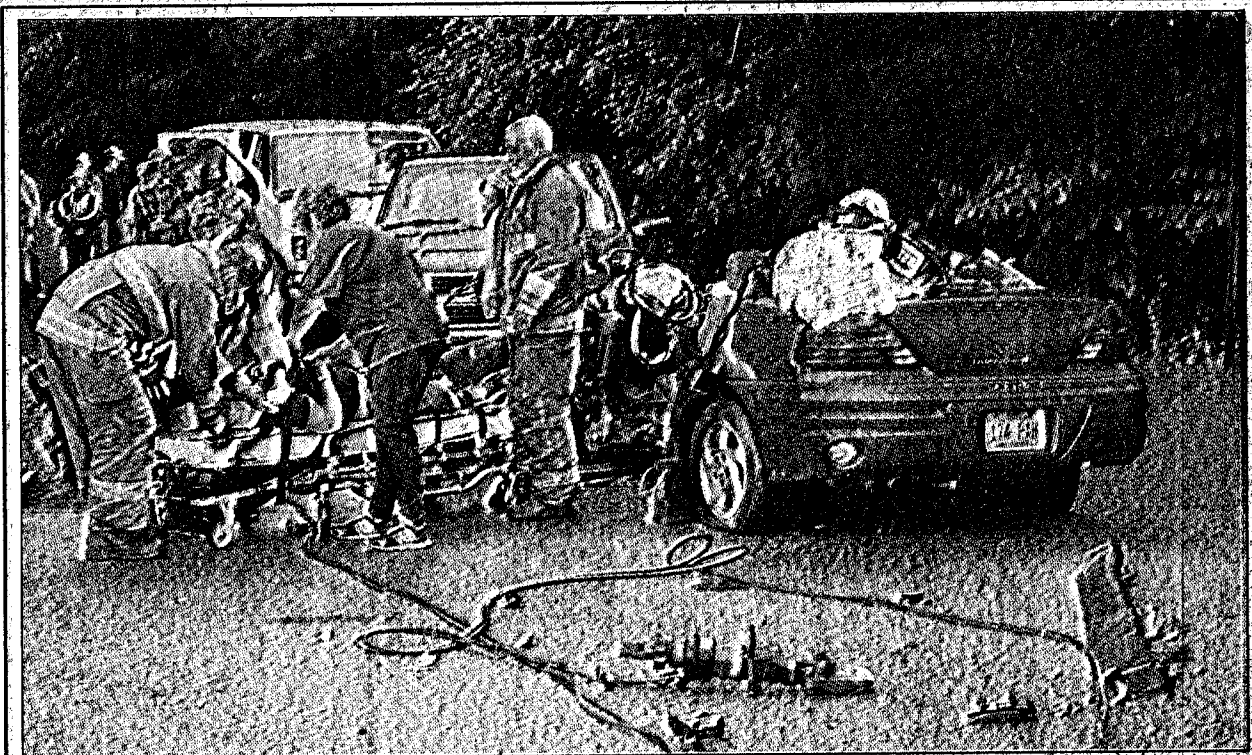


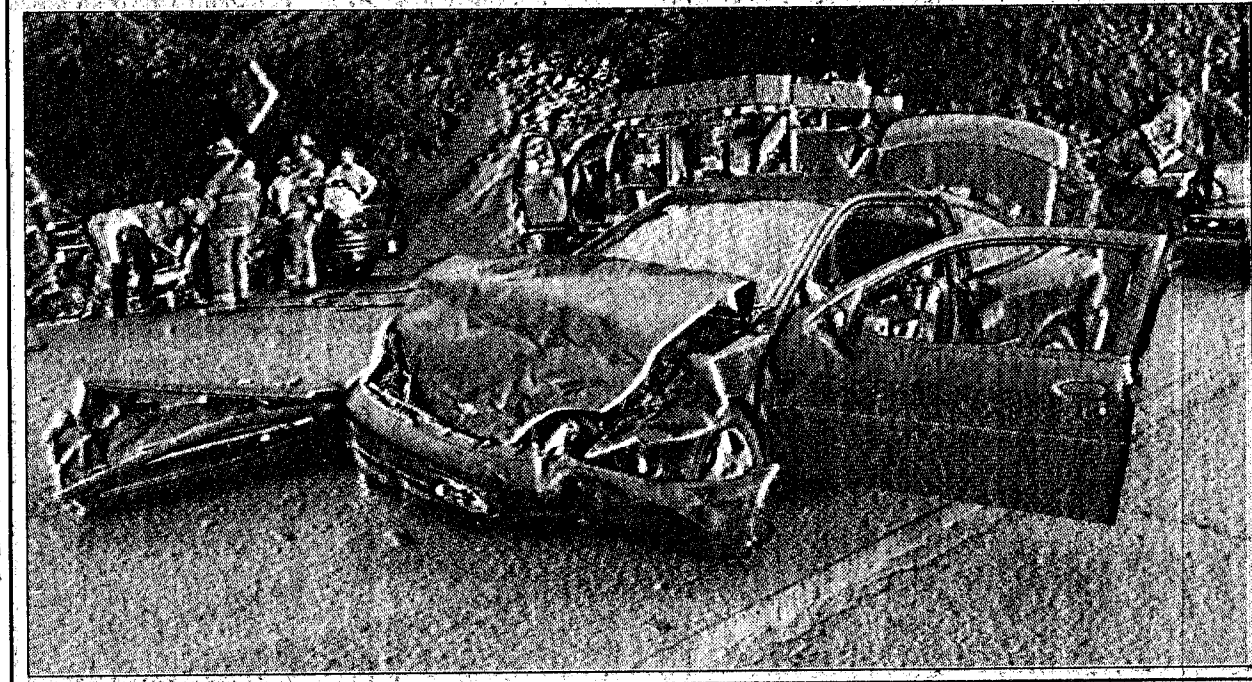
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Mount Vernon, Kentucky 40456 - (606) 256-2244 Volume 129 • Number 28 .50 per copy Thursday, July 9, 2015



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 Cavalier driven by Marte 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.



