

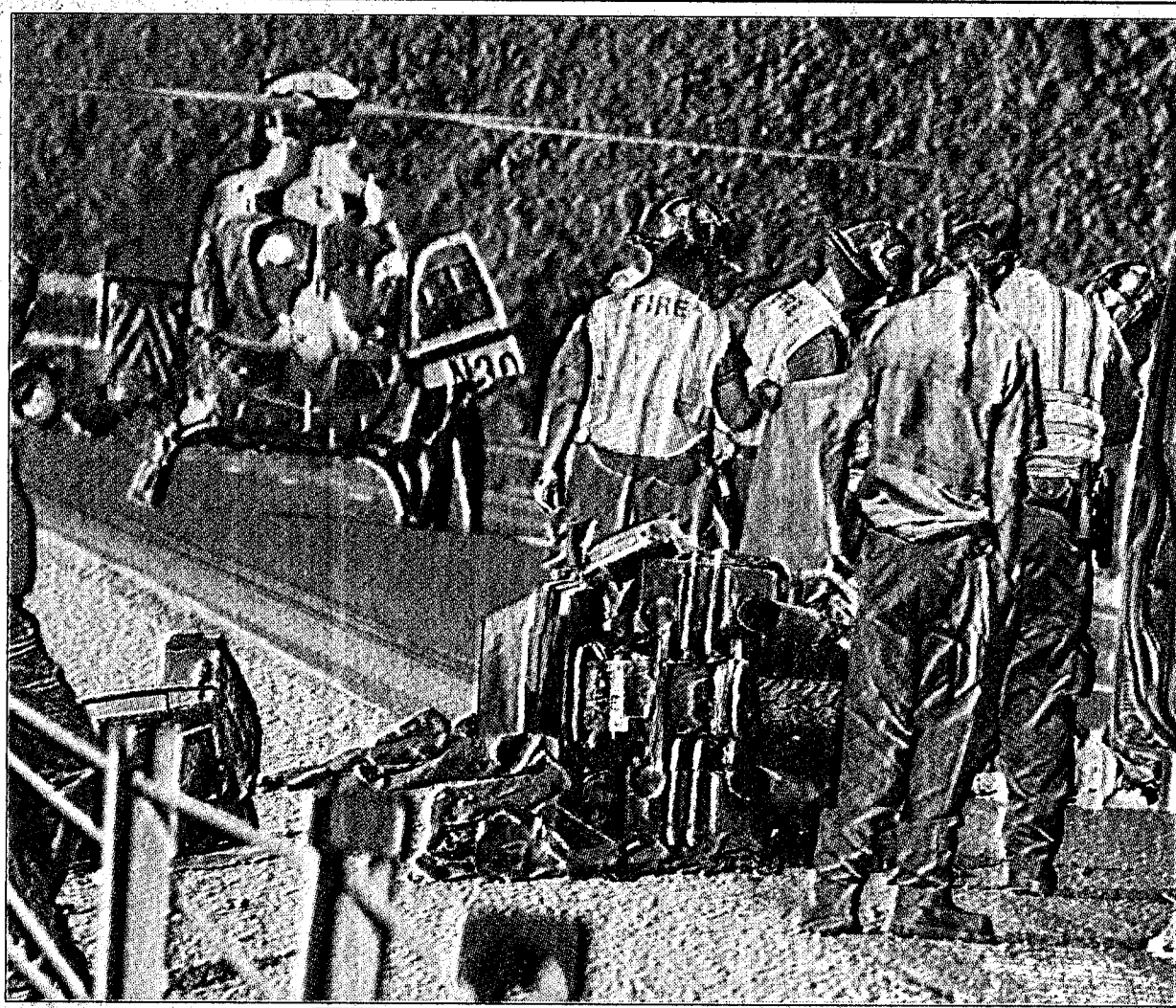
# Livingston Homecoming 2015 starts this Friday

# Mount Vernon Signal

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Mount Vernon, Kentucky 40456 • (606) 256-2244 Volume 129 • Number 36 .50 per copy Thursday, September 3, 2015



A husband and wife were airlifted to the UK Medical Center Monday after a motorcycle crash on I-75 northbound at mile marker 66. Jeffrey and Jodi Holtgreven, of Van Buren, Ohio, lost control of their bike after other accidents in the immediate area caused traffic to slow in front of them. According to the Rockcastle County Sheriff's Department, a series of circumstances caused the accident. A vehicle fire had fire trucks on the scene and then a tractor trailer rear-ended a passenger car, while watching the car fire being extinguished. Then, as traffic slowed for the tractor trailer accident, Holtgreven came upon the slowing traffic and did not slow down quickly enough, Sheriff Peters believes that Holtgreven saw he was not going to be able to stop in time and swerved onto a gravel area near the tractor trailer accident, losing control of the motorcycle. Both riders were listed in critical condition and Peters said family members told him Mrs. Holtgreven was just beginning to move her toes Wednesday morning. The riders had helmets, but neither was wearing one.



## County health insurance premium up over \$130,000

At a special called meeting of the Rockcastle Fiscal Court last Thursday afternoon, the fiscal court learned what they will have to pay for employee health insurance for the next contract period.

John Clay, of Better Source Benefits Co. in Somerset, told the court that the same coverage they had for employees in the last contract year with Humana (10/1/14 - 9/30/15) will cost them \$8,962 per month more under the new contract which will begin Oct. 1st.

Clay did offer an option for the county to switch to Bluegrass Family Health for a premium increase of \$7,608 per month, a savings of \$1,300 per month. However, Clay said that under the Bluegrass Family Health plan, employees' choice of providers would be narrowed and they would lose what they had already paid this year in out-of-pocket expense toward their deductible.

Clay also told the court that market conditions were driving rates higher and that 7% of the rate increase was

due to the Affordable Care Act (Obamacare) fees and taxes, calling the AFC the "largest tax increase in history." He also said another factor was that several county employees had claims that exceeded the \$10,000 threshold.

"We strive for a balance of quality, service and price and believe that Humana is worth the \$1,300 more per month," Clay said.

He told the court that employees could lower their premium by 10% by attaining "Silver Status." This program, that employees can sign up for, rewards employees for lowering their body mass, blood pressure, cholesterol, sugar, etc and for quitting smoking and exercising. Besides lowering their individual premium, employees also

(Cont. to A7)

## Bevin to visit county Friday

The Rockcastle County Republican Party announced this week that Matt Bevin, the Republican nominee for Kentucky Governor, will be bringing his campaign to town.

A Meet and Greet with Bevin will be held this Friday. The event will take place in the third floor conference room of the Rockcastle courthouse from 4-5 p.m.

"We appreciate Matt bringing his conservative message to Rockcastle County voters. We invite everyone to come hear from the next Governor of Kentucky this Friday," said Travis Burton, Chairman of the Rockcastle Republican Party.

Bevins faces Democrat Attorney General Jack Conway, on the ballot this November.

## KY 490 closed for an additional week

On Monday, August 24, crews temporarily closed KY 490 in Rockcastle County to through traffic beginning at mile point 1.5 (Trace branch Road) and ending at mile point 7.3 (KY 1955) as they performed routine road maintenance.

Though the Kentucky Transportation Cabinet reported that the road was expected to be closed for only a week, a new report says it will be closed for an additional week.

The closure occurs daily at approximately 8 a.m. and will re-open at approximately 5 p.m. each day.

(Cont. to A7)

## Cruise in the Valley is Saturday

# Blast in the Valley this Sunday

If at first you don't succeed, try, try again. Due to one of the wettest summers in history, the Blast in the Valley has been cancelled twice. Originally scheduled for July 5th, the event is rescheduled for Sunday, September 6.

Festivities will begin at 4 p.m. and will include many

events in celebration of the nation's birthday. Festivities will include music, food, inflatables for the kids and the evening will conclude with a large fireworks show.

Music will be provided by Level Green Bluegrass, Medley Boys, Wild River Band, Blind Ricky and the Renfro Valley Band.

The event is sponsored by Rockcastle County Tourism, the City of Mount Vernon and the Rockcastle County Fiscal Court.

Admission is free and everyone is invited to attend.

The Annual Cruise in the Valley will be Saturday, September 5 starting at 9

a.m. There will be a collectable car show with many different categories.

Awards will be held at 3 p.m. and there will be food vendors and a Veteran Salute.

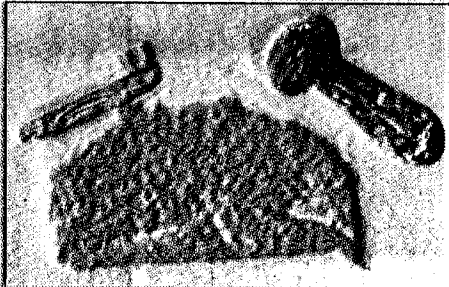
## Synthetic marijuana is growing problem in Rockcastle County

By: Mike French

As if the gauntlet of street drugs were not enough, a new drug is growing in popularity in Rockcastle County, according to Special Deputy Matt Bryant.

Synthetic marijuana (aka Spice) seems to be circulating in the area, Bryant said. "The name is slightly misleading. It's not marijuana or even a real plant. It's an organic plant material that is sprayed with some sort of hallucinogen," he said. The end result looks very similar to a bag of marijuana drug got its name.

However, this dangerous than supposed to have marijuana except chemicals make it dietable and dan-



said. The street value the same as mari- so similar that some aware which they

The drug got its sales at "head shops" and tobacco outlets across Kentucky, according to Bryant. "People thought that if you can just go to the store and buy it, it must be safe. Nothing is further from the truth. One can die from first-time usage," he said.

Laws later caught up to the loopholes and the retail sale of spice was made illegal.

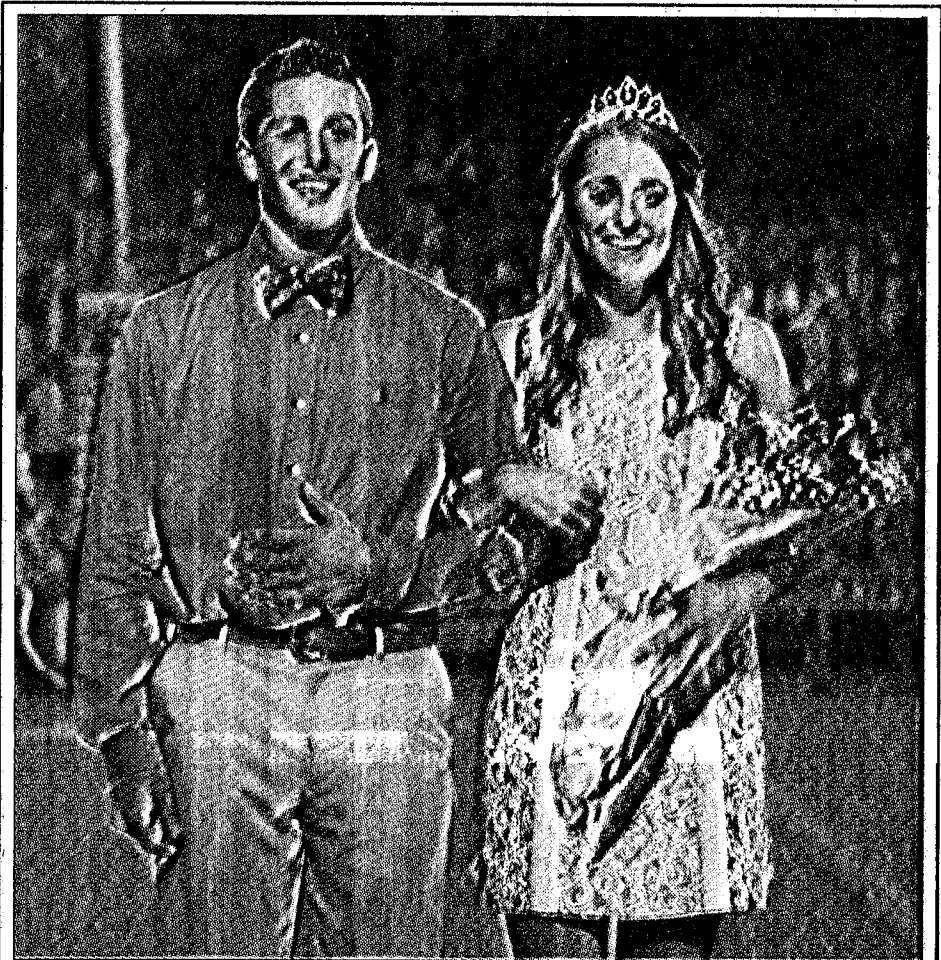
Synthetic marijuana looks very similar to typical marijuana except it isn't made from marijuana.

drug is much more marijuana. "It is the same effects as the additional much more unpre- gerous," Bryant

of the drug is about juana and it looks buyers may not be are buying

start through legal

(Cont. to A7)



RCHS Senior Hannabeth Owens was crowned the Bob Allen Pigskin Classic Queen during festivities Friday night at Danville. She is the daughter of David and Detrina Owens. Escorting Miss Owens was Carson Noble, son of Barry and Chrystl Noble.

