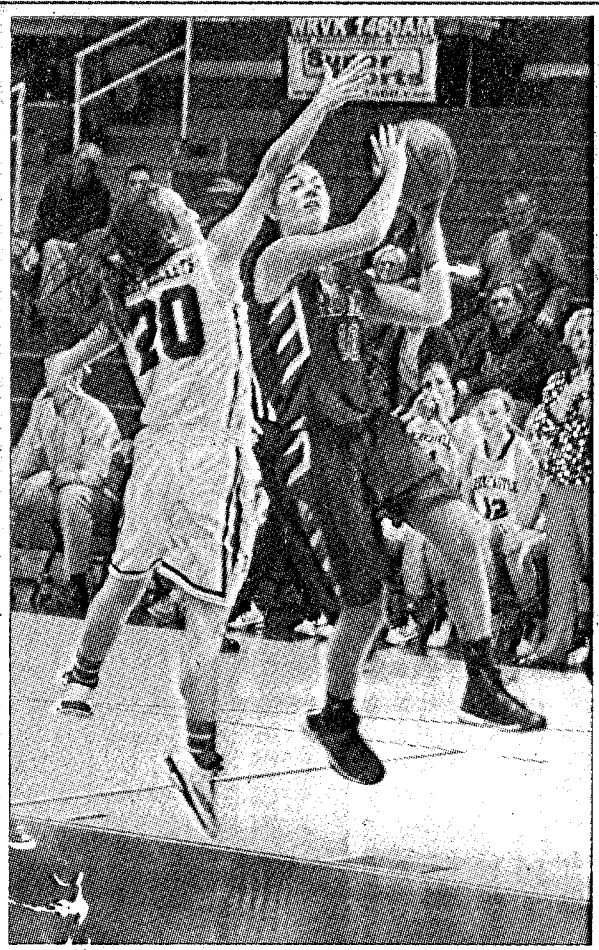
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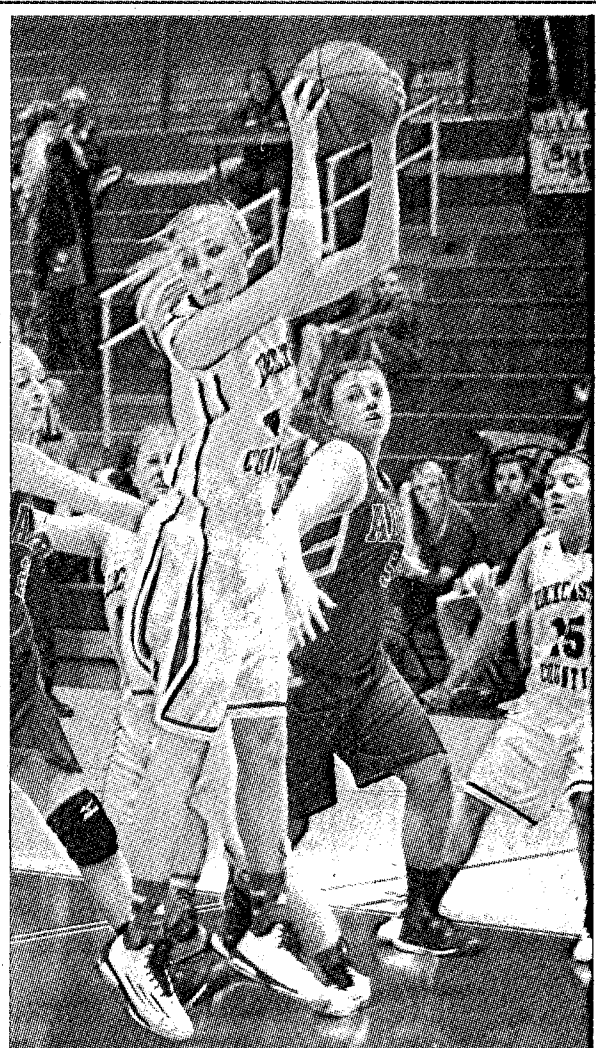
Amelia Eversole puts the "D" an Adair County player during the Lady Rockets 58-51 loss to the Lady Indians. The Lady Rockets won the Chain Rock Classic in Pineville with wins over McCreary Central, Pineville and Red Bird and beat Estill County 64-44 and lost to Nelson County 48-38 and Sheldon Clark 62-57 in the Nelson County Holiday Jam.



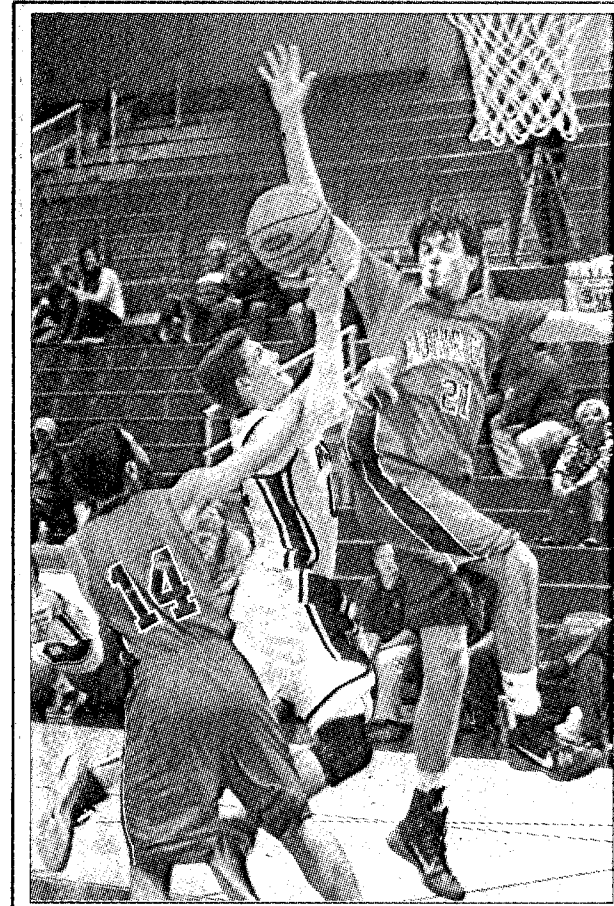
Sam Pensol dribbled around an Adair County Indians defender during the Rockets 60-46 win against the Indians on Friday, December 19th. The Rockets also beat Harlan County 71-41 and Jackson County 79-73 and lost to Pineville 67-47, Williamsburg 60-54 and Corbin 75-73 over the holiday break.



Alaina Coguer goes up for a block in the 58-51 loss to Adair County on December 19th. The Lady Rockets next game is this Friday night at home when they take on the Casey County Lady Rebels at 6:30 p.m.

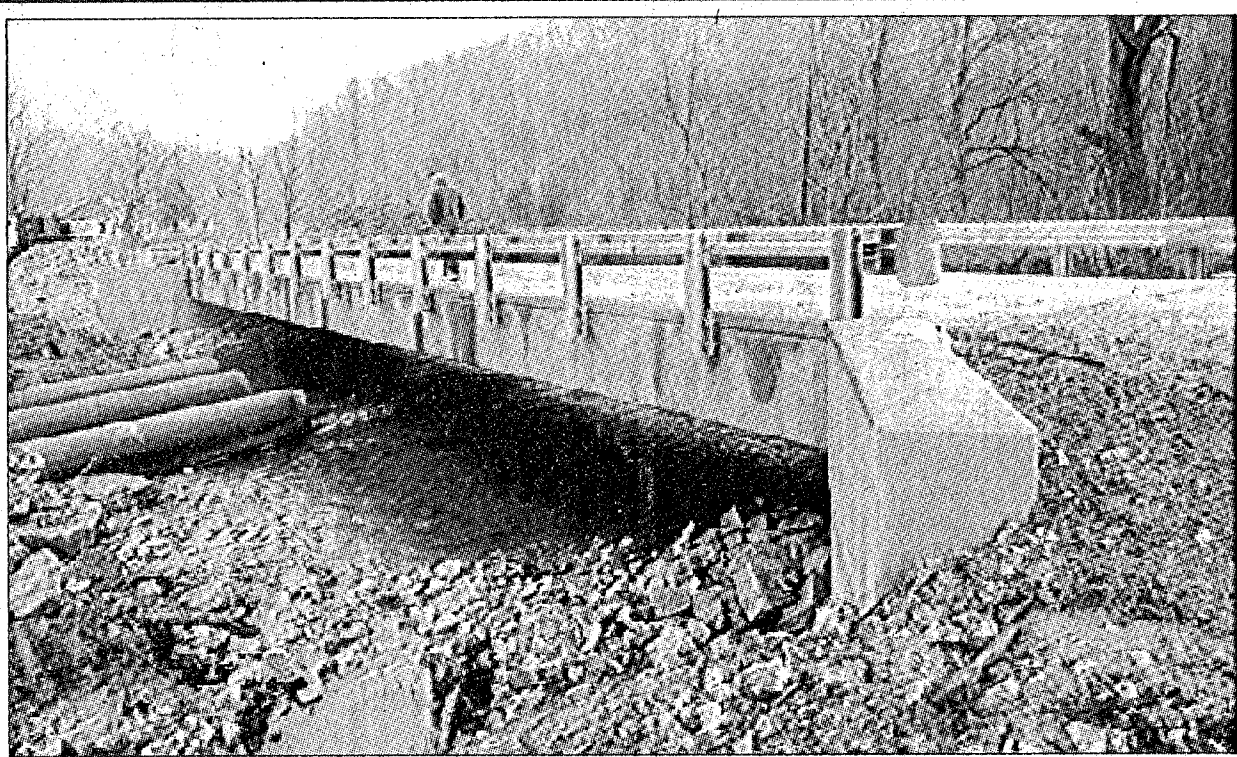


Ashley McKinney pulls down a rebound during the Lady Rockets 58-51 loss to Adair County on Friday, December 19th. The Lady Rockets rebounded from the loss and won the Chain Rock Classic tournament over the holiday break with a 55-48 win against McCreary County, a 62-18 win over Red Bird and a 53-16 win against Pineville.