Who do not want to perform same-sex marriages Rep. Shell vows to protect freedom of churches, pastors

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

not want to perform same 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

help pass legislation that guarantees protection to our pastors and their churches."

Representative Shell was a co-sponsor of House Bill 279, the so-named Religious 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)

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 year-old 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 event will be sponsored by Citizens Bank, Rhythm and Rides, Sheltowee Trace and will be hosted by the City of Livingston, according to Mayor Jason Medley.

The fun-filled day will be free to the public and Med-

(Cont. to A8)

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 occurred 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 arson.

The building was severely damaged and trucks were burned in the fire as well.

(Cont. to A8)

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 Medley.

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 Carlotis, agreed to fund the project.

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)

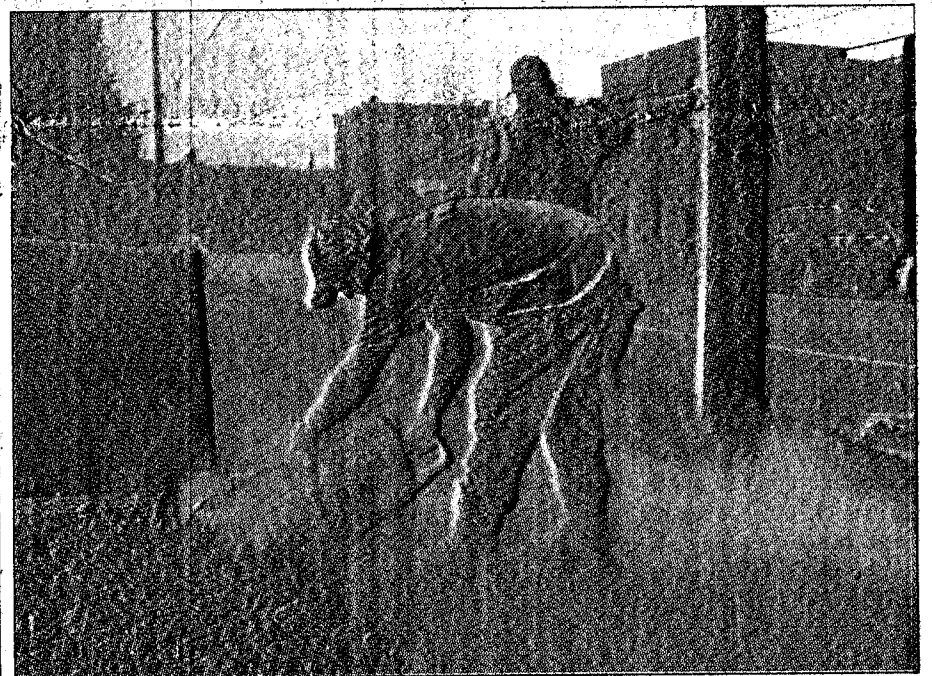
Blast in the Valley rescheduled to Sunday, July 12th

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.

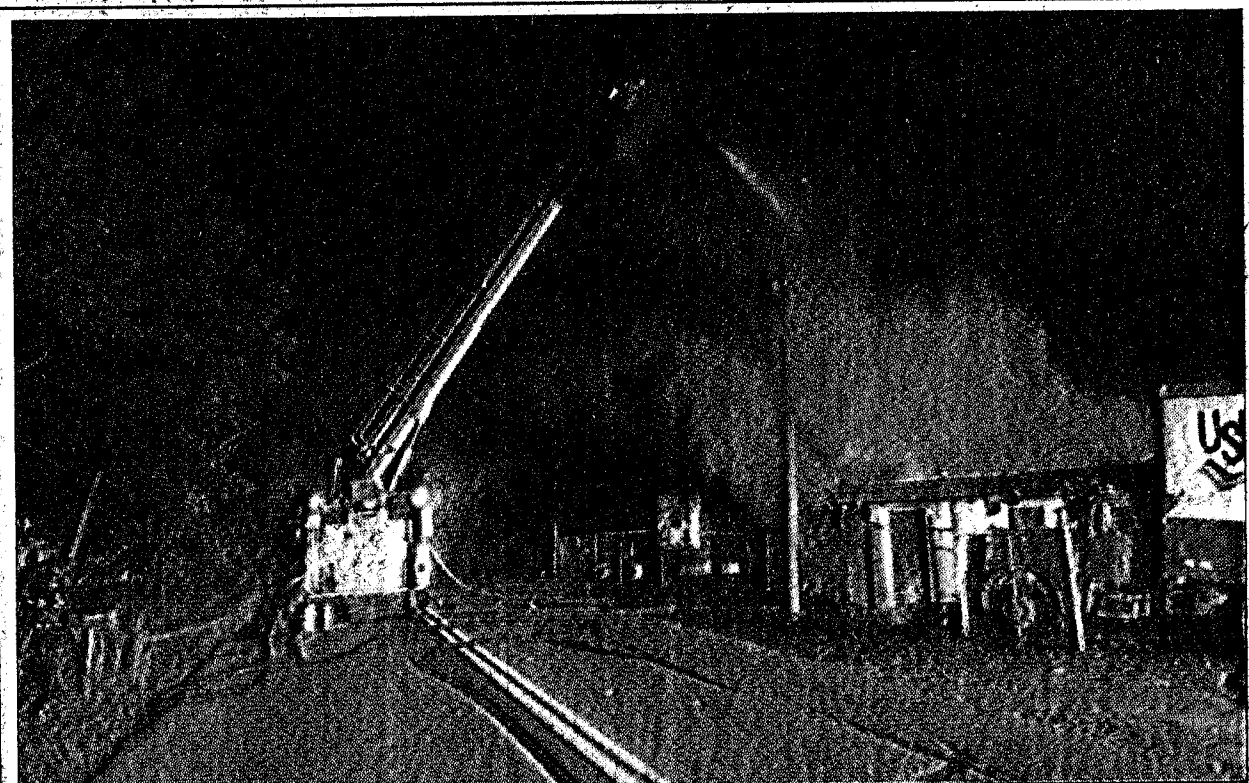
The free event will begin at 4 p.m. and will feature inflatables for the children and live musical entertainment provided by Level Green, Medley Boys, Wild River, Blind Ricky and the Renfro Valley band.

