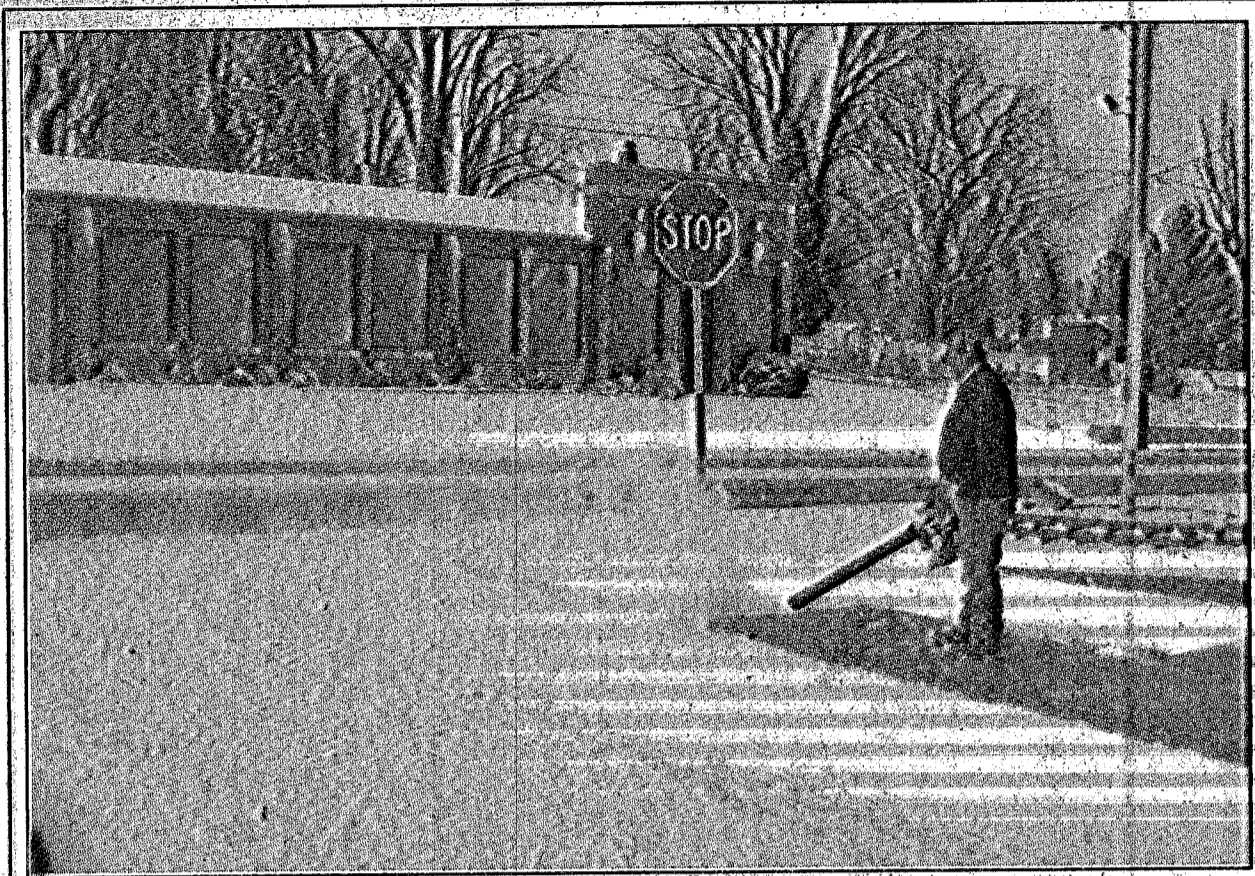




Serving Rockcastle County Since 1887

Mount Vernon, Kentucky 40456 - (606) 256-2244 Volume 130 • Number 3 50 per copy Thursday, January 21, 2010



Rick Burdette, of the Rockcastle County Board of Education used a leaf blower to clear sidewalks, around the central office, as snow covered Rockcastle County and all of Kentucky Wednesday morning. Forecasters predicted about four inches of snow before a short break on Thursday and then a stronger storm is predicted Friday and Saturday with as much as seven inches expected in some areas.

Sheriff's office can help homeless find shelter

By: Mike French

The freezing temperatures this month have caused concern for homeless people across the state, and Rockcastle County is no different.

Sheriff Mike Peters said there are probably some homeless people inside the county. "I am fairly certain there are some people in the county who are living outside," he said.

Though Peters has not seen any homeless people this season, he is keeping a lookout for them. "I am sure there are some people between homes but most of them have a relative or a friend who can let them stay on these cold nights," he said.

The sheriff's department is available to help those who may have no means of shelter.

According to Peters, "We have transported people to the homeless shelter in Lon-

don in the past. We have to do something for them," he said.

However, anyone who approaches the sheriff's office claiming to be homeless will first receive a background check. "There are some rules at the shelter in London and a person can't have a history of assault or abuse and be admitted there," said Peters.

In order for anyone to receive help from the sheriff's office, Peters said they must meet certain standards. "They can't have relatives in the county who could put them up or any prospects in the county. But if they are truly in need and no way to get help, then we will transport them as long as they meet the rules of the shelter," he said.

Peters suggests that anyone needing information about a shelter should call the sheriff's office at (606) 256-2032.

Some officials are discussing history museum possibility

By: Mike French

The possibility of a Rockcastle history museum is on the minds of some local residents and officials.

"As of now, it's nothing more than a thought. Just an idea that we may look into soon," said Lynn Tatum, Director of Vitalize Mount Vernon.

But there has been some discussion of the idea between Tatum and city and county officials. "With the rich history of this county, and being part of the Wilderness Road, there is an amazing amount of history here and I'm surprised we don't

already have a museum to showcase it," said Tatum.

According to Tatum, several people are talking about the possibility and

looking into feasibility, but the idea is still in its infancy, she says.

According to Tatum, she visited the history museum in Monticello and would like to have something similar for tourists and residents in Rockcastle County.

"I would love to see a history museum on Main Street in Mount Vernon. It could be a great draw for tourists and display some of our unique history," she

said. The subject of funding has not been addressed in any detail, according to Tatum, but she is considering some ideas to present to officials. "I would love to see a city/county collaboration and have the two entities work together to make this something we could talk about more seriously."

However, the idea is not

without hurdles, Tatum said. "Typically, most museums are not income-producing. We would need funding and volunteers and probably donations to get things going," she said. "And then there are operating costs once the museum is up and running. There is a lot to consider."

Tatum is bouncing several ideas around with Mayor Mike Bryant at this

time. "We could possibly involve the Chamber of Commerce in the same building and give them a place to hang their banner. This could help with utility bills and other costs but that's just one idea," she said.

According to Tatum, there are buildings on Main Street that may be available and she is looking into the

possibility of getting help via the local work release program to keep costs low if anything should develop in the future.

"As of now, we are just brain storming but I think it would be a great addition to our town and to our county," said Tatum. "People could donate old photographs and artifacts and display local ties to the Civil War and other wars as well."

According to Tatum, there would need to be community-wide support for such an idea to reach fruition. "This is an opportunity to put feelers out there and see how much interest there

Absentee instructions for March Republican Caucus

Kentucky Republicans are holding their first Presidential Caucus on Saturday, March 5 at Rockcastle County Middle School. Instead of voting for a presidential nominee in the regular May election, Republicans will cast their votes at the caucus. Voting hours will be from 10 a.m. to 4 p.m.

According to Doris Cromer, Chair of the Rockcastle County Republican Party, certain voters will also be able to vote absentee by submitting an ap-

plication that can be downloaded at www.rpk.org/caucus. Cromer said that any individual who does not feel comfortable using the

website to download an absentee ballot application may call her at 606-308-

(See "Caucus" on A7)

(See "Museum" on A7)

Paving project planned for schools this summer

By: Mike French

Rockcastle County Schools have completed some improvement projects this year, including new boilers and new roofing and still have some projects underway.

The next project planned is the repaving, repair and upgrading of parking lots, sidewalks and entrances, according to Head of Facilities Trent Clark.

Clark said the ADA (American Disabilities Act) improvements are expected to begin during summer break this year and be completed two weeks before school starts.

The improvements include the entrance in the Adult Education Center providing better handicapped access, according to Clark.

Other improvements will include repaving the parking lot at the middle school, Adult Education Center and Rockcastle Academy. There will also be some sidewalk repair and replacement included in the project.

The plans for the improvements were completed by N3D Engineering and Trent said the estimated cost of the project will be around \$425,000. "You never really know what to expect until you put the job out for bid. Sometimes bids come in higher than one expects and sometimes lower."

Trent said the superintendent and school board members have a strong commitment to keeping Rockcastle County schools in top condition.

Snow days to be made up

By: Mike French

The first missed day of school in Rockcastle came Wednesday after a front brought snow to the county beginning in the early morning hours.

According to forecasts, about 2 inches of snow was expected Wednesday and then another heavy snowfall is expected Friday and Saturday.

According to Becky Isaacs, Director of Pupil Personnel for the Rockcastle County School District, each missed day of school will extend the school calendar by one day.

Isaacs said there are 172 instructional days in this school year and the last day of school was scheduled to be Friday, May 6. "Our original school calendar will be amended sometime in March when the snow days are over and we know how many days to add to the calendar," she said.

The amended calendar will still include 172 instructional days and must be approved by the board of education, Isaacs said.

Shell files for re-election

Earlier this week State Representative Jonathan Shell filed his paperwork to seek re-election in the 71st House District, which includes Rockcastle, Garrard, and part of Madison Counties.

David Eaton, of Mt. Vernon, signed Shell's papers. Eaton is a small business owner and is vice-chair of the Rockcastle Republican Party.

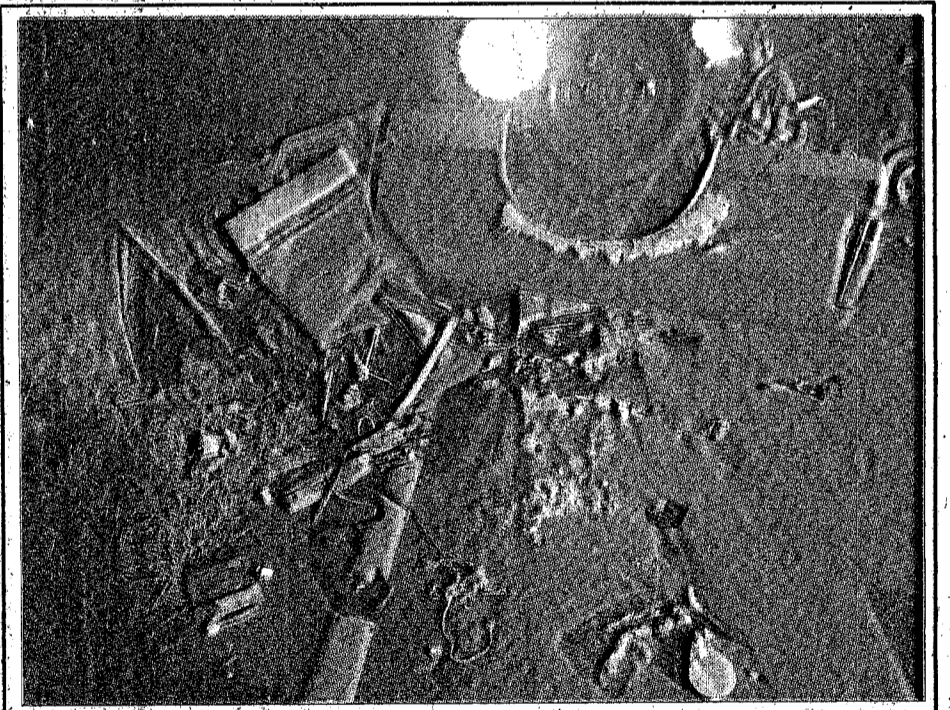
"I was proud to sign the reelection papers of my friend and our State Repre-

sentative, Jonathan Shell. As a small business owner I appreciate Jonathan's efforts to make Kentucky a better place to do business.

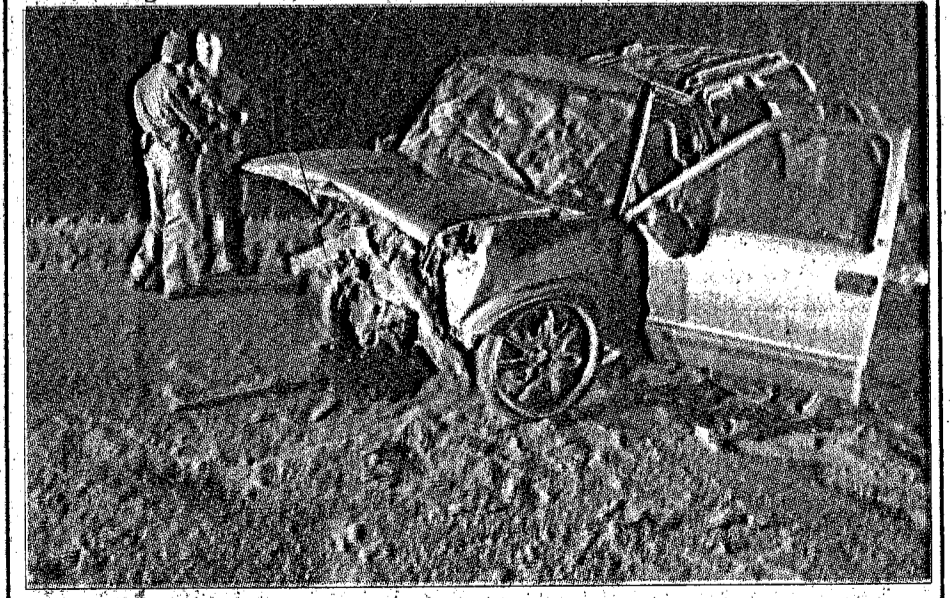
As a citizen of Rockcastle, I appreciate his passion for defending our values and delivering for our community." Eaton said.

Rockcastle Judge-Executive Doug Bishop also praised Shell.

"We are lucky to have a leader like Jonathan Shell (See "Shell" on A7)



A two-vehicle accident blocked U.S. 25 near Roundstone School Sunday at 6:30 a.m. According to a Kentucky State Police report, Joseph Poole, 26, of Brodhead was driving one of the vehicles and Andrea Dunn, 20, of Vanceville, Kentucky and Stephon Boyd, 26, of Columbia, Kentucky were in the other vehicle. All three people involved in the accident were airlifted to the UK Medical Center in Lexington and their condition was unknown at press time. The cause of the accident is under investigation.



Of Special Note Inside

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- Classifieds Pgs. B6 & 7
- Courthouse News Pg. B2
- Sports Pg. A6
- Obituaries Pg. A3

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Aces Over

By Mike French



It sounds cliché but truth is truth.

On Christmas morning, he woke to dash under the tree and find an orange and apple and a candy cane. He was overjoyed. Christmas day and Sundays he didn't work. The rest of the time he did.

He had some homemade clothes, one pair of shoes and a pair of boots. That was it. He used big man tools and saws even as a lad but the work had to be done.

He had lopped off the end of a finger with a cross-cut saw at 9 years old and his mom wrapped it up in old, used cloth with some ointment.

He walked to school, when farm work would allow him to go, and he had to wait his turn as all five grades were in the same room of that old, wooden schoolhouse.

The food the family ate was either the chickens and eggs in the yard, hogs they had killed or rabbit or squirrel they had shot.

He missed some time after cutting his finger but as soon as he could, he and his brother picked up where they left off, practicing guitar and mandolin by the fireplace at the end of each day.

The two had become rather well known in their little community as the two boys got good enough to play and sing in their church every Sunday. Back then, there weren't a lot of musicians around and they were the hit of Kerby knob.

In fact, their popularity was beginning to grow and they were getting invited to other churches in other communities. They never said no.

One day they were sent to Korea to use their guns against people they never met. They were in the wet, muddy, cold land that they had never heard of and wrote home just to feel like they were going to be okay.

He was wounded in action and spent some time in a M.A.S.H. unit where he wrote home every day.

But alas, his brother rushed out to help an injured soldier when a grenade exploded and the brother never wrote home again.

He was finally back home when his tour ended and he still played guitar but, without his brother and best friend, he just didn't have the heart for it anymore. He spent the next 6 years playing little and working a lot.

He still played churches, occasionally, by himself while thinking of his brother. It was there that he met his soon-to-be wife who was still only 17.

The child came soon after and by then he was working a public job. Not in an office but one that left him calloused and sore and dirty and cold at the end of each day.

Times were changing and he was going to be sure that his boy didn't grow up with one pair of shoes for school and an orange for Christmas.

So, the days became longer, harder, dirtier and more tiring. Yet without the first complaint he woke before sunrise and headed to work until after sunset.

He worked and saved and worked and saved until he finally was able to buy a spot of land and still have enough to support his family and get his own son a guitar.

Finally, after 50 years of working, after the arthritis and white hair and bent back had set in, he had paid for his little farm where he would spend the rest of his days.

He never stopped working all the way. To him, retirement meant you work constantly on your farm instead of working for someone else.

By this time, his boy was grown and off playing music for a living. His wife at home spending every day with him.

He had given up on a lot of dreams in life and fought to protect everyone else's dreams. He wasn't one to say "I love you" with words.

(Continued on A4)

Points East

By Ike Adams



Billy Wagers, there in Berea, gives me several packages of shelled pecans every year during the holidays and it has gotten to the point, over the last decade or so, that I look forward to the nuts about as much as any other aspect of Christmas even though I rarely see Billy during the exchange. He sends them to me by our mutual pal, Larry Chadwell, who lives close enough to us that Loretta and I can call him and his wife, Linda, both friends and neighbors.

Usually there are a couple bags of whole kernels and two or three that are cracked and crumbled. We munch on the whole kernels or use them in fruit cakes and the smaller pieces typically go into brownies and pies and such. There's no visible end to the number of tasty and creative things one can do in the kitchen with a bunch of pecans.

For instance, sometime back, Loretta came home with several mini-muffins that our good friend and neighbor, Connie Brown (Mrs. Joe) had brought to The Countryside Homemaker's Club meeting that night. Sometimes I find myself reminding my wife that she has a home-

makers' meeting coming up next week that we need to plan around because I don't want her missing it in case there are leftovers she can bring home from whatever the ladies are eating that night. I'm not particularly interested in all the other stuff and skill development that might be on the agenda, but I can certainly bear witness to the fact that this bunch of women can do some mighty fine cooking.

Anyway, Connie's creation, that night, was called Pecan Pie Muffins and the only bad thing about them was that Loretta did not come home with nearly as many as I could have devoured.