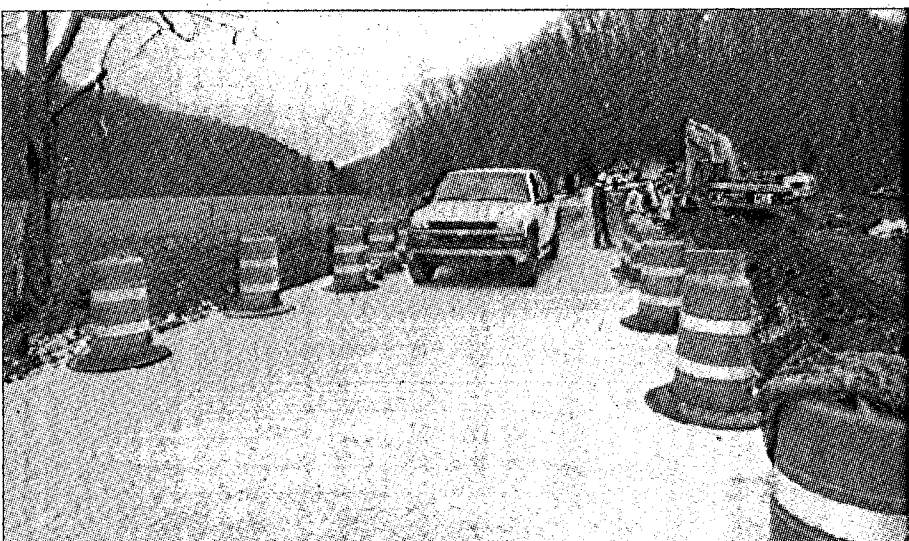


Carson Noble gets between two Adair County defenders for a lay-up during the Rockets 60-46 win on Friday, December 19th. The Rockets next game is this Friday night at home when they take on the Casey County Rebels at 7:30 p.m.





Contractors recently completed reconstruction on the Wildie bridge that was condemned last February. Contractors are now rebuilding another bridge in Wildie that is expected to be completed in the spring of 2015. The bridges cross Clear Creek on Hwy 1786. Both bridges cost approximately \$250,000 each and reconstruction costs of the two bridges are being paid in full under the Federal Bridge Replacement Program. Shown above is the bridge after it was completed and shown at right is Wildie resident Melanie Abbott who was the first to drive across the new bridge.



### “Rockets”

(Cont. from pg. 8)

against Williamsburg and Corbin because you know your team played well, it's just that we didn't close out the game.” Blanton said. “But we are pleased with the hard earned wins and pleased with how the team continues to improve and grow with each game.”

The Rockets next game is this Friday night when they take on the Casey County Rebels at home. Tip-off for the game is 7:30 p.m.

The Rebels are currently 7-8 on the season and 0-2 in district play. The Rebels two district losses were by five points or less as they lost 58-54 to Pulaski County and 69-68 to Somerset.

“We are both looking for our first district win of the season,” Blanton said. “A win against them will be a big boost to our team and will make a huge difference come tournament time.”

ment of both bridges and the county would have had to pay the difference because we maintain those two bridges,” Carloftis said. “But instead they are both being paid with federal funds at no cost to the county and county taxpayers.”

Carloftis went on to say that the bridges weren't being constructed at the same time in order to minimize the disturbance to the landowners in the area.

“There are a couple of landowners who live between the two bridges so they had to work on one at a time so those landowners would have a way out,” Carloftis said. “I am very happy with how quickly the bridges are being rebuilt and hopefully they will continue to have good weather.”

### “Ceremony”

(Cont. from pg. front)

Gary Burdette, William Denny, Michael McGuire and Shannon Bishop, and Constables Frank Maples, Joe Bussell Delno McClure, Donnie Cope and Chris Mason.

County Clerk Danetta Allen said that all mayors and city council members have already been sworn-in. She said Senator Jared Carpenter, Representative Jonathan Shell, and all the other judge officials will likely be sworn-in at other locations.

The Rockcastle County Republican Party will be providing refreshments at the ceremony and everyone is invited to attend the event.

### “Bridges”

(Cont. from pg. front)

but that they are inspected by the transportation cabinet.

County Judge Executive Buzz Carloftis said both bridges cost approximately \$250,000 each and that reconstruction of the two bridges is being paid in full under the Federal Bridge Replacement Program.

“Under the first option the state was going to pay \$200,000 for the replace-

## Cummins joins Christian Appalachian Project Board

Joyce Taylor Cummins of Mt. Vernon is one of five individuals recently elected



Joyce Cummins

to the board of directors at Christian Appalachian Project (CAP), a Kentucky-based non-profit organization whose mission is to build hope, transform lives, and share Christ's love through service in Appalachia.

“Joyce brings 25 years of experience in human services and a heart for helping others to her seat on CAP's board board,” said Guy Adams, president and CEO of the nation's 18th largest human services non-

profit. “Joyce knows CAP well through her work with the state. We will look to her for ‘boots-on-the-ground’ insight in a number of areas.”

A Laurel County native, Cummins earned bachelor's and master's degrees from Eastern Kentucky University. In October, she retired from the Kentucky Cabinet for Health and Family Services where, as guardianship supervisor for the 19-county Cumberland region, she advocated on behalf of

500 clients with a variety of disabilities. Her short-lived retirement ended with her recent appointment to the customer service team at First Southern National Bank in Stanford.

### “Linescores”

(Cont. from pg. 8)

Model 5 18 27 29  
Rockcastle 9 16 30 44  
Lopez 2, Bowles 6, Smith 10,  
Spivey 5, Noel 19.

#### 7th Grade

47th District 1st Round  
Meece 9 21 30 39  
Rockcastle 15 24 35 49  
Trevor Todd 1, Josh Thacker  
18, Logan Noel 12, Seth Shepherd  
7, Dylan Bullens 4,  
Bentley Taylor 4, Dakota Kirby  
2, Robert Mullins 2.

47th District Championship  
N. Pulaski 12 16 24 31  
Rockcastle 10 16 26 35  
Todd 17, Thacker 2, Noel 2,  
Shepherd 1, Bullens 2, Taylor  
9, Kirby 2.

Farristown 7 13 22 24  
Rockcastle 20 31 37 45  
Todd 8, Thacker 3, Noel 13,  
Shepherd 8, Taylor 2, Kaleb  
Burns 2, Mullins 7, Spencer  
Begley 2.

Estill 2 12 17 21  
Rockcastle 23 26 42 50  
Todd 13, Thacker 10, Noel 4,  
Shepherd 4, Bullens 3, Taylor  
6, Burns 2, Mullins 2, Begley  
1, Andrew Hurt 3.

Garrard 6 13 16 21  
Rockcastle 9 27 43 47  
Todd 19, Thacker 11, Shepherd  
2, Bullens 3, Taylor 8,  
Burns 2, Begley 2.

Foley 7 14 25 31  
Rockcastle 10 20 30 49  
Todd 15, Thacker 8, Noel 12,  
Shepherd 3, Taylor 11.

Casey 7 16 27 34  
Rockcastle 6 11 26 37  
Todd 14, Thacker 10, Noel 8,  
Taylor 3, Kirby 2.

Model 3 5 5 10  
Rockcastle 11 25 38 46  
Thacker 2, Noel 6, Shepherd 4,  
Bullens 4, Taylor 7, Kirby 2,  
Burns 2, Mullins 2, Begley 10,  
Hurt 2, Logan Bowman 4.

#### 8th Grade

47th District First Round  
Meece 5 12 22 32  
Rockcastle 2 14 25 37  
Cade Burdette 6, Jacob Hansel  
2, Logan Kidwell 6, JD  
Hamilton 7, Trevor Todd 10,  
Cameron Bullock 3, Seth  
Shepherd 3.

#### 47th District Championship

N. Pulaski 12 20 25 45  
Rockcastle 9 18 23 50  
Burdette 6, Hansel 8, Kidwell  
4, Hamilton 12, Isaac Stratton  
2, Cameron Bullock 6, Todd  
12, Shepherd 2.

Farristown 13 20 33 41  
Rockcastle 7 21 28 43  
Burdette 8, Hansel 5, Kidwell  
4, Hamilton 13, Stratton 2, Jordan  
Nicely 2, Todd 8, Shepherd  
1.

Estill 11 16 27 29  
Rockcastle 4 12 26 32  
Burdette 3, Hansel 4, Kidwell  
5, Hamilton 6, Bullock 3, Todd  
9, Stratton 2.

Garrard 9 20 36 52  
Rockcastle 12 27 45 62  
Burdette 8, Hansel 7, Kidwell  
8, Hamilton 10, Stratton 2,  
Keaton Renfro 6, Jadon Payne  
2, Bullock 6, Javan Hasty 3,  
Todd 6, Shepherd 4.

Foley 7 19 33 44  
Rockcastle 12 18 28 45  
Burdette 12, Hansel 4, Kidwell  
6, Hamilton 17, Nicely 3, Todd  
3.

Casey 10 20 25 31  
Rockcastle 7 18 27 41  
Burdette 6, Hansel 12,  
Hamilton 7, Stratton 7, Payne  
2, Nicely 7.

Model 5 12 14 26  
Rockcastle 9 18 33 44  
Burdette 4, Hansel 8, Kidwell  
10, Hamilton 2, Renfro 2,  
Payne 2, Bullock 5, Jonmark  
Loudermilk 2, Peyton Bowman  
2, Nicely 7.

## Church News

### Free Bible Courses

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

### Let the Bible Speak

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

### Fellowship Meeting

There will be a Fellowship Meeting at Crab Orchard Pentecostal Church on Monday, Jan. 5th, beginning at 7 p.m. Bro. Claude Gilbert will be speaking. Bro. Don King and congregation invite everyone to attend.

### Services at Union Baptist

Union Baptist Church at Red Hill will have services this Thursday, January 1st at 7 p.m. Please come out and be with us.

### Gospel Singing

Lighthouse Baptist Church will have a Gospel Singing on Sat., Jan. 10th, beginning at 6 p.m. Featured singers will be The Singing Cupps from Williamsburg.

The church is located at 1391 Gabbardtown Road, Berea.



Nine Rockcastle Area Technology Center students enrolled in the Medicaid Nurse Aide class traveled to Lexington on Dec. 4th to take their state exam. Congratulations to all nine students for passing their certification exam. This certification is required of all students who want to enroll in an LPN or RN program. Those students are from left: Amber Woodall, Megann Allen, Samantha Callahan, Kayla Cromer, Dakota Johnson, Tanika Chasteen, Hannah Shelton, Eliza Mason and Victoria Smith.