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 Vernon.



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

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- Obituaries Pg. A3
- Courthouse News Pg. B2
- Church News Pg. B4
- Sports Pg. A6

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Aces Over

By Mike French



Someone has to be first at everything

How do things get 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 severe 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. I'm gonna heave it against the wall and see if that will fix it." Again, not everyone does this, but some do. Question is, why? How did that get started? It can't be instinct or evolution because it doesn't work. No calculator has ever started working again because someone threw it out a window.

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, forehead-lifting, eye-lining make overs. All because that first dude said, "I don't like that freckle."

And for men, shaving is interesting to me. Who was the very first man to think 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. But only the hair on his face has to be removed.

How shunned that first man must have been when he showed up at the cave-man cookout clean-shaven.

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 three-alarm 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 phone.

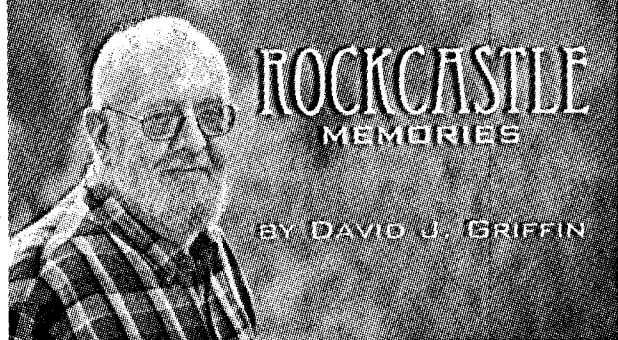
ramblings

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 rototiller or hoe. My dogs have to be physically ejected from the house. And, worse of all, my mood has sunk to just about an all time low. I realize we need rain but, really?

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 doing well but so are the weeds and there is no let up in sight.

I got some uplift to my mood Tuesday night. It was our league bowling night and Travis and I are on a team. Travis has been absent the past two weeks because of vacation -- what's up with that, right? The first week, Allison filled in for him and she and I managed to win three of four games. The second week, Allison's baby was sick so I had to go it alone and it was catastrophic -- lost four. Bowled as if I had never seen a bowling



A Lover's Question

In 1958, when I was a 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 Question" 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 answer lies.

Is it in her kiss or in her

eyes?
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 Dominoes. 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.

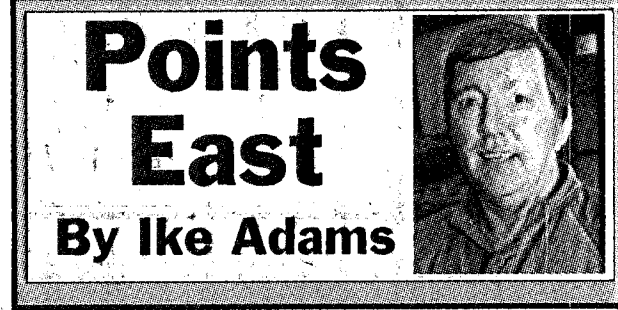
I loved McPhatter's style and bought all of his 45's. I must have spent a small fortune loading juke boxes around Mt. Vernon as I listened to McPhatter's hits. As a matter of fact, I often still do whenever I find a juke with 1950's hits. (They are becoming harder and harder to find.) I can close my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

If 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 a very pleasant, early summer afternoon.

Then suddenly, and seemingly out of nowhere, a vast hoard of 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 they and most other insects can't stand it. I try not to use chemical insecticides because I'm afraid that I might also poison the birds that heartily feed on dead insects.

I know, for sure, that robins and blue jays will gobble 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)

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 no longer tied and said Sara and Jason enjoyed it way too 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."

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

Rockcastle River Days

July 18th.

- 9am - Wildcat Mtn Challenge
- 11am - Big Fish Tournament
- 12 - Chow Time
- 2pm - Duck Race
- 4pm - Wacky Boat Race
- 5pm - Tales of the Thunder Bolt People
- 6pm - Local Music
- 7pm - Tidal Wave Road
- 8pm - Marshmallow Roast
- 9pm - Event Closes

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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 Emmitt 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.

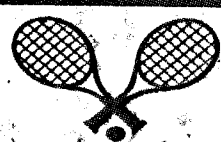
- Designate a non-drinking driver or arrange alternate transportation.

- 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.



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- 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.)

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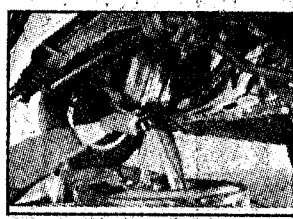
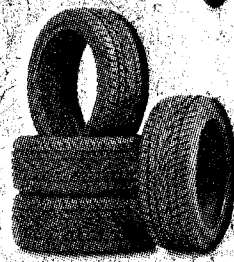
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Kentucky Afield Outdoors

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, sun-dappled 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 summer 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 tall 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

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 cost.

"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 sight in 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, Caleb 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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DECAA is accepting applications for its Weatherization Assistance Program starting July 15, 2015. The mission 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 poverty guidelines (maximum income limit for a family of 4 is \$48,500) and your home cannot have been weatherized since October 1, 1994.

Following are the services of the Weatherization Program:

- Educate clients in safety & energy efficiency
- Professionally evaluates single family dwellings, multifamily dwellings & mobile homes for safety & energy efficiency.
- Repairs or replaces existing heating systems as needed.
- Insulates homes as needed.
- Makes minor repairs to homes for health & safety reasons.
- Installs smoke & carbon monoxide detectors

Please contact Daniel Boone Community Action Agency, Inc. at (606) 256-5315 for eligibility requirements, income limits per family size, and additional program information. Daniel Boone Community Action Agency, Inc. is an equal housing opportunity provider.



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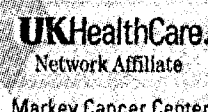
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Top debt management tips to save money each month

(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."

Korotzer offers these

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 loans with the highest interest rate first.

est 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

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.

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 experts:

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 my head."