For months now, I have aggravated her about making some for us, and, finally, last week, she got around to it because a bag of Billy Wagers' chopped pecans was staring her down from the kitchen counter and begging to be used. The end result was too good to keep to myself so I'm going to share the recipe here in case somebody wants to make their own. I can't promise you that this is Connie Brown's exact recipe but it turned

(Continued on A4)

T.J.'s Journal

by Tonya J. Cook



The Unlikely Hero
Dear Journal,
Well, it's finally winter. The high today is going to only be about fourteen degrees with the wind chill factor down to zero. I certainly feel for those who don't have access to adequate clothing and heat, but the ones I really feel for are the poor animals who don't have access to the warmth that most of us take for granted.

Some may wonder why people don't take priority. People have the ability to make their needs known; animals don't. When was the last time a dog or cat came to you and said, "I'm freezing and don't think I can survive much longer. I'm so thirsty, too. My water is frozen over and I've not had a drink for days. I could use a little more food on these bitterly cold days to build fat. Would you have pity and please help me? Could I come inside and stay warm?"

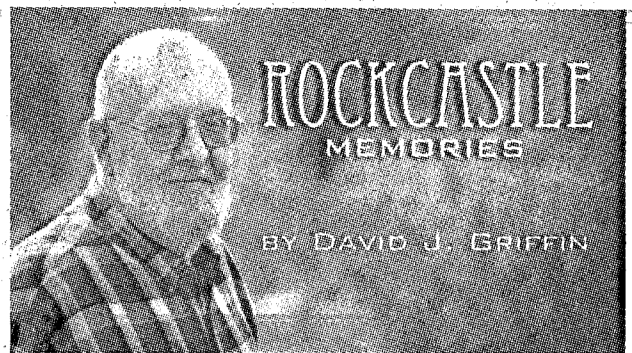
I would really like to en-

courage all pet owners to keep their pets who live outside to be sure they have plenty of food and water. Please bring them inside if at all possible or at least let them stay in a garage or storage building. Provide plenty of warm bedding such as wood chips, old blankets, etc. You don't know who you might be saving.

How many times have we seen or read stories about a pet dog, especially, saving someone's life. A few days ago, I saw a story of a dog, a German Shepherd, who saved the life of a police officer in Canton, Ohio.

The officer and his dog, Jethro, who was also his family's pet, were working the active scene of a grocery store robbery. Jethro saw the thief just as he was about to fire on his owner, the officer. He bravely and without hesitation jumped into the line of fire and took the three shots intended for the officer. Officer Jethro was

(Continued on A4)



If I Can Dream

When I was twelve years old, I purchased my first 45 RPM recording of Elvis Presley. The year was 1956, and the song was Love Me Tender. I wore out that vinyl recording. The song was number one on the Billboard and Cashbox charts that year. After that, I continued to acquire several of Elvis's 45s and an occasional album. I recognize, of course, that Elvis was one of the leaders of the rock and roll era, but I did not personally consider him to be one of my favorite recording stars. As most of you know, I am more of a Buddy Holly, Roy Orbison, or Ray Charles fan. I think I have almost every record they have pressed.

Forty years ago, Kathy and I met, and we have been married for almost 37 years. From our first date, I learned that she is one of Elvis's greatest fans. Over the years, Kathy has purchased, or has received as gifts, almost every recording Elvis ever made. She has seen him in person, and dearly loves the sound of his voice. I cannot count the Elvis books and CDs that she owns. Her friends know about her love of Elvis, and she has received several duplicate copies of his books and CDs. In other words, it is almost ridiculous that we have the amount of Elvis memorabilia that we have here in our small a-frame on Furnace Mountain. Until recently, it would never have occurred to me to buy an Elvis CD as a gift for Kathy. However, a few weeks

before Christmas, I found a new CD by Elvis called If I Can Dream, like the song of the same name. The thing that caught my attention was the fact that RCA has used Elvis tapes and combined them with The Royal Philharmonic Orchestra to produce an unusual recording, unlike anything Elvis had done before. Because this was a one-of-a-kind CD like nothing Kathy owns, I immediately ordered it.

When the disc arrived, I loaded it onto my laptop so that I could listen to it and judge it for myself. I was amazed at the quality of the recording. The third song on the disc is Love Me Tender. I immediately listened to the new version and then the original. There is no comparison.

Here are the songs that are included in the new recording: Burning Love, It's Now Or Never, Love Me Tender, Fever, Bridge Over Troubled Water, And The Grass Won't Pay No Mind, You've Lost That Lovin' Feeling, There's Always Me, Can't Help Falling In Love, In The Ghetto, How Great Thou Art, Steamroller Blues, An American Trilogy, and If I Can Dream.

Priscilla Presley is one of the producers of the new Elvis project. She wrote the introduction to the liner notes and explained, "This would be an album Elvis always wanted to do. He loved the big sound and fullness of an orchestra. I hope you'll enjoy this beautiful piece of work ... it was truly

(Continued on A4)



LETTERS TO THE EDITOR

UNITE thanks individuals and businesses...

Dear Editor,
The Rockcastle UNITE Coalition would like to thank the following individuals and businesses for donating to the Wipe Out Drugs Challenge for this year's UNITE Bowl Football Game. Each year, our coalition of volunteers bands together to bring the message of the dangers of drug

abuse to Rockcastle County. Part of that effort is accomplished by sponsoring the UNITE Bowl and conducting various activities like the Poster Contest at the elementary schools, the Red Balloon Launch at the game, and the Wipe Out Drugs Toilet Paper Collection. The toilet paper is donated to drug treatment centers that serve our area in an effort to help them keep treatment costs

(Continued on A4)

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Dr. Rock is a board-certified MD by the American Board of Family Medicine and graduate from SUNY Downstate Medical College in Brooklyn, NY.

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Dr. Rock is now accepting new patients in both Stanford and Liberty. To schedule an appointment with Dr. Rock or any of our other highly skilled providers please call 606-365-8338 or 606-787-0014.

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Obituaries



Berniece McHargue

Carol Berniece Bullock McHargue, 66, wife of Blaine McHargue, died Thursday, January 14, 2016 at her home with family by her side. She was born in Stanford on August 6, 1949, the daughter of Hoover and Lucille Bullock. She enjoyed spending time with her family, especially her granddaughter, A'Kedra, her "sweet baby". She also cherished her special babies—her cats and dogs. She was active in county politics and was of the Catholic faith. Berniece enjoyed being the coordinator of the Mt. Vernon High School Alumni Association, on the board of Directors of McKinney Cemetery, supporter of the Bittersweet Festival and helping to map the cemeteries of Rockcastle County.

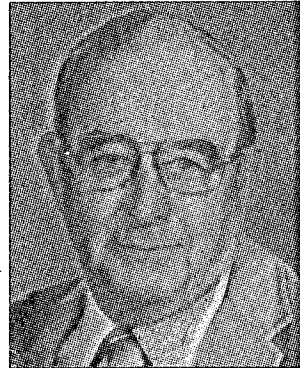
She is survived by: her husband, Blaine McHargue, whom she married August 4, 1976; one son, Jeff (Ada) Waddle of Somerset; one granddaughter, A'Kedra Law of Somerset; and one brother, Earl (Brenda) Bullock of Somerset; nephew, Shannon Bullock; niece, Melanie Bullock; and great nephew, Logan Bullock. Berniece is also survived by a special friend, Brenda Hayes and a host of other friends and neighbors.

Funeral services were conducted Tuesday, January 19, 2016 at Marvin E. Owens Home for Funerals Chapel with Father Joseph Von Handorf officiating. Burial was in the Bullock Family Cemetery, 2257 Old Mt. Vernon Road.

Casket bearers were: Shannon Bullock, David Mink, Glenn Vanwinkle, Kay Allen, Buzz Carlottis, George Miller and Arlis McFerron.

Donations may be made in her name to the Humane Society.

Condolences can be made at www.marvineowensfuneralhome.com



Monroe Seals

Monroe Seals, 92, of Berea, died January 15, 2016 at St. Joseph Berea Hospital. He was born in Rockcastle County to the late Willie and Ida Chasteen Seals. He was a charter member of the Middletown Baptist Church.

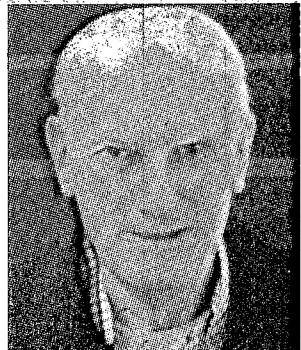
In addition to his parents, he was also preceded in death by: his wives, Delia Thomas Seals and Helen Frye Seals; two brothers, Earnest Seals and Bluford Seals; and one sister, Onita Rhodus.

He is survived by his siblings, Oscar Seals, Marie Todd, Mayme (Donald) Brumfield, Preston (Gay) Seals; and Lorraine Lake. Many nieces, nephews and extended family members also survive.

Funeral services were held Wednesday, January 20, 2016 at Lakes Funeral Home in Berea with Rev. Kenny Davis officiating. Burial was in the Madison County Memorial Gardens in Richmond.

Pallbearers were: Larry Rhodus, Wayne Seals, David Seals, Bill Lake, Roger Seals and Tim Brumfield.

www.lakesfuneralhome.com



Arthur Collins, Jr.

Arthur Collins, Jr., 82, of Mt. Vernon, died Monday, January 11, 2016 at the Rockcastle Regional Hospital with his family and friends by his side. He was born May 6, 1933 in Piney Branch, in Rockcastle County, to the late Arthur and Edna Westerfield Collins. He was a retired dozer operator of James River Coal Company of London, and a loving husband, father, grandfather, and great grandfather. He was a member of Pine Hill Holiness Church and Deacon for 60 years.

He is survived by: his wife of 56 years, Anna Louise Newcomb Collins; three daughters, Patricia (Frankie) Martin of Mt. Vernon, Virginia (Stephen) Robinson of Cartersville, and Michelle (Jon) Mobley of Copper Creek; and two sisters, Alva Mullins and Beatrice Collins, both of Mt. Vernon. Also surviving are 10 grandchildren, Jeremy Martin, April Renner, Alex Martin, Bo Clark, Shayla Robinson, Reva Fox, Stephen Robinson, Trevor Mobley, Caylie Mobley and Madison Mobley; and seven great grandchildren, Aydah, Alexis, Addison, Abigail, Kennedy, Aaliyah and Sarilda.

In addition to his parents, he was preceded in death by: four brothers, Robert, George, Lloyd and Hurston; and three sisters, Louella, Maybell, and Elizabeth.

Funeral services were conducted Thursday, January 14, 2016 at Pine Hill Holiness Church by Bros. Randy Chrisman, Tommy Hogue, and Allen Hensley. Burial was in the Collins Cemetery.

Pallbearers were: Bo Clark, Alex Martin, Frankie Martin, Jon Mobley, Trevor Mobley, and Stephen Robinson.

Honorary pallbearers were: Bentley Collins, Clifford Collins, Raymond Collins, Russell Collins, and Roy Daughtery.

Arrangements were by Dowell & Martin Funeral Home.

Visit www.DowellMartin.com to view online obituary.



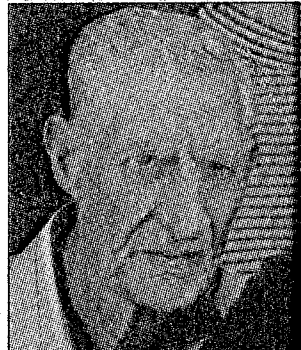
Sharon Niceley

Sharon Gayle Niceley, 54, of Louisville, beloved daughter of the late Charles and Betty Green Niceley and granddaughter of Charlie and Sinnie Cummins Niceley, died New Year's Eve 2015.

Sharon starting smoking at a young age and, with complications of asthma and emphysema, died of COPD.

She was a beautiful woman with a good sense of humor, a cheerful sunny nature and a big heart. She was happiest when surrounded by her sons, grandchildren, family and friends. One of them noted, "when she came into a room, she filled it and when she left, it felt empty." She leaves a hole in our heart.

Sharon worked as a CNA at Meadows East Nursing Home where she endeared herself to the patients with her compassion and warm smile. She enjoyed working there but became so attached to the people, she couldn't



Hubert J. Brown

Hubert J. Brown, 88, of Brodhead, widower of Lula Mae Bowen Brown, died Thursday, January 14, 2016 at the Rockcastle Regional Hospital and Respiratory Care Center. He was born in Crab Orchard October 21, 1927, a son of the late Dan Logan Brown and Dovie Hayes Brown. He was an Army Veteran and enjoyed farming, reading, watching westerns on TV and tinkering with appliances. He especially enjoyed his grandchildren and great grandchildren. Mr. Brown was a member of Beulah Church of God in Eubank.

He is survived by: his son, David (Betty) Brown of Brodhead; daughters, Elaine (Dave) Merrick of Somerset, and Marilyn McKinney of Brodhead; his grandchildren, Jay McKinney, Michael McKinney, Jeffery McKinney, Susan Brown Turley, Jennifer Brown Hicks and Amanda Vann Thomas; great grandchildren, Abigail Mae Owens, Madeline McKinney, Iverson Isaiah Thomas and Brett Owen Thomas; brothers, Harold (Roberta) Brown of Brodhead and Vanous (Clara) Brown of Crittenden; sisters, Lydia Cable of Brodhead and Maggie (Donald) Cable of Crab Orchard; and many nieces, nephews, friends and neighbors.

Besides his parents and his wife, he was preceded in death by: brothers, Alonzo Brown and Dallas Brown (infant); and a sister, Louvenia Wilson.

Funeral services were conducted Monday, January 18, 2016 at Marvin E. Owens Home for Funerals Chapel with Sister Jessica Hall officiating. Burial was in the Providence Cemetery.

Casketbearers were: Jeff McKinney, Jason Hicks, David Merrick, Jay McKinney, and Christopher Turley.

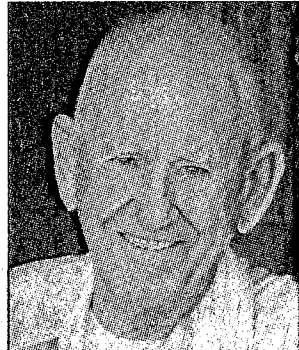
Condolences can be made online www.marvineowensfuneralhome.com

overcome the grief when they expired. She worked at Walgreen's for ten years and as a restaurant manager in Louisville and Panama City, FL. When she lost her mother, she returned home to care for her father, who had suffered a stroke after his wife's passing. She became caregiver for the mother of lifelong friends and neighbors, where she stayed until shortly before her death.

Besides her parents and extended family members, she was preceded in death by a grandson, Shawn Charles Campbell, Jr.

Those left to mourn her passing include two devoted sons, Damien (Melissa) Vatter and Shawn C. Campbell; a sister, Barbara Miller; grandchildren, Sarah Campbell, Dylan Vatter, Ryan Campbell, Austin, Noah and Nicole Campbell, Gage Vatter and Elisha Vatter; a step-grandchild Zachary Vincent; two former husbands, Mark Vatter and Kevin Campbell; two aunts, Ruth McFerron and Mary (Leroy) Sowder; two special friends, Karen Collins and Sherry Allen and several nieces and nephews, many cousins and friends.

Visitation and services were held Tuesday, January 5th at Arch L. Heady-Cralle Funeral Home in Louisville.



Bobby G. Harper

Bobby G. Harper, age 80, beloved husband, dedicated father, loving grandfather, great friend to many, and veteran of the United States Marine Corps passed away peacefully at home on Monday, January 11, 2016.

Bobby was truly larger than life; though not large in stature he cast a very big shadow. He was known for his love and zest for life, his contagious smile, quick wit and ability to meet strangers who would quickly become friends. He possessed a quiet kindness that led him to often help others in less fortunate circumstances, which his family is only now fully appreciating from the outpouring of remembrances and notes that are being shared in response to his passing. He enjoyed life to the fullest, never backing down from trying something new.

Just a week before he fell ill, he gave roller skating a try for the first time since he was a teenager! He was quite the prankster and loved posting jokes on Facebook.

An Albuquerque resident since 1961, he was born and raised in Mount Vernon, and he never lost his love for his home state, jokingly referring to himself as "a Kentucky Hillbilly."

He is survived by: his wife of 51 years, Eleanor Harper; daughter, Lisa

Johnsen and son-in-law, John-Olav Johnsen; daughter-in-law, Jerilyn Tarlton-Simon; granddaughter, Krystal Tarlton; two grandsons, Jason and Joshua Tarlton; two great grandsons, Hunter and Holden Donohoo; and two great-granddaughters, Baylee Miller and Skylar Morris. He is also survived by his sister-in-law, Phyllis Harper. He also leaves behind many cherished nephews, nieces, and cousins.

He was preceded in death by: his parents, Clyde and Ruth Harper-Weaver; brother, Billy Wayne Harper; and son, Gary Tarlton.

A Celebration of Life will be on Friday, January 22nd at 2 p.m. at the Cremation Society of NM, 1935 Juan Tabo NE.

In lieu of flowers, please make a donation to the American Cancer Society.



Blanca Rodriguez de Vega

Blanca Aurora Rodriguez de Vega, 84, of Mt. Vernon, died quietly at her home, Thursday, January 14, 2016. She was born in a small town in Mexico, near the resort city of Mazatlan on the Pacific Coast. She became a naturalized United States citizen and raised her family in San Diego, CA. She adored the United States, its principles, its diversity, and was a true patriotic American. She

moved to Rockcastle County in 2008 and came to love Kentucky for its people, beautiful seasons, and scenery. She passionately called Kentucky her "paradise". She had many interests, none more special than her love of family and friends. Her many grandchildren and great grandchildren were always in her thoughts and prayers. She maintained contact with her friends back home in San Diego and Mexico through daily letters and phone conversations, all the while, extolling the virtues of her adopted Kentucky home. She was a caring and giving person, exemplified by the many charitable causes she supported. She loved the beauty of nature, the wild birds of Kentucky, the flora and fauna, and the ever changing seasons that our state presented.

She will be missed by: her loving daughters, Blanca Rosa and Anamaria; her treasured sons-in-law, Jeffery Hammond and Gary DeFolo; her grandchildren, Kimberly, Ana Christina, Luis Oscar, and Andréa; her great grandchildren, Alana, Isabella, Gavin, Adriana, and Khloe; three sisters, America, Martha, and Julieta; her loving friend, Susie Ann Hammond; and her extended Kentucky family, and hundreds of friends across many states and countries.

In addition to her parents, she was preceded in death by: her husband, Luis T. Vega; a son, Luis Oscar Vega; and a sister, Olga Rodriguez.

Memorial services are to be scheduled this spring at LaVista Memorial Park in National City, CA. Arrangements are by Dowell & Martin Funeral Home.

Visit www.DowellMartin.com to view online obituary.