## Of Special Note Inside

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- Sports ..... Pg. B1 & A6

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## Yards to Paradise

By Max Phelps  
Food Forests: Sustainable Landscaping

The concept of a food forest is actually a gardening or land management system which utilizes trees, shrubs, perennials and flowers that produce edibles for human consumption along with the other benefits of trees and shrubs such as landscaping, shade, wildlife habitat and being more environmentally friendly.

Fruit or nut trees, berry bushes, edible flowers and vegetables can just as easily be planted as can a red maple, bradford pear or boxwood shrubs. A blueberry is a fine substitute for a nandina, a service berry for sweetbay magnolia, and a pecan instead of an elm tree. Traditional landscaping can be continued with simple plant substitutions that produce food for people and wildlife. Or, eliminating lawn and carefully trimmed shrubbery can be allowed to migrate to a forested look, rather than the fresh-mowed lawn look.

Why would you want an edible forest in your yard?

In most of the world, your lawn and garden would revert to the woodlands that were cut to build log homes and farmed fields and fenced pastures if you quit pulling weeds and tree seedlings and mowing or tilling. People fight to keep this from happening with sprays, mowers and the like.

If we simply quit fighting, wind, birds, squirrels would soon scatter seeds and trees and shrubs and weeds would begin to turn most acreages into forests. Surely as trees come back after a forest fire, so, too, will they come back if we quit mowing and pulling and spraying. But, what comes back by natural selection may not be nearly so useful as what will grow if we have a plan and carefully select trees and shrubs and plants with greater utility—fruit, nuts, edible leaves or roots, even fungi such as edible mushrooms can be 'farmed' in our wood lots or among our landscaping.

A landscape of apples, quince, cherries, pecans, hazels, blueberries, gooseberries and cranberries would be a more useful forest garden than the haphazard one that might sprout up randomly. The native Americans foraged and

lived off the land, a sustainable food forest in our yards would go a long way towards taking us back to that time in our past when forests and not lawns were the norm.

Where can you grow an edible food forest?

If you have a woodland lot you may begin adding edibles as you selectively remove firewood or less desirable plants.

If yours is a house in a subdivision in a city you may have to look at the HOA (home owners association) rules where you reside. Many times you have to keep the front yard looking good, but can let the backyard go to pot, so to speak. Even the most demanding city of HOA will allow a fruit-bearing crabapple tree to replace a flowering crab or bradford pear. And most will be OK with a pecan instead of an oak (although white oak and some other acorns are edible for humans, and all are for wildlife). A service berry or blueberry or honeyberry can easily go where a burning bush would be planted. A hazelnut bush can go where a viburnum would have been planted in a traditional landscape, etc.

If you have no restrictions, then you can form a plan to your liking, or have a talented gardening expert to help. That lawn you mow every week can be turned into a lovely forest, or at least a little clump of trees and shrubs in a raised bed. The money spent for yard care can be spent to purchase and care for productive food bearing trees and plants instead, all the while turning your place into one green piece of eco-friendly paradise that supplements feeding the family at dinner time. If you have children, think of the back-to-nature teaching opportunities your food forest will allow.

Bottom line is, home-grown edibles in a sustainable landscape will be delicious, fun, and save money in exchange for a little time spent harvesting. And, in emergency situations where the power is out and the debit card won't work, you can take a stroll in your lovely natural yard and pick a healthy snack most any time.

The author, Max Phelps, is a landscaper. Contact by calling (606) 416-3911 or visit website: [www.rockcastles.net](http://www.rockcastles.net)

## Free guided tours at KY Artisan Center

On Saturday, Sept. 12, the Kentucky Artisan Center at Berea will offer visitors free guided tours through the center's gallery exhibit, "Turn, Turn, Turn: Latheturned Works by Kentucky Artisans" and in the lobby, "Weaving in Kentucky: A Continuing Tradition."

The exhibit "Turn, Turn, Turn," features latheturned works by 20 Kentucky artists. It includes vessels, ornaments, jewelry and even a wooden golf club. These works are created from wood, alabaster stone, and plastic.

The lobby exhibit "Weaving in Kentucky" details via text and photos the beginning of the hand-weaving revival in Kentucky and features the Berea College weaving program, Churchill Weavers, the Little Loomhouse, and other Kentucky weavers.

These free, guided exhibit tours will be led by Kentucky Artisan Center staff who will talk about the exhibit, the artists and individual works. Staff will answer questions about the techniques and various processes used in the objects featured. Tours will be given at 11 a.m. and again at 2 p.m.

In addition, on Sept. 12, printmaker Debby Stratford, of Louisville, will be demonstrating and creating linoleum block prints with her press from 10:30 a.m. to 3:30 p.m.

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

The center features works by more than 700 artisans from more than 100 counties across the Commonwealth. For more information about the center's events call 859-985-5448, visit us on Facebook at [www.facebook.com/kentuckyartisancenter](http://www.facebook.com/kentuckyartisancenter), or the center's website at [www.kentuckyartisancenter.ky.gov](http://www.kentuckyartisancenter.ky.gov).

## Money Tips for Students Federal student loans offer deferments

If you are having trouble repaying your Federal Stafford Loans, you may be able to take advantage of a deferment, according to the Kentucky Higher Education Assistance Authority (KHEAA).

A deferment lets you postpone paying your loans if you meet certain criteria. You can get a deferment if you are:

- Still in college at least half time.
- In a rehabilitation training program.
- Unemployed.
- Have economic hardship.
- In the military.

If you have defaulted on your federal loans, you may not be able to get a deferment.

Contact the agency that is servicing your loans to see if you qualify. If you do, you will have to submit an application. You must make your monthly payments until the agency tells you that your loans are in deferment.

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](mailto:publications@kheaa.com).

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

## Kentucky State Fair attendance up in 2015

The 2015 Kentucky State Fair, which concluded its 111th edition on Sunday, drew 601,672 visitors to the Kentucky Exposition Center, which is more than a 16 percent increase in attendance from the 515,937 visitors that attended the rain-soaked fair in 2014. This marks the sixth time in the last 10 years that attendance has exceeded 600,000. The highest attendance for the Fair was recorded in 1994, when 684,356 passed through the gates.

Visitors to all 11 days of the Fair were rewarded with sunny skies and warm temperatures, minus any inclement weather, making the Turf Concert Series performances all well-attended. Along with the favorable weather helping with improved attendance figures, several new initiatives debuted this year that were geared toward making the Fair more accessible and affordable.

These included advanced discounted parking and admission tickets available for purchase at Kroger, Walmart and online at Ticketmaster; those riding TARC to the fair, which nearly 1,000 visitors took advantage of, were given half off a regular-priced adult admission; the age for children to be admitted for free was raised from 3 to 5; and there were two carload days where \$20 covered entry for an entire vehicle.

"We couldn't have asked for better weather over the duration of this year's fair, and that was a big part of

why we saw such a dramatic increase in attendance, along with several new discount programs offered for the first time," said President and CEO of the Kentucky State Fair Board Clifford "Rip" Rippetoe. "Once again the exhibitors and organizers of the Fair put on a world class demonstration of attractions, competitions and live performances that represent the best Kentucky has to offer."

The 11-day event generated approximately \$16.5 million in economic impact across the community and the Commonwealth of Kentucky, and was responsible for creating hundreds of temporary jobs.

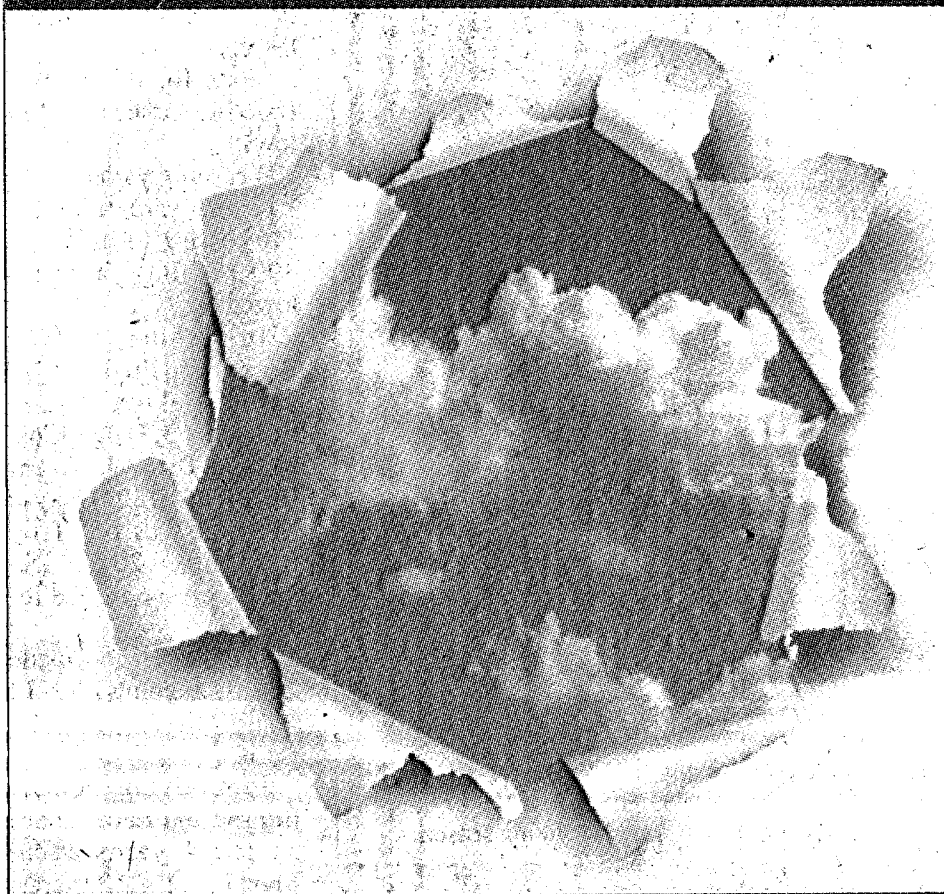
Next year's Kentucky State Fair will be held August 18-28, 2016. For more information, visit [www.kystatefair.org](http://www.kystatefair.org).

**NOTICE OF PUBLIC HEARING**  
The Public Service Commission of Kentucky issued an order on August 21, 2015, scheduling a hearing to be held on September 14, 2015, at 10:00 a.m., Eastern Daylight Time, in Hearing Room 1 of the Commission's offices located at 211 Sower Boulevard in Frankfort, Kentucky, for the purpose of cross-examining witnesses in Case No. 2015-00194, which is the investigation of Kentucky Utilities Company's and Louisville Gas and Electric Company's Respective Need for and Cost of Multiphase Landfills at the Trimble County and Ghent Generating Stations.