With this in mind, a favorite easy recipe for birth-

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 on their summer #PartyReddi promotion, which challenges parties 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 Blueprints 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 out.

Set a table with personal sundae stations for each

guest. Each setting should have its own parfait glass with ice cream and three soup spoons or tasting spoons with toppings.

Choose traditional options like sprinkles, mini-marshmallows, and flavored syrups or try something 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 herself. Just beware: whipped topping with real cream can go fast, especially with sugared-up fingers on the button, so have enough on hand.

For a fun setting, build your tablescapes on a coffee table and provide colorful pillows for seating. Polka dots and stripes can evoke the vibe of a retro sundae shop.

Above all, show your child how special he or she is by celebrating the big day together. These memories can be the biggest treat of all.



Grandparent Support Group

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12 Noon

Location: Mt. Vernon Park

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Jessie Mahaffey: 256-4818

Angie Payne: 256-5484

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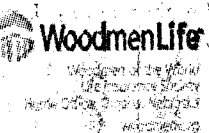
For information leading to the arrest and conviction of the person or persons responsible for, or involved with, the theft, vandalism and arson of Thompson Auto and Truck Sales on the morning of Sunday, July 5, 2015. All information will be kept private and confidential and callers do not have to reveal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

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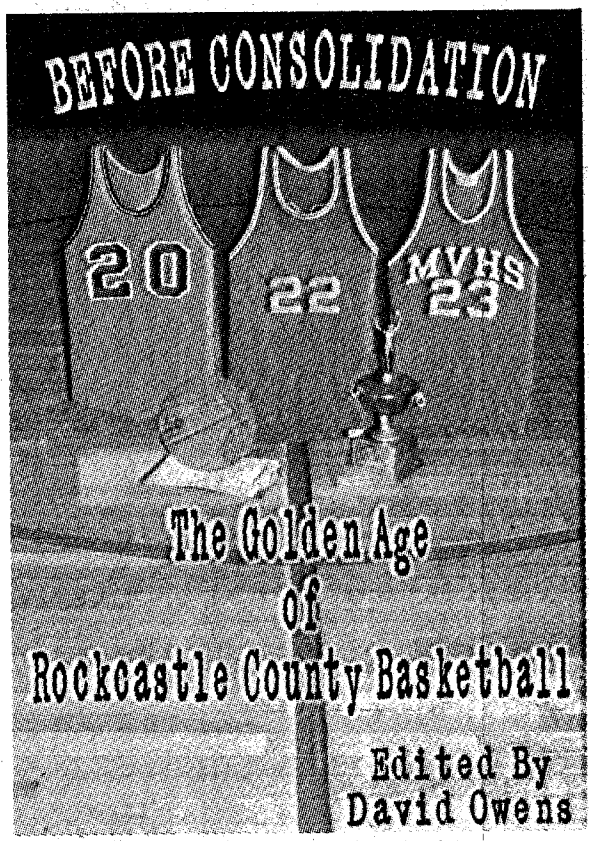
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Surprising signs of allergies and tips to manage them

(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 sufferers.
- You're grumpy: The discomfort of allergy symptoms can interfere with people's daily lives and lead to irritability.

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.

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 Rockcastle 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 Rockcastle 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 Thunderbolt people.

6 p.m. - Local music.

7 p.m. - Tidal Wave Road

8 p.m. - Marshmallow Roast.

9 p.m. - Event closes.

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 landscape, 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 experts 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 your 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 dialysis 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 also be less crowded and expensive.

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

"With some keen planning, 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 Locator (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 received 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 Signal

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 education during the 2015-16 school 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 year.

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 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 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.”

Woodcarvers to demonstrate at Berea Welcome Center

On Saturday, July 18, three members of the 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, who makes hand-carved wooden bowls.

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

Members specialize in a wide variety of techniques 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-

“We are proud of the accomplishments of our Service Corps members,” said Nancy Hale, president/CEO of Operation UNITE, who served as 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 well as their local volunteer community coalitions.

“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 school districts in southeastern Kentucky.

- Morehead State University’s MSU Corps (\$379,035). MSU Corps members will provide reading tutoring for academically at-risk students utilizing the “Great 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 Kentucky Governor

Steve 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 Service.

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

The Rockcastle County Republican Party will hold 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 added.

For more info e-mail rockcastlelegop@gmail.com or 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 facilities.

Senior Crimestoppers is a coordinated set of compo-

nents 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 in participating facilities by 94%.

Through Senior Crimestoppers, the 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 services. Citizens Bank is committed to partnering with local 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.

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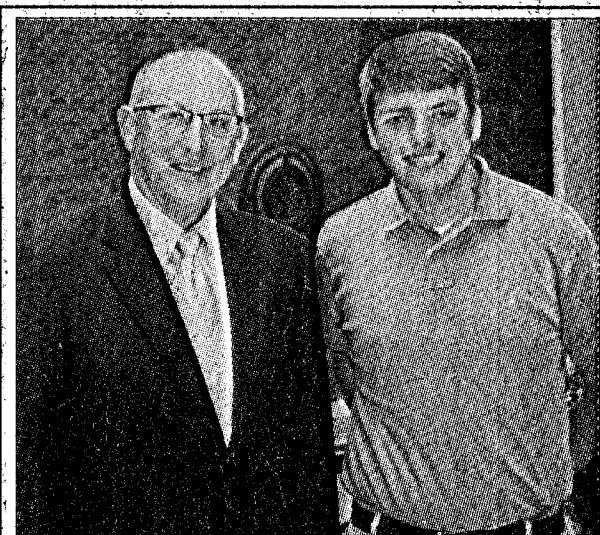
Local students attend IFAL conference

Rockcastle County high 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

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 develop agricultural policy.



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

KHESLC offers low interest rates on college loans

Kentucky students and 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 low-cost loans fill the gap between other financial aid a student receives and the total cost of education. 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 must:

- Be a Kentucky resident enrolled in an approved school or a non-Kentucky resident enrolled in an approved Kentucky school;
- Be 18 by the date of application;
- Be a U.S. citizen or a

non-citizen with a proof of residency card; and

- Have an acceptable credit history or an approved cosigner.

