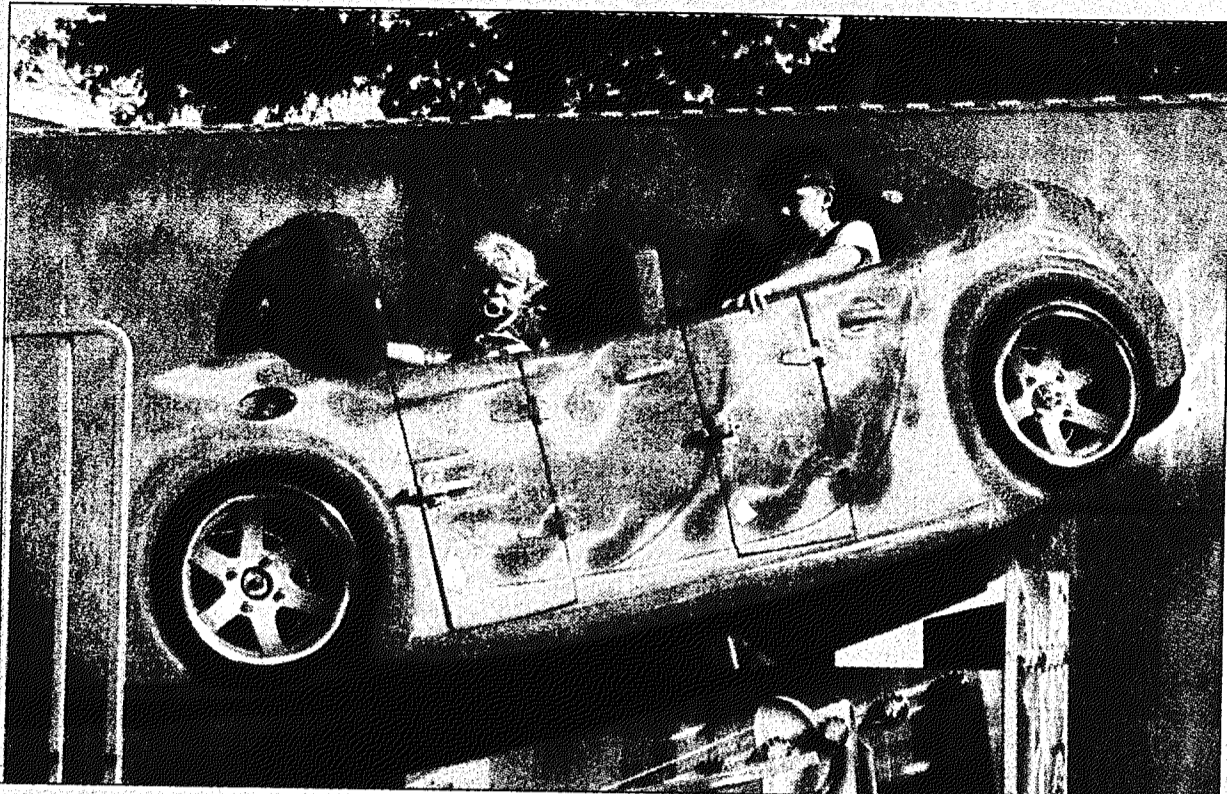


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Little World's Fair now in progress....



Enjoying riding in Lightning McQueen's car Tuesday night at the Little World's Fair Saturday were Paisley Young and her brother, Tom. The Little World's Fair is in progress through Saturday. The fair opens nightly at 5:30 p.m.

Trooper fights flood water Father and three year old rescued

By: Mike French
Rockcastle County native and Kentucky State Police trooper, Adam Childress, is being called a hero this week after a daring rescue.

According to a report from the Kentucky State Police, a call was placed to 911 Tuesday at almost 3 a.m. in Pulaski County.

The call was from a man who told dispatchers he and his three-year-old daughter were stuck inside a vehicle in rising flood waters on Norwood Mount Zion Road.

According to news reports, the unidentified man

had attempted to move his car to higher ground due to the rising water. However, the car became stuck on a bridge as water overflowed onto the bridge.

Reports say the man was afraid to open his car door fearing that the rushing water would wash his car and he and his daughter off the bridge.

Trooper Childress was closest to the scene when the call came and he rushed to the site finding the car out on the bridge on the verge of being overtaken by strong flood waters.

Trooper Childress then entered the flood waters against strong current and grabbed the three-year-old, taking her back to safety away from the bridge, the report said.

Trooper Childress then went back into the flood waters and rescued the father.

Childress told reporters that by the time he reached the car, the rushing waters were up to his vest. He said the three-year-old was hesitant to come to him but was in a hurry to get out of the vehicle.

When asked if he felt like a hero, Childress said, "I'm just glad I could help."

Childress was named Kentucky State Trooper of the Year in 2015.

According to the Kentucky State Police, there were no injuries as a result of the rescue.

Trooper Childress is a five-year veteran of the Kentucky State Police.

"I'm just glad I could help."
Adam Childress

Tourist Commission takes over Hall of Fame

By: Mike French
The Mount Vernon/Rockcastle County Tourist Commission officially took ownership of the Kentucky Music Hall of Fame and Museum on July 22.

The Hall of Fame and Museum had been under some turmoil over the past year as past director Robert Lawson pled guilty to theft by deception after being accused of stealing more than \$28,000 from the organization.

The Tourist Commission has now taken over operations and is in the process of rebuilding the popularity and success of the Hall of Fame.

Staff and management of the Tourist Commission are currently in the process of moving the Tourist Commission office to the Hall of Fame building and have plans to create a Visitor Center atmosphere in the lobby area.

Working on a grand re-opening ceremony and numerous fundraising events and ideas.

"The Kentucky Music Hall of fame is a unique and wonderful attraction and I'm proud of the tourist commission's board of directors for their efforts to make it great again," said Tomes.

However, there is some work to be done to rebuild the center's success and growth as a local attraction. Tomes said she is confident in the board.

"It's not something that can happen overnight, but if anyone can make it a success again, I know this group can," said Tomes.

Tomes said the center can be a strong part of the local community. "We look forward to having community support and making them proud of the Hall of Fame and the Visitor Center in Rockcastle County," she said.

According to Tourist Commission Director Susan Tomes, the new atmosphere will help encourage visitors to tour the museum and other area attractions.

Members of the Tourist Commission Board are also

working on a grand re-opening ceremony and numerous fundraising events and ideas.

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According to Tomes, future plans include the facility being open daily year round.

MVPD officer is suspended for four weeks without pay

By: Mike French
The findings of facts and conclusions of the City of Mount Vernon, in the case against Mount Vernon Police officer Lt. Ed Robinson has been released.

The findings say that Robinson was charged with conduct unbecoming an officer and discredited a member of the police department and impaired the operations and efficiency.

Because of these and other allegations, Robinson was faced with a six-hour hearing last Monday. The

hearing was public at Robinson's request.

The charges included "flirtatious horseplay" at the Rockcastle Regional Hospital and included handcuffing an on-duty nurse who later left the employment of the hospital.

Other charges included Robinson not providing proper security during Governor Matt Bevin's visit to Rockcastle County and that his arrest numbers has declined.

Mount Vernon Mayor Mike Bryant was the ruling authority in the hearing and considered the evidence for several days before reaching and presented his findings.

His findings are as follows

"Based on the foregoing, Ed Robinson will be suspended without pay for a period of four weeks. Ed Robinson will not be allowed to work any security detail involving the hospital. Further, he will be ordered to attend and complete an ethics and sexual harassment training course to be agreed upon at a later date. The suspension without pay will begin immediately this 29th day of July, 2016."

"The city has not heard from Lt. Robinson or his counsel since they were informed of my findings," Mayor Bryant said. "They have 30 days to appeal the decision should they decide to do so."

Livingston Police Department Chief receives State Award for child protection

By: Mike French
Livingston Police Chief Travis Richardson received the Governor's Occupation Protection Award at a recent state ceremony held in Lexington on July 27.

Richardson's award came for his efforts in enforcing seatbelt use and child restraints.

The award is given from the Governor's office each year in recognition of any officer whose efforts have set him or her apart in their fight to protect occupants in vehicles.

The local police chief says he has concentrated on child restraint and has made extra efforts to protect children in vehicles.

"I'm a father myself and we have to protect children," said Richardson.

However, Richardson does not only enforce the child restraint law by giving tickets to those who have improperly restrained their child, it's also about educating parents. "It's not about giving tickets. I don't even

(See "Award" on A8)

ment training course to be agreed upon at a later date. The suspension without pay will begin immediately this 29th day of July, 2016."

"The city has not heard from Lt. Robinson or his counsel since they were informed of my findings," Mayor Bryant said. "They have 30 days to appeal the decision should they decide to do so."

First responders were called to a three vehicle accident Thursday on Highway 461 in Mount Vernon. Mount Vernon Police Officer Shay Helton said the van crossed the center line and hit the dump truck head-on and then spun around and hit a pick-up truck. Officer Helton said the driver of the van claimed he blacked out while driving and then woke up in the hospital. The driver of the van was transported to the Rockcastle Regional Hospital for non-life threatening injuries. The names of those involved were not available.

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Of Special Note Inside

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- Church News Pg. A5
- Classifieds..... Pgs. B6&7

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

- Courthouse News Pg. B2
- Obituaries Pg. A4
- Sports Pg. A6

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Aces Over

By Mike French



Tobacco and hog killing. That's how country I am. I grew up on those two things.

When it comes to having to get down and dirty and perform hard, physical labor, I'm not the kind of guy to just volunteer.

I mean I don't mind some hard work, but if the options are get out in the hot sun, sweat like a pig, and work like a dog, or sit on the couch with a cold Pepsi and watch a movie, I'll pick the couch every time.

But for some reason, working in tobacco and killing hogs (which are both very hard work) are different. I find that I actually like it. I actually look forward to the process when it comes around.

Making sausage and packaging up ribs and chops is a full, long weekend. But for some reason, it's fun. Perhaps because I grew up doing it.

We grew our own sage and peppers and hand rubbed and destemmed everything by hand. We ground up the meat and mixed seasoning by hand too.

Hands get cold as ice mixing sausage. For some reason, the meat is colder than the November air and hands get so numb you can't feel them.

But the best part is the taste testing.

After we mixed up a batch, we would throw a few pieces in the skillet and fry it up for everyone to taste and see what we needed to add.

Everyone got a bite and we shared notes. My comment was always "more sage".

So then we would add salt or pepper or sage and do all the hand mixing again. Another taste test. Yummy.

We did that over and over until it was just right. It took experience to learn

that once you put the sausage in the freezer and it sits for awhile, it gets hotter as the spices saturate.

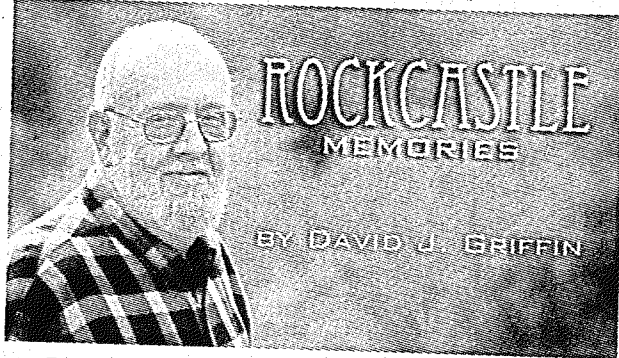
So, we would have to stop adding spices just a little before it was just right and let the freezer take it the rest of the way.

Then comes salting the hams. That was a pretty big job too. My dad was really good at it and our whole family would wait until the hams cured and come over for a country ham breakfast.

Although some of the best eating on earth is the backbone, we always packaged most of it with a single piece in the package. That's because one of the best things in life is a chunk of backbone cooked in a vat of soup beans.

Then we rendered our own lard. That was a big job too. Mom was always in charge of that. She had a huge pot of hogfat on the stove and then when it was just right, we'd put the

(Continued on A3)



Drawing Lightning

I was watching the weather on Channel 18 in Lexington when meteorologist Bill Meck reported, "In the last two hours, there have been over 900 lightning strikes in Central Kentucky." The very mention of lightning always reminds me of my mother (Bee) and my grandmother (Mommie Katie). They both were quite terrified of electrical storms. When it started lightning, they both wrung their hands, walked the floor, and Mommie Katie would say (over and over), "Lordy, Lordy!"

Because of the fear in our home during a severe storm, we were expected to adhere to several precautions. We were not allowed in the kitchen because of the appliances. In those days, the water pipes were made of galvanized steel or copper

and were good conductors of electricity. We were also not supposed to be using any electrical appliances; even the TV was turned off and unplugged from the wall socket. Windows and doors were closed to keep the lightning out of the house. We all gathered in the living room in order to weather the storm together.

The internet (Wikipedia) says that certain areas are prone to lightning strikes or actually "draw lightning." Our home in Rockcastle County was one of those spots. It was located on a small mountain top, and our property was hit by lightning frequently. Because we had many tall oak and popular trees, they were hit on a regular basis. Both of our houses (my own and my grandparents') were actually hit when I was a child.

Even after Bee moved to Lexington, every time a storm approached, she would get fully dressed, including outdoor shoes, and sit in the living room area of her small apartment, clutching her purse. When I asked why she was dressed for the outdoors, she would reply, "I want to be ready to leave if the building is struck by lightning." In all of her 91 years on this earth, she remained terrified of electrical storms.

My grandmother had some truly weird ideas about electrical storms, too. She thought that you were safe if you were lying on a bed. She also thought that you should not be holding any metal object because it could "draw lightning." In

(Continued on A3)

Points East

By Ike Adams



As long-timer readers of this column already know, I despise black birds, particularly starlings and grackles because they are essentially flying rats and should be, in my opinion, listed as species of vermin in places that categorize such creatures.

My biggest quarrel with them has to do with the annual damage they usually do to my sweet-corn crop. I also despise grackles because they are too darn lazy to rear their own young and propagate their species by destroying robins' eggs and laying their own eggs back in the robin's nest, whereupon the poor robin incubates the eggs for a couple or three weeks and then wonders why her babies turned out to be so ugly. But, ugly or not, like any responsible mother, she will feed and see them through child hood until she has unleashed her brood of criminalson the world, at large.

Over the years, I have discovered that such things as disposable, aluminum pie pans, blank or even used compact computer/record-

ing discs and other reflecting devices will scare them out of my sweet corn. Unfortunately the first really gusty wind tends to blow them off my corn tassels despite my best efforts.

But this year, I found a 290 foot roll of ribbon-like stuff called "Bird Scare Tape" that really did the trick. It's about the size of a small roll of Scotch adhesive tape, except it has no adhesive. Red on one side and silver on the other, it glistens like the bright side of aluminum foil.

It easily attaches to corn tassels by tying it to the top of a row end stalk and then making a single loop every ten feet or so around a tassel as you walk down the row. I only put it on the outside perimeter rows and I never saw a single flying rat or mourning dove (also notorious corn pests) in my garden throughout the growing season.

Several smart Alecs asked if I was getting an early start on Christmas by decorating my corn patch because it certainly

(Continued on A3)

T.J.'s Journal

by: Tonya J. Cook



Out With an Old "Friend"

Dear Journal,
The more people I know, the more I find that most of them have back problems. In my case, I've had three forms of arthritis since the early 1990s, forcing me into early retirement from work and an occupation in the medical field that I held for about 20 years. Then you add a fractured lumbar and injuries from a fall to your back, you sometimes have problems. That has been my problem for the past two days. Usually when I have my back "go out", it lasts about a week.

I'm not exactly sure why

back pain sufferers refer to it as "going out", but we all can relate with each other. I would suppose that the "going out" means that almost everything you can do is "out" like going shopping, visiting, housework, your daily routine, etc. Even personal grooming, dressing, standing or even turning over in bed can be a challenge.

Over the years, I've discovered that when you are incapacitated with back problems, you are pretty much out of commission all over. Who would think your

(Continued on A3)

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ROCKCASTLE COUNTY

BACK TO SCHOOL

First Day of School

Wednesday, August 10, 2016
Students attend all day.

Mt. Vernon Elementary School

Open House
Monday, August 8th

- ⇒ Kindergarten parents & students meet in gym at 4:00 pm
- ⇒ 3rd grade parents & students meet at 4:30 pm in classrooms & then meet in the gym at 5:00 pm
- ⇒ 1st & 4th grade meet at 5:00 pm in classrooms
- ⇒ 2nd & 5th grade meet at 5:30 pm in classrooms

Rockcastle County Middle School

6th Grade Rocket Launch
Monday, August 8th
5:00 - 7:00 PM

7th & 8th Grade Open House
Monday, August 8th
3:00 - 5:00 PM

Preschool/Head Start

Begins Monday, August 22nd

Brodhead Elementary School

Back to School Night Monday, August 8th 4:00 - 7:00 PM	Kindergarten Parent Night (PARENTS ONLY) Tuesday, August 2nd 6:00 - 7:00 PM
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Roundstone Elementary School

Open House
Monday, August 8th
3:00 - 6:00 PM

Rockcastle County High School

8:00 AM - 3:00 PM Each Day
July 26th: Seniors
July 27th: Juniors
July 28th: Sophomores
August 1st-2nd: New Students

Freshmen Orientation
August 9th
8:00 AM - 1:00 PM
(Freshmen attend all day)

Family Resource/Youth Service Centers Back to School Backpack Program

Backpacks containing school supplies will be available from your FRYSC Center by contacting your school's coordinator:
Saticka Morgan, Brodhead Elementary - 758-8512
Sandy Bullen, Roundstone Elementary - 256-2235
Jessie Mahaffey, Rockcastle Co. High School - 256-4818
Regina Hull-Brown, Mt. Vernon Elementary - 256-5173
Angie Payne, Rockcastle Co. Middle School - 256-5484
Or see your school's coordinator during Open House.

Rockcastle Adult Education

Open Enrollment: August 1st - 19th
For more information call Rockcastle Adult Education Center at 606-256-0218.

Great news for you and your family! ALL enrolled students of Rockcastle County Schools are eligible to receive a FREE healthy breakfast and lunch each day of the 2016-2017 school year.

- For students to get a free breakfast and/or lunch, students MUST take a full meal. Cashiers will guide students to get a complete meal so there is not a charge.
- To help us keep this program in place, it is extremely important that the Household Income Form be completed by each household. Students will receive this form at the beginning of school and only one form is needed per household, regardless of the number of children.
- No charging will be allowed. Students must have money in-hand or in their lunch account to purchase second meals, additional milk and ala carte items.