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## For Rent

**2 Bedroom Home** in Mt. Vernon. 2 Bedroom trailer in Brodhead. No pets. 758-4729. 50xntf  
**Trailer.** Deposit required. 859-358-3560. 48xntf  
**Duplex in Brodhead.** All appliances furnished. Call Patty, 758-9666. 17xntf  
**Trailers and house** in Brodhead. No pets. 758-8922. ntf  
**Accepting applications** at Mt. Vernon Housing Authority on Mondays 4 to 8 p.m. and Wednesdays and Fridays, 4 to 6 p.m. Rent based on income. 256-4185. 14xntf  
**Accepting Applications:** For 2 and 3 bedroom units at Valley View Apartments. Rent based on income. Call 256-5912. Equal Housing Opportunity, TDD for hearing impaired only. 1-800-247-2510. 36tfn

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

## Property For Sale

**Home on Climax Road,** Mt. Vernon. Near Climax Spring Water Plant. 3 bedrooms/2 baths, new appliances, neat heat/air, new water heater. Upper level totally remodeled. Partially finished basement, back deck all on .75 acre lot. \$89,500. Please call 904-742-3687. 50x4p  
**1 1/2 Acre Trailer Lot.** City water. 859-358-3560.  
**2BR/2BA 1450 sq. ft.** Selling for \$89,900. Rick Szaks, Broker. 859-255-7777. Lincoln Real Estate, Inc. rickszaks@aol.com 18xntf  
**Between Mt. Vernon and Somerset:** 5.7 wooded acres for \$31,500. Near Berea - 10.2 acres \$31,900. Owner financing available. Call Dwight at 859-331-4888. 8xntf

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

**Lot 14 Barnett Rd. Brodhead \$45,000**



Great spot for a vacation home or permanent residence. Only 2 miles from the lake Linville Rd. Go 1.9 miles and turn left onto Mt. Zion Rd. After 0.2 mi. turn left onto Barnett Rd. Go 1.5 miles to the property on the right - the doublewide with the red metal roof.

- NEW LISTING! Lot 15 Tern Lane Brodhead** -0.93 acre w/septic, water meter & elec. pole set - \$17,000  
**0 Wabd Jones Rd. Brodhead** - 2010 Singlewide No Land- \$39,900  
**411 Pleasant View Dr. - Berea** - \$90,000  
**3528 White Lick Rd.** - 182.47 Acres - \$475,000  
**00 White Lick Rd. (25.884 Acres)** - \$104,900  
**254 Sue Johnson Rd.** - Singlewide & 6 +/- A - \$39,000  
**REDUCED! 258 Sue Johnson Rd.** - Doublewide & 3.12 A - \$36,900  
**341 Pleasant View Dr.** - Doublewide & 1.21 A - \$69,000  
**2800 Richmond St.** - Commercial Bldg. & 1 A - \$125,000  
 With extra 11 A - \$180,000 • 11 Acres only - \$55,000  
**2780 Richmond St.** - Doublewide & 0.645 A - \$75,000

**Lots in Castle Ridge Subdivision.** Use same entry way as Bible Baptist Church. All lots have city sewer and underground utilities. starting at \$12,900. 606-256-5692 • 256-4504 • 308-3730. 50x1  
**Mobile home lots,** located in Sunnyside Mobile Home Park. 1/2 acre lots - \$500 down and \$100 per month. Call 606-256-5692 or 606-256-5648. 50x1

## Posted

**Posted:** No trespassing at 330 Caff Road. Not responsible or liable for bodily injuries or accidents or damage to personal property. Violators will be prosecuted. 1x2p  
**Posted:** No hunting or trespassing at 1435 Marler Hollow. Not responsible for bodily injury. Violators will be prosecuted. 47x24p  
**Posted:** No hunting, trespassing or ATVs on any Rogers' property on Brown Road (former Carl Brown Road). 44x10p  
**Posted:** No trespassing on property belonging to Charles Delph at 20 Smith St. in Brodhead. Not responsible for accidents. 42x13pd  
**Posted:** No hunting or trespassing on land belonging to Glen Roberts at 560 Dix River Branch Road, Brodhead. Violators will be prosecuted. 35xntf  
**Posted:** No hunting, trespassing or ATVs on land belonging to Jason and Sara Coguer at Roundstone. Not responsible for accidents.  
**Posted:** No trespassing on land belonging to James and Dorothy Rash heirs on Rash Branch Road off Chestnut Ridge. No hunting, camping, ATVs, trespassing for any purpose. Not responsible for accidents. Violators will be prosecuted. (1/21/16)  
**Posted:** No trespassing on Crawford Place - Old Brodhead Road. Danny Smith. 47tfn  
**Posted:** Absolutely no hunting, fishing or trespassing on property belonging to Mark and Debbie

Cummins. Violators will be prosecuted. 9x52p  
**Posted:** No trespassing, hunting or fishing on land belonging to Rachel Denney on Hwy. 3245 (former Reggie Bengé property).  
**Posted:** No trespassing on property known as C.B. Owens Farm across from Fairgrounds in Brodhead. Violators will be prosecuted. 25tfn

## Help Wanted

**RN for Hospice Care Plus,** primary nurse for home program. Full time with excellent benefits, including 31 days of paid time off per year, vehicle provided with benefit package. Day shift, Monday-Friday. Graduate of accredited school of nursing, Ky. RN license and one year of experience required. For more information, call 859-986-1500 Sue Lunsford, HR Coordinator or send resume to sue.lunsford@hospicecp.org EOE 52x2

The Cumberland Valley District Health Department is accepting applications for **Full-Time Health Environmentalist I** at the Rockcastle County Health Department. Starting Salary: \$12.15 - \$15.17/hr negotiable with additional experience. Grade 15. Applications and full listing of qualifications may be obtained at the Rockcastle County Health Department, 120 Richmond Street, Mt. Vernon, KY OR online at <http://chfs.ky.gov/dph/LHD.htm> Completed application and transcript must be returned by close of business Monday, January 5,

2014 to Rockcastle County Health Department. Resume will not substitute for completed application. Equal Opportunity Employer. Applicants will be required to submit to a drug screening test and background check. 1x2  
**Excellent Opportunity** to advance your career! Malone Solutions is now hiring for manufacturing positions with a pay rate between \$9 and \$13 per hour. No high school or GED diploma required. Apply online at [www.malonesolutions.com](http://www.malonesolutions.com). 49x8

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## Notices

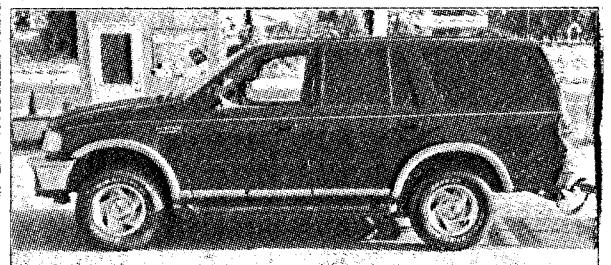
**Rockcastle County Ambulance Service, Inc.** requests bids for a new 2014 or 2015 Type II ambulance. Bid specifications are available at the office of the ambulance service. Bids are to be received no later than 4 p.m. on January 31, 2015. The Rockcastle County Ambulance Service, Inc. reserves the right to award the bid to the lowest or the bid that meets the services of the Rockcastle County Ambulance Service and reserves the right to reject any and all bids. Questions regarding the bid package should be

addressed to EMS Director Kevin Fletcher at 606-256-3575. 1x1

**The Housing Authority of Mount Vernon** has developed its Five Year Agency Plan in compliance with The Quality Housing and Compliance Act of 1988. It is available for review at The Housing Authority Administration office, located at 50 Lovell Lane, Mount Vernon, Ky. The authority's hours of operation are Mondays 4 to 8 p.m. and Wednesdays and Fridays 4 to 6 p.m. A public meeting will be held on Thursday, Jan. 8, 2015 at 4 p.m. 1x2

**Notice is hereby given** that Paul V. Gayheart, Jr., 12618 Sand Springs Rd., Mt. Vernon, Ky. 40456 has been appointed executor of the estate of Bonnie Lou Walker. Any person having claims against said estate shall present them, according to law, to the said Paul V. Gayheart, Jr., on or before June 1, 2015 at 11 a.m. 51x3  
**Notice is hereby given** that John W. Burke, Jr., 8414 Ferndale Road, Louisville, Ky. 40291 has been ap-

pointed administrator of the estate of John W. Burke. Any person having claims against said estate shall present them, according to law, to the said John W. Burke, Jr., on or before June 22nd, 2015 at 11 a.m. 1x3  
**Notice is hereby given** that Sarah G. Miracle, 985 South Wilderness Road, Mt. Vernon, Ky. 40456 and Gary Miracle II, 103 Lynne Drive, Berea, Ky. 40403 have been appointed co-executors of the estate of Gary L. Miracle. Any person having claims against said estate shall present them, according to law, to the said Sarah G. Miracle and/or Gary Miracle II or Hon. Michael S. Fore, P.O. Box 725, Richmond, Ky. 40476 on or before June 22, 2015 at 11 a.m. 1x3  
**Notice is given** that Catherine Scott has filed a final settlement of her accounts as Administratrix of the estate of Richard Earl Overbay, deceased. A hearing on said settlement will be held on January 26, 2015 at 9:30 a.m. Any exceptions to said settlement must be filed before that date. 1x1



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### LOCAL HEALTH NURSE II

The Cumberland Valley District Health Department is accepting applications for a Full Time **Local Health Nurse II** positions for Rockcastle County Health Department. This position is located in the local county school system and is a ten (10) month (partial year) position. If unable to obtain applicants at LHN II level, the agency may then consider filling position with a LHN I.  
**General Duties include:** This position serves under the direction of the Nurse Supervisor of the local health department. Responsibilities for this position include, but are not limited to: perform work with increasing independence and may assume minimal mentoring of LHN I nurses. Conduct nursing assessment for students, families and school personnel as appropriate using PHPR service guidelines. Develop and implement a plan of care based upon identified health risks. Provide basic nursing care to the client consistent with the PHPR, Nursing Scope and Standards of Practice. Establish policies, procedures and licensing laws. Document services provided to the client according to standards of the PHPR and Administrative Reference (AR). Maintain confidentiality and privacy according to guidelines. Work closely with school interdisciplinary team and apply problem solving strategies to accomplish job tasks. Participate in specialized or program specific clinics. Participate in educational counseling and teaching activities for individual students and educators. May assist coordinator of a specific program and offer mentoring to staff.  
**Minimum Education, Training or Experience for LHN II:** See special requirements and one (1) year of Registered Nurse (RN) experience.  
**Substitution for Education, Training or Experience:** BSN or Masters Degree in Nursing, Nursing Administration, Nursing Education or Public Health may substitute for one (1) year of experience.  
**Special Requirements:** (Age, Licensure, Regulation, Etc.) Must have RN license in Kentucky or compact state.  
**Starting Salary:** \$14.78/hr (Grade 18)

### Minimum Education, Training or Experience for LHN I:

See special requirements.  
**Special Requirements:** (Age, Licensure, Regulation, Etc.) Must have RN license in Kentucky or compact state or provisional license in Kentucky; meet all requirements of KRS 314.041 and approval to practice as Registered Nurse Applicant (RNA).  
**Starting Salary:** \$12.15/hr (Grade 15)  
**Applications** may be obtained at the Cumberland Valley District Health Department, P.O. Box 158, 470 Manchester Square Shopping Center, Suite 200, Manchester, KY 40962 (606) 598-5564 or the local health department or <http://chfs.ky.gov/dph/lhdapp.htm>  
 Completed application and transcript must be returned by close of business on Monday, January 12, 2015 to Cumberland Valley District Health Department in Manchester. **Applications will be accepted past the deadline date for both classifications for future and ongoing position vacancies as they occur.**  
**Resume will not substitute for completed application.**  
 Equal Opportunity Employer  
 Applicants in this classification will be required to submit to a drug screening test and background check.



