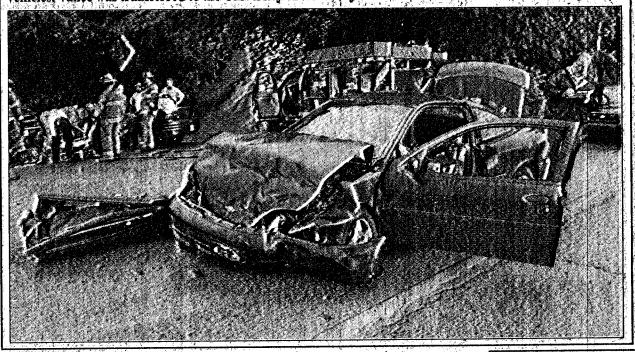
Serving Rockcastle County Since 1887

Mount Vernon, Kentucky 40456 - (606) 256-2244 Volume 129 • Number 28 .50 per copy

Thursday, July 9, 2015

A two vehicle crash on South Wilderness Road near Pine Hill Holiness Church sent two women to the hospital last Friday morning According to police, Brittany Vance of Mt. Vernon pulled her Pontiac Grand Am into the path of a Chevrolet Cavaller driven by Marie Ruppe, of Livingston. Both women had to be cut from their vehicles. Vance was transferred to the University of Kentucky Medical Center for treatment of her injuries.



guarantees protection to our

pastors and their churches."

a co-sponsor of House Bill

279, the so-named Reli-

gious Freedom Bill, during

the 2013 Regular Session.

HB 279, which the General

Assembly passed into law

over the veto of Governor

Steve Beshear, sought to

protect freedom of religion

as spelled out in the Bill of

Rights from any policies or

regulations passed by the

federal government that

would go against someone's

religious beliefs. Kentucky

is one of 19 states who have

passed Religious Freedom

(Cont. to A8)

Representative Shell was

## Livingston getting make-over with help of county and grant

By; Mike French

The City of Livingston is getting new sidewalks. thanks to an 80/20 grant from the Kentucky Transportation Cabinet, the efforts of Rockcastle County Judge Executive office and Livingston Mayor Jason

A grant, applied for by previous administrations and reestablished by Medley, was awarded this year, according to officials.

The project is expected. to cost \$323,257 with the Kentucky Transportation Cabinet providing 80% of that amount leaving \$64,651 as Livingston's 20% share and the fiscal court, under former County Judge/Executive Buzz Carloftis, agreed to fund the

Current Rockcastle
County Judge Executive Doug Bishop said the bulk of the money will come from in-kind services by the county, including road department workers, work release prisoners and county owned equipment.

We are proud to do what we can to help Livingston and we want to make sure that the taxpayers of Rockcastle County get the credit for it," he said. 🐇

The original grant application included decorative street lights and a clock but

Bishop says the clock had to be removed from the project because all the bids were too high. Street lights are still possible but the decision hasn't been made yet, according to Bishop.

However, the project has not come without downfalls: "What I didn't know is that the county is having to meet payroll every month and pay other costs, but then we don't get reimbursed

(Cont. to A8)

#### Blast in the Valley rescheduled to Sunday, July 12th

The annual "Blast in the Valley" in Renfro Valley has been rescheduled to this Sunday, July 12th due to soggy conditions at the site last Sunday.

The free event will begin at 4 p.m. and will feature inflatables for the children and live musical entertainment provided by Level Green, Medley Boys, Wild River, Blind Ricky and the Renfro Valley band.

Concessions will be available and fireworks will begin at dusk.

The event is a joint effort of the Mount Vernon/Rockcastle County Tourism Commission, the Rockcastle County Fiscal Court and the City of Mount

Who do not want to perform same-sex marriages

## Rep. Shell vows to protect freedom of churches, pastors

Shell announced this week he will work to protect churches and pastors in Rockcastle County, and across Kentucky, who do

## Benefit ride planned for local girl

There will be a Benefit motorcycle ride at the Broadhead Depot Park this Saturday, July 11th to help with expenses for Abby Langford, a local 12 yearold girl that has battled cancer for two years. Registration will begin at

9:00 a.m. and kickstands. will go up at 10:30. Riders will be stopping for lunch before returning to the park. Instead of a registration fee, organizers are asking for donations to the

Langford family. There will also be live music at 1:00 featuring Mercy Roadz and StraitWay.

(Cont. to A8)

## Rockcastle **River Days** is July 18th

The third annual Rockcastle River Days will be held July 18th. The even will be sponsored by Citizens Bank, Rhythm and. Rides, Sheltowee Trace and will be hosted by the City of Livingston, according to The building was se-Mayor Jason Medley.

The fun-filled day will be free to the public and Med-(Cont. to A8)

Representative Jonathan not want to perform same help pass legislation that sex marriages in light of the U.S. Supreme Court's recent decision legalizing

same sex marriage. "Many of our ministers and churches have a fundamental belief that marriage is between one man and one woman under God's law, not the law of man," said Shell, "They should have the right to not be forced to perform marriages between those of the same sex, which is why, as a member of the General Assembly, I will

#### Investigators searching for arsonist after business fire

Arson investigators are searching for suspects this week after a fire at Thompson Auto and Truck Sales at 164 Big Cave Road in Mount Vernon. The fire oc-curred around 1 a.m. on Sunday July 5th.

According to David Thompson, owner of the business, suspects cut the chain link fence surrounding the property and took batteries out of the trucks on the lot, among other property.

Thompson said several thousands dollars worth of property was taken.

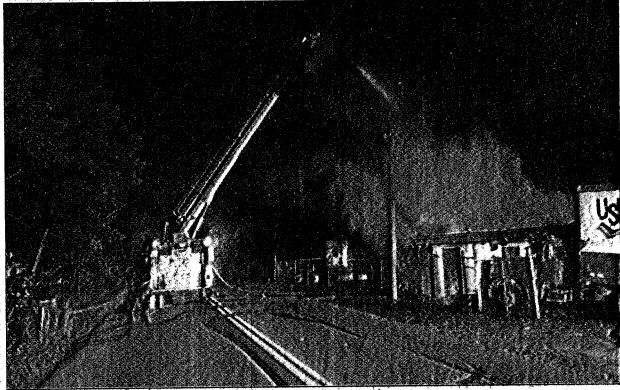
The business does have security cameras but Thompson said a fire was set directly under the cameras so there is no footage of the árson.

verely damaged and trucks were burned in the fire as

(Cont. to A8)



Workers from the Rockcastle County Detention Center Work Release Program are cutting out sidewalks in Livingston as part of the sidewalks project. Livingston Mayor Jason Medley said damaged sidewalks will be replaced and new sidewalks will be added to each end of town. Rockcastle County Judge Executive Doug Bishop said the project is expected to last 90 working days. The project is funded through a state grant as well as Rockcastle County taxpayers, according to Rockcastle County Treasurer Joe Clontz.



A fire at Thompson Auto and Truck Sales on Big Cave Road early Sunday morning caused severe damage to the building and several trucks parked on the property. According to David Thompson, unknown person(s) cut through the chain link fence, took batteries and other property and then started the fire. Arson investigators and Kentucky State Police are investigating the incident.

## Of Special Note Inside

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

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## Aces Over

By Mike French



## Someone has to be first at everything

started? Who was the first? Just things that we all take for granted and do nearly every day, had to start somewhere.

My favorite example is eating eggs. Who was the very first person to say, "Hey Noah, see that chicken over there? Well, I'm gonna eat the next thing that comes out of its butt."

Yelling is weird too. Who first decided that somehow their opinion was much more correct and based in factual data, if they speak it louder than normal. In fact, there seems to be a ratio there. The more a person wants to be right, the louder they seem to say it:

Watch two people in an argument and notice the escalating vocal volume as they express their point of view. Who decided we should do that?

Cursing when one gets hurt is another. Not everyone, of course, but many people's very first response to hitting their thumb with a hammer is to yell "#&@%\$#%" as if it will stop the pain immediately. Another ratio seems to take affect. The more sever the pain, the nastier the curse

word. Who was it that first thought, "If I yell out a nasty word right here, my finger will stop throbbing?" If it were true, I would just spend my days cursing with every sentence in a sort of preventative maintenance.

Here's another. Throwing something if you are mad at it.

"Hey Bill, this calculator won't work. E'm gonna heave it against the wall and it tiller on hoe. My dogs have see if that will fix it." Again, to be physically ejected not everyone does this, but from the house, And, worse some do. Question is, why? of all, my mood has sunk to How did that get started? It just about an all time low. I can't be instinct or evolution realize we need rain but, rebecause it doesn't work. No ally? calculator has ever started working again because someone threw it out a win-

I've always wondered about make-up. You know, like lipstick, blush, eyeliner and such.

Who was the first caveman to tell his wife, "Rather than see that freckle on your cheek, I'd rather see animal fat, mercury and plant residue spread over your face."

And who was the first woman to think to herself, "no one will like me unless they have no idea what I really look like?" That had to be a scary looking human.

Of course these days, that little cheek dab has evolved into lip-injecting, rear-enhancing, front-implanting, nose-shaping, doing well but so are the forehead-lifting, eye-lining weeds and there is no let up make overs. All because in sight. that first dude said, "I don't ! I got some uplift to my like that freckle." 📏 🛝

interesting to me. Who was and Travis and I are on a the very first man to think team. Travis has been absent that the hair growing naturally on his face needed to come off? Oh, the hair growing on his chest and arms and legs was just fine. she and I managed to win But only the hair on his face has to be removed.

How shunned that first man cookout clean-shaven. 3 had never seen a bowling

How do things get I can imagine the quiet chatter as the brontosaurus

roasted over the fire. "That dude cut the hair off his face! How disgusting. Who would do something like that," they must have thought. Someone probably even called him a "hippy."

Even in modern times things have become "normal" that really shouldn't have. Answering a phone when it rings no matter what is happening around you has become the norm.

No matter whom one is talking to or what is going on around them, when a phone rings, the world stops until it is answered. I believe there are some people who could be running down the flaming halls of an office building during a threealarm fire and they would stop to answer the phone ringing in the office they just passed.

Who was the first person to say, "Shut up Mr. president, my phone is ringing?"

Anyway, I guess there are lessons to be learned. here. I guess if no one tried anything for the first time, I wouldn't have had eggs for breakfast and wouldn't have thrown my fork and yelled and cursed when I dropped them trying to answer my

# ev Davie U. Griger

A Lover's Question teenager with a stereo record player in my bedroom, Clyde McPhatter released. his hit; "A Lover's Question." I had been a fan of his since his release of the 1950's hit, "Sixty Minute Man." "A Lover's Ques-

tion" became one of my favorite rock and roll songs. It climbed into the top-ten list of the Pop Charts and made number one on the Rhythm and Blues Chart. The song is about true love and trust - or in my case at the time, puppy love.

Does she love me, with all her heart? Should I worry, when we're

apart? It's a lover's question, I'd

like to know. Does she need me, as she

pretends? Is this a game? Well then will I'll win.

It's a lover's question; I'd like to know. I'd like to know when she's

not with me if she's still true to me. I'd like to know when we're

kissing, \* does she feel just what I feel?

And how am I to know it's really real, Oh, tell me where, the an-

swer lies. Is it in her kiss or in her

# ramblings

by; perlina m. anderkin Rain, rain go away! My pool is "molding" over from nonuse. My garden looks as if it has never seen a roto-

We began gardening this year with such high hopes -- 9 rows of corn, half-runner green beans, 39 tomato plants, sweet potatoes, peppers, squash, etc. and we are actually having a hard time figuring out where the plants end and the weeds begin.

We didn't get our tomato plants staked when they were small so, guess what? they are lying on the ground ruining because we haven't been able to get into the garden for the past two weeks. Paige and I waded into the mud Monday and got five plants staked but they are now several feet tall and it was hard. We gave up and will have to resort to newspapers under the plants to try and save them. The corn is

mood Tuesday night. It was And for men, shaving is a our league bowling night the past two weeks because of vacation -- what's up with that, right? The first week, Allison filled in for him and three of four games. The second week, Allison's baby was sick so I had to go it. man must have been when alone and it was catastrophic he showed up at the cave - - lost four. Bowled as if I

ball and didn't know what to do with it. We were tied with daughter Sara and husband, Jason, at that point and they won three so - we are

much. Paige asked me early Wednesday if I was having a column and I said, "no, there are so many mind-boggling events going on that I can't focus well enough to write a column."

no longer tied and sald Sara

and Jason enjoyed it way to

She laughed, but it's true. (Cont. to A4)

eyes?. In 1958, when I was a It's a lover's question; I'd like to know.

McPhatter was born in Durham, NC, on November 15, 1932. His family moved to New York in 1950, where he signed a contract with King Records and became a member of a group called The Dominges. He remained with them for three years until he was asked to become the lead singer of the famous and highly successful band known as The Drifters.

I loved McPhatter's style and bought all of his 45's. I must have spent a small fortune loading juke boxes around Mt. Vernon as I listened to McPhatter's hits. As a matter of fact, I often still do whenever I find a juke with 1950's hits. (They are becoming harder and harder to find.) I can close my eyes, and I am transported to the Dinner Bell restaurant when I was a teen.

When I was a senior at Mt. Vernon High School in 1962, he released his smash hit, "Lover Please." ("Lover please, please come back...") McPhatter seemed to be at the top of his career, but behind the scenes, he was dealing with alcohol addiction and depression.

It was in 1972 that he died of an apparent heart attack. I remember hearing about his death on television and feeling so sad that he was gone. Over the years since 1950, I loved McPhatter's hits so much that I have tried to collect them all on my laptop. Occasionally, I pull them up on my screen and listen. I definitely connect with his lyrics and his melodic voices His is one of those whom you immediately recognize.

Any regular reader of mine is aware of my deep fondness for old time rock and roll. I suppose it must seem to some that nearly every artist of those days is a "favorite" of mine. I guess that I do have a larger-than-

(Cont. to A4)

## **Points East**

By Ike Adams



It stopped raining for a few consecutive hours here on Charlie Brown Road one day last week.

The sun popped out and steam started rising from several big rolls of hay the farmers had baled in the field across the road from my front porch back when the weather was dry. Birds commenced singing with great joy, most obviously apparent in the high volume vocals of a Carolina Wren hidden in the hydrangea bushes not ten away from the Rufus Harrison platform swing in which I sat and which has become my favorite perch of all time. Things were looking up because I took the wren's song to be a promise of avery pleasant, early summer afternoon.

Then suddenly, and seemingly out of nowhere,a vast hoard Japanese beetles converged upon our place. I use the term "hoard" because it sounds negative, as opposed to "swarm" because I mentally associate the latter with honey bees and that makes me feel positive. Anyway, one minute there was not a beetle in sight and the next minute they were everywhere I looked in any direction. Thousands upon thousands of them.

Apparently they had been hiding under every blade of grass for miles around. Once the sun came out and their wings were dry enough to fly, they arose as one and began buzzing about. I could hear them pelting the sides of the house. They began crashing into the wall behind my porch, falling to the floor, staggering about for a few seconds and then repeating the process. Within minutes I had slapped a dozen or more off my arms and chest and raked half as many out of my hair.

Within the hour they had nearly covered our 6' tall by 10' wide hydrangeas, a 4+' tall clump of mallow that contains over thirty leafy

stalks, numerous tall sunflowers and several dozen other lawn and garden flowers we have growing around the house

I began filling my garden sprinkler can with water and a cup on Neem oil per filling to douse the flowers and garden veggies. Neem won't kill the beetles but theyand most other insects can't stand it. I try not to use chemical insecticides because I'm afraid that I might also poision the birds that heartily feed on dead

I know, for sure, that robins and blue jayswillgobble them up until their craws are so stuffed and puffed out that they look like feathered body builders. I used to catch Japanese beetles by the hundreds in traps made from old milk and water jugs until I read an article that said trapping them is actually counter-productive. The traps do work but they also attract them to all the foliage near the trap. But they do make it easy to catch bird feed.

The theory is that a distressed beetle emits a sound or smell that his brethren can detect from great distances. When they get close to the trap, they will take a hearty meal off any foliage near it. Chances are, they would not have shown up in the first place if you didn't already have a couple in your trap. I've read that on several internet sites which means there is a 5 to 10% chance that it's actually true.

In other disturbing news. One of my close friends is having a terribly frustrating experience with tomato blossom end rot and we need help. For the last several years I have relied on Epsom salts as a fertilizer to prevent this disease or stop it in its tracks but the salts have not worked for my friend and now I'm scared that mine will have it too because I started both his and my plants from seed.

> I've always thought that (Cont. to A4)



## Mount Vernon Signal

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e-mail address - mysignal@windstream.net

# Obituaries



#### Billie Sue "Doc" Ross Lear

Billie Sue "Doe" Ross Lear, 69, wife of Doug Lear, of Brodhead, died Thursday, July 2, 2015 at her home surrounded by family. She was born March 21, 1946, a daughter of the late Estilla Virginia Conn Ross and Lewis William Ross. She enjoyed bingo, dancing and spending time with her friends and family, especially her grandchildren and great grandchildren. She was a member of the Paint Lick Christian Church.

On October 19, 1962. she married Doug Lear who survives. From that union of 52 years came: four children, William "Bill" Douglas (Joyce) Lear, Jeffrey Keith Lear, Jennifer "Jenny Sue" Lear Glovak and Celena Michelle Lear. (Ricky) Bullock, all of Brodhead; six grandchildren, Bridgette Renea Lear (Jason) Ramey, Kayla Brooke Lear, Brady Scott Lear, Jeffrey Kyle (Nicole) Lear, Sasha Elaine Bullock . Durham. (Andrew) Cromer and Alivia Suzann Bullock; and three great grandchildren, Brayden, Brailyn and Eliza. Also surviving are: three sisters, Shirley Hawley. Cricket Ross and Judy (Nelson) Cates, all of Paint Lick; and a host of nieces! nephews, friends and neighborsinilations contribute • Besides her parents, she

was preceded in death by a son-in-law, Mike Glovak. Funeral services were

held Sunday, July 5, 2015 at Marvin E. Owens Home for Funerals Chapel with Bro. Luther Allen and Bro. Tony. Shelton officiating. Burial was in the Oak Hill Cemetery.

Casketbearers were: Brady, Kyle, William Bill and Jeff Lear, Ricky Bullock and Willie Swinney.

Honorary casketbearers were: Jason Ramey, Andrew Cromer, Brayden Skinner, J. R. Lear, Nelson Cates, Mike Hawley, Greg Ross and Rodney Cates.

. Donations may be made to the Oak Hill Cemetery fund in her memory.

www.marvineowensfilmeralhome.com



#### Cora Mae "Willie" Hill

Clifton Glen

Hammond

58, of Mt. Vernon, died

Thursday, July 2, 2015 at his

home. He was born in Mt.

Vernon on September 16,

1956, the son of Leonard

and Demi Cole Hammond.

He had been a construction

worker for Kay & Kay Con-

struction and was an avid

sons, Cole Hammond and

Carter Hammond, both of

Mt. Vernon; his parents,

Leonard "Roge" and Demi

Hammond of Mt. Vernon;

and a sister, Bécky

conducted Monday, July 6.

2015 at the Dowell & Mar-

tin Funeral Home Chapel by

Mr. Larry Hammond.

Burial followed in Red Hill

Hammond, Billy Graves,

Steve Graves, Larry

Reliford and Wayne

Visit www.DowellMartin.com to

view online obituary.

Card of Thanks

Abney,

Pallbearers were: Mar-

Carter

Funeral services were

Hammond of Berea.

Cemetery.

McClure.

He is survived by: two

gun collector.

Clifton Glen Hammond.

Cora Mae "Willie" Hill, 98, of West Liberty, formerly of Livingston, died Monday, June 29, 2015 at the West Liberty Health & Rehabilitation Center. She was born in Rockcastle County on November 15, 1916, the daughter of Phil and Josie BurdineCarrier. She was a retired employee of Sol's Department Store and was of the Baptist Faith, serving the Lord faithfully. She was a very caring and loving person and a very special friend to all who knew hen She will be sadly missed.

She is survived by: several great nieces and nephews; a special friend, Judy Stamper; and her cat, "Tom"; as well as her family and friends at the Wolfe County Health Care Center in Campton and the West Liberty Nursing & Rehabilitation Center.