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

- Be the parent or step-parent of an undergraduate or graduate student, as determined by the Free Application for Federal Student Aid (FAFSA);
- Be a U.S. citizen or a non-citizen with a proof of residency card; and
- Have an acceptable credit history or an approved cosigner.

The loans are available to students attending eligible colleges and universities. Applications may be submitted online at www.kheslc.com or at www.kentuckyeducation.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 forest.

"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 or 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 forest.

"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 bear-aware and use caution when visiting their home."

To avoid human-bear conflicts, see the following tips.

- 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 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 accidentally 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.

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 may have.

Students who choose 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 bill. Funds will be loaded on a card students swipe at on-campus cafeterias and restaurants.

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 possible.

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://itsmoney.kheaa.com>. KHEAA also provides free copies of "It's Money, Baby," a guide to financial literacy, to Kentucky schools and residents upon request at publications@kheaa.com.

To learn how to plan and prepare for higher education, go to www.gotocollege.ky.gov. For more information about Kentucky scholarships and grants, visit www.kheaa.com; write KHEAA, P.O. Box 798, Frankfort, KY 40602; or call 800-928-8926, ext. 6-7214.

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 date."

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, said.

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 semesters."

Dr. Michael V. Carter, president of Campbellsville University, said Campbellsville University's momentum is strong with new academic and athletic programs and a new wrestling gymnasium in the works.

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 guide.

"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 semester 2015 at Campbellsville University begin Tuesday, Aug. 25. Evening classes, those beginning at 5:15 p.m. and later, begin Monday, Aug. 24.

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://tigermet.campbellsville.edu/ics/Student/Academic/Office/CourseOfferings.jnz>.

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

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Yard Sales
Flat Rock Baptist Church Youth Group Yard Sale: July 17 and 18 at Wendy's in Mt. Vernon. 28x2
Benefit 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 ? Food and drinks will also be sold. Donations also greatly appreciated. 28x2

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 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 cancels.
Garage Sale: Batteries, 4,000 AA, some AAA and AAAA, expires 2024. Watch and misc batteries 9.6 rechargeable 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. Dewalt saw blades. Gas line filters. Hitch pins, 4.5 inch. Sanding disc. Gillette razors. Pantene products. Rain or shine. Thursday, Friday, Saturday, 8 to 6, 3138 Hurricane School Rd. Drive a little, save a

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lot.
Yard Sale: July 10 and 11, 9 a.m. to 2 p.m. 1386 Ff. 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 shine.
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. at Mt. Vernon Laundromat on Hwy. 150.
Yard Sale: Fri., 8 a.m. to 5 p.m. and Sat., 8 a.m. to

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 ends.
Huge Moving Sale Sat., July 11th 9 a.m. to 4 p.m.
 At the home of Eddie and Donna Mahaffey 295 Williams St.

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10 for \$10
BUY 1, BUY 10 ONLY \$1 EACH

Coca-Cola Products
6 pk., 12 oz. bottle

10 for \$10
BUY 1, BUY 10 ONLY \$1 EACH

Grace's Chicken Salad or Pimento Cheese
1 lb.

HEALTH *signal*

Summer 2015 • Vol. 11 • Issue 2

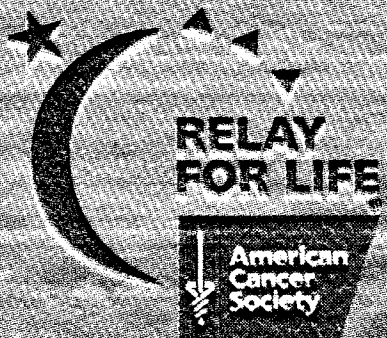


ROCKCASTLE
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Breathing *Life* into healthcare

Leading others
in the fight
against cancer

See pg. 3





ROCKCASTLE REGIONAL HOSPITAL ■ RESPIRATORY CARE CENTER

About Us

Rockcastle Regional Hospital & Respiratory Care Center is a not-for-profit community healthcare system that operates an emergency department, a 26-bed inpatient acute hospital, outpatient services, a 93-bed long-term care program for patients dependent upon mechanical ventilation and a medical office complex. Rockcastle Regional Hospital was established in 1956 and is accredited by the Joint Commission. Rockcastle Regional Hospital is a 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
- National Patient Safety Foundation
- UK HealthCare Network Affiliate—Markey Cancer Center
- UK HealthCare Network Affiliate—Comprehensive Stroke Program
- UK HealthCare Partnership—Gill Heart Institute
- UK HealthCare Partnership—Kentucky Neuroscience Institute

Speakers Bureau

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

Leadership

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

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 Bige W. Towery, Jr., Secretary
 William B. Bailey, Sr.

Debra H. Lambert
 Jeffrey T. Burdette

Executive Management

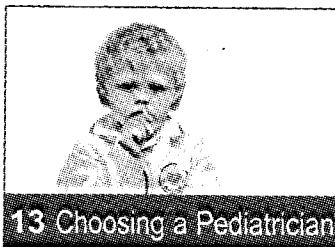
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Health Signal is produced by the Community Relations Department of Rockcastle Regional Hospital and Respiratory Care Center.

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

Finish The Fight” is the motto of The American Cancer Society Relay For Life. But to Melissa Brock, it’s more 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 Mid-South 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 life-changing 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

After 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.

Dr. Cornelius has been a guiding hand for the hospital for more than two decades.



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

The 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.

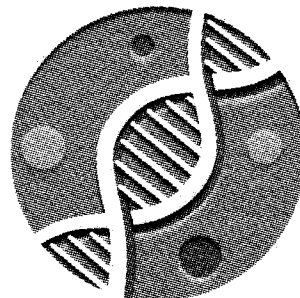
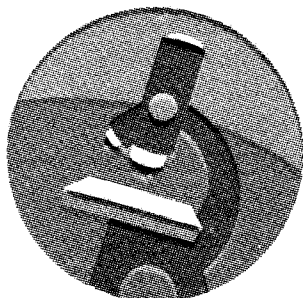
Beverly has served as an Assessor with the American Association of Blood Banks

(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

Luke 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.