**Professional Services**

**Hayes Gravel Hauling and Spreading.** 256-4695 or 859-544-7730. 47x7p

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

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

**Wanted**

**Wanted to Buy:** TV Antenna Tower sections, 30' to 50'. Call 606-256-1783. 52x2

**Wanted To Buy:** Your antiques and collectibles. Antique glassware, furniture, quilts, all types of military items, clocks, watches (working or not), pocket watches and wrist watch parts, pocket knives, coins and paper money. All types

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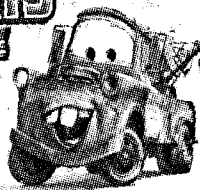
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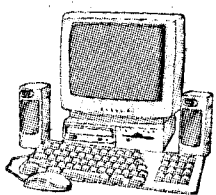
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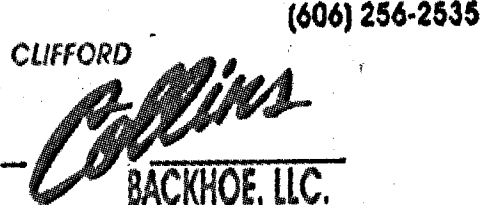
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**Thinking About Cleaning Your Carpet? Some things to think about...**

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

Test results from Consumer Report, 2008.

**Option 1: Steam Cleaning-How does it work?**

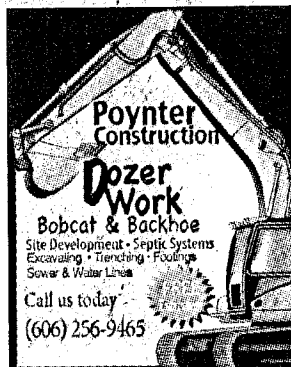
A. Steam Cleaners saturate your carpet and floor pad with hot (150° degree) soapy water containing lye and bleach to help dissolve stains. B. After your carpet reaches its maximum saturation point the solution is then extracted by means of a commercial shop vacuum. The results: Removes less than 20% 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, shorting the life of your carpet. Carpet manufacturers recommend that you do not steam clean carpets.

**Option 2: Dry Foam-How does it work?**

C. Carpet fibers are agitated with carpet combs to separate the fibers loosening dirt particles, which are then dry cleaned with an industrial strength vacuum. D. The carpet is then shampooed with horse hair brushes using Dry-Foam lather, a solution that contains six different cleaners and fabric softener, color brightener, deodorizer, disinfectant, crystalline agent, scotch guard, & degreaser. Does not contain lye or bleach. E. Carpet fibers are then groomed to fluff up worn walk areas to give a uniform look to the carpet. The results: Removes over 90% of carpet soil. Rejuvenates and brightens colors and patterns of carpets. Drying times is less than 2 hours. Floor pads remain dry-Fabric Softener makes carpets soft again. Promoting the life of the carpet. Carpet manufacturers recommend Dry Foam to clean Carpets.

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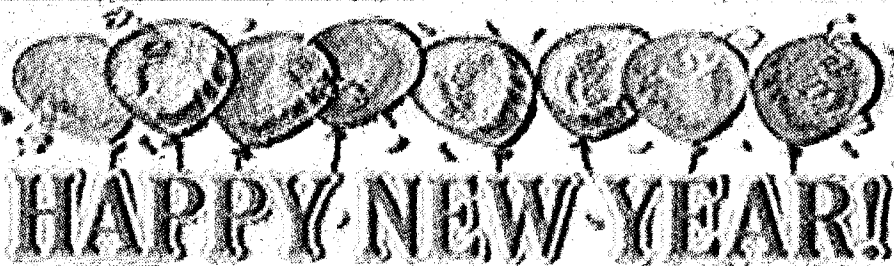
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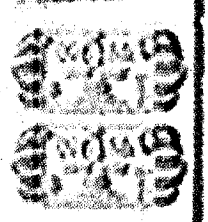
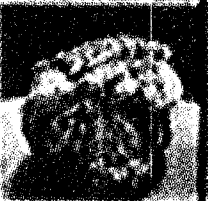
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# HEALTH *signal*



ROCKCASTLE  
REGIONAL  
HOSPITAL & RESPIRATORY CARE CENTER

Breathing *Life* into healthcare



Ed Talbott, pharmacist  
at Rockcastle Professional  
Pharmacy, racing in the  
Louisville Ironman 140.6.  
Read his story on page 3.

Winter 2014/2015

Vol. 10 Issue 4





# ROCKCASTLE REGIONAL HOSPITAL ■ RESPIRATORY CARE CENTER

### About Us

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

### Mission

Rockcastle Regional Hospital and Respiratory Care Center is a family-oriented team of healthcare professionals dedicated to delivering the highest quality of care to those we serve.

### Vision

Rockcastle Regional Hospital and Respiratory Care Center's vision is to be the hospital of choice for healthcare in Rockcastle County and surrounding areas and to be the facility of choice nationwide for ventilator care.

### Values

We value excellence, friendliness, compassion, cleanliness and our commitment to our community.

### Accreditation

All Rockcastle Regional Hospital and Respiratory Care Center facilities and programs are accredited by The Joint Commission.

### Referral Contact

Carolyn Browning (606) 256-7757

### Professional Association Memberships and Other Affiliations

- American Association of Respiratory Care
- American Health Care Association
- American Hospital Association
- Kentucky Association of Health Care Facilities
- Kentucky Hospital Association
- Kentucky Medical Association
- National Patient Safety Foundation
- UK HealthCare Network Affiliate—Markey Cancer Center
- UK HealthCare Network Affiliate—Comprehensive Stroke Program
- UK HealthCare Partnership—Gill Heart Institute
- UK HealthCare Partnership—Kentucky Neuroscience Institute

### Speakers Bureau

We are pleased to present information about healthcare and healthcare professions to the public. To schedule a speaker for your school, business, civic, healthcare or government organization, call Arielle Estes (606) 256-7880.

### Leadership

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

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

Debra H. Lambert  
Jeffrey T. Burdette

### Executive Management

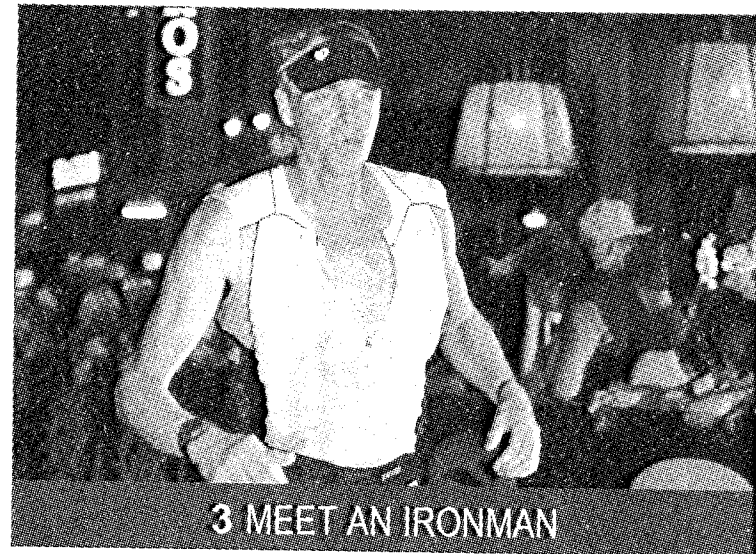
Stephen A. Estes, President/CEO  
Cynthia D. Burton, RN, Chief Nursing Officer  
C. Nicholas Bastin, Controller

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

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

Jana Bray, Director  
Susan Turley, Designer

## FEATURES



3 MEET AN IRONMAN



8 Be smoke-free in 2015



11 No time for exercise?

6 Wellness Center fitness classes

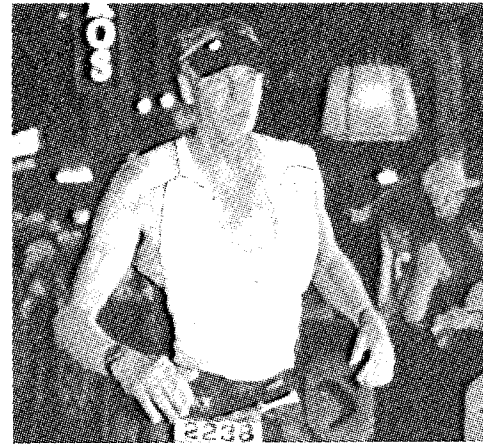
10 Get up, get moving

11 Listen up, ladies

14 Lifeline Home Health recognized

15 New faces at Rockcastle Regional





## Couch to **IRONMAN**

By Kayla Rowe, Community Relations Assistant

In February 2012, Rockcastle Regional Hospital hosted Couch to 5K, a free program to the community which encouraged individuals who were not very physically active to “get up off the couch” and start running. In attendance that night was Rockcastle Regional pharmacist, Ed Talbott.

At this point in time, Ed had let himself reach the highest weight of his life, his blood pressure was inching up, and he wasn't happy with how he looked in the mirror. “I didn't know attending Rockcastle Regional Hospital's Couch to 5K program would eventually lead me to one of the biggest accomplishments of my life,” said Ed.

The Couch to 5K program featured expert speakers such as physical therapists, dietitians and running specialists. The participants were given printouts, planning schedules and diet tips to help them on their journey. The goal at the end of the program was to complete a 5K run (3.1 miles). Most of the attendees were getting little to no activity at the start of the program, so a goal of running of 5K might have seemed like an unreachable goal.

For his first race he turned to Rockcastle Regional's County-wide Stride Race Series. He reviewed the program's race calendar and set his sights on the popular Run, Bike or Hike - a duathlon consisting of a 5K run, a 16 mile bike

ride, and followed by a 2-mile run. Ed had five months to train for this race and he knew major lifestyle changes had to be made. He began running more, riding his new bike, and starting a new diet. Leading up to the Run, Bike or Hike, he began monitoring his workouts and weights each day to prepare for the biggest physical challenge thus far in his life. Ed completed the Run, Bike or Hike in August 2012 as a healthier and fitter version of himself – now 24 pounds lighter than when he began training in February.