In addition to her parents, she was preceded in death by: her husband, Mack Hill: two brothers, Felix (Hazel) Carrier and Huey Carrier; and a sister, Nannie (John)

Funeral services were conducted Thursday, July 2, 2015 at the Dowell & Martin Funeral Home Chapel by Bro. Jimmy Miller. Burial followed in Elmwood Cem-

Please visit www.DowellMartin.com to view online obitilary



In Loving Memory Christopher

"Chad" Rowland 7/27/74 - 7/9/07

Loved and Missed Dad, Mom,

songs.

ers and special gifts, they

Thanks to Livingston

Baptist Church for their

gifts and a special thank you

to those who visited and at-

All of you made this

May God bless each and

journey we are traveling a

The Newcomb Family

tended the funeral.

little more bearable.

everyone of you.

were greatly appreciated.

## Cemetery Notices

#### **McKinney Cemetery** Notice

Anyone with loved ones buried at McKinney Family Cemetery is welcome to visit during daylight hours. Furthermore, we have never prevented anyone from coming onto the cemetery property. We do ask that the grounds be respected and that no one attempts to use the outhouse as it is unsafe and dangerous.

Any questions should be addressed to Amburgey & Rowe LLC.

Ricky & Tammie Bullock

#### Rice Cemetery Donations are being ac-

cepted for the upkeep of Rice Cemetery.

Please send donations to: Lonnie Reppert at Reppert's Funeral Home in Berea, Ky. 40403,

#### Maretburg and Livesay Cemeteries

Please send donations for mowing and upkeep of the Maretburg and Livesay cemeteries to Gloria Seals, 5394 Brindle Ridge Road, Brodhead, Ky. 40409.

#### **Briarfield Cemetery**

Please send donations for upkeep of the Briarfield Cemetery to: Caretaker: Ron Spoonamore, 1987 White Rock Road, Mt. Vernon, Ky. 40456 Ph. 386-

#### Johnetta Cemetery

Flowers on gravesites at Johnetta Cemetery need to be picked up before June 11th so mowing can be re-

#### Roberts Cemetery

Please send donations for the upkeep of Roberts Cemetery (Old Freedom Cemetery) to Don Cummins, 67 School House Road, Mt. Vernon, Ky. 40456.

Thank you for contribut-

ing to this worthy cause. Maple Grove

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

#### 308-5439. Phelps Cemetery

Donations for the upkeep of Phelps Cemetery may be sent to Everett Renner, 712 Steep Hollow Road, Mt. Vernon, Ky. 40456.

All donations appreci-

#### Sand Hill Cemetery

Brady, and Suann Hensley would like to thank everyone for all the donations made for mowing the cemetery at Sand Hill Baptist Church.

All donations were greatly appreciated.

May God bless you all.

**Providence Cemetery** Please send donations Ifor maintenance and upkeep of Providence Cemetery to: Bill Long, 882 W. Level . Green Road, Brodhead, Ky. 40409

#### **Morning View** Cemetery

Please send donations for upkeep and maintenance of Morning View Cemetery and repair of the fence on the lower end to: Bud Cottengim, caretaker, 67 Misty Lane, Mt. Vernon, Ky.

#### Maret Cemetery

Donations for upkeep of the Maret Cemetery should be mailed to Sandra Dailey Ramsey, 245 Sunset Ridge, Mt. Vernon. Checks should be made payable to Maret Cemetery,

**High Dry Cemetery** Donations for upkeep of High Dry Cemetery can be

sent to High Dry Cemetery

Fund, c/o Coy Cromer, 1058 Rank Rd., Mt. Vernon, Ky. 40456.

Please make checks payable to HDCF.

#### Oak Hill Cemetery

Donations are being accepted for the upkeep of Oak Hill Cemetery. Anyone wishing to help should mail donations to Oak Hill Cemetery, c/o Bill Lear, 60 Hope Drive, Orlando, Ky. 40460.

#### **Red Hill Cemetery**

Please send donations for the upkeep of Red Hill Cemetery to: Clifton Bond, 45 Mill St., Mt. Vernon, Ky. 40456 Ph. 606-256-1374 or to Dell Ponder at P.O. Box 238, Livingston, Ky. 40445 Ph. 606-453-4341.

Please make checks payable to Red Hill Cemetery Fund.

#### Negro Creek Cemetery

Please send donations for the upkeep of Negro Creek Cemetery to: Monticello Banking, 475 E. Hwy. 80, Somerset, Ky. 42501 not to Paul Blanton.

#### Philadelphia United **Baptist Church** Cemetery

Donations for the upkeep of the Philadelphia Unifed Baptist Church Cemetery should be sent to the church at 834 Bryant Ridge Road, Brodhead, Ky. 40409 or you may call Bro. Gordon at 606-308-5368 or Mert Law at 606-355-2779,

Each mowing costs the church \$50.

All donations would be greatly appreciated.

#### **Piney Grove** Cemetery

If anyone would like to donate for mowing and upkeep, please mail to: Piney Grove Cemtery, 16 Silver St., Brodhead, Ky. 40409.

## Cemetery Notices

#### Joyce Carter Bussell The family of Joyce Carter Bussell would like to express our gratitude and thanks to "everyone" for their prayers, love and sup-

death of our precious Mother. Thanks to Dr. Saylor, Dr. Bullock and Chasity Frakes for their expert care. Thank you to Rockcastle Hospital and staff for their compassion and assistance during difficult times during my Mother's stay at the hospital. Thank you to the Rockcastle Ambulance Ser-

Mother's daily needs.

sic, Bro. David Sargent and Bro. John Zupancie for their kind words of comfort and prayers. Thank you to the pallbearers and a special thanks to Joe Bussell for giving his time to lead the funeral procession. Last, a special thanks to Freedom Baptist Church for their outpouring of love during this difficult time.

#### The Family of Joyce Carter Bussell

On a personal note, I would like to honor a few places with a special thanks. First is the Rockcastle Board of Education/ Brodhead Elementary School leaders, staff and my 4th grade students. We are blessed to have schools that are more than just a place to gain book knowledge. Our schools are places where staff/students come together like a family reaching out to meet the needs of one of their own. We expect adults to be caring citizens but when a group of 9, 10 and 11-year old students comfort you like little adults, showering you with love, prayers, gifts and support then you know that the

students learning reaches far beyond book knowledge.

Next, I would like to say, "Hats Off to John Dyehouse and members of the Brodhead Fire Department." These guys were willing to come out and answer a call when my Mother was in distress. John, and each fireman, was so kind and gentle as they cared for Mother. You see, our firemen are always ready to assist their community with needs other than fires and car wrecks. Thanks Guys!

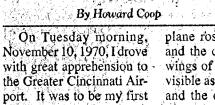
Last, a special thanks to our friends and neighbors of Frith Subdivision. My Mother was blessed, and we, ourselves, are blessed to live in such a loving, caring and supportive neighborhood. I could never express my gratitude with mere words so I will just say, "Thank you God for your blessings of these friends, neighbors and this neighborhood." May God bless each and everyone of you in special ways! In Christian Love,

Patsy and Herbie

#### Mamaw Pat, Condolences may be made at: Heather and Angie An encouraging word:

Something Better By Howard Coop

We Anticipate



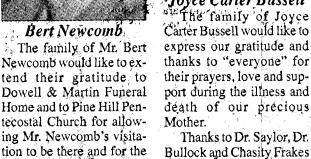
port. It was to be my first flight, and I was excited. A dream of a lifetime was becoming a reality, for I was on my way to the Holy Land, a place I had always wanted to visit.

At 11:40 that morning, a group of us boarded an American Airlines Boeing 707 for Kennedy International Airport in New York. As we walked to the plane, it was a gloomy day. Dark clouds hovered low over the airport, and a chilly rain was falling. As the plane neared the end of the runway and began to rise, I looked out the window and saw only dense fog. Looking to the right, I could not see the end of the wing of the plane, and my apprehension increased significantly. But in that strange environment, I real+ ized there was nothing I. could do, so I tried to relax and hoped that things would

get better, and they did. After a few minutes, the plane rose above the rain and the dark clouds. The wings of the plane became visible as the sun came out, and the clouds below the plane were beautiful with the sun shining brightly upon them.

Life is not always what we want it to be; it's not always a bed of roses. Langston Hughes aptly described it when he wrote, "Life for me ain't been no crystal stair. It's had tacks in it, and splinters, and boards turned up..." But that morning as we flew thirty thousand feet above sea level, I looked out the window at what looked like a white carpet sparkling beneath us in the bright sun, and I remembered an old idiom I had heard all of my life, "Every cloud has a silver lining.'

After the rain, the sun shines again, and after bad times, good times return? Regardless of the present circumstances, we look ahead and anticipate something better.



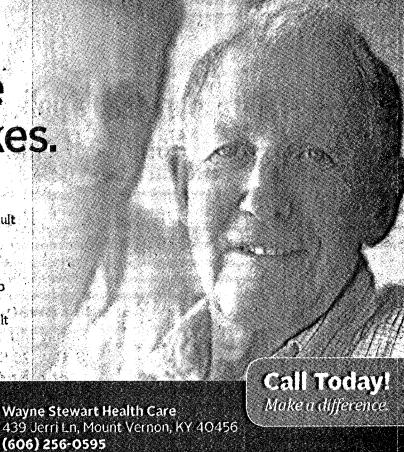
wonderful dinner after the service. Also, we would like to thank everyone who pre-pared food for the family. We would also like to thank Bro. Tommy Hogue, Darren Allen and Bro. Chrisman for the special words during the funeral, vice, Brodhead Pharmacy, Ralph Allen for his song and Collins Respiratory Care Tommy and Kay Hogue and and Home Health as each Allen Hensley for their one played an important role in meeting my To those who sent flow-

A special thanks goes to the Marvin E. Owens Home for Funerals, along with Marvin, Judy and other staff. Marvin, Judy and staff made this difficult time a little easier to bear with their expertise, patience, guidance, love and support. Thank you to Pam's Florist for the beautiful flowers, Genny and Jack for the mu-

www.ForHorizon.com

# What a difference a day makes.

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





#### Campbellsville ranked as one of most affordable small colleges

By Joan C. McKinney, news and publications coordinator

Campbellsville College has been ranked 48th in the top 100 most affordable small colleges west of the Mississippi by Great Values Colleges.

Dr. Michael V. Carter, president of Campbellsville University, said, "We are very excited about this ranking. At Campbellsville University, providing the best scholarships, grants and other financial arrangements is of high importance.

"We understand familiesstruggle with college expenses, and we want to make the college experience the most affordable posing together with our students to help make Christian higher education accessible to as many people as pos-

"Coupled with the low student debt that our graduates have, as recognized statewide and nationally as well, CU is really becoming known as one of the most affordable Christian universities of excellence in the nation. We are very pleased with this latest recognition."

Dave Walters, vice president for admissions and student services, said, "Affordability is an important consideration for students as they make a choice of where to attend. Being ranked as most affordable at sible. We always are work- 48th out of 100 small col-

leges east of the Mississippi is further recognition of how hard we work at Campbellsville University to provide each of our students with an individualized and maximized financial aid package."

For the ranking, Great Values Colleges limited their selection to small schools (4,000 students or less) east of the Mississippi.

Traditional, four-year schools were only considered in the ranking. Community colleges, online colleges, graduate schools or specialty universities, such as established seminaries, were not considered.

Campbellsville University has also been ranked fourth most affordable among top 50 Christian colleges in U.S. by Christian Universities Online.org and ranked in Top 10 col-

leges nationwide for lowest student debt loans at graduation by The Project on Student Debt.

The fall semester at Campbellsville University begins Tuesday, Aug. 25, and financial aid is still available. For information, contact the Office of Financial Aid at (270) 789-5013 or visit the office in their new location in the Administration Building at 104 University Drive,

Campbellsville. Campbellsville University is a widely acclaimed Kentucky-based Christian university with more than 3,500 students offering 63 undergraduate options, 17 master's degrees, five postgraduate areas and eight pre-professional programs. The website for complete information campbellsville.edu.

249 Charlie Brown Road, Paint Lick, KY 40461. Please don't bother calling because you would have to holler louder than you would calling in the dogs and I would, most likely, still be unable to compresaying.

#### "ramblings" (Cont. from A2)

My thoughts keep going

I know, I don't have to look and, believe me, I didn't after the initial shock subsided to where I could look away but you can't "unsee" somelike thing Not sure what their point was, with this rally, and don't really care. Did they not think a nice, normal petition would have sufficed?

The Cincinnati Reds managed to take away one of my usual great pleasures of summer this year, they are terrible! I realize that makes me a "fair-weather fan" but I've been called worse.

I actually dread the upcoming election, the months of listening to political rhetoric and political correctness. I won't vote for Donald Trump but I can understand why he is experiencing an upsurge in support because he has the backbone to say what he thinks -- a trait sadly lacking these days...

#### Americans willing to drive farthest for love and family

travel season is upon us and a new survey reveals just where all those vehicles on the highway may be headed. Americans indicated they are willing to drive the farthest for love and family, with fewer willing to drive long distances for sporting and enfertainment events.

In particular, 42 percent surveyed indicated they would drive the farthest to see a love interest over any other activity and 25 percent indicated they would do so to attend a wedding, according to the new "How Far Would You Drive?" survey from Enterprise Rent-A-

Additionally, 20 percent said they are willing to drive five or more hours to see their child's sporting event,

struggling

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(StatePoint) Summer while only nine percent are willing to drive that same distance to see their favorite professional football team play.

More than one-third also indicated they would drive five or more hours to attend a family reunion and a quarter said they would even do

so to meet their in-laws. "We hear anecdotal stories from our customers all the time about what inspires them to embark on road trips, and it's a thrill to see how we play a role in our customers' lives," said Lee Broughton, vice president, Enterprise Rent-A-Car Brand Marketing. "While love and family may spark individuals to drive the farthest, interests such as sports, music and food still earn significant car time."

#### Financial Aid Tip of the Month Don't be taken in by

students often hear from companies that promise to help them find financial aid to pay for college. But families don't have to pay for this

kind of information, according to the Kentucky Higher Education Assistance Authority (KHEAA).

obtained free by working with a school counselor, checking out sources in the library, doing free online scholarship searches or contacting the financial aid office of the college the student plans to attend.

If you decide to use a

by a national foundation to comes on, I still turn up the receive a scholarship." Check with a school counselor to find out if the foundation is legitimate. Be especially wary if you're notified that you're a finalist in a scholarship contest you

• "We'll do all the work."

• "I just need your credit card or bank account number to hold this scholarship." Never give these numbers to a person or company you're not sure about.

"You're guaranteed to get money for college or your money back." Read the fine print. If it sounds too good to be true, it probably

KHEAA is the state agency that administers the Kentucky Educational Excellence Scholarship

To find links to other useful education websites, go to www.gotocollege.ky.gov. For more information about

Parents of college-bound Kentucky scholarships and grants, www.kheaa.com; write KHEAA, P.O. Box 798, Frankfort, KY 40602; or call 800-928-8926, ext. 6-7214.

### "Memories"

(Cont. from A2)

usual list of favorites, but that is really just a reflection of how big a part that music has played in my life.

At my age, it is difficult to find much new music that appeals to my taste. I guess that is the reason that the old songs become sweeter and sweeter to me as the years pass. The fifties are now so long past that even the "oldies" stations have moved on and now carry only the six-

ties and seventies songs.

Thank the good Lord for search companies and Sirius/XM radio, which has websites that make these an entire station devoted to claims: that make these the music of the fifties! • "You've been selected .. Whenever Clyde McPhatter radio and sing along to my heart's content. My youth feel young at heart whenever I listen to his music.

Long live rock and roll! (You cần reach me at theminman@ajt.net or drop me a line at 216# Furnace Road -Stanton, KY 40380. Thanks for your comments and suggestions.)

## "Points East"

(Cont. from A2)

that the disease, which manifests itself by turning the tip of the nearly grown fruit, jet black and then spreading upwards toward the stem until it has ruined the fruit for anything other than hog feed, was caused by too much water and/or

calcium deficiency. I have not figured out a way to turn the rain off and I have no idea how one goes about feeding calcium to to-

If you know a solution to this problem, I would oh-so appreciate your emailing it

ikeadams@aol.comor drop me a note in snail mail to

## something too good to be true

That information can be

company to help you find financial aid, make sure you're dealing with a reputable one. The Federal Trade Commission cautions students to be especially skeptical about scholarship

didn't enter.

It's highly unlikely that the company will fill out all the applications for all the financial aid sources it sends you.

hend whatever you were

back to a recent news report about a rally in, I think, San Francisco of naked people, it looked as though most of them were on bikes. That boggled my mind to the extent that it rendered me speechless for a moment. I always wonder about boundaries. Where does their right to ride a bicycle naked end and my right not to have to see things no one should ever see, unless you're married to it, begin?

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Mon., July 13th: No service. Tues., July 14th: Brodhead and Copper Creek. Wed., July 15th: Green Hill, Fairview, Lambert Road, Sweetwater Road.

Quick and Easy Meals

A "Quick and Easy Meals" class will be held at the Rockcastle County Extension office on Wednesday, July 15th, beginning at noon. There will be free food tasting, recipes and door prizes. Please call 606-256-2403 to reg-

**RCMS Football Practice** 

Rockcastle Middle School football practice will begin Monday, July 13th from 3 to 6 p.m. Participants should meet in the locker room at the middle school.

Diplomas/Report Cards Available

Graduates of Rockcastle County High School, and current students, may pick up your diplomas and report cards in the office of the high school any week day between the hours of 8 a.m. and 3 p.m.

Benefit Singing

There will be a Benefit Singing for Stephen! Sid! Hines at Union Baptist Church at Red Hill on Saturday, July 25th, beginning at 6 p.m. There will be various local artists singing and all proceeds will benefit the Hines Fam-

Plant Sale

There will be a Kentucky Native Plant Sale, with over 50 species of plants including milkweeds, at Memorial Park on Jefferson Street in Berea on Saturday, July 11th from 10 a.m. to 6 p.m. There will be free posters and handouts. Rain or shine. Call 1-859-985-0309 for more information.

KPR Meets July 14th

The Cumberland Chapter of the Kentucky Public Retirees (KPR) will meet Tuesday, July 14th at David's Steak House in Corbin. Mealtime will begin at 11:30 a.m. wiuth the meeting following. Guest speaker will be State Rep. Jim Stewart III. Any retirees receiving retirement benefits from KERS, CERS or SPRS are welcome to attend. Membership information will be available at the meeting or at the website kentucky publicretirees org.

Grandparent Support Group Meeting There will be a Grandparent Support Group meeting on Thursday, July 16th at noon at the Mt. Vernon Park. Bring your grandchild! If you plan to attend, contact: Jessie

Mahaffey at 256-4818 or Angie Payne at 256-5484. Craft Time at Library

Every Monday at 4 p.m., the Rockcastle County Public Library has a craft time for children, ages 4-12. Children can enjoy creating and making new things. The cost is only your time. Please come and join us! Call 256-2388 for more details.

Celebrate Recovery

Celebrate Recovery classes are being held every Monday night at 6 p.m. at the Community Outreach Center in Brodhead (next to the Fairgrounds). The purpose of the ministry is to fellowship and celebrate God's healing power in our lives through the Eight Recovery Principles. Refreshments at 6 p.m. followed by group lesson or testimony each night. Qualified leaders are available to sign court-ordered papers. Please call Chris Martin at 606-308-3368 for more information.

**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

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.

Friday All U Can Eat Buffet - 1099 Fish • Gumbo • Salad Bar (KEES), need-based grants Smoked Sausage w/ Peppers and Onions and other programs to help Saturday All U Can Eat Buffet - 1022 students pay their higher education expenses. Fried Chicken • Brisket • Salad Bar

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Friday, July 17th to register.

# Grandson of local couple receives Soldier's Medal

By Sue Loughlin Tribune-Star

The grandson of two deceased Livingston residents has received one of the nation's highest honors.

Vietnam veteran John W. Sutton of Worthington, Indiana, recently received the Soldier's Medal for a heroic act in September 1969, when he risked his own life to save helicopter pilot Richard Von Hatten from the burning wreckage of a downed helicopter.

Worthington is the grandson of the late Emmit and Telitha Mullins Quinn of Livingston.