Louisville Gas and Electric Company  
Kentucky Utilities Company  
220 West Main Street  
Louisville, Kentucky 40202

Signal office  
closed Monday,  
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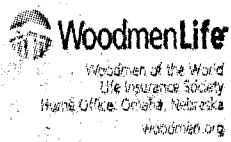
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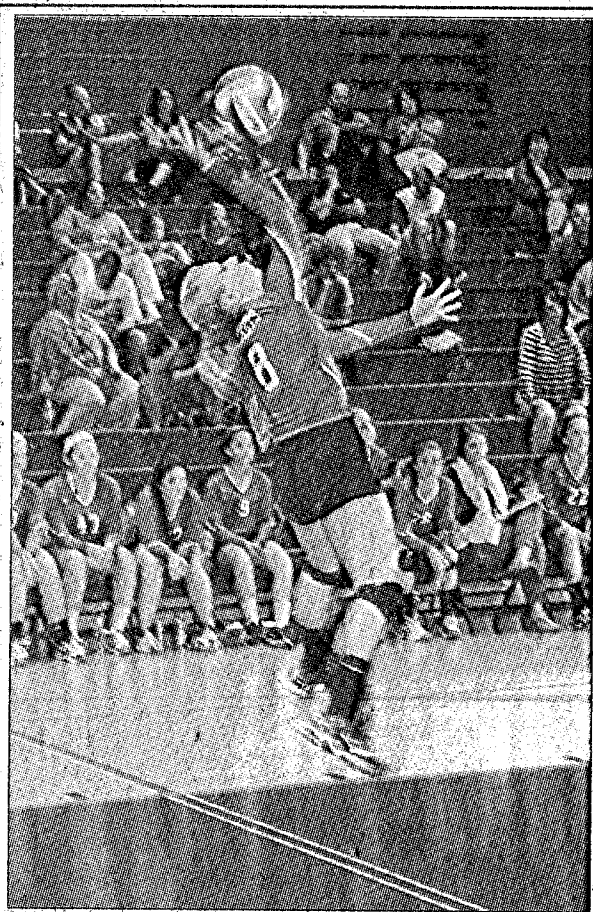
2015  
**HEALTHY JOE EXPO**

★ **MEN'S HEALTH FAIR** ★  
**SEPTEMBER 22, 2015**  
FIRST BAPTIST CHURCH • MT. VERNON  
SCREENINGS 5-6 P.M. • SPEAKER/DINNER 6 P.M.

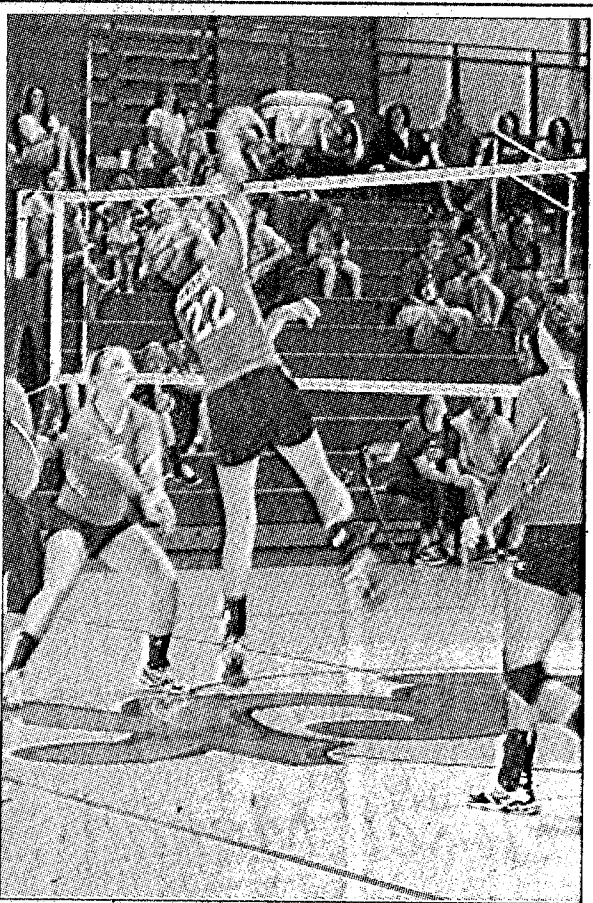
**KEYNOTE SPEAKER:**  
Whitney F. Jones, M.D.  
Founder, The Colon Cancer Prevention Project  
Clinical Professor of Medicine at the University of Louisville

**FEATURING:**  
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★ Free gift  
★ Health education  
★ Health screenings  
★ Door prizes

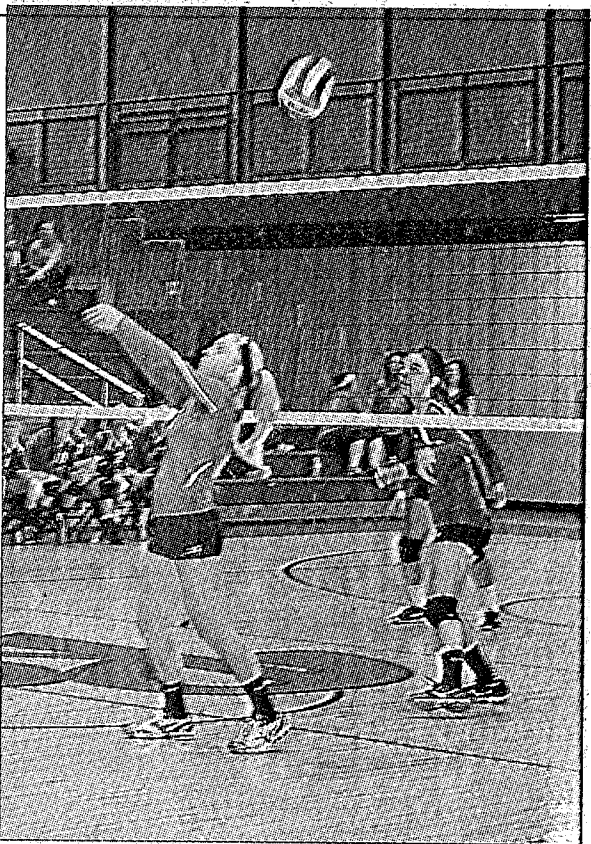
**AHEC** **ROCKCASTLE REGIONAL**



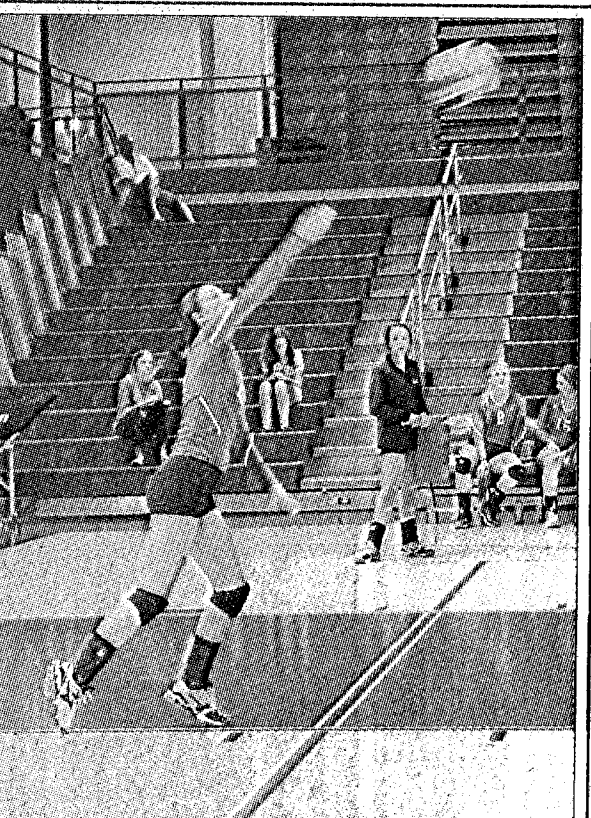
Emily Deubel serves for the Rockets in their home match Tuesday night against North Laurel. The Rockets won the match 3-2.



Senior Rachael Davis goes for a kill in the Rockets win over North Laurel Tuesday night. The Rockets next two matches are on the road, Thursday night at Madison Southern and Tuesday night at Madison Central.



Arie-Anna Lawson hits the ball over the net in Rocket action Tuesday night against North Laurel. The Rockets are now 5-2 on the young season.



Emily Childress puts a serve in play for the Rockets during action Tuesday night against North Laurel. The Rockets won their last three matches with wins over North Laurel, Garrard County and Lincoln County.



### Rockcastle County Youth Basketball Association...

55 boys and girls between the ages of 3 and 6 participated in Rockcastle Basketball Youth Associate "Little Dribbler's" camp this past winter. The goal of this league was to introduce the fundamentals of basketball to each of the players. The boys and girls participated in various stations to improve their hand-eye coordination, passing, dribbling and defensive skills. Thanks to everyone who participated in the camp this past winter. The Rockcastle County Youth Basketball Association is expanding the players eligible to participate this year for all boys and girls grades preschool through 5th grade. Evaluations will be September 12th at 9 a.m. for 4th and 5th grades, 10 a.m. for 2nd and 3rd grades and 11 am for Preschool and 1st grades at Roundstone Elementary. Evaluations are used to split the players into similar skill levels. Sessions will take place at different elementary schools once per week. The cost for this league is \$25 (check's made payable to RYBA). Each child will receive a t-shirt and medal. This will not replace the regular league that takes place from November-February. We look forward to working with your child to improve the future of Rockcastle County Basketball.

## Hannabeth Owens off to a great start

Rockcastle County's Hannabeth Owens is off to a tremendous start to her senior year of golf with three wins and a runner-up in her first four starts.

Hannabeth got her senior season started with a dazzling 5 under par performance at Cedar Rapids in the Lady Rocket Invitational. Her 67 was thirteen shots better than her nearest competitor. This was the third year in a row Hannabeth has won the event.

Owens continued her hot play at Eagle's Nest Golf Club when she fired a 2 under par 70 to repeat as the champion of the Lady Maroon Invitational.

The Joy of Golf Invitational in Lawrenceburg was the setting of Owens' third victory in as many starts. Hannabeth shot a 1 under par 71 to take a 3 shot win.

Hannabeth's most recent tournament, at Kearney Hills Golf Links in Lexington, may have been the most impressive of them all even though she finished as runner up.

Hannabeth's round included an eagle and six birdies as she fired a 4 under par 68 in the Dave Bunnell Memorial.

Hannabeth is the daughter of David and Detrina Owens of Crab Orchard, both of whom teach in the Rockcastle County school system.

## RCHS one game stats

The RCHS Rockets football team put up a loss to Danville last week, but also put up some strong stats that appear to hold promise. In fact, even in the 28-point loss, the Rockets allowed only 7 rushing yards to one of the quickest teams out there.

Stats for the RCHS/Danville game are as follows:

- 204 rushing yards
- 7 rushing yards allowed
- 116 passing yards
- 390 passing yards allowed

In rushing, Holdan Barnett rushed for 38 yards, Dakota Bishop rushed for 3, Dalton Cole rushed for 39, Brent Lovell for 22, Chayse McClure got 68, Troy Reed gained 20 and Devon Robinson rushed for 14.

Dakota Bishop made 22 pass attempts with 14 completions for 116 yards.

In receiving, Holdan Barnett and Lucas Jones gained 4 yards each, Brent Lovell got 30 yards, Drew Martin gained 4 yards, Chayse McClure had 2 yards, Isaiah Mercer gained 10 yards and Michael Tomlinson gained 62 yards.