Free meals are made possible through the Community Eligibility Provision (CEP) as part of the National School Lunch and Breakfast Programs.

Rockcastle County Schools • 245 Richmond Street • Mt. Vernon, KY 40456 • (606) 256-2125 • www.rockcastle.kyschools.us



LETTERS TO THE EDITOR

Thank You...

Dear Editor,
The Rockcastle Lady Rockets Golf Team would like to thank the following sponsors during our recent Citizens Bank Golf Invitational held at Cedar Rapids: Citizens Bank, Peg's Food Mart, Wendy's, KFC, Marathon, Karen King Income Tax Service, Jerry Cox Attorney At Law, Whitaker Farms, Kiwanis Club of Rockcastle, Kacey and Jamie Nicely, Mount Vernon Signal, Marcella's Farm to Fork, Dowell and

Martin Funeral Home, Sparks Flowers and More, Goff Excavating, Lambert and Lamberts Attorneys At Law, Central Body Service, Tohill and Tohill Dentistry, Nicely Drywall, Inc., Coffey and Ford Attorneys at Law, Mt. Vernon Drug, A&J Nicely Insulation, Inc., Ford Brothers, Cash Express, Somerset Hardwood Lumber, Tim Bullock, Dr. Jamie Settles-Carter, Cumberland Foot and Ankle, and all the many who helped with setting up and running the invitational. Lady Rockets Golf Team

"Points"

(Continued from A-2)

looked that way and then I got to thinking that the cheapo aluminum "icicles" that many folks use as a final touch to their Christmas trees would serve the same purpose and be even cheaper and easier to use than the bird scare ribbon. If I'm alive and able to garden come 2017, I will certainly find out. Last year Dollar Tree had the icicles, two packs for a dollar and that ought to do me.

Here's another inexpensive sweet corn tip for you. Neem oil is a non toxic, organic combo insect repellent and fungi preventer. It won't kill anything that I know of but it will keep insects away and it will prevent most plant diseases. You can find it at most garden centers. It mixes with water and comes highly concentrated so you only have to use a very few ounces per gallon of water. Best of all, it has no dangerous chemicals.

The downside is that it washes off after even a light rain. I probably applied it half a dozen times to my sweet corn and beans and never had a corn worm, silk fly or bean bug in my garden. Potato bugs got to my potatoes and egg plant before I knew they were there. I did use bug stop on them and then sprayed with neem oil and the bugs did not come back.

"Aces"

(Continued from A-2)

cooked fat in a sheet. She would grab one end and I'd grab the other and we'd

twist and pull and twist and pull, squeezing the lard out of the fat through the sheet and into a bucket.

RCHS CLASS OF 1986 30th YEAR CLASS REUNION!

Saturday, August 20th, 2016, 7-10 p.m.
at the Rockcastle Middle School
Pay in advance: \$20-1 person, \$35-
couple
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If possible, please pre-pay by Aug. 6 for planning purposes!

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"Memories"

(Continued from A-2)

her house, no electrical appliances were allowed to be on if a storm was approaching. I am so glad that we did not have the internet or satellite TV when she was alive. She would have been a nervous wreck watching storms on a radar screen.

Once, we were all sitting in the living room when a lightning strike hit the fuse box in the kitchen. The box was located on a wall in the kitchen, just on the other side of the living room wall. The strike was extremely loud, and fire flew all over the kitchen. I will never forget how the electricity in the room made me feel. My skin "tingled" for several hours. I also remember Bee rubbing my legs with isopropyl alcohol until my skin felt normal again. When the storm was over, she called Dr. Griffith to see if she should bring me into his of-

office. He told her that there was no need and to rub my legs and arms with alcohol to improve circulation. He said that she should bring me in only if the alcohol did not do the job. It did!

On another occasion, Bee and Daddy were standing in the front door when the house was hit by a lightning strike. They were quite literally knocked to the floor, and the change from Daddy's pockets ended up being welded to the face of a metal fuse box in the room. It was a very scary experience. Those kind of experiences in my childhood made me extremely leery of storms, which I still am.

I am so glad that Kathy and I live where we do in Powell County. We live on top of a 1,380 foot mountain - Furnace Mountain - and storms seem to pass around the elevation, instead of hitting the mountain top. We watch ap-

proaching storms on the TV radar moving in our direction, only to see them often split and move to one side or the other.

According to NOAA, over the last 20 years, the United States averaged 51 annual lightning strike fatalities. The chance of an average person living in the US being struck by lightning in a given year is estimated at 1 in 960,000.

Although I grew up in a wonderful home with great Christian parents and grandparents, they and my personal experiences with them did manage to instill in me

a very respectful fear of lightning. After I left Mt. Vernon, it took me several years to overcome what had become an almost terrifying fear.

I am glad that in my golden years, I can now manage going through thunder storms with a lot less anxiety. As a matter of fact, on occasion, I might even enjoy one a little bit!

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

Several years ago I found a little one-quart pressure sprayer at a dollar store for less than 3 bucks and had been looking all over for another one for the last 3 or 4 years. They were available all over ebay for much higher prices than I was willing to pay and then, one day last month, Loretta came out of the Lancaster Rite Aid with a bag under her arm and wearing that grin that lets me know she's pulled a fast one.

Turns out, she had found the last two of those little sprayers, exactly like the one I already had, marked down to less than what I'd paid for the first one. They'd been there all along but it never crossed my mind to look for them in a drug store.

They are handier than pockets on a shirt. I keep one full of spot kill weed killer, another for neem oil, another for insecticide, etc. They would also be very hand handy for window washing, car waxing and about anything that needs spraying, which may explain why the drug store had them in stock.

I can't promise that you will find them in any other Rite Aids and I know, for sure, that my wife scarfed up the last two in Lancaster.

when I do it, it's just not as good as it used to be.

I use exactly the same ingredients and do everything just like I was taught. But somehow, it just isn't right.

I'm beginning to think, there was a step that dad never mentioned to me and he only did it when I wasn't looking. Something is very different.

So, we basically just stopped trying and we buy our sausage now from old farmers in our area.

I guess this is how old traditions die out.

But I still remember the work ethic and the care and effort put into keeping the family fed.

I feel blessed to have had that and wouldn't trade it for the world. I guess this November, I'll choose the couch.

It was crystal clear and very hot. Our hands went from frozen in the sausage meat, to blistered from the lard.

When the lard cured, it was white as snow and would last us most of the year. It may just be because I'm a country fellow, but anything fried in that fresh lard was so much better than things fried in Crisco or vegetable oil.

Fried potatoes coming out of a skillet of that fresh lard would make my mouth water.

Dad is gone now and mom is not really in shape to do much hog work anymore. But each year Dena and I do some of it on our own.

The funny thing is, I stood right there with them and helped do all that work for over 40 years. But now,

"T.J.'s"

(Continued from A-2)

back could limit reaching to get something from a shelf, lifting five or ten pounds, climbing steps, and a thousand other things?

In my case, I'm stuck in an almost forty-five degree angle. It's good for sitting but I keep the same form in standing, if I'm able to stand. Nothing, it seems, is a quick-fix, as my fellow sufferers know. Muscle relaxers, pain pills, heating pads, liniment, and even chiropractors bring very little, if any, relief. Back pain is just something that is always around to some degree or the other, and when it's at its worst, you are really out of luck. So I guess for the next few days, I'll be out with and old "friend".

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Bookmobile Schedule

Monday, Aug. 8th: Bryant Ridge and Villa. Tuesday, Aug. 9th: Scaffold Cane, Clear Creek and Wildie. Aug. 10th: Day Health/Senior Citizens, Wayne Stewart Center, Cave Valley apts., Rockcastle Villa Apts.

490 Community Yard Sale

The 3rd Annual Community Yard Sale, stretching from East Bernstadt into Livingston along Hwy. 490, will be held Thursday thru Sunday, August 4-7. Come join us for some great buys! From London, go north on US 25, approx. 3 miles from the Kentucky State Police Post. Turn right onto Hwy. 490, cross the "overhead bridge," you have now entered the community yard sale area.

RRTA Meets August 17th

The Rockcastle Retired Teachers' Association will meet Wednesday, August 17th at 11:30 at Limestone Grille. We will be supporting the local schools' BACKPACK Program again this year as our community service project. All members are encouraged to bring individually packaged snacks/food items to be donated to the program. For more information, contact Regina Burton @606-308-3530.

MVHS Reunion

The annual Mt. Vernon High School Reunion will be held September 10th at the middle school. Please mark your calendar for this important date. This year, we will honor the class of 1966. If you have not been contacted by someone from your class, please contact Gayla Winstead. We want as many as possible to attend. Invitations will be coming out in the mail in a couple of weeks, so please return those as soon as possible.

RCHS Class of 1986 Reunion

Rockcastle County High School Class of 1986 will hold their 30th year class reunion on Saturday, August 20th from 7 to 10 p.m. at the Rockcastle Middle School in advance, \$20 per person, \$35 per couple. \$30 per person at the door (if possible, please pre-pay by August 6th for planning purposes). Mail ticket money, name and information to: RCHS Class of 1986, P.O. Box 1986, Mt. Vernon, Ky. 40456. You can also give your ticket money to Dana McKinney, Rhonda Childress or Jamie Cornelius.

RCHS Class of 06 Reunion

The Rockcastle County High School Class of 2006 will hold their 10 year reunion on Saturday, September 24th at Cedar Rapids Country Club, beginning at 7 p.m. A purchased ticket is required to attend the catered event. Tickets are \$15 per person with spouses and guests welcome. Tickets may be purchased at rchsclassof2006.eventbrite.com.

VFW Post Item

VFW Post 5908 at Lake Linville welcomes all members and is also looking for new and associate members. New hours are: Wed. - Sat., 5 p.m. to ? Call 606-386-1490 for more information.

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 Grille. 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 Grille. Commander Tommy Hodges invites all Rockcastle veterans to join this organization that honors American soldiers, sailors and airmen.

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Obituaries

Gertrude Miller

Gertrude Miller, 76, of Berea, died Saturday, July 30, 2016 at Hospice Compassionate Care Center in Richmond.



She was born in Rockcastle County to the late William David and Dorothy Durham VanWinkle. She was a homemaker.

In addition to her parents she was also preceded in death by: her husband, Owen Edward "Butch" Miller; one son, William Cain; and six siblings, Ruby, Goldie, George, Viola, Lonzie and Alpha Mae.

She is survived by: her children, James Michael (Frankie) Cain, Kenny Cain, Etta (Keith) Cain Leger and Marla (Pete) Cain Fryman; 12 grandchildren; 14 great grandchildren; and two siblings, Clyde David VanWinkle and Faye Himes.

Funeral services were held Tuesday, August 2, 2016 at Lakes Funeral Home with Bro. Keith Leger officiating. Burial was in the Scaffold Cane Cemetery.

Pallbearers were: Bill Cain, Daniel Cain, Ben Kirby, Jerry Kirby, Patrick Kirby and Adam Kirby.

Honorary bearer was James Phillips.

Condolences can be left at www.lakesfuneralhome.com

Cards of Thanks

LC Mink

We, the family of LC Mink, would like to send a huge thank you to everyone who helped us in one way or another during our great loss.

LC was one of a kind, no doubt. For those who knew him, he was a jokester and always had a story to tell. I believe he could talk the best out of anything they had if he saw something he thought he wanted. I don't know the things that man has brought home over the years that people have given him. He had a way with people, a way that not many people have. He loved kids, some would cry the first few times around him because of his deep voice. But within a little while, they were good buddies. He made a lot of old buddies during his 30 years working at Town & Country.

We know you all will miss LC and when passing that station, it will never be the same. He's not there holding the pumps up, lol!! But no one will miss him more than Ruby, his wife of 42 years; his sons, David, Brian and Greg and his daughters-in-law (for he really was a second dad); his grandbabies; brothers and sisters.

Even though we must go on in this life, our hearts will continue to grieve for LC. We ask for continued prayers above all thing.

But, on a closing note, we truly could never tell the

thanks and appreciation we have for all who have called, texted, stopped by, brought food, sent flowers, blankets, throws, money, sat with the house or just sent a simple card to say we are sorry for your loss.

The love shown during all of this has swelled our hearts till, at times, we feel as if they could just burst!

Thank you each and everyone for all you have done. May God bless you all.

The Family of LC Mink

Rena McClure

The family of Rena McClure would like to express their appreciation to those who have shown such kindness and support during our loss.

Thank you for the cards, calls, on-line condolences, visits, flowers, food and donations made in her memory.

A special thank you to Rockcastle Regional Hospital, Dr. Saylor, Dr. Rowe, and all the staff who attended to her care during the last days of her illness, Cox Funeral Home, Bro. Marcus Reppert, Buzz Carloftis, Brereton Jones, Doug Thomas, Benton Bullock Family and Pam Taylor.

She will be missed forever, but will live in the hearts of all who shared their grief during this difficult time.

We deeply appreciate your thoughtfulness and thank you most sincerely.

The McClure Family



Team of '58 - '59

BASKETBALL TEAM

BACK ROW: Coach, Preston Parrett, Paul Sturgill, Hubert Smith, Tilmon Milburn, Denny McGuire, Paul Pender, Randall Mullins, Principal, Charles B. Parsons.
FRONT ROW: Alvin Owens, Gary McClure, Walter Ballinger, William Smith, Ronnie Black, Amos Owens, Jr.

Blast From the Past...

This week's photo is of the 1958-59 Livingston Blue Devils Basketball Team. If you have a photo for Blast From the Past, contact David Owens at scoopowens24@yahoo.com or 606-386-0187.

Mamaw's Kitchen

By Regina Poynter Hoskins

PAOLI CANNOLI PIE

I saw a recipe similar to this in a magazine, but I tweaked it some to reflect my tastes. We were living in Paoli, PA at the time—hence the name.

1 box Jello No-Bake® cheesecake with crust

1 cup cold milk

1 container (15 ounce) ricotta cheese

1 teaspoon grated lemon rind

1 tub (8 ounce) whipped topping, thawed

1 cup semi-sweet chocolate morsels

Prepare crust from cheesecake mix according to package directions. (Sometimes I used a pre-made chocolate

cookie crust and keep this package of crust for another day).

Disregard the package directions for the cheesecake. Instead, in a medium bowl, beat ricotta cheese and milk with wire whisk until well blended. Add DRY cheesecake mix and lemon peel. Beat with wire whisk for 2 minutes (mixture will be thick). Gently stir in half of the whipped topping and chocolate morsels. Spoon into crust.

Refrigerate 4 hours or until set. Garnish with remaining whipped topping.

NOTES: Use chopped pistachio nuts, candied or dried

fruit or other nuts instead of the chocolate morsels. My favorite is the chopped candied cherries and pineapple like they put in fruitcakes.

STRAWBERRY RICOTTA TRIFLE

A wonderful way to use fresh strawberries or try blueberries, blackberries, or peaches. Whatever fruit strikes you fancy.

15 ounces whole milk ricotta

1 package (8 ounce) cream cheese, softened and cubed

1/2 teaspoon cinnamon

1 1/2 teaspoon vanilla extract

1 cup mini chocolate chips

1 quart strawberries, sliced

1 store-bought pound cake

1 container whipped topping
Put ricotta and confectioner's sugar in the food processor along with cream cheese, cinnamon, and vanilla. Process until really smooth. Stir in chocolate chips and refrigerate.

Cut cake into large cubes (to make handling easier) then cut into 1/2-inch thick slices. Layer cake, ricotta cream, whipped cream, and strawberries in a trifle bowl. You should have about three layers, depending on your bowl.

Make sure the last layer is whipped cream; decorate with strawberries. Chill in refrigerator for a couple hours before serving.

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Rockcastle County Schools FOR IMMEDIATE RELEASE

For the 2016-2017 school year, Rockcastle County Schools announces its policy for serving meals to students under the National School Lunch / School Breakfast Programs. All students will be served lunch and breakfast at no charge at the following sites:

- Brodhead Elementary School
- Mt. Vernon Elementary School
- Roundstone Elementary School
- Rockcastle County Middle School (serves Rockcastle Academy students)
- Rockcastle County High School

For additional information, please contact: Rockcastle County Schools, Attention: Jamie Lear, Food Service Director, 245 Richmond Street, Mt. Vernon, KY 40456, 606.256.2125 or jamie.lear@rockcastle.kyschools.us.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992.

Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

- (2) fax: (202) 690-7442; or

- (3) email: program.intake@usda.gov.

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

CHURCH NEWS

Let the Bible Speak

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

Alpha Recovery

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.

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Summer Singing

The 7th Annual Summer Singing will be held at Providence Church of Christ on Friday, August 12th at 7 p.m.

Leading in song will be: Chris Craig, Brodhead; Luke Haile, Nancy; Aaron McKibben, Orlando, FL; JD Shadburne, Lexington; Wayne Miller, Versailles and Josh McKibben, Somerset.

"...singing and making melody to the Lord with your heart." (Ephesians 5:19)

Gospel Singing

There will be a Gospel Singing at Lighthouse Baptist Church, 1391 Gabbardtown Road, Berea on Saturday, August 13th, beginning at 6 pm. and featuring Atoned from London.

Special Revival Services

Flat Rock Baptist Church announces special Revival Services beginning Sunday morning, August 4th through August 17th. Evening services will begin at 7 o'clock with different speakers and special singing each service.

Pastor Bro. Jack Stallworth and the congregation invite everyone to come and worship with us.

Berea Tabernacle

Special Service

Bro. Jimmy Miller from Livingston will be the guest speaker for a service Friday, August 12th at 7 p.m. at the Berea Gospel Tabernacle, 231 US 25.

Pastor Eugene Webb and congregation welcome everyone.

VBS/Back to School Bash

You are invited to our annual VBS/Back to School Bash at Crosspoint Church, 211 Industrial Park Road, Mt Vernon on Saturday, August 6th from 11 a.m. to 4 p.m. There will be lessons, crafts, puppets, a cookout, inflatables, face painting and free school supplies.

Come and enjoy the fun. For more info, or transportation, call 859-302-5454.

Philadelphia Baptist Church Events

- Open Singing at the church the last Sunday of each month. Everyone welcome.

- The church goes to the Brodhead Nursing Home the first Sunday of each month for a 10 a.m. with a 6 p.m. Sunday service at the church.

- The Praise Singers will be at Brodhead Nursing Home on Sat., August 6th at 1 p.m.

- The church will be having a yard sale in September. If you have anything to donate, leave at the church or call Myrtle Laws, Clerk 606-355-2779 or Bro. Gordon Mink 606-308-5368. Anything is appreciated.