The emotional ceremony took place at the Indiana Air National Guard, 181st Intelligence Wing, in Terre Haute. The Soldier's Medal is the highest medal awarded to enlisted Army personnel for non-combat related acts of valor.

After Sutton survived the crash and suffered serious injuries of his own, he returned to the helicopter to retrieve Von Hatten. The pilot, whose legs had been crushed, was unable to escape the wrecked helicopter, which was quickly being consumed by fire. Sutton entered the wreckage and, with the help of the surviving co-pilot, pulled Von Hatten to safety.

Von Hatten, who lost both legs in the crash, sat in the audience, which included many of Sutton's relatives.

Major General R. Martin Umbarger adjutant general of the Indiana National Guard, and Larry Bucshon, 8th district congressman, participated in the medal presentation.

"John, you did not lay down your life, but you were willing to," said Umbarger, who pinned the medal on Sutton's suit jacket. He knows Sutton — they attended the same high school, Center Grove. Knowing Sutton and his family made the ceremony extra special, Umbarger said later.

Sutton spoke directly to Von Hatten during the program, and said, "Richard, only you know how much you suffered that day, and I saw it.... You'll always be remembered as suffering for America that day." He offered Von Hatten "my deepest respect." The audience stood and applauded Von Hatten, who attended with his wife.

After the ceremony, Von Hatten said of Sutton's award, "It's been a long time coming. He definitely deserves it." At a recent Vietnam veterans reunion in Florida, he thanked Sutton for pulling him out of the helicopter wreckage and saving his life.

"The bad part is I have no memory of it," Von Hatten said, referring to the crash and immediate aftermath. But he knows he would not be alive today without Sutton's heroism. Both men were emotional during the program.

Von Hatten, who lives in a suburb of Chicago, said he believed it was important to attend the ceremony because Sutton "deserves the recognition and acknowledgement for what he did."

Sutton joined the U.S. Army in June 1968 and served in Vietnam from April 1969 to April 1970. He was an Army Specialist 4th Class.

The Soldier's Medal is the highest medal awarded to enlisted Army personnel for non-combat related acts of valor and is equivalent in merit to the Distinguished Flying Cross. Less than 19,000 Soldier's Medals have been awarded since its inception in 1926.

## Traffic deaths on rise: tips to keep family safe

(StatePoint) Traffic deaths are on the rise, and experts fear the trend will continue this summer during a period known as the 100 Deadly Days. Summer weekends tend to be the most dangerous, with seven out of 10 crashes happening on a Saturday or Sunday in the summer of 2014.

While the statistics point out a dangerous trend, we have the ability to influence outcomes through our choices and behavior," said Deborah A.P. Hersman, president and CEO of the National Safety Council (NSC), "Summer is typically a high-exposure period with lots of miles driven and several long holiday weekends. Take your responsibilities behind the wheel this summer seriously and ensure that you get to your destination safely."

Traffic deaths in the U.S. increased each month during the six months leading up to the summer, compared to the same six month period a year ago.

NSC believes the spike in fatal car crashes is due in part to an improving economy. Lower gas prices and lower unemployment rates often lead to an increase in traffic because more people can afford to drive, and many travel long distances and take vacations.

Certain crash factors, such as speeding and alcohol, are also more common during the summer. A yearly average of 2,781 deaths in June, July and August involve speeding, and 2,846 involve alcohol, according to NSC analysis of National Highway Traffic Safety Administration data.

To help stay safe on the roads this summer, NSC recommends drivers:

Learn about their vehicle's safety systems and how to use them. Free resources, such as MyCarDoesWhat.org can help drivers understand the ins and outs of such features as blind spot, lane departure warning systems and backup cameras. Visit www.MyCarDoesWhat.org to learn more.

• Buckle up for all trips
-- short and long, even back
seat passengers.

• Designate a non-drinking driver or arrange alternate transportation.

• Get plenty of sleep and take regular breaks to avoid fatigue...

• Never use a cell phone behind the wheel, even hands-free.

• Monitor teens' driving habits. An NSC survey found many parents are more inclined to loosen household driving rules during the summer. Teen passengers are one of the greatest distractions.

"We believe that by taking the proper precautions, we can make the roads safer and save lives this summer," said Hersman,

# Rockcastle County Recycling Center

open for recycling drop-offs Monday through Friday 7 am to 3 pm

Center is located at 2528 South Wilderness Rd (US 25 South) and is closed on major holidays

Items accepted are:

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Recycling Drop-Off Trailers are available for use at:
Brodhead (at the back baseball field)
Conway (by Brindle Ridge Volunteer Fire Dept.
Livingston (behind the old school gym)

Pongo (by Pongo Volunteer Fire Dept.)
Climax (by Climax Volunteer Fire Dept.)

Call 606-256-1902 for more information

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Kentucky Afield Outdoors

# Trail cameras are windows into the woods

A few paces inside a tree line that borders an open field thick with chest-high grass lies a tangle of narrow, sundappled game trails just a stone's throw from the Kentucky River below.

Bo Spencer knows deer, turkey, raccoon and the occasional bobcat travel these thoroughfares because a trail camera he set up to photograph the spot has captured images of them.

He's returned this morning to swap out the SD card, replace the batteries and see that the unit is operating properly before moving on to do the same with trail cameras deployed elsewhere on his family's central Kentucky farm.

"You can't spend 24 hours a day in the woods when you work and have family obligations but the camera can," said Spencer, an information specialist with the Kentucky Department of Fish and Wildlife Resources. "You can see what's there that you don't get to see."

Trail cameras have evolved from somewhat of a novelty to one of the most sophisticated and useful tools available to hunters, landowners and wildlife biologists. Biologists use them for research purposes and to derive density estimates.

For hunters, setting trail cameras out now can heighten excitement about the approaching hunting seasons and pay dividends once those seasons open later this symmer and fall.

"Your camera can scout when you can't," said Spencer, an avid deer and turkey hunter who makes his own turkey calls. "Whether it's a big deer, turkey or another species that you're looking for, you can find out where it's at. Right now, deer are holding to a summer pattern. You can kind of gear up in preparation for the early archery season."

The summer pattern for deer is characterized by limited movement. Therefore, areas near food sources and along travel corridors leading to and from those areas should be a focus.

"Bucks aren't spending a lot of time on their feet. They feed at night or around sunrise and sunset and bed during the day," said Gabe Jenkins, deer and elk program coordinator for Kentucky Fish and Wildlife. "Your female deer are going to move more because they're feeding fawns. Their nutrient intake needs to be higher, so they'll move a little more.

"The pattern really changes right about the time our archery season opens in early September."

Setting a trail camera in an easy-to-access location minimizes disturbance to the area. Patience can limit pressure felt by the animals. Spencer generally waits one to two weeks before checking a trail camera.

"If I've got one around water that can fluctuate up and down if we get a rain, I'll go move it up, take it down, whatever I need to do to make sure it doesn't wash away or get swamped," he said. "I almost lost a camera to rising water last year."

The right mounting height for a trail camera may depend on the species of animal most likely to be encountered as well as the surrounding vegetation. Wind-blown talk grass or leaves can trip a camera, eating up memory and diminishing battery life.

In general, 36 to 48 inches off the ground is a good rule of thumb, Hunters may want

DBCAA is accepting applications for its. Weatheriza-

tion Assistance Program starting July 15, 2015. The

inission of the program is to improve energy efficiency,

household safety and to educate the public about

maintaining energy efficiency. To be eligible, your

family's income must fall below 200% of federal pov-

erty guidelines (maximum income limit for a family

of 4 is \$48,500) and your home cannot have been

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Please contact Daniel Boone Community Ac-

tion Agency, Inc. at (606) 256-5315 for eligibil-

ity requirements income limits per family size, swamung

Daniel Boone Community Action Agency, Inc. is an equal

to place their trail cameras higher to get them out of an animal's sight line and above vegetation or if there are concerns about security.

Where the camera is pointed can make a big difference in image quality. Position the camera so the lens isn't pointed directly in the direction of the rising or setting sun. Direct sunlight can cause "lens flare" and reduce image quality. Angling the lens downward can safeguard against this effect.

Batteries are the lifeblood of the trail camera. Spencer doesn't skimp. He prefers name-brand alkaline batteries.

The newest trail cameras take high-resolution photos and high-definition video. Some models can wirelessly text photos to mobile phones or email accounts. Those photos may be stamped with the date and time but also the temperature, barometric pressure and moon phase.

Spencer considers three primary things when choosing a trail camera: ease of use, quality of the pictures and features. He prefers at least an 8 megapixel camera paired with a 4 gigabyte SD memory card;

"You don't have to break the bank but you do want to weigh the options and get one that's going to have really good picture quality," Spencer said. "You could buy an inexpensive trail camera but you may not get a good array of features or good battery life or quality pictures."

Spencer uses three types of trail cameras that vary in

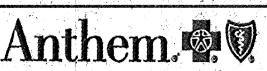
"Mostly, I have infrared cameras because they're often the most affordable," he said. "A lot of times, people use black flash cameras in high-traffic areas where they're trying to hide them from people. White flash cameras are going to produce good night pictures. I really like to use my white flash camera in the fall and winter to take pictures of predators at night. They also work well for deer over a mineral site. The infrared pictures get the black and white at night but can have a limited flash

range."
As a hunter would sightin a rifle or pattern a shotgun
before a hunting season, take
time to read the owner's
manual and familiarize yourself with the trail camera's
features and functions. In
turn, it will reward you with
beautiful images and valuable insight into the land and
the animals on it.

Author Kevin Kelly is a staff writer for Kentucky Afield magazine, the official publication of the Kentucky Department of Fish and Wildlife Resources. Get the latest from Kelly and the entire Kentucky Afield staff by following them on Twitter: @kyafield.



The Rockcastle 8U All-Star Team recently won the Sports Den Classic baseball tournament held in Somerset. They took home the first place trophy by defeating the Lake Cumberland 8U All Stars in the championship game 17-8. The All-Stars will be competing in the State Tournament in Nicholasville, July 9-12. All of the parents and fans are very proud of this wonderful group of young boys and wish them luck in the State Tournament. Pictured are front row from left: Caleb Sargent, Sawyer Yates, Conner Winstead, Zeke Fain, and Connor Wright. Second row from left: Maddox Parsons, Kaleb Sargent, Ethan Nicely, Walker Craig and Luke Poynter. Back row from left: coaches David Fain, Chris Parsons, and Corey Craig. Not pictured: Hunter Pingleton and coach David Sargent.



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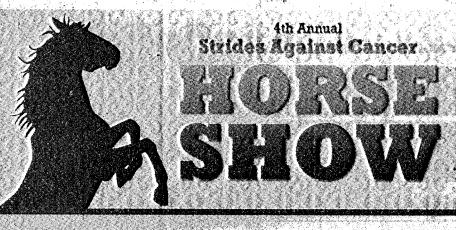
cereals, rice and tortillas Milk, cheese, tofu

Eggs, peanut butter Dried or canned beans

Fresh fruits and

vege tables

Juice



## Saturday, July 11, 2015

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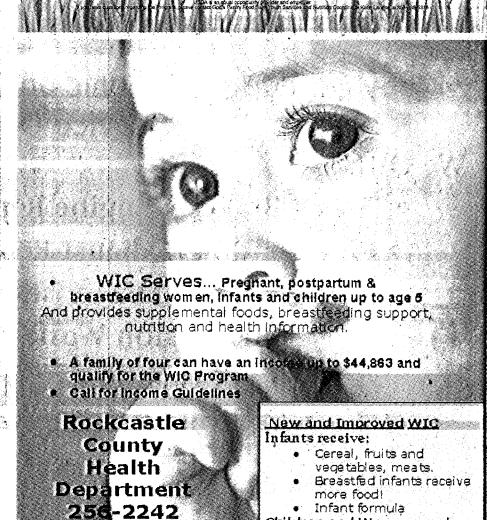


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## Top debt management tips to save money each month

(StatePoint) Want to learn how to save money? You're not alone. An overwhelming number of Americans want to learn more about managing their finances, according to a recent Wells Fargo survey.

"One way to manage debt is to pay it down sooner," says Gary Korotzer, who leads the Wells Fargo Consumer Credit Solutions Marketing team. "You can save on interest over time and on the total cost of borrowing."

tips to save money by paying off debt sooner:

· Pay off debt sooner and save significantly on interest by paying more than the minimum each month on loans. Also, try paying half your monthly bill every two weeks instead of the full amount monthly; you'll make one extra payment over the course of a year -and you could pay your debt off sooner. Ask if your lender applies these partial payments to your principal.

 Prioritize paying off Korotzer offers these loans with the highest interest rate first. • Stay on top of debt by setting up automatic transfers -- simply select the date, the amount, and the debt

you'd like to pay off. • Bank with a responsible lender that gives you options for paying down debt on terms better for your bottom line. For example, Wells Fargo offers consumers options that could shorten the length of loans, such as refinancing and debt consolidation. There are many different ways to consolidate debt, so talk to your

guest. Each setting should

have its own parfait glass

with ice cream and three

soup spoons or tasting

tions like sprinkles, mini-

marshmallows, and fla-

vored syrups or try some-

thing new like fresh fruit,

pretzels or popcorn. Then

add some fun by placing

several cans of Reddi-wip

on the table so each child

can spritz her sundae her-

self. Just beware: whipped

topping with real cream can

go fast, especially with sug-

ared-up fingers on the but-

ton, so have enough on

your tablescape on a coffee

table and provide colorful

pillows for seating. Polka

dots and stripes can evoke

the vibe of a retro sundae

child how special he or she

is by celebrating the big day

together. These memories

can be the biggest treat of

Above all, show your

For a fun setting, build

Choose traditional op-

spoons with toppings.

bank about your options. • Reduce your overall

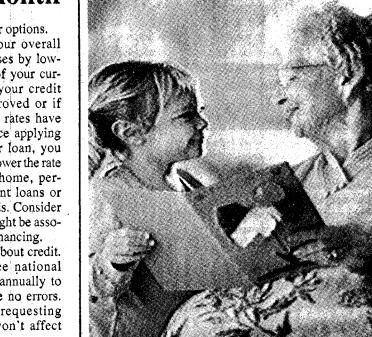
monthly expenses by lowering the rate of your current loans. If your credit score has improved or if overall interest rates have gone down since applying for a particular loan, you may be able to lower the rate of your auto, home, personal, or student loans or your credit cards. Consider any fees that might be associated with refinancing.

• Be savvy about credit. Check all three national credit bureaus annually to verify there are no errors. Don't worry; requesting your reports won't affect your credit score.

• Know your limits. Being close to or maxing out your credit limits may negatively impact your credit score. Keep balances low on credit cards and other revolving accounts; keeping your balance below 30 percent of your total available credit may improve your credit score. Always pay on time, and more than the minimum due, if possible.

• Use free educational resources, such as Wells Fargo's newly redesigned Smarter Credit Center (www.wellsfargo.com/ smarter\_credit) to help you make responsible financial decisions. The site offers interactive features that explain key credit concepts, such as building credit, improving or rebuilding credit, taking charge of existing debt and practicing good credit habits. The redesign is more mobile friendly, letting you learn even when you're on the go.

Getting better money management skills can help you lower your monthly expenses on big ticket items like loan repayment and reduce the overall cost of your debt over time.



## Grandparent **Support Group**

Thursday, July 16th

Location: Mt. Vernon Park Bring your grandchild!

If you plan to attend contact: Jessie Mahaffey: 256-4818 Angie Payne: 256-5484

# Next Meeting

# 12 Noon

## Tips to throw summer birthday parties for kids

(StatePoint) Nothing beats the anticipation of your birthday when you are a child. But once school's out, it can be tough to gather all your child's friends due to summer camps and family vacations.

To combat this perennial summer birthday concern, some parents throw a big party during the school year and another smaller family shindig on the actual date. Others make sure the day is full of surprises, including yummy, unforgettable treats.

Here are some great ideas to make the day extra delicious, from three lifestyle and entertaining

Berry, Berry Good

"Every family has their special touches that turn children into excitement charged little bees buzzing around practically giddy with anticipation. For me, that was a can of whipped cream," writes food and lifestyle expert Coryanne Ettiene, reflecting on her childhood in a recent posting on her "Kitchen Living with Coryanne" blog. "The moment I would open the fridge door and see that bright red top, my heart would nearly burst from happiness while I let dreams of whipped cream swirl in

With this in mind, a fa-

day party strawberry shortcake gives the dessert a mini makeover with individual frozen shortcake bites, says Ettiene, whose nostalgia for her sweet childhood memories led her to partner with Reddi-wip their summer #PartyReddi promotion, which challenges partiers to create recipes with the

whipped topping. You can make Ettiene's frozen bites by slicing strawberries across the waist (so the hole appears in the center), cutting small squares of angel food cake, and stacking them together with colorful paper straws through the middle. Place them in the freezer for up to an hour and serve with a small bowl of Reddi-wip for dipping. Or for even quicker birthday treats, add a slice of berry and a slice of angel food cake to serving spoons and top with the whipped

topping. Sundae Tea Party Inspired by the spirit of the tea parties most girls love so dearly, Dawn Sandomeno and Elizabeth Mascali, co-founders of The Party Bluprints Blog, are sharing tips for a tea party with an ice cream sundae twist. This birthday party idea is perfect for summer and can be hosted indoors or

Set a table with personal

### \$2,000 Cash Reward For information leading to the arrest and conviction

of the person or persons responsible for, or involved with, the theft, vandalism and arson of Thompson Auto and Truck Sales on the morning of Sunday, July 5, 2015. All information will be kept private and confidential and callers do not have to reveal their identity.

If you have information regarding these crimes, or the individual(s) responsible, please contact the KSP 606-878-6622 or David Thompson at 606-308-4592 or 606-256-4606. Val gain . . . mgod son

#### vorite easy recipe for birth- sundae stations for each Surprising signs of allergies and tips to manage them

(StatePoint) When you think of seasonal allergies, sneezing may come to mind first. But there's a lot more to allergies than "achoo," say experts.

According to allergist Dr. Myron Zitt, there are many ways allergies can manifest. Here are a few less obvious signs that you may be suffering from allergies:

• You can't concentrate: You wake up with a runny nose and can't stop sneezing but still head into work and struggle through the day. This situation often leads to a present but unproductive employee -- something known as "presenteeism" -- and unfortunately it's very common for allergy sufferers.

• Your nose is extra sensitive: Allergy sufferers may experience a heightened response to non-allergic conditions, such as wind, air pollution and dry weather. This occurs when the nasal passages and throat are inflamed from existing allergies, making them more sensitive.

• You feel tired: Allergy symptoms can disrupt sleep, especially for people whose symptoms make it difficult to breathe through the nose. But even a full night's rest may not ease that feeling of tiredness for some allergy suffer-

· You're grumpy: The discomfort of allergy symptoms can interfere with people's daily lives and lead to irritabil-

Do any of the above sound familiar? For those that are suffering from allergies, Dr. Zitt recommends the following allergy survival tips to better manage symptoms.

• Know your triggers: Document your symptoms to get a better sense of your individual allergies. Visit your health care provider, preferably an allergist, to get a proper diagnosis and treatment plan.

• Avoid allergens: Avoid outdoor activities in the morning or plan ahead by wearing a hat and sunglasses to keep pollen away from your face.

• Kick pollen to the curb: Pollen can stick to clothing and shoes. Invest in a good doormat and wipe down your shoes each time you enter. It's also helpful to shower and change into fresh clothes to completely rid yourself of outdoor pollen.

• Beware of bouquets: If you're bringing flowers or plants into your home, choose them carefully. For example, sunflowers and chrysanthemums might offer a sweet floral aroma, but they're known to bother people with ragweed allergies.

• Don't carpool with pollen: Keep car windows rolled up. Instead of opening windows turn on the air conditioning, or set your ventilation to "re-circulate" to avoid outdoor allergens and irritants.

Additionally, over-the-counter antihistamines can offer relief from symptoms like itchy and watery eyes and a runny nose. One option is Allegra Allergy 24-Hour -- now available in gelcap form. It can offer adults fast, non-drowsy relief starting in one hour and staying strong for 24. More information can be found at www.Allegra.com.

Think beyond the runny nose. Allergies can take a toll on your entire quality of life. Take care of yourself by avoiding your triggers when possible and seeking relief when necessary.