ROCKCASTLE REGIONAL

You're invited to a free dinner and presentation entitled:

Breastfeeding and Newborn Care Q&A

Guest Speaker:
Dr. Sarah Oliver
Rockcastle Pediatrics & Adolescents

Thursday, January 28
5:30 p.m. • Brodhead Baptist Church

To sign up, please call **Jana Bray** at 256-7880 by **Wednesday, January 27.**

"Letters"

(Cont. from A2)

lower. This year, we collected 26,385 rolls of toilet paper! Clay County helped us set the new record by contributing 11,407 rolls but Rockcastle Countians continued their strong support by donating almost 15,000 rolls. This saves the treatment programs, such as Chad's Hope, thousands of dollars each year. We couldn't accomplish this without the tremendous work of a lot of people and the generosity of those who go above and beyond the call of duty with their donations.

This year's list includes but is not limited to: AA RAY LLC, Clay Equipment, Town and Country Chevron, B&L Grocery, Pam's Flowers, Marlene Lawson, Ford Brother's Inc., Karen King, Precia Bowling, Brodhead Pharmacy, Collins Respiratory Care, Cox Funeral Home, WRVK 1460, Kathryn Pope, Nancy Hale, Anita Todd, Roundstone Baptist Church, Conway Baptist Church, James Allen Brad-

ley, Macella's Farm to Fork, Citizen's bank, Mt. Vernon Automotive, Kincaid's Service LLC, Cumberland Media Inc., Kiwanis Club of Rockcastle, People's Bank, Sabrina's Hair Design, Mink Apartments, David's Tire Center, Collins Backhoe, Limestone Grill, Valley Baptist Church, Bible Baptist Church, Northside Baptist Church, Macedonia Baptist Church, Fairview Baptist Church, King Bottling Company, Brodhead Baptist Church, Community Trust Bank, Rockcastle Regional Hospital, Central Body Service, Brodhead Farm Equipment, Best Little Hair House, Dari Delight, Saylor Furniture, Richard Barnes, Tobacco Barn, and Perry and Amy Mink Properties.

I apologize if we omitted anyone. Again we appreciate all the support we get as we battle together the drug problem from marijuana to opioids to synthetics.

Sincerely,
John Hale, Chairman
Rockcastle UNITE
Coalition

"Aces"

(Continued from A-2)

He used his life and dedication to say it instead.

One of the last things he ever said to me was, "you take care of your mom now, you hear?"

Even through my roughest times, those times when I gave up on myself, he never did.

Male celebrities that dress like women and football players who have a heart attack doing drugs with prostitutes can get all the glory they want from the media. But to me, my dad was the true American hero.

Fighting for his country, fighting for his family, fighting to get ahead and never giving up. Facing his

loss and moving on made him stronger instead of depressed. He didn't need medication to be in a good mood and didn't want a handout from anyone.

Instead he gave handouts to those in need but never told a soul about it.

He paid taxes his entire life and didn't owe anyone a dime. Many friends and relatives owed him but he always said, "If you can't afford to give it away, don't loan it out."

It's that generation that made our country great and I'm proud to know someone who did their part.

That's my hero.
Thanks dad.

"T.J.'s"

(Cont. from A2)

killed by the thief on his third birthday.

The police officer, Ryan Davis, and his family were devastated by the loss of

their pet and family member whom they had raised from a pup. The officer went so far as to say that he would have given his life for his dog partner.

Agricultural News

By: Warden Alexander, FSA Director

County Committee Election Results

County committee elections are over, the ballots are counted and the results are in. Donnie Hurst of Brodhead was elected to represent LAA #2.

Elected county committee members serve a three-year term and are responsible for making decisions on FSA disaster, conservation, commodity, and price support programs, as well as other important federal farm program issues.

County committee members are a valuable asset because they are comprised of local producers who participate in FSA programs themselves and have a direct connection to farmers and ranchers in the community. All recently elected county committee members and alternates take office on January 1, 2016, and join the existing committee.

For more information about county committee and the election process, please contact your local FSA Office or visit www.fsa.usda.gov.

Next FSA County Committee Meeting Date:

February 10, 2016 8:00 A.M. at Mt. Vernon USDA Service Center

Office Closure Schedule
The Mt. Vernon Service Center (FSA, NRCS and

"Memories"

(Cont. from A2)

a labor of love by all involved."

When Kathy opened her gift she was thrilled! She admitted to me that she had read about this latest recording. She was also surprised because she never considered that I might purchase

Rockcastle Co. Conservation District) offices will be closed the following dates for observance of a Federal Holiday:

January 18TH - Martin Luther King Day
February 15th - President's Day

Important program dates and Interest Rates

Farm Operating Loans-Direct =2.625%

Farm Ownership Loans-Direct=3.875%

Limited Resource Loans= 5.000%

Farm Storage Loans=7 yr=2.000%, 10 yr=2.250%, 12 yr=2.375%

Commodity Loans=1.625%

The US Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, age, disability, and where applicable, sex, marital status, familial status, parental status, religion, sexual orientation, genetic information, political beliefs, reprisal, or because all or part of an individual's income is derived from any public assistance program. (Not all prohibited basis apply to all programs). Persons with disabilities who require alternative means for communication or program information (Braille, large print, audiotape, etc.)

an Elvis disk for her. When we listened for the first time, we were both delighted.

My wife (who has an opinion about everything) agreed with Priscilla that Elvis would be proud of this recording. She insists that his personal music collection contained virtually every form of music, even opera.

But the most telling thing contained in the liner notes is a quote from a member of the Royal Philharmonic Orchestra by the name of Nick Patrick: "The first time we played the original tapes that were to form the foundations of this incredible project, I can honestly say was the most exciting moment in my career... It is that iconic voice that continued to inspire us through this entire project, as if he was sitting with us in the studio, guiding us every step of the way with the emotional intensity of his performances."

According to Kathy, when you hear the fullness of his voice (which was often played over) along with the richness of the orchestra, it almost feels like Elvis is alive again.

So sixty years after buying my first Elvis song (when, by the way, my wife was a mere 4 years of age), I still find myself acquiring more of his music. I guess that is what they mean by "Long live the King!"

(You can reach me at themtman@aol.net or you can drop me a line at 2167 Furnace Road - Stanton, KY. I appreciate your comments and suggestions.)

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Call (606) 256-2244

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should contact USDA's Target Center at 202-720-2600 (voice and TDD). To file a complaint of discrimination write USDA, Director, Office of Civil Rights, 1400

Independence Avenue, SW, Washington, DC 20250-9410 Or call (800) 795-3272 (voice) or (202) 720-6382 (TDD). USDA is an equal opportunity provider.

"Points East"

(Continued from A-2)

out close enough to suit yours truly. Here's the basic recipe, but Loretta doubled it because she knows me all too well.

PECAN PIE MUFFINS

1 cup chopped pecans
1 cup brown sugar, packed
1/2 cup all purpose flour
2 large eggs

1 and 1/3 sticks melted butter

Preheat oven to 350.

Place paper liners in 9 regular muffin (cupcake) pan cups or at least 24 mini-muffin pan cups. You can find either at most grocery stores. If you don't want to use the oh-so-handy paper liners, be sure to coat your baking pan with non-stick cooking spray.

In a large bowl, combine the pecans, brown sugar and flour and make a well in the dry ingredients.

In a separate bowl, whip the eggs until frothy, add the melted butter and stir to combine. Pour the butter/egg mixture into the well you made in the dry ingredients and stir until moistened. Do not over stir. Spoon the batter into the cups, filling them almost full. Bake until a toothpick comes out clean—about 20 minutes in our oven. (cupcake size may take a little longer and mini-muffin size a little less time.)

Loretta got over 3 dozen mini muffins by doubling the recipe and I believe she intends to make another batch for Billy Wagers and Larry Chadwell when she can catch me gone long enough for our friends to actually have a shot at getting some of them.

Rockcastle Community Bulletin Board
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Bookmobile Schedule
Mon., Jan. 25th: Scaffold Cane, Clear Creek and Wildie.
Tues., Jan. 26th: Pongo, KY 3245 and Bryant Ridge.

Republican Presidential Caucus
On Saturday, March 5th, Kentucky Republicans will vote on their nominee for President. Rockcastle Republicans will vote at the Rockcastle County Middle School between 10 a.m. and 4 p.m. Absentee ballot applications can be found at www.rpk.org/caucus and the application must be submitted by February 19th. Call Republican Chair Doris Cromer at 606-308-9704 for assistance.

Financial Aid Workshop
College Financial Aid Workshop and help w/FAFSA completion at Rockcastle County High School January 25th from 5 to 7 p.m.

Free Community Meal
A free community meal will be served on Saturday, January 23rd from 1 to 3 p.m. at the Community Outreach Center in Brodhead. Please join us for soup and sandwiches, fun and fellowship. Sponsored by the RAKB Community Mission Team.

CVFD Chili Supper
Chimax Volunteer Fire Dept. will hold a Chili Supper on Friday, January 22nd, beginning at 6 p.m., at the firehouse. Everyone is invited. Other foods and dessert will be available.

Support Group Cancelled
The Grandparent Support Group scheduled for this week has been cancelled.

Service Officer Available
A certified and trained State Service Officer will be at the London DAV building on East 80, behind Valero Truck Stop, on Jan. 26th from 9 a.m. until at least noon, or longer, to assist all veterans and their dependents with VA claims. DAV does not charge for this service. For more information, call 606-862-0032 or 606-877-1308. If no answer, leave a short message.

Alpha Recovery
Alpha Recovery, a program promoting freedom from addiction, not a life long struggle with drugs, alcohol or anything else, meets each Saturday from 3 to 4 p.m. at Chestnut Ridge Church of God in Mt. Vernon. The group is led by Ray Owens and Tommy and Gina Dooley. "The past does not have to be your prison. You have a voice in your destiny. You have a choice in the path you take." Max Lucado For more information, call 606-308-5593.

Celebrate Recovery
Celebrate Recovery classes are held every Monday night at the Community Outreach Center in Brodhead. Celebrate Recovery is a 12-step Christ-centered program and is a safe place to share and begin healing from all hurts, hang-ups and habits. Meal at 6 p.m. Music 6:45 p.m. Large Group 7 p.m. Signatures available for court, probation and snap. For more information, please call Chris Martin 606-308-3368.

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

Brodhead Lodge Meeting
The Brodhead Masonic Lodge #566 meets every third Saturday at 7 p.m. on Main Street in Brodhead above Brodhead Pharmacy.

Alcoholics Anonymous
Alcoholics Anonymous meets Tuesday nights at 8 p.m. behind Our Lady of Mt. Vernon Church on Williams St. in Mt. Vernon.

Kiwanis Club Meetings
The Rockcastle Kiwanis Club meets every Thursday at noon at the Limestone Grill. Everyone is invited.

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

American Legion Post 71
American Legion Post 71 meets the second Thursday at 6 p.m. of each month at the Limestone Grill. Commander Tommy Hodges invites all Rockcastle veterans to join this organization that honors American soldiers, sailors and airmen.

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CHURCH NEWS

Free Bible Courses

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

Let the Bible Speak

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

Celebrate Recovery

Celebrate Recovery classes are held every Tuesday night, from 6 to 8:30 p.m. at Northside Baptist Church.

Celebrate Recovery is a 12-step, Christ-Centered program and is a safe place to share and begin healing from all hurts, hang-ups and habits. Meal at 6 p.m., music at 6:45 p.m., followed by a Celebrate Recovery lesson or an amazing testimony of a transformed life! At 8 p.m., you can join a small

group discussion. All sessions are designed to provide the strength to overcome hurts, habits and hang-ups. Large group at 7 p.m.

Come and be inspired and begin your journey of healing! Child care and transportation provided. Call 606-256-5577.

Revival at

McNew Chapel

McNew Chapel Baptist Church will be in Revival February 1-5 at 7 o'clock nightly.

Bros. Jerry Ballinger and Eric Pheanis invite everyone.

Gospel Singing

Lighthouse Baptist Church will hold a Gospel Singing on Saturday, February 13th, beginning at 6 p.m. featuring the Adams Family from Ohio.

The church is located at 1391 Gabbardtown Road, Berea.

Library News...

The library's annual Books for Bikes Program has begun! Registration for Books for Bikes ends Jan. 31. All children ages 1-12 can participate. You must register at the library or the bookmobile. Each child must complete a simple book summary form for each book they read or that is read to them. Children ages 9-12 must write two sentences about the book and draw a picture. Children ages 8 and under must only draw a picture. We encourage you to allow your child to draw or scribble a picture. At the end of the program, all participants are invited to a drawing for the prizes (in March). A child will have their name put in the drawing once for every 10 forms they turn in. The more you read, the more chances you have of your names being drawn for a prize. If you have any questions concerning our Books for Bikes program please contact us at 606-256-2388 or email at catlarkcastlelibrary@gmail.com

Storytime is every Friday at 1:00pm for children ages 2-5. This Friday we will be reading "Follow the Polar Bears" and for our craft we will be painting a polar bear. On Jan. 29 at storytime we will be reading "How I Became a Pirate" and making a pirate hat. Please come and join us for storytime. Please email our children's coordinator at catlarkcastlelibrary@gmail.com if you have any questions.

We would like to remind everyone that the library may not be open regular hours due to inclement weather. Also the bookmobile, may not be available also due to inclement weather. Please call us at 606-256-2388 to see if we are open on days that the weather is inconvenient. The safety of our staff and patrons is most important to us.

An encouraging word:

Something Better Is Ahead

By Howard Coop



"What's in a name?" Did you ever think about that?

From the early days of my life, I was told that certain names have distinct meanings. I never gave that serious thought, but at times, I did wonder what my first name might mean. I even looked in the dictionary, but I found little satisfying information. My Webster's New World Dictionary defined "Howard" as "a masculine name," but my Oxford Universal Unabridged Dictionary didn't even list it. So, I was convinced that my first name had little, if any, meaning.

Then, coincidentally, defined as "an accidental and remarkable occurrence," an unusual event happened one Tuesday morning. On January 12, 2010, I went to my computer to check my email, and I was surprised. I had almost identical messages from two friends. Both of those friends had discovered somewhere that Howard means "Guardian of the home," and they, eagerly and enthusiastically, shared that newfound information with me. One thing is sure: The names by which we are known may or may not, have meaning, and we may, or may not, live up to the meaning of our names.

About the same time I received those unexpected email messages, I saw something else that caught my attention. It, too, was about a name, and I wrote a note to myself to remind me of it. An anonymous individual, musing about his life, wrote, "If I had been named according to the life I have lived, my first name would be 'Ima' and my last name would be 'Mess.'"

Now, Ima Mess is not a desirable name. Surely, no one would want to be known by it, and no one has to have it. A change of names is possible. Regardless of what life has been, one does not have to live with the past; change is possible. Beyond the mistakes and failures that made yesterday unpleasant, something better is ahead, and today can be bright and beautiful.



Tilly and the penguin she made at Storytime.

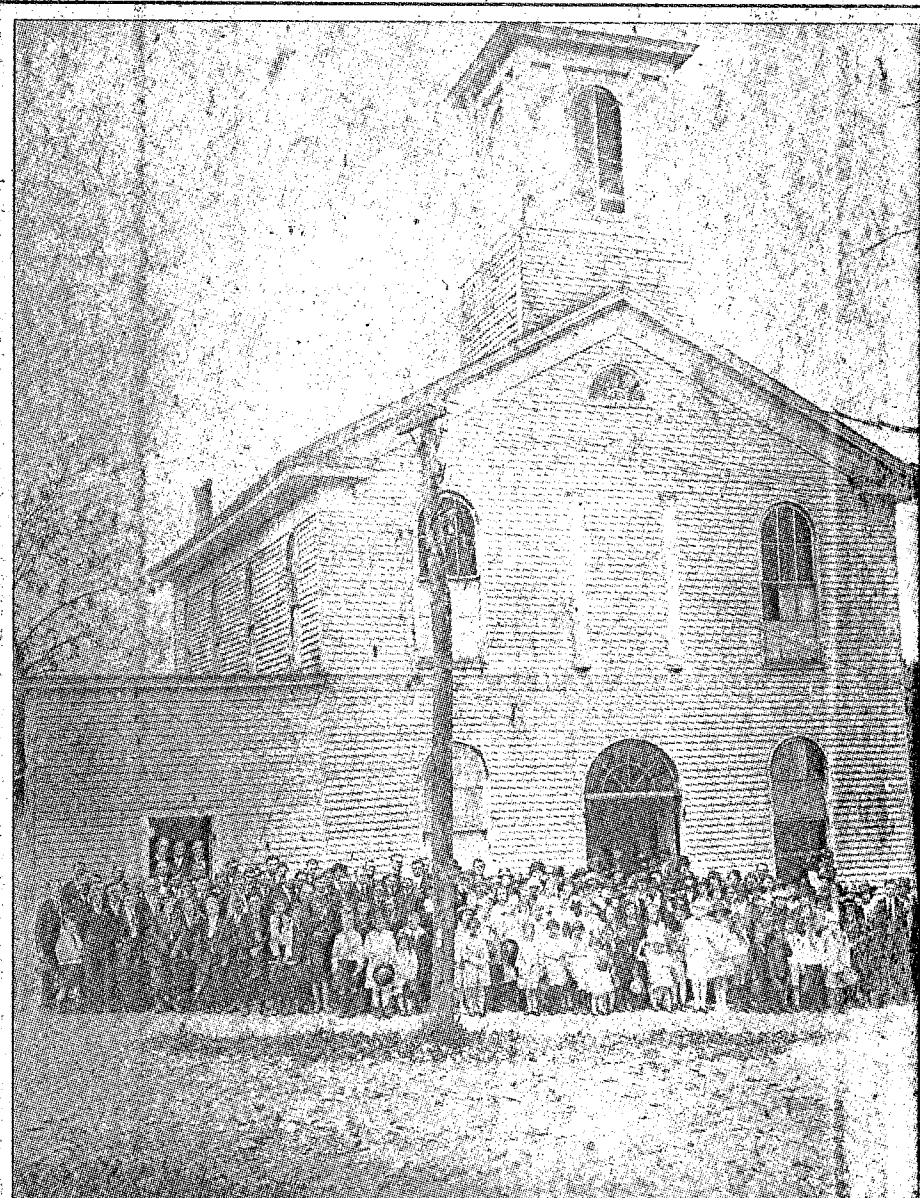
Understanding and responding to dementia-related behavior

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage.

Join us to learn how to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

The program will take place at the Cumberland Valley Area Agency on Aging on March 7, 2016, from 1-2:30 p.m. Registration is required. Please call 1-800-272-3900.

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Blast From The Past...

This week's photo is of Mt. Vernon Christian Church Sunday School (year unknown) when it was located on Church Street across from the courthouse on the present day Lambert Law Office lot. If you have a photo for Blast From The Past contact David Owens at scopowens24@yahoo.com or 606-386-0187.

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TRIPLEHEADER ONLINE ONLY Auction

3 Houses & Lots

Bidding Ends: Tuesday, January 26th at 4:00 p.m.