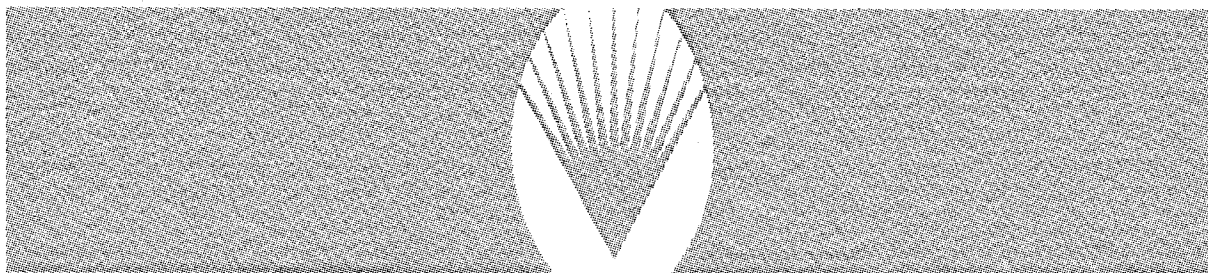
Robert Saddler
Security Officer

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

In 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

Rockcastle 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 Regional's County-wide Stride

Race Series and by regular use of the fitness center. Through participation in both of these incentive programs, employees are eligible to earn up to \$565 every year.

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

**WORKSITE WELLNESS
COUNCIL OF LOUISVILLE**
A Mayor's Healthy Hometown partner

Growing to better

Celebrating the grand opening of the Cancer Care and Infusion Center

By Jana Bray, Community Relations Director

The 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 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."

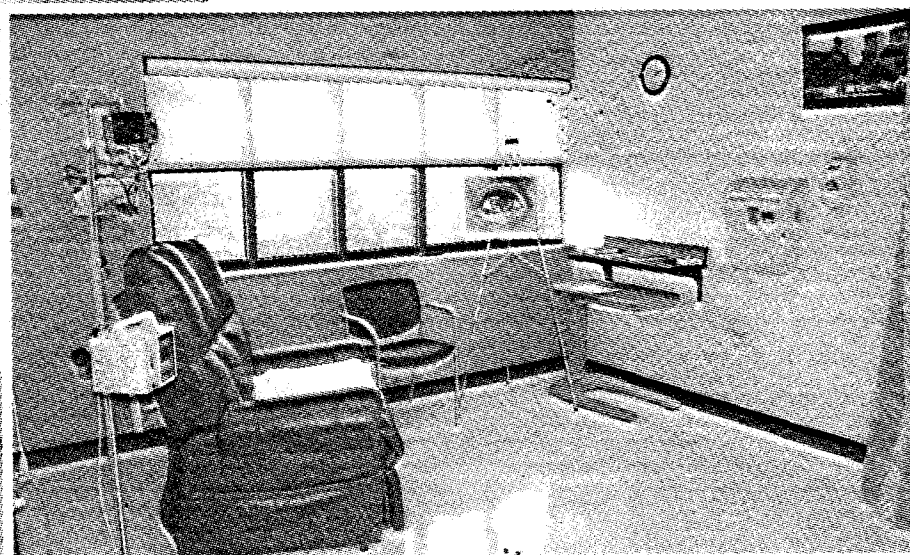
Features of the new Cancer Care and Infusion Center:

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

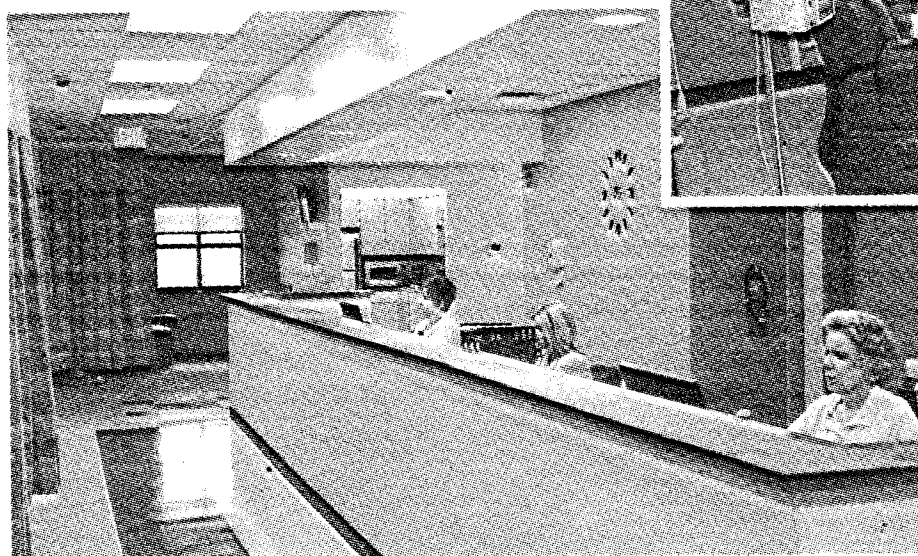
serve every patient



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



At right, New, larger infusion suites feature recliners, flat screen TVs, and seating for family members.



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

[YOUR HEALTH]

Protect yourself from skin cancer

Skin 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

Impacting immunization rates on a national scale

By Dwain Harris, Southern KY AHEC Director

The 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.



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

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.

Southern Kentucky
AHEC
Improving health through education.