Confused about your life insurance options? I'll show you the way. Brad McNew Representative 606-224-0312 bsmcnew@woodmen.org CD0029 6/15

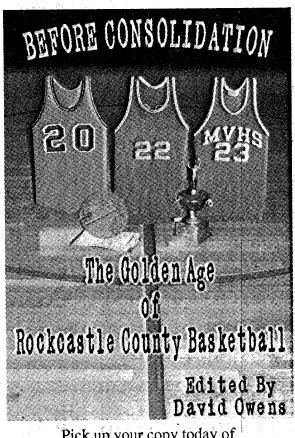


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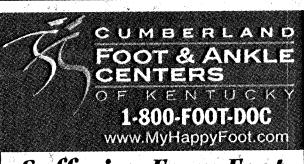
# **Electrolux** Canister and Upright Bags

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### Heroes and Friends

By; Mike French

In an effort to help local residents be more familiar with our police and firefighters in the county, The Mount Vernon Signal will publish this series of introductions each week. It's a chance to get to know your local law enforcement officers and firefighters on a more personal basis. We plan to publish one per week, chosen completely at random.

#### Deputy Rick Brummett

Deputy Rick Brummett has served the Rockeastle County Sheriff's Department since 2003. He is currently CSO Clerk and works in court security

Brummett can be found six days a week in the Sheriff's office in the courthouse. He is a third generation law enforcement officer and started his career at the Laurel County Sheriff's Department.

Brummett was born



in Ohio but has lived in this area all his life and considers this his home.

He is married and has one son.

## "Churches"

(Cont. from front)

legislation since 1993.

Shell says he will review House Bill 279, along with recently proposed legislation including the Pastor Protection Bill filed last week in Tennessee, and also gather feedback from people in his district ahead



Representative Jonathon Shell

of the 2016 Regular Session in anticipation of sponsoring or co-sponsoring legislation.

## "Arson"

(Cont. from front)

Thompson is offering a \$2000 cash reward for information leading to the arrest and conviction of those responsible. Anyone with information about the fire should contact the Kentucky State Police at (606) 878-6622 or call Thompson at (606) 308-4592 or (606) 256-4606.

Thompson said there are some leads and police are "working on some suspects now." But he is offering the cash reward as an extra incentive. "The police have some suspects but every little bit of help we can get would be good," he said.

## "Livingston"

(Cont. from front)

until later," said Bishop.
The grant also set certain limitations that Bishop and County Treasurer Joe Clontz say will cost the county slightly more than expected.

According to the grant, only a certain amount of money may be allocated for certain construction procedures. Those limitations are going to cost the county more than expected, they said.

The grant cost analysis suggests that when the project is complete, and grant money received, the total cost to this county will be close to \$20,000 in actual cash since the labor and equipment are included as part of the 20% that the county would have to pay. However, Bishop disagrees with that total.

"They allot \$25 per hour for a backhoe. Can you provide and run a backhoe for \$25 an hour?" he asked. Bishop also thinks some other estimates by the grant are underestimated.

Clontz said he expects the final cost to be more like \$30,000 to \$40,000. Much of the labor for the project is provided through the Rockcastle County Detention Center's Work Release Program.

The project is expected to take 90 working days and Medley says everything seems to be on schedule at this time.

"We are replacing 65% of the existing sidewalk that was in need of repair and adding new sidewalks at each end of town,' said Medley. "We want to give people a chance to get out and enjoy our town and feel safe and comfortable walking in our city."

According to Medley,

through the grant and the help of the Rockcastsle County Fiscal Court, as well as funds and efforts from the City of Livingston, this project will go a long way towards furthering Livingston's tourism hopes and help the city grow.

Medley says the City of Livingston is mounting a comeback as a thriving community. "We are not going to just sit back and let things go," he said. "We are going to fight and keep growing."

## "Benefit"

(Cont. from front)

There will be Team Abby bracelets available for \$3 and orders will be taken for Team Abby shirts.

There will also be a raffle and all proceeds from the event will go to the Langford family.

In case of rain, a new date will be scheduled.

## "River"

(Cont. from front)

ley expects more than a large crowd.

There will be food and drinks available all day. The schedule is as follows: 9 a.m. - Wildcat Mountain Challenge.

11 a.m. - Big Fish Tournament.

Noon - Chow time.

2 p.m. - Duck Race 4 p.m. - Wacky Boat Race. 5 p.m. - Tales of the Thun-

derbolt people.
6 p.m. - Local music.
7 p.m. - Tidal Wave Road

8 p.m. - Marshmallow Roast.

Mayor Medley would like to invite anyone and everyone to attend the

day's events.

# Five tips to upgrade and customize next vacation

(StatePoint) There are numerous ways to see the world, so why not travel exactly the way you want? Whether your ideal vacation is a luxury cruise, a sophisticated stay in a five star hotel, or a safari adventure, a bit more planning will help make your next escape perfectly suited to you, say experts.

"From lunch on the Great Wall of China to a breathtaking voyage through the Kenyan land-scape, travel offers us many of the most exhilarating, enriching experiences of our lives," says Mary Jean Tully, Founder and CEO of Tully Luxury Travel. "And if you do your research, you can have remarkable travel experiences that are both convenient and comfortable."

Tully Luxury Travel is a global leader in luxury travel, offering high-end cruises through Cruise Professionals, safaris customized through African Dreams and tailored itineraries through Private Travel Designers. To make your next vacation the most memorable one yet, the ex-

perts at Tully Luxury

Travel are offering five travel tips:

1. Avoid booking luxury hotels and resorts online or with call centers. For better deals and better service, contact an experienced and specialized travel designer. They will have first-hand knowledge of your destination and provide you with full concierge-style service and advice. A travel agent also books hundreds or thousands of rooms with various hotel properties all over the world. This enables them to get better deals for their clients.

2. If you want a stress-free way to see a great

many sights, consider ocean and river cruises. This style of travel offers a convenient way to explore the various wonders of a particular region, without the hassle of constantly packing and unpacking.

3. If you're going on a cruise, try to arrive in your departure city a few days early. This will alleviate stress and jet lag, ease you into your holiday, and give you a chance to acquire a taste of the city from which syour ship will depart. This will also guarantee you don't miss your ship due to inclement weather, mechanical difficulty or an airline strike.

4. Don't assume personal challenges, such as a disability or mobility issue, mean you can't have the travel experience of a lifetime. Seek out specialized tour operators that can make even the most exotic and remote trips possible for you and your family. For example, agencies like Tully Luxury Travel work ? with unique tour operators to create accessible safari experiences available to travelers who may, for example, be visually challenged or undergoing di- .. alysis treatment.

5. Plan wisely. If you know you must travel during a particular month, do your research to find out about local festivals and other seasonal attractions. The beginnings and ends of "high" travel seasons can lalso be less crowded and expensive.

Find more tips, ideas q and information about luxury travel at 1 www.TullyLuxuryTravel.com.

"With some keen plan-) ning, you can see the globe exactly the way you want at a price that's within reach," says Tully.

# NOTICE TO

# Rockcastle County Taxpayers

Danetta Ford Allen, Rockcastle County Clerk pursuant to KRS 424.130, announces that the 2014 Delinquent Real Property Tax Bills (Certificates of Delinquency) will be published in the *Mt. Vernon Signal* on July 16, 2015. The list of Certificates of Delinquency is available for public inspection during the hours of Monday-Wednesday and Friday 8:30-4:00, Thursday 8:30-6:00 and Saturdays 8:30-12:00 at the County Clerk's office located at 205 East Main Street, Mt. Vernon, Kentucky.

This list may also be inspected on the Rockcastle County Clerk website beginning July 14, 2015. The Uniform Resource Locater (URL) of the website is rockcastlecountyclerk.com.

The tax sale will be held on August 13, 2015 beginning at 10 AM. Priority participants must register their priority lists with the clerk's office by July 29, 2015 and newly interested participants must register with the county clerk's office by August 3, 2015.

Please contact the County Clerk's office if you need additional information about the tax sale registration process, the required registration fee or the deposit amounts that will be needed. Taxpayers can continue to pay their delinquent tax bills to the County Clerk's office any time prior to the tax sale. Please Note: All payments must be received in the County Clerk's office prior to the tax sale date listed in this advertisement. Payments re-

ceived after the tax sale has been conducted will be returned without exception. Some delinquencies-although they have been advertised-will be excluded from the tax sale in accordance with the provisions of KRS 134.504 (10)(b). If you have any questions, please do not hesitate to contact the County Clerk's office at (606)-256-2831.

Payment agreements can be made through the County Attorney's office. Please contact Casey at (606)-256-2730 if you wish to set up such an agreement.

In the event that you bought or sold property in 2014 and are unsure whether the tax bill has been paid please contact us.

# Mount Vernon Sign

Second Section

Thursday, July 9, 2015

## **UNITE** receives funding for 44 AmeriCorps members

The UNITE Service Corps has received funding for 44 AmeriCorps members to provide math tutoring and substance abuse prevention educaschool year.

The \$543,400 grant from the Corporation for National and Community Service (CNCS) will enable UNITE to place AmeriCorps members at elementary schools in Bell, Breathitt, Harlan, Johnson, Knott, Laurel, Leslie, Owsley, Perry, Pike, Rockcastle and Wolfe counties, and East Bernstadt Independent the same school systems served this past school, well as their local volunyear.

In addition to math tutoring, AmeriCorps members teach the "Too Good for Drugs" and "Healthy Futures/Take 10" wellness curriculums, as well as coordinate anti-drug UNITE Clubs in their school. In addition, members participate in their local UNITE Community Coalitions and recruit volunteers who provide thousands of hours for school prevention activities.

As of mid-year, the most recent stats available, UNITE Service Corps members had tutored 2,459 students in math and provided mentoring to 3,815 students, said Eugene Newsome, USC Program, school districts in south-Director. The overall growth in math test scores was 42.42% - the highest rate of success for Individual students in program history - and the average increase in drug education knowledge utilizing the "Great was 40.53%.

Earlier this year, CNCS Chief Executive Officer Wendy Spencer lauded the UNITE Service Corps as "a model for communities across the nation" for developing "a winning strategy to help thousands of Kentucky youth keep away from drugs and stay on track in school."

"We are proud of the accomplishments of our Service Corps members," said Nancy Hale, president/CEO of Operation UNITE, who served as tion during the 2015-16 co-program director for the initiative until taking her current position this past February. "They are making a difference in

many young lives."
Service Corps Program Director Eugene Newsome noted that AmeriCorps members are also very involved outside their schools, working with UNITE youth initiatives - such as Shoot Hoops Not Drugs and Camp UNITE - as teer community coali-

'AmeriCorps members are an invaluable resource for the populations they serve," Newsome said. "I salute their dedication and strong work ethic."

\* Two other Kentucky programs serving the Fifth Congressional District receiving funding:

• Teach for America-Kentucky in Hazard (\$36,800). Teach for America-Kentucky members will serve as classroom teachers in low-income rural schools resulting in improved educational outcomes for students. The program will serve schools in the central Appalachia

eastern Kentucky. • Morehead State University's MSU Corps (\$379,035). MSU Corps members will provide reading tutoring for academically at-risk students Leaps" reading curriculum and recruit and train community volunteers to be reading tutors. Members develop and demonstrate skills in tutoring, civic engagement and volunteer recruitment in

Eastern Kentucky. "The commonwealth sees great rewards from national service," said

Beshear. "AmeriCorps fills pressing social needs and makes our communities stronger."

"Members gain leadership skills and career experience," Beshear added. "We value AmeriCorps partnerships and congratulate the programs that have received grant funding."

AmeriCorps is a national service program administered by the Kentucky Commission on Community Volunteerism and Service (KCCVS), part of the Cabinet for Health and Family Services, and the federal Corporation for National and Community

KCCVS Executive Director Joe Bringardner said he is proud of Kentucky programs' showing among the national grant awardees.

"These programs have distinct goals to help educate youth, provide comfort to seniors and rebuild families' lives by building homes," Bringardner said. "Our AmeriCorps members use their talents, their vision and their boundless energy to establish immediate and long-lasting change in Kentucky."

For more information about Operation UNITE visit their website at www.operationunite.org.

#### Republican Party business meeting

Rockcastle County Republican Party will noid a business meeting this upcoming Monday, July 13. The group will meet at 5 p.m. on the third floor of the courthouse.

"Republicans are in a strong position for wins up and down the ballot this November." said Republican Chairman Travis T. Burton in regards to November's statewide elections for Governor, Attorney General, Secretary of State, Commissioner of Agriculture, Auditor, and Treasurer.

"The Republican Party Executive Committee wants to make sure Rockcastle is prepared to do its part to help elect leaders who will actually stand up for the principles important to our county and state. We invite everyone interested in being involved to attend Monday's meeting." he

For more info e-mail rockcastlegop@gmail.com visit https:// www.facebook.com/ RockcastleRepublicans.



Farmer's Market opens season this week.

Rockcastle Farmer's Market will open a new season this week on Saturday July 11th 9:00am at their Mount Vernon site on Richmond Street across from Richmond Street Eye Care. Farm produce available will include new potatoes, cabbage, broccoli, tomatoes, peppers, beans and zucchini.

This year's market locations and days are as follows: Tuesdays and Thursdays 10am to 2pm and Saturdays 9am to 12 am on Richmond Street; 1st and 3rd Wednesdays 11am to noon in Livingston.

Customer support at the Richmond Street location has helped keep the market open three days per week. Farmers extend a word of Thanks to RCIDA for use of their lot and local customer support. We encourage you to help your family eat healthy locally grown fresh vegetables this summer by supporting our Farmer's Market.

## Citizens Bank to sponsor Senior Crimestoppers program

The Senior Housing Crime Prevention Foundation and Citizens Bank held a Charter Presentation at the Rockcastle Health & Rehabilitation Center on May 28. Citizens Bank joined the Senior Housing Crime Prevention Foundation and will be funding the Senior Crimestoppers program for seniors residing in the Rockcastle Health & Rehabilitation Center.

Crime against the elderly in our society is a longstanding, constant battle that can be reduced and prevented through the operation of the Senior Crimestoppers program in nursing homes and assisted living facili-

Senior ties. Crimestoppers is a coordinated set of components that work together to create a zero tolerance to crime platform in senior housing facilities. Components include personal lockboxes for the residents, cash rewards up to \$1,000 paid anonymously for information about wrongdoing of any kind, and effective, ongoing education and training for staff members and residents. Senior Crimestoppers has reduced all aspects of crime by 94%.

Through Rockcastle Health & Rehabilitation Center is further enhancing the lives of the residents they serve. The implementation in no way means there is a crime problem

at the facility, but is a proactive way to keep problems from occurring in the future.

'Citizens Bank is proud to be the sponsor of this wonderful program for the residents of the Rockcastle Health and Rehabilitation Center. Our community is blessed to have this wonderful facility and Citizens Bank is excited to be partnering with them to bring these much needed in participating facilities services. Citizens Bank committed Senior partnering with local Crimestoppers, the business and organizations to help make the lives of those who live in our communities better," said Corey Craig, President/CEO of Citizens Bank.



Citizens Bank joined the Senior Housing Crime Prevention Foundation and will be funding the Senior Crimestoppers program for seniors residing in the Rockcastle Health & Rehabilitation Center. Pictured from left are: Shannon McDonald, Field Representative, Senior Housing Crime Prevention Foundation; George Clinard, Vice President Senior Housing Crime Prevention Foundation; Alicia Bullock, Administrator Rockcastle Health and Rehab; and Corey Craig, President/CEO Citizens Bank.

#### Kentucky Governor Woodcarvers to demonstrate

at Berea Welcome Center three members of the storytelling. Berea Welcome Center Carvers will demonstrate a variety of woodcarving styles and techniques from 10:30 a.m. to 3:30 p.m. at the Kentucky Artisan Center at Berea. Carving that day will be Jack Gann, of Berea, who creates caricature carvings; Terry Jones, of Paris, who does carved spoons; and Randy Whitman, of Winchester, carvers use a chain saw who makes hand-carved wooden bowls.

Members of the Berea Welcome Center Carvers live in many communities in central Kentucky, and demonstrations at schools, monthly Kentucky Artisan Center demonstrations and special events.

Members specialize in a wide variety of techhiques and styles of carving. Carvers in the group often mentor each other, and all enjoy sharing their love of woodcarving, making their demonstrations at the Kentucky Artisan Center a mix of nu-

On Saturday, July 18, mor, technique and

Woodcarving has many functional and decorative formats from functional handhewn dough bowls to inthe-round caricature carvings, to decorative chip or low-relief carving on wooden tiles, spoons and walking sticks. Most woodcarvers begin their work using basic woodcarving knives. Some while others use dremmel rotary tools to create precise details. The finished surfaces of carvings can be either left plain, oiled or painted, depending on their activities include the whim of the carver carving classes, carving and the desired finished result.

The Kentucky Artisan Center at Berea is located at 200 Artisan Way, just off Interstate 75 at Berea Exit 77. The center's exhibits, shopping and travel information areas are open daily from 9 a.m. to 6 p.m., and the cafe is open from 9:30 a.m. to 4 p.m. Admission is free.



# News from the Rockcastle Courthouse



## **District Civil** Suits

Anesthesia Asso, PSC v. Kristy Lee Mink, \$407.58 plus claimed due.

David Vanhoose v. Paula Daniels, forcible detainer complaint.

David Vanhoose v. Kathryn Hyde, forcible detainer complaint,

Barclays Bank Delaware v. Alvin D. Green, \$1,822.27 plus claimed due. Janet Hendrickson v. Jesse Morgan, et al, forcible detainer complaint. C-

### Circuit Civil Suits

Genesis Hayes v. Casey Hayes, petition for dissolu-

tion of marriage. Noreen McClure v. Dewey McClure, petition for dissolution of marriage.

Ford Bros. Inc. v. Sharon Yauger-Pendery, et al, \$12,724.09 plus claimed

Cabinet for Health and Family Services ex rel, Heather Marie Ramsey v. Cody Matthew Ramsey, complaint for child support and medical support.

Cabinet for Health and Family Services ex rel. Tamela C. Thomas v. James D. Gay, complaint for child support and medical sup-

Judy Damrell v. Tony Damrell, petition for dissolution of marriage. CI-

## Deeds Recorded

James Noe, property in Rockcastle County, to Michelle Martin. Tax \$72

Federation of Appalachian Housing Enterprises Inc., property on Roundstone Creek, to Hannah. MacFarland Poynter. Tax \$30

Emma Hackworth, property on Lambert Road, to Jerry Hackworth. No tax

Tina Judd, property on Brodhead-Conway Road, to Christopher and Christina Martin. No tax

Troy P. and Rebecca A. Hansel, property in Rockcastle County, to Phillips Properties LLC. Tax \$49.50

Douglas Wayne Rowe, Jr., property on Wesley Drive, to Karl Wayne Pittman. Tax \$9.

Edra Jo Mickey and James L. and Gayla Winstead, property in Mt. Vernon to James Noe, Tax \$89.50

James and Linda Reynolds, property in Rockcastle County, to the Eugene T. and Lori E. Caldwell Revocable Living Trust. Tax \$25 😘

Harvey Whittemore and David and Tamera Seals, property in Rockcastle County to Harry James and Dinah Martin, Tax \$21

### Marriage Licenses

Heather Michelle Zanet, 35, Mt. Vernon, self-employed to Joseph Casey McClure, 26, Mt. Vernon, deputy sheriff. 6/25/15

Samantha Roseagail Miller, 22, Mt. Vernon, McDonald's to Zachary Benjamin Louis Stephens, 25, Mt. Vernon, disabled. 6/ 29/15

## District Court

June 29, 2015 July 1, 20125 Hon. Jeffrey S. Lawless Hon. Kathryn G. Wood

Elisha L. Jasper: theft in by unlawful taking, \$50 fine/90 days/probated 24

Frankie L. Powell: controlled substance prescription, 30 days/to serve/concurrent w/state sentence; disorderly conduct, 90 days/concurrent.

Lester J. Powell: assault, 4th degree, 90 days/ probated 24 months.

Thomas J. Renner, Jr. possession of synthetiq drugs, 30 days/probated 12

months; drug paraphernalia - buy/possess, 90 days/probated 12 months plus costs.

Richard A. Lovell: criminal trespassing, \$100 fine/suspended on condition plus costs.

Rakim Malcom Baker: fleeing or evading police, 10 days in jail/probated 24 months on condition plus costs.