Bid Online: www.fordbrothersinc.com

Mt. Vernon, KY

Mr. & Mrs. Martin have decided to sell these 3 investment properties at absolute auction in order to devote more time to their other business interest.

PROPERTY 1: Bidding ending at approximately 4 p.m.

Located at 417 West Main St., Mt. Vernon
 This house has living room with fireplace & built-in bookshelves, formal dining room, kitchen with lots of cabinet space, laundry room, 3 bedrooms, 1 1/2 baths, large front porch, partial basement and carport. It has wall to wall carpet in most of the house and some vinyl flooring. It has ceiling cable heat, stove, refrigerator, aluminum siding, shingle roof, nice wood trim, security system and more. In addition to the house, there is a detached garage.
 The house is situated on a nice level lot measuring approx. 81 x 146 x 76 x 131.

PROPERTY 2: Bidding ending at approximately 4:30 p.m.

Located at 65 Owens St., Mt. Vernon
 This 1 1/2 story frame house has living room, formal dining room, 2 bedrooms, eat-in kitchen & utility room combination, bath on the main floor, and 3 rooms upstairs. The house has had recent renovations and decorating. It has a heat pump for central heat & air, shingle roof, storm doors & windows, nice front porch, blacktop drive, portable carport, and much more. This well located home near town and schools sits on a large lot measuring approx. 72 x 228.

PROPERTY 3: Bidding ending at approximately 5 p.m.

Located at 390 W. Main St., Mt. Vernon
 This 1 1/2 story frame house has a large living room, family room, den, kitchen w/ utility room combination, 1 bedroom and bath on main level with hardwood floors. In addition, there are 3 rooms upstairs with hardwood. It has aluminum siding, shingle roof, fireplace, storm doors & windows, large front porch and large rear patio. In addition to the house, there is a detached garage.
 The house is situated on a nice level lot measuring 97 x 134 x 100 x 112 and is conveniently located close to town & schools. This would make an excellent fixer upper or investment property for rental.

Preview Dates: Tuesday, January 19th & Tuesday, January 26th from 2 - 5 p.m.
 NOTE: The purchaser of any single-family residence built before 1978 has a period of ten days to inspect the property for the presence of lead based paint. The inspection period is January 16th through January 25th. The successful bidder must sign a waiver of the 10-day post inspection period.
 Terms: All 3 properties will be sold according to the following: 20% down within 48 hours from close of bidding, with balance due in 30 days with delivery of deed.
 Buyer's Premium: A 10% buyer's premium will be added to the last bid on each of the properties to determine final sale price.

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Behind Gentry's 36 Rockets avenge earlier loss to Casey 80-71

It was a good trip to Casey County Friday night for Rocket fans as they saw their team avenge an earlier two point loss to the Rebels.

In fairness, the Rebels were without the services of one of their top players, he was playing in an all-star football game. But, the Rockets seemed determined from the outset and it was apparent with their aggressive play on offense and defense to seal the 81-70 win.

Rockcastle got the opening tip off and were up immediately 7-0 on a three point basket by Carson Noble and two point goals by Lucas Gentry and John Cornelius. Gentry added another basket and two free throws in the quarter. Cornelius scored again and Jordan Hawkins added a basket for a 19-14 first quarter lead.

Senior Dylan Rowe got hot in the second quarter, putting in eight points to help his team to a 37-32 half time score.

In the third, behind 13 points from Gentry, the Rockets really upped their offense, outscoring the Rebels 25-15 for a third quarter 62-47 margin.

However, in the fourth, things got a little tense as the Rockets saw their 15 point lead drop to six points, 72-56 with 1:41 remaining on the clock, following a 19 to 5 run by the Rebels. But the Rockets kept their cool, hitting 7 of 10 free throws and getting a basket from Gentry to conserve the important district win, their fourth of the season against the one loss to Casey.

Besides, Gentry's game high 36 points, Cornelius got 15, Noble had 10, Rowe

7; Hawkins 6; Thomas Burdette 4 and Zach Loudermilk 3.

The Rockets hit four three point baskets in the game to Casey's one, went 22 for 31 from the free throw line to Casey five for 15 and had 16 turnovers to Casey nine.

Rockets 63 Cardinals 62

Tuesday night, the Rockets hosted the Wayne County Cardinals and won a thriller 63-62.

The first half belonged to the 23rd in the state ranked Cardinals who were ahead 31 to 24 at the half but the Rockets came back in the second to outscore the Cardinals 39 to 31 for the one point win.

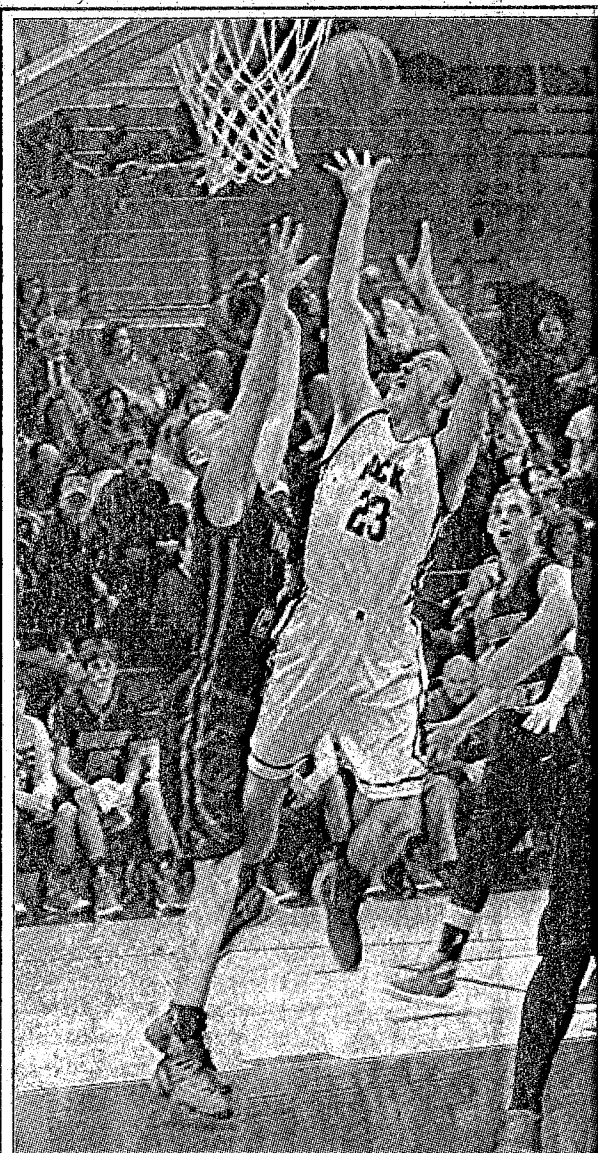
With 25 seconds left in the game the Rockets had the ball but got a five second call against them. Wayne got the ball with 15 seconds left and were headed for the basket when Gentry stripped the ball, took it the length of the court and was fouled on his shot. Gentry missed the first free throw but put in the second with 2/10ths of a second left in the game.

Gentry also led the scoring for his team with 28; Noble got 24, 15 of them in the third quarter; Cornelius scored 6; Burdette 3 and Hawkins 2.

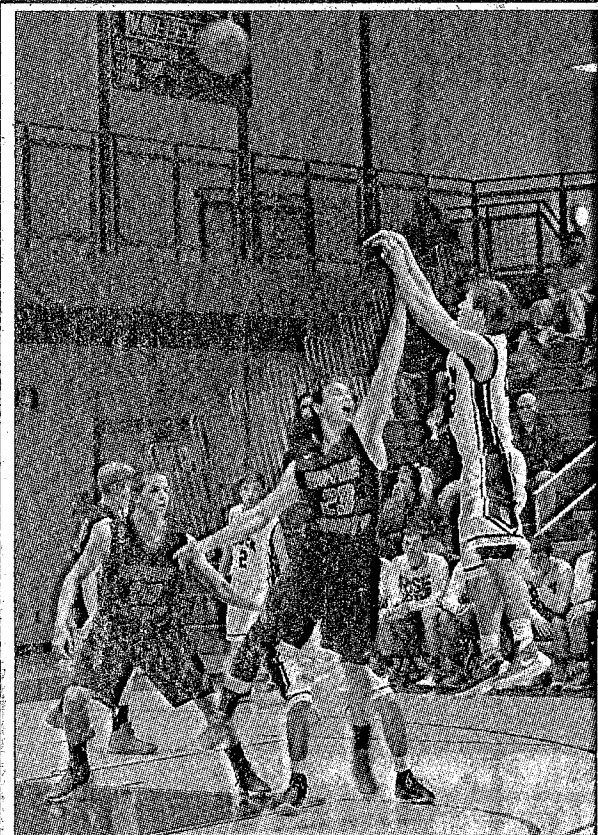
The Rockets are now 14-8 on the season.

The Rockets will next play on Friday, January 26th in a doubleheader with the Lady Rockets at home against Madison Southern.

Next Tuesday night, they will journey to Pulaski County with the Lady Rockets for their last district match-up of the season.



Junior Lucas Gentry goes up for two of his 28 points in the Rockets' one point win over Wayne County Tuesday night. Gentry put the Rockets up one with less than a second to go in the game by hitting one of two free throws. Gentry also led the scoring for the Rockets with 36 in their 80-71 win over Casey County last Friday night on the road.



Junior John Cornelius puts up a jump shot in the Rockets' win over Wayne County Tuesday night. Cornelius put up six in the win and scored 15 last Friday night against Casey County.

Lady Rockets beat Casey for fourth district win

The Lady Rockets knocked their fourth district win of the season Friday by downing the Casey County Lady Rebels 54-41.

The final score wasn't indicative of the game as the Lady Rockets didn't start playing to their ability until the fourth quarter when they outscored the Rebels 22-6.

The very young Rebels gave the Rockets all they wanted for three quarters, leading 35-32 at the end of the third. Finally, in the fourth, the Rockets began taking the ball to the basket more aggressively for the win.

The Rockets hit one three point field goal in the game to Casey's four, went 7 for 15 from the free throw line to Casey's 6 for 10 but narrowly lost the battle of the turnovers 17 to 16 to Casey.

Junior Hope Kelley was the only player for her team in double figures with 17, including the only three point basket for the Rockets; Jayna Albright scored 8 points; Ashley McKinney got 7; Morgan Renner, Emme Barker and Maddy Bullen got 6 points each and

Mahala Saylor and Jordan Powell, 2 each.

Lady Rockets 52 Lady Cardinals 50

The Lady Rockets won their 13th game of the season at home Tuesday night with a close 52-50 win over the Wayne County Lady Cardinals (7-9).

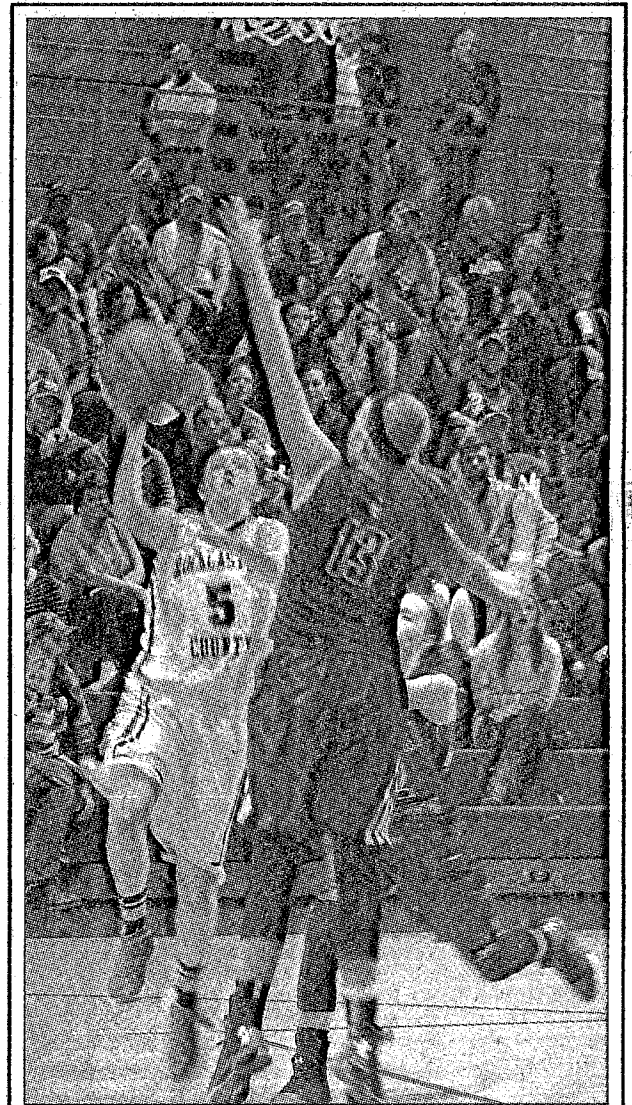
The Lady Rockets took three of the four quarters, losing only the first, 19-14 but, it was a close contest all the way.

Down four at the half, 26 to 22, the Lady Rockets won the second half 30 to 24 for the final squeaker 52-50.

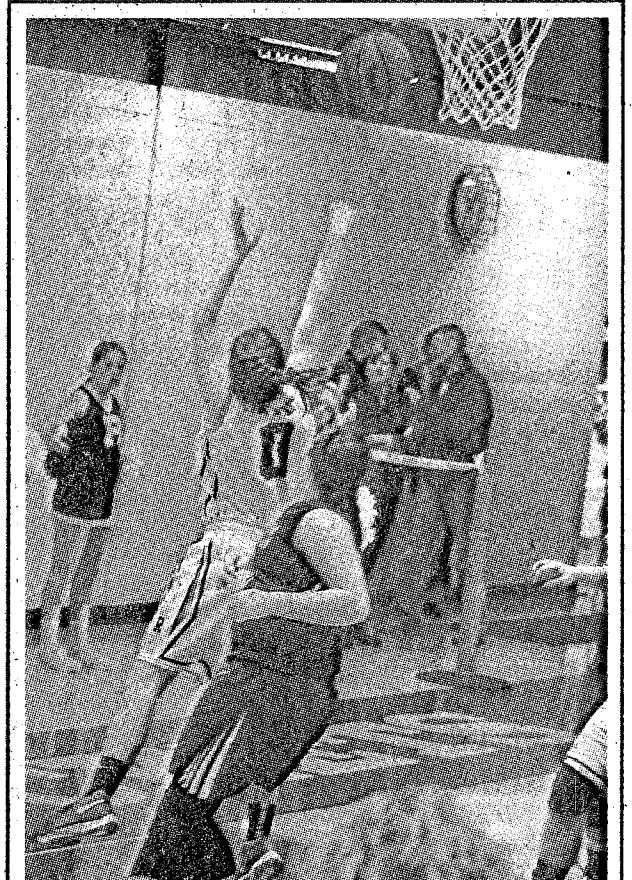
Junior Hope Kelley again led the scoring for her team with 17 points; Mahala Saylor got 11; Ashley McKinney scored 9 points; Jayna Albright got 5; Maddy Bullen 4 and Emme Barker 2.

The Lady Rockets will next host West Jessamine Friday night and will play a doubleheader with the Rockets at home next Tuesday night against Madison Southern.

The last district game for both teams will be next Friday night at Pulaski County.



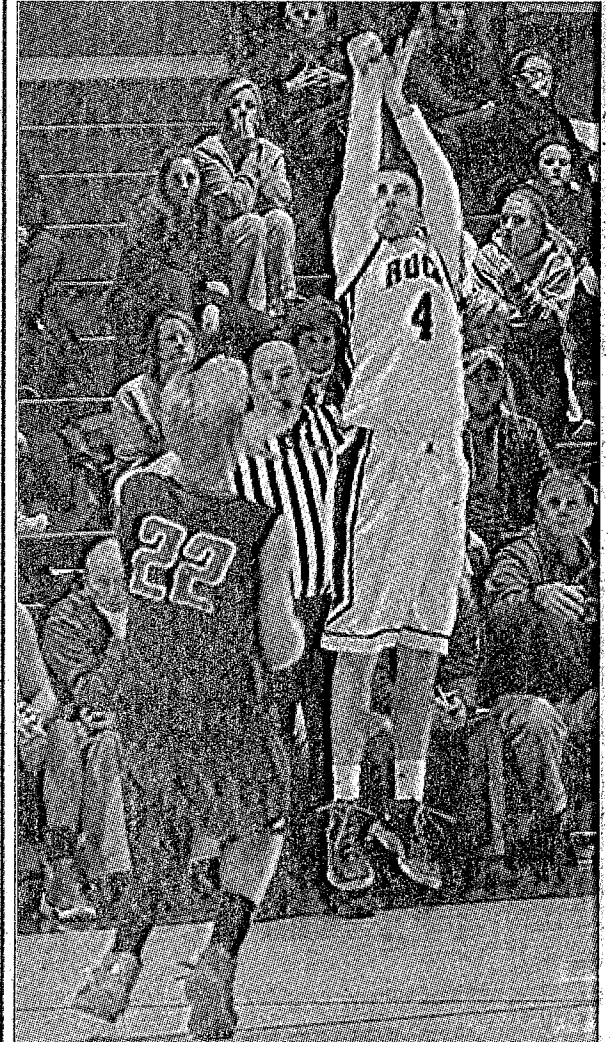
Junior Hope Kelly has led the Lady Rockets to two victories this past week. The Lady Rockets beat Casey last Friday night and picked up a two point win over Wayne County Tuesday night. Kelley picked up 17 points in each contest.



Junior Emme Barker, shown above going for two against Pulaski County, came off the bench to help the Lady Rockets in their district win last Friday night over Casey County. The Rockets play at home this Friday night when they host West Jessamine.



Junior point guard Carson Noble helped lead the Rockets to two wins this past week. The Rockets avenged an earlier loss to Casey, defeating the Rebels on the road 80-71 last Friday night. Noble had 10 points in the win. Noble also poured in 24 points Tuesday night in the Rock's win over 23rd ranked Wayne County.



Senior Zach Loudermilk puts up a three in the Rockets' win over Wayne County Tuesday night. The past two wins bring the Rockets' record to 14-8 on the season.

Kentucky Afield Outdoors The 12 months of hunting and fishing

The coldest temperatures since the last visit of the Polar Vortex late last winter dim prospects of hunting and fishing over the next week or so. During times of single-digit temperatures greeting you in the morning, a little planning of outdoor adventures for the coming year helps lift spirits during these darkest, coldest days of winter.

Kentuckians are lucky as our state offers bountiful outdoor opportunities for each month of the year. Here are some productive suggestions for each month of the upcoming year.

January: Rabbit and quail hunting

Rabbit hunting is often best in the late season and can be easier with snow on the ground. Search for tracks in the snow around cedar thickets for excellent January rabbit hunting. Peabody Wildlife Management Area and the region around Mammoth Cave offer arguably the best quail hunting opportunities in Kentucky. Hunt the thickest cover you can find.