45th Wedding Anniversary

Keith and Susan Coffey of 145 Red Foley Road, Mt. Vernon, will be celebrating their 45th wedding anniversary on Saturday, August 6th.

Keith and Susan are both lifelong residents of Rockcastle County and have been blessed with two children and six grandchildren.

We wish you many more happy years together and may God continue to bless you both!

We love you very much!

Jennifer, Julie, Eddie, Robby, Callie, Keith, Kennedy, Gentry, Emma and Ava.



McFerron - Bullock

Mike and Shana McFerron, of Crab Orchard, are pleased to announce the upcoming marriage of their daughter, MaKayla Gail McFerron, to Jeffery Dustin Bullock, son of Jeff and Sherry Bullock, of Mt. Vernon.

MaKayla is attending Somerset Community for Nursing and Dustin is attending Eastern Kentucky University pursuing a teaching career.

The marriage ceremony of MaKayla and Dustin will be at 7:30 p.m. at the home of Mike and Shana McFerron on Copper Creek Rd on Saturday, August 6th. No formal invitations are being sent. All family and friends are invited to attend.

An encouraging word:

The Way To Face Life

By Howard Coop



The day I had looked for did not have a pleasant beginning. I wanted sunshine, but it was dark and dreary outside. But there was more. I looked ahead and what I faced that day wasn't any better than the weather; it may have been worse. A difficult situation, one I felt was almost beyond my ability, faced me, and I knew that I had to act that day. In that situation, a troubling question arose in my mind: How am I going to face today and the challenge with which it confronts me?

At the moment, there just happened to be an open book on my desk. Now, I wasn't reading that book, but I glanced at it, and I was surprised. The first words I saw were, "We are confident." Then, two or three lines down the page, I saw these words, "We are always confident."

Immediately, that started me to thinking, and I thought of Helen Keller's words, "Nothing can be done without hope and confidence." Then, I remembered that Joe Paterno, the famous football coach, said, "Confidence is the key to all the locks." That, I thought, if I am to succeed, is the way for me to face today with its difficult task. With that in mind, I faced the situation before me, and my day became brighter. I did what had to be done, and with work, I overcame a difficult situation.

Confidence does not come out of "thin air," an expression that is often used. It comes from reliable trust that is rooted in something that is solid and substantial; therefore Theodore Roosevelt said, "Keep your eyes on the stars, and your feet on the ground." When so grounded, "Confidence," as Johnny Unitas, known for his football prowess, said, "means you believe you can get the job done" regardless of the difficulty.

Confidence, properly grounded, is the way to face life with its daily challenges and master them.

Upcoming Reunions

McHargue Reunion

The McHargue Reunion will be held Saturday, August 6th at Pine Hill Baptist Church with lunch served around noon.

Bring a covered dish and join families and friends.

Take Exit 59 to US 25, about 5 miles from Mt. Vernon or Livingston to Lime Plant Road.

Todd/Gatliff Reunion

The Todd/Gatliff Family Reunion will be held Sunday, August 7th at the Berry-Ramsey Park on Wildie Road. Potluck lunch will be served at 1 p.m.

Come visit with family and friends.

Kelley Reunion

The Kelley Family Reunion will be held Saturday, August 6th at the Livingston School cafeteria.

Doors will open at 11

a.m. and lunch will be served around noon.

Bring a covered dish and join us for a fun day at the school.

Falin Reunion

The Falin Reunion will be held Saturday, August 13th in the Fellowship Hall at Pine Hill Baptist Church.

Lunch will be served around noon. Bring a covered dish and join the family.

Nicely Reunion

The annual Nicely Reunion will be held Saturday, August 3th at Quail Park, beginning at 11:30 a.m.

Please come and bring a covered dish.

All family and friends are invited.

You're invited to our Member Appreciation Day

Thursday, August 11

Western Rockcastle Water Association Office, US HWY 150, Mt. Vernon 10 a.m. to 2 p.m.

- Join us for lunch
- Get your bucket and bulb
- Register for door prizes

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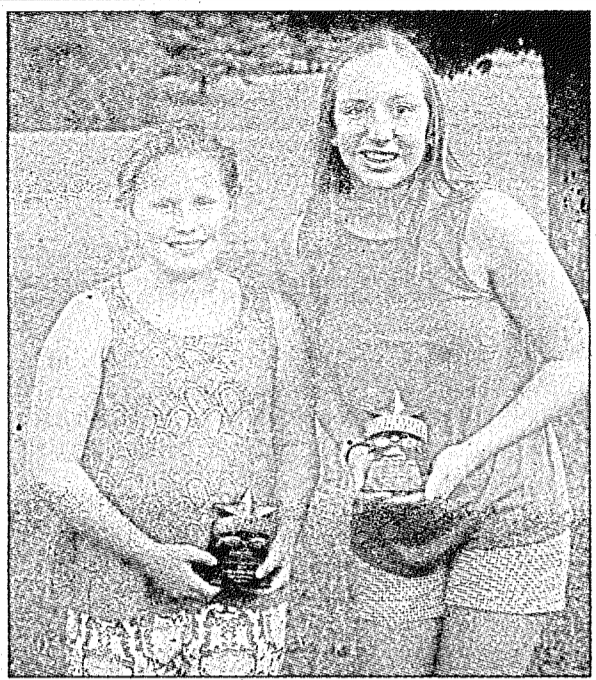
August 12th - 14th

Friday and Saturday Services at 7:30 p.m. Sunday Worship Service at 10:00 a.m.

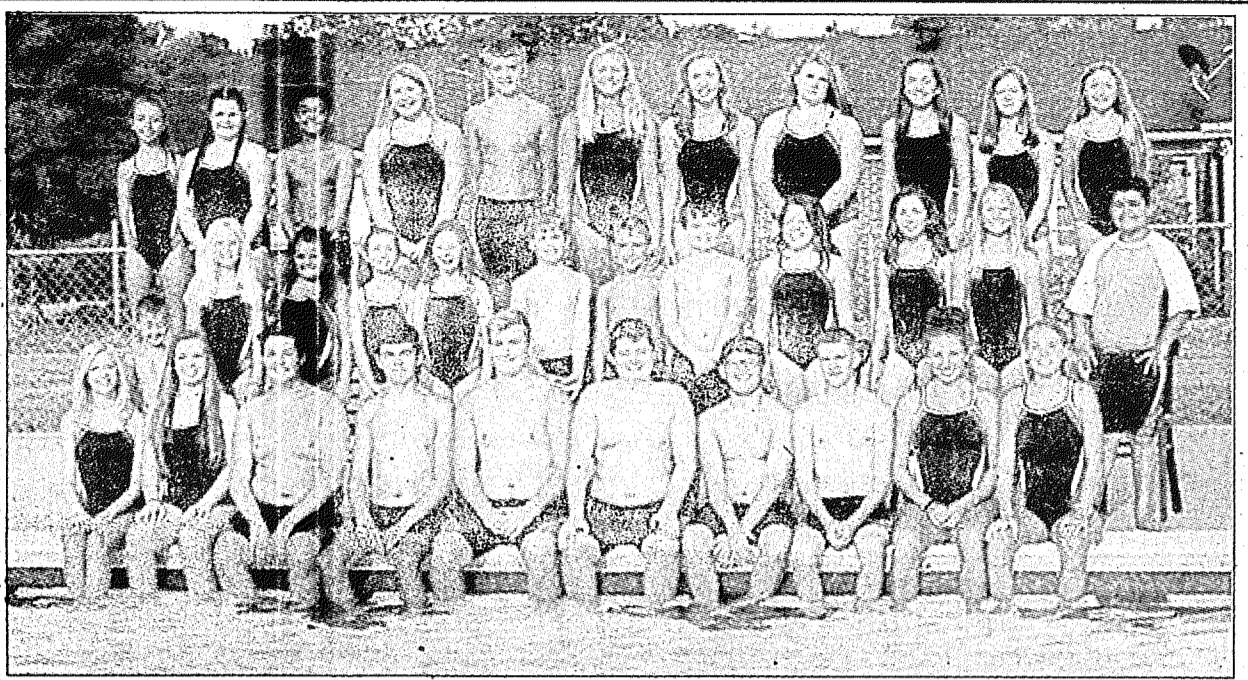
Speaker will be Evangelist Ed Daniel

Everyone invited to attend!

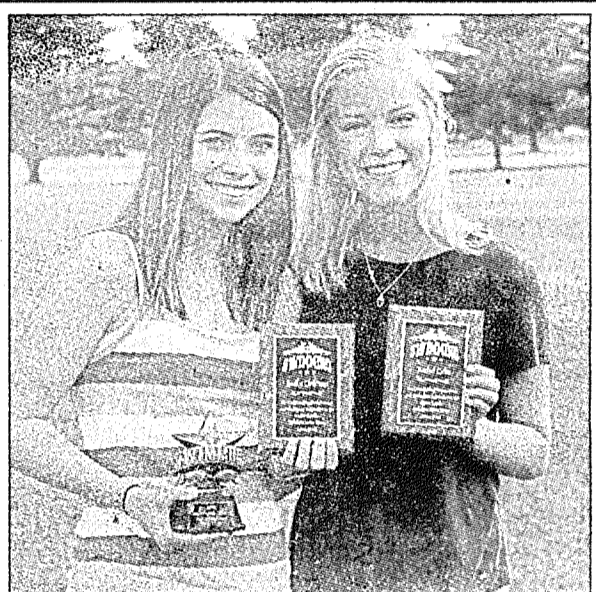
SPORTS



Isabella Whitaker and Laurel Yates were the high point winners in their respective age groups during last Saturday's Lake Cumberland Swim Association Conference held at Russell Springs.



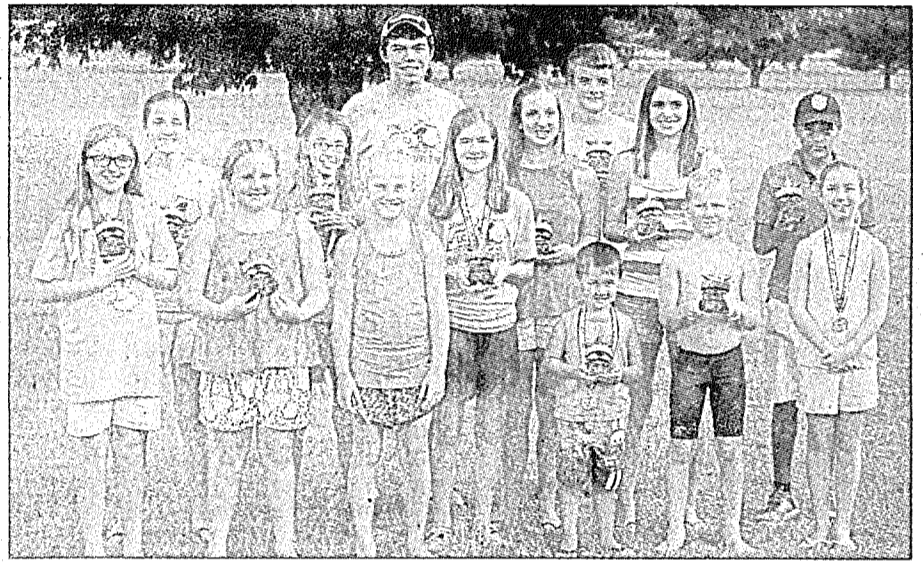
Members of this year's Cedar Rapids Dolphins Swim Team are shown above, front row from left: Rachel Cain, Jenna Rumsey, Tristan Winstead, Dawson Nicely, JD Hamilton, Garrett Hamilton, Reese Sherrow, Aidan Cain, Autumn King and Hallie Brown. Second row from left: Xavier Stallsworth, Taylor King, Katie Smithern, Olivia Hamm, Addy White, Michael Camel, Jackson Stallsworth, Colin Hamilton, Riley Sherrow, Madalyn White, Haven King and Marcos Nieto. Back row from left: Kimhari Stallsworth, Makenzie Deaton, Vashaun Alexander, Emilee Thomas, Will Bishop, Keelee King, Laurel Yates, Reagan Rumsey, Amy Cornelius, Luree Gabbard and Emma Phillips. Not pictured: Emily Childress, Noah Parkey, Rex Parkey, Aden Amburgey, Lydia Amburgey, Aubree Clark, Riley Clark, Mackenzie King, Jacob Loudermilk, Jenna Loudermilk, Conner Winstead and Sawyer Yates.



Emily Childress and Rachel Cain were recognized during last Saturday's Lake Cumberland Swim Association Conference for their final year of swimming. Both Childress and Cain have swam 14 years for the Cedar Rapids Dolphins.



Conner Winstead was the high point winner on the season for the 9-10 year old division for the Cedar Rapids Dolphins.



Awards were given out at the Cedar Rapids Dolphins' end of season banquet Sunday afternoon. Winners are shown above, front row from left: Emma Phillips, 110% Award; Isabella Whitaker, 9-10 high point; Taylor King, 7-8 high point; Luree Gabbard, 11-12 high point; Xavier Stallsworth, 6 and under high point; Sawyer Yates, 7-8 high point and Olivia Hamm. Back row from left: Amy Cornelius, spirit award; Kimhari Stallsworth, most improved girl; Dawson Nicely, 15-16 high point; Laurel Yates, 13-14 high point; Will Bishop, 11-12 high point; Emily Childress, 17-18 high point and Vashaun Alexander, most improved.

Kentucky Afield Outdoors

Fall hunting seasons approaching

Fall doesn't officially start for another two months but in one respect it's already upon us.

The 2016-17 Kentucky Hunting and Trapping Guide has shipped to license vendors across the state and can be downloaded from

the Kentucky Department of Fish and Wildlife Resources' website at fw.ky.gov.

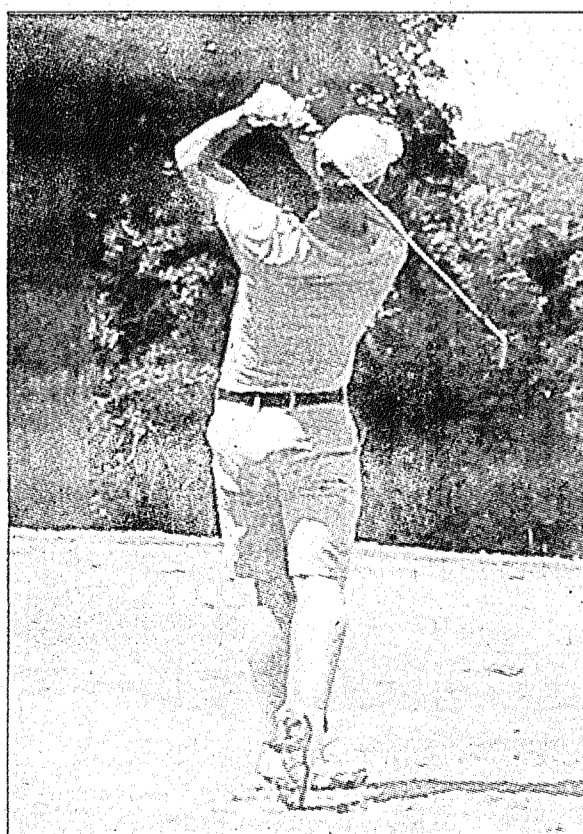
The 48-page guide lists season dates and summarizes regulations for deer, elk, bear, turkey, small game, furbearers and other

species. It also provides information about licensing and permit requirements, youth hunting, quota hunts, public lands hunting and more. Changes from last season - such as the new

(Cont. to A7)



Autumn King was the medalist during the recent Citizens Bank Lady Rockets Golf Invitational held at Cedar Rapids. King led all golfers with a score of 82. Autumn was also named to the All-Tourney Team. Pulaski County took first place team honors and Lincoln County finished second. Shown below competing for the Rockets were, from left: Mackenzie King, Alexa Bussell, Riley Clark and Autumn King.



The Rockcastle Rockets boy's golf team won the North Laurel Invitational this past Monday. The Rockets faced tough conditions but overcame the obstacles to win the tournament. The Rockets will continue play Saturday at Estill County. Pictured above from left: coach Nick Williams, Will Isaacs, Grant Isaacs, Thomas Burdette, John Cornelius, Cade Burdette, Zach Baker, and head coach Jake Woodall.

At left, John Cornelius recently finished third at the the North Laurel Invitational at Crooked Creek. Cornelius shot a 76 and continues his impressive performances from the summer.

Rockcastle Chapter DAR

Hidden Among Us - The American Revolutionary War Soldiers of Rockcastle County

This is a 143 page softbound book containing Rockcastle's American Revolution Patriots and the battles that they fought. Costs is \$20.00 plus \$4.00 for shipping and handling. 100% of the proceeds will go towards purchasing a military monument for Rockcastle's Patriots to be placed at the courthouse.



By Karen Hamm Adams

Please mail check payable to
KSDAR Rockcastle Chapter and send to:
Karen Adams
4064 Kenesaw Drive • Lexington, KY 40515
Or call (859) 273-9015



Rockets' shortstop Mahala Saylor recently played in the Kentucky East/West All-Star Tournament at Georgetown College. Saylor was voted the outstanding Junior player from regions 9-13 by her fellow players and coaches.



The Rockcastle County 6th Grade Lady Rockets defeated Northern Pulaski, South Laurel, and Clay County twice to capture the North Laurel Invitational this past weekend in London. Pictured are front from left: Kaylee Cameron, Carlee Cameron, Calliegh Burdette, Makinlee Goff, Mackenzie Lopez, Sara Forman and Karlee Smith. Back row from left: Coach Ainsley Bussell, Hayden Bullens, Abigail Owens, Kara Bullock, Keelee King, Hallie Brown, Kylee Burns, Leah Wilcox, Savanna Santo, Coach Sarah Hasty and Coach Bert King.

"Season"

(Cont. from A6)

deer zone assignments for Hardin, Webster and Marion counties - also are highlighted in the free guide.

The fall squirrel season leads off in a matter of weeks. This year, the split season opens Aug. 20 and continues through Nov. 11. It resumes Nov. 14 and runs through Feb. 28, 2017.

Squirrel hunting is a fantastic way to introduce new hunters to the sport, reconnect with woods and obtain an excellent source of protein.

A .410 or 20-gauge shotgun with a modified choke is difficult to beat early in the fall squirrel season when trees bear an abundance of foliage. A .22-caliber gun outfitted with a scope is preferred once the leaves start falling.