Samantha Dillingham: faulty equipment, \$25 fine; operating on suspended/revoked operators license; \$50 fine plus costs.

James E. Houk: drug paraphernalia - buy/possess, \$100 fine and costs.

Harlan Benjamin Lawson: false swearing, 30 days/probated 24 months on condition plus costs.

Steven Napier: operating motor vehicle under influence of alcohol/drugs. \$350 fine and costs, \$375 service fee, 12 months operators license suspensión; 7 days home incarceration.

Speeding: Brandon D. Robinson, Brandon S. Bowen, Eddie Estrada, license suspended for failure to appear (fta); David A. Reid, court notice sent; Cory L. Ferguson, \$20 fine plus costs; Earnest G. Gadd, Jr, \$50 fine plus

Ronnie J. Stamper: failure to wear seat belts, \$25

Nicholas W. Alcorn: fines/fees due (\$183), bench warrant (bw) issued for fta/4 days in jail or payment in full.

William Bentley Bailey: no operators/moped license, \$100 fine and costs; failure of non-owner operator to maintain req. insurance, \$500 fine/suspend \$450 on condition Veronica Denette Bray.

public intoxication, bw issued for fta.

Jessica Carr; public intoxication, possession controlled substance, drug paraphernalia-buy/possess, bw issued for fta.

Aaron M. Carrender: failure to wear seat belts. operating on suspended/revoked operators license, failure to produce insurance card, bw issued for fta.

Paul Crawford: failure to wear seat belts, part 395/

Fed Safety Regs-Hours of Service for Drivers, license suspended for fta.

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

Ashley R. Fairchild: permit unlicensed operators to operate motor vehicle, failure of owner to maintain required insurance/security, drug paraphernalia - buy/possess, bw issued for fta.

Donna J. Ferch: no/expired Kentucky registration receipt, \$25 finet no/expired registration plates, \$25 fine.

Tasha Nicole Gholson: careless driving, \$50 and

Michael Hall: fines/fees due (\$638), bw issued for fta/13 days in jail or payment in full.

Michael Hayes: failure to wear seat belts, \$25 fine.

William Clay Hayes: operating motor vehicle under influence of alcohol/ drugs, sentencing order entered.

Eric L. Hughes: disorderly conduct, sentencing order entered.

Ashley Jasper: no/expired Kentucky registration receipt, \$25 fine; no/expired registration plates, \$25 fine/suspended.

Ashley Nicole Jones: public intoxication, 30 days/probated 24 months plus costs by 10/28/15.

Brandon D. Jones: no/ expired registration plates - receipt, license suspended

Billy C. Mason: speeding, disregarding traffic control device, reckless driving, operating motor vehicle under influence of alcohol/drugs, bw issued for fta.

Luther Patterson: failure to wear seat belts, \$25 fine. Joshua Rawlins: no op-

erators/moped license, failure to wear seat belts, bw issued for fta.

Troy Reed: operating motor vehicle under influence of alcohol/drugs, no operators/moped license, rear license illuminated, bw issued for fta.

Kami L. Scarborough:

failure to wear seatbelts, failure to produce insurance card, license suspended for fta.

Brandy M. Snowden: no operators/moped license, failure of non-owner operator to maintain req. insurance, bw issued for fta.

Timothy L. Stewart: operating motor vehicle under influence of alcohol/drugs, agreed order entered.

Adam J. Walker: failure to surrender revoked operators license, display/possession of cancelled/fictitious operators license, driving DUI suspended license, rear license not illuminated, bw issued for fta.

Norman Walker: no operators/moped license, rear license not illuminated, bw issued for fta.

Frankie W. Wilburn: reckless driving, operating motor vehicle under influence of alcohol/drugs, order entered.

Subscribe to the Signal Call 256-2244



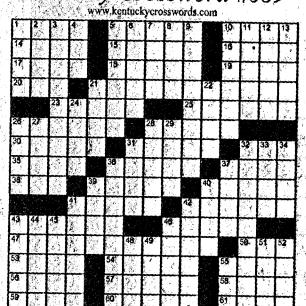
# NOTICE OF NON-DISCRIMINATION

As a recipient of Federal financial assistance, Rockcastle Regional Hospital and Respiratory Care Center and all subsidiaries does not exclude, deny benefits to, or otherwise discriminate against any person on the basis of race, color, national origin, disability, or age in admission to, participation programs and activities. programs and activities.

Likewise, Rockcastle Regional Hospital and Respiratory Care Center and all subsidiaries is committed to providing equal opportunity and access to applicants, employees, and the general public without discrimination on the basis of race, color, religion, séx, age, national origin, citizenship status, physical or mental disability, genetic information, or past, present, or future membership in a U.S. Uniformed Services.

145 Newcomb Ave • Mt. Vernon, KY 40456 • (606)256-2195

## Kentucky Crossword #689



**ACROSS** Cropped photos? Wipes up

10. Unique: 14. Mammoth Cave's largest river 15. Kentucky governor Shelby 16. Urgent request 17. Cat's opponent? 18. Objet d'art 19. Spanish rivers 20. Colorful carp

21. A famous Kentucky explorer 23. Cast 25. Good things 28. Kentuckians George Clooney and Johnny Depp, e.g., Sacred song

30. Sticking point? 31. Black \_\_spider 32. Rule out 35. Table extender 36. Pay tribute to 37. Metered vehicle 38. Poetic dusk 39. Mason Co. area, or Delaware's capital

40. Tiny openings 41. Walking sticks 42. Legendary WKU basketball coach 43. What you will 46. Patches up 47. Home of the Racers 50, Recipe amt. 53. Old chap, say 54. Neutral shade

55. Bishop of Rome 56, Hamburg's river

57. Kentuckian, boxing 33. Skater's jump 34. Greet the judge champ Jimmy 58. Kind of song 59. Textile worker 36. McCreary Co. 60. Vote in

area, or nectar gatherer 37. Mary in the White 61. Lodges 39. Facts and figures One-fourth of a bushel 40. Kentucky's first state park, Mountain

2. U.N. agency Home county of Community College Lawn base

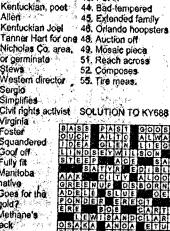
Sofas By way of 42. Can't stand Kentuckian, poet

Kentuckian Joel 10. Nicholas Co, area, or germinate Stews 12. Western director Sergio

Kentucky Home

Civil rights activist SOLUTION TO KY688 Virginia

Foster 22. Squandered 24. Good off 26. Fully fit 27. Manitoba native 28. Goes for the gold? 29. Methane's 31. Zigzagged 32. My Old



House

41. Aviation pioneer

43. Put in

Matthew Sellers

Kentucky county

did research in this

## **ABSOLUTE AUCTIONS** Mitchell Prater Estate Properties

Saturday, July 18, 2015 - 10:00 A.M. - 10112 Climax Rd. McKee Auction 1) Quonset style building, industrial concrete flooring, Apex height 20', double hanger doors, 50 electrical outlets, single and 3 phase. Auction 2) 12:00-389 Sowder School Rd. (To be sold at 1548 White Rock Road, Mt. Vemon) 3 bedroom, 1 bath home, 1600 sq. ft. with 4,65 acres +/-Auction 3) All Machine Shop Contents (1548 White Rock Road) will be sold following the noon sale.

Friday, July 24, 2015 - 4:00 p.m. - 1022 South Wilderness Rd (US 25) Auction 1) 10,000 sq. ft. warehouse, .62 acres lot, 1 mile from I-75, 3 phase KU electric, 3 entry doors, 2 loading docks... Auction 2) Apartment Bldg., two 2 bedroom units, with office, store, & addition. Auction 3) Contents in warehouse, some furniture and misc. items.

Saturday, July 25, 2015, 10:00 a.m. - 1548 White Rock Road, Mt. Vernon,10,000 sq. ft. warehouse on 2.05 acres, near industrial park, 3 phase electric, double entry doors, drive in doors, loading dock.

Saturday, July 25, 12:00 Noon - 18 Kelsey Dr., (Hwy. 461) Mt. Vernon Auction 1) Gas station/Restaurant/Grocery on 1.5 acre lot, updated pumps, tanks, UST Control System, equipment, paved lot. Auction 2) 19 Kelsey Dr., Mt. Vernon (Hwy. 461) - 5,000 sq. ft. warehouse on .58 acre lot, 2

garage doors, 2 entry doors, interior unfinished.
Auction 3) Three lots, Mt. Vernon – 18 Alley St., .35 acre, Lot #18 Dusty Trails, 16 Kelsey Dr. 35 acre, Lot #16 Dust Trails, water, electric available, 17 Alley St., .34 acre lot, #17 Dusty Trails, electric meter, septic, water meter on site, ready to

Thursday, July 30, 2015, 6:00 P.M. - 1827 Bloss Road, Mt. Vernon (To be sold at 1022 South Wilderness Road, US 25), Nearly 300 acre farm with 3 bed, two bath home, covered porches, fireplace, wildlife, ponds, natural spring, creek, nearly 30 acres grazing land, fencing, scenic, private.

Auction signs are posted.

Terms of sale to be announced. Announcements day of the sale take precedence over all other materials.

More info Call 606-864-5125 or see - www.albertrobinson.net

ALBERT ROBINSON REALTY AND AUCTION CO.

**Albert Robinson** Broker/Auctioneer

606-864-5125

1249 South Main Street London, KY

## Local students attend IFAL conference

school juniors James Ballinger and Eric Bullock recently returned home from Kentucky Farm Bureau's Institute for Future Agricultural Leaders (IFAL). Ballinger, Bullock and 46 other high school students from around the state attended the five-day summer leadership conference, held June 14-18 at Murray State University.

An identical IFAL conference was also held June 21-25 at the University of velop agricultural policy.

Rockcastle County high Kentucky for an additional 46 students.

> IFAL is designed to expose high school students to college life while helping them explore the different fields of study for careers in agriculture. During the week, attendees gained a better understanding of the nature and needs of the agriculture industry, saw how basic and applied science is utilized in agriculture and learned of the political process used to de-

#### KHESLC offers low interest rates on college loans

Kentucky students and non-citizen with a proof of parents who need help paying for college may qualify for low interest rates on Kentucky Advantage Education Loans from the Kentucky Higher Education Student Loan Corporation (KHESLC).

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

the gap between other financial aid a student receives and the total cost of credit history or an apeducation. Students should apply for all free aid, such as grants and scholarships, then for Federal Stafford Loans before applying for a private loan.

To qualify for an Advantage Loan, the student

• Be a Kentucky resident enrolled in an approved school or a non-Kentucky resident enrolled in an approved Kentucky school;

• Be 18 by the date of application; • Be a U.S. citizen or a

residency card; and

• Have an acceptable credit history or an approved cosigner.

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

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

• Be a U.S. citizen or a The low-cost loans fill non-citizen with a proof of residency card; and

> • Have an acceptable proved cosigner.

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

> KHESLC is a public, nonprofit corporation that provides education loans for students and parents. It was established by the Kentucky General Assembly in 1978.

## Forest officials reminding visitors of food storage tips to prevent bear encounters

Daniel Boone National Forest officials are reminding visitors that food storage requirements apply when camping or picnicking in the national for-

"This policy is designed to help prevent negative encounters with black bears," said Forest Biologist Sandie Kilpatrick. "By adhering to the food storage order, visitors can reduce the chance for such encounters and promote a safer environment for themselves and others."

Visitors must store food inside a hardtop vehicle or bear-resistant container when not cooking or eating. Burning or burying food, trash or any other bear attractant is prohibited.

If a hardtop vehicle or bear-resistant container is not available, campers and picnickers must store food and garbage by suspending at least 10 feet off the ground and four feet away from any tree of pole.

A bear attractant is any substance with an odor that may attract bears. Food, cooking oil, toothpaste, soap and garbage are considered attractants.

The Forest Service has installed bear-resistant trash cans at most developed campgrounds and picnic areas. These containers must be used for garbage disposal where they occur in the national

"The black bear population in eastern Kentucky continues to grow, and our national forest provides excellent habitat," added Kilpatrick. "We just need to become more bearaware and use caution when visiting their home."

To avoid human-bear conflicts, see the following

• Never feed a bear. In Kentucky, feeding bears is illegal.

• When camping or picnicking, follow food storage policies. In remote locations, suspend food and garbage off the ground and away way from the supporting tree or pole.

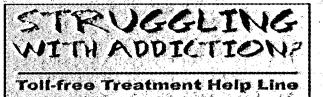
• Never store food or other potential bear attractants inside your tent. Cook food and eat in locations away from your sleeping area.

 Store food and garbage up to 100 yards away from your campsite.

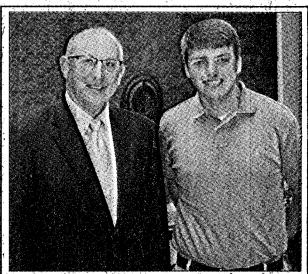
• Never approach a bear. If you accidently come upon a bear, back away slowly. Do not run; this could prompt a chase.

• If a bear approaches you, make lots of noise. Remain standing upright. Never lay down to play dead or turn your back on an approaching black bear.

Any conflict with a black bear should be reported to the nearest U.S. Forest Service office or to the Kentucky Department of Fish and Wildlife Resources. In case of an emergency, call 911.



1-866-90-UNITE Take control of your life TODAY!



James Ballinger (right) is greeted by Fritz Giesecke, Kentucky Farm Bureau Second Vice President, during the 2015 Institute for Future Agricultural Leaders (IFAL) at Murray State University,



Eric Bullock (right) is greeted by Fritz Glesecke, Kentucky Farm Bureau Second Vice President, during the 2015 Institute for Future Agricultural Leaders (IFAL) at Murray State University.

Money Tips for Students

#### College students should take advantage of meal plan

Many colleges require students to have a meal plan, especially if they live on campus. Meal plans vary among colleges, but most will give students a certain number of dining hall meals per week. Students may also be able to add flex dollars to use at the campus food court or other locations. The larger the school is, the greater flexibility students

their meal plan carefully may be able to cut college costs by selecting the plan that is best for them, according to the Kentucky Higher Education Assistance Authority (KHEAA).

Most often, the meal plan will come out of students' financial aid or their parents' money if they're footing the a card students swipe at oncampus cafeterias and res-

Students can waste a lot of money eating off-campus and even rack up credit card debt by charging food. Most meals on campus are already paid for through the meal plan, so students should eat on campus as much as pos-

KHEAA is the state agency that administers Kentucky's grant and scholarship programs, including the Kentucky Educational Excellence Scholarship (KEES). It provides financial literacy videos at http:// Students who choose its money. kheaa.com. KHEAA also provides free copies of "It's Money, Baby," a guide to financial literacy, to Kentucky schools and residents upon request publications@kheaa.com.

To learn how to plan and prepare for higher educawww.gotocollege.ky.gov. bill. Funds will be loaded on For more information about Kentucky scholarships and grants, www.kheaa.com; write KHEAA, P.O. Box 798, Frankfort, KY 40602; or call

800-928-8926, ext. 6-7214.

#### Campbellsville has record enrollment; not too late to register for fall classes

By Joan C. McKinney, news and publications,

coordinator Campbellsville University has achieved a record summer school enrollment with 4,120 total credit hours taken. This is a new record exceeding the 4,094 hours recorded in 2012.

Dr. Donna Hedgepath, vice president for academic affairs, said, "We love to see students take advantage of summer school at CU. Not only do they save money, but they also have the unique opportunity to experience more one-on-one attention from our talented faculty and get a kick start on the fall semester or work toward an earlier graduation

Summer classes are generally smaller and have a discount rate. "We are extremely excited to see so many students take advantage of our summer class offerings," Dave Walters, vice president for admissions and student services,

Walters said, "It's a great way to move quicker toward their graduation goal and ultimately they benefit substantially from the cost savings. By taking one or two of our summer class offerings, they can also take some of the pressure off of their fall and spring semes-

Dr. Michael V. Carter, president of Campbellsville University, Campbellsville University's

momentum is strong with new academic and athletic programs and a new wrestling gymnasium in the

The new gym will house the men's and women's wrestling programs.

"Campbellsville University is an exciting place to study and learn - academi-

cally and spiritually," he said. As he begins his 17th year as president, Carter said the university is experiencing growth, and there are great plans for the future with Vision 2025 as the

"Vision 2025 gives us the blueprint for our university," he said. The top tenets of the plan include: enhancing the integration of faith and learning across the curriculum, preparing students for a rapidly changing world through innovative curricula, providing excellent academic, student life and athletic facilities, promoting "teaching scholarships" and community learning across the campus, centers and programs and continuing to prepare Christian servant leaders as the university increases its size to approximately 5,000 students.

Day classes for the fall 2015 semester Campbellsville University begin Tuesday, Aug. 25. Evening classes, those beginning at 5:15 p.m. and later, begin Monday, Aug.

There is still time for students to register for the fall semester.

Anyone interested in registering, should first contact the Office of Admissions at (270) 789-5220 or admissions@campbellsville.edu.

For course listings, go to the website at https:// tigernet.campbellsville.edu/ ics/Student/ Academic\_Office/ Course\_Offerings.jnz.



1-866-90-UNITE

## NOTICE

In compliance with KRS Chapter 424, the Rockcastle County Board of Health Taxing District Board Members adopted budget, financial statements and supporting documents, along with the most recent audit, may be viewed at the

Rockcastle County Health Department

120 Richmond Street, Mt. Vernon, Ky., or the Department for Local Government's website at http://kydlgweb.ky.gov/.

# Subscribe to the Mount Vernon Signal

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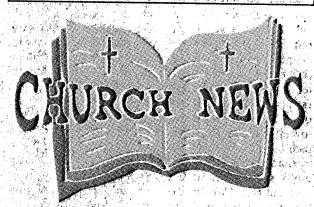
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Mail to: Mt. Vernon Signal • PO Box 185 • Mt. Vernon, KY 40456

## Celebrates 90th Birthday



Martha Allen celebrated her 90th birthday in June. Her family hoped she would receive 90 birthday cards and she actually received 114. Martha and her family wish to say "Thank You" for each card.



#### 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.

#### Alpha Recovery

Conway Missionary Baptist Church is sponsoring an Alpha Recovery Program, "Everyone in life has to start out somewhere. This is the place that you can have a new beginning in your recovery." The program is held each Friday night at 7 o'clock.

For more information, contact Tommy Dooley or Ray Owens at 606-308-

#### Gospel Meeting

You are invited to a Gospel Meeting with Jerry Dickinson at the Walnut Grove Church of Christ July 12-19, Sunday, July 12th services are at 10 a.m. and 7 p.m. Monday thru Saturday, the services will be at 7:30 p,m, and Sunday, July, 19th, services, will be at 10 a.m. and 2:30 p.m.

The church is located 7 mile's south of Mt. vernon following Hwy. 461.

Come join us as the Gos-

#### pel is skillfully taught. **Guest Speaker at** New Hope

Larry Gritton, Jr., president of Oneida Baptist Institute in Clay County, will be special guest speaker at New Hope Baptist Church on Sunday, July 12th at the 11 a.m. service.

Gritton will be sharing with the church about the ministry of OBI to middle and high school aed students that has been on going since 1899. Oneida Baptist Institute is a private, Christian boarding school that works to meet both the educational and spiritual needs of students from all over Kentucky, all 50 states . and many countries around.

#### "Center" (Cont. from B1)

The Kentucky Artisan Center at Berea features works by more than 700 artisans from more than 100 counties across the Commonwealth. A special exhibit, "Turn, Turn, Turn: Lathe-Turned Works by Kentucky Artisans," is on display through Sept. 12. For more information about events call 859-985-5448, go to the center's website

www.kentuckyartisancenterkygov or on Facebook at www.facebook.com/ kentucky, artisan.center.

The Kentucky Artisan Center at Berea is an agency in the Tourism, Arts and Heritage Cabinet of the Commonwealth of Kentucky.



the globe.

All are invited and encouraged to attend and hear Mr. Gritton speak about this vital and long running ministry which has impacted so many lives for so many years.

The church is located at 3213 New Hope Tower Road at Orlando,

#### **Gospel Singing**

Lighthouse Baptist Church will have a Gospel Singing on Saturday, July 11th, beginning at 6 p.m. Featured singers will be The Botts Family Jacksboro, TN.