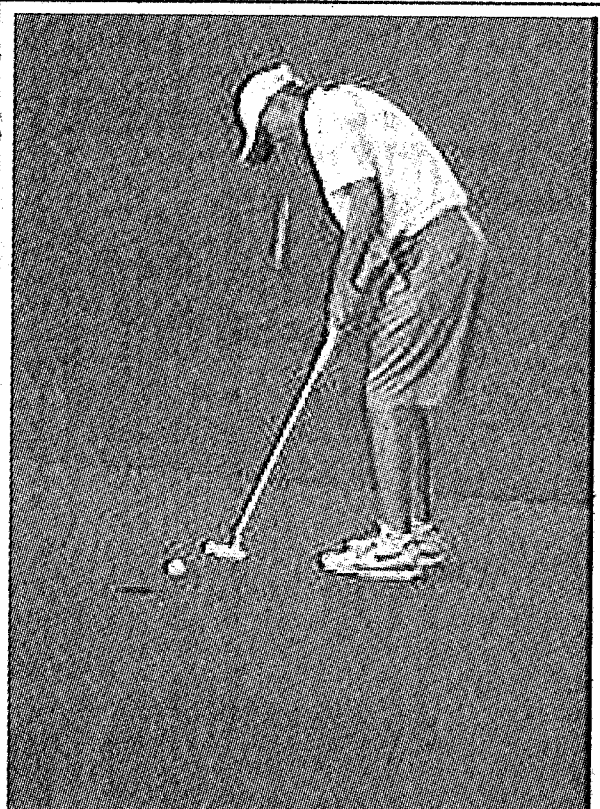
Dalton Cole, Chayse McClure and Troy Reed all scored rushing touchdowns and McClure had the team's only interception.

Brenton Amyx, Brent Lovell and Devon Robinson each recovered a Danville fumble.

On defense, Amyx Brenton, Lovell and Devon Robinson each had a fumble recovery.

Logan Coffee had three tackles, Hunter Hines had an assist, Lucas Jones had a tackle and two assists, Brent Lovell had two assists, Drew Martin had one assist, Chayse McClure had four tackles and two assists, Isaac McClure had two

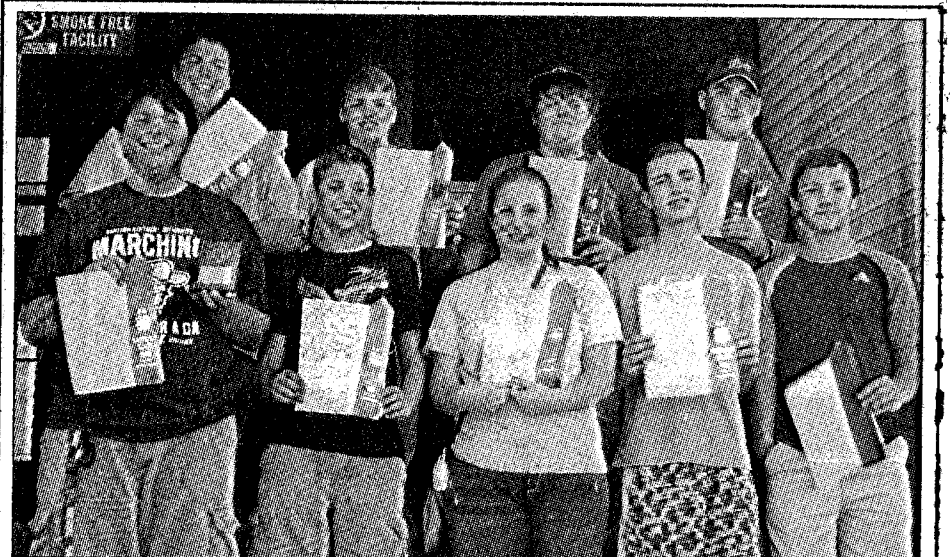
assists, Isaiah Mercer had one tackle and one assist, Austin Mills had two assists, Devon Robinson had one assist and Michael Tomlinson had one assist.



Cade Burdette is shown above putting for birdie this past weekend. Burdette has played well all season and has accumulated one tournament win, two top five finishes, and one top ten finish in tournaments for the Rockets golf team. Cade is considered to be one of the top golfers in the Region and Conference. The Rockets have been playing well as of late. John Cornelius is coming on strong in conference play. Zach Baker and Thomas Burdette continue to improve on their averages, while Grant and Will Isaacs have shown continued improvement throughout the course of the season. The RCHS boys' golf team has started out conference play undefeated and look to compete to be the regular season champion.



Davany Bullock, daughter of Dr. David and Vanessa Bullock, competed in the 77th annual Tennessee Walking Horse World Grand Championship on August 28-29, 2015, in Shelbyville, Tennessee. She was able to bring home a reserve world grand championship on her country pleasure horse, "Uptown Funk." Way to go, Davany!

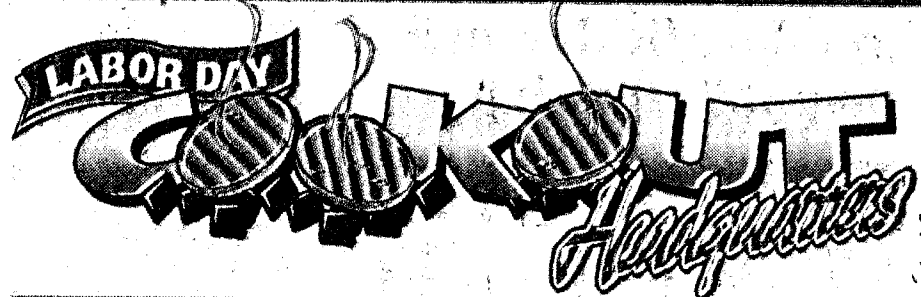


Rockcastle County's 4-H Land Judging team participated in the Kentucky State Fair on August 21st. The team included one Junior Member, Cole Ballinger with a Blue Placing, eight senior members, Aaron Pevely (3rd, Blue), David Gabbard (Blue), Joey Frith (Blue), Caleb Ballinger (Blue), James Clay Ballinger (Blue), Logan Taylor (Red), Thomas Burdette (Red) and William Daugherty (Red). The High 4 Senior team of Aaron Pevely, David Gabbard, Joey Frith, and Caleb Ballinger were Reserve Champion Senior Team scoring 1206 points, only 27 points from representing Kentucky at 2016's National Contest in Oklahoma. Team members David Gabbard and James Clay Ballinger scored 100% on the Conservation Measures section which is a team first. Three 4-H Land Judgers competed in this year's Kentucky State Fair Contest completing their Senior eligibility. Aaron Pevely, David Gabbard and James Clay Ballinger have competed for six years. Aaron has received Junior Champion, Senior Champion as well as 2016 Reserve Champion Team with teammates David Gabbard, Joey Frith and Caleb Ballinger. David completed with teammates David Gabbard, Joey Frith and Caleb Ballinger which is a team first.



# Save a Lot

food stores



## FRESH PRODUCE ITEMS

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8 lb. bag

Large Seedless **Watermelons** **\$3.99**

Fresh Yellow **Onions** **\$1.49**  
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14 oz pkg.

Assorted Varieties Big Pack **LITTLE DEBBIE** **Snack Cakes** **2/\$6.50**

Assorted Varieties **Lays** **Potato Chips** **2/\$4**  
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Assorted Varieties **Doritos** **2/\$5**  
11 oz bag

**Pepsi** **4/\$11**  
12 Packs 12 Oz. Cans

**Sunbeam** **Hamburger & Hot Dog Buns** **2/\$4.00**  
12 Pack

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Fresh Whole Boston Butt **Pork Roast** **.99**  
lb.

5 lb. or more FRESH **Thighs or Drumsticks** **.79**  
lb.

Fresh Pork **Spare Ribs** **.99**  
lb.

Fresh Boneless Beef Bottom **Round Roast** **\$3.79**  
lb.

Honeysuckle White **Turkey Breast** **\$1.49**  
lb.

Our Farms Brand Half Boneless **Hams** **\$1.99**  
lb.

Oscar Mayer **Bologna** **3/\$5**  
16 oz. pkg

Fairgrounds **Hot Dogs** **.69**  
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*Great for the grill! Great for the grill! Great for the grill!*

<p>10 Lb. Roll Fresh <b>GROUND BEEF</b> <b>\$2.49</b> lb.</p>	<p>Family Pack <b>PORK STEAKS</b> <b>\$1.39</b> or Country Style <b>PORK RIBS</b> lb.</p>	<p>Family Pack Boneless Beef <b>BOTTOM ROUND STEAKS</b> <b>\$3.99</b> lb.</p>	<p>Family Pack <b>T-BONE STEAKS</b> <b>\$5.99</b> lb.</p>
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<p>Assorted Varieties <b>World's Fair ICE CREAM</b> <b>\$4.99</b> 4 qt. tub</p>	<p><b>Wrightware Foam Plates</b> <b>\$1.19</b> 40 ct. pkg</p>	<p><b>Kindle Charcoal Briquets</b> <b>\$5.99</b> 15.4 lb. bag</p>	<p><b>CRYSTAL 2-0 Drinking WATER</b> <b>\$2.29</b> 24 Pack 16.9 oz Bottles</p>

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# Mount Vernon Signal

Second Section

Thursday, September 3, 2015

## Rockets drop first game 46-18 to Danville speed

By: Mike French

The Rockcastle County Rockets football team fell to Danville in their first game of the season in a 46-18 loss.

Though the Rockets seemed to stop Danville's running game, it was soon clear that the Admiral's receivers were too fast for Rockcastle.

In the opening play of the game, the Rockets picked up a fumble by Danville and started their offense. However, after a four-and-out possession, gaining one yard total, the punt was to Danville.

Rockcastle displayed strong defense, causing a 3rd and 16 situation for Danville but on fourth down, and under blitz pressure, Danville tossed to a wide receiver. He was uncatchable and scored the touch down after only five plays for the 7-0 lead.

Danville's kickers were also state caliber, putting most kickoffs out the end zone, so the Rockets took over at their own 20 yard-line.

Finding themselves in a third and 8, wide receiver Michael Tomlinson brought down a pass for a first down at the 46 yard-line. Soon, Holdan Barnett broke free on a hand off and took the Rockets to the 8 yard-line to set up the score with 3:22 left in the first quarter.

After the fumbled extra point, the score was 7-6, Danville.

On the ensuing kickoff, Danville returned the ball to midfield and on their first play, utilized their quick receivers for another touchdown. at 2:58 using only 24 seconds off the clock.

Barnett was able to block the extra point leaving the score at 13-6.

Rockcastle was unable to move the markers on their next possession and punted to Danville with 42 seconds left in the first.

In their next possession, Danville faced penalties which negated a huge play and, as the second quarter

started, the Rockets Chayse McClure intercepted a Danville pass giving the Rockets the ball at midfield.

But after four plays and a gain of one yard, the punt went back to Danville. The Rockets had to punt the ball away.

By this time, the Admirals had discovered their receivers were too quick for the Rockets and began using them more regularly.

Once again a Danville receiver took the ball to the end zone untouched making it 19-6 at 9:40 in the half. Once again, the Rockets blocked the extra point attempt.

Rockcastle's next possession was a strong one keeping the ball over three minutes. The possession included long passes and strong runs throughout the drive. But at the 6:49 mark the Rockets faced a 4th and 20 situation and turned the ball over on downs.

If something works, don't fix it. Once again Danville aired the ball out to a wide receiver who was in the end zone :50 seconds after Rockcastle had given them the ball back.

With a 25-6 lead, Danville kicked to the Rockets who had an impressive possession with QB Dakota Bishop leading his team downfield. He escaped several tackles, racked up several first downs and made decisions that forced a Danville time out.

But before reaching the end zone, Bishop was tackled from his blind side, knocking the ball loose. The Admirals picked up the fumble and ran to their end zone bringing the score to 32-6 at 2:07 in the half.

The Rockets next possession ended in a punt after a 4th and one attempt ended in a bad snap.

The half ended with Danville on top 32-6 as the Rockets entered the locker room searching for ways to overcome the Admirals' speed.

Beginning the third

quarter, the Rockets had a long possession refusing to back up but eventually turned the ball over on downs.

This time, Rockcastle stopped the speed of Danville by forcing a fumble and recovering the ball away.

This possession ended in a punt to Danville who was once again able to find a receiver's fingertips for another trip to the end zone bringing the score to 39-6 with 1:05 left in the third.