Good marksmanship starts with practice and public shooting ranges offer a controlled setting to safely sight-in your rifle. Rifle tube ranges are available on Curtis Gates Lloyd WMA in Grant County, Higginson Henry WMA in Union County, John A. Kleber WMA in Owen and Franklin counties, Jones-Keeney WMA in Caldwell County, Miller Welch-Central Kentucky WMA in Madison County, Otter Creek Outdoor Recreation Area in Meade County, Peabody WMA in Ohio, Hopkins and Muhlenberg counties and Taylorsville Lake WMA in Spencer, Anderson and Nelson counties.

Interactive maps of these public shooting ranges are available on the department's website through the "Wildlife Management Area & Public Lands Search" feature or by clicking the "Maps" tab on the department's homepage and selecting "Other Maps." Public shooting ranges also are available on Daniel Boone National Forest.

Licensed hunters born on or after Jan. 1, 1975, also must successfully complete a hunter education course. Hunter education courses are offered in person, online

or on a CD-ROM. Each option concludes with a live fire exercise at a range. Instructor-led courses will be in full swing from now through October and pre-registration through the department's website is required. Hunters can receive a special one-year, one-time only exemption card if they cannot complete coursework by the start of a season.

The annual statewide mast survey is part of the lead-up to the fall hunting seasons.

Many species rely on hard mast for sustenance through the fall and winter months and the mast survey determines what percentage of hickory, red oak, white oak and American beech trees are bearing hard mast across the state. Conducted by Kentucky Fish and Wildlife and agency partners, survey work will begin soon.

"The few white oaks that I've looked at in the Bluegrass Region have looked good but that's a small sample size," said Ben Robinson, assistant Wildlife Division director with Kentucky Fish and Wildlife. "That's why we do the mast survey. You might go out in your yard and have a white oak that's loaded and think it's going to be a great (mast) year, but when you pool all the trees together collectively across the state or at least region by region you start to see the value of doing multiple routes."

Last year was poor for white oak acorns, which are preferred by deer, but about average for red oak and hickory and good for beechnuts. The spotty mast crop put deer on the move in search of food and aided hunters' efforts. Deer hunters in Kentucky enjoyed a banner 2015-16 season, setting records at nearly every turn, including a new overall harvest record of more than 155,000 deer.

The archery deer season opens statewide on Sept. 3. Before then, biologists with Kentucky Fish and Wildlife will be conducting herd health assessments on three wildlife management areas and also Land Between The Lakes.

"I would expect another

fine deer season," said David Yancy, deer biologist with Kentucky Fish and Wildlife. "There's nothing that portends a letdown."

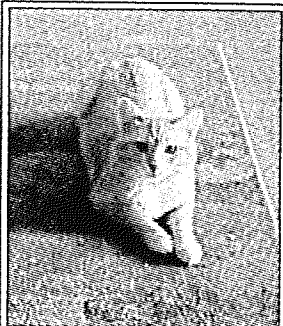
The kids are going back to school, or getting ready to soon. Days are growing shorter. Anticipation is building for the fall hunting seasons in Kentucky. They'll be here before we know it.

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

Hwy. 490 Community Yard Sale

The 3rd Annual Community Yard Sale, stretching from East Bernstadt into Livingston along Hwy. 490, will be held Thursday thru Sunday, August 4-7. Come join us for some great buys!

From London, go north on US 25, approx. 3 miles from the Kentucky State Police Post. Turn right onto Hwy. 490, cross the "overhead bridge," you have now entered the community yard sale area.



\$100 Reward

for return of one-year-old male cat. Cat is yellow with white on chest with four white paws. Lost in Sand Hill area.

Call 453-3055



Drug Tip Hotline
1-866-424-4382

Toll-free Treatment Help Line
1-866-90-UNITE



Team Fusion recently won the Bluegrass Elite Invitational Tournament. Lady Rockets Emma Bullens and Kenzi Himes are members of this championship team. Members of the team are shown above, from left: Bullens, Elizabeth Tyra, Raelon Creech, Himes, Alexis Creech, Dakota Brown, Taya Davis and Amber Creech.

ROCK HARD BLASTOFF

Friday, August 12th
7:00 - 10:00 pm
Rockets Football Field

FREE Admission
All Games \$1.00

Baby Goats
Pony Rides
Corn Hole
Tropical Ice
Silent Auction
Slip 'n Slide
Little Rocket Pageant

Face Painting
Bubble Station
Dunking Booth
Games
Fireworks
Concessions
Fun Run/Doughnut Run

MEET THE 2016 ROCKETS!

NOTICE OF PUBLIC HEARING AND SECOND READING OF ORDINANCE

The Fiscal Court of the County of Rockcastle, Kentucky, at a meeting to be held on July 26, 2016 at 205 E. Main St., Mt. Vernon, KY 40456 in the County of Rockcastle, Kentucky for the purpose of receiving public comment and to consider for passage, the following ordinance:

AN ORDINANCE APPROVING A LEASE FOR THE FINANCING OF A PROJECT; PROVIDING FOR THE PAYMENT AND SECURITY OF THE LEASE; CREATING A SINKING FUND; AND AUTHORIZING THE EXECUTION OF VARIOUS DOCUMENTS RELATED TO SUCH LEASE.

It is hereby certified that the foregoing ordinance provides for approval of a lease with Kentucky Association of Counties Leasing Trust, as administrator, and the bank, financial institution or finance corporation offering the lowest and best interest rate, as lessor for financing certain public improvements and provides a general obligation pledge to assess and levy sufficient taxes to comply with the obligations to make lease payments, establishes and maintains a sinking fund for the deposit and application of tax revenues, and makes certain designations regarding the Lease. Public comment concerning the lease will be received at this meeting

A complete copy of the ordinance may be reviewed at the office of the County of Rockcastle, Kentucky at 205 E. Main St., Mt. Vernon, KY 40456.

COUNTY OF ROCKCASTLE, KENTUCKY
By Patricia Marts
Fiscal Court Clerk

EMPLOYMENT OPPORTUNITIES

Seeking a self-motivated, multitasking individual who has a passion for music and history. Must have the ability to meet and greet folks from all walks of life and take direction from a board and implement into action. Must present yourself professionally in person and through written communication and have the ability to organize fundraising through events, donations and inside sales. Must have organizational skills to catalog and display donated or loaned items. Must have management skills to lead a small staff of paid and volunteer workers to achieve the common goal of maintaining the integrity of the Kentucky Music Hall of Fame and Museum. Weekends required.

Seeking part-time employees to greet visitors and serve as a gift shop clerk. Must be friendly, organized, possess basic computer skills and have knowledge of the Rockcastle County area. Hours vary with weekends required.

Send all resumes to the

Mt. Vernon-Rockcastle County-Tourist Commission
at info@snapp.net

Agricultural News

By: Warden Alexander, FSA Director

Kentucky Producers Reminded of Nearing Deadline to Submit Nominations for Farm Service Agency County Committees

The U.S. Department of Agriculture (USDA) Kentucky Farm Service Agency (FSA) Executive Director, John W. McCauley, today reminded farmers, ranchers and other agricultural producers that they have until Aug. 1, 2016, to nominate eligible candidates to serve on local FSA county committees.

"The August 1 deadline to submit nominations is quickly approaching," said McCauley.

"If you've been considering nominating a candidate or nominating yourself to serve on your local county committee, I encourage you to go to your county office right now to submit that nomination form. I especially encourage the nomination of beginning farmers and ranchers, as well as women and minorities. This is your opportunity to have a say in how federal programs are delivered in your county."

FSA county committees help local farmers through

their decisions on commodity price support loans, conservation programs and disaster programs, and by working closely with county executive directors.

To be eligible to hold office as a county committee member, individuals must participate or cooperate in a program administered by FSA, be eligible to vote in a county committee election and live in the local administrative area where they are running. A complete list of eligibility requirements, more information and nomination forms are available at <http://www.fsa.usda.gov/elections>.

All nominees must sign the nomination form FSA-669A. All nomination forms for the 2016 election must be postmarked or received in the local USDA Service Center by close of business on Aug. 1, 2016. Ballots will be mailed to eligible voters by Nov. 7 and are due back to the local USDA Service Centers on Dec. 5. The newly elected county committee members will take office Jan. 1, 2017.

Since 2009, USDA has worked to strengthen and support American agriculture, an industry that sup-

ports one in 11 American jobs, provides American consumers with more than 80 percent of the food we consume, ensures that Americans spend less of their paychecks at the grocery store than most people in other countries, and supports markets for home-grown renewable energy and materials. USDA has also provided \$5.6 billion in disaster relief to farmers and ranchers; expanded risk management tools with products like Whole Farm Revenue Protection; and helped farm businesses grow with \$36 billion in farm credit. The Department has engaged its resources to support a strong next generation of farmers and ranchers by improving access to land and capital; building new markets and market opportunities; and extending new conservation opportunities. USDA has developed new markets for rural-made products, including more than 2,500 biobased products through USDA's BioPreferred program; and invested \$64 billion in infrastructure and community facilities to help improve the quality of life in rural America. For more information, visit www.usda.gov/results.

Next FSA County Committee Meeting Date: August 3, 2016 8:00 A.M. at the Mt. Vernon USDA Ser-

vice Center.

Office Closure Schedule

The Mt. Vernon Service Center (FSA, NRCS and Rockcastle Co. Conservation District) offices will be closed the following dates for observance of a Federal Holiday: September 5, 2016 Labor Day.

Important program dates and Interest Rates

Farm Operating Loans-Direct = 2.250%

Farm Ownership Loans-Direct= 3.500%

Limited Resource Loans= 5.000%

Farm Ownership Loans Down Payment= 1.500%

Farm Storage Loans= 3 yr. = 1.000%, 5 yr. = 1.250%, 7 yr. = 1.500%, 10 yr. = 1.750%, 12 yr. = 1.875%

Commodity Loans= 1.625%

USDA is an equal opportunity provider, employer and lender. To file a complaint of discrimination, write: USDA, Office of the Assistant

Secretary for Civil Rights, Office of Adjudication, 1400 Independence Ave., SW, Washington, DC 20250-9410 or call (866) 632-9992 (Toll-free Customer Service), (800) 877-8339 (Local or Federal relay), (866) 377-8642 (Relay voice users).

Three local youth participate in 4-H Communications Day

Three youth from Rockcastle County earned the right to participate in the 2016 State 4-H Communications Day held Saturday, July 09, 2016 at the University of Kentucky campus.

Each youth won at the county and area level before they could participate at the state level; the highest level of competition.

Nine year old Emily Thacker from Roundstone Elementary School won a Blue Ribbon. Ten year old Reagan Rumsey from Mt. Vernon Elementary School won a Red Ribbon, and 12

year old Silas Durham, also from Mt. Vernon Elementary School, won a Blue Ribbon.

Congratulations to each participant on a job well done.



Emily Thacker presented her speech on "Brothers and Sisters"



Silas Durham presented his speech on "My Sister".



Reagan Rumsey presented her speech on "Racing: A Family Tradition".

"Award"

(Continued from front)

want to give tickets. It's about helping people understand the proper way to restrain their child in a car seat," he said.

Richardson often pulls over a vehicle with an improperly restrained child. But rather than give them a ticket, he explains and demonstrates how the child should be restrained.

"I would much rather educate people. Most new parents never have anyone show them the proper way to mount a car seat. I am happy to help with that and show them the proper methods," he said.

Richardson is willing to go one step further. Anyone who would like to learn the proper technique for installing a car seat or buckling your child into one, may contact Livingston City Hall and schedule an appointment. Richardson said he will educate anyone interested in knowing the best methods of child restraint.

Also, Richardson is holding another drawing for a Yeti Cooler to be given away during the Livingston Homecoming festivities.

The giveaway is part of an effort to purchase a 4X4 patrol vehicle for the Livingston Police Department.

Tickets for the drawing

are \$5 each or \$8 for two or \$20 for six.

Anyone interested in buying a ticket or donating may

contact City Hall in Livingston or mail to P.O. Box 654, Livingston, Kentucky 40445.



Speakers discuss Livingston Trail Town Program

Lynn Tatum, Director of the Rockcastle County Development Board and Livingston Mayor Jason Medley gave a presentation at the Estill Rising - Taking it to the Streets event on July 29, 2016. The day session included a discussion of how Livingston became a Trail Town and the afternoon session covered the challenges and benefits of operating as a Trail Town.

Estill County is presently going through the application process and hope to have their trial run in September. Mayor Medley and Lynn shared with members of their Trail Town committee the many experiences they have had from the start of the application process through three years as a designated Kentucky Trail Town.

The day event was hosted by the Estill Development Alliance and was funded by an ARC (Appalachia Region Commission) Grant. A large portion of the proceeds from the speaking event was donated to the City of Livingston for upcoming Trail Town projects.

Visit KHEAA at the State Fair August 18-28

Kentuckians attending the state fair in Louisville Aug. 18-28 may pick up free student financial aid information at the College Info Road Show booth in

the South Wing of the Kentucky Exposition Center. The College Info Road Show is a mobile classroom sponsored by the Kentucky Higher Education Assis-

tance Authority (KHEAA).

At the fair, students and parents can find free college planning and financial aid materials and resources, including information about the new Oct. 1 opening date for the Free Application for Federal Student Aid (FAFSA). They can also register to win a \$1,000 college savings account. KHEAA outreach staff will be on hand to answer questions from students, parents, school counselors and other college access providers.

Visitors to KHEAA's booth will find helpful free guides such as "The College Circuit," "Surviving College," "Getting In" and "Adults Returning to School." Students and families can also learn how to request a free copy of "Getting the Facts," a personalized report that helps students estimate how much financial aid they may receive at the schools they want to attend.

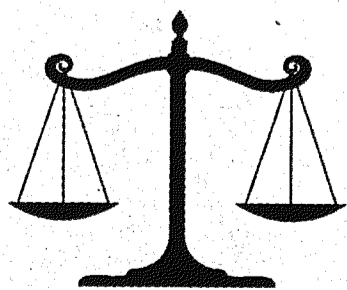
KHEAA is the state agency that administers the Kentucky Educational Excellence Scholarship (KEES), need-based grants and other programs to help students pay their higher education expenses.

For more information about Kentucky scholarships and grants, visit www.kheaa.com; write KHEAA, P.O. Box 798, Frankfort, KY 40602; or call 800-928-8926, ext. 6-7214.

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Bobby L. Amburgey, Attorney
Jeremy B. Rowe, Attorney

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RCHS Freshmen Orientation

August 9th
8:00-10:00

Please call 256-4816 for more information



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Yellow with gray interior, all power, automatic, 6,600 miles, still under warranty, has had paint work, excellent condition. \$22,500
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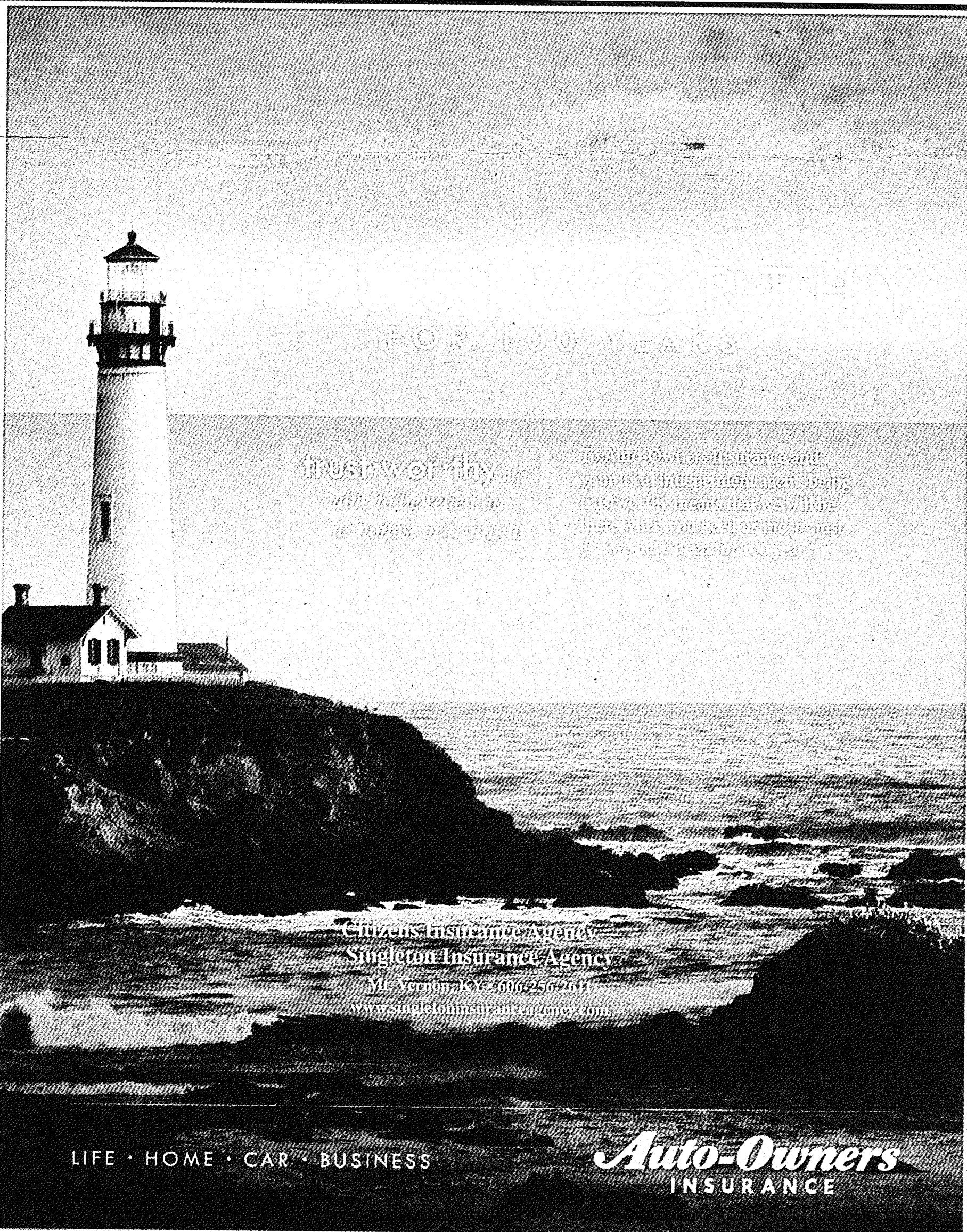
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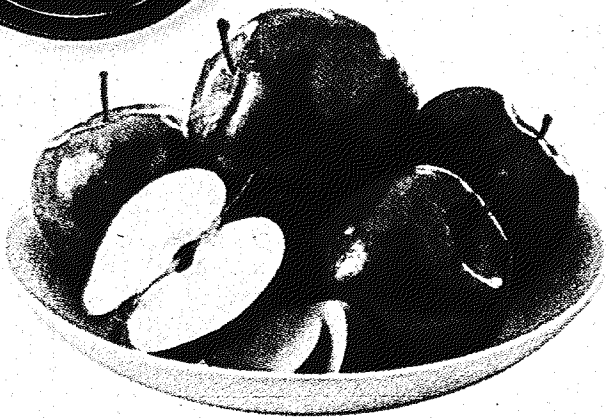
Kids Day!