Ed was now hooked. He then set a new goal of competing in his first triathlon. He competed in the Atomic Man Half Ironman 70.3 in September 2013. Ed was unstoppable. Next on his list, was a Full Ironman, consisting of a 2.4 mile swim, a 112 mile bike ride, and followed by a 26.2 mile run. To prepare for the Ironman, Ed competed in the Knoxville Marathon, the Cove Trail Marathon, and the Munice Half Ironman 70.3. He was pushing all of his limits by competing in his longest swim, longest bike ride, and adding in a marathon all in the same day.

Sunday, August 24, 2014 had arrived - the day of the Louisville Ironman 140.6. Ed began his day at 3:00 am with a drive to Louisville,

found a parking spot and lined up with 2,000 other triathletes to start the race. He began by swimming in the Ohio River, though he struggled at first, he made the time cut-off and began the biking portion. During previous races, Ed had struggled with cramping so he was prepared with plenty of water and electrolytes. He finished the cycling portion with an average speed of 17 mph and then it was time for the marathon.

After running about 2 miles, Ed began to get blisters on his feet. This was a crucial moment. He had to make the decision to either keep running, making the blisters worse, or complete the marathon at a fast walk. “I chose to complete the marathon as a long fast walk,” said Ed. “This was the only way I could be guaranteed to finish my first, and only Ironman event.”

Despite the blisters, while approaching the end of the race, Ed developed enough determination to finish while running. When crossing the finish line he heard the words he had worked so hard for, “Ed Talbott – you are an Ironman!”

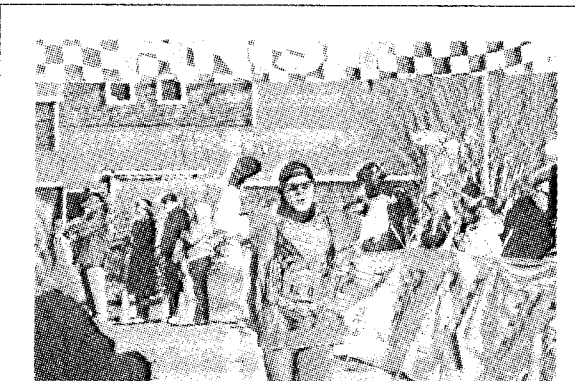
Ed was able to complete one of the toughest endurance events in the world at age 50. He has earned the right to forever call himself an Ironman – and it all started with a Couch to 5K.

**An Ironman event consists of:**  
Swim 2.4 miles  
Bike 112 miles  
Run 26.2 miles



2014 County-Wide Stride run/walk series

# A look back at 2014



## 2014 Race Recap

**January • Snowball Express 2-miler**  
220 participants • \$2,508 to Relay for Life

**February • 4K for Heart Health**  
158 participants • \$862 to WHAS Crusade for Children

**March • St. Patrick's Day 5K**  
149 participants • \$1,080 to March of Dimes

**April • Fairview Run for Missions 5K**  
184 participants • \$2,700 to Missions in Russia

**May • Brodhead Hustle 5K run/2M walk**  
105 participants • \$503 to Brodhead Homecoming Committee

**June • Fit Family Run**  
86 participants • Food donations for CAP Grateful Bread Food Pantry

**July • Rockcastle 5-miler**  
119 participants • \$679 to Alzheimer's Association

**August • Run, Bike or Hike**  
158 participants • \$715 to The Hope Fund

**August • Livingston Leap 2-miler**  
109 participants • \$447 to Livingston Homecoming Committee

**October • Bittersweet 5K**  
159 participants • \$600 in free registrations for RCHS student athletes

**November • Renfro Rock N' Run**  
405 participants • \$4,000 to CAP Grateful Bread Food Pantry and Rockcastle County's Girls on the Run program

**December • 11th annual Jingle Bell 6K**  
145 participants • \$700 to Miracle Fund for respiratory care residents at Rockcastle Regional



# Hit your *Stride* in 2015

**G**et set for the 2015 County-Wide Stride run/walk series. This year's series once again features **12** events throughout Rockcastle County!

## WHAT'S IN IT FOR YOU:

**Up for seven?** Complete 7 races for a long-sleeved dri-fit County-wide Stride shirt.

**Try for 10!** Complete 10 races for a dri-fit shirt and a \$25 gift certificate to John's Run Walk Shop.

**Do the dozen!** All 12 races for dri-fit shirt, \$25 gift card from John's Run Walk Shop, and a personalized commemorative plaque.



## 2015 Race Schedule

**Snowball Express 2-miler**  
January 25

**4K for Heart Health**  
February 21

**St. Patrick's Day 5K**  
March 15

**Fairview Run for Missions 5K**  
April 25

**Brodhead Hustle 5K run/2M walk**  
May 23

**Fit Family Run**  
June 18

**Rockcastle 5-miler**  
July 11

**Run, Bike or Hike**  
August 22

**Livingston Leap 2-miler**  
September 5

**Bittersweet 5K**  
October 3

**Renfro Rock N' Run**  
November 14

**12th annual Jingle Bell 6K**  
December 5

For complete race details and registration information visit [rockcastleregional.org/race](http://rockcastleregional.org/race)



# The Wellness Center

## Meet the instructors



**REBEKAH ARVIN** teaches Trifecta. She is certified in kick-boxing and step. Rebekah has taught classes for years and began in the Wellness Center in January 2014.



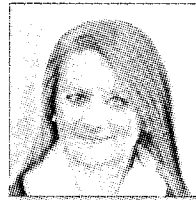
**LINDSAY GABBARD** teaches PILOXING. Lindsay is a certified PILOXING instructor, certified personal trainer through American College of Sports Medicine, and registered dietitian. She has been teaching PILOXING since September 2012.



**ANGIE THOMAS** teaches Zumba and BUTI Yoga with her sister, Carol Winstead. Angie is certified in Zumba, Zumba Toning, and BUTI Yoga. Both Carol and Angie have been instructing Zumba classes since 2011 and BUTI Yoga since January 2014.



**JAMIE ELLISON** teaches spin. She is certified by IFA in aerobics and personal training. She has been teaching spin since 2012.



**CHELSEA PAYNE** teaches SilverSneakers® and Rockin' Fit Kids. Chelsea is a certified personal trainer and has worked in the Wellness Center since April 2013.



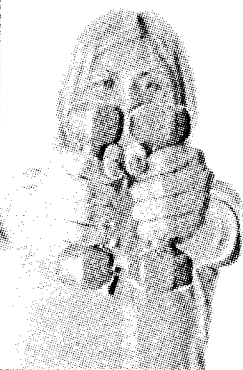
**CAROL WINSTEAD** teaches Zumba and BUTI Yoga together with her sister, Angie Thomas. Carol is certified in Zumba, Zumba Toning, and BUTI Yoga. Both Carol and Angie have been instructing Zumba classes since 2011 and BUTI Yoga since January 2014.



**CHRISTOPHER FRITH** teaches Karate. He is a fourth degree black belt in Shotokan Karate and a black belt in Aki-Ju-Kan-Do. Christopher has taught Karate since 1990.

*Are you a certified fitness instructor? Interested in holding classes at the Wellness Center? Contact Kayla Rowe at (606)256-7767.*

## Weekly Class Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>View the current class calendar online at <a href="http://rockcastleregional.org/wellnesscenter">rockcastleregional.org/wellnesscenter</a></i></p> 	<p><b>Silver Sneakers</b> 9:00-10 am</p> <p><b>Rockin' Fit Kid's</b> 3:45-4:30 pm</p> <p><b>Spin with Jamie</b> 4:45-5:45 pm</p> <p><b>Buti Yoga</b> 8:00-9:00 pm</p>	<p><b>Piloxing</b> 4:45-5:45 pm</p> <p><b>Karate</b> (ages 6-14) 6:00-7:00 pm</p> <p><b>Karate</b> (ages 15+) 7:00-8:00 pm</p> <p><b>Spin with Jamie</b> 7:00pm-8:00 pm</p> <p><b>Zumba/Zumba Toning</b> 8:00-9:00 pm</p>	<p><b>Silver Sneakers</b> 10:00-11:00 am</p> <p><b>Spin with Jamie</b> 3:45-4:45 pm</p> <p><b>Trifecta</b> 4:45-5:45 pm</p> <p><b>Buti Yoga</b> 7:00-8:00 pm</p>	<p><b>Rockin' Fit Kid's</b> 3:45-4:30 pm</p> <p><b>Piloxing</b> 4:45-5:45 pm</p> <p><b>Spin with Jamie</b> 5:00-6:00 pm</p> <p><b>Karate</b> (ages 6-14) 6:00-7:00 pm</p> <p><b>Karate</b> (ages 15+) 7:00-8:00 pm</p> <p><b>Zumba/Zumba Toning</b> 8:00-9:00 pm</p>	<p><b>Silver Sneakers</b> 10:00-11:00 am</p>	<p><b>Spin with Jamie</b> 9:00-10:00 am</p> <p><b>Trifecta</b> 10:15-11:15 am</p>



# at Rockcastle Regional

## Class Descriptions

### BUTI YOGA

The signature movements fuse elements from yoga, tribal dance, and plyometrics. This workout consists of a lot of hip movement, cardio drills, short dance sequences, as well as traditional yoga poses. The goal of BUTI workouts is to guide women through movement, nutrition, and wellness to support overall wellness.

### KARATE

Shotokan Karate is a Japanese style of martial arts. The main focus of the art is physical training for strength, flexibility, and power. This is all achieved by using proper form and technique. Classes are taught in a very traditional manner, requiring students to learn respect and self-discipline in addition to the physical aspect. New students are always welcome to try a month for **FREE!**

### PILOXING

Piloxing is an exciting fitness program that blends the best of pilates, boxing, and dance into a high-energy interval workout. Using the most current science, Piloxing incorporates formats, such as interval and barefoot training, to burn maximum calories and increase stamina. Piloxing uniquely blends the power, speed, and agility of boxing with the targeted sculpting and flexibility of pilates. Piloxing provides an excellent muscle-toning workout. Burn calories and build lean muscle!

### ROCKIN' FIT KID'S

Kids fitness classes for grades 3-5 on Mondays & Thursdays 3:45-4:30 p.m. Class includes aerobic activity, muscle & bone strengthening, and stretches. Exercises are to improve coordination, balance, strength and posture.

### SILVER SNEAKERS

A fun exercise program designed exclusively for older adults! This class helps improve general fitness, strength, flexibility, and balance. The program's social events provide a way to meet new friends within the community. Silver Sneakers is a fitness benefit of many leading insurance plans. Call 256-7767 to find out if your insurance plan covers the cost of the class.