In the fourth quarter, Danville soon found another receiver with quick feet and a long pass led the Admirals to another score, making it 46-6. In the last few minutes of the fourth quarter, the Rockets were able to put up 12 more points to end the game at 46-18 and take their first loss of the season.

Dalton Cole, Chayse McClure and Troy Reed all found the end zone for the Rockets.

"Danville is definitely a top five team in their class and will be in the running for a state championship," said RCHS Head Coach Scott Parkey. "We had some guys who had never played against this kind of speed."

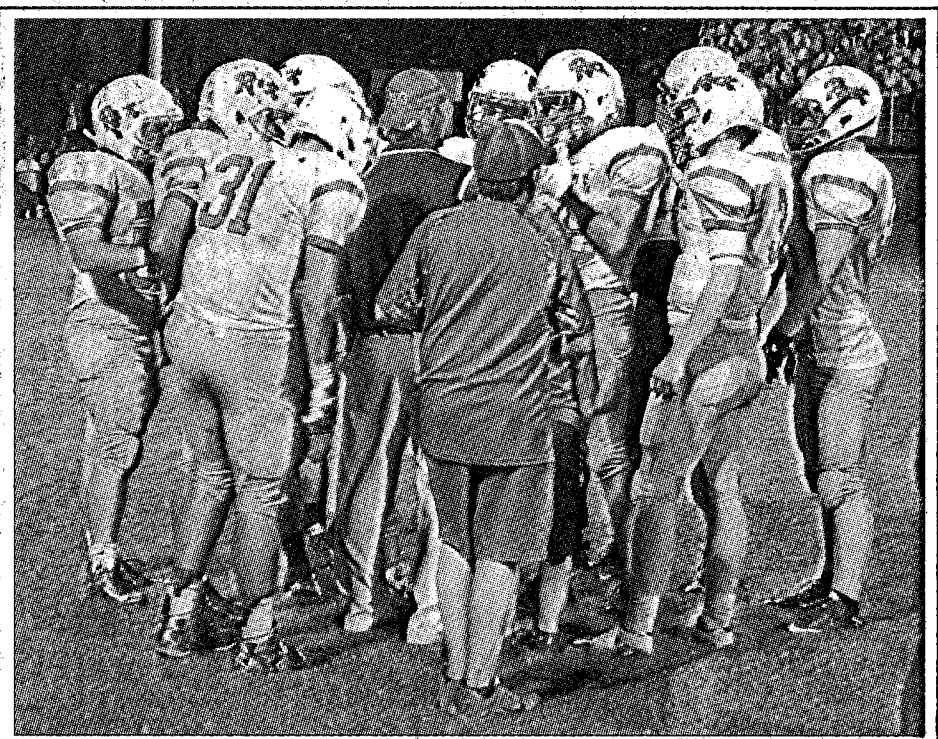
However, this kind of experience can be helpful to the Rockets' season. "We have to play in these big games with this caliber of opponent to prepare us for the playoffs," said Parkey. "We could go out and play a weak, non-district schedule and win them all, but not truly be prepared for the great teams that lie down the road."

In fact, Parkey prefers tough teams. "I would rather play a tough schedule and find strengths and weaknesses with our team and work to develop a championship caliber team based on that," he said.

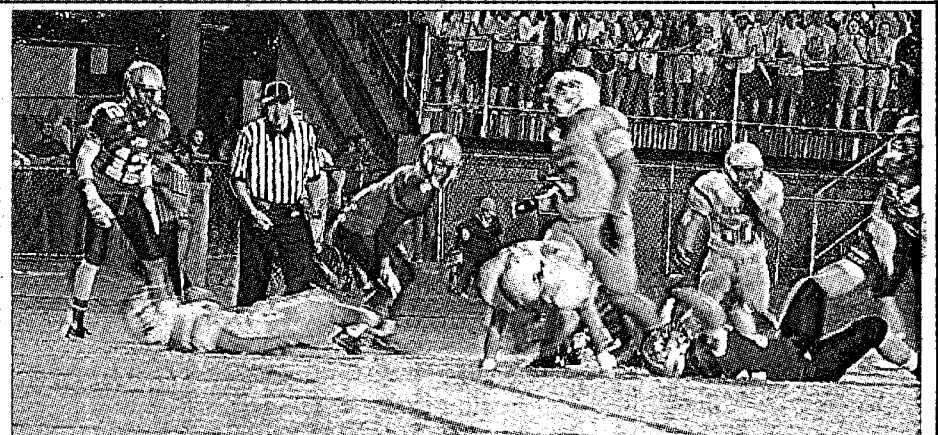
Even though the score may seem one sided, the game itself was not. RCHS was able to stop Danville's strengths. "Offensively, our guys did a great job of taking away the run, screens and short passes which were Danville's strengths coming into the game," said Parkey.

There were also some glimpses into some players' abilities. "I was really pleased with Dakota Bishop's play at QB. He hung tough despite their rush and some of our dropped passes and made some great throws for us," said Parkey. "Mikey Tomlinson was a critical receiver for us and made some nice plays."

Next week the Rockets will face South laurel who is coming off 2 losses. "They are big and physical on the line. We will again have our hands full. They are a good team and well coached," said Parkey.



Head Coach Scott Parkey met his team on the field during a timeout during Friday night's match-up between RCHS and Danville at the Bob Allen Pig Skin Classic in Danville. The Rockets were defeated 46-18.



The Rockets' Chayse McClure scored the first RCHS touchdown of the year with 3:22 left in the first quarter to bring the score to 7-6, Danville.

## Sara Hammond to play professionally in Spain

Former Lady Rocket and University of Louisville Sara Hammond is taking her "A" game to Spain where she will play professionally this season with Club Universitario De Ferrol. Club Ferrol is in its second season in the Liga Femenina de Baloncesto league, governed by FIBA rules, is made up of 14 teams and is one of the better European leagues. The season runs from September to April and consists of 26 games. The top 4 teams play in a two rounds of best out of three championship playoff.

The other American on the team is Becca Mills, an all Big Ten post from Michigan State. They are joined by Vilma Kesänen of Finland, with the remaining team made up of Spanish players.

Sara flew to Spain over the weekend and started practice on September 1. Ferrol is a city in the province of A Coruna in Galicia, located on the Atlantic coast in north-western Spain. As of 2014, it has an urban population of 70,389. The first game is September 26. Fans of Sara can follow her via the

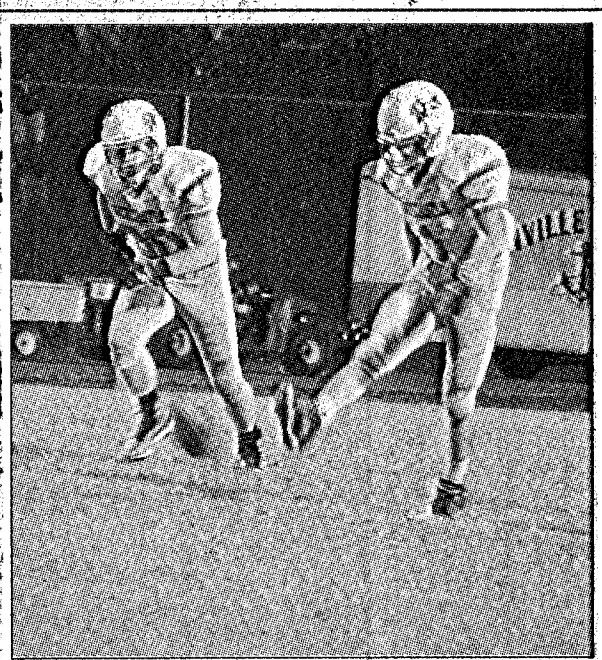
following web sites, the league's site, www.eurobasket.com and the Star Center-Union Ferrol site, www.uniferrol.com. The time difference in Spain is 6 hours ahead. You will also be able to watch games via the team site on UniTV. Sara's career is being managed by LBM Management. Although projected by many draft sites as high as 14th in the WNBA draft, Sara went undrafted. Her agent later explained to her that this year's draft had an influx of foreign players looking to increase their stock in a pre-Olympic year. He's confident that playing this year in Spain will garner her a free-agent signing with a WNBA team next season. That's her immediate goal. Her long term goal is to become a NCAA Division I coach.

Sara graduated this year with a Bachelor of Science degree from UofL after completing an outstanding collegiate career. During her career as a Lady Cardinal, Sara finished ranking 13th all time in scoring with 1,249 points, 5th all time in rebounding with 791, 10th all time in

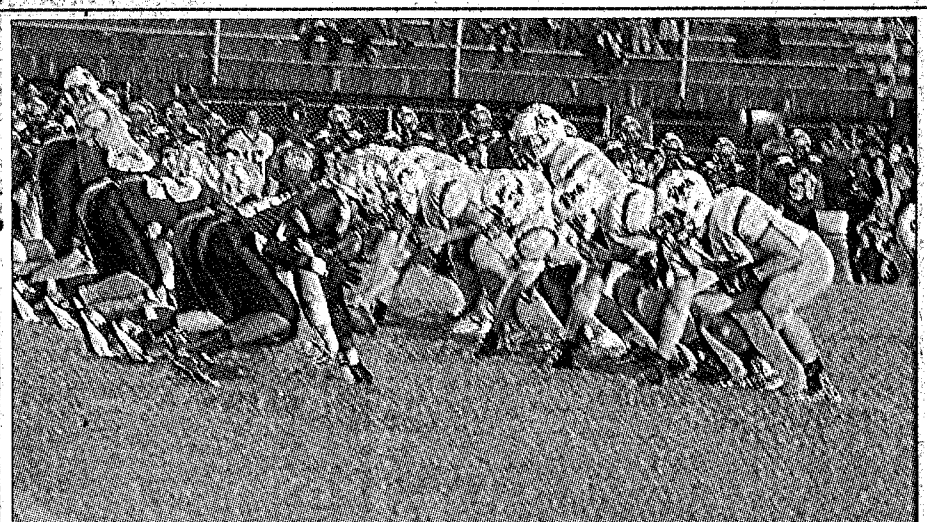
blocked shots with 102, tied for 3rd in games played (started 114), tied for 1st in NCAA Tournament games played with 15. Her class of 2011-15 is the all time winning-est senior class in UofL history, going 112-30.

She played in 4 NCAA tournaments, 3 sweet sixteens, 2 elite eights and 1 final four, finishing runner-up to Uconn in 2013, a game in which Sara led UofL in scoring with 15. She was MVP of Women's preseason WNIT, all tournament at Hardwood for Hope in Puerto Vallarta, Mexico, 3rd Team All Big East as a Sophomore, 1st Team All AAC as a junior, a WBCA All Region and honorable mention All-American, 1st Team preseason ACC as a senior, made the preseason watch list for player of the year of Naismith, Wooden and Wade Trophy as a senior.

Following her senior year she was Academic All ACC and 2nd Team All ACC. For a complete list of her accomplishments fans can go to www.gocards.com, click on women's basketball, 2014-15 season, click roster and then Sara's name.



RCHS Dalton Cole kicked the first kick-off of the RCHS season to Danville during the Pig Skin Classic Friday night in Danville.

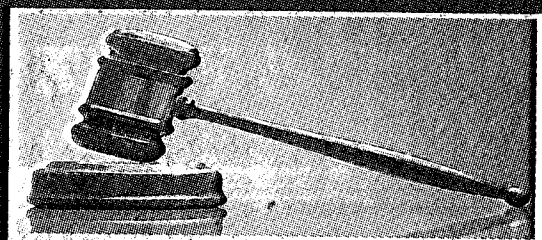


Quarterback Dakota Bishop takes the snap for the RCHS Rockets during the Bob Allen Pig Skin Classic Friday night in Danville. The game lasted till nearly midnight but the Rockets held tough, scoring two touchdowns in the final quarter to bring the final score to 46-18 for the first RCHS loss of the season.



Sara Hammond will play professional basketball in Spain. Pictured above is Hammond during senior night at the University of Louisville. Shown from left are: brother Andrew Hammond, mother Roxanne Hammond, Sara Hammond, father Eddie Hammond, sister Heather Hamilton, and niece Lilly Hamilton.