February: Walleye and sauger

Sauger congregate in great numbers in late winter below locks and dams on the Ohio, Kentucky and lower Green rivers; Sauger hit orange and black, white and lime green 3-inch curly-tailed grubs rigged on leadheads. Use a heavy enough leadhead to get lure on the bottom. Walleye stack up in the tailwaters below Green River Lake and Lake Cumberland in February. Work a suspending jerkbait in the clown

color in eddies and current breaks for these fish.

March: Farm pond largemouth bass

Due to their smaller size, farm ponds heat up in spring before large, sprawling reservoirs. A warm front in March often brings largemouth bass into water so shallow in farm ponds that it barely covers their back. A square-billed charrtrouse and white crankbait retrieved parallel to the bank works well in this situation. Make sure to walk gingerly and keep noise to a minimum to avoid spooking fish.

April: Turkey hunting

Kentucky has a stable and abundant flock of wild turkeys. The 2016 spring season opens April 16 and closes May 8 with public land turkey hunting options statewide. Those who venture more off the beaten path bag more turkeys on public land.

May: Redear sunfish

Commonly called shellcrackers, Kentucky Lake and Lake Barkley hold huge specimens. Redworms fished on the bottom near large weedbeds often fool them. Central Kentucky's Elmer Davis Lake in Owen County, Clear Creek Lake in Bath County and Corinth Lake in Grant County hold good populations. In Eastern Kentucky, Panowl Lake in Jackson County and Fishtrap Lake in Pike County offer productive fishing.

June: Largemouth bass

June may be the best month to catch largemouth

(Cont. to pg. A7)

Rocket Basketball Photos
by Jamie Cornelius

“Caucus”

(Continued from front)
9704 and she will assist them in getting an application.
“Getting an absentee ballot should never be difficult. I, along with the Republican Party Executive Committee, will do everything we can to make getting an absentee ballot for the March 5th Caucus as easy

as possible.” Cromer said.
To qualify for an absentee ballot for the March 5 Caucus, a voter must meet one of the following conditions:
The voter is an active duty member of the military and is stationed outside the county in which their voter registration record is filed;
The voter will be at least (70) years of age on the day

of the caucus;
The voter, due to a medical condition or disability, admission to or residence in a healthcare facility, would face undue hardship to vote in person at the voter’s designated caucus location; or
The voter is a student who does not reside in the county in which their voter registration record is filed.
Cromer said that once

someone has downloaded and completed the application for a ballot, it should be submitted to the Republican Party of Kentucky through one of the following avenues:
-Postal Mail: Republican Party of Kentucky, PO Box 1068, Frankfort, KY 40602
-Fax: 502.223.5625
-In Person: Republican Party of Kentucky, 105 W 3rd Street, Frankfort, KY 40601



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“Museum”

(Continued from front)
would be.
Mayor Bryant agreed that the idea is in beginning stages but he believes a history museum would be a strong improvement to the county as well as the city. “We have talked about a museum and I support the idea conceptually,” he said. “It could be a nice plus for the city and the county

both.”
Bryant said there is still a long way to go before the idea is developed but he is interested in the possibilities. “There are still a lot of questions that would need to be answered and of course funding is always an issue,” he said. “Anything that could pull tourists and local residents to town would be

a good thing.”
Bryant said there is still a lot of talking and brain storming to do before the idea is presented to anyone as a plan for the future. “We are just talking about it right now and it’s much too early to think it will happen. But I do support the concept,” he said.

-By Email: To: absentee.rpk@gmail.com, Subject: Absentee Voting
Individuals have until February 19, 2016 to submit an application for an absentee ballot. Completed absentee ballots must be received at the state party headquarters by 5 p.m. Friday, March 4, 2016.
A voter will become ineligible to vote in person at any caucus location once an absentee ballot has been mailed to the voter.



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“Shell”

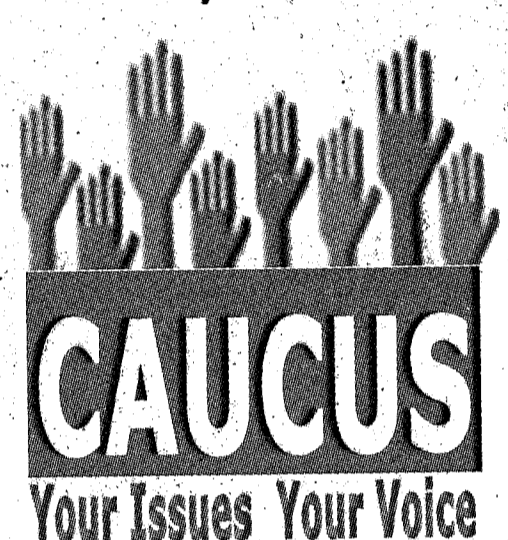
(Continued from front)
fighting for us in Frankfort. He does a great job. Janet and I think the world of him and his family and couldn’t be happier to see him continue his work.” Bishop said.
Shell was first elected in 2012. He serves as the House Republican Campaign Chair. He is the youngest member of the Kentucky General Assembly and one of the youngest members of state legislature leadership in the nation.
“I am so honored by the opportunity to represent Rockcastle County in the State House. The countless friendships, the work ethic, the love of community, and the desire to uphold principles that the citizens of Rockcastle exemplify inspire me. I’m looking forward to continuing to do all I can to move Rockcastle and Kentucky in the right direction.” Shell said.

Shell lives in Lancaster with his wife, Brooke, and three young children, Jaxson, Lydia, and Reagan.

stream drops.
September: Dove hunting
The Sept. 1 opening of dove season is almost a holiday for many in Kentucky. Dozens of public dove fields scattered across Kentucky grant access. Don some lightweight camo clothing, a 20- or 12-gauge shotgun and a couple of boxes of shotshells loaded with No. 8 shot and hit the field.
October: Muskellunge fishing
In the world of muskellunge fishing, Kentucky has three world class reservoirs: Caye Run, Green River and Buckhorn lakes. Catch rates for this notoriously difficult to catch species on these lakes rival any other waters in the country. Sarah Terry caught the 47-pound state record in fall. Swimming a large shad-colored crankbait designed for largemouth bass over shallow weedbeds in the backs of creeks often fools big muskellunge on these lakes in October.
November: Modern gun deer hunting
The peak of the deer rut occurs in November in Kentucky. Our state produces some huge

Attention
Rockcastle Republicans

You have until February 19, 2016 to request an absentee ballot for the **March 5th Republican Presidential Caucus**



CAUCUS
Your Issues Your Voice

You may VOTE absentee if you meet one of the following conditions:

- You are an active duty member of the military and stationed outside the county
- You will be at least 70 years of age on the day of the caucus.
- Due to a medical condition or disability, admission to or residence in a healthcare facility, you would face undue hardship to vote in person.
- You are a student who does not currently reside in Rockcastle.

Get your application for an Absentee Ballot at www.rpk.org/caucus or call Republican Chair Doris Cromer at 606-308-9704 for help.

Paid for by the Rockcastle County Republican Party

“Outdoors”

(Continued from A6)
bass in Kentucky. The weather is warm, but not yet scorching hot. Largemouths strike topwater lures in the morning and at dusk. During the day, they gobble 7-inch straight-tailed green pumpkin worms rigged on Shakey heads crawled on the bottom near channel drops.
July: Night fishing for channel and flathead catfish
Find shallow flats with a hard bottom near drop-offs during the day and come back after the sun goes down and throw out some fresh cut-bait or chicken livers on these same flats. Channel cats gobble these baits up. Small five blue-gill fished in these areas draw strikes from flatheads.
August: Wade fishing for stream smallmouth
Nothing feels better than wade fishing a stream for smallmouth bass in the August heat. A light rain that slightly raises the flow and colors the water makes a great environment to catch large stream smallmouths. They crush black 4-inch finesse worms rigged on 1/8-ounce leadheads worked above and below

deer and holds a national reputation for quality. Kentucky hunters already broke the harvest record this season with a few days of archery hunting still to go. Public lands offer bounteous opportunity and those willing to venture away from roads find larger deer.
December: Waterfowl hunting
Kentucky’s resident goose population provides great hunting in December in harvested corn fields while our reservoirs draw in many ducks. The Ohio River gets better as the days grow colder. Our position in the waterfowl migration route gives Kentucky hunters a chance to harvest many different duck species.
Don’t pout during these days of arctic air. Get out a calendar and plan for a bright future of hunting and fishing in 2016.
Author Lee McClellan is a nationally award-winning associate editor for Kentucky Afield magazine, the official publication of the Kentucky Department of Fish and Wildlife Resources. He is a life-long hunter and angler, with a passion for smallmouth bass fishing.

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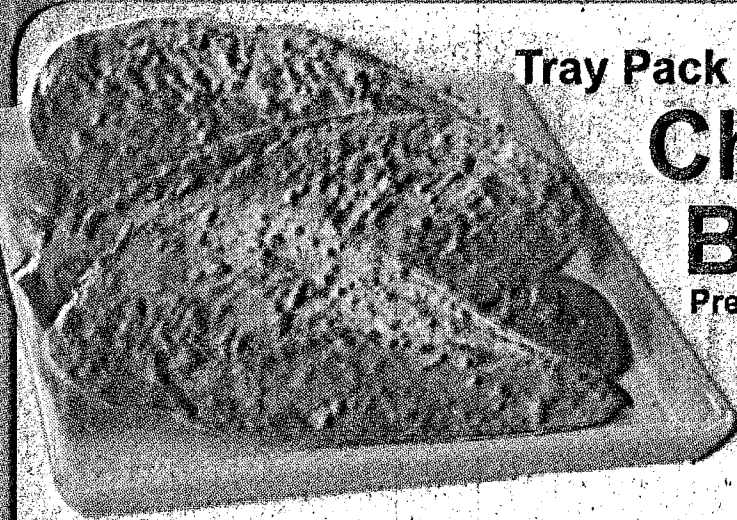
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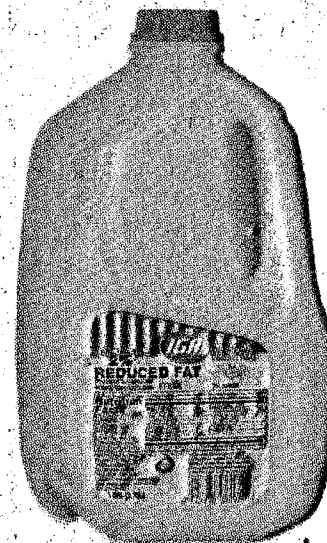


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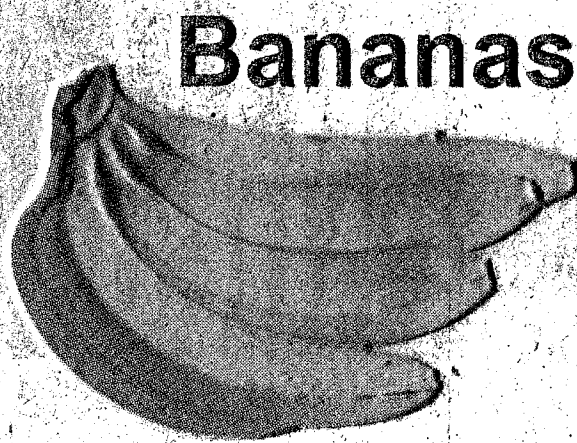
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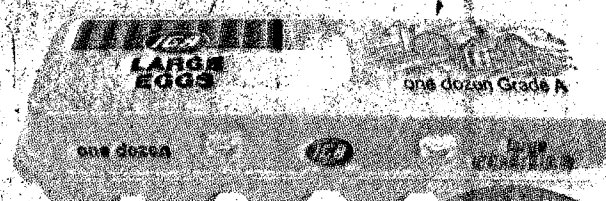
39¢
/lb.

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Large Eggs

1 Dozen

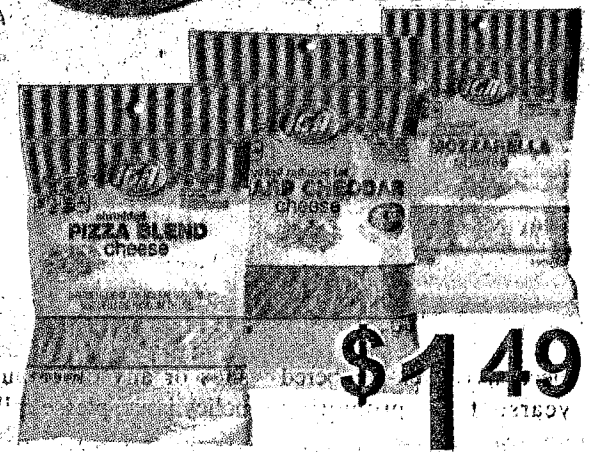


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Mount Vernon Signal

Second Section

Thursday, January 21, 2016

Kentucky Senate has active week of sessions

Bills passed

Floor votes, committee hearings, and spirited debate highlighted an action-packed second week of session in the Kentucky Senate. Guests from all corners of the Commonwealth were welcomed to Frankfort to speak on behalf of various bills.



The Senate began passing bills on Thursday, headlined by Senate Bill (SB) 9, a measure to repeal the prevailing wage requirement on public school projects with a cost of over \$250,000. Passage of this priority legislation will reduce construction costs on large-scale school projects, thus providing additional funding for education.

On Thursday we were visited by hundreds of young and energetic faces celebrating Children's Advocacy Day, sponsored by Kentucky Youth Advocates. The group hosted a rally in the Capitol Rotunda where several Senate majority members were recognized for their efforts in standing up for Kentucky's children.

From Senate committee meetings this week, two of our priority bills—SB 4 and SB 10—were reported favorably. Senate Bill 4 would require women seeking an abortion to have a face-to-face meeting with a doctor at least 24 hours in advance of the procedure as a measure to help further promote the value of life. Senate Bill 10 would move statewide elections to even-numbered years, thus promoting greater voter turnout and saving the Commonwealth money.

Senate Bill 72, which

clarifies when the Executive Branch must come before the Legislature to make appropriations and protects the separation of powers in state government, also passed out of the Licensing and Occupation Committee this week.

The Health and Welfare Committee passed SB 20, which would create an appeals process for Medicaid claims denied by a managed care organization, and SB 33, which would require students to receive CPR training one time while enrolled in grades 7-12.

Senate Bill 56, which would extend the look-back window for DUI's from five years to 10, and SB 60, which would add further protections for vulnerable victims of sex crimes, were both reported out of the Judiciary Committee this week.

In the Education Committee, SB 52 passed, which would allow veterans to receive a provisional teaching certificate after meeting certain criteria. The same committee also passed SB 81, which would require the Department of Education to create a system identifying students with military parents or families.

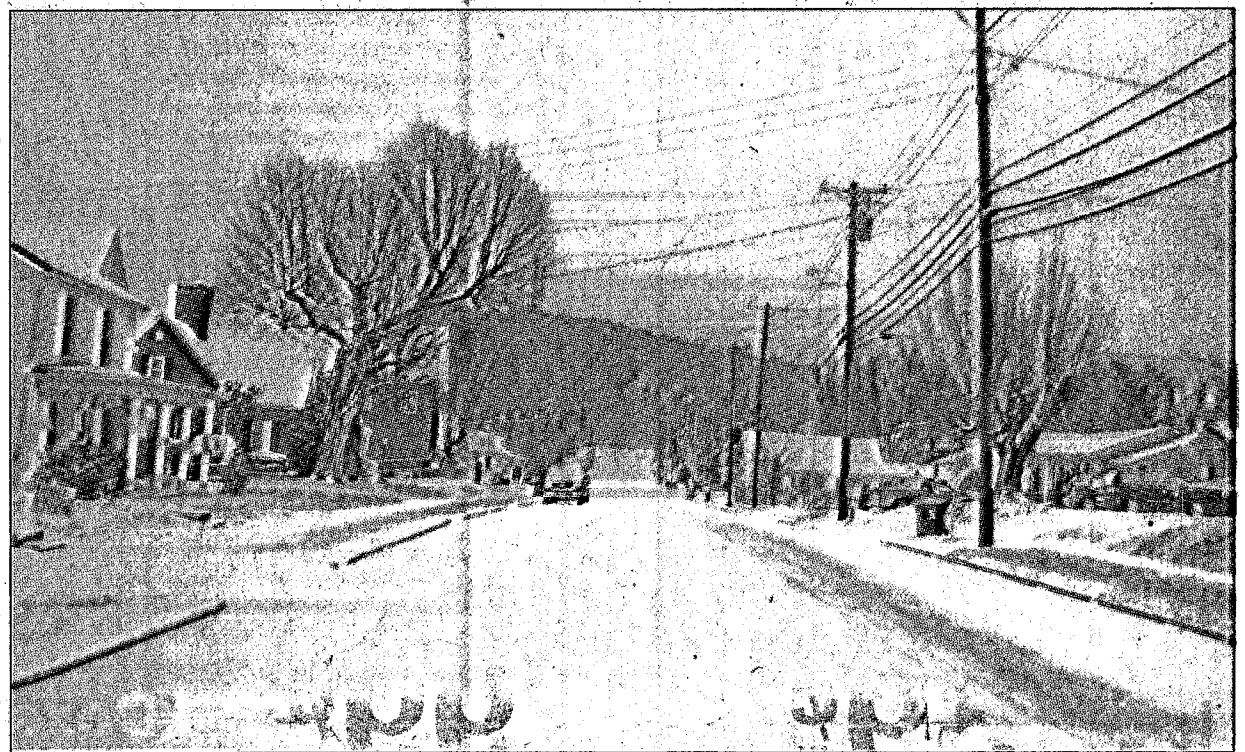
As we look forward to another busy week of session, I am proud of the bipartisan demeanor displayed thus far in the Senate. I will continue to commit myself to legislation that will move our Commonwealth forward.

If you have any questions or comments about the issues or any other public policy issue, please call me toll-free at 1-800-372-7181. You can also review the Legislature's work online at www.lrc.ky.gov.



The Rockcastle County Lion's Club along with Rockcastle Circuit Clerk made a donation of winter coats for Rockcastle Middle School students. Pictured receiving the coats from Eliza York and William Leger are Kaylee Deatherage, Alyssa Lunsford and Audrey Childress. RCMS continues to be thankful for community partners.

Snow hits Rockcastle



West Main Street was completely covered in snow Wednesday morning. Rockcastle County and all surrounding county schools were closed for the first time this year. Road crews spent most of the day attempting to keep roads passable.

Welcome

Rockcastle Family Wellness is pleased to welcome Dr. Rebecca Hammond to their practice.



Dr. Rebecca Hammond has returned to her native Rockcastle County to practice medicine. "I am coming home to care for people I know and grew up with," said Dr. Hammond.

Joining the physician team at Rockcastle Family Wellness, Dr. Hammond takes a holistic approach to patients and medicine. "There are many things that affect health and I try to empower the patient to maintain and improve their own well-being."