### SPIN

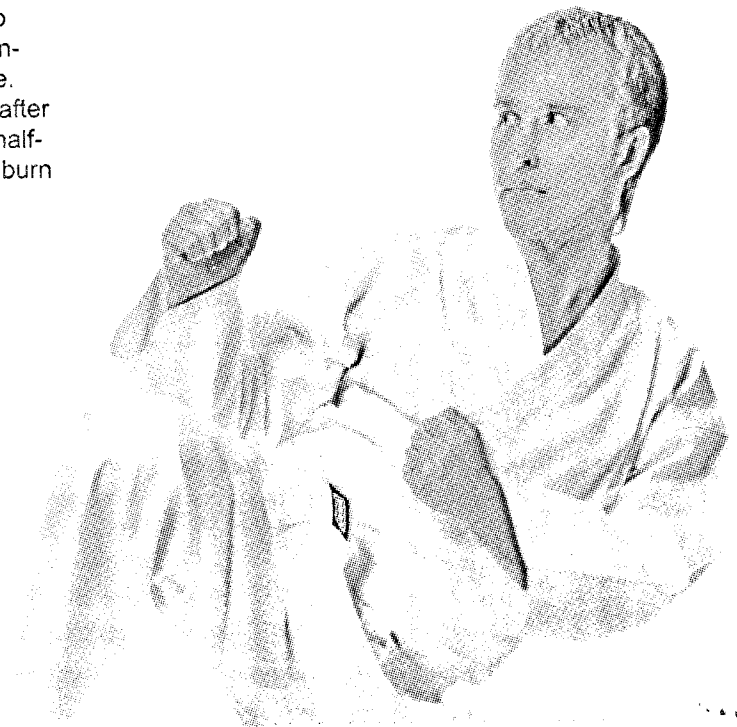
Spin is the best low impact cardio fitness available. This class is non-stop pedaling on a stationary bike. There's no impact on knees, but after class you will feel like you ran a half-marathon. You can guarantee to burn over 800 calories each workout.

### TRIFECTA

A body blasting workout where the routine is always different! Trifecta Training is a fusion of cardio endurance, strength training, and core work designed for a total body workout. It uses several types of equipment such as weights and stability balls during fun workouts made up of planks, abdominal strengthening, and more! This class will tone and tighten your body all while improving your strength.

### ZUMBA

A fun and energetic way to dance your way into shape! A total workout including cardio, muscle conditioning, balance, and flexibility! For all ages and fitness levels.



*All classes are held in the Wellness Center located on the 3rd floor of the Outpatient Services Center*



# Start your New Year...

## Smoking Cessation

### You *can* break the smoking habit

**A**t Rockcastle Regional Hospital & Respiratory Care Center, we are committed to all aspects of your health and are here for you; especially in your effort to become a nonsmoker. Wanting to become a nonsmoker is a wonderful decision and something that we are excited to help you achieve. If you are ready to take the best step toward your health and be finished with cigarettes for the rest of your life, Rockcastle Regional is here to help.

The journey from smoker to nonsmoker is not an easy road. Each year, thousands of people make the decision to become a nonsmoker and unfortunately, are not successful. Using the Cooper/Clayton

method to stop smoking, we will facilitate you in behavioral modification, nicotine replacement, and nicotine reduction to ultimately help you become a nonsmoker.

Rockcastle Regional is sponsoring a free Cooper/Clayton Method to Stop Smoking program for the community beginning Tuesday, January 6, 2015.

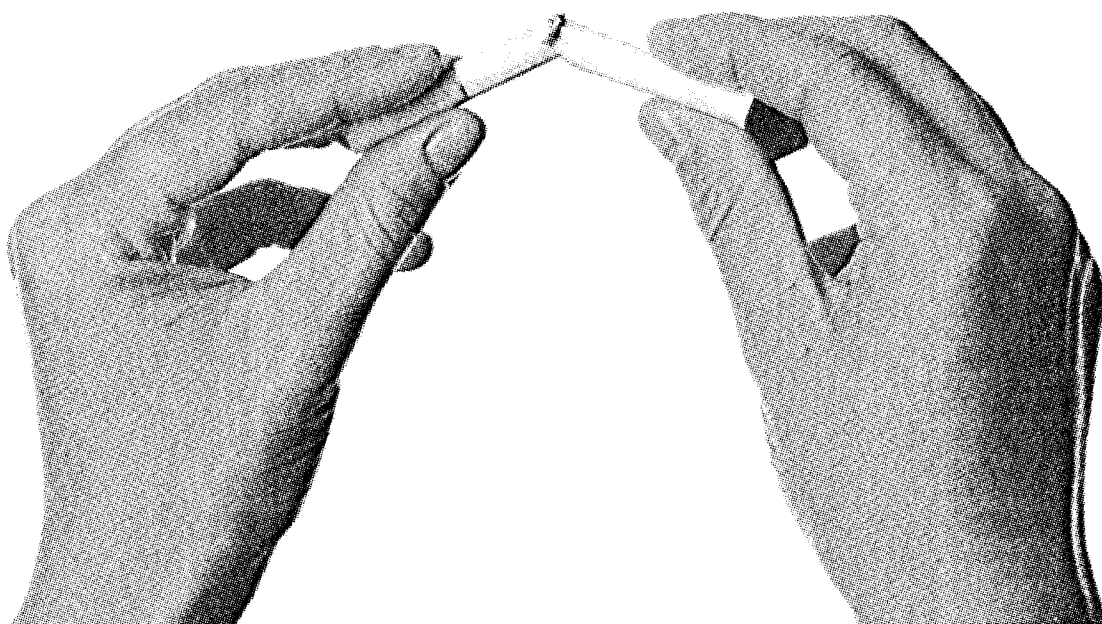
Led by trained facilitators Rodney Weaver and Morgan Kincer, the Cooper/Clayton Method is a comprehensive 13-week group support program that uses proven methods to help people stop smoking. The program involves nicotine replacement products including gum, patches, lozenges, education sessions, and group support.

Participants will learn how to choose the nicotine replacement product best suited for them and how to remain tobacco-free through nutrition, exercise, and other strategies.

Classes and nicotine replacement therapy are free thanks to a grant provided by the Agency for Substance Abuse & Prevention.

Classes begin Tuesday, January 6, 2015 and continue each Tuesday from 6:00 PM to 7:00 PM at Rockcastle Regional Hospital in the Large Conference Room.

**For more information or to register, call Morgan at 256-7704 or Rodney at 256-2195 ext. 5088. Walk-ins are always welcome.**



#### WHEN SMOKERS QUIT – WHAT ARE THE BENEFITS OVER TIME?

**20 minutes after quitting**

Your heart rate and blood pressure drop.

**12 hours after quitting**

The carbon monoxide level in your blood drops to normal.

**2 weeks to 3 months after quitting**

Your circulation improves and your lung function increases.

**1 to 9 months after quitting**

Coughing and shortness of breath decrease; cilia start to regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.

**1 year after quitting**

The excess risk of coronary heart disease is half that of a continuing smoker's.

*These are just a few of the benefits of quitting smoking for good. For complete list of benefits, visit [www.cancer.org](http://www.cancer.org) (American Cancer Society).*



# Smoke-Free

## E-Cigarettes

### Are e-cigarettes really a safer alternative?

A new year brings opportunity for a fresh start. Many New Year's Resolutions include some sort of self-improvement plan like deciding to stop smoking. With e-cigarettes rising in popularity, it may seem like an easy transition or first step in the journey to become smoke-free. Before you decide to switch to the claimed "safer" alternative, take some time to review the facts.

#### Thinking of Switching to E-cigarettes?

*"It's not as dangerous as a cigarette."*

*"It tastes like gummy bears."*

E-cigarettes have swept the nation, state, and Rockcastle County as a result of both their accessibility and current advertising. E-cigarette companies market their product by encouraging traditional cigarette users to consider switching to their new "safer" alternative. Many smokers are excited to stop using cigarettes and proudly boast their decision to *vape* to their friends, family, and even health care providers. With this relatively new form of nicotine delivery, it is important to review the facts and science-based research on these products.

#### The Design and Operation of E-Cigarettes

E-cigarettes are battery-powered devices that have cartridges or refillable

tanks containing a liquid mixture composed of propylene glycol and/or glycerol and nicotine, as well as flavorings (gummy bear) and other chemicals. During use, inhalation activates a pressure-sensitive circuit that heats the atomizer and turns the liquid into an aerosol that is inhaled by the user through the mouthpiece and exhaled as a fine mist. Some e-cigarettes have buttons that allow the user to manually activate the heating element. The proponents of e-cigarettes maintain that these products mimic a traditional cigarette while delivering nicotine – thus the draw for the average smoker.

As of early 2014, there were 466 brands and 7,764 unique flavors of e-cigarette products. Regardless of type, there are three basic e-cigarette components: a battery, an e-liquid-containing cartridge, and an atomizer - or a vaporization chamber with heating element. Ongoing product development and evolution are likely to continue, and therefore, understanding what you are exposing your body to is of the utmost importance with regards to personal health.

Because of this ever-changing product, the uncontrolled development of e-cigarettes makes it extremely difficult to assess the

full impact they have on a person's health, for both the short and long-term. Long story short, e-cigarettes are so new and so understudied, we have no idea what types of long-term damage will result as a byproduct of their use.

#### E-Cigarettes as a Cessation Aid

For those who are currently using e-Cigarettes as a tool to quit smoking, it is important to know that there is no proven research to support their effectiveness as an aid for smoking cessation.

"I consider the choice to quit smoking and start using e-cigarettes like a diet," said Morgan Kincer, certified Cooper/Clayton

facilitator and employee wellness coordinator at Rockcastle Regional Hospital. "Instead of choosing to eat cheeseburgers, you switch to donuts. Not exactly a *better* choice, right?"

"When someone shares with me that they use e-cigarettes, this tells me that they are not 100% okay with smoking traditional cigarettes. If you are trying to quit smoking, please know there is a better way. Safe and medically-proven cessation methods do exist – and I want to help you begin that journey, and support you all along the way."

*Long story short, e-cigarettes are so new and so understudied, we have no idea what types of long-term damage will result as a byproduct of their use.*



[ YOUR HEALTH ]

# Get up, get moving



*About 80 percent of Americans don't make exercise a regular habit...*

## 5 Steps to Loving Exercise ... Or At Least Not Hating It

**W**e all know the benefits of regular physical activity – increased energy, better cardiovascular health, reducing the risk of heart disease and stroke and looking more svelte.

But about 80 percent of Americans don't make exercise a regular habit, and, according to a 2012 American Heart Association website survey, 14 percent say they don't like exercise.

So how do you overcome an exercise aversion? Here are some tips to help you incorporate exercise into your life – and maybe even learn to like it.