The church is located at 1391 Gabbardtown Road, Berea.

#### VBS at Crossroads Assembly

Crossroads Assembly of God, of Brodhead, will hold VBS "Blast to the Past" July 13th - 17th, 6:30-8:30 pm each evening. Everyone in-

#### VBS at **Union Baptist**

Union Baptist Church at Red Hill will hold Vacation Bible School July 18th from noon to 6 p.m. There will be a family cook-out from 6 to

#### VBS at Clear Creek

Vacation Bible School will be neld July 10th and 11th at Clear Creek Baptist

On Friday, July 10th. there will be a picnic and preregistration at 6 p.m. VBS will be held Saturday, July 11th beginning at 10 a.m. and is for all ages.

The church is located at 95 Hammonds Fork Road.

#### VBS at Scaffold

Cane Baptist Come take a "Journey Off the Map, with us for Va-cation Bible School at Scaffold Cane Baptist Church July 6-10 at 6:30 nightly.

Friday night, July 10th will be Family Night/Cook

Pastor Chris Cobb invites

#### everyone to attend 🏑 🖫

Celebrate Recovery Celebrate Recovery classes are being held every Monday night at 6 p.m. at the Community Outreach Center in Brodhead (next to

the Fairgrounds). \*\*
The purpose of the ministry is to fellowship and celebrate God's healing power in our lives through the Eight Recovery Prin-

Refreshments at 6 p.m. followed by group lesson or testimony each night. Qualified leaders are available to

sign court-ordered papers. Please call Chris Martin at 606-308-3368 for more

#### information. VBS at Pine Hill **Baptist Church**

Vacation Bible School will be held at Pine Hill Baptist Church July 13-17 from 5:45 to 8:30 p.m. A full dinner will be served.

Ages third through twelfth grade are invited.

Family night is Friday, July 17th, Join us for food, fun and inflatables!

If transportation is needed, call Don at 606-256-2385, Diane at 606-308-9135 or Tonya at 859-

The church is located three miles south of Exit 59

## Making Memories at Rockcastle Health & Rehabilitation center

## Partying in Panama



Kenneth Adams, Sheri McClease and Teresa Stevens all went to Panama City, Florida for some fun in the sun. They met up with several other Signature homes across the U.S to participate in the annual Elder Vacation. While there, they went to the beach and played in the ocean, sailed on a dinner boat, celebrated Kenneth's birthday, and made lasting memories and friendships.

## The Beauty of a Belvidere

After selling his car Doug Leger didn't know if he would ever see his beloved 64' Belvidere that he restored from the ground up with his friend. That was until Mike Mink drove it to the car show. Doug was able to show everyone all of the hard work that he had done to the car from redoing the interior, painting the exterior, and fixing the motor. Everyone was in awe of the beautiful Belvidere.



RHRC would like to give a big THANK YOU to everyone who played a part in making these memories happen! Thank you all so very much!

For more information contact: Kelsey Adams 606-758-8711

## Mamaw's Kitchen

By Regina Poynter Hoskins

RHONDA'S BANANA PUDDING 2 cups cold milk

1 small box instant French vanilla pudding 1 can Eagle Brand® con-

# Reunions

#### Miller Reunion

The Miller Family Reunion will be held at Maple Grove Baptist Church's Fellowship Hall on Saturday. July 11th.

The families of the late Bill and Susie Miller, John and Mary Miller, Irvin and Lettie Miller, Olive and Idre Miller, Orville and Harriett Miller and the late Tarrie and Maggie Gray would live to invite your family and friends to come spend the day with us.

For more information, all 758-4489 or 256-3805.

#### Thompson Family Reunion \*\*

A The Thompson Family Reunion will be held Saturday, July 18th at Quail Com-

munity Park. Lunch will be served at

Everyone invited.

#### Stewart/Leger Reunion

The Stewart/Leger Reunion will be held Sat., July 11th at Flat Rock Baptist Church. Lunch will be served at noon. Please bring a covered dish.

#### Mullins & Friends Reunion

The daughters of C.P. and Edith Mullins invite you to come to Fairview Baptist Church's shelter on Sat., July 11th for the Mullins and Friends Reunion.

The reunion will begin at noon and lunch will be

served at 1 p.m. Bring a covered dish and enjoy food and old friends and family.

For more information, call Velma Mullins Croucher at 256-4212.

#### **Hansel Reunion**

The Hansel Family Reunion will be held Saturday, July 11th at Quail Community Park, beginning at 6

Bring a covered dish and enjoy visiting.

#### Major Family Reunion

The Major Family Reunion will be held Saturday, July 11th at Quail Community Park, beginning at noon. Bring a covered dish and reminisce:

#### Cromer/Whitaker **Family Reunion**

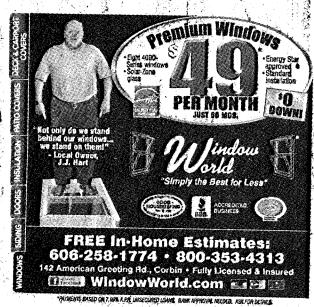
The Cromer and Whitaker Family Reunion will be held at KCA Church Camp in Brodhead on Sat., July 18th.

Doors open at 9:30, lunch will be at noon.

There will be a Balloon Release Tribute in the afternoon in honor of those who have passed away.

Bring a covered dish to

For more information. contact Rissie Cromer at 606-758-9054 or Tami Hastin at 859-912-4588



densed milk egg whites. Set whites 1 container (8 ounce) Cool Whip®, thawed 1 container (8 ounce) sour cream Wall 4 or 5 bahanas Box of vanilla wafers Mix cold milk and pudding; add Eagle Brand®. Chill for 10 minutes. Stir sour cream and Cool Whip® into pudding mixture with a spoon. Layer bananas and wafers; pour pudding over each layer.

MUM'S BANANA **PUDDING** 

Mum always enjoyed banana pudding, but the older she got, the more the bananas upset her stomach. She would ask us to make this, but leave the bananas out. Of course, we made it that way for her.

5 large eggs 1 cup white sugar 3/4 cup packed brown sugar 1 teaspoon salt

1/2 cup flour 6 cups milk 4 tablespoons butter 1 tablespoon vanilla 1 box (12 ounce) vanilla wafers 5 to 7 bananas, peeled and

sliced Grease a 4-quart ovenproof

Separate egg yolks from

aside to use for meringue. In a large saucepan, whisk egg yolks (save whites for meringue). Add 1 cup white sugar, brown sugar, salt and flour. Whisk until smooth. Place pan over medium low-heat and slowly add milk. Constantly stir until thickened. Remove from heat. Add butter and vanilla. Stir until butter melts and all is blended.

In prepared pan, alternate layers of pudding, vanilla wafers and bananas (if you are using them.) Begin and end with the pudding. MERINGUE:

3/4 cup white sugar Egg whites from above Preheat oven to 350°. Beat egg whites at high speed until frothy. Slowly add white sugar. Beat until stiff peaks form. Spread over pudding. Brown in: oven for about 20 minutes. Serve either warm or chilled—can't be beat either way!

Instead of the milk use one 14-ounce can evaporated milk mixed with enough water to make 6 cups. Fresh milk was something that didn't stay around our house long, but we always had a can of cream on hand.

Please Join Us For

## **Vacation Bible School**



Where: Pine Hill Baptist Church (3 miles south of Exit 59) When: July 13-17 from 5:45 p.m. - 8:30 p.m.

(full dinner served) Who: Ages 3 - 12th grade

Need Transportation: Call Don at 606-256-2385 or Diane at (606) 308-9135 or Tonya at (859) 582-0439

Family Night • Friday, July 17th Join us for food, fun and inflatables

## 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 II 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. Sunday Night Worship 6 p.m. Wednesday Evening 7 p.m. Video services Tues., Thurs., & Sat, at 11 a.m., 4 p.m. & 9 p.m. Channel 3 - New Wave Cable Channel 5 in Berea and Richmond 1 p.m. Wednesdays Pastor: Don Stayton Associate Pastor/Youth: Bro. Jeremy Ellis' Kids for Christ 🐇 Children's Ministry: Bro. Jarrod Amyx Secretary: Jo Roberts Music Director: Dan Dull

Church of Christ 7 miles south of Mt. Vernon on Hwy. 1249 (Sand Springs Rd) Sundays 10 a.m. & 6 p.m. Preaching Brethren

Blue Springs

Gary Reppert, Doug Hawkins Marcus Reppert Contact Info: Marcus Reppert 104 Byrda Way • Mt. Vernon, Ky. 606-308-2794

marcusreppert24@hotmail.com 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 60**6-3**79-633**5** 

**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. & (Nursery Provided) Sunday Youth Bible Study

Wednesday Adult & Youth Worship/Bible Study 7 p.m. " Children's Programs! RAS & GAS

Mission Friends and Creative Ministry Ralph Baker Pasto **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. Sünday Worship 11 a.m. Sunday Evening 7 p.m. Tuesday Prayer Meeting 7 p.m. Lonnie R. McGuire,

**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. Tim Owens, Pastor 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 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. Transportation and Nursery provided for all services

Church of Christ at Chestnut Ridge 2 miles south of Mt. Vernon Turn left off US Hwy 25 Sundays 10:00 a.m. Wednesdays 7:30 p.m. Bro, Ova Baker Bro. Dale McNew Bro. Philip Scott

Mark Eaton, Pastor

Church of Christ on Fairground Hill Sunday Worship 10 a.m. Different speaker each .-Sunday Climax Christian Church Hwy. 1912 5

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

116 Meadow Lark Lane Berea, KY 40403

## **Brodhead Pharmacy** Main Street • Brodhead BB 606-758-4373 BB

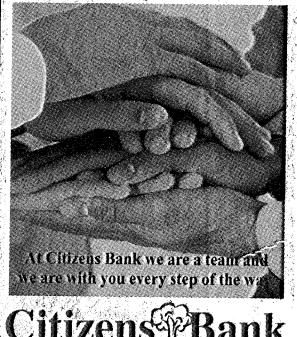
Howard Saylor Pharmacist

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606-758-8212 606-256-2500 606-287-8390 606-451-2274

24 Hour Information Line 1-800-530-8561

FDIC

Sunday School 10 a.m. Sunday Morning Worship Sunday Evening Worship 6 p.m.

Wed. Prayer Service and Bible Study 7 p.m. Youth Meetings: Sunday 5 p.m. Wednesday 7 p.m. Bobby Turner, Pastor. 606-758-4007

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 Serviçes • 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 Sérvices

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 Rasor, Pastor 606-256-3722

emails 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.fbcmvkyorg email:fbcmtvernon@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. & Sunday 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 II a.m. Sunday Evening Service 7 p.m. Wednesday Bible Study 7 p.m. Jack Stallsworth, 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

Wednesday Evening Prayer Meeting & Youth/Children Classes 7 p.m. www.freedomsbc.com email:

pastor@freedomsbc.com Pastor: David Sargent 606-256-2968 Hickory Grove Pentecostal Church 5 (6 miles from Brodhead)

Brodhead, Ky.

Randal Adams, Pastor

8 piece meal with

1/2 gallon temonade

Remember our Buffet for Lunch

For your family reunion or church gathering -- we offer catering!

10 a.m. to 10 p.m. • 7 Days a Week U.S. 25 N - Mt. Vernon

606-256-4910

Youth Pastor, Scott Adams Sunday School 10 a.m. Sunday Worship 11 a.m. Sunday Evening 6 p.m. Wed. Evening 7 p.m. Lighthouse Assembly of God

Hwy. 1004 • Orlando, Ky. Tim Hampton, Pastor 606-256-4884 • 606308-2342 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** Worship Service 11 a.m. Children's Church 11 a.m. Prayer Meeting/Bible Study Wednesday 7 p.m.

Gary Parker, Pastor

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.

Jerry Ballinger, Pastor Mt. Vernon Church of God 1025 W Main St. Mount Vernon, Ky.

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 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. 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 606-308-5368 Pine Hill Holiness

5216 S. Wilderness Rd. Mt. Vernon, Ky. 40456 Randy Chrisman, Pastor 2**56-**595**5** 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 8
6:00 p.m. 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

**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.WhatSaithTheScriptures.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.

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

Wednesday Night 7 p.m.

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. 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

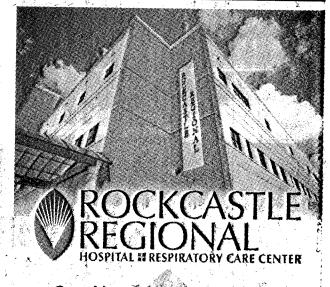
Bro. Gary Bowling, Pastor Call changes to Church Directory

# to 256-2244

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### CLASSIFIED RATES

- Local Rates \$4 for 25 words or less - .10 each additional word
  - Display Classifieds \$5.00/Inch

Deadline for Classifieds is 10 a.m. TUESDAY

## For Rent

Country Farm, In Red Hill area, Serious inquiries only. Call 231-4317, 28x1p 2 or 3 Bedroom Trailers in Mt. Vernon. \$250 to \$350 per month plus deposit. Plus lots for rent, \$125 per

256-4695, leave message. 2 Bedroom House on Lower River Road, \$300 month/\$200 deposit, 606-392-3652, 28x2p

month. Eight available. Call

Small 2BR Trailer and 3BR House, both in Brodhead. No pets. 758-4729, 25xntf

3 Bedroom, 2 full bath brick home at 152 Maple, Brodhead. Attached garage. Family room and living room. Hardwood laminate throughout, Very clean. Absolutely no inside pets - no exceptions. Dishwasher but no other appliances, \$650 per month/ \$650 deposit. Cecil King. 606-758-9683 or 606-510-3719. 23xntf

Brick House. 2 bedrooms. Large two car garage. 206 Tyree Street, Brodhead. Not available to show until June 22nd. No inside pets - no exceptions. Very clean, very nice-\$500 per month. Mohile home lots, located \$500 deposit. Cecil King, 606-758-9683 or 606-510-3719. 23xntf

Rent To Own: house and trailer, both in Brodhead. 758-4729. 4xntf

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.

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

## For Sale Home w/3 large bed-

Property

rooms, 2.5 baths, large kitchen/dining room combo, large living room and an attached garage. The home sits on a large lot and also has an unfinished basement. All of this for only \$79,000. If interested, call 606-308-4990 or 606-256-9914. 27xntf

2BR Home with garage. Just north of Mt. Vernon on eight acres +/-. Ready to move into. Serious inquiries only. Shown by appointment only. 606-308-3669 or 606-308-1689. 9xntf

1 1/2 Acre Trailer Lot. City 859-358-3560. water. 40xntf

2BR/2BA 1450 sq. ft. Selling for \$89,900. Rick Szaks, Broker, 859-255-7777. Lincoln Real Estate, Inc. rickszaks@aol.com 18xntf 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

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

No trespassing on property owned by Duaine and Anna Couch, lotcated on Trace Branch Road, without written permission, 27x4p Posted: Absolutely no tres-

passing on Cook properties located on Old Brodhead Road. Violators will be prosecutéd. Not responsible for accidents. (11/19/15) Posted: No hunting or trespassing on land belonging to Glen Roberts at 560 Dix

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.

River Branch Road,

Posted: No trespassing on land belonging to James and Dorothy Rash heirs on Rash

2007 Chevy Uplander LS \$3,995



3.9 V6, white, auto, air, new tires 149,000 miles. Daily driver for 7 years. 256-4300

#### 1435 Marler Hollow Rd. • Mt. Vernon

Secluded private setting for hunters, 4-wheelers, & nature lovers w/ lots of woods 8-yr-old modular home with Florida rm., deck, open floor



plan, spring water & detached 3 car garage. Only 9 miles from I-75 Exit 62, 1. Home, garage & 5 acres \$149,900 Make Your

2. Home, garage & 42 acres \$169,900 3. Home, garage & 142 acres \$244,900 4. Rolling acreage, spring, 100 acres \$75,000







Choice!

#### Branch Road off Chestnut Ridge. No hunting, camping, ATVs, trespassing for any purpose. Not responsible for accidents. Violators will be prosecuted. (1/21/

Posted: No trespassing on Crawford Place, Qld Brodhead Road. Danny Smith. 47tfn / 3

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 Benge prop-

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

### Miscellaneous For Sale

White half-runner beans and white potatoes at Sigmon Farm. 256-2781.

Sweet Corn, 859-200-6331 or 606-308-5288. 28x1p Side-By-Side Refrigerator. Runs good, \$100. Entertainment Center, \$40. 606-256-0655. 28x1

Carhartt Medical Uniforms, Asst. colors, for men and women. Napier Brothers Clothing, 35 Public Square, Lancaster. 859-792-2535. 23x12

Red Wing Shoes Headquarters. Also, Carhartt Headquarters. Carhartt Denim Jeans, \$26.99. Napier Brothers Clothing, 35 Public Square, Lancaster, 859,792-2535.

### Help Wanted

NCI-ASI in Berea niring for assembly line workers and quality inspectors. Starting at \$10 hour. Please call 502-523-7457 or 859-533-2137. 24x5

Limestone Grill hiring experienced cook. Must be able to work all shifts and work independently. Prior restaurant experience a must. Apply in person.

**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.

27x8 Blackboard Now Hiring. Starting pay \$9. Apply online at blackboard.com/ careers. 21x8

Drivers: Quality Home Time.! Earn over \$1250+ per week. +Monthly bonuses! Excellent benefits. No-touch! CDL-A 1 yr. exp. 855-454-0392. 28x2 Drivers: Owner Ops. Good

home time. Drop and hook lanes. Round trips. Dedicated new lanes. Fuel surcharge. Sign-on bonus. 855-397-0850 x123, 26x2

## lotices

Notice to Daniel Martin and Pam Cox. If you want your furniture etc., contact landlord at once at 758-4729. After 30 days (August 1st), it will be disposed. of 27x2 📑

Notice is hereby given that Roy L. Hines, 340 Avawam Drive, Richmond, Ky. 40475 has been appointed executor of the estate of Janie Hines. Any person having claims against said estate shall present them, according to law, to the said Roy L. Hines on or before December 30, 2015 at 11 a.m. 28x3

## Wanted

Wanted To Buy: Your antiques and collectibles. Antique glassware, furniture, quilts, all types of military items, clocks, watches (working or not), pocket watches and wrist watch parts, pocket knives, coins and paper money. All types of gold, silver scrap, cast iron banks, toys, lighters, crock jugs, cast iron skillets, marbles, pocket knives, fishing items, Indian Arrowheads, and much, much more. Also buying partial estates. Over 25 years experience. Call Clarence Reece at 606-531-0467, 47xntf

#### **Motor Vehicles** For Sale

2005 GMC Pick-up. 4.3 V6, 40,000 miles. \$9,995. 606-308-9114. 28x2 2004 Mitsubishi Outlander, 4 cyl., air, PW, PL, sunroof, AWD, 86,000 miles, \$4,500. Call 606-308-9114. 28x2

#### **Professional** Services

Buck Brown's Backhoe: Septic Tank installer, footers, water lines, general backhoe work. 28 years experience. 606-386-1516 or 606-308-0289. (8/13/15)

Jonathan Collins Remodeling and Repair Service. Home improvements of any kind from doors and windows, painting, new floors, to roofs and decks - will do it all. Any home, any problem, "we're the one to call." 606:308-3533. 26x5

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

Notice: Will haul off or buy scrap metal, junk cars or trucks. Metal hauled for free. 231-6788. 14xntf Grave Markers & Monu-

ments: In stock at all times. McNew Monument Sales, US 25, 4 miles north of Mt. Vernon. Phone 256-2232. U Call We Haul! Anything that fits on a truck. Local or long distance. Building demolition - moving -

clean-ups - bushhogging -

landscaping. No garbage.

606-256-9222 04 308-1629.

35xntf Gail's Pampered Pooch 57 West Main St., Brodhead. For appt. call 606-758-0064 20xntf

#### **NURSING POSITION AVAILABLE**

Rockcastle Family Wellness is currently seeking a full-time LPN. This job offers an excellent benefits package and no holidays. Experience preferred but not required. Apply on-line at rockcastleregional.org/careers.