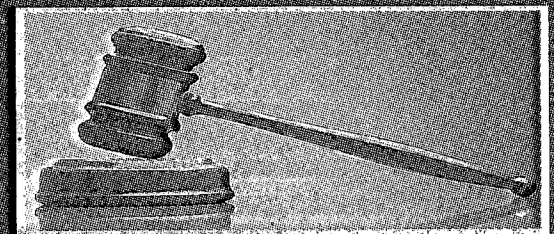
A board certified physician since 1996, she chose to specialize in family practice because she wanted to be able to care for all ages. The 1977 Rockcastle County High School graduate earned both her bachelors of science degree in nursing and medical degree from the University of Kentucky, before completing her residency at Memorial Medical Center in Savannah, GA in 1996.

Dr. Hammond is excited about this next phase of her medical career and the opportunity to care for those in the county. "I have been a physician for over 20 years now, and I have learned that patients can make a tremendous improvement in their own health with the knowledge and help we can give them. I want to share with them what I have learned so they can become their own best healer."

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News from the Rockcastle Courthouse



Circuit Civil Suits

Cabinet for Families and Children v. Jerry Slusher, complaint for child support and medical support.

Cabinet for Families and Children v. Virginia Slusher, complaint for child support and medical support.

Susan M. Vanwinkle v. Jesse L. Vanwinkle, complaint for child support and medical support.

Teri Renee Renner v. Eric Dale Renner, petition for dissolution of marriage. CI-00009

Johnny Ray Allen, property in Frith Addition to Brodhead, to Lonnie and Diane Moore. Tax \$.

of owner to maintain required insurance/security, \$500 fine/suspend \$00 on condition plus costs.

license suspension, 30 days/ to serve w/credit time served; 30 months ignition interlock/consecutive plus ADE authorized.

on condition plus costs. Danny R. Spoonamore: operating on suspended/revoked operators license, bw issued for fta/license suspended.

Deeds Recorded

Lela Renner, property on Line Creek Road, to Freddie Renner. No tax. Janice and Terry Winkler, property in Rockcastle County, to Cathy D. Haynes. Tax \$125

District Court

Bank of America v. Donnie J. Miller, \$3,682 plus claimed due.

Bank of America v. Kenneth R. Coffey, \$2,818.88 plus claimed due. C-00005

Amanda Byrd: no/expired Kentucky registration plates (2 counts), \$25 fine; no/expired Kentucky registration receipt (2 counts), \$25 fine plus costs; failure of owner to maintain required insurance/security, \$500 fine/suspend \$400 on condition plus costs.

Deanna L. Hughes: failure of owner to maintain required insurance/security, \$1000 fine plus costs/all suspended on condition.

Austin L. Thompson: no/expired registration plates - receipt, failed to appear.

Brian K. Turner: speeding, \$20 fine/state traffic school authorized in lieu of fine; failure of owner to maintain required insurance/security, \$500 fine plus costs.

Zachary D. Abney: failure to wear seat belts, license suspended for fta.

Mary A. McFerron: failure to wear seat belts, paid.

Angela M. Hopkins: public intoxication, \$100 fine and costs.

Cody M. Robinson: fines/fees due (\$793), converted to 16 days/concurrent/credit any time served.

Marriage Licenses

Vertie Marie Carman, 85, Liberty, retired to Hugh Fletcher, 76, Liberty, retired, 1/13/16

District Civil Suits

January 13, 2016
Hon. Kathryn G. Wood

Gary L. Abney: speeding, failure to wear seat belts, failure to produce insurance card, bench warrant (bw) issued for failure to appear (fta)/license suspended.

Danny K. Akins: no/expired Kentucky registration receipt, operating motor vehicle on suspended/revoked operators license, operating motor vehicle, failure of non-owner operator to maintain req. insurance, failure to produce insurance card, bw issued for fta/license suspended.

Speeding: Brian D. Bailey, Robert C. Kelley, Teresa A. Brown, license suspended for fta; John T. Ashley, paid.

Michael R. Bradley, Jr: operating on suspended/revoked operators license, \$100 fine plus costs; failure

James K. Chambers: no/expired Kentucky registration receipt - plates, operating on suspended/revoked operators license, bw issued for fta/license suspended.

Joseph E. Coggins: operating on suspended/revoked operators license and reckless driving, bw issued for fta.

Paula A. Cope: failure to produce insurance card, failure of owner to maintain required insurance/security, failure to wear seat belts, bw issued for fta/license suspended.

Victor Cruz: operating vehicle w/expired operators license, \$50 fine and costs.

Harley Davidson: DUI w/ 21, \$100 fine plus costs, 30 days operator license suspension, Zero Tolerance Program.

Novera L. Decker: no/expired registration plates - receipt, bw issued for fta.

David Denny: no/expired registration plates - receipt, no operators/moped license, operating on suspended/revoked operators license, failure to wear seat belts, bw issued for fta.

Nicole R. Halcomb: speeding, operating on suspended/revoked operators license, failure to surrender revoked operators license, bw issued for fta/license suspended.

Josiah S. Hart: operating motor vehicle under influence of alcohol/drugs, \$500 fine plus costs, \$375 service fee, 24 months operators li-

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Bid Online: www.fordbrothersinc.com

Happy Acres Subdivision

Location: Mareburg section of Rockcastle County. From US 150 near Mareburg Baptist Church, turn left on 2108. Go approximately one mile, turn left on Club View Dr. Watch for auction signs.

Due to health reasons and having moved, the Hammonds have decided to sell their properties for absolute high dollar.

Tract 1: Lot 21 consists of a large corner lot measuring approx. 118 x 68 x 130 x 178 x 192.

It is improved with a lovely, spacious brick tri-level ranch style house. Floor plan consists of a family room w/ brick flue, bedroom, & bath on the lower level. First floor has large living room w/ brick flue, kitchen w/ oak cabinetry, formal dining room. The top floor has 3 bedrooms and bath. The house has electric heat, carport, deck, large level garden area. Beside the house, there is an 18x36 brick detached garage w/ a 8x36 attached shed.

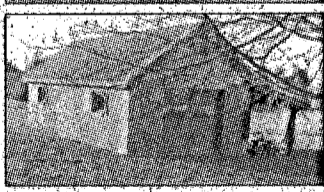
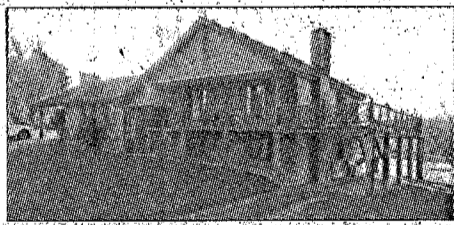
Tract 2: Lot 20 lies adjacent to Tract 1 and also fronts on Club View Dr. It measures 130x206 x130x192. Restricted for your protection.

Preview Dates: Thursday, January 21st & Friday, January 29th from 3 - 6 p.m.

Buyer's Premium: 10% Buyer's Premium will be added to the winning bid to determine final sale price.

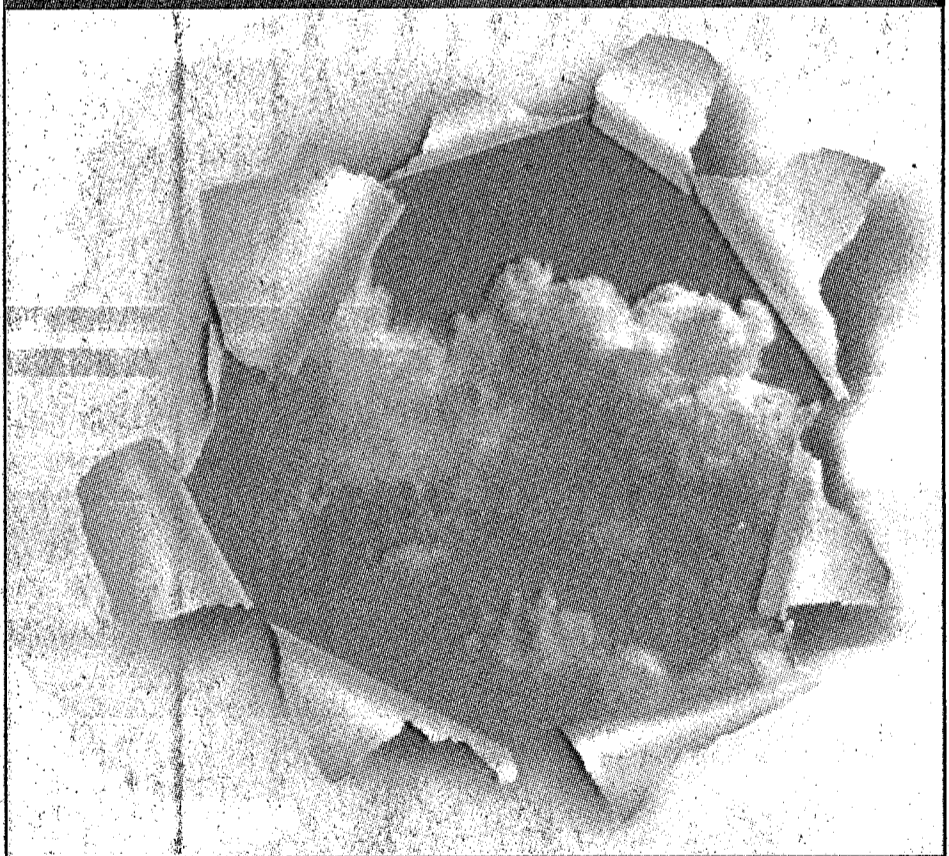
Terms: 20% down within 48 hours of close of bidding, with balance due within 30 days in the form of cash or check.

Note: The purchaser of any single-family residence built before 1978 has a period of ten days to inspect the property for the presence of lead based paint. The inspection period is January 19th through January 28th. The successful bidder must sign a waiver of the 10-day post inspection period.



Tract 2 • Lot 20

Get the Hole Truth



A leak here... A crack there... No big deal, right?

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606-256-4545 • 800-435-5454

London, KY
606-870-7111

Posted

Posted: No trespassing on property belonging to Kierston Willis. Not responsible for accidents. 2x4.

Posted: No trespassing on land belonging to James and Dorothy Rash heirs on Rash Branch Road off Chestnut Ridge. No hunting, camping, ATVs, trespassing for any purpose. Not responsible for accidents. Violators will be prosecuted. 1x51.

Posted: Absolutely no trespassing, hunting or ATVs on land belonging to Al and Barbara DeChambeau on Poplar Gap Road and Poplar Gap Church Road. Violators will be prosecuted. 4x10.

Posted: Absolutely no trespassing on property (61 acres) owned by Loyd Jones, 7 miles from Livingston on St. Rd. 1955. Violators will be prosecuted. 42x12.

Posted: Property belonging to Don and Kitty Reese on Smallwood Road at Roundstone. All trespassers will be prosecuted. 49xntf.

Posted: No hunting or trespassing on land belonging to Glen Roberts at 560 Dix River Branch Road, Brodhead. Violators will be prosecuted. 35xntf.

Posted: No hunting, trespassing or ATVs on land belonging to Jason and Sara Coguer at Roundstone. Not responsible for accidents.

Posted: No trespassing on land belonging to James and Dorothy Rash heirs on Rash Branch Road off Chestnut Ridge. No hunting, camp-

ing, ATVs, trespassing for any purpose. Not responsible for accidents. Violators will be prosecuted. (1/21/16)

Posted: No trespassing on Crawford Place - Old Brodhead Road. Danny Smith. 47tfn

Posted: Absolutely no hunting, fishing or trespassing on property belonging to Mark and Debbie Cummins. Violators will be prosecuted. 9x52p

Posted: No trespassing, hunting or fishing on land belonging to Rachel Denney on Hwy. 3245 (former Reggie Bengé property).

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

Notices

Notice is hereby given that Martha Reynolds, 603 Quail Hollow Dr., Trenton, OH 45067 has been appointed Administratrix of the Estate of Martha Ellen Gambrell, deceased. Any person having claims against said estate shall present them, according to law, to the said Martha Reynolds, or to Hon. William D. Reynolds, 140 West Main St., P.O. Box 1250, Mt. Vernon, Ky. 40456 on or before July 6, 2016 at 9:30 a.m. 1x3

Notice is hereby given that Bert Eva Clark, 1157 Anglin Falls Road, Mt. Vernon, Ky. 40456 has been appointed Administrator of the Estate of Cecil Clark deceased. Any person having claims against said estate shall present them, according to law, to the said Bert Eva Clark or to Hon. Frankie C. Blevins, Jr., 400 Richmond Rd. N., Ste C, Berea, Ky. 40403 on or before July 11, 2016 at 9:30 p.m. 2x3

Professional Services

Hot Tub Repair: Motors, filters, covers, heaters. I fit them all. New and used parts. 24/7. Rick 606-872-5555. 2x30

Brown's Backhoe and Bobcat Service: Lic. septic tank installer, footers, waterlines, general backhoe work. Buck Brown, owner. 606-386-1516 or 606-308-0289 25 years experience. References available. 49x50
Chism Framing Gallery, 2185 Ottawa Road, Brodhead. 859-229-4970. Offering custom picture framing, art sales, glass cutting and many other services. Call today to schedule a consultation. 47xntf
Jonathan Collins Remodeling and Repair Service. Home improvements of any kind from doors and windows, painting, new floors, to roofs and decks - will do it all. Any home, any prob-

lem, "we're the one to call." 606-308-3533. 48x10

Hayes Gravel Hauling & Driveway Spreading, 256-4695 or 859-344-7730. 43x9p

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

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

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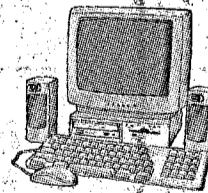
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Complete 12 races for a dri-fit shirt, \$25 gift certificate, and a personalized commemorative plaque

(No separate registration is required for the series and there is no additional entry fee; we'll keep up with who participates at each event.)

2016 COUNTY-WIDE STRIDE RACE CALENDAR

Snowball Express 2-miler • Sunday, January 31

4K for Heart Health • Virtual event, Feb. 18 - 28

St. Patrick's Day 5 Miler • Sunday, March 13

Fairview Baptist Run for Missions • Saturday, April 16

Brodhead Hustle 5K • Saturday, May 28

Fit Family Run • Thursday, June 16

Rockcastle Alzheimer's 5K • Saturday, July 9

Ren10 (10K run/5K walk by the lake) • Saturday, August 20

Livingston Leap 5K • Saturday, September 3

Smokin' Butt Bike Ride • Saturday, September 10

Bittersweet (5K run/2M walk) • Saturday, October 1

Renfro Rock N' Run (Half marathon & 5K) • Saturday, Nov. 19

Jingle Bell 6K • Saturday, December 3

For more information visit us online at www.rockcastleregional.org/race
or follow us on Facebook page at facebook.com/countywidestride

HEALTH *signal*

Winter 2016 • Vol. 12 • Issue 1



ROCKCASTLE
REGIONAL

HOSPITAL & RESPIRATORY CARE CENTER

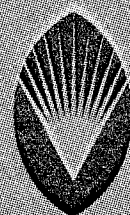
Breathing Life into healthcare

Meet our Wellness
Center stars and learn
how you can join them

See pg. 8-11

*Malaigha Amyx attends
Triecta classes in
Rockcastle Regional's
Wellness Center*





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.

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.

Joseph E. Lambert, Chairman
Bigge W. Towery, Jr., Secretary
Debra H. Lambert
Jeffrey T. Burdette

Executive Management

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

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

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

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

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High performers

By Jana Bray, Community Relations Director

Rockcastle Regional named a high-performing organization

Studer Group® has recognized Rockcastle Regional Hospital and Respiratory Care Center as its December 2015 Organization of the Month for achieving and sustaining exceptional results in clinical, operational, and financial areas.

The award is given to high-performing healthcare facilities that achieve measurable positive results in key quality areas such as patient satisfaction, financial stability, and employee engagement.

In 2012, Rockcastle Regional began working with Studer Group, one of the nation's leading healthcare performance improvement firms, with a goal of becoming a better place for employees to work, physicians to practice medicine, and patients to receive care. During this time, the organization has experienced consistent results in improving patient experience and clinical outcomes.

"To be chosen from Studer Group's hundreds of outstanding partner organizations truly is an honor," said Stephen A. Estes, president and CEO of Rockcastle Regional. "It speaks to the commitment our board, physicians, and employees have to reaching our potential as a provider of quality healthcare."

The entire organization has taken ownership of the improvement process, said chief nursing officer Cynthia Burton, R.N.

"Using Studer Group's leadership tools, we're improving both employee and patient satisfaction," Burton said. "In the process, we are becoming a better place for physicians to practice



Rockcastle Regional management team members gather each morning for safety huddles.

medicine."

One of the most important initiatives launched during Rockcastle Regional's journey with Studer Group has been a greater focus on patient safety.

"We want safety to be the center of all that we do," said Estes. "It must be at the heart of every decision we make and how we care for each patient."

An example of this commitment is the implementation of daily safety huddles, where managers report and discuss safety-related issues as they arise. These safety huddles have been the catalyst for creating a culture that is obsessed with patient safety, and because of them, patients are safer today and receive an even higher quality

of care.

The Kentucky Hospital Association recognized Rockcastle Regional for its patient safety efforts with the prestigious Quality Award in 2015, the organization's seventh KHA quality award in the last 10 years.

The KHA and Studer Group honors are two recent examples that have added to Rockcastle Regional's growing reputation as a premiere rural healthcare provider.

"I'm very proud of the team at Rockcastle Regional," said Tad Hunt, the hospital's Studer Group coach. "This is a family-focused, patient-centered team that cares deeply for its patients and community. It's an honor to work with this organization."

Emergency Care

By Jana Bray, Community Relations Director

Rockcastle Regional receives Women's Choice Award® as one of America's Best Emergency Care Hospitals

Rockcastle Regional Hospital has been named a recipient of the 2016 Women's Choice Award® (WCA) as one of America's Best Hospitals for Emergency Care. This coveted credential places Rockcastle Regional Hospital in the top one percent for emergency care, which was achieved by only 360 emergency rooms nationally that report data to the Centers for Medicare and Medicaid (CMS).

"We are exceptionally proud to be receiving this honor for our emergency care," said Stephen A. Estes, president and CEO of Rockcastle Regional Hospital and Respiratory Care Center. "We place a tremendous focus on making our emergency department a place of excellence for both quality care and patient experience. This recognition tells us our efforts are continuing to make a positive impact for our patients."

Those efforts have included such achievements as being verified a Level IV Trauma Center in November 2015. Trauma centers are verified by The American College of Surgeons who evaluates the capabilities necessary in providing trauma care. These include commitment, readiness, resources, policies, patient care, and performance improvement.