August 5th, 2016 at 

1 Day Only
August 5th, 2016
Sale!

You've heard of Kids/Parents Day at school. Well IGA is having Kids Day at work. On this day our employees will bring their kids to work with them.

Weather permitting the grill will be fired up and cooking!
Burgers 2/\$3 and Hotdogs 2/\$1



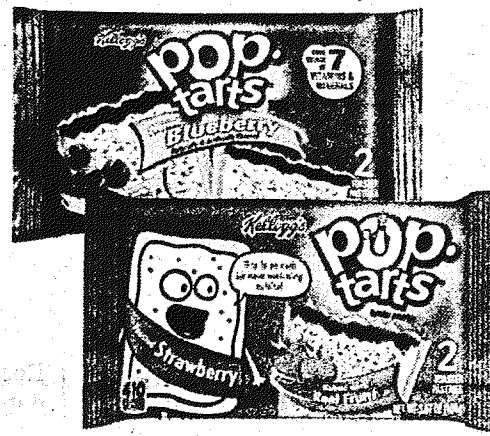
Red Delicious Apples
2/\$1



Bananas
49¢ lb.



IGA Twin Pops
Assorted Varieties • 12 ct.
\$1.99



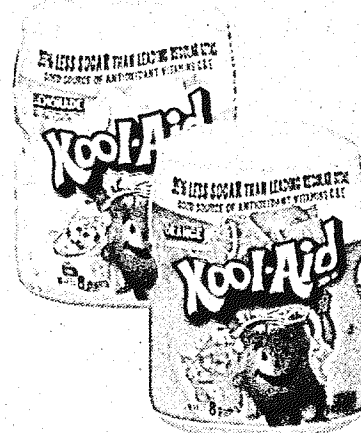
Kellogg's Pop Tarts
2 pk 3.67 oz.
2/\$1



Capri Sun
Assorted Varieties • 10 pk. 6 oz.
\$2.99



Slush Puppie
Strawberry, Blue Raspberry or Cherry • 8 oz.
10 for \$10
BUY 1, BUY 10 ONLY \$1 EACH!



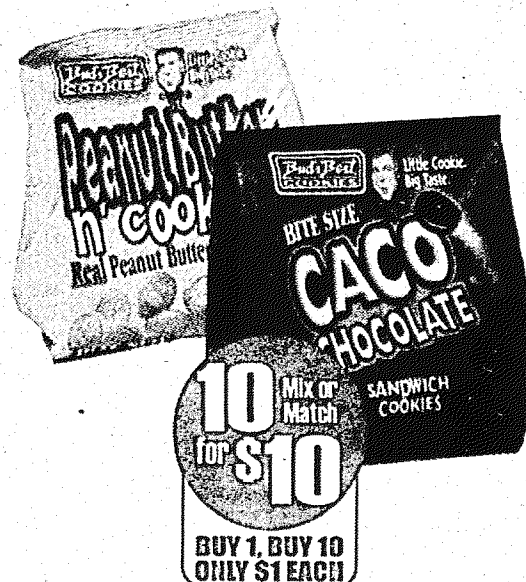
Kool-Aid Drink Mix
Makes 8 qt.
4/\$5



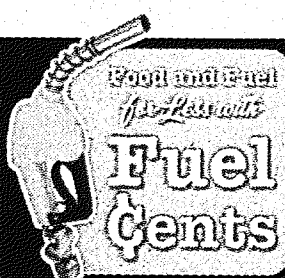
Cousin Willie's Pop Corn
3 pk. 2/\$3.00
2/\$3



Raisinets, Goobers or Junior Mints
3.5 oz.
10 for \$10
BUY 1, BUY 10 ONLY \$1 EACH!



Bud's Best Cookies
Assorted Varieties • 6 oz. pk.
10 for \$10
BUY 1, BUY 10 ONLY \$1 EACH!



305 West HWY 150 • Mt. Vernon, KY 40456 • 606-256-2514
Sunday - Saturday 7:00 am - 9:00 pm
FUEL CENTER: Monday - Saturday 8:00 am - 8:00 pm • 9:00 am - 8:00 pm

Mount Vernon Signal

Second Section

Thursday, August 4, 2016

New business offers great deals and some surprises

By: Mike French
If you are looking for a deal and some surprises at the same time, Mount Vernon's newest business is

the place for you. The newest business in town is called the Mount Vernon Liquidators and is located on the corner of

Richmond Street and 150. Customers purchase an entire pallet of items, ranging from appliances to tools and household items. "We have a very large variety of items," said owner Bud Cottengim. "If there is something you are looking for, we probably have a pallet of them."

The surprise comes because some of the items are in boxes or buried inside the stacks of items around the outside and the buyer only discovers what it is once they get the pallet home.

"It gives people some good surprises sometimes to get home and find an item they didn't know was there," said Cottengim.

Cottengim and his fiancée Linda Rader, can be found at the store Monday,

Tuesday, Friday and Saturday from 10 a.m. to 6 p.m.

Cottengim is a native of Rockcastle County and is proud to be operating the new business in his hometown. "It feels good to be doing business here at home. People just come by to say hello from time to time," he said.

The items on the pallets come from all across the country and are items that large department stores are cleaning off their shelves, according to Cottengim.

Many of the customers own a booth at a flea market, "We are able to get such good deals, that people can purchase a pallet from us, mark up the price substantially, and still be way under the price it was in the store," he said. This is per-

fect for flea market operators but Cottengim said the business has many local customers who are just looking for good deals.

Glen Chesnut, owns liquidator stores in London and Somerset and is a partner in the Mount Vernon store as well. "Glen had a lot of customers coming from Mount Vernon to his other stores. "So this just makes it easier for all the local people to find these items," said Cottengim.

The business has been open for a little over two weeks now and business has been growing already.

Local shoppers may also call to get an idea of what's for sale since the items change regularly. "Many people call and ask if we have a pallet of appliances

and some ask if we have a pallet of tools. It's handy for everyone," said Cottengim.

County Judge/Executive Doug Bishop said the county is proud to have the new business as well. "This just shows that we are attracting new businesses to our county and keeps local dollars here at home," he said. "This is a really good thing for our community and I think they are going to do very well."

The business may be reached at (606) 256-0202 or on their Facebook page which is simply called "Mount Vernon Liquidators."

Cottengim offers a special thank you to Shannon Franklin, Doug Bishop and all his customers for helping make the store possible.

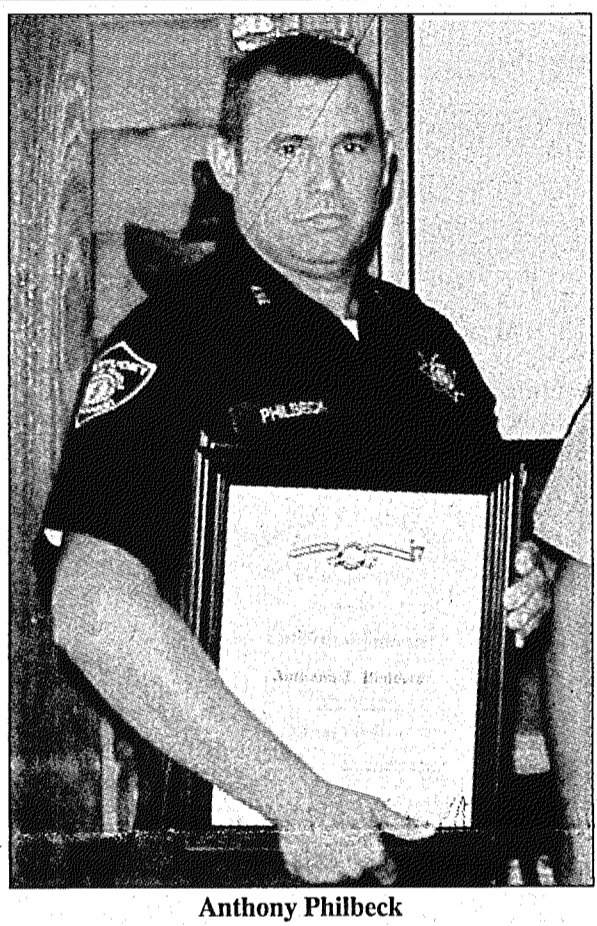
Local resident retires from KSP Vehicle Enforcement

The Vehicle Enforcement Division of the Kentucky State Police is pleased to announce the retirement of a local resident after 27 years of service. Mr. Anthony Philbeck, of Mount Vernon, is a Commercial Vehicle Enforcement Inspector II and is retiring after 27 years of service with the agency.

During his career, Philbeck received a drug interdiction award for a major drug seizure and worked in a specialized position in the compliance review section of the agency.

Philbeck had a direct impact on highway safety where he maintained high levels of activity resulting in unsafe commercial vehicles and drivers being taken off Kentucky roadways.

A graduate of Rockcastle County High School, Philbeck is the son of Thomas, Jr. and Debbie Philbeck and the late Louise Philbeck all of Mount Vernon.



Anthony Philbeck



Rockcastle County Judge/Executive Doug Bishop (left) helped cut the ribbon at the new Mount Vernon Liquidators on the corner of Richmond Street and Hwy. 25. The new business is owned by Bud Cottengim and his fiancée Linda Rader and Glen Chesnut. Customers may purchase full pallets of goods for one price at a greatly reduced rate. The items are taken from department store clean-out shelves.



We're setting the standard for high-quality care.

At Lifeline Rockcastle Home Health, we're proud to have received the 5-Star Rating in Patient Satisfaction and Quality of Patient Care from the Centers for Medicare and Medicaid Services.

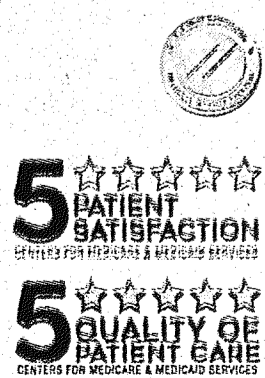
What does this independent assessment mean for our patients? Our agency ranks among the nation's best in patient experience of care measures:

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- Provided overall care ranked 9/10 or 10/10 in patient survey
- Patients reported they would definitely recommend our service to family and friends

This is a comprehensive assessment of care, and we are honored to achieve this distinction. Our agency also offers skilled nursing services, physical therapy and speech therapy.

To learn more about home health services, please call us at 606.256.1808.

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News from the Rockcastle Courthouse



Circuit Civil Suits

Joseph Graybeal, et al v. William Clarence Hornsby, et al, complaint.

James A. Worley v. Lawrence C. Burdette, et al, complaint.

Vanessa L. King v. Christopher D. Sears, complaint for child support and medical support.

Jackson Co. Bank v. The Estate of David Lakes, et al, \$19,435.50 plus claimed due.

U.S. Bank Trust v. Ralph Mullins, et al, \$76,029.54 plus claimed due.

Cody R. Miracle v. Terry S. Newman, petition for dissolution of marriage.

Christopher Michael Wright v. Candi Leann Wright, petition for dissolution of marriage.

Janet Sue Davis, et al v. Renfro Valley LLC, complaint.

Franklin Dwayne Bland, Jr. v. Rachel Anne Cromer, petition for dissolution of marriage.

Lucas Allen McCauley v. Ashley Belinda McCauley, petition for dissolution of marriage.

Independent Capital Holdings LLC v. Gary Fleming, et al, \$413.08 plus claimed due.

Ashley N. Winkler v. James T. Winkler, complaint for child support and medical support. CI-00215

Marriage Licenses

Gina Michele Bolster, 42, Lexington, disabled to Douglas Lee Spurlock, 46, Lexington, Rogers Windows. 7/23/16

Nicole Ann Derr, 44, Brodhead, RN to Jeffrey W. Helton, 42, Brodhead, truck driver. 7/25/16

Jessica Ann Albright, 23, Mt. Vernon, self-employed to John Derek Lawson, 23, Mt. Vernon, insurance agent. 8/1/16

Deeds Recorded

Leonard and Virginia Desjardins, property on waters of Bee Lick Creek, to Virginia Desjardins, Trustee of the Virginia Desjardins Land Trust. Tax \$37

Joseph L. Osolnik and David Dale Osolnik, Trust-

ees, property on waters of Silver and Little Clear Creek, to Joseph L. Osolnik. Tax \$45

Karen Fay and Lester Harold Bullock and Karla Kay Bullock, property near KY 1250, to Karla Kay Bullock. No tax

KMHFM, Inc., property in Renfro Valley, to Mt. Vernon-Rockcastle County Tourist Commission. No tax

Russel C. Jones, property in Rockcastle County, to D. Newel Jones. No tax

Larry D. and Linda L. Carter, property in Rockcastle County, to Faris Properties, LLC. Tax \$12

Cecil Gregory and Angela Dawn Thacker, property on Hwy. 1617, to Thacker Holdings LLC. No tax

Cecil Gregory and Angela Dawn Thacker, property on Scaffold Cane Road, to Thacker Holdings LLC. No tax

Clara June Moberly and Paul Carpenter, et al, property on US 25, to Gary and Darla Moore. Tax \$82

Carolyn and Bobby Barron, property on Negro Town County Road, to Bobby Barron. Tax \$10

Melanie and John Greganti and Lawrence C. and Tamela Burdette, property in Rockcastle County, to Melanie Greganti. No tax

Melanie and John Greganti and Lawrence C. and Tamela Burdette, property in Rockcastle County, to Lawrence C. Burdette. No tax

Lindsey Carpenter, property in Rockcastle County, to Charles Carpenter. No tax

Robert E. and Julie Phillips, Grace Bowling Property, to Charles Carpenter. Tax \$34

Tommy and Luja Faye Jones, Tract 8 James Bradley Farm, to Misty and Warren Whitaker. No tax

Keith Goff, property in Rockcastle County, to Larry Goff. Tax \$25

Farmer and Resch Developments LLC, property in Happy Acres Subdv., to Jeffrey L. and Tonya R. Draper. Tax \$162.50

Vivian Renner, property on waters of Buffalo Creek, to Timothy Renner. No tax

Todd and Christi Clark, property on US 25 to James B. and Josie D. King. Tax \$25

Darryl T. and Kathy J. Garner, property on KY 1004, to Eli and Clara Powell. Tax \$10

Cedar Tree Enterprises LLC, property on US 25 to SBS America Truck Plaza, Inc. \$11,500 tax

Matthew Nicely, property on Clyde Barnett Road, to James and Gail Goins. Tax \$20

District Civil Suits

Valley View apts. vs. Capper Marie Casper, forcible detainer complaint.

Valley View Apts. vs. Courtney Caldwell, forcible detainer complaint.

Heights Finance Co. P&L vs. Amanda Kerns, \$1,365.27 claimed due.

Midland Funding LLC vs. Rebecca England, \$1,591.67 plus claimed due.

Midland Funding LLC vs. Daniel Hayes, \$725.46 plus claimed due.

Citizens Bancshares v. Jessie Foley, \$4,557.89 plus claimed due. C-00115

District Court

July 25-27, 2016
Hon. Kathryn G. Wood
Christopher S. Mills: failure to produce insurance card, \$50 fine plus costs.

Charles Franklin Walton, Jr: public intoxication, \$10 fine plus costs.

William K. Ballard: drug paraphernalia - buy/possess, \$10 fine plus costs.

Nicholas S. Cook: promoting contraband, 30 days in jail.

Takina Cottrell: assault, 30 days in jail.

Justin Cummins: falsely reporting an accident, violation of Kentucky EPO/DVO, 180 days/probated 24 months on condition (each count); costs merged.

Walter Andrew Hembree: drug paraphernalia, \$100 fine plus costs; driving DUI suspended license, 30 days/probated 24 months on condition; public intoxication, \$100 fine.

Kayla A. Johnson: criminal trespassing, \$25 fine plus costs.

Archie W. Marcum: registered sex offender residence restrictions, bench warrant (bw) issued for failure to appear (fta).

Michael Santo: drug paraphernalia - buy/possess, license to be in possession, 30 days/probated 24 months on condition (each count), costs merged.

David Anglin: operating vehicle with expired operators license, \$100 fine plus costs.

John Franklin Blair: fines/fees due (\$575), bw issued for fta/12 days in jail or full payment.

Sabrina K. Bowles: no/expired registration plates, \$25 fine plus costs.

Henry A. Chapman: fines/fees due (\$213), bw issued for fta/5 days in jail or full payment; disorderly conduct, failure to notify address change to Dept. of Transp., bw issued for fta.

Billy R. Cotton: operating on suspended/revoked operators license, \$100 fine plus costs.

Amy L. Cromer: fines/fees due (\$250), bw issued for fta/5 days in jail or full payment.

James William Fields: theft by unlawful taking, bw issued for fta.

Carolyn Jean Foley: failure to produce insurance card, \$50 fine plus costs.

Jeffrey S. Gross: operating on suspended/revoked operators license, rear license not illuminated, bw issued for fta/license suspended.

Kevin G. Halcomb: operating on suspended/revoked operators license, failure to produce insurance card, bw issued for fta/license suspended.

Jacob Jasper: no/expired registration plates, \$25 fine plus costs.

Onia C. Jones: Failure of owner to maintain required insurance/security, \$500 fine/suspend \$450 plus costs.

James R. Lindsey: fines/fees due (\$743), bw issued for fta/15 days in jail or full payment.

Gerilyn Mahaffey: public intoxication, \$100 fine plus costs.

Charles J. Matthews: operating on suspended/revoked operators license, \$100 fine plus costs.

Martha A. McKinney: failure of non-owner operator to maintain req. insurance, \$500 fine plus costs.

Roger D. Miller: no/expired registration plates, \$25 fine plus costs.

Christina M. Mitchell: disorderly conduct, \$100 fine plus costs.

Ronald G. Moore: possession of marijuana, \$100 fine plus costs.

Dylan W. Nicely: operating on suspended/revoked operators license, \$100 fine plus costs.