# News from the Rockcastle Courthouse



## District Civil Suits

Park Federal Credit Union v. Jason N. Cope, \$898.17 plus claimed due.  
 LVNV Funding LLC v. Julie Taylor, \$742.94 plus claimed due.  
 LVNV Funding LLC v. Kevin Mason, \$582.98 plus claimed due.  
 LVNV Funding LLC v. Dustin Day, \$595.42 plus claimed due.  
 Portfolio Recovery Asso., Inc. v. Virginia Adams, \$919.29 plus claimed due.

## Circuit Civil Suits

David Lovell v. Deborah Hellard, et al, complaint.  
 Commonwealth of Kentucky Cabinet for Health and Family Services ex rel Phillip Fox v. Angela Durham, complaint for child support and medical support.  
 Commonwealth of Kentucky Cabinet for Health and Family Services ex rel Jennifer N. Denny v. Edward Denny, complaint for child support and medical support.  
 Commonwealth of Kentucky Cabinet for Health and Family Services ex rel Tammy Reynolds v. Anthony Hall, complaint for child support and medical support.  
 Jimmie C. Bales III v. Tina Bales, et al, complaint.  
 Community Trust Bank v. Larry Durham, et al, \$48,140 plus claimed due.  
 Jennifer Elaine Burto v. Joshua Ray Sowder, verified petition for dissolution of marriage. CI-00159

## Deeds Recorded

Paul Daniel Clark, property in Rockcastle County, to Brenda and David Thomas. Tax \$55.  
 Thomas B. Clark, Jr. and Linda N. Clark, property in Rockcastle County to James W. Ferguson. Tax

\$65

Edwin H. and Erika H. Clark, property in Rockcastle, to James W. Ferguson. Tax \$65  
 Christopher Mark and Elizabeth A. Eaton, property in Rainbow Ridge Subdv., to James J. Barnett and Abigail L. Dull-Barnett. Tax \$121  
 Nancy Coffey, property in Wildie Quadrangle, to Barbara Coffey. No tax.  
 James Bradley and Courtney J. Saylor, property on Little Clear Creek, to James D. and Kimberly Saylor. No tax.  
 Sam and Carol Alcorn, property on Tevis St., to Megan Lovett. Tax \$32  
 Raymond and Lela Griffin, property on Gauley Branch, to Cody Shuart. Tax \$6  
 Edward and Linda Harper, property in Rockcastle County, to Harold and Edna Harper. No tax.  
 Phillip and Marlene Phelps, property in Rockcastle County, to Justin G. and Brandy Phelps. No tax.  
 Jennifer A. Smith, property in Rockcastle County, to Donovan Wayne Smith. No tax.  
 Danny and Betty Jo McKinney, property in Rockcastle County, to Bob Lunsford. Tax \$17  
 Clifton and Kimberly Daugherty, property on Todd Branch, to Scott and Rebecca Abney. Tax \$4

## Marriage Licenses

Jennifer Taylor Hackworth, 21, Berea, UK to Jordan Gault Cash, 25, Brodhead, SCL Enterprises. 8/21/15  
 Savannah Ann Renner, 29, Mt. Vernon, Dollar General Store to Floyd Thomas Lovell III, 28, Mt. Vernon, unemployed. 8/21/15  
 Catelyn Rachel Williams, 25, Alexandria, VA, student to Timothy Andrew Carpenter, 23, Alexandria, VA, factory. 8/21/15  
 Gaylene Saylor Napier, 52, Brodhead, Home Health to Myron Hugh Griffin, 48, Brodhead, factory. 8/25/15

## District Court

**Hon. Jeffrey S. Lawless Aug. 24-26, 2015**  
 Billy G. Gadd: operating on suspended/revoked operators license, \$100 fine; failure to produce insurance card, \$50 fine plus restitution.  
 Jonathan E. Houk: public intoxication, 90 days/probated 24 month on condition plus costs.  
 Timothy D. Robbins: operating on suspended/revoked operators license, time served/costs waived.  
 Jon K. Sanders: assault, 180 days/probated 24 months on condition plus costs; operating on suspended/revoked operators license, time served.  
 Elmer L. Stewart; operating on suspended/revoked operators license, 4 days in jail.  
 Veronica Campbell: speeding and license to be in possession, license suspended for failure to appear (fta).

Aaron M. Carrender: failure to wear seat belts, operating on suspended/revoked operators license, failure to produce insurance card, bench warrant (bw) issued for fta.  
 James R. Cornelius: public intoxication controlled substance, possession of synthetic drugs, drug paraphernalia - buy/possess, 90 days/probated 24 months on condition.  
 Takina S. Cottrell: trafficking synthetic cannabinoid agonists/piperazines, drug paraphernalia - buy/possess, shock probation in misdemeanor convictions, probation violation for misdemeanor offense, bw issued for fta.  
 Jordan A. Davidson: traffic, all others; violation part 390 federal safety regs - general policy (three counts), license suspended for fta.

David Denny: no operators license in possession, \$50 fine and costs.  
 Sherry F. Fuson: giving officer false name or address, 15 days/probated 12 months plus costs.  
 Clifford J. Jarvis: disregarding stop sign, \$25 fine plus costs.

Christopher Mink: burglary, criminal trespass, bw issued for fta.  
 Speeding: Micah M. Phan Shawnda L. Alcorn, John Dyer, Michael Alan Huff, Kristy M. Lovell, Jordan L. Roland, Ashlyn N. Parnell, Elizabeth A. Well, license suspended for fta; Tonya G. Slone, \$20 fine and costs;  
 Frankie L. Woodall: fines/fees due (\$183), bw issued for fta/4 days in jail or full payment.  
 Cora Collinsworth: failure to wear seat belts, license suspended for fta.  
 Anthony Henson: disregarding stop sign, \$25 fine plus costs.  
 Briana N. Oetzel: failure to wear seat belts, li-

license suspended for fta.  
 Michael A. Atchley: failure to wear seat belts, license suspended for fta.  
 Timothy D. Hafley: traffic, all others, license suspended for fta.  
 Buford R. Pearson: operating on suspended/revoked operators license, 60 days/probated 12 months on condition.  
 Troy H. Reed: operating on suspended/revoked operators license, \$100 fine; failure to notify address change to Dept. of Transp., \$50 fine (suspended).  
 Michael W. Rose: fines/fees due (\$483), bw issued for fta/10 days in jail or full payment.  
 Samantha Spears: fines/fees due (\$303), bw issued for fta/7 days in jail or full payment.  
 Robert J. Fabre: no/expired registration plates - receipt, failure to produce insurance card, failure of non-owner operator to maintain req. insurance, bw issued for fta.  
 Alice M. Hill: alcohol intoxication, \$50 plus costs.  
 Mark S. Hughes: failure to register transfer of motor vehicle, no/expired registration plates - receipt, failure to produce insurance card, no operators/moped license, failure of owner to maintain required insurance/security, improper registration plates, speeding, bw issued for fta.

Elisha L. Jasper: /expired Kentucky registration receipt - plates, operating on suspended/revoked operators license, failure of non-owner operator to maintain req. insurance, failure to produce insurance card, bw issued for fta.  
 Laney D. Kemper: license to be in possession, operating on suspended/

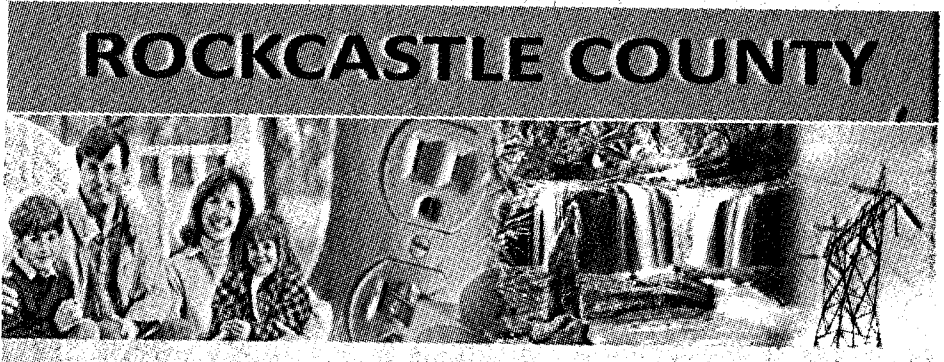
revoked operators license, failure to produce insurance card, bw issued for fta.  
 Justin T. Mathis: failure of owner to maintain required insurance/security, \$500 fine (suspend \$400 on condition).  
 James M. Miller: theft by unlawful taking, bw issued for fta.  
 Ashley A. Neeley: booster seat violations, \$25 fine and costs.  
 Tyrone D. White: failure to wear seat belts, license suspended for fta.  
 Noah J. Abbott: operating motor vehicle under influence of alcohol/drugs, sentencing order entered.  
 Bethana L. Acquah: failure of owner to maintain required insurance/security, \$500 fine (suspend \$450 on condition) plus costs.  
 Ruby Baker: failure to wear seat belts, \$25 fine.  
 Joseph Brandon Bell: harassing communications, bw issued for fta.  
 Ricky Joe Bishop: violation of Kentucky EPO/DVO, bw issued for fta/5 days in jail or payment in

full.  
 Joshua B. Brewer: no operators license in possession, \$50 fine plus costs.  
 Coty H. Burdine: fines/fees due (483), bw issued for fta/2 days in jail or full payment.  
 Melissa G. Cress: trafficking in a controlled substance, failure to notify address change to Dept. of Transp., public intoxication, failure to wear seat belts, bw issued for fta.  
 Jeffery D. Stewart: possession of marijuana, \$100 fine.  
 Brendon Swanigan: criminal mischief, 90 days/probated 24 months on condition plus restitution and costs.  
 Charles J. Wesley: operating motor vehicle under influence of alcohol/drugs, sentencing order entered.  
 Luther R. Jenkins: failure to wear seat belts, license suspended for fta.  
 Amber L. Miller: failure to wear seat belts, license suspended for fta.  
 Michael Roberts: failure to wear seat belts, paid.

### ADVERTISEMENT FOR BIDS


Bids will be accepted for catering service for Wayne Stewart Adult Health Care, 439 Jerri Lane, Mt. Vernon, KY 40456, an adult day health care center located in Rockcastle County, Kentucky to provide approximately 30-35 hot lunches per day (Monday-Friday).  
 Caterers must be registered with the Kentucky Department of Education, Division of School and Community Nutrition, prior to submitting bids. Call (502) 564-5625 for more information.  
 Bid packets and specifications may be obtained at American Health Management located at 1619 Foxhaven Drive, Richmond KY 40475, or by calling Jennifer Easter at 859-623-4080 ext. 211 and requesting a packet and listing the address it should be mailed to.  
 Bids must be completed and sent to American Health Management, 1619 Foxhaven Drive, Richmond, KY 40475, Attn: Jennifer Easter. Bid must be received by Friday September 11th, 2015.  
 There will be a public bid opening on Tuesday, September 15th, 2015 at American Health Management, 1619 Foxhaven Drive, Richmond KY 40475 at 9:30 A.M.

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## Rockcastle Retired Teachers Association holds meeting

The focus of this month's meeting was to support Rockcastle County Schools' Backpack Program. This program supplies snacks to children who may not have enough to eat at home on the weekends. With the help of community members and a matching grant from the Kentucky Retired Teachers Association, the group collected over 2000 items to be distributed to local Family Resource Centers.

State Representative Jonathan Shell also spoke to the group. Shell talked about

his work in the state legislature on behalf of Rockcastle County. He also discussed issues that may be debated in the 2016 session of the General Assembly and gave an update on teacher retirement funding.

2015-2016 officers for RRTA are Sue Hamm, President; Glen Vanwinkle, Vice-President; Carol Pybas, Treasurer; and Nancy Bussell; Secretary.