ROCKCASTLE REGIONAL HOSPITAL BRESPIRATORY CARE CENTER

Equal Opportunity Employer

### **SRNA CLASSES AVAILABLE**

Rockcastle Regional Hospital and Respiratory Care Center is offering State Registered Nursing Assistant (SRNA) Classes. High school diploma or GED required. For more information call Tammy Brock at (606)256-7733. Apply on-line at: rockcastleregional.org/careers

Equal Opportunity Employer



#### ACCOUNTANT II - GENERAL ACCOUNTING

Jackson Energy Cooperative, an electrical distribution utility located in McKee, KY, seeks Accountant II to review and verify accuracy of financial information, to balance various accounts, to audit financial processes and to prepare reports.

Requires four-year college degree in Accounting or Business Related field. Must have significant college accounting coursework. Experience in Accounting is preferred. Must have knowledge of and experience with basic office equipment and computer applications.

Excellent pay and benefits including paid time off, holidays, medical, life & disability insurance, pension plan and 401k.

Deadline to apply is Friday, July 17, 2015. No phone calls please.

Send resumes to: **Human Resources Director** Jackson Energy Cooperative Corporation RE: Accountant II 115 Jackson Energy Ln. • McKee, KY 40447 or e-mail resumes to: jobs@jacksonenergy.com

"Jackson Energy is an Equal Opportunity Provider and Employer." - M/F/Disability/Veteran.

#### LINE TECHNICIAN - 1st Class

Jackson Energy Cooperative Corp. is accepting resumes for Line Technician 1st Class for the Beattyville District.

Must be high school graduate or have G.E.D. equivalent. Requires: 1) Minimum of 4 years on the job experience in electrical line distribution, construction & maintenance, including overhead and under-ground. 2) Must have successfully completed a Lineman Apprenticeship Program, or have certification from another qualified program. 3) Requires experience working after-hours service and outage problems, in troubleshooting line faults, and equipment. 4) Must have thorough knowledge of safety rules and procedures. 5) Must have experience in determining line feeds, installation and removal/replacement of transformers, OCR's, fuses, voltage regulators capacitors, etc. 6) Must have a valid Kentucky CDL. Normal work week is 40 hours, but will be required to work irregular hours and overtime in outage and emergency situations and to participate in the On-Call Program. Must be able to report to Beattyville District within 30 minutes.

Excellent pay and benefits including paid time off, holidays, medical, life & disability insurance, pension plan and 401k.

Deadline to apply is Friday, July 17, 2015 @ 4 p.m. No phone calls please. « Send resumes to:

**Human Resources Director** Jackson Energy Cooperative Corp. RE: Line Technician First Class 115 Jackson Energy Ln. • McKee, KY 40447 or e-mail resumes to: jobs@jacksonenergy.com

"Jackson Energy is an Equal Opportunity Provider and Employer." M/F/Disability/Veteran.



Hitachi Automotive Systems in Berea is currently hiring for all areas of Production.

We have many full-time 2nd and 3rd shift openings. We're looking for hard-working individuals with previous manufacturing experience to help us meet our customer orders.

Shift Schedule:

2nd & 3rd Shift, Monday — Friday (plus necessary weekends) 10 to 12 hour shifts. 2nd shift starts at 5pm. 3rd shift is 10pm.

Pay Scale and Benefits:

\$14 how starting wage. 50q shift differential for 2nd shift, 60q shift differential for 3rd shift. Health, Dental, Vision, Prescription, and Life Insurance available 1st of the month after 60 days of employment.

401(k) available immediately upon hire.

Team Members are responsible for safely conducting machine operation and quality-checking to produce the highest quality automotive parts on the market.

Qualified candidates must be able to read and comprehend basic work instruction, as well as perform basic math for quality checking. Must be able to stand up to 10-12 hours per day and lift up to 35 lbs repeatedly. Must be able to perform repetitive work, and work daily overtime as required.

## HITACHI Inspire the Next

to Apply

E-mail: resume@hitachi-automotive.us Apply online: www.careerbuilder.com (HAMSJAM-BK

### **Yard Sales**

Flat Rock Baptist Church Youth Group Yard Sale: July 17 and 18 at Wendy's in Mt. Vernon, 28x2

Bénéfit Garage/Yard Sale: 36 Conway School Road, Mt. Vernon. Across the railroad tracks and not very far from Berea. Proceeds will go to Vonda Isaacs Coffey who is beginning cancer treatments: Sat., July 18th, 8 a.m. to 7 Food and drinks will also be sold. Donations also greatly appreciated. 28x2

## John's Repair

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

Four Family Yard Sale: Thursday, Friday and Sat., 9 a.m. to 5 p.m. 9245 N. Wilderness Road (Conway). Clothes, dishes, what-nots, etc. Little bit of everything. Yard, Sale: Saturday only, 2 families, 8 to? Rainbow Ridge, 270

Gold Dust Dr. Rain can-Garage Sale: Batteries, 4,000 AA, some AAA and AAAA, expires 2024. Watch and misc batteries 9.6 rechargable 4.00. Pack of 32 AA for 10.00, 50 to 70% off store price. Earbuds, 4.00 to 10.00. Pack of 2 AAAA for 1.00, store price 5.95. High speed HDMI cable, \$7.00. Car Ipod charger 7.00. Speaker cable, 3.00. Audio cable, 3.00. Dubbing cable, 3.00. Dewalt Sanding disc. Gillette razors. Pantene products. Rain or shine. Thursday, Friday, Saturday, 8 to 6, 3138 Hurricane School Rd. Drive a little, save a

Yard Sale: July 10 and 11, 9 a.m. to 2 p.m. 1386 Ft. Harrod Way. From traffic light @461, 7-8 miles out on 150 towards Crab Orchard Rain cancels. House, garage, basement and barn items. Something for everyone. Yard Sale: At the home of Larry Hensley (behind Hensley's Used Cars). Thurs. through Saturday, July 9-11, 9 a.m. to? Given by Owen and Lillie Hensley. Lots of clothing, purses, tool box for pick up, two garage floor fans, wall lights, old Singer sewing machine, set of 4 265 70R 16 tires w/rims, kitchen sink,

shallow well pump. A

little bit of everything. 5 Family Yard Sale: Friday, June 10th and Sat., June 11th, 8 a.m. to ? at. Mt. Vernon Scrap and Recycling. Rocker recliner, microwave, air conditioner, TV and stand, extra TV, lots of good clothes and miscellaneous items. Come check it out.

Moving Sale: Thurs. and Fri., July 9 and 10, 9 a.m. to ? Pug Lane, Conway. Antique dresser, end tables, lamps, dorm size refrigerator, books, clothes. Lots of misc. items. Rain cancels.

Carport and Yard Sale: Friday and Saturday, 10 a.m. to 5 p.m. at the home of Bethel Falin, 635 Wil-

liams St., Mt. Vernon. Quilts, dishes, pots and pans, shoes, clothes -- a little bit of everything.

Multi-Family Yard Sale: Friday, July 10th, 8:30 a.m. to 4 p.m. and Sat., July 11th, 8:30 a.m. to 2 p.m. at 2867 Spiro Road, Hwy. 1250. In the yard and barn beside the home of Wayne and Marie Bullock, Furniture, books, tools, dolls, trunks, glassware, clothes, shoes and lots of misc. items. Rain or

Yard Sale: 40 E. Poplar St., Mt. Vernon. Saturday, July 11th, 8 a.m. to? Yard Sale: Saturday, July 11th, beginning at 8 a.m. Mt. Vernon Laundromat on Hwy.

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noon. 222 Maple Grove Road, Orlando. Lots of name brand clothes -American Eagle, Hollister, Justice, etc. men's, women's, boys and girls. White picket fence, bow and arrow set w/case, misc. tools, various light fixtures, vanity faucets, commode, kitchen table and dresser, several toys and odds and

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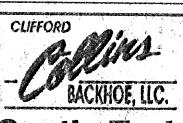
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# LEALISISME 2 Summer 2015 - Vol. 11 - Issue 2



Breathing Life into healthcare

Leading others in the fight against cancer

-See pg. 3



#### **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 seven-time Kentucky Hospital Association Quality Award Winner for 2006, 2008, 2009, 2010, 2011, 2012, and 2015 and a U.S. News & World Report 2013 & 2014 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
Kentucky Medical Association
National Patient Safety Foundation
UK Health Care Network Affiliate—Markey Cancer Center
UK Health Care Network Affiliate—Comprehensive Stroke Program
UK Health Care Partnership—Gill Heart Institute
UK Health Care 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 Jana Bray (606) 256-7880.

#### Leadership

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

Joseph E. Lambert, Chairman Bige 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

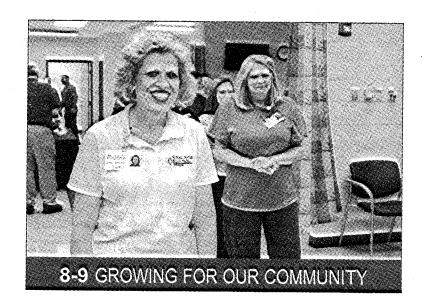
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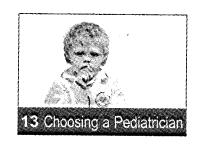
Jana Bray, Director Susan Turley, Designer Kayla Rowe, Specialist



## **FEATURES**







- 4 Celebrating 25 years of service
- 10 Impacting HPV immunizations
- 11 Protect your skin from the sun
- 12 School's out, summer safety is in

# Training others to Fight?

By Jana Bray, Community Relations Director

#### American Cancer Society names Brock to Development Team

inish The Fight" is the motto of The
American Cancer Society Relay For
Life. But to Melissa Brock, it's more
Alabama.
than that. For more than 10 years,
it's been her call-to-action.

Melissa is well-known to those in the Relay For Life community. She has served as the Community Chairperson for the Rockcastle County Relay For Life since 2006. Serving in this role, she has led the county team in raising over \$450,000 to help in the fight against cancer.

Because of her outstanding leadership in Relay For Life, Melissa has been named an official member of the Mid-South American Cancer Society's Coaching & Development Team.

In this role, she will serve as a trainer for

hundreds of American Cancer Society volunteers throughout Alabama, Arkansas, Kentucky,

> Louisiana, Mississippi, and Tennessee.

Melissa's
primary focus will
be coaching other
community leaders
at the various MidSouth Division State
Summits. During these trainings,
she will work to equip these
leaders with the knowledge, skill

sets, and tools they need to build successful Relay For Life leadership teams in their own communities. This fall, in addition to coaching leaders at the Kentucky State Summit held in Louisville, Melissa will travel out-of-state to

> train groups at the Mississippi, Arkansas, and Louisiana State Summits.

Throughout the year, she may also be called on to conduct additional training sessions at

"My job is to empower others to make their own Relays as special and rewarding as they can be." -Melissa Brock

other State Summits or regional training events.

But if you ask Melissa, this is just part of her calling to fight cancer.

"As a coach, I feel my role is to help influence communities to embrace volunteering," said Melissa. "Relay is a lifechanging event that helps communities across the globe celebrate the lives of people who have battled cancer, remember loved ones lost to cancer, and fight back to find a cure. Relay events are community-owned, meaning they are the product of their local volunteers. My job is to empower others to make their own Relays as special and rewarding as they can be."



Pictured above left, Melissa Brock with members of Rockcastle Regional's Relay for Life team. At left, Melissa speaks to the Rockcastle County Chamber of Commerce about how Relay benefits citizens of Rockcastle County.

# Celebrating 25 years of service

By Jana Bray, Community Relations Director

Dr. Cornelius has

been a guiding hand

for the hospital for more

than two decades.

fter 25 years of service, Dr.
Kimberly Cornelius is retiring from
Rockcastle Regional Hospital and
Respiratory Care Center. Her commitment to
this organization has been marked with her
compassionate heart through a dedication to
her patients, co-workers, and her community.

Dr. Cornelius has been a guiding hand for

the hospital for more than two decades. As medical director of the Respiratory Care Center since 1990, she has played an important role as it has risen to become nationally known for quality care. She has also served in a variety of other

leadership roles throughout the organization such as chairperson of the infection control committee, performance improvement committee, and the credentialing committee.

Practicing medicine in Rockcastle County since 1990, Dr. Cornelius has had a passion for supporting her local community. She has been an advisory physician of various local boards such as the Rockcastle County Board of Health and Rockcastle County Board of Education. She also served as an advisory committee member of the Rockcastle County Vocational School's Practical Nursing Program.

Yet, her passion for helping others

exceeded beyond her role as a practicing physician. In 2009, she was honored with the "Mission of Hope Advocacy Award" at the Southern Kentucky Area Health Education Center's annual breast cancer survivor

dinner. She was nominated for the award because of her volunteer work with Reach to Recovery, a breast cancer survivor mentoring program where she visited with women who were newly diagnosed with breast cancer to offer support, encouragement, and compassion.

Correlly kernel Heaking

Dr. Kimberly Cornelius

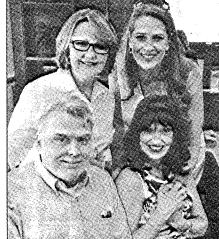
Specializing in internal medicine and pediatrics, Dr. Cornelius earned her medical degree from the University of Louisville School of Medicine and completed her residency at the University of Kentucky Chandler Medical Center. She is a member of multiple medical organizations, including the American College of Physicians, American Academy of Pediatrics, Southern Medical Association, and Kentucky Medical Association.

A retirement celebration was held in honor of Dr. Cornelius on Thursday, June 25. Friends, family, and coworkers joined together to thank Dr. Cornelius for her years of service and wish her well in her retirement.









# Helping others achieve Excellence

By Jana Bray, Community Relations Director

he laboratory at Rockcastle Regional
Hospital & Respiratory
Care Center is a true example of how quality care and clinical expertise combine to offer patients the absolute best experience possible.

Together, the

laboratory staff

represent more than

225 years of combined professional experience.

Beverly Lewgood leads the group with 37 years of experience as a medical technologist, with a primary focus in blood banking.

Beverly said she chose the field of blood banking because it's not routine. It requires instinct combined with



"Supporting those seeking a profession in laboratory services is vital to our future."

—Beverly Lewgood

experience to be able to help patients heal, and ultimately, have a better quality of life.

Serving as the laboratory director at Rockcastle Regional since 2013, Beverly received her bachelor of science in medical technology from West Virginia University and is certified with the American Society of Clinical Pathologists.

Beverly has served as an Assessor with the American Association of Blood Banks

(AABB) since 1998. In this capacity, she travels to various blood banks across the country conducting inspections to verify compliance with AABB standards, as well as federal regulatory requirements.

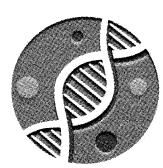
With her range of experience and clinical knowledge, Beverly also currently sits on the Education Advisory Boards for Somerset Community College, Med Tech College of Lexington, and Southeast Community College. As an advocate for education and promoting her professional field, Beverly has supported 14 students in completing their clinical training at the laboratory at Rockcastle Regional.

"Supporting those seeking a profession in laboratory services is vital to our future," says Beverly. "Giving students hands-on training in the field is essential to keep our profession growing in order to meet the ever-changing needs of healthcare today.

"Patient care and safety should be the top priority for every laboratory. I am proud to be able to use my experience and knowledge I have gained over the years to help other facilities and professionals improve the quality of services they offer to their own patients."









# Safety is our priority

Rockcastle Regional expands their security department to better protect its patients, families, and employees



**Luke Manuel** Security Director

uke has a bachelor of science degree in Assets Protection and Security and is

a Marine Corps Veteran. He lives in Mt. Vernon with his wife, Amanda, and daughter, Reagan. Luke enjoys spending time with his family and anything outdoors. He loves his job at Rockcastle Regional because it allows him to give back to the hospital and community as well as being able to meet new people.



**Christopher Ayers** Security Officer

Christopher is a Marine Corps Veteran. Chris lives in Corbin, KY and enjoys

riding his motorcycle and shooting pool. Chris enjoys his job at Rockcastle Regional because he gets to meet new people and serve the community.



**George Clark** Security Officer

George is also a volunteer fire fighter. He lives in Anglin Falls with

his wife and dog. In his free time, he likes rappelling, hiking, hunting, and collecting. He is looking forward to getting to know the patients and employees and help keep the hospital a safe place patients, families, and employees.



Ben Fletcher Security Officer

Ben is actively Serving in the Army National Guard. He lives in Mt. Vernon

with his wife, Morgan. In his free time, he enjoys music, outdoor recreation, shooting and long-range precision marksmanship. Ben enjoys taking care of the patients and employees at Rockcastle Regional.



Clifford Miller Security Officer

Clifford is an Army Veteran. Clifford lives in Richmond, KY. In his spare time, he

enjoys working on cars, woodworking, landscaping, and farming. Clifford loves his job at Rockcastle Regional because of the professional and friendly atmosphere.



Robert Saddler Security Officer

Robert lives in Berea, KY where he enjoys fishing and four-wheeling. Robert

enjoys working at Rockcastle Regional because he is learning and growing in his professional environment.



**Teddy Stallsworth** Security Officer

n addition to being a volunteer firefighter, in his spare time, Teddy

enjoys spending time with his friends and family, collecting firearms, and spending time outdoors. Teddy looks forward to the opportunity to grow and expand the security department at Rockcastle Regional.





# Employees win with Worksite Wellness

By Jana Bray, Community Relations Director Photography by Tammy Sowder

Regional earned the award for exceptional service to its employees through a commitment to employee well-being by creating a culture for improving employee health and for leadership in management of employee benefits.

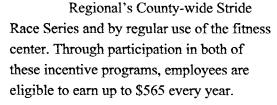
The primary focus of Rockcastle Regional's Employee Wellness Program is to provide a comprehensive and accessible package of resources and benefits to improve the overall health and well-being of every employee.

At its core, the program works by providing valuable, in-house wellness services to employees, in addition to the benefits offered through the health insurance plan. And the best part, all of these

additional services are free to the employee.

For example, employees are able to take advantage of a multitude of in-house

health services such as annual well-checks, annual blood work such as cholesterol checks, mental health counseling, regular stroke screenings, disease management resources, and tobacco cessation classes. Employees are also encouraged to maintain a healthy lifestyle through incentive programs such as Rockcastle



For many, navigating a new path towards a healthier lifestyle can be, at times,

overwhelming and confusing. Private health coaching sessions with employee wellness coordinator Morgan Kincer are available to offer employees the support and resources needed to guide them through their journey.

So does the Employee Wellness
Program work? For the 26 employees who
have graduated from the smoking cessation
class, the 70 employees who have begun an
exercise program, the 40 employees who
were able to see their physician for their
annual well-check, and the many other
employees who have made strides towards
living a healthier life – they all would say
"Yes!"



Morgan Kincer, Employee Wellness Coordinator



# Growing to better

#### Celebrating the grand opening of the Cancer Care and Infusion Center

By Jana Bray, Community Relations Director

he newly renovated and expanded Cancer Care and Infusion Center at Rockcastle Regional Hospital welcomed its first patient on June 10.

Formerly located on the first floor of the Outpatient Services Center, the site of the new, larger Cancer Care and Infusion Center opened on the third floor of the same building. The new center is more than five times the size of the old office, growing from 1,120 square-feet to 5,400 square-feet.

Besides adding to the comfort of patients, the new suites were needed to accommodate a growing volume of cancer care and infusion services with UK HealthCare's Markey Cancer Center oncologist Dr. Ravneet Thind, who currently sees patients at the center and Dr. Mara Chambers, who has been treating patients in Rockcastle County since 2006.

Melissa Brock, Rockcastle Regional oncology service line manager, says the new center is equipped with the latest technology and amenities to address individual patient needs, and was designed to enhance patient care, safety, and privacy.

The expansion includes eight infusion suites and four exam rooms, an increase from the old space which had four infusion suites and two exam rooms. The additional space and patient treatment rooms will allow

staff to handle patients much more efficiently and comfortably, while enhancing the comfort and experience of each patient.

For cancer patients undergoing chemotherapy and for patients receiving IV therapy, the private suites will make their treatment, which often can last hours,

more comfortable. These new suites have reclining chairs, a flat screen TV, extra seating for family members, and continuous vital sign monitoring.

A large, open nurses' station is centrally located within steps of each infusion suite, allowing staff to provide care and monitor patient safety at all times.

The new space also includes a large nourishment center, a private waiting room, and a reception area designed for patient and family comfort and convenience. The department's décor is composed of calming surfaces, soothing colors, comfortable furniture, and lots of natural light.