Brittany Pittman: theft by unlawful taking, \$250 fine plus costs/\$200 suspended on condition; possession controlled substance, 180 days/probated 12 months on condition.

Katlynn Polly: public intoxication, \$100 fine plus costs/ fine suspended on condition; criminal trespassing, \$25 fine; public intoxication, \$10 fine/costs merged.

Thomas Poynter, Jr: driving on DUI suspended license, bw issued for fta/license suspended.

Cody M. Ramsey: fines/fees due (\$55), bw issued for fta/1 days in jail or full payment.

Michael D. Richmond: fines/fees due (\$165), bw issued for fta/4 days in jail or full payment.

Kevin Rodriguez: fines/fees due (\$165), bw issued for fta/4 days in jail or full payment.

Virginia L. Slusher: fines/fees due (\$125), bw issued for fta/3 days in jail or full payment.

Robert Lee Vaughn: speeding, operating on suspended/revoked operators license, failure to notify address change to Dept. of Transp., bw issued for fta.

Shawn A. Walker: alcohol intoxication, \$50 fine plus costs.

Bradley Thomas Wesley: burglary, criminal mischief, receiving stolen property, bw issued for fta.

Cash Fugate: failure to wear seat belts, paid.

Alisha Lynn Henson: speeding, booster seat violations, failure to produce insurance card, license suspended for fta.

Wanda R. Holcomb: defective equipment, \$25 fine/suspended plus costs.

Speeding: Jonathan D. Horn, Garrett Lemaster, David M. Sowder, Jessamine M. Ashford, Mihir Barot, license suspended for fta; Misty Y. Payne, paid;

Billy Mason: failure to wear seat belts, license suspended for fta.

Surinder S. Natt: failure to wear seat belts, license suspended for fta.

Daniel W. Stevens: failure to wear seat belts, paid.

Robert William Abney: alcohol intoxication, \$50 fine plus costs.

George A. Balint: operating motor vehicle under influence of alcohol/drugs, \$200 fine plus costs, \$375 service fee, 30 days operator license suspension plus ADE.

Jerry D. Barron: public intoxication, 4 days/concurrent.

Christopher Black: speeding, failure to wear seat belts, license to be in possession, bw issued for fta/license suspended.

Amy L. Brown: failure of owner to maintain required insurance/security, \$500 fine/suspended on condition plus costs.

Jessica R. Brown: no/expired registration plates -

(Continued on B3)

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Mosquito protection: Is DEET the best? What about the rest

Family and Consumer Sciences

Hazel Jackson

Rockcastle County Extension Office



Zika has been in the news. You probably know all about the epidemic, and the effects on the fetus. Women who are pregnant or are considering pregnancy have been warned not to travel to certain areas.

Patients are wondering how to best protect themselves in areas of the United States likely to be affected by the Zika virus. Some of the patients are worried about side effects and toxicity of mosquito repellents.

What is effective, and can any of these chemicals be harmful to people—especially children and pregnant women? The University of Kentucky decided to take a look to help answer those questions. Here is what they found.

The Centers for Disease Control and Prevention (CDC) has advised everyone, especially in Southern states, to protect themselves from mosquito bites by using insect repellents and also wearing protective clothing.

The repellents should include one of four active ingredients:

DEET; Picaridin; Oil of lemon eucalyptus (active agent, PMD); or IR3535.

Here are some facts you should know about each of these products:

DEET. DEET (N,N-diethyl-m-toluamide) was developed in 1946 for use by the US military. It went to market in 1957 as an insect repellent. It is sold under many brand names, including Sawyer, Repel, and Cutter, and is dispensed in many formulations, including creams, aerosols, pump sprays, and even wristbands. Concentrations of DEET in these products range from 5% to more than 30%. Concerns about DEET causing seizures, and other neurologically based symptoms has prompted many patients to ask about alternative products, with an interest in natural repellent products.

Although DEET has been associated with skin irritation, especially with high concentrations, the neurologic effects, such as headaches and seizures, are very rare and have been associated mostly with misuse of the product involving ingestion or chronic use. The CDC, as well as the American Academy of Pediatrics,

deems DEET safe, even for babies older than 2 months.

What about the pregnant patient? Unfortunately, few recent studies have assessed the penetration of DEET into the placenta. One larger study [1] done in Thailand, in 897 pregnant women in their second or third trimesters who used insect repellent with DEET, found that it crossed the placenta in only 8% of users, with no observed adverse effects on the fetus or child after birth. It is felt to be safe enough for pregnant women to use in their second and third trimester.

Picaridin. Another mosquito repellent recommended by the CDC is picaridin. Picaridin is a derivative of piperidine and was first sold in Europe several decades ago. Picaridin is less irritating to the skin, and the smell is not as powerful as DEET.

Oil of lemon eucalyptus. CDC also recommends products containing oil of lemon eucalyptus, with the active ingredient called PMD (parmenthane-3,8-diol). This product is effective at 30% concentration, with some studies showing protection lasting 4-6 hours. However, PMD can only be used in persons older than 3 years. Pure oil of lemon eucalyptus is an essential oil and not formulated as a repellent. This product has not undergone validated testing for safety and efficacy, and is not registered with Environmental Protection Agency (EPA) as an insect repellent. Everyone should stick with the repellent formulation found in most stores. IR3535. The final product recommended by the CDC is IR3535, marketed in several formulations. At a 20% concentration, IR3535 also offers good protection for 7-10 hours against the Aedes mosquito.

Safer Alternatives? Some patients will ask about mosquito repellents that are safe to use during pregnancy. Unfortunately, none of the non-DEET products (picaridin, PMD, and IR3535) have yet been studied in pregnancy and should not be used by pregnant women.

What about natural oils and devices? Many patients

are asking doctors about herbal remedies. The bad news here is that they just do not work, or their repellent effects do not last as long as you need them to. Repellent-impregnated wristbands have not been shown to be effective, either.

Earlier this year, Consumer Reports published testing results for repellents using the CDC-recommended products, as well as a variety of natural plant oils, including cedar, citronella, geraniol, lemon-grass, and rosemary. They found that the natural products were simply ineffective.

Other key findings of the Consumer Reports testing: Products containing 20% picaridin were effective for 8 hours. Products containing 25% DEET were also effective for 8 hours. Products containing 30% of the active ingredient of oil of lemon eucalyptus were effective for about 7 hours. Products containing natural plant oils were determined to be ineffective, with efficacy lasting < 1 hour or failing immediately.

Another interesting note: The plant-based products are exempt from EPA regulations, and therefore, are not even evaluated for safety.

How should we assess what is the best protection from mosquitoes? Here it is, in a nutshell: It is not all about insect repellents. Prevention is a two-pronged approach.

First, avoid mosquitos—and to do that, wear long-sleeved clothing, and pants that cover the legs. Avoiding areas where Zika is spreading is especially important for pregnant women, and women who may become pregnant.

Another option to avoid bites is to wear permethrin-treated clothing. Permethrin is the synthetic compound that is toxic to the nervous system of insects, but has low toxicity in humans. It is available as a spray and can maintain potency for a few weeks, even after some washings of the clothing. You can even buy pretreated clothing, which might be easier for some people. Permethrin-coated clothing in high-risk areas is important, as are mosquito nets.

Second, for areas of the skin that are exposed, use insect repellents. DEET seems to be the most effective and [is] safe enough for

pregnant women in their second and third trimester. It is also one of the few products that has some research to support safety in these women—but remember, it should not be used in the first trimester. The optimal concentration seems to be 25% for protection lasting 7-8 hours. If a patient wants to use a lower concentration, it should be applied more often, because it will not last as long.

Picaridin at a 20% concentration, or PMD eucalyptus oil at 30%, are also effective. The big takeaway here is that picaridin should not be applied to children under age 2 years, and PMD should not be applied to children under age 3 years. None of these non-DEET products can be used by pregnant or lactating women, and data on their use in children are lacking.

Natural oils in plant-based products have not found to be effective, and they are often not EPA registered [and] so have not been evaluated for safety. Make sure your patient chooses an EPA-registered product as recommended by the CDC.

Lastly, it is important that you not to use those combination sunscreen-repellent products. Sunscreen needs to be reapplied frequently. Reapplying repellents with that sunscreen in high concentrations can be a safety concern.

Remind your patients that prevention of mosquito bites in the first place is the best way to stop Zika as of now. Covering yourself up properly with clothing and repellent will go a long way toward doing that.

"Court"

(Cont. from B2)

receipt, failure to produce insurance card, bw issued for fta.

Stephanie K. Chapman: public intoxication, poss. cont. substance, drug paraphernalia - buy/possess, giving officer false name or address, probation violation, bw issued for fta.

Roy K Cope: drug paraphernalia, 30 days w/credit for 30 days served/costs merged.

James R. Daniels: license to be in possession, \$50 fine plus costs.

Jeffrey D. Ellison: careless driving, \$100 fine plus costs; failure of owner to maintain required insur-

ance/security, 4500 fine/costs merged.

Joe E. Estep: operating on suspended/revoked operators license, failure to surrender revoked operators license, failure to wear seat belts, too many passengers in vehicle, bw issued for fta.

Regina L Fryer: no/expired Kentucky registration receipt, no/expired registration plates, failure of non-owner operator to maintain req. insurance, failure to produce insurance card, failure to register transfer of motor vehicle, bw issued for fta.

Matthew S. Gadd: no/expired Kentucky registration receipt, reg. and title requirements veh. not oper. on hwy., failure of non-owner operator to maintain req. insurance, failure to wear seat belts, operating on suspended/revoked operators license, operating motor vehicle under influence of alcohol/drugs, drug paraphernalia-advertisement, poss. controlled substance, public intoxication controlled substance, bw issued for fta.

Gunner Walker Graham: speeding and careless driving, bw issued for fta/license suspended.

Carrie L. Hancock: license plate not legible, failure of owner to maintain req. insurance/security, failure to produce insurance card, failure to register transfer of motor vehicle, no/expired registration plates - receipt, bw issued for fta/license suspended.

Dakota Haste: no operators/moped license, failure of non-owner operator to maintain req. insurance, failure to produce insurance card, probation violation, bw issued for fta/license suspended.

Dana Hasty: hindering prosecution or apprehension, 30 days/concurrent w/credit for any days served/costs merged.

Jackie J. Isaacs: operating on suspended/revoked operators license, failure of owner to maintain required insurance/security, failure to produce insurance card, license to be in possession, failure to notify address change to Dept. of Transp., bw issued for fta/license suspended.

Elizabeth Kramer: public intoxication controlled substance, bw issued for fta.

Shyann L Morgan: operating on suspended/revoked operators license, bw issued for fta/license suspended.

Bryan K. Mullins: failure to produce insurance card, failure of owner to maintain required insurance/security,

bw issued for fta/license suspended.

James C. Payne: failure of owner to maintain required insurance/security, \$500 fine plus costs.

Jose R. Perez: license to be in possession, \$100 fine plus costs.

Jameelah Saeeda Richardson: speeding, careless driving, operating on suspended/revoked operators license, endangering the welfare of a minor (two counts), failure to use child restraint device in vehicle, bw issued for fta/license suspended.

Lucio Sanchez: failure to wear seat belts, no operators/moped license, license suspended for fta.

Ashley Shafer: operating vehicle w/expired operators license, \$50 fine plus costs.

Katherine I. Slaven: operating motor vehicle under influence of alcohol/drugs, \$200 fine plus costs, \$375 service fee, 30 days operator license suspension, ADE approved.

Robert C. Smith: possession controlled substance (two counts), public intoxication, controlled substance prescription not in original container, tampering w/physical evidence, bw issued for fta.

Gregory W. Southard: no/expired registration plates - receipt, failure to surrender revoked operators license, display/possession of cancelled/fictitious operator, operating on suspended/revoked operators license, bw issued for fta.

Natasha L. Spires: public intoxication, \$100 fine plus costs.

Andrew W. Thomas: operating on suspended/revoked operators license, \$100 fine and costs.

Dalton Bowling: failure to wear seat belts, license suspended for fta.

Amanda Peters: theft by unlawful taking, bw issued for fta.

Jeffrey A. Poole: disorderly conduct, 30 days plus merged costs.

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 Luke Haile (Nancy, KY) Wayde Miller (Versailles, KY)
 Aaron McKibben (Orlando, FL) Josh McKibben (Somerset, KY)

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Bus Routes Mt. Vernon

DRIVER	BUS NUMBER	ROUTES
W. French	0503	Carter Drive Old Brodhead Rd. Rose Hill Rd. Menefee Hill Rd. West Main St. from Fairground Hill to Hwy. 461
B. French	1703	Hummell Rd. to Buckeye Lake Linville Rd. to VFW Post Hidden Valley Rd. Horse Shoe Bend Rd. Sally J Rd. Old Rocky Rd.
L. Alcorn	1501	Sowder School Rd. Carter Ridge Rd. Valley View Apts. South Wilderness Rd from Old Dixie hwy. to Chestnut Ridge Rd. Indian Lane West Main Street (East of Williams St.) Jerri Lane
B. Dees	0901	Hwy. 1329/Lower River Rd. Sand Hill Rd. Calloway Branch
R. McKinney	1603	Chestnut Ridge Rd. U.S. 25/South Wilderness Rd. from "old dumpster site" to Shell Station at Burr McGuire Subdivision (AM & PM)
J. Medley	1604	Ember Rd. Piney Branch Rd. Jep Hill Rd. Martin Ridge Rd. 1004 from Salt Peter Cave to Hwy 1955
D. Asher	1704	Sowder School Rd. Marlow Hollow Rd. Rank Rd. East Fork Skaggs Rd.
C. Bowman	0803	Cove Branch Rd. US 25 South /Old Dixie Hwy. Main Street Wolfe Creek Rd.
V. Mullins	1504	Trace Branch Rd. Old Gauley Rd. Hwy. 490/Upper River Rd. Hwy. 89 Livingston back streets (McClure, Black St., and Bullock Ave.) to be picked up at old Livingston School
B. Brooks	0703	Hwy. 1955/Red Hill Rd. from Jackson Co. line
J. Alexander	1403	Brushy Ridge Johanna Cemetery Area (Hwy. 1719) Crooked Creek Goochland Cave Rd.
T. Nicely	1003	Big Cave Rd from Carpenter Sub. to Maple Grove Rd. 1004 from Brush Creek Bridge to Crooked Creek Rd. Halcomb East Rd. Poplar Gap Rd.
K. Coffey	0401	Fairground Hill West Main St. from caution light to Fairground Hill Old Somerset Rd. Locust Street Lawrence Lane Quarry Street/Poplar Street Williams Street from caution light to Poplar Street
J. Miller	0301	Sand Springs Rd to School House Hill Rd. School House Hill Rd. Low Gap Rd.
J. Tyler	1303	Big Cave Rd. from Jeans Rest. to Carpenter Sub. Carpenter Rd. Stone Mason Rd. Richards Lane Maple Grove Rd.
K. Dees	1002	Sand Springs Rd. from School House Hill Rd. to Buffalo Cleft Rock Rd.
C. Holt	0601	Clark Ridge Rd. Three Links Rd. From Maple Grove Rd. to Brush Creek Bridge Cook Rd. 1912/Climax Rd.
R. Reynolds	1702	Ramsey Trailer Park Floyd and Shirley St. Hwy. 150 South of Hwy. 461 Paul St./ Joyce St.
K. Mink	1505	Honeycomb Rd. Lime Plant Hollow Cardinal Hollow Rd. Frosty Hollow Rd. Pine Hill Circle Limestone Hollow Rd. Mullins Station Rd. South Wilderness Rd from "old dumpster site" to Upper Calloway Loop
R. Stallworth	1401	Foggy Hollow Rd. McHargue Branch Rd. South Wilderness Rd from Upper Calloway Loop to county line
J. Stallworth	1001	Special Needs Route

Rockcastle Schools 2016-2017 Transportation

Bus Routes Roundstone

S. Rumsey	1102	Brindle Ridge Rd. Hurricane School Rd. Greenfish Rd. Old Sigmon Loop North Wilderness from Roundstone School to Renfro Valley
Rebecca Abney	1402	Scaffold Cane Rd. from Azbill Rd. to Burnt Ridge Rd. Burnt Ridge Rd. Stevens Rd.
B. Parsons	0903	Anglin Falls Hammond Fork Rd. Disputanta Rd. to Holt Hill Wildie Rd.
J. Poynter	2013	Hummel Rd. from Buckeye to Wildie Rd. Merritt Cemetery Rd.
J. Weaver	1502	Flat Gap Rd. from Madson View Rd. to Buffalo Hollow Rd. Buffalo Hollow Rd.
V. Maples	1301	Sweetwater Rd. Copper Creek Hill Rd. North Wilderness Rd. from Foundstone School to 1505
D. Stephens	1602	Lambert Rd. North Wilderness Rd. from 1505 to Snyder Grocery
J. Burdette	1605	Little Hurricane Branch Rd. Grace Loop Rd. Snowflake Lane
R. Abney	0502	Scaffold Cane Rd. from Parsons Gas to Azbill Rd. Azbill Rd. Cane Branch Rd. Big Sandy Rd. Wind Chime Lane Buttercup Rd. Scaffold Cane Loop Rd. Wild Rose Rd.
S. Coffey	0501	North Wilderness Rd. from Snyder Grocery to Madison Co. line Flat Gap Rd. from 25 to Madison View Rd. Madison View Rd.
C. Baker	1004	Old State Rd. Little Clear Creek Rd. Boone Gap Rd.
P. Burdette	0801	Special Needs Route

SCHOOL BUS RULES AND REGULATIONS

The privilege of any pupil to ride a school bus is conditioned upon their good behavior and observance of the following rules and regulations. Pupils violating these rules and regulations shall be reported to the principal of the school which the pupil attends for necessary corrective action.