**1 Exercise That Suits You.** Find an exercise that best fits your personality. If you are a social person, do something that engages you socially – take a group exercise class, join a kickball team or walk with a group of friends. Or, if you prefer having time alone, walking or jogging solo might be a better fit for you. Finding a peer group is the perfect way to connect with others who share your goals, lifestyles, schedules and hobbies.

**2 Make it a Habit.** It can take a little while for something to become a habit, so give yourself the time to create a regular routine. One way is to try to exercise around the same time each day. Exercise can become addictive in a positive way. Once it becomes a habit, you'll notice when you aren't doing something.

**3 Build Exercise Into Your Lifestyle.** Be honest with yourself. If you don't live close to a gym, it may be harder to become a habit for you. Likewise, if you are not a morning person, don't

plan on somehow getting up at the crack of dawn to make a boot camp class. The key is building activity into your lifestyle so it is not disruptive.

There are many ways to fit exercise into your life, and it doesn't mean you have to make a big financial investment.

You can borrow exercise videos from the library or DVR an exercise program. Do weight or resistance training with items around your home (for example, use canned goods as light weights). Walking is great option, as well. The only investment is a good pair of shoes.

**4 Do Bouts of Exercise.** It's OK to break up your physical activity into smaller segments. The American Heart Association recommends 30 minutes a day of exercise most days, but if that sounds overwhelming, try three 10-minute workout sessions.

You could do a quick calisthenics routine when you wake up, take a brief walk after lunch at work and, if you commute with public transportation, get off a stop earlier and walk the rest of the way.

**5 Keep Going.** If you miss a day or a workout, don't worry about it. Everybody struggles once in a while. Just make sure you get back at it the next day. It doesn't take too long to get back on track. It's easy to make something a habit again. You will see same benefits before. Any little bit you can fit in will show benefits.

*Safety is always a top priority at Rockcastle Regional Hospital. So before beginning any new exercise regimen, please first consult your doctor. Let this be the first step in becoming a healthier version of YOU!*



## [ YOUR HEALTH ]

*No time to exercise?*

## 10 Easy and fun tips to find 30 minutes to move more every day

**Y**ou found your keys. You found the motivation to clean out your closet. Now you've got to find 30 minutes in your day to get physically active — and there are plenty of easy, no-cost ways to do it.

Think you don't have time? You don't have to do all 30 minutes at once.

**You can even get heart-healthy benefits if you divide your time into two or three 10- to 15-minute segments a day.**

**TIPS FOR GETTING ACTIVE:**

**1. Get out the leash and walk your dog.** It's a great activity for both man and man's best friend. Your heart — and your pooch — will thank you!

**2. Take your child for a brisk walk.** It's an excellent way to get some one-on-one time (or one-on-three, depending on the size of your brood.) Spice up your routine by exploring new neighborhoods or turning your walk into a scavenger hunt.

**3. Mall walk.** Are you sweating (or shivering) at the idea of walking outside? Take a brisk stroll around your local mall instead. Window shop, people watch and give your heart a workout in a climate-controlled environment.

**4. Join a team.** Pick an activity you love and round up some friends. Team sports can be fun — and keep you motivated and accountable.

**5. Walk and talk.** Even if you're glued to your phone for work calls, you don't have to be glued to your seat. Make it a habit to talk and walk. Some workplaces have walking paths to make it even easier to burn while you earn.



**6. Tune into fitness during TV time.** Reject your inner couch potato. Walk, jog in place or use the treadmill at the gym while you watch your favorite 30-minute show.

**7. Park and walk.** How many times have you circled the parking lot to find "the" spot? Spare yourself the stress and gain more energy by parking far away (or even in a remote lot) and walking farther to your destination.

**8. Take the stairs.** The elevator may go up — but it doesn't make your heart rate climb. Take the stairs instead. You may huff and puff at first, but over time, your body will thank you.

**9. Dance!** Do it in a ballroom, at a club or even in your living room. You'll burn calories and gain a new hobby.

**10. Skip the cake, say goodbye to pie and take a walk after dinner.** You'll get a reward that's sweeter than dessert: more family time.

*If these ideas don't work for you, find something that you enjoy. Ditching the excuses can be the first step to a healthier you. Of course, if you have an injury, talk to your doctor first to see if there's a low-impact exercise you can do or find out if you should wait until you're healed.*



## [ YOUR HEALTH ]

*Listen up, ladies*

## January is Cervical Cancer Awareness Month

**C**ervical cancer was once one of the most common causes of cancer death for American women. But over the last 30 years, the cervical cancer death rate has gone down by more than 50%. The main reason for this change was the increased use of the Pap test. This screening procedure can find changes in the cervix before cancer develops. It can also find cervical cancer early – in its most curable stage.

Cervical cancer tends to occur in midlife. Most cases are found in women younger than 50 and rarely

develops in women younger than 20. Many older women do not realize that the risk of developing cervical cancer is still present as they age. More than 15% of cervical cancer cases are found in women over 65. However, these cancers rarely occur in women who have been getting regular tests to screen for cervical cancer before they were 65.

**What are the risk factors for cervical cancer?**

**Human papilloma virus (HPV) infection** - HPVs are a group of more than 150 related viruses. HPVs are called papilloma viruses because some of the HPV types cause warts or papillomas, which are non-cancerous tumors. But some types of HPV are known for causing cancer, especially of the cervix.

**Smoking** – Women who smoke are about twice as likely as non-smokers to get cervical cancer.

**Immunosuppression** – HIV, the virus that causes AIDS, damages the immune system and puts women at higher risk for HPV infection.

This might, in part, explain the increased risk of cervical cancer

in women with AIDS.

**Chlamydia infection** – Chlamydia is a relatively common kind of bacteria that can infect the reproductive system.

**A diet low in fruits and vegetables** – Women whose diets don't include enough fruits and vegetables may be at increased risk for cervical cancer.

**Being overweight** – Overweight women are more likely to develop adenocarcinoma of the cervix.

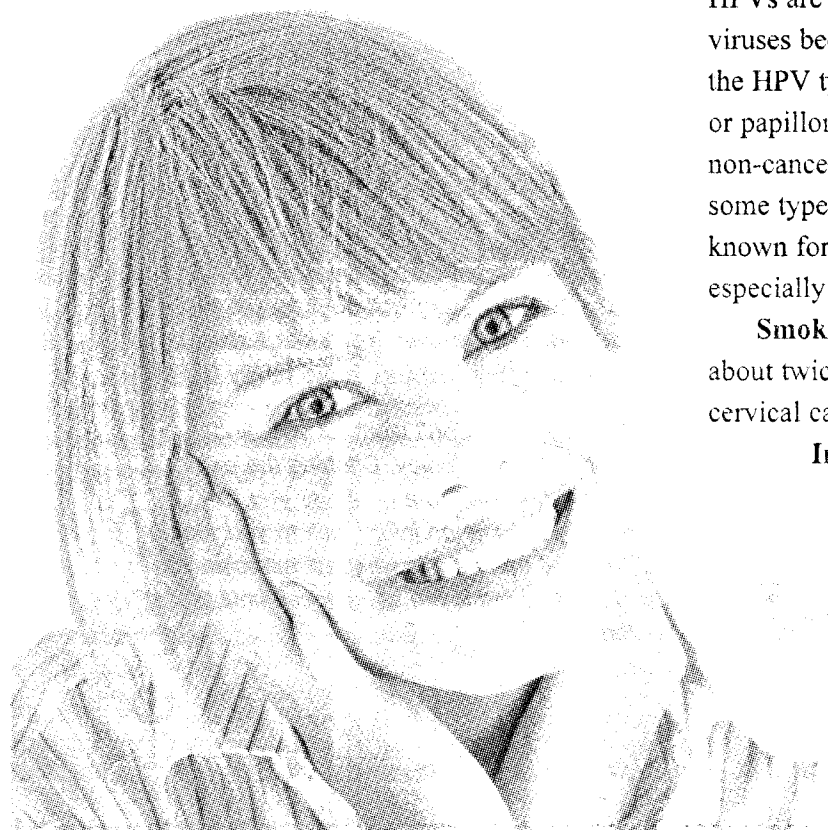
**Long-term use of oral contraceptives (birth control pills)** – Research suggests that the risk of cervical cancer goes up the longer a woman takes OCs, but the risk goes back down again after the OCs are stopped.

**Intrauterine device use** – A study found that women who had ever used an intrauterine device (IUD) had a lower risk of cervical cancer. While using an IUD might lower the risk of cervical and endometrial cancer, they still carry their own set of risks. Talk to your women's health care provider for more information.

**Having multiple full-term pregnancies** – Women who have had 3 or more full-term pregnancies have an increased risk of developing cervical cancer. No one really knows why this is true. Some studies have pointed to hormonal changes during pregnancy as possibly making women more susceptible to HPV infection or cancer growth.

**Being younger than 17 at your first full-term pregnancy** – Women who were younger than 17 when they had their first full-term pregnancy are almost two times

*Screenings can help find cancer early, in its most curable stage.*



## [ YOUR HEALTH ]

more likely to get cervical cancer later in life than women who waited to get pregnant until they were 25 years or older.

**Poverty** – Many women with low incomes do not have ready access to adequate health care services, particularly routine preventive exams and Pap tests.

### Can cervical cancer be found early?

The best way to find cervical cancer is to have regular screening with a Pap test (which may be combined with a test for human papilloma virus or HPV).

### Are there any early signs or symptoms of cervical cancer?

Women with early cervical cancers and pre-cancers usually have no symptoms. Symptoms often do not begin until the cancer becomes invasive and grows into nearby tissue.

### Does having a family history of cervical cancer increase risk?

Cervical cancer may run in some families. If a woman's mother or sister had cervical cancer, her chances of developing the disease are two to three times higher than if no one in the family had it. Some researchers suspect some instances of this familial tendency are caused by an inherited condition that makes some women less able to fight off HPV infection than others.

In other instances, women from the same family as a patient already diagnosed could be more likely to have one or more of the other non-genetic risk factors.

### Do women who have been vaccinated against HPV still need Pap tests?

Yes. At this time there are two vaccines available to help prevent certain types of HPV and some of the cancers linked to those types. Females who get vaccinated will still need to be tested regularly for cervical cancer because the vaccines do not prevent all types of HPV that can cause cervical cancer.

Source: American Cancer Society

## Women's health services at Rockcastle Regional



Ruth Lane, APRN

**R**uth Lane has been providing care in Rockcastle County since 1989. She worked at Rockcastle County Health Department for 25 years, mainly in women's health and cancer screenings. In November 2013, Ruth began working at Rockcastle Regional Hospital as she felt that she could still continue caring for patients in Rockcastle County in a part-time capacity.

"I enjoy the interaction with my female patients," said Ruth. "I feel that I can provide an even greater

sense of comfort being a female provider."