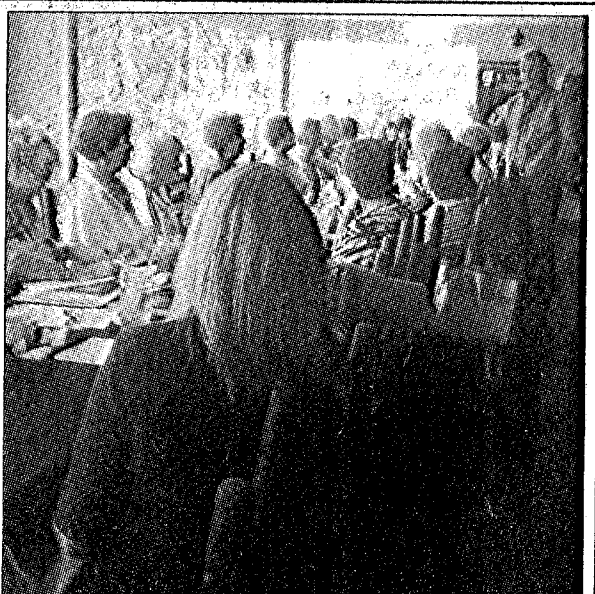
The next RRTA meeting will be on Wednesday, October 21 at 11:30 at Limestone Grille.



Brodhead Elementary School is "hopping" into a great year and the theme of friendship has filled the classrooms. Students in Ms. Skyler Bradley's 2nd grade class were introduced to "Frog and Toad are Friends" the book depicts Frog and Toad in different situations, and the theme of friendship is continually developed through each of the stories. Children can see that even though Frog and Toad are different, they can still be very good friends. They care for one another and demonstrate their feelings through acts of kindness and unselfishness. Ms. Skyler's 2nd grade demonstrated their friendship feelings of kindness and unselfishness with the creation of "Friendship Frogs." Within their "Friendship Frog" students were able to express the characteristics that make a great friend, and special friends that have shown them the meaning of friendship.



Pictured are RRTA members and Family Resource Center Representatives with donated items for the Backpack Program. Shown are front from left: Carol Pybas, Charlotte Bullock, and Janie Harper. Back row from left: Sue Hamm, Sandy Bullen, Angie Payne, Satica Morgan, Regina Burton, and Glen Vanwinkle.



Representative Jonathan Shell gives members of the RRTA an update on his work in Frankfort.

## Mt. Vernon Message

School News

Congratulations to Mrs. Kristy Isaacs' first grade class on having perfect attendance for the first 10 days of school! They will be rewarded with a pizza party! Thanks to the parents/guardians of these students who assist them in getting ready and encourage them to come to school each day!

Attendance is so vital to your child's learning! Please make attendance a priority with your child. It is so important that each student be at MVES on time and start with the class. Getting a late start sets the precedence for the day. It can sometimes make the child feel like they are catching up all day. Our doors open at 7:35 and classes begin at 8:00. Breakfast is free for everyone and it's the most important meal of the day!



Mrs. Brandy Alexander's fourth grade students practice newly acquired skills as they rotate through math centers. Shown above are Paige Cash, Josaiyah McClure, Eli Cook, Emily McGuire and Dakota Barnett.

## Minds in the Middle

The RCMS Y-Club is holding their membership drive this week. Students who join have the opportunity to participate in the Kentucky Youth Assembly in Frankfort and the Kentucky United Nations Assembly in Louisville. Students can pick up registration information in the front lobby before homeroom.

The PTG will continue to recruit members through September 30th. The cost of membership is \$3 per person or \$5 per couple. The ideal option for many parents though, is the PTG Gold Card. The cost is \$10 a person or \$15 a couple and allows free entry to 5

athletic events of your choice at RCMS. Show your support by joining our Parent Teacher Group.

Remember to collect your Box Tops for Education!

Mrs. Cromer and Mrs. Payne have discussed the warning signs of suicide and depression with the 6th and 7th grade students and will talk with the 8th graders on Friday. Take advantage of this opportunity to reinforce how important it is for your child to be able to talk openly with you or another trusted adult about their feelings. We must work together to keep our kids mentally healthy.

Congratulations to our

Kind Kids of the week: Kylee Fain and Cody Kirby. We appreciate them going out of their way to show that they care about others.

There will be open gym for boys wanting to try out for basketball on Thursday from 5-7:00.

Archery is beginning their practice season at RCMS. Students who are interested in joining should stay after school on Thursday, September 10th until 4:30.

This week, we lost our dear friend and classmate

Abby Langford after a battle with cancer. We are blessed to have known Abby and her family and continue to keep them in our thoughts and prayers. We thank all of the outside, counseling support that came by to help out on Monday. Thanks to Luther Allen, David Sargent, Jesse Wright, Jarrod Amyx, Jeremy Ellis, Janice Miller, Jenise Coffey, Morissa Hayes, and Ralph Baker.

School will not be in session on September 7th and 8th. Enjoy this extra time with your family!

## Tips from KHEAA to help pay for college

If you're thinking about college, these tips from the Kentucky Higher Education Assistance Authority (KHEAA) may help you receive more money to pay for your education.

- Complete your Free Application for Federal Student Aid (FAFSA) as soon as possible after Jan. 1, to apply for state and federal student aid. File online at [www.fafsa.gov](http://www.fafsa.gov) for the fastest response.

- Visit [www.kheaa.com](http://www.kheaa.com) and click on Paying for College.

- Talk with your school counselor, who can help you find financial aid.

- Look for local scholarships in your newspaper. Community organizations and businesses may provide scholarships to local students.

- Talk with a financial aid officer at the school you plan to attend to learn about any aid the school has available.

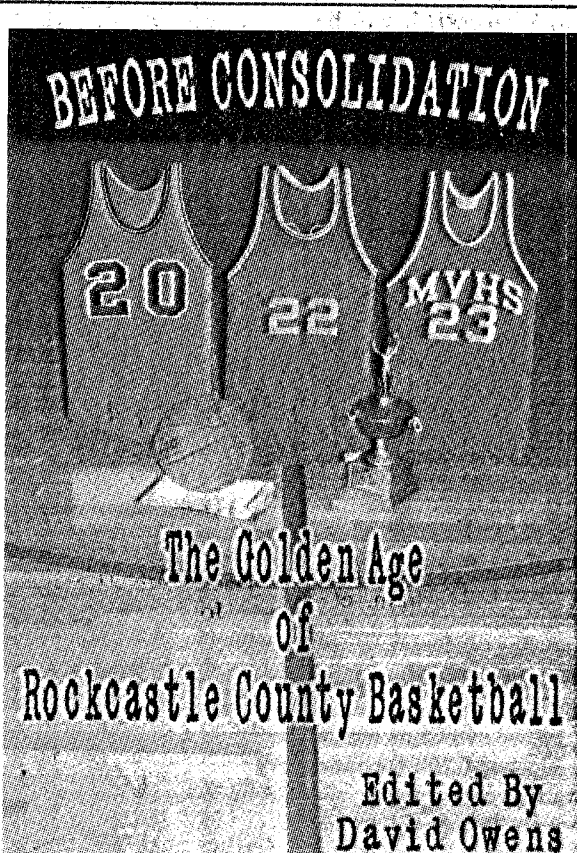
- Reduce your student loan costs. Take out loans only after you have received all the free aid — grants, scholarships and work-study — for which you qualify. Federal loans are generally better deals than private loans, but compare interest rates and repayment terms carefully.

- Apply, apply, apply. The more financial aid for which

you apply, the better your chances of getting enough aid to pay for college. Make sure you meet all deadlines.

KHEAA is the state agency that administers Kentucky's student financial aid programs, including the Kentucky Educational Excellence Scholarship (KEES). Its sister agency, the Kentucky Higher Education Assistance Authority (KHESLC), offers Kentucky Advantage Loans to help students and parents pay for college. For more information about Advantage Loans, visit [www.kheslc.com](http://www.kheslc.com).

To find links to other useful education websites, go to [www.gotocollege.ky.gov](http://www.gotocollege.ky.gov). For more information about Kentucky scholarships and grants, visit [www.kheaa.com](http://www.kheaa.com); write KHEAA, P.O. Box 798, Frankfort, KY 40602; or call 800-928-8926, ext. 6-7214.



Edited By David Owens

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To register, please call Morgan Bray at (606) 256-7704 or come to class on **Wednesday, September 9 at 4:00 p.m.** Must be 18 or older to attend. All tobacco and E-Cigarette users are welcome to attend.



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**Lost**

**Lost:** 7 year-old male brown and black Yorkie in the Lake Linville Park/VFW area. Answers to Teddy. Groomed and shaved Friday morning. Missing since Friday night, Aug. 21st. no collar. Please call 606-386-0852 or 859-200-5459. 35x2

**Lost:** 7-year-old black and tan neutered male Yorkie. Recently groomed and shaved. No collar. Last seen at park at Lake Linville. Missing since Aug. 15. 606-386-0852, 36x2

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**Yard Sales**

**3 Family Yard Sale:** 79 Woodland Place. Friday, Sept. 4 and Sat., Sept. 5th at the home of Larry Mink.

**Yard Sale:** Saturday, Sept. 5th, 9 to 5 at 1222 Ottawa Road by Marie Alcorn and Judy Robinson. Dishes, vacuum cleaner, tacked quilts and quilt tops. Women's clothes, large and extra large and men's shirts, size large, \$1 each.

**2 Family Yard Sale:** Saturday, 8 to 3, Old Brodhead Rd. at the Jennifer Poynter Hand residence.

**3 Family Yard Sale:** Sat., Sept. 5, 9 a.m. to 1:30 Barnett Road off Mt. Zion Road by Lake Linville on top of hill at home of Barb Barger. Lots of stuff for everyone. Rain cancels.

**Yard Sale:** Home of Joyce Holtzclaw, 100 Lovell Court behind Christian Church. Several families. Thursday and Friday, Sept. 3 and 4, 8 a.m. to 2 p.m. Lots of household items, outdoor furniture. Rain cancels to next week.

**Yard Sale:** Friday and Saturday, 9 to 4 at the home of Rissie Gentry Ballinger, 385 Floyd St., Mt. Vernon. Lots of jeans - \$2 pair, dishes, little bit of everything.

**Yard Sale:** Sat., Sept. 5, 8 to 2. Lots of clothes - big men's, 2x to 4x, women's large to plus sizes, boys 24 mos. to 2T, girls 6 to 12, shoes, household items, new merchandise. 14 week old Beagle pups. Something for everyone. Located at South Ky. Animal Sale Barn, approx. 7 miles off Hwy. 70 from Hwy. 150. Location will be on right.

**Yard Sale:** Fri., Sept. 4th, 9 a.m. to 2 Off 461 By-Pass at Sunnydale Estates. Lots of everything. Leather tools, mandolin, clothing, purses, bonnets, aprons, handcrafted items. Too much to mention. Great bargains.

**Yard Sale:** Thurs., Fri. and Sat., home of Debi Moore, U.S. 25 North near McNew Monuments. Clothes: girls 12 mos/18 mos; ladies 12/ large, men's small/large, toys, books, DVDs etc. Rain cancels to next day.

**4 Family Yard Sale:** 143 Rose Hill Road Extension. Sep. 5, 3, 4 and 5, 9 a.m. to 5 p.m. Red and white house. Follow signs.

**Yard Sale:** First one in 3-4 years. Sat., Sept. 5th. Wallin St., Brodhead. 9 a.m. to 2 p.m. Name brand shoes, jeans, purses, lots of Bath and

Body Works. Candle warmers, flower arrangements and pots, boxed Xmas cards, furniture, air conditioners, DVDs, Xbox 360 games, golf clubs and caddy, flatbed trailer, tarps, coil protectors, coil rack. Follow pink signs.

**Multi-Family Yard Sale:** Fri., Sept. 4th, 8 a.m. to 2 Western Rockcastle Fire Dept. 3970 Willailla Road, Hwy. 70 in Quail community. Men's, women's, boy's and girl's clothes, different sizes, household items, too much to list.