Safety is the primary concern in the transportation of pupils. In order to assure proper safety, it is vital that pupils and parents understand the rules and regulations of school bus riding. Following is a list of basic rules and regulations adopted by the Rockcastle County Board of Education and the Kentucky Department of Education:

1. Arrive at a bus stop on time. The bus has many scheduled stops and cannot be delayed.
2. Never stand in the road while waiting for the bus. Parents should encourage safety measures for pupils as they wait for the bus and walk home from the bus.
3. Cross a safe distance (10 feet) in front of the bus so the driver can see you.
4. Take a seat upon boarding the bus and do not change seats while the bus is in motion.
5. The driver is in charge of the bus and pupils and has the authority to assign seating arrangements.
6. Keep noise to a minimum so that the driver's attention can be devoted to driving.
7. Do not extend arms, legs or head out the bus windows.
8. Obey the rules posted on each bus.
9. Do not block aisles in any way.
10. Knives/other sharp instruments are not permitted on the bus.
11. Never run toward the bus. Always load and unload when the bus has come to a complete stop.
12. Apply the above rule (No. 11) when transferring buses.
13. Never use the rear exit unless an emergency exists.
14. Ride only your assigned bus unless you have a signed note from the principal. Parents must write or call the principal to obtain permission for pupil to ride another bus or to exit at a different stop.
15. Report any damages to the bus.
16. Do not occupy more space in a seat than required.
17. Open and close windows in compliance with the driver's instructions.
18. Pupils and parents are to accept the responsibility of listening for dismissal announcements on the radio on days when inclement weather disrupts the regular schedule.
19. The following rules are of particular concern and the activities mentioned are prohibited at all times:
 - a. Use of profane/foul language.
 - b. Smoking or other use of tobacco on the bus.
 - c. Fighting on the bus.
 - d. Destruction of bus property.
 - e. Defiance of driver's authority.
 - f. Throwing objects on or from the bus.
20. **Disciplinary Action:** Violations of the above stated rules and regulations shall be reported to the appropriate school principal. The principal shall record the incident and determine the appropriate disciplinary action. Should any pupil persist in violating any of these regulations, it shall be the duty of the driver to notify the principal and, after due warning has been given to the pupil and such violation persists, the principal and/or board of education shall then forbid such disobedient pupil the privilege of riding the bus. Written notice of the action of the principal shall be furnished to the parents and the superintendent.

Ride only your assigned bus unless you have a signed note from the Principal.

Parents must write or call the principal to obtain permission for pupil to ride another bus or to exit at a different stop.

BUS ROUTES Brodhead

DRIVER	BUS NUMBER	ROUTES
C. Cameron	0602	Hwy. 1505/Brindle Ridge Rd. Chestnut Grove Rd. Big Orchard Rd.
R. Gibbs	0902	KY. 3245 Castle Village Drive Bryant Ridge Rd.
T. Mullins	0702	West Level Green Rich Farm Rd. Caldwell Rd. Barker Rd. Quail Rd. (From Caldwell Rd. to Dean Jones) 1650 to Allen Hill
D. Hamm	1101	Brown Rd. Freedom School Rd. Evergreen Estates Sub. Benton Bullock Sub. Sayre School Rd.
L. Allen	0802	Bowling Ridge Rd. Tarklin Rd. Slaty Branch Rd. Fort Harrod Way US 150 from West Main Street to Lincoln County line
D. Gibbs	1503	DeBorde Rd. Dusty Trails Trailer Park Maretburg Cemetery Rd. Rocky Top Trailer Park Cedar Rapids Rd. Lone Oak Rd. Doc Adams Rd.
O. Sowder	1103	Copper Creek Rd.
T. Smith	1302	Jopp Rd. Ottawa School Rd. Shug Rd. Seminole Lane Dug Hill Rd. Gentry/Laswell Rd. Quail Rd to Caldwell Rd.
B. Hurst	0701	Poplar Grove Rd. Willalla Rd. Goldfinch Lane John Rd. Blue Jay Lane Bandy Rd. Donman Creek Rd.
A. Brock	1601	Barnett Rd. Purr Rigsby Rd. Hwy. 1326/Old Brodhead Rd. Hwy. 1505/Brindle Ridge Rd. to Old Brodhead Rd. Frith Subdivision
J. Bullock	1701	Level Green Access Rd. Hwy. 1152/Blue Springs Rd. White Rock Rd. Wabd Jones Rd.
R. Bray	1705	Special Needs Route

**All Bus Schedules
&
Numbers
ARE SUBJECT TO
CHANGE**

**For More Information
Call 256-2125 or
256-2093**

Parents & Teachers School Bus Safety Alert

A child's clothing can be dangerous when getting off the bus. A number of children have been injured or killed when their clothing became caught when exiting the bus.

Dangerous clothing that can get caught in handrails, doors or other areas include:

- Jackets or sweatshirts with drawstrings
- Backpack straps
- Scarves or other loose clothing

Please talk with your children about these Safety Rules:

Stay away from Danger Zones around the bus

If you drop something near the bus, don't pick it up. The driver may not see you. Tell the driver and follow his/her instructions.

Remember that motorists don't always stop for the school bus. Use extreme caution when getting on or off the bus.

BUSES TO ROCKCASTLE COUNTY MIDDLE SCHOOL 2016-2017

Brodhead Elementary School

<u>T. Smith</u> (1302)	J. Bullock (1701) O. Sowder (1103)
<u>B. Hurst</u> (0701)	A. Brock (1601) L. Allen (0802)
<u>R. Gibbs</u> (0902)	D. Hamm (1101) Town Students
<u>D. Gibbs</u> (1503)	T. Mullins (0702) C. Cameron (0602) Students on Hwy. 150

Roundstone Elementary School

<u>B. Parsons</u> (0903)	S. Coffey (0501) J. Poynter (2013) D. Stephens (1602)
<u>Rebecca Abney</u> (1402)	V. Maples (1301) S. Rumsey (1102) R. Abney (0502)
<u>C. Baker</u> (1004)	J. Weaver (1502) J. Burdette (1605)

Mt. Vernon Elementary School

All buses that go to the Mt. Vernon Elementary will also go to the Rockcastle County Middle School in the mornings. If you walk to the elementary school, you may catch any bus to the middle school, however, you should ride the same bus each day. Afternoon only - middle school students need to ride one of the following buses back to Mt. Vernon Elementary School in the afternoon:

<u>K. Dees</u> (1002)	K. Mink (1505) V. Mullins (1504)
<u>J. Alexander</u> (1403)	R. Reynolds (1702) D. Asher (1704)
<u>L. Alcorn</u> (1501)	R. McKinney (1603) J. Miller (0301)
<u>W. French</u> (0503)	B. French (1703) B. Brooks (0703)
<u>B. Dees</u> (0901)	R. Stallsworth (1401) J. Medley (1604)
<u>J. Tyler</u> (1303)	C. Holt (0601)
<u>K. Coffey</u> (0401)	T. Nicely (1003) C. Bowman (0803)

BUSES TO ROCKCASTLE COUNTY HIGH SCHOOL 2016-2017

Brodhead Elementary School

<u>L. Allen</u> (0802)	O. Sowder (1103) R. Gibbs (0902)
<u>D. Hamm</u> (1101)	A. Brock (1601) T. Smith (1302)
<u>T. Mullins</u> (0702)	B. Hurst (0701) J. Bullock (1701)
<u>C. Cameron</u> (0602)	D. Gibbs (1503) Town students and hwy. 150

Roundstone Elementary School

<u>S. Rumsey</u> (1102)	J. Burdette (1605) C. Baker (1004)
<u>J. Weaver</u> (1502)	J. Poynter (2013) B. Parsons (0903) V. Maples (1301)
<u>D. Stephens</u> (1602)	Rebecca Abney (1402) R. Abney (0502) S. Coffey (0501)

Mt. Vernon Elementary School

Morning Bus Transfers: All buses that go to Mt. Vernon Elementary will also go to the Rockcastle County Middle School. At Rockcastle County Middle School, the high school students will transfer to the following buses to get to the high school:

<u>B. French</u> (1703)	<u>T. Nicely</u> (1003)	<u>C. Holt</u> (0601)
<u>J. Miller</u> (0301)	<u>B. Brooks</u> (0703)	<u>R. Stallsworth</u> (1401)

Afternoon Bus Transfers: High school students will need to ride one of the following buses back to Mt. Vernon Elementary in the afternoon: (be sure to ride the same bus every day)

<u>B. French</u> (1703)	K. Mink (1505) V. Mullins (1504)
<u>B. Brooks</u> (0703)	D. Asher (1704) R. McKinney (1603)
<u>R. Stallsworth</u> (1401)	J. Medley (1604) K. Dees (1002)
<u>J. Miller</u> (0301)	J. Alexander (1403) L. Alcorn (1501)
<u>C. Holt</u> (0601)	W. French (0503) B. Dees (0901) C. Bowman (0803)
<u>T. Nicely</u> (1003)	J. Tyler (1303) K. Coffey (0401) R. Reynolds (1702)

Classifieds

CLASSIFIED RATES

• Local Rates - \$4 for 25 words or less - .10 each additional word
 • Display Classifieds \$5.00/Inch
Deadline for Classifieds is 10 a.m. TUESDAY

For Rent

3 Bedroom Mobile Home. References required. No pets. \$350 month/\$300 deposit. In country, 6 miles out of Brodhead on Dug Hill Road. Call 1-606-308-3997. 31x2
In Mt. Vernon: Nice 2BR/1 1/2 bath nice mobile home. No pets - don't ask. 606-614-9861. 29xntf
2 Bedroom Trailer, 483 Tyree Street, Brodhead. Carport, garages, central AC. NO PETS. Single family dwelling. Maximum three people. Newly remodeled. \$350 rent/\$350 deposit. Cecil or Judy King/606-510-3759 or 606-510-3719 or 606-758-9683. References and criminal background checks required. 30xntf

3 Bedroom House, 248 Hwy. 1505, Brodhead. 2 car detached garage, outside storage building. Central AC. NO PETS. Single fam-

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

House For Rent
 Daniel Boone Community Action Agency (DBCAA) is taking applications for three bedroom house located in the low-income rental complex on Town Hill in Mt. Vernon. Please apply at the DBCAA office located in 105 Main Street to be placed on the waiting list. Section 8 Rental Vouchers are accepted.
 DBCAA is an equal housing opportunity agency.

ily dwelling. References and criminal background checks required. \$500 rent/\$500 deposit. Cecil or Judy King/606-510-3759 or 606-510-3719 or 606-758-9683. 30xntf
Trailers and house in Brodhead. No pets. 758-8922. ntf
Accepting applications at Mt. Vernon Housing Authority on Mondays 4 to 8 p.m. and Wednesdays and Fridays, 4 to 6 p.m. Rent based on income. 256-4185. 14xntf
Accepting Applications: For 2 and 3 bedroom units at Valley View Apartments. Rent based on income. Call 256-5912. Equal Housing Opportunity, TDD for hearing impaired only. 1-800-247-2510. 36tfn

Property For Sale

Spiro Section: 34.56 acres of level, gently rolling farm/residential land. Minutes from I-75, utilities available, approx. 2200 ft. of road frontage, pond and barn. Call 859-661-5214. 30x4p
House and Trailer For Sale. In Brodhead. 758-4729. 30xntf
2BR Home with garage. Just north of Mt. Vernon on eight acres +/- . Ready to move into. Serious inquiries only. Shown by appointment only. 606-308-3669 or 606-308-1689. 9xntf
2BR/2BA 1450 sq. ft. Selling for \$89,900. Rick Szaks, Broker. 859-255-7777. Lincoln Real Estate, Inc. rickszaks@aol.com 18xntf

Classified Deadline is Noon Tuesday

Posted

Posted: No trespassing on property belonging to Tommy Oliver and Renee Bowman on 152 Dogwood Lane, Orlando. Violators will be prosecuted. 31x2p

Posted: No trespassing on property belonging to Eric Eversole, in the Green Pond Ridge area and lying on the waters of Brush Creek and Clear Creek. Not responsible for accidents. 30x25p

Posted: No hunting, trespassing, 4-wheeling or trespassing on property belonging to James and Juanita Chasteen, located on Little Hurricane Branch Road in Rockcastle County. Violators will be prosecuted. 30x5

Posted: No trespassing on old George Barnett Property, now owned by William Barnett and Ruth Pingleton. Not responsible for accidents. 26x12

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: 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 Crawford Place - Old Brodhead Road. Danny Smith. 47tfn

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

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

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

Help Wanted

Wanted someone to stay with elderly, day and night. 606-308-1665 or 270-566-1959. 31x1

Rockcastle County 911 is accepting applications. Must be at least 18 years of age to apply, have a high school diploma or GED and be willing to submit to criminal history/background check. Applications can be picked up Monday-Friday, 8 a.m. to 4 p.m. at the courthouse from the County Judge's Secretary. Rockcastle County is an ROE. 31x1

Drivers-CDL-A: Regional Flatbed 46-49 cpm! Home weekly - some weekdays! Excellent benefits. \$4,000 sign-on bonus. Training available. 855-842-8420 x158. 31x2

Notices

Notice: I will not be responsible for debts made by anyone other than myself. Michael Bradley. 31x3p

Notice is hereby given that Isaac Clentin Bowman, 2194 Big Cave Road, Orlando, Ky. 40460, has been appointed Administrator of the estate of Reecie E. Isaacs, deceased. Any person having claims against said estate shall present them, according to law, to the said Isaac Clentin Bowman or Hon. William D. Reynolds, P.O. Box 1250, Mt. Vernon, Ky. 40456 on or before January 25, 2016 at 11 a.m. 31x3

Notice is hereby given that Robert Earl Taylor II, P.O. Box 1398, Mt. Vernon, Ky. 40456 has been appointed Administrator of the estate of Barbara Sue Taylor, deceased. Any person having claims against said estate shall present them, according to law, to the said Robert Earl Taylor, II or Hon. Joseph P. Lambert, P.O. Box 989, Mt. Vernon, Ky. 40456 on or before January 25, 2016 at 11 a.m. 31x3

Notice is hereby given that Johnathan McQueen, 170 Lancelwood Drive, Gary, Ky. 40734, has been appointed Administrator of the estate of Scott Douglas McQueen, deceased. Any person having claims against said estate shall present them, according to law, to the said Johnathan McQueen or Hon. William D. Reynolds; P.O. Box 1250, Mt. Vernon, Ky. 40456 on or before January 25, 2016 at 11 a.m. 31x3

Pet Supplies

Use Happy Jack Kennel Dip II to control mosquitoes where they breed. Dyehouse Farm Supply (355-2301) (kennelvax.com) 28x4

Pets

Beagle Pups: AKC Lemon. \$100 with papers, \$75 without. Dark Red (German) Beagles \$75. 606-386-1782 or 606-386-1826. 30x2p

Mobile Homes For Sale

Lease/Purchase: 16x80 mobile home. 3BR/2BA. Sunnyside Estates. \$32,900. 10% down with \$425 monthly payments. Call 606-308-5459 or 606-256-8603. 29xntf

Lease/Purchase: 14x70 mobile home. 3BR/2BA. Completely remodeled. \$28,900. 10% down with \$400 monthly payments. Call 606-308-5459 or 606-256-8603. 29xntf

Lease/Purchase: 14x52 mobile home in Sunnyside Estates. 2BR/1BA. \$18,900 with 10% down and \$375 monthly payments. Call 606-308-5459 or 606-256-8603. 29xntf

Lease/Purchase: 14x70 mobile home in Sunnyside Estates. 2BR/2BA. \$28,900. 10% down with \$400 monthly payments. Call 606-308-5459 or 606-256-8603. 29xntf

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 Serving Rockcastle County & surrounding counties.
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- Full Time Housekeeping Supervisor Full Time & Part Time
- Dietary Aides - Full Time
- Floor Care

Floor Care Duties Include:

- Stripping the floors • Waxing and Buffing
- * Experienced Preferred *

Applicants may apply at
Somerset Nursing and Rehab
 106 Gover Street • Somerset, KY
 606-679-8331



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 Community Health Worker - RE07964
 Rural Kentucky Health Care

The primary focus of this position will be to enroll children and parents into KCHIP and Medicaid services. This position has one-on-one interaction with patients in order to provide services to at-risk clients and families.

The Community Health Worker (CHW) assesses patient needs for health coverage, self-management health education, makes referral recommendations and assists in accessing services as appropriate. The CHW advocates on behalf of the patients and/or families to health and human service providers and agencies.

The CHW completes home visits as needed. Position will cover what we have determined to be Region 2 and will include Rockcastle, Pulaski and Jackson counties. The main office for this position could be in either of the counties listed. Requires a High School diploma and 1 year related work experience.

See for yourself what makes UK one great place to work. Apply online today for RE07964 at <https://ukjobs.uky.edu/>
 Deadline to apply: August 14, 2016.

The University of Kentucky is an equal opportunity employer and encourages applications from minorities and women.



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You became a nurse to care for others!

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Rockcastle Regional Hospital & Respiratory Care Center is currently seeking:

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- LICENSED PRACTICAL NURSES (LPN)
- STATE REGISTERED NURSING ASSISTANTS (SRNA)

for Acute Care, Long-term Care, Special Care Units and Emergency Department (RN). Full-time, Part-time, and PRN positions available.


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rockcastleregional.org/careers
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 Realtor Loretta Powell • 859-302-8411
 www.gilliamrealestate.com

Open House

Sunday, August 7th • 2 to 4 pm



55 Joyce St. - Mt. Vernon



House For Sale • Mt. Vernon • Known as the Bailey House
 Appraised at \$1,300,000.00 Offering it at only \$465,000.
 3-4 bedrooms, formal dining, additional dining, amazing kitchen, formal living room, family room, rec room, 3 bathrooms, indoor pool with its own amazing kitchen and bathroom, whirlpool tub, two car garage, additional 6 car garage/shop, amazing security system, all on gated 3.77 acres.
 Shown by appointment only and proof of financing. • Possible financing at 2.25% with \$165,000 down.
Contact owner at 606-386-0600.

Subscribe to the Signal
 Call 256-2244

Professional Services

Burke Roofing: Robert Burke, owner. Free Estimates. Shingles and Metal roofs - new and old. 606-386-9732. 27x8p

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. 11xntf

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

J and R Pressure Washing, Pressure washing of all type homes, outbuildings, decks, sidewalks and concrete patios. Owner and operator Jonathon Collins. Free estimates. 606-308-3533. 23x4p

Jonathan Collins Remodeling and Repair Service. Home improvements of any kind from doors and windows, painting, new floors, to roofs and decks - will do it all. Any home, any problem, "we're the one to call." 606-308-3533. 23x4

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

Grave Markers & Monuments: In stock at all times. McNew Monument Sales, US 25, 4 miles north of Mt. Vernon. Phone 256-2232.