"The investment in this expansion shows the hospital's commitment to



The ribbon cutting ceremony for the Cancer Care and Infusion Center: facility manager Gary Asher; cancer care nurses Stephanie Hines, Renee Miller, and Gayle DeBorde; and oncology service line manager Melissa Brock.

providing the best cancer care possible," said Brock. "And it also shows how much we've grown since we began offering the service as an affiliate of Markey Cancer Care in 2004."

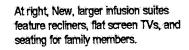
## Features of the new Cancer Care and Infusion Center:

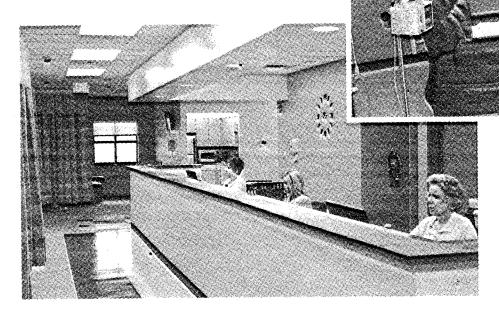
- 5,400 square feet area
- 8 infusion suites
- 4 exam rooms
- Noursishment center
- Private waiting room
- Large, open nurses' station

# serve every patient



At left, Gayle DeBorde, RN, gives tours of the new space of the Cancer Care and Infusion Center.





At left, large, open nurses' station to better monitor patient safety at all times.

## [YOUR HEALTH]

## Protect yourself from skin cancer

kin cancer is the most common cancer in the United States, yet most skin cancers can be prevented.

#### What Is Skin Cancer?

Basal cell carcinoma begins in the basal cell layer of the skin. Squamous cell carcinoma begins in the squamous layer of the skin. Melanoma begins in the melanocytes, which are the cells that make melanin, the pigment that gives skin its color.

Skin cancer is the most common form of cancer in the United States. The two most common types of skin cancer—basal cell and squamous cell carcinomas—are highly curable, but can be disfiguring and costly. Melanoma, the third most common skin cancer, is more dangerous and causes the most deaths. The majority of these three types of skin cancer are caused by exposure to ultraviolet (UV) light.

#### What Are the Symptoms of Skin Cancer?

A change in your skin is the most common sign of skin cancer. This could be a new growth, a sore that doesn't heal, or a change in a mole. Not all skin cancers look the same.

A simple way to remember the signs of melanoma is to remember the A-B-C-D-Es of melanoma:

- "A" stands for asymmetrical. Does the mole or spot have an irregular shape with two parts that look very different?
- "B" stands for border. Is the border irregular or jagged?
- "C" is for color. Is the color uneven?
- "D" is for diameter. Is the mole or spot larger than the size of a pea?
- "E" is for evolving. Has the mole or spot

changed during the past few weeks or months?

Talk to your doctor if you notice changes in your skin such as a new growth, a sore that doesn't heal, a change in an old growth, or any of the A-B-C-D-Es of melanoma.

## What Can I Do to Reduce My Risk of Skin Cancer?

Protection from ultraviolet (UV) radiation is important all year round, not just during the summer or at the beach. UV rays from the sun can reach you on cloudy and hazy days, as well as bright and sunny days. UV rays also reflect off of surfaces like water, cement, sand, and snow. *Indoor tanning* (using a tanning bed, booth, or sunlamp to get tan) exposes users to UV radiation.

The hours between 10 a.m. and 4 p.m. Daylight Saving Time (9 a.m. to 3 p.m. standard time) are the most hazardous for UV exposure outdoors in the continental United States. UV rays from sunlight are the greatest during the late spring and early summer in North America.

CDC recommends easy options for protection from UV radiation:

- Stay in the shade, especially during midday hours.
- Wear clothing that covers your arms and legs.
- Wear a hat with a wide brim to shade your face, head, ears, and neck.
- Wear sunglasses that wrap around and block both UVA and UVB rays.
- Use sunscreen with sun protection factor (SPF) 15 or higher, and both UVA and UVB protection.
- Avoid indoor tanning.



#### Protect All the Skin You're In

- Skin cancer is the most common cancer in the United States, yet most skin cancers can be prevented.
- Every year, there are 63,000 new cases of and 9,000 deaths from melanoma—the deadliest form of skin cancer.
- Ultraviolet (UV) exposure is the most common cause of skin cancer. A new CDC study shows that the majority of Americans are not using sunscreen regularly to protect themselves from the sun's harmful UV rays.
- In fact, fewer than 15% of men and fewer than 30% of women reported using sunscreen regularly on their face and other exposed skin when outside for more than 1 hour.
- Many women report that they regularly use sunscreen on their faces but not on other exposed skin.

For more information about skin cancer go to: www.cdc.gov

Source: Centers for Disease Control and Prevention (CDC) www.cdc.gov

# Impacting immunization rates on a national scale

By Dwain Harris, Southern KY AHEC Director

he Southern Kentucky Area Health Education Center (AHEC) has been chosen to be part of a national team to help raise HPV immunization rates in the United States.

In partnership with the Centers for Disease Control and Prevention (CDC), the team's mission will be to increase HPV immunization rates of 11- and 12-year-olds by improving clinician training and understanding of the vaccine.

The HPV vaccine is important because it protects against cancers caused by Human Papilloma Virus, which is the most common sexually transmitted infection. Nearly all sexually active people contract it at some point in their lives. To protect against HPV, the CDC recommends that all children age 11 or 12 get the

three-dose series of HPV vaccine so they are protected before being exposed to the virus.

Ten regional coordinators were chosen for the five-year project. Kelly Owens, education specialist for the Southern KY AHEC, was chosen to be the coordinator for a region that includes Kentucky, Tennessee, Arkansas, Louisiana, Alabama, and Mississippi

Owens will establish contacts with regional, state, and local chapters of national organizations and disseminate resources to medical schools, affiliates and other health profession training programs identified in the region. Additionally, she will establish and disseminate training guidelines for AHECs in her region.

"I am excited about this unique opportunity to make an impact in our state and region," Owens said.

The opportunity was a good fit for Owens – a certified health education

specialist who has a master's in public health from Eastern Kentucky University – given her experience in a broad range of public health issues on a local and state level. Owens was a health educator with the Madison County Health Department for 12 years before joining the Southern Kentucky AHEC in January of this year.

The grant was awarded by the National AHEC Organization-National Training Center.

"We are looking forward to working on this project," said Dwain Harris, director of the Southern Kentucky AHEC. "This will give Kelly and our AHEC the opportunity to make a contribution on a national scale, while at the same time equipping us with training and tools that will enhance our ability to carry out our mission."

The Southern Kentucky AHEC provides a variety of services to a 15-county region. In addition to placing health professions students into rural clinical rotations, the AHEC provides continuing education for health professionals, health careers promotion to the region's youth, and community health education. The Southern Kentucky AHEC is hosted by Rockcastle Regional Hospital. For more information, go to www.soahec.org or call 606-256-0950.



"I am excited about this unique opportunity to make an impact in our state and region" -Kelly Owens

Southern Kentucky.

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## **UK**HealthCare

Melina Aguinaga-Meza, M.D. · Cardiology Paul Anaya, M.O. • Cardiology Michael Anstead, M.D. • Adult & Pediatric Pulmonology Susanne Arnold, M.D. • Hematology & Oncology Louis I. Bezold, M.D. • Cardiology David C. Booth, M.D. • Cardiology Ketan Buch, M.D. • Pulmonology Mara Chambers, M.D. • Hematology & Oncology Aftab Chishti, M.D. • Pediatric Nephrology Kristopher Cumbermack, M.D. • Pediatric Cardiology W. Liste Dalton, M.D. • Gynecology Yousef Darrat, M.D. • Cardiology Anna Christina dela Cruz, M.O. · Gastroenterology John M. Draus, M.D. • Pediatric Surgery David A. Escalante, M.O. • Endocrinology Deborah Flomenhoft, M.O. • Gastroenterology Richard Goldman, M.D. + Ear, Nose, and Throat Amy Hessler, D.O. • Neurology Thomas W. Howard III, M.O. . Rheumalology Joseph A. locono, M.D. • Pediatric Surgery Mary Ireland, M.D. • Orthopaedic Surgery Anna Kamp, M.O. > Pediatric Cardiology Ashok Kanthawar, M.D. • Gastroenterology Stefan Klessling, N.O. . Pediatric Nephrology Christian Latterman, M.O. • Orthopsedic Surgery Aleksander Lenert, M.O. - Rheumatology Steve Leung, M.D. • Cardiology Angela Mahan, M.D. . Cardiothoracic Surgery Majd Makhout, M.O. . Pediatric Cardiology Jeremiah Martin, M.D. + Cardiothoracie Surgery Ashish P. Maskey, M.D. • Pulmonology Rick McClure, M.D. • Cardiology Adrian Messerli, M.D. • Cardiology Amr E. Mohamed, M.D. • Nephrology Gustavo Morales, M.D. • Cardiology Timothy W. Mullett, M.D. • Cardiothoracic Surgery Lawrence Rajan, M.O. • Cardiology William Robertson, M.D. - Neurology Edward Romond, M.D. · Hematology & Oncology Sarah Rugg, M.D. • Cardiology Mandakini Sadhir, M.O. • Adolescent Médicine. Douglas Schneider, M.D. • Pediatric Cardiology Partha Sinha, M.D. . Teleradiology Sean C. Skinner, M.O. • Pediatric Surgery Susan Smyth, M.O. • Cardiology Vincent L. Sorrell, M.D. • Cardiology Stephanie Stockburger, M.D. Adolescent Medicine Sibu Saha, M.O. • Cardiothoracic Surgery Ravneet Thind, M.D. . Hematology & Oncology Mark Vranicar, M.D. • Pediatric Cardiology Jonathan Webb, M.D. • Nephrology Thomas Whayne, M.D. • Cardiology Greg R. Wheeler, M.D. . Neurosurgery Frederick M. Zachman, M.O. • Gynecology

## [ UK CONNECTIONS ]

## School's out, summer safety is in

By Laura Dawahare • Courtesy of UK HealthCare Public Relations

nintentional injuries are the leading cause of death among people ages 1-44 years. As with most U.S. hospitals, the University of Kentucky experiences the highest number of trauma related hospital visits between April and September.

Traumatic brain and spinal cord injuries are devastating and the effects can be irreversible. Your brain is the "boss of your body" because our brain "tells" our body to do virtually everything. Unfortunately, once the brain is damaged, there is not much a physician can do to reverse it. The good news is that most injuries are easily

preventable. This is why we need to use our brain to protect our body and to think before we act.

As the school
year ends and summer
activities pick up, here are
some helpful tips on how
you and your family can stay
safe during "trauma season."

Always wear a helmet and wear it properly. Whether it's a casual family bike ride or cruising the back trails on an ATV, you should always wear a helmet. According to the ThinkFirst Foundation, helmets are up to 87 percent effective in reducing the risk for a brain injury. If it has wheels but no roof, you need to wear a helmet.

Feet first! First time! Most diving accidents occur in lakes, rivers or other natural bodies of water. If you are unsure of how deep the water is, enter the water feet first the first time to prevent potentially life-threatening brain or spinal cord injuries.

According to the National Highway and Traffic Safety Administration (NHTSA), in 2012 a pedestrian was killed every 2 hours and injured every 7 minutes due to traffic accidents in the U.S. alone. Be a smart and predictable pedestrian. Walk only on sidewalks or paths. If there is no sidewalk, walk as far away from traffic as possible on the left side of the road. Stay alert and don't be distracted by electronic devices; make eye contact with drivers and be predictable by following the rules of the road.

More than 200,000 children visit emergency rooms each year due to playground injuries, and 79 percent of those injuries are due to falls from playground equipment.

Never leave your child unsupervised on a playground. Make sure the equipment is sized properly for your child: equipment 4 feet tall or lower is appropriate for children up to age 5; equipment up to 8 feet tall is sized for children ages 5-12. Make sure there are guardrails on all elevated platforms and remove your child's drawstring hoodie or jacket before they play to prevent strangulation injuries.

The University of Kentucky Trauma
Program and the National Injury Prevention
Foundation offer education programs free
of charge. If you would like more information or would like to schedule a program, visit us at: http://www.mc.uky.
edu/traumaservices/ or The National
Think First Foundation at: http://
www.thinkfirst.org/

Have a safe and fun summer!

## [ UK CONNECTIONS ]

# How to choose a Pediatrician

Courtesy of UK HealthCare Public Relations

hoosing a pediatrician for your new baby can be a daunting task. It should not be left until your due date. You should start your quest for a pediatrician by the beginning of your third trimester. There are several factors you must consider

before deciding on a doctor for your baby. You need to know about your insurance coverage and any limitations your health care plan might impose. You should also start to compile a list of potential candidates from friends and family members as well as any professional recommendations you might "hear through the grapevine."

Before finalizing your decision, you will need to find out the answers to some very important questions by contacting the offices of the potential pediatricians.

### Questions to ask potential pediatricians:

- What are the office hours?
- Who else is in the practice and how do they handle routine and emergency doctor visits?
- How does the practice handle weekend and evening hours?
- Where does the pediatrician have admitting privelages?
- How lab tests are handled; are they performed in the office or do you have to travel elsewhere?
- What are the payment policies?
- What are the policies regarding referrals to specialist in the event that your child needs additional care?

- What are the pediatrician's views on phoning in prescription medications and under what circumstances would this be practiced?
- Is the office clean and are the staff members friendly?
- Do you feel like the doctor takes time and listens to you or do you feel like you are being rushed through the visit?
- And most importantly, do they give out stickers or such rewards to the children after each visit to the doctor?



145 Newcomb Ave Mt. Vernon, KY (606) 256-4148 Appointments • Ext. 4211

Nurseline • Ext. 4208 Referrals • Ext. 4209



Callie Shaffer, M.D.



Sarah Oliver M.D.



## [ PEDIATRICS ]



# Good to go from Head to Toe?

Did you know your child still needs to get a WELL-CHECK every year, even if they aren't getting any vaccinations?



Annual well-checks are the best way to give your child a healthy start to life! During these checks, we cover your child's *physical* and mental development, and these visits are a great time for you to ask questions about your child's health!

Not sure if your child has already had their annual well-check? Just ask us at check-out!

## Welcome

Rockcastle Pediatrics and Adolescents is pleased to welcome Dr. Sarah Oliver, who will be joining the practice in August 2015.



Sarah Oliver, M.D.

Dr. Sarah Oliver is a native of Rockcastle County.

She earned her medical degree from the University of Kentucky College of Medicine and completed her pediatric residency at the University of South Carolina College of Medicine. Dr. Oliver and her husband, Chase, reside in Madison County with their son, James.



Rockcastle Medical Arts Building 140 Newcomb Ave • 1st Floor Mt. Vernon, KY 40456 (606) 256-4148, Opt. 5

#### **NEWS AND NOTES FROM OUR TEAM**

## Bray joins child development center

helsea Bray is a teacher at the child development center at Rockcastle Regional Hospital. She has a bachelor's degree in history and is currently pursuing a master's of teaching from the University of the Cumberland's.

Chelsea lives in Mt. Vernon with her husband, Tanner. In her free time,



Chelsea Bray

she enjoys gardening, canning, baking, and reading.

When asked about her job, Chelsea said, "Children are amazing to be around. You learn something every day. Each child is unique,

having their own story to tell. This makes me love and care for them even more."

### Hale joins speech patholgy department

manda Hale is a speech pathologist in the Respiratory Care Center at Rockcastle Regional Hospital. She has her master's degree in communication disorders. Amanda lives in Berea

with her husband; Zach, In her free



Amanda Hale

time, she enjoys traveling, shopping, cooking, and spending time with her friends and family.

Amanda is excited about her new role because it allows her to make a positive impact on patients

in their everyday lives.

## McQueary earns bachelor's degree

Ila McQueary is a teacher at the Child Development Center. She recently graduated with a bachelor's degree in elementary education. She lives in Mt. Vernon with her parents. In Ella's free time



Ella McQueary

she likes to spend time with her family and friends, go to church, and exercise.

Ella looks forward to making a difference in the lives of the children and collaborating with her co-workers.

For career opportunites at Rockcastle Regional visit www.rockcastleregional.org/careers

## 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.	
George W. Griffith, M.D.	Family Practice
Kevin Rowe, M.D.	
Karen B. Saylor, M.D.	Internal Medicine/Pediatrics
Callie Shaffer, M.D	

Karen B. Saylor, M.D.	Internal Medicine
Callie Shaffer, M.D	Pediatrics
Mid-Level Providers Based in Rock	castle County
Courtney Browning, APRN	Pediatrics
Ginger Mink-Cash, APRN	Family Practice
Angela Parsons-Woods, PA-C	Family Practice
Brittany Perkins-Saylor, PA-C	
Alicia Cook, PA-C	
Chasity Frakes, APRN	
Shelley Gover, APRN	Pediatrics
Visiting Physicians	
Michael Anstead, M.D	Pulmonology
Azhar Aslam, M.D	Cardiology
Ketan Buch, M.D	Pulmonology
Lee Cain, O.D.	
Jennifer Chadwell, D.M.D	
Mara C. Chambers, M.D	
Aftab Chishti, M.D	Pediatric Nephro
James K. Crager, M.D.	
W. Lisle Dalton, M.D	
Yousef Darrat, M.D	
Anna Christina dela Cruz, M.D	Gastroenterolog

John M. Draus, M.D. Pediatric Surgery . Endocrinology David Escalante, M.D. Pediatric Gastroenterology Deborah R. Flomenhoft, M.D., Earn, Nose, and Throat Richard Goldman, M.D. Amy Hessler, D.O. Neurology Thomas W. Howard, M.D. Rheumatology Joseph A. Iocono, M.D. Mary Ireland, M.D. Heather Jones, M.D. Podiatry Michael Jones, M.D. Cardiology Anna Kamp, M.D., Pediatric Cardiology Ashok Kanthawar, M.D. Gastroenterology Pediatric Nephrology Stefan Kiessling, M.D. Christian Knecht, M.D. General Surgery Paul K. Krestik, D.P.M. **Podiatry** Chelsen Larkey, LPCA ..... Christian Lattermann, M.D. Counseling Orthopaedic Surgery Aleksander Lenert, M.D. .. Rheumatology Allergy/immunology Iraklis Livas, M.D. Angela Mahan, M.D. Majd Makhoul, M.D. Pediatric Cardiology Anne P. Marshall, M.D. Pathology/Cytopathology Jeremiah Martin, M.D. Thoracic Surgery Ashish P. Maskey, M.D. Pulmonology Rick R. McClure, M.D. Cardiology Cardiology Adrian Messerli, M.D. Nephrology Amr E. Mohamed, M.D. Thoracic Surgery Timothy Mullett, M.D. Teleradiology M. Elizabeth Oates, M.D. Douglas G. Owen, M.D. Ophthalmology Lawrence Rajan, M.D. William Robertson, M.D. Nerve Study Anthony Rogers, M.D. . Thoracic Surgery Mandakini Sadhir, M.D. Adolescent Medicine Cameron S. Schaeffer, M.D. Douglas Schneider, M.D. Pediatric Cardiology Jamie Settles-Carter, D.P.M. Partha Sinha, M.D. **Podiatry** Teleradiology Pediatric Surgery

Mandakini Sadhir, M.D.

Cameron S. Schaeffer, M.D.

Douglas Schneider, M.D.

Jamie Settles-Carfer, D.P.M.

Pediatric Cardiology

Jamie Settles-Carfer, D.P.M.

Podiatry

Partha Sinha, M.D.

Sean C. Skinner, M.D.

Stephanie Stockburger, M.D.

Mark Vranicar, M.D.

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Pediatric Surgery

Adolescent Medicine

Ravneet Thind, M.D.

Doncology

Mark Vranicar, M.D.

Sleep Medicine

Greg Wheeler, M.D.

Denis Yalkut, M.D.

Urology

Rockcastle Regional Hospital presents a FREE community event



# Health & Safety Fair

### Saturday, July 25 • 10:00 am-1:00 pm

Location: Rockcastle Regional Hospital, Parking garage below Rockcastle Family Wellness

### Featuring:

- Door prizes
- FREE car seat checks
- Hot car demonstration
- See a police cruiser & ambulance
- Come see Rocky the Health Hound!
- And more!



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