**Huge 5 Family Yard Sale:** Fri., Sept. 4 and Saturday, Sept. 5, 9 a.m. until 6 p.m. at Clebert and Oneida Robinson's, 2289 Big Cave Road (old 1004), 2 1/2 miles past where Jean's Restaurant was. Too many great items to list!

**Yard Sale:** Thursday and Friday, home of Willard Wynn at Conway. Collectibles, antiques, pictures, cookbooks, clothes (to much to list).

**Yard Sale:** Hilltop Market, given by Shirley McGuire. Thurs. & Fri., Sept. 3 and 4, 9 a.m. to 1 Rain cancels.

**5 Family Yard Sale:** Thurs., Fri. & Sat., 9 to 2 275 West Main St., across from Thompson's Guitar Shop. Lots of nice shirts for men, large, extra large and 2x; men's blue jeans, like new and black jeans; women's clothing; nice sheet sets, king size, queen and twin; Beanie Bears; queen bedroom suite; crock pot; Longaberger baskets; dish washer; small refrigerator; men's and women's diamond rings; sterling silver jewelry; watches; tools and much much more. For more information, 256-4601.

**Yard Sale:** Home of Dina Hopkins, 99 Albright St. in Brodhead. 3 Family. Lots of everything. Friday and Saturday.

**Yard Sale:** Friday and Saturday, 8 a.m. to 5 p.m. Conway area, just off 1505. Little Hurricane Branch Road. Watch for signs. First

one this year. Something for everyone. Rain cancels.

**Yard Sale:** Thurs, Fri. and Sat., Sept. 3, 4 and 5. 8 to 5 Thurs. and Fri. 8 a.m. to noon Saturday. 1755 Bee Lick Road, Brodhead, 1 mile from S&M Grocery. Boy's clothes, dishes, bedding, Xmas items, misc.

**Having Huge 3 Family Yard Sale at house by** Cruisers Motorcycle Sales, about 9 miles north from Renfro Valley on 25 north past Roundstone School. Thursday - Saturday, 9 a.m. to 2. Lots of name brand women's clothes, sizes 2-9; girls 0/3 mos-16; boys 0/3 mos-7/8, TVs, house decor and much more. Something for everyone.

**Yard Sale:** Fri. and Sat., Sept. 4 and 5, 9 a.m. to 2 old school desk, cedar quilt closet, too many items to list. 320 Woodland Place.

**Family Yard Sale:** Friday and Saturday, Sept. 4 and 5, 9 a.m. to 2. Name brand clothes - women's and men's, 12-18 months boys, 4T-6X girls clothes, shoes and handbags. 1336 Sand Springs Road.

**Yard Sale:** Fri. & Sat., Sept. 4 and 5, 140 Sowder School Road off Sand Springs Road at home of Lorene Falitt. Clothes, household items, tools, Christmas decorations, etc. Priced cheap!

**Yard Sale:** Sat., Sept. 5th. South of Mt. Vernon on U.S. 25 at Jakes Furniture. 8 a.m. to 2. Household and misc. items.

**Huge Yard Sale:** 1503 Lambert Road. Thursday, 3 to 8 p.m. Friday, Saturday, Sunday and Monday, 10 a.m. to 6 p.m. Tools, clothes, iron skillets, old radios, fishing rods. Too many items to list.

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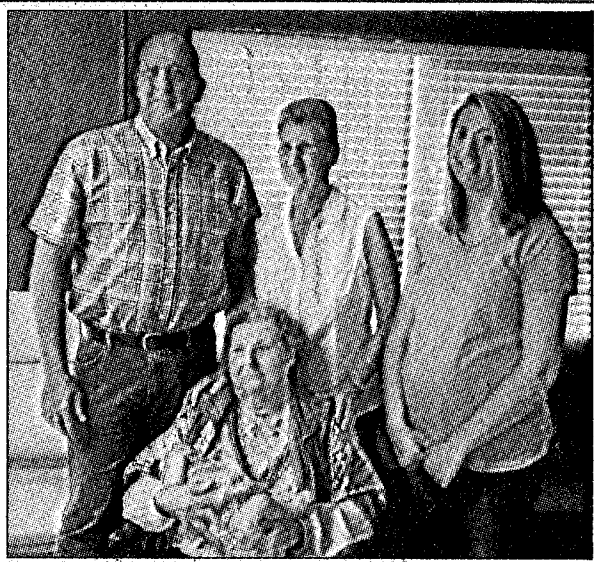
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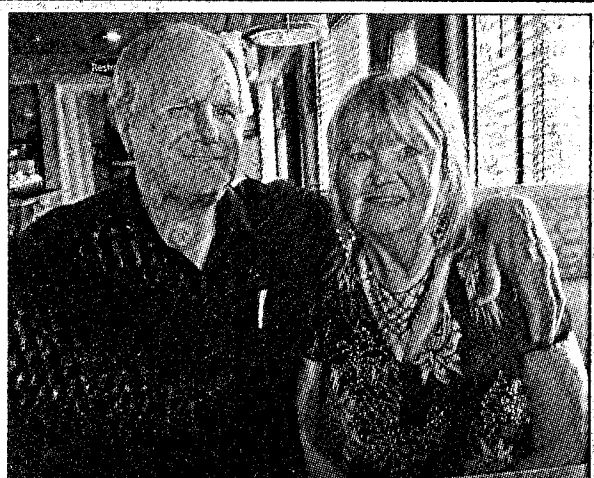


### Five Generations

Five generations are shown above, seated, Burnetta Norton, with her daughter Carolyn McKinney, her grandson Dwayne McKinney, her great granddaughter Erica McKinney Doan and her great great granddaughter, Kenley Alexis Doan.



The above photo was taken at Sand Hill in early or mid 40's. Shown in the photo, front row: Patsy Mullins Hopkins. Second row from left: Leahina Mullins Wolfe, Vivian Mink Murphy, Harvey Pensol and Anita Mullins Hayes. Back row from left: Mable Pensol Anglin, Golda Pensol Walbert, Sadie Mink Pensol and Frank Pensol.



### Couch - Stewart

Devona Taylor Couch, of Mt. Vernon and Jimmy Silvers, of Somerset will be united in marriage September 13, 2015 at New Beginnings Worship Center in Somerset. Rev. Richard Ramsey will be officiating. The couple wishes to thank their families, church family and friends for all their prayers and support.



The above photo was taken at Mullins Station-Fairview Cemetery during the Mullins Reunion 1980. Shown from left: Rose Mullins, Sally and Casper Mullins and John and Gladis Mullins.

## Yards to Paradise

By Max Phelps

Add Some Stone to the Landscape

Stone adds strength and character to a yard. A few large boulders placed so as to look like they've always been there or some professional stone masonry: stone always enhances the home if added tastefully.

Strength, character and warmth radiate from stone in ways few if any other materials can manage.

Stone homes, even if an entryway or a turret only are stone covered, are grand architectural wonders. Besides homes built out of stones or with stone on them, there are plenty of other ways to enhance your place with stones.

For simplicity, you may want to start with what you have. Is there a "rock pile" on your place? Is there a large boulder on the lot somewhere that your builder "forgot" to move? Maybe there's an outcropping where massive underground rocks reach the surface. Taking advantage of native stones common to the area will actually look more natural and less contrived than exotic stones from far away. (And local is always less costly, as it takes a lot of fuel to haul heavy rocks from one part of the world to another.)

Rock yards and stone merchants do exist to supply various rocks from both near and far, so even if there are no rocks on your property, you certainly can bring in stones to do some lovely projects at your place. Natural fieldstone, natural river rocks, natural pebbles, crushed pebbles from a quarry, and even man-made stones are all possibilities. Hand split veneer, thick building stones, cut pave stones, large flagstones, cobblestones and even a huge boulder or two may all be available for consideration.

Those big boulders can anchor a corner of your lot, mark either side of a driveway entry, have the house number carved on them, and I feel sure we could come up with other ideas with a little imagination. If you have a large boulder that is in the way but would be tough to move, I would suggest a curved drive or a curved path around the boulder would make for a lovelier look anyway. Make a planting bed or rock garden or something around the stone if it looks out of place in a grassy lawn.

Flagging or steppers set in the lawn, or on a bed of sand or finely crushed gravels, can make paths, patios and walks. For a front walk or a busy, high traffic area, a walk of thin stones mortared on top of a concrete base are the most durable and safest option.

The pile of stones at the woods edge can become bed edging, a low retaining wall, or can line a low area for a dry creek type feature. Dry stacked walls from just one stone on top of another to perhaps one or two feet tall are a lovely way to use excess stones that will stack together. Adding good soil behind them can make wonderful raised planting beds; so many plants grow much better in this type arrangement.

Stone benches, both from large slabs or from small stones mortared together, and stone tables are just nicer than similar items from cast concrete. A stone patio, a stone path, a stone fireplace, a retaining wall for a raised flower bed—I can see placing the stone table with benches right in the middle.

Mulches of stone, piled two to four inches thick on top of weed barrier cloth, can be a use for gravels of your choice. Mulch once and done for years. Fine gravel can also be used for paths (this won't work for you ladies with heels though) and create low-cost options to concrete or stone masonry.

Consider adding a special space to unwind—even adding a large core-drilled stone for a bubbling water feature. Smart utilization of stones can certainly enhance both curb appeal and aesthetics of a home.

The author is a landscaper. Website: [www.rockcastles.net](http://www.rockcastles.net)

### The Hazards of Weight Loss

Dear Journal,

In just a few minutes, as soon as the biscuits bake, I will be having a big biscuit and gravy breakfast...along with some other breakfast staples. This will be quite the feat since I haven't been eating very much since I've been taking radiation and chemo, I've lived on Ensure and a few bites of regular food as I could tolerate it. Now that the chemo and radiation are over, I'm eating a little more. During the whole process, I've lost about an hundred and fifteen to twenty pounds, still leaving me overweight.

However, this weight loss wasn't entirely due to the chemo and radiation, I started dropping the pounds over a year ago, probably due to taking radioactive iodine to kill an overactive thyroid.

I've been overweight most of my life by ten or more pounds so losing all of

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



this weight with no effort was, in one respect, great. On the negative side, however, being as sick as I've been to lose a portion of it was no fun at all.

With clothes being expensive, it is difficult to replace your entire wardrobe all at once. I still wear my "fat girl" clothes with them just hanging on me here and there.

Last summer, I wore a linen skirt to church. It was big from the get-go and linen has a tendency to stretch or give as you wear it. Foolishly, I wore it anyway. By midway through the service, I was about afraid to stand up to sing.

I meet with a group of what is known as Messianic

Jews in Frankfort. We meet on Saturday, and I usually travel with other ladies from Manchester and Danville, sometimes Lexington.

We had a good service and stopped at the Blue Bird Diner in Stanford to eat on the way back. I had to get a to-go box for my leftovers. We headed home with me holding my skirt by the waist every step.

Back home, Erma dropped me off in the drive and she headed to Manchester. Her air conditioning had gone out, so we rolled down the windows.

My hair was wind-blown and frightful. I strolled through the freshly-mowed yard to the porch. Stanley had been mowing earlier

and had gone inside to rest and cool off.

My hands were full from carrying my to-go box, a Bible, notebook, songbook, and purse. I made it up the steps and on to the porch where that oversized linen skirt fell around my feet. Luckily, I had on a slip.

What to do? I was only two or three steps from the front door, so I elected to just throw the skirt over my shoulder and proceed inside. I went to the kitchen first to refrigerate my leftovers to find Stanley leaned against the sink gulping ice water.

He saw me and said, "Well, here's my wife...home from church...hair a mess and half-naked...carrying her Bible and clothes over her shoulder. You all must have had a particularly rip-roaring service today." (Not really. It is quiet a reserved congregation.) You see, weight loss can be hazardous.

## Notice

The regular monthly meeting of the Rockcastle County Fiscal Court for September 8, 2015 has been rescheduled to September 15, 2015 at 1 p.m.

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