Ruth earned her undergraduate degree from Eastern Kentucky University. She also earned an advanced diploma in Women's Health from Emory School of Medicine.

Ruth now sees patients on the third floor of the medical arts building. Appointments are available on the second and fourth Wednesday of every month. If you would like to schedule an appointment with Ruth, please call (606) 256-4148, extension 4300.





## Lifeline Rockcastle Home Health receives recognition

**L**ifeline Rockcastle Home Health was recognized as a 2014 HomeCare Elite agency by National Research Corporation and DecisionHealth. This annual list is a recognition of the top-performing home health agencies in the United States.

HomeCare Elite identifies the top 25% of all Medicare-certified agencies. Out of the 9,996 agencies considered, 2,501 were given the elite status. Also recognized are the top 100 and 500 agencies overall. Not only was Lifeline Rockcastle

Home Health named to this prestigious list, they were also among the top 500.

Winners are ranked by an analysis of publicly available performance measures in quality outcomes, best practices, patient experience (HCAHPS), quali-

ty improvement and consistency, and financial performance. The domains are combined into one overall score, giving the greatest importance to quality of care.

In 2013, Lifeline Rockcastle achieved the top 25% percent and named an elite agency. With that achievement, the team wanted to take it even further. Over the next year, they focused on certain areas with targeted best practice

implemen-  
tation. The  
primary focus  
was on acute  
care hospital-  
izations and  
readmissions by

increasing patient visits for those recently discharged from the hospital. The goal was to visit 20% of patients, one which they exceeded with a rate of 35%. Other areas of focus were the increased utilization of occupational therapy ser-

vices to improve patients' shortness of breath. The third area of focus was on the HCAHPS domain of patient medication education. The team analyzed their current process and made tweaks such as not just educating patients on their new medications, but including a re-education of all existing medications as well.

"Our goal now is to make it to the top 100 list for 2015," said Brenda Rainwater, RN, BSN, director of nursing at Lifeline Rockcastle Home Health. "We are a top performing agency and will continue to be because of who we are as a team. We get along and we work together for our patients. This teamwork allows the flow of communication throughout our agency, ensuring that every patient is given the best care possible through a multidisciplinary approach."

For more information about Lifeline Rockcastle Home Health call (606) 256-1808.

*Lifeline*  
Rockcastle Home Health

## NEWS AND NOTES FROM OUR TEAM

### Kirby joins staff as social worker

Courtney Kirby began working at Rockcastle Regional Hospital in October as a medical social worker on the East unit of the Respiratory Care Center.

She received her Bachelor of Arts from Lindsey Wilson College in Columbia, KY. Courtney lives in Mt. Vernon with her son, Lavan.



Courtney Kirby

She enjoys working with the residents and their families to make their stay here as much like home as possible.

The teamwork environment at Rockcastle Regional makes the hospital a great place to work for Courtney. When she

isn't at work she enjoys spending time with her son and family.

### Stefan joins staff as registered dietitian

Olivia Stefan began working in the dietetics department at Rockcastle Regional Hospital in November as a registered dietitian.

Olivia received her Bachelor's degree from Berea College and her Masters in Community Nutrition from Eastern Kentucky University.



Olivia Stefan

In addition to her work at the hospital, she is involved in various activities at her church.

Olivia lives in Madison County with her husband and kids and enjoys cooking, baking, and reading. On a Saturday afternoon you could find Olivia

watching her boys play soccer or trying a new recipe.

## Are you interested in joining others in the fight against cancer?

Planning for the 2015 Rockcastle County Relay for Life have begun and many fun activities are getting ready to start back up.

If you are interested in forming a team, or would like to join an existing team, please contact Rockcastle County Relay for Life community chairperson Melissa Brock for more information at 256-7703 or [m.brock@rhrcc.org](mailto:m.brock@rhrcc.org).



## ROCKCASTLE REGIONAL

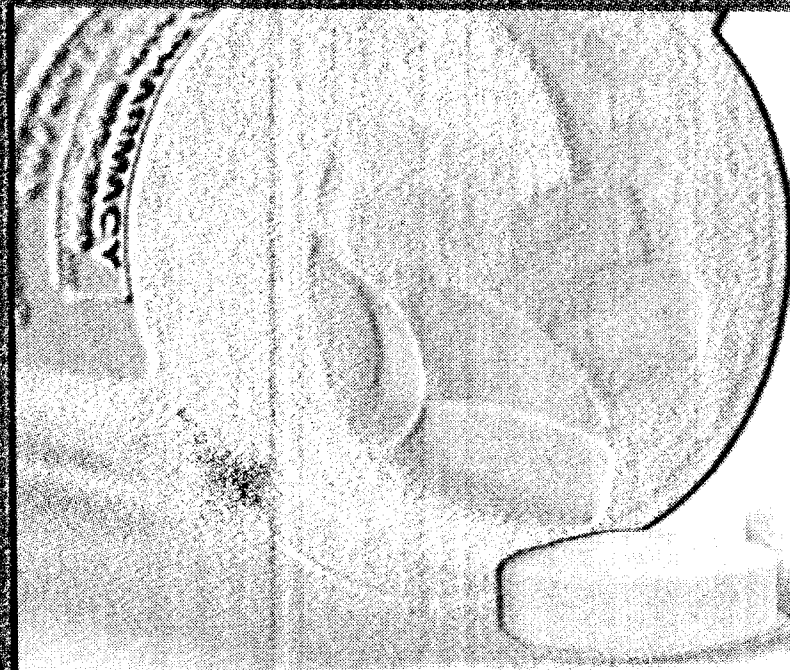
### Physicians Based in Rockcastle County

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

### Visiting Physicians

Melina Aguinaga-Meza, M.D.	Cardiology
Paul Ariaya, M.D.	Cardiology
Michael Anstead, M.D.	Pulmonology
Susanne Arnold, M.D.	Oncology
Azhar Aslam, M.D.	Cardiology
Louis Bezold, M.D.	Pediatric Cardiology
David C. Booth, M.D.	Cardiology
Ketan Buch, M.D.	Pulmonology
Lee Cain, O.D.	Optometry
Charles Campbell, M.D.	Cardiology
Jamie Carter-Settles, D.P.M.	Podiatry
Jennifer Chadwell, D.M.D.	Dentistry
Mara C. Chambers, M.D.	Oncology
Aftab Chishti, M.D.	Pediatric Nephrology
Brett T. Comer, M.D.	Otolaryngology
James K. Crager, M.D.	Cardiology
Kristopher Cumbermack, M.D.	Pediatric Cardiology
W. Lisle Dalton, M.D.	Gynecology
Anna Christina Dela Cruz, M.D.	Gastroenterology
John M. Draus, M.D.	Pediatric Surgery
David Escalante, M.D.	Endocrinology
Deborah R. Flomenhoft, M.D.	Pediatric Gastroenterology
Beatriz Y. Hanaoka, M.D.	Rheumatology
Amy Hessler, D.O.	Neurology
Thomas W. Howard, M.D.	Rheumatology
James Huffman, M.D.	Ophthalmology
Mark Huffman, M.D.	Ophthalmology
Joseph A. Iacono, M.D.	Pediatric Surgery
Mary Ireland, M.D.	Orthopaedic Surgery
Dennie V. Jones, M.D.	Hematology/Medical Oncology
Heather Jones, M.D.	Podiatry
Michael Jones, M.D.	Cardiology
Anna Kamp, M.D.	Pediatric Cardiology
Ashok Kanthawar, M.D.	Gastroenterology
Stefan Kiessling, M.D.	Pediatric Nephrology
Lisa Klein, M.D.	Pediatric Cardiology
Christian Knecht, M.D.	General Surgery
Paul K. Krestik, D.P.M.	Podiatry
Chelsen Larkey, L.P.C.A.	Counseling
Christian Lattermann, M.D.	Orthopaedic Surgery
Steve Leung, M.D.	Cardiology
Iraklis Livas, M.D.	Allergy/Immunology
Angela Mahan, M.D.	Cardio/Thoracic Surgery
Majd Makhoul, M.D.	Pediatric Cardiology
Anne P. Marshall, M.D.	Pathology/Cytopathology
Jeremiah Martin, M.D.	Cardio/Thoracic Surgery
Ashish P. Maskey, M.D.	Pulmonology
Rick R. McClure, M.D.	Cardiology
Adrian Messerli, M.D.	Cardiology
Amr A. E. Mohamed, M.D.	Nephrology
Gustavo Morales, M.D.	Cardiology
Timothy Mullett, M.D.	Thoracic Surgery
M. Elizabeth Oates, M.D.	Teleradiology
Douglas G. Owen, M.D.	Ophthalmology
Anthony Parenti, M.D.	Wound Care
William Robertson, M.D.	Nerve Study
Anthony Rogers, M.D.	Cardio/Thoracic Surgery
Edward Romond, M.D.	Hematology/Oncology
Sarah S. Rugg, M.D.	Cardiology
Sibu P. Saha, M.D.	Cardiothoracic Surgery
Cameron S. Schaeffer, M.D.	Pediatric Urology/Plastic Surgery
Douglas Schneider, M.D.	Pediatric Cardiology
Steven Shedlofsky, M.D.	Gastroenterology
Partha Sinha, M.D.	Teleradiology
Sean C. Skinner, M.D.	Pediatric Surgery
Susan Smyth, M.D.	Cardiology
Vincent L. Sorrell, M.D.	Cardiology
Mark Vranicar, M.D.	Pediatric Cardiology
Jonathan Webb, M.D.	Nephrology
Byron T. Westerfield, M.D.	Sleep Medicine
Thomas Whyne, M.D.	Cardiology
Greg Wheeler, M.D.	Neurosurgery
Denis Yalkut, M.D.	Urology
Frederick M. Zachman, M.D.	Gynecology





# MEDS-TO-BEDS

**WE BRING THE PHARMACY  
TO YOU.**

**I**f you ever find yourself as an acute care patient at Rockcastle Regional Hospital, ask your patient care staff to notify Meds-to-Beds when your discharge prescriptions have been written and signed. We will come to the floor to pick up the prescription orders.

You will not have to stop at the pharmacy on your way home. Our pharmacy staff will deliver your medicines to your bedside. We will handle any prescription insurance billing and collect the appropriate co-pays from you or a family member before you leave to go home.

Service available Monday-Friday 8:30 a.m. to 5:00 p.m. and Saturday 8:30 a.m. to 12:00 Noon. If you prefer to pick up your prescriptions, Rockcastle Professional Pharmacy is open Monday-Friday 8:30 a.m. to 7:00 p.m. and Saturday 8:30 to 1:00 p.m.

**ROCKCASTLE**  
**PROFESSIONAL PHARMACY**

**(606) 256-4613**