For more information visit www.soahec.org

UKHealthCare

Melina Aguinaga-Meza, M.D. • Cardiology
 Paul Anaya, M.D. • 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. Lisle Dalton, M.D. • Gynecology
 Yousef Darrat, M.D. • Cardiology
 Anna Christina dela Cruz, M.D. • Gastroenterology
 John M. Draus, M.D. • Pediatric Surgery
 David A. Escalante, M.D. • Endocrinology
 Deborah Flomenhoft, M.D. • Gastroenterology
 Richard Goldman, M.D. • Ear, Nose, and Throat
 Amy Hessler, D.O. • Neurology
 Thomas W. Howard III, M.D. • Rheumatology
 Joseph A. Iacono, M.D. • Pediatric Surgery
 Mary Ireland, M.D. • Orthopaedic Surgery
 Anna Kamp, M.D. • Pediatric Cardiology
 Ashok Kanthawan, M.D. • Gastroenterology
 Stefan Klessling, M.D. • Pediatric Nephrology
 Christian Latterman, M.D. • Orthopaedic Surgery
 Aleksander Lenert, M.D. • Rheumatology
 Steve Leung, M.D. • Cardiology
 Angela Mahan, M.D. • Cardiothoracic Surgery
 Majd Makhoul, M.D. • Pediatric Cardiology
 Jeremiah Martin, M.D. • Cardiothoracic 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.D. • Cardiology
 William Robertson, M.D. • Neurology
 Edward Romond, M.D. • Hematology & Oncology
 Sarah Rugg, M.D. • Cardiology
 Mandakini Sathir, M.D. • Adolescent Medicine
 Douglas Schneider, M.D. • Pediatric Cardiology
 Partha Sinha, M.D. • Teleradiology
 Sean C. Skinner, M.D. • Pediatric Surgery
 Susan Smyth, M.D. • Cardiology
 Vincent L. Sorrell, M.D. • Cardiology
 Stephanie Stockburger, M.D. • Adolescent Medicine
 Sibin Saha, M.D. • Cardiothoracic Surgery
 Ravneet Thind, M.D. • Hematology & Oncology
 Mark Vranicar, M.D. • Pediatric Cardiology
 Jonathan Webb, M.D. • Nephrology
 Thomas Wayne, M.D. • Cardiology
 Greg R. Wheeler, M.D. • Neurosurgery
 Frederick M. Zachman, M.D. • Gynecology

[UK CONNECTIONS]

School's out, summer safety is in

By Laura Dawahare • Courtesy of UK HealthCare Public Relations

Unintentional 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.

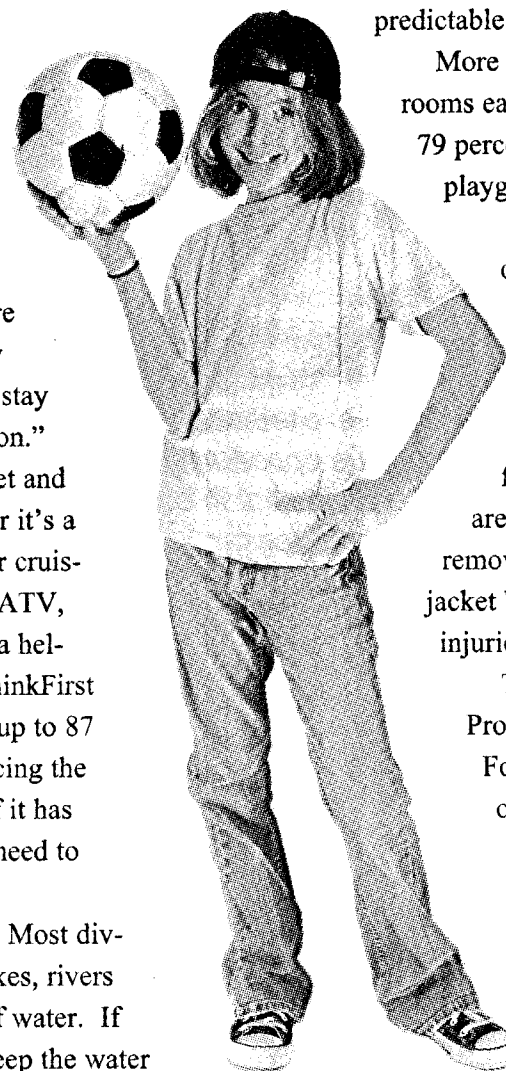
According to the National Highway and Traffic Safety Administration (NHTSA), in 2012 a pedestrian was killed every 2 hours and injured every 7 minutes due to traffic accidents in the U.S. alone. Be a smart and predictable pedestrian. Walk only on sidewalks or paths. If there is no sidewalk, walk as far 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

Choosing 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

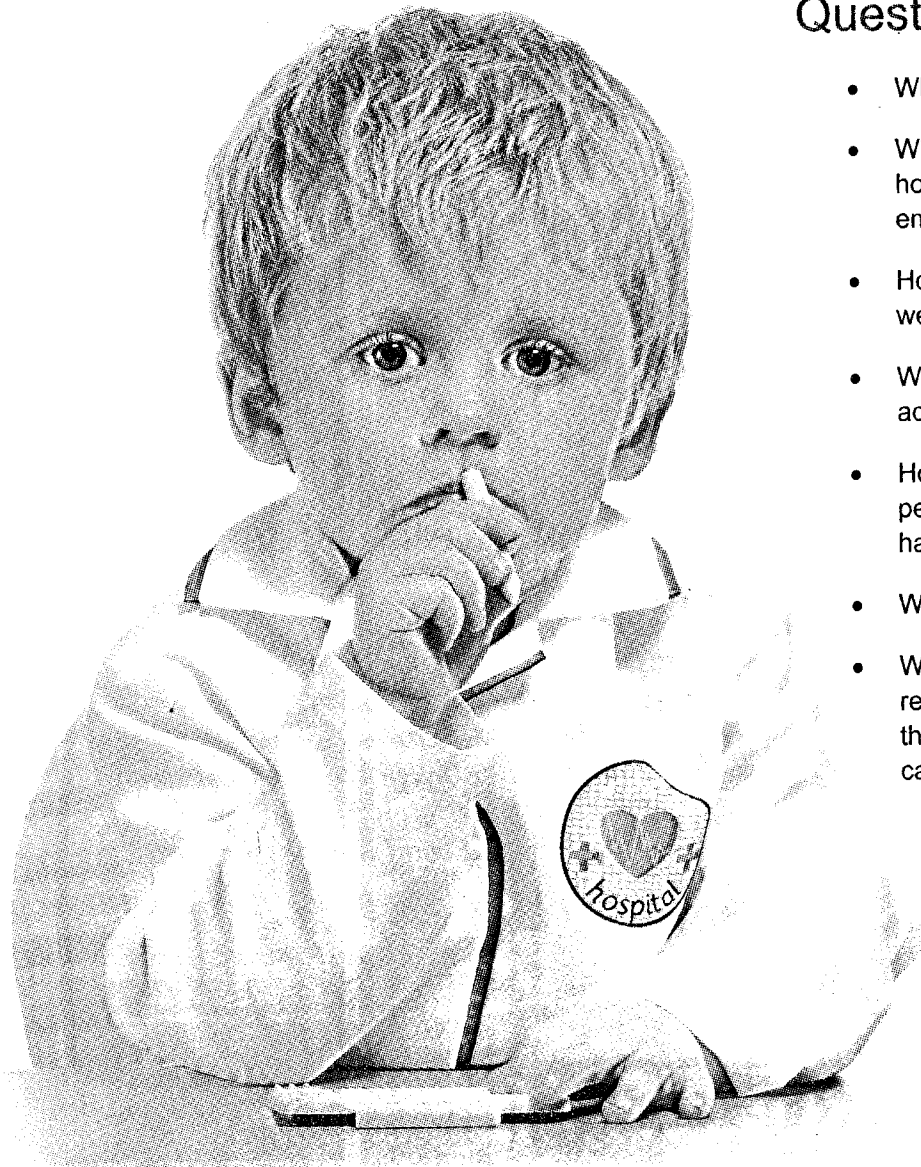
before deciding on a doctor for your baby. You need to know about your insurance coverage and any limitations your health care plan might impose. You should also start to compile a list of potential candidates from friends and family members as well as any