Rockcastle Regional trauma coordinator Renee McClure, RN, says that for patients, this means that if a medical emergency requires more advanced trauma care, policies,

procedures, and resources are readily in place to quickly transfer that patient to where they can receive that higher level of care.

This certification also recognizes that Rockcastle Regional's Emergency Department provides 24-hour laboratory coverage, has a comprehensive quality assessment program, and is actively engaged in prevention and outreach efforts.

Emergency services account for more than 125 million hospital visits annually, and all clinicians must have expertise in caring for patients across their life span, often when their healthcare needs are urgent and unplanned and patients' anxiety and fear are at their peak.

Hospitals earning the Emergency Care Award consistently rank in the top 25 percent of the 3,800 hospitals who report emergency department data to CMS. The eight measures CMS publicly reports relate primarily to the amount of time taken in the ER such as time for diagnosis, medication, and admission to the hospital, and are weighted according to the priorities of women surveyed.

Of the eight measures reported by emergency departments to CMS, women rate "door to diagnostic time" or in other words, "door to doctor," as the most important criteria when selecting an emergency



room.

Of the "door to doctor" measure, emergency department coordinator Patti Halcomb, RN, says it is one of the areas Rockcastle Regional Hospital has been working on diligently over the past few years.

"We track the number of minutes each patient spends in our department, from the moment they enter, to the time they are discharged, and every step in between. We continually review these numbers to see how we can improve the wait time, and ultimately making a better experience and health outcomes for our patients," said Halcomb.

Information gained from tracking wait times has revealed an increased need for "rapid care." As a result, Rockcastle Regional Hospital opened its first QuickCare Clinic on the first floor of the Outpatient Services Building. The new clinic opened January 11 and is available to patients as a limited services clinic.

"The opening of the quick care clinic expands the variety of services for our patients," said Estes. "It is another example of how we continue to deliver on our mission to provide convenient access to quality care, here in this community."



2016
WOMEN'S CHOICE AWARD®
AMERICA'S BEST HOSPITALS
EMERGENCY CARE

Welcome

**Rockcastle Family Wellness
is pleased to welcome
Dr. Rebecca Hammond
to their practice.**



Dr. Rebecca Hammond has returned to her native Rockcastle County to practice medicine. "I am coming home to care for people I know and grew up with," said Dr. Hammond.

Joining the physician team at Rockcastle Family Wellness, Dr. Hammond takes a holistic approach to patients and medicine. "There are many things that affect health and I try to empower the patient to maintain and improve their own well-being."

A board certified physician since 1996, she chose to specialize in family practice because she wanted to be able to care for all ages. The 1977 Rockcastle County High School graduate earned both her bachelors of science degree in nursing and medical degree from the University of Kentucky, before completing her residency at Memorial Medical Center in Savannah, GA in 1996.

Dr. Hammond is excited about this next phase of her medical career and the opportunity to care for those in the county. "I have been a physician for over 20 years now, and I have learned that patients can make a tremendous improvement in their own health with the knowledge and help we can give them. I want to share with them what I have learned so they can become their own best healer."

 **ROCKCASTLE
FAMILY WELLNESS**

Rockcastle Family Wellness – 2nd Floor
140B Newcomb Ave
Mt. Vernon, KY
(606) 256-5176

Rockcastle Regional nationally recognized for *performance leadership*

By Jana Bray, Community Relations Director

Rockcastle Regional Hospital has been recognized by iVantage Health Analytics for overall performance excellence in areas of quality, patient perspectives, and financial strength.

Using the Hospital Strength INDEX™, iVantage Health Analytics compared the performance of more than 4,000 acute care hospitals, including more than 1,300 rural and Critical Access Hospitals.

"It is an honor to be recognized for our achievements in these three areas," said Nick Bastin, chief financial officer of Rockcastle Regional Hospital and Respiratory Care Center. "We completed our most recent fiscal year with a strong operating margin of over four percent. This award is a testament to the dedication of our Board of Directors, medical staff, leadership team, and employees to outstanding performance in financial strength."

Leveraging data from public sources provided by the Centers for Medicare and Medicaid Services (CMS), the quality care and patient experience at Rockcastle Regional is among the highest in the nation among

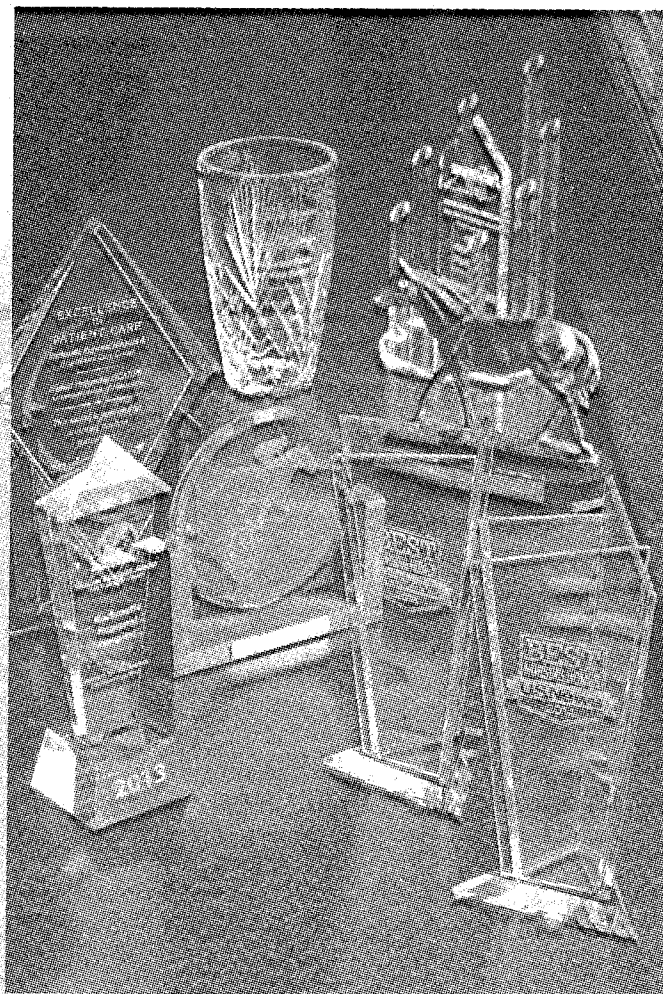
rural hospitals.

Rockcastle Regional director of quality and patient safety Tammy Brock, RN, MSN, CPHRM says that the organization is proud to be in the top 25 percent of hospitals as it represents their strong commitment to be the provider of choice for patients to receive great care.

"These top quartile performers should take great pride in this recognition," said Michael Topchik, senior vice president of iVantage Health Analytics. "It's an honor to celebrate their achievement as they continue to serve their communities despite the many market, regulatory, and financial pressures they face."

The industry's most comprehensive and objective assessment of hospital

performance, the INDEX reviewed and aggregated data from public sources such as Medicare Cost Reports, Medicare claims data, and Hospital compare to derive a single strength overall rating for each facility.



Commitment to care

Rockcastle Regional provides measurable community benefit

When Rockcastle County residents are injured, sick or in need of medical attention, they turn to Rockcastle Regional Hospital and Respiratory Care Center – 24 hours a day, seven days a week, 365 days a year. And, like all Kentucky hospitals, Rockcastle Regional goes beyond conventional care services and improves our quality of life by treating all those in need of help – regardless of their ability to pay.

Rockcastle Regional recently participated in an initiative, through the Kentucky Hospital Association (KHA), to quantify both traditional and non-traditional benefits provided to the community. Rockcastle Regional provided more than \$5.6 million in traditional and non-traditional community benefits to more than 16,000 residents in 2013 (the most recent year for which statewide data is available).

These services such as community-based health care programs and unfunded treatment provided to all residents are called “community benefits.” They demonstrate how Kentucky hospitals go above and beyond the delivery of essential health care services to

strengthen our communities.

Traditional community benefits are uncompensated care, which includes health care services provided to patients who are unable to pay and the unreimbursed costs of government programs such as Medicare and Medicaid. Non-traditional community benefits are programs and services offered by hospitals out in the community – beyond hospital walls – to improve health status or increase access to care. Non-traditional community benefits include non-billed services or programs provided at a loss such as immunizations, education and outreach programs, health screenings, self-help, family support services, and much more.

These community benefits included more than \$3 million in care to patients who were unable to pay for the services (as well as the unreimbursed costs of Medicare, Medicaid, etc.) and more than \$216,000 in free or reduced-fee community-based programs.

“Our community benefit and outreach programs have become an example for other healthcare organizations across the country to follow,” said Rockcastle Regional Hospital

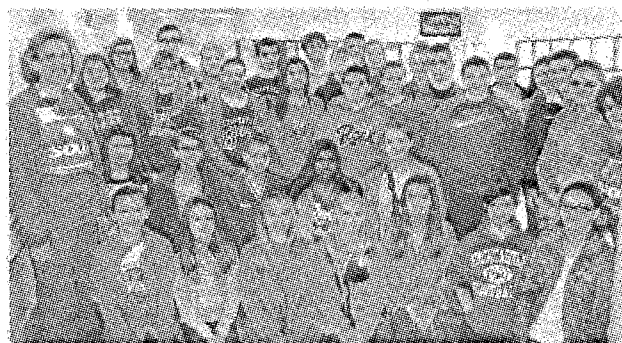
and Respiratory Care Center community relations director Jana Bray. “Whether we are educating the community on the health benefits of exercise or we are raising awareness and funds for cancer research and preventive care – our goal is to make our community healthier. Our programs continue to make real change for people in our community, and we plan to continue offering these resources for years to come.”

To learn more about Rockcastle Regional’s community benefits, contact Jana Bray at 256-7880.

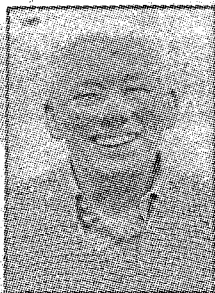
According to the study in 2013 Rockcastle Regional:

- provided more than \$5.6 million in total community benefits to local residents
- provided more than \$3 million in care to patients who were unable to pay
- provided more than \$4.4 million to cover unreimbursed costs of government programs such as Medicaid and Medicare
- offered more than \$216,000 in free or reduced-fee community-based programs
- served more than 16,000 Rockcastle County residents through traditional and non-traditional community benefits
- awarded the 2013 Jackson Healthcare Charitable Services Award

*2013 is the most recent year data is available



Let our Wellness Center stars



CHARLIE WHITE
Silver Sneakers

Charlie has been a dedicated member of Silver Sneakers for three years, and rarely misses a class.

"The company is great and being around people who want to be healthy too. Silver Sneakers has helped

my knees and my balance. It has really helped my diabetes and it keeps everything I have moving!"



SHIRLEY MULLINS
Silver Sneakers

"Three years ago, I was overweight, already taking blood pressure medication and facing the very real possibility of being on both cholesterol and arthritis medication. Having begged the doctors for another six

months to work on it, it was definitely time to take action.

Today, I am 40-pounds lighter, my cholesterol is at an acceptable level, and while the arthritis is still problematic, it is manageable with over-the-counter pain relievers. Also, my blood pressure medication has been reduced by half!

Silver Sneakers is a good program, something that I could do, even from the beginning and has kept me focused on my health and the habits that contribute to my success."



GRACE REAMS
Rockin' Fit Kids

Help your children develop healthy habits and have fun while working out at the same time.

Eleven-year-old Grace Reams is an active participant in the Rockin' Fit Kids class and she believes

that exercising is important for her life.

"I want to be healthy and be fit!" says Grace. "It's important for kids to take care of their body."



PAIGE CASH
Karate and Rockin' Fit Kids

Ten-year-old Paige Cash is very active and enjoys exercising. She participates in both Karate

and the Rockin' Fit Kids fitness classes. The Cash's also make it a family thing by younger brother Clay, six-years-old, and younger sister Caylee, also six, take Karate along with Paige.

"Karate is fun to learn and it's a good place to be and exercise at the same time," said Paige. "If you exercise, you will have a healthier lifestyle!"



KACEE SLATE
Karate

Kacee Slate has been a student of Karate for about 20 years, beginning at age 12.

"From childhood, I was abused. Karate was my way to build back my self-confidence and build myself

back up. At 12 years old, I felt like an object and felt like no one. I started Karate and fell in love. It gave me the confidence to stand in front of people. It gave me the discipline to finish what you start and follow things through.

As a family, my two sons and I now do Karate together as a way to relieve our stress. It helps my children come out of their shells, to learn to deal with disappointments and handle life accordingly and not excessively."



STANLEY PAYNE AND COURTNEY PAYNE
Karate

Courtney Payne and her father, Stanley, have been doing Karate for almost four years.

Courtney was born with clubfoot, where one of her feet was twisted so that the sole could not be placed flat on the ground. Her doctor recommended that she get involved in some sort of activity with stretching and a lot of movement. So at eight-years-old, Courtney and her father started Karate. Over the last few years, Courtney's flexibility has improved and her confidence and maturity have grown through the ability to defend herself in certain situations.

For Stanley, he has lost a total of 52 pounds and lowered his blood pressure.

"It's a growing experience and you never quit learning," said Stanley. "It also gives us the confidence to know we are safe and know how to defend ourselves."



SHERMAN AND JACOB COOK
Karate

Five years ago, Jacob Cook watched his first Karate class and was hooked. He and his dad,

Sherman, have been taking Karate and learning the sport together ever since.

"There's not always something to do in my spare time. Coming to the Wellness Center gives me something I enjoy doing. Karate helps with coordination and overall health while also teaching respect," says Jacob.

Sherman says that as a teacher, his job is not physically demanding so Karate helps him stay active. Pictured with Jacob and his other son, Eli, Sherman recommends Karate as a great class for families to try together!

Rockcastle Regional's Wellness Center has something for everyone, at any age and skill level.

inspire you



STELLA YOUNG
Trifecta

"My lupus doctor said I would benefit from doing weights and cardio, so I decided to try Trifecta. I was intimidated at first, but Rebekah makes you feel comfortable. She is a great motivator. I have been attending class for

two years and I love how the class always changes so you never get bored with the class and the instructor makes sure you are doing everything correctly. It also allows you to work at your own level. I feel a lot better mentally and physically. Trifecta is a great overall body class with weights, core, and cardio. Just start the class, you will love it!"



REGINA LAY
Piloxing

"Piloxing has toned my body, made me stronger, and given me confidence that I never knew I had. It gives me a lot of energy which, overall, makes me feel better. It's fun and I really enjoy it! Piloxing has helped me

to lower my blood pressure and decreased my medications by half! Everyone should give the class at least one try! The Wellness Center is close to home and convenient and the instructors make you feel comfortable and guide you to take on new challenges."



EMILY SANDERS
Spin

"I started working out in the Wellness Center by taking Yoga and Zumba. I love the convenience, atmosphere, and the people there, so I decided to pick up Spin and fell in love with the class. I saw results with Spin. It has

changed my life. I began to notice a change in my weight. I also watched my calorie and sodium intake every day, which has helped me to be completely off my blood pressure medicine. As of today, I've lost 86 pounds. My goal is to lose another 35 pounds and with Spin, I know this will happen."



MALEIGHA AMYX
Trifecta

"I was looking for a class that would involve weights and cardio. After the first class of Trifecta, I was hooked, and now I have been going for about 18 months. Trifecta is a great group of people all working

together to reach their individual fitness goals. Regardless of what level you are physically, you are able to attend the class and work at your own level.

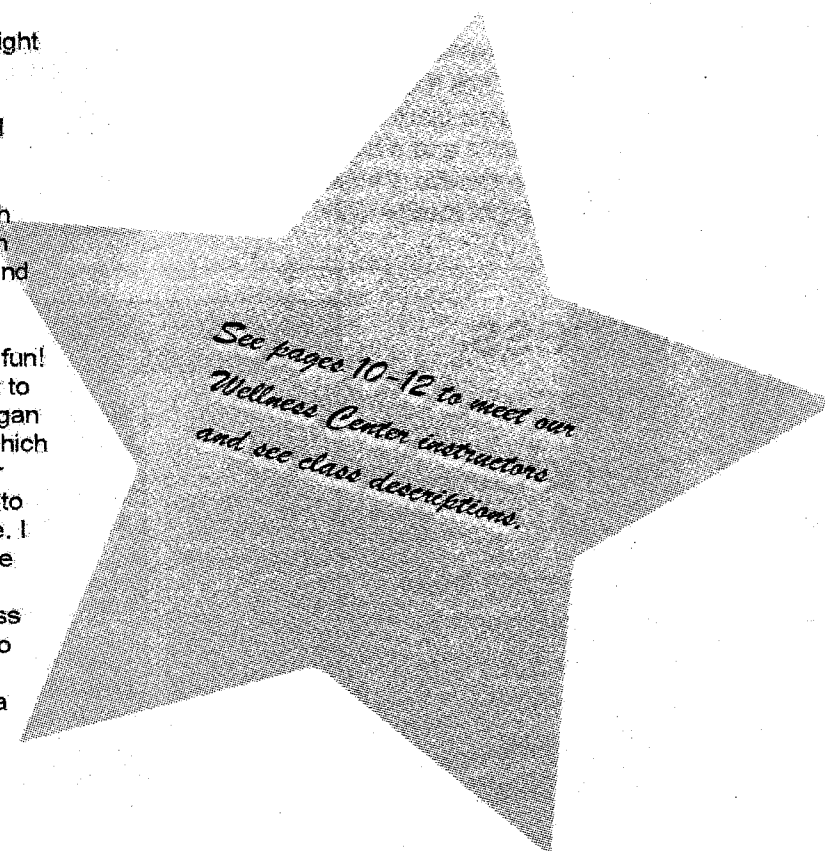
Exercise not only changes your body, it changes your mind, your attitude, and your mood."



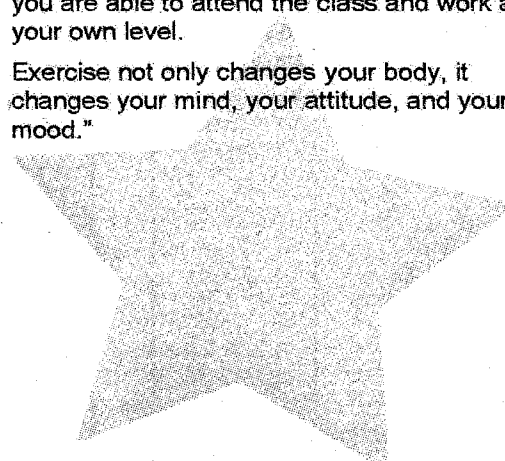
BRANDY SCALF BOWMAN
Zumba

"I had become extremely overweight and unhappy with myself. I wanted to lose weight and Zumba sounded like fun. I started taking classes with Angie and Carol in November 2011 and I fell in love. It did not feel like I was exercising. It was fun! The weight began to come off and I began to eat healthier, which resulted in greater

amounts of weight loss. My kids also love to do Zumba and will dance with me at home. I have lost 60 pounds by combining exercise with a healthier diet. I enjoy the staff and instructors at Rockcastle Regional Wellness Center. Everyone is down to earth and I do not feel intimidated by anyone. It's a great environment to exercise in. Give yourself a chance and come give a class a try!"



*See pages 10-12 to meet our
Wellness Center instructors
and see class descriptions.*



The Wellness Center

Meet the instructors



REBEKAH ARVIN teaches Trifecta. She is certified in kick-boxing and step. Rebekah began teaching in the Wellness Center in January 2014.



LINDSAY GABBARD teaches Piloxing. Lindsay is a certified Piloxing instructor, certified personal trainer, and a registered dietitian. She has taught Piloxing since September 2012.



ANGIE THOMAS teaches Zumba and BUTI Yoga with her sister, Carol Winstead. Angie is certified in Zumba, Zumba Toning, and BUTI Yoga. Angie has led Zumba classes since 2011 and BUTI Yoga since January 2014.



JAMIE ELLISON teaches spin. She is certified by in aerobics and personal training. She has taught spin since 2012.



DARRELL HARRISON teaches Yoga and has been a martial arts and self-defense instructor for more than 25 years. He has taught in the Wellness Center since October 2015.



CAROL WINSTEAD teaches Zumba and BUTI Yoga together with her sister, Angie Thomas. Carol is certified in Zumba, Zumba Toning, and BUTI Yoga. Carol has led Zumba classes since 2011 and BUTI Yoga since January 2014.



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



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

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

Wellness Center Calendar

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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Silver Sneakers 9:00 - 10 am	Piloxing 4:45 - 5:45 pm	Silver Sneakers 10:00 - 11:00 am	Rockin' Fit Kid's 3:45 - 4:30 pm	Silver Sneakers 10:00 - 11:00 am	Trifecta 10:15 - 11:15 am
	Rockin' Fit Kids 3:45 - 4:30 pm	Yoga 5:00 - 6:00 pm	Spin 4:00 - 5:00 pm	Piloxing 4:45 - 5:45 pm		
	Gymnastics 4:00 - 6:00 pm	Karate (ages 6 - 14) 6:00 - 7:00 pm	Trifecta 4:45 - 5:45 pm	Spin 5:00 - 6:00 pm		
	Weight Loss Support Group 5:30 - 6:30 pm	Karate (ages 15+) 7:00 - 8:00 pm	Yoga 6:00 pm - 7:00 pm	Karate (ages 6 - 14) 6:00 - 7:00 pm		
	Trifecta 6:00 - 7:00 pm	Spin 7:00 - 8:00pm	Buti Yoga 7:00 - 8:00 pm	Karate (ages 15+) 7:00 - 8:00 pm		
	Buti Yoga 8:00 - 9:00pm	Zumba 8:00 - 9:00 pm		Zumba 8:00 - 9:00 pm		

View most current calendar at rockcastleregional.org/wellnesscenter

at Rockcastle Regional

Class Descriptions

BUTI YOGA

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

KARATE

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

PILOXING

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

ROCKIN' FIT KID'S

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

SILVER SNEAKERS

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

SPIN

Spin is the best low-impact cardio fitness available. This class is non-stop pedaling on a stationary bike. There's no impact on knees, but after class you will feel like you ran a half-marathon.

TRIFECTA

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

WEIGHT LOSS SUPPORT GROUP

Join a group of like-minded people who are focused on improving their health and shedding those extra pounds. Group discussions focus on sharing success stories, learning about healthy new recipes, and supporting each other along your journey to becoming a healthier you! This class, held in the Education Center, is facilitated by Beverly Lewgood and has regular, monthly Q&A sessions with a registered dietitian from Rockcastle Regional.

YOGA

Yoga is designed to improve the health, performance, and mental acuity of individuals interested in improving their level of fitness. Based on the ancient fitness science of hatha yoga, it blends balance, strength, flexibility and power in a fitness format. Yoga delivers a practical, user-friendly style, which is accessible, understandable, and doable by individuals at any level of fitness.

ZUMBA

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



UK HealthCare

Paul Anaya, M.D. • Cardiology
 Michael Anstead, M.D. • Adult & Pediatric Pulmonology
 Susanne Arnold, M.D. • Hematology & Oncology
 Louis I. Bezd, 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
 Kirk Jenkins, M.D. • Rheumatology
 Ashok Kanthawar, M.D. • Gastroenterology
 Stefan Kiessling, 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 Messeri, M.D. • Cardiology
 Amir 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 Sadhir, M.D. • Adolescent Medicine
 Douglas Schneider, M.D. • Pediatric Cardiology
 Sean C. Skinner, M.D. • Pediatric Surgery
 Susan Smyth, M.D. • Cardiology
 Vincent L. Sorrell, M.D. • Cardiology
 Stephanie Stockburger, M.D. • Adolescent Medicine
 Ravneet Thind, M.D. • Hematology & Oncology
 Mark Vranicar, M.D. • Pediatric Cardiology
 Thomas Wayne, M.D. • Cardiology
 Greg R. Wheeler, M.D. • Neurosurgery
 Frederick W. Zachman, M.D. • Gynecology
 Ali Aiada, M.D. • Pediatric Urology

[UK CONNECTIONS]

Binge Eating Disorder Can Be Treated

By Lori Molenaar, APRN • Courtesy of UK HealthCare Public Relations

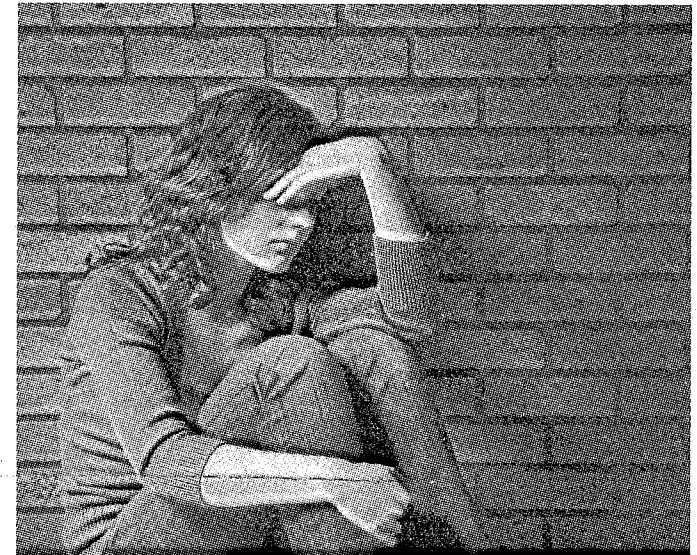
When most people hear the term “eating disorder,” they usually think of anorexia or bulimia nervosa. While anorexia and bulimia are more commonly recognized, doctors are concerned about a different kind of eating disorder that is on the rise.

Binge-eating disorder, or BED, is a disorder characterized by excessive overeating. Though it is common to overindulge occasionally, especially around the holidays, those with BED are plagued with insatiable cravings that lead to recurrent episodes of intense overconsumption. Unlike the binge and purge aspect of bulimia, those with BED do not try to compensate for the caloric intake by excessive exercise or induced vomiting.

Symptoms of binge eating disorder include:

- Eating unusually large amounts of food in short periods of time
- Feeling like your eating behavior is out of control
- Eating when full or not hungry
- Frequently eating alone or in secret
- Feeling guilty about binge episodes

BED is quickly becoming the most commonly diagnosed eating disorder in the United States, affecting one in 35 people. More than six million people have been diagnosed with BED since the American Psychological Association first recognized it as a disorder in 2013. BED is what doctors call an ‘equal opportunity’ disease. Unlike anorexia and bulimia, which more commonly affects women, or body dysmorphic disorder, which is seen more in men, binge eating disorder tends to occur equally among the sexes.



Though doctors and psychologists are unsure of what triggers binge eating disorder, they have noticed increased prevalence in those with a history of depression or dieting and weight fluctuation, and/or a family history of eating disorders. Young adults are also more likely to suffer from eating disorders.

Since binge eating disorder is treated as a mental illness, other psychiatric disorders are often linked with BED. The most common are depression and anxiety. Obesity is also frequently associated with BED and can cause other medical conditions such as heart disease, hypertension, sleep apnea, type 2 diabetes and gastroesophageal reflux disease (GERD).

If you or someone you know shows signs of binge eating disorder, encourage them to talk to a physician or psychologist. BED is very treatable through medication, lifestyle changes, and/or psychotherapy.

Lori Molenaar, APRN, is a member of the Eating Disorder Treatment Team at the University of Kentucky's University Health Service.

[UK CONNECTIONS]

Stroke is a woman's disease

By Larry B. Goldstein, MD, FAAN, FANA, FAHA • Courtesy of UK HealthCare Public Relations

Commonly thought of as a problem primarily affecting older men, stroke is a woman's disease. Approximately 60 percent of deaths related to stroke in the United States occur in women, and the lifetime risk of stroke is higher in women (about one in five) compared to men (about one in six) for those aged 55 to 75 years. The good news is that stroke can often be prevented.

Although men and women have several modifiable stroke risk factors in common such as high blood pressure (normal less than 120/80 mmHg), diabetes, cigarette smoking, overweight-obesity, atrial fibrillation (an irregular beating of the upper chambers of the heart), excessive alcohol consumption, poor diet or lack of regular exercise, several risk factors are unique to women.

Stroke risk can be increased during pregnancy, in part leading to a higher stroke risk among women of childbearing age compared to similarly aged men. Migraine with aura (neurologic symptoms such as seeing sparkling or zigzag lights) is also associated with a higher stroke risk, particularly among women who smoke or use oral contraceptives. Women who have had eclampsia or pre-eclampsia associated with pregnancy (high blood pressure, protein in the urine, and in the case of eclampsia, seizures) are at increased risk of stroke up to 30 years later.

What can women do to reduce their stroke risk?

- Follow a healthy diet such as the DASH or Mediterranean diet.
- Get regular exercise such as walking at a brisk but comfortable pace for 20-30 minutes



most days of the week.

- No more than one alcoholic drink per day (no alcohol during pregnancy)
- Don't smoke and avoid exposure to tobacco smoke
- Have your blood pressure checked regularly

In addition, talk to your health care provider about reducing your stroke risk if you:

- Have migraine, particularly migraine with aura
- Have ever had eclampsia or pre-eclampsia

Larry B. Goldstein, MD, FAAN, FANA, FAHA, is the Ruth L Works Professor and Chairman of the UK Department of Neurology and Co-Director, Kentucky Neuroscience Institute.

Act FAST for stroke

Memorize some common stroke symptoms using the FAST acronym:

- Facial droop
- Arm weakness
- Speech slurring
- Time — call 911 — Stroke is frequently preventable and treatable, but you need to get help quickly

2015 County-Wide Stride Recap

The County-Wide Stride is a 12-race run/walk series organized by Rockcastle Regional. Participants are rewarded for racing in at least seven events throughout the year.



Pictured are County-Wide Stride series runners and walkers who completed all 12 races in 2015. This elite group includes (in no particular order): Danielle Abed, Ann Abney, Rita Brown, Marcus Carnicle, Ginger Cash, Paige Cash, Carolyn Collins, Tommy Craft, Gayle DeBorde, Barbara DeChambeau, Rachel Denney, Regina Elam, Jarrett Foster, Teresa Hamilton, Trevor Hemsley, Jones Hiatt, Ramona Hiatt, Stephanie Hines, Annette Lawrence, Cheryl Mullins, Rodney Mullins, Walter Norris, Emily Sanders, Wendy Sowder, and Karen Wilson.

LEVEL 7 PARTICIPANTS

- | | | | |
|-----------------|-------------------|------------------|-----------------|
| Eldon Baker | Amy Gosser | Toni McKinney | Ed Talbott |
| Joshua Blaylock | James Gosser | Jimmy Osborne | Emily Valentine |
| Matthew Bray | Chelsie Hasty | Jil Pillion | Janet Wells |
| Dylan Bullen | Norma Hopkins | Dustin Poynter | Jenna Wells |
| Curtis Cash | Patrick Jenkins | Joshua Ramsey | John Wells |
| Willis Coffey | Rhonda Knight | Johnny Rodriguez | Talia Woodall |
| Walter Durham | Michelle Martin | Matt Sherrow | Jessie Wright |
| Ahenewa El-Amin | Monica Martin | Harper Smith | Heather York |
| Audy Faulkner | Jonathon McKinney | Macon Smith | John York |

LEVEL 10 PARTICIPANTS

- | | | | |
|-----------------|------------------|--------------------|-----------------|
| Joanna Albright | Twila Burdette | Rebecca Durham | Ken Pillion |
| Tiffany Barron | Charon Burton | Jen Eich | Roger Proctor |
| Tabitha Bell | Lauren Burton | Taylor Elam | Shari Proctor |
| Richard Birney | Shannon Burton | Becky Hardwick | Tasha Ramsey |
| Teresa Blair | Marcia Cain | Chelsen Larkey | Kristi Reynolds |
| Misty Blaylock | Doris Caldwell | Cheryl McClure | Mary Robinson |
| Tara Boone | Rhonda Childress | Anastasia McKinney | Kristi Sparks |
| Morgan Bray | Samantha Couch | Becky McKinney | Jeff Tyree |
| James Bullen | Jerry Cox | Leo McMillen | Cheyenne Willis |
| Nikki Bullen | Kim Crawford | Melinda Osborne | Rachel Wright |

2015 RUNDOWN

Race	Participants	Donations to Charities
Snowball Express	235	\$2,047.65
4K for Heart Health	176	\$1,255.40
St. Patrick's Day 5K	186	\$962.99
Fairview	144	\$3,100.00
Brodhead Hustle	138	\$469.78
Charity Chase	127	\$806.00
July- 5-Miler	149	\$1,024.23
Run, Bike or Hike	147	\$874.50
Livingston Leap	123	\$411.60
Bittersweet	153	\$527.49
Rock N Run	521	\$4,400.00
Jingle Bell	179	\$1,091.23
TOTALS	2,278	\$16,970.87

NEWS AND NOTES FROM OUR TEAM



Tommie Griffin, APRN has been named one of the new nurse practitioner's in the QuickCare Clinic at Rockcastle Regional, where she previously worked in the emergency department.

Certified in ACLS, PALS, BLS, and TTNC, Tommie earned her bachelor's of science degree in nursing from Eastern Kentucky University and her master's in nursing from Lincoln Memorial University. She resides in London with her twins, Keegan and Kelsey. When not at work, she enjoys spending time with her family, singing, shopping, and walking. Tommie says, "I feel truly accomplished at Rockcastle Regional. It allows me to pursue the things I love most which is taking care of others. Since my time here, I have learned what a work family truly is. The amount of love and trust among coworkers is amazing! I am thankful for my job and the opportunity to be a part of such a great hospital."



Brent Hasty has joined the activities team in the Respiratory Care Center as an assistant. Brent has a bachelor's degree in social work from Eastern Kentucky University. He enjoys boxing

and weightlifting in his free time. Brent loves working at Rockcastle Regional because he has the opportunity to positively impact the lives of the residents and work with great people.



Nick Miracle is a social worker at Rockcastle Regional Hospital who recently received his degree in human services and counseling from Lindsey Wilson College. When not at work, Nick likes being

outdoors, watching Kentucky sports, and going to the gym. Nick enjoys his job because of the career and development opportunities. He also loves being able to spend his days working with residents and his coworkers.

View our current job openings at rockcastleregional.org/careers



Joan Moore, APRN has joined the team as a family nurse practitioner at Rockcastle Regional's new QuickCare Clinic and says that she loves the community feeling of the hospital, staff,

and patients. Joan earned her bachelor's degree in biology from Grand Valley State College and her master's in nursing from the University of Tennessee. Certified in ANCC Primary Care in Adult and Family Nursing and a certified teacher of Zhineng Qigong, Joan is looking forward to working with all of the community and providing a service that will hopefully make everyone's life a bit easier. Originally from Royal Oak, Michigan, Joan now resides in Berea where she has lived for over 25 years. She enjoys the outdoors, hiking, camping, traveling, and exploring other cultures and environments. She also loves all the arts and is a church choir member.



Katie Sharpe, RN is the new restorative therapy manager and resource nurse in the Respiratory Care Center at Rockcastle Regional Hospital. She has a bachelor's degree in biology and nursing and is

certified in ACLS. She lives in Lexington with her husband, AJ. In her free time, she enjoys cooking and playing with her dogs. Katie loves her patients and coworkers, saying that it's a joy to come to work!



Tara Wagers has been named the clinical education coordinator at Southern Kentucky AHEC. She has a bachelor's degree in health science from Northern Kentucky University

and an associate's degree in Advanced Practice Respiratory Therapy. Tara lives in London with her husband, Brandon, and son, Cooper. In her spare time, Tara enjoys reading, singing, hiking, baking, and spending time with her family. Tara loves helping the students she works with find and arrange for great clinical rotation placement so they can start off their healthcare career on the right foot.

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
Rebecca Hammond, M.D.	Family Practice
Sarah Oliver, M.D.	Pediatrics
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
Tommie Griffin, APRN	QuickCare
Chelsen Larkey, LPCA	Counseling
Joan Moore, APRN	QuickCare

Visiting Physicians

Susanne Arnold, M.D.	Oncology
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.	Hematology & Oncology
Aftab Chishti, M.D.	Pediatric Nephrology
James K. Crager, M.D.	Cardiology
W. Lisle Dalton, M.D.	Gynecology
Yousef Darrat, M.D.	Cardiovascular Disease
Anna Christina dela Cruz, M.D.	Gastroenterology
John M. Draus, M.D.	Pediatric Surgery
David Escalante, M.D.	Endocrinology
Deborah R. Fiomenhoff, M.D.	Pediatric Gastroenterology
Richard Goldman, M.D.	Earm, 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
Kirk Jenkins, M.D.	Rheumatology
Heather Jones, M.D.	Podiatry
Michael Jones, M.D.	Cardiology
Ashok Kanthawar, M.D.	Gastroenterology
Stefan Kiessling, M.D.	Pediatric Nephrology
Christian Knecht, M.D.	General Surgery
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
Douglas Owen, M.D.	Ophthalmology
Lawrence Rajan, M.D.	Cardiology
William Robertson, M.D.	Nerve Study
Anthony Rogers, M.D.	Thoracic Surgery
Mandakini Sathir, 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
Sean C. Skinner, M.D.	Pediatric Surgery
Stephanie Stockburger, M.D.	Adolescent Medicine
Ravneet Thind, M.D.	Hematology & Oncology
Mark Vranicar, M.D.	Pediatric Cardiology
Byron T. Westerfield, M.D.	Sleep Medicine
Greg Wheeler, M.D.	Neurosurgery
Denis Yalkut, M.D.	Urology
Ali Ziada, M.D.	Pediatric Urology