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 privileges?
- 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?




RockPeds

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) 256-4143, Opt. 5

NEWS AND NOTES FROM OUR TEAM

Bray joins child development center

Chelsea 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 pathology department

Amanda 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

Ella 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 opportunities 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.	Radiology
George W. Griffith, M.D.	Family Practice
Kevin Rowe, M.D.	Family Practice
Karen B. Saylor, M.D.	Internal Medicine/Pediatrics
Callie Shaffer, M.D.	Pediatrics

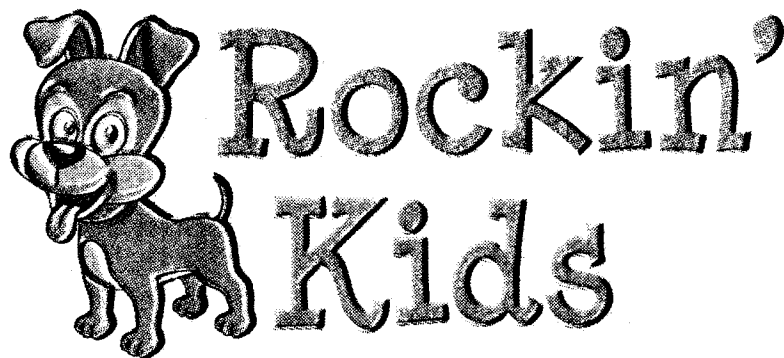
Mid-Level Providers Based in Rockcastle County

Courtney Browning, APRN	Pediatrics
Ginger Mink-Cash, APRN	Family Practice
Angela Parsons-Woods, PA-C	Family Practice
Brittany Perkins-Saylor, PA-C	Family Practice
Alicia Cook, PA-C	Family Practice
Chasity Frakes, APRN	Family Practice
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.	Optometry
Jennifer Chadwell, D.M.D.	Dentistry
Mara C. Chambers, M.D.	Oncology
Aftab Chishtii, M.D.	Pediatric Nephrology
James K. Crager, M.D.	Cardiology
W. Lisle Dalton, M.D.	Gynecology
Yousef Darrat, M.D.	Cardiology
Anna Christina dela Cruz, M.D.	Gastroenterology
John M. Draus, M.D.	Pediatric Surgery
David Escalante, M.D.	Endocrinology
Deborah R. Flomenhoft, M.D.	Pediatric Gastroenterology
Richard Goldman, M.D.	Ear, Nose, and Throat
Amy Hessler, D.O.	Neurology
Thomas W. Howard, M.D.	Rheumatology
Joseph A. Iacono, M.D.	Pediatric Surgery
Mary Ireland, M.D.	Orthopaedic Surgery
Heather Jones, M.D.	Podiatry
Michael Jones, M.D.	Cardiology
Anna Kamp, M.D.	Pediatric Cardiology
Ashok Kanthawar, M.D.	Gastroenterology
Stefan Kiessling, M.D.	Pediatric Nephrology
Christian Knecht, M.D.	General Surgery
Paul K. Krestik, D.P.M.	Podiatry
Chelsen Larkey, LPCA	Counseling
Christian Lattermann, M.D.	Orthopaedic Surgery
Aleksander Lenert, M.D.	Rheumatology
Iraklis Livas, M.D.	Allergy/Immunology
Angela Mahan, M.D.	Thoracic Surgery
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
Adrian Messerli, M.D.	Cardiology
Amr E. Mohamed, M.D.	Nephrology
Timothy Mullett, M.D.	Thoracic Surgery
M. Elizabeth Oates, M.D.	Teleradiology
Douglas G. Owen, M.D.	Ophthalmology
Lawrence Rajan, M.D.	Cardiology
William Robertson, M.D.	Nerve Study
Anthony Rogers, M.D.	Thoracic Surgery
Mandakini Sadhir, M.D.	Adolescent Medicine
Cameron S. Schaeffer, M.D.	Pediatric Urology/Plastic Surgery
Douglas Schneider, M.D.	Pediatric Cardiology
Jamie Settles-Carter, D.P.M.	Podiatry
Partha Sinha, M.D.	Teleradiology
Sean C. Skinner, M.D.	Pediatric Surgery
Stephanie Stockburger, M.D.	Adolescent Medicine
Ravneet Thind, M.D.	Oncology
Mark Vranicar, M.D.	Pediatric Cardiology
Byron T. Westerfield, M.D.	Sleep Medicine
Greg Wheeler, M.D.	Neurosurgery
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.