U Call We Haul! Anything that fits on a truck. Local or long distance. Building - demolition - moving - clean-ups - landscaping. No garbage. 606-256-9222 or 308-1629. 35xntf

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

Lawn Service
Mowing, Trimming
606-386-0347

Miscellaneous For Sale

2002 BMW. In excellent condition, \$9,000. Can be seen at 1756 Big Cave Road. 2002 Trailer with 3BR/2BA. Must be moved. Two 100 gallon propane storage tanks, \$65 each. 5th wheel for truck and lift for truck or car, \$100 each, Tanning bed, excellent shape, \$2,000. 606-256-9901 or 850-557-8569. 31x3

Piano: 2013 Kawai K2 upright. Polished ebony. Excellent condition. Call 606-256-9007. 29x4

Bed Bugs? Use Harris Bed Bug Killer. Odorless and non-staining. Available at Jack's Hardware 606-256-4363. 26x6

Cresthaven Cemetery Plots. Contact Billy Dowell, 606-308-1058. 39xntf

Motor Vehicles For Sale

1996 Dodge Ram PU. 318 Magnum engine. Call 256-2202 or 859-582-3251.

1988 Winnebago Suncruiser. New tires, clean. Sleeps six. 31 ft. 454 Chevrolet. Runs great. \$3,995. 859-200-6473. 31x1

Yard Sales

Yard Sale: Pre Fall Clean Out. First yard sale in three years at Paul and Clarice Kirbys, 180 School St., Mt. Vernon. Begins Tuesday, August 2nd and runs through Friday, August 5th. 8 a.m. each day. We'll bring out more things daily. Priced to sell! Rain postpones sale that day. 30x2

Garage Sale: Thursday and Friday, 8:30 to 5 p.m. Saturday, 8:30 to 3 p.m. Westview Road, Mt. Vernon off of 150, next to Whitehouse Clinic. Follow the road around back and there is a garage at bottom of the hill. Baby girl clothes 3-12 months; girls sizes 17-8; boys 12-16; men's 32x30 jeans; women's size 10-16 and a daybed.

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

Back to School Yard Sale: Friday Only - 8 a.m. to ? Four Sons Subdivision. Boys clothes to size 6/7 (nice suits and sports coats); girls clothes to size 12; men's, women's and kids' shoes; women's clothes - size small/medium; men's clothes - size large; coats, Home Interior, JCP twin comforter and curtains set - like new; purses, books/Home School Literature, toys, new BB gun. Come see for yourself! For more info, call 606-364-5402 or 256-1453.

Huge Yard Sale: Saturday, Aug. 6th, 8 a.m. to 3 p.m. at the home of Charles and Paula DeBorde, 343 Union Chapel Road. Men's and women's clothing, small-XL; juniors S-L; Boys 6-10. All name brand. Gap, Under Armour, Nike, American Eagle, Aero, Children's Place. Little boys and girls clothing, 12 months-5T. All name brand: Carter's, Oshkosh, Gap, Children's Place. Big girl's clothes, up to 7-8. Sheet sets, shoes, winter coats and toys Galore!!! Lots of nice clothes and shoes for back to school. Come by and see what we have!! Given by Paula DeBorde, Ashley Reynolds, Samantha Bishop, Trisha Carter, Vickie Reynolds,

Ashley Lewis and Brooke Bishop.

Yard Sale: Jeannine Parsons is have a sale at daughter Angie Woods' house on Derby Lane Saturday, Aug. 6th from 8 a.m. to 1 p.m. Lots of ladies' career-casual tops, capris, skirtsa M-L, shoes, brand name purses. Men's polo shirts M-L, \$2 each. Very nice white dressing vanity. New homemade designer bib aprons, new homemade 18" doll clothes. Household items, fall wreath and decorations, vintage metal ceiling light fixture with sconces, SS fondue set, Homedics wax system, TY and Boyd's Bears. Two miles past country club on "old 150" toward Brodhead at Houston Point.

Huge Yard Sale: Saturday, August 6th from 8 a.m. to 1 p.m. at the home of Angie Parsons Woods on Derby Lane, past country club on Old 150 towards Brodhead. Lots of brand name kids' clothes: boys up to size 4T, girls' size 8-10. Kids' shoes, women's clothing L-XL, men's clothing large, purses, household items, lots of toys, Fisher Price Powerwheel, coffee table with two end tables, power tools.

Yard Sale: Sat., Aug. 6th, 8 a.m. to ? at Western Rockcastle Water Assoc. Lots of nice boys' clothes, sizes 8 and 10. Aeropostle, Under Armour, Old Navy, etc. Nice baby boy's clothes, size 0-3 months. Women's and men's clothing. Housewares, nice desk, everything priced to sell.

2 Family Yard Sale: Thurs., 9 a.m. to ?? 25 South across from David Thompson's Tire, 1470 South Wilderness Road. Kids clothes, women's clothes, dishes, furniture, household items, tools, vacuum cleaner, steam cleaner and even the kitchen sink.

Multiple Family Yard Sale at 345 West Main St., Mt. Vernon on August 6th from 8:30 a.m. to 4 p.m. Something for everyone. Adult clothes, baby clothes, furniture and Tupperware. Cancelled in case of rain to later date.

4 Family Yard Sale at Tobacco Barn on Richmond St. Friday and Saturday, 8 a.m. to ? Given by Beverly and Becky Smith and Samantha Smith.

Yard Sale: Derby Lane, Houston Point. Saturday, August 6th. Lots of kids clothes. Given by: Angie King, Brandy Taylor and

Angie Woods.

Multiple Family Yard Sale: Saturday, August 6th. 75 Tevis Street. 9 a.m. to ? Boys clothes - size 4-8, girls and women's sizes M to XL.

Porch Sale: Home of Owens Hensley, 5467 Big Cave Road, Orlando. 256-4777 or 308-3907. 2 old standup Singer Sewing machines, electric cook stove, camper metal carrier plus other items.

Mt. Vernon Lions Club's Annual Yard Sale: Saturday, August 13th at First Christian Church, starting at 8 a.m. Items can be dropped off Friday night.

Barn Yard Sale: August 5th and 6th. Rain or shine. Liberty Road, off Hwy. 70. Turn onto Liberty Road, go one mile, on right at black barn. TV stand, 3 drawer chest, bar stools, small heater, water dispenser, children's vanity set, two step art desk for children, Christmas decorations, glassware, children's clothes 3 mos-10/12 for boys and girls. Lots more. 1st year sale in two years. Come check us out.

Huge Yard Sale: Sat., Aug. 6th, 8 a.m. to ? Tons of everything. Cheap prices. On old Hwy. 150 at Rockcastle/Lincoln line. Watch for signs.

CLIFFORD
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Septic Tanks
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Weekly residential curbside pickup
\$17⁰⁰ per month with Curb Cart

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24 HR. WRECKER SERVICE
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Call 256-9634 days or 256-4650 nights

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Tired of sending your computer away to get it fixed?
Call and let us come to you for all your computer needs!
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Reasonable Rates
Call **Spencer Bengé** 606-308-5653

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20 Years Experience • Free Estimates
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No Job Too Big or Too Small
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• Firewood For Sale •
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5" & 6" seamless gutters
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Used tires and parts for sale at dirt cheap prices.
Make \$1,000 selling your old scrap cars-trucks and farm equipment and machinery.
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1431 S. Wilderness Rd. (US 25) Mt. Vernon
David & Josh Thompson, Owners Office/24 Hr. Wrecker 606-256-4606
Save On All Major Brand Tires For Cars & Trucks Farm Tractors • Lawn & More


Save a Lot


food stores


FRESH PRODUCE ITEMS


Fresh Russet Potatoes **2/\$4**
8 lb. bag 

Fresh Pint Blueberries or Strawberries **2/\$4**
16 oz pkg 


Fresh Southern Peaches **.99** lb. 

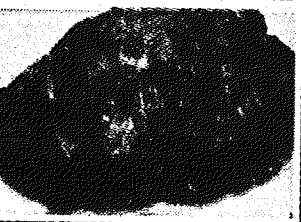
Fresh Mini Carrots **.99**
1 lb. bag 

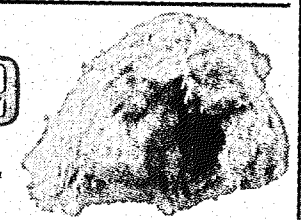
Assorted Varieties Lays Potato Chips **2/\$4**
10-10.5 oz bag 

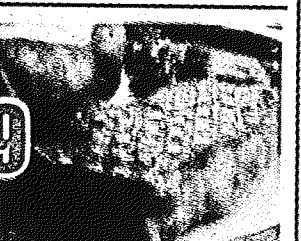
Assorted Varieties Cheetos or Fritos **2/\$4**
8.5-9.75 oz bag 


FRESH MEAT ITEMS!

Family Pack Bone-In Assorted Pork Chops **\$1.49** lb. 


Fresh Boneless Beef Pot Roast **\$2.79** lb. 

Family Pack Fresh Boneless, Skinless Chicken Breast **\$1.79** lb. 

Family Pack Boneless Beef Short Ribs or Chuck Tender Steaks **\$2.99** lb. 

Family Pack Boneless Beef Rib Eye Steaks **\$6.99** lb. 


Assorted Varieties LITTLE DEBBIE
Big Pack Snack Cakes **2/\$6** Mini Donuts **2/\$3**


24 Packs COCA COLA AND PRODUCTS **\$5.99** 24 Packs Cubes PEPSI AND PRODUCTS **\$5.99** 2 LB. Sunbeam Sandwich Bread **2/\$4**


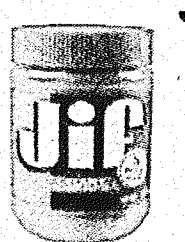
AD PRICES GOOD AUGUST 1 THRU 7th, 2016

SPECIAL BUYS

NISSIN Chow Mein Shrimp, Teriyaki Beef or Chicken **.99**
4 oz. pkg. 

General Mills Cocoa Puffs, Cookie Crisp, Trix or Golden Grahams **\$1.99**
10.7-12 oz. 


Aunt Jemima Pancake Mix or Syrup **\$2.29**
24-32 oz. pkg. 

JIF Creamy PEANUT BUTTER **2/\$4**
16 oz jar 

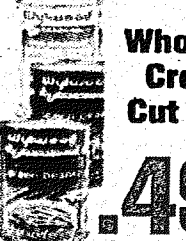
HEINZ TOMATO KETCHUP **\$2.49**
38 oz. bottle 

Assorted Varieties Chips Ahoy! COOKIES **\$2.99**
9.5-13 oz pkg 

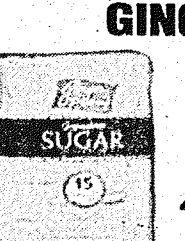
EGGO Blueberry, Choc Chip, or Homestyle Waffles **2/\$4**
12.3 oz pkg. 

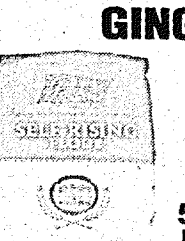
TOTINO'S Pepperoni, Cheese or Combo PIZZA ROLLS **\$1**
15 ct-7.5 oz pkg. 

SHOCKING LOW PRICES

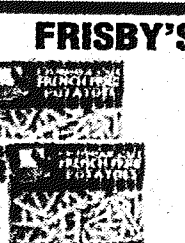
WYWOOD Whole Kernel Corn, Cream Style Corn, Cut or French Style Green Beans **.49**
14.5 - 15.25 oz. can 

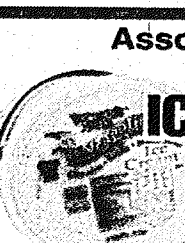
KIGGINS Frosty Flakes **\$1.59**
17 oz box 


GINGER EVANS Granulated Sugar **\$1.99**
4 lb. bag 

GINGER EVANS Self-Rising Flour **\$1.69**
5 lb. bag 

WESTCOTT Vegetable Oil **\$2.19**
48 fl.oz 

FRISBY'S Crinkle Cut French Fries **\$3.99**
5 lb. bag 

Assorted Varieties World's Fair ICE CREAM **\$4.99**
4 qt. tub 

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HEALTH *signal*

Summer 2016 • Vol. 12 • Issue 3



**ROCKCASTLE
REGIONAL**
HOSPITAL • RESPIRATORY CARE CENTER

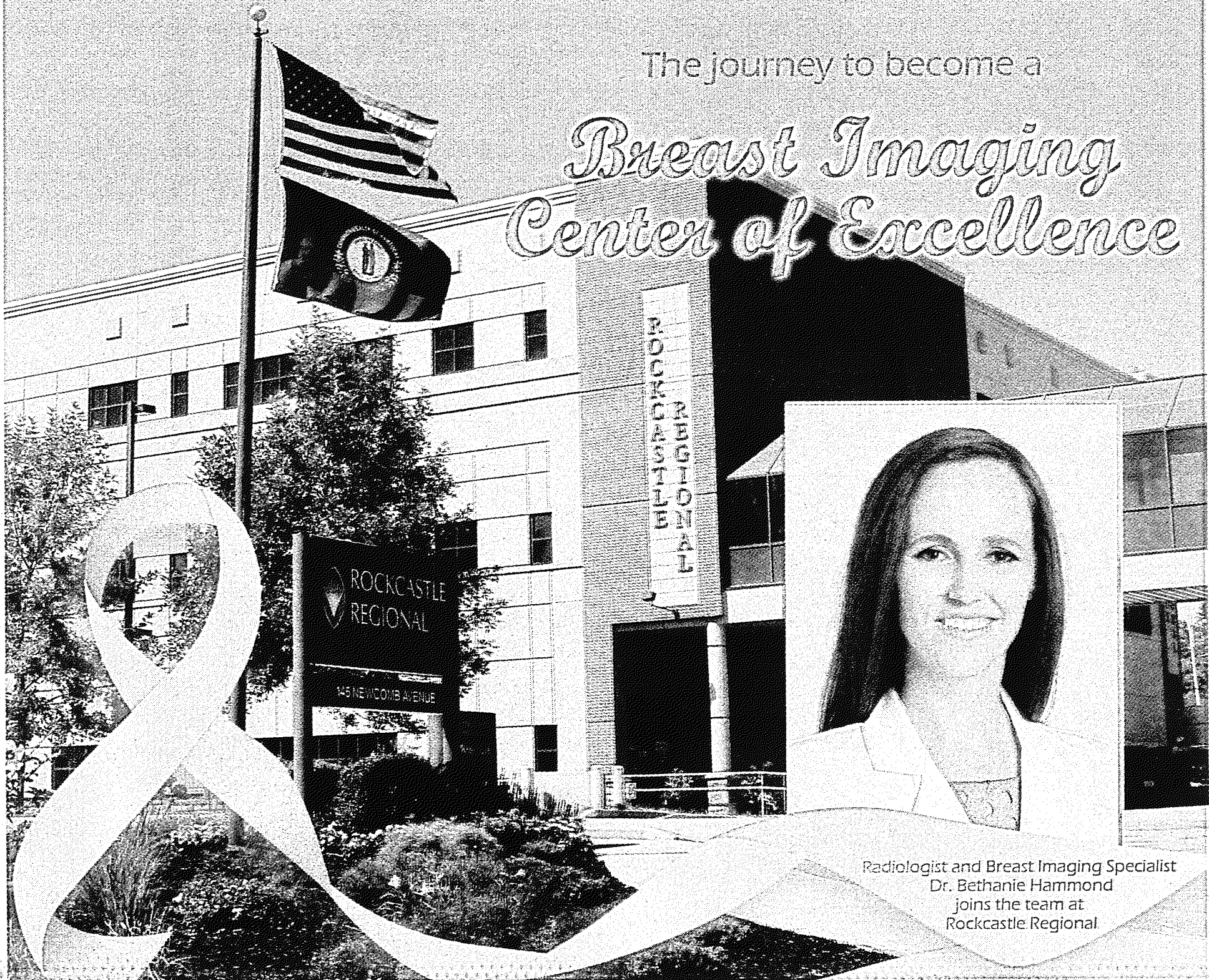
Breathing Life into healthcare

The journey to become a

Breast Imaging Center of Excellence



Radiologist and Breast Imaging Specialist
Dr. Bethanie Hammond
joins the team at
Rockcastle Regional





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 eight-time Kentucky Hospital Association Quality Award Winner for 2006, 2008, 2009, 2010, 2011, 2012, 2015, and 2016 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

FEATURES



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Rockcastle County Relay For Life

Paint our world purple



Rockcastle Regional's Relay For Life team was the top overall fundraising team for 2016.

By Jana Bray, Community Relations Director

On Friday, May 20, hundreds of Rockcastle County residents joined forces to Paint Our World Purple to unite in the fight against cancer. Relay for Life joins together cancer survivors and their families, loved ones of those who have lost the fight to cancer, and others throughout the community. Each person has their own personal reason for “relaying” – but all are passionate about creating a world without cancer.

For the 2016 fundraising year, Relay For Life of Rockcastle County raised \$33,789.

“Not only are we working together to raise funds,” said Melissa Brock, Relay For Life community chairperson. “But we’re also raising awareness of the importance of healthy lifestyles, preventive measures, and education on early detection through appropriate screenings.”

The evening began with a Survivor’s Dinner at 5:30 PM in the RCMS cafeteria, honoring those who have battled the disease.

The dinner was co-sponsored by Rockcastle Regional Hospital and First Baptist Church.

Opening ceremonies were moved to the RCMS gymnasium due to weather but spirits were still high and everyone was focused on raising funds for a great cause. The Relay For Life cheerleaders and the RCHS Color Guard gave inspiring performances for the audience, after which community teams set up individual “camp sites” and continued fundraising throughout the night with various games and food sales.

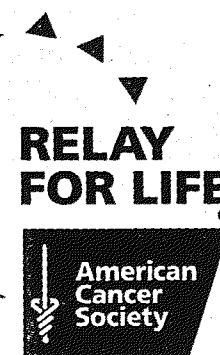
The Rockcastle County Relay For Life is an annual community-wide event to celebrate local cancer survivors, remember those who have passed away from the disease, and allows the community to “Fight Back” against cancer. The event culminates a season of team and individual fundraising.

The event and the dollars raised from it

support the American Cancer Society’s efforts to save lives by helping people stay well, helping people get well, and to finding cures and fighting back against cancer.

“Fighting cancer is a team effort,” Brock said. “The strength of people coming together in our community for a common cause is greater than the strength of any one of us.

The fundraising efforts of this year’s Relay were tremendously successful. But our success is also measured by the amount of awareness and hope that we raise for the cause – a goal for which we should all work towards every day.”



For information on services offered by the American Cancer Society visit www.cancer.org or call 1-800-227-2345. If you would like to get involved in Rockcastle County’s Relay For Life, contact Melissa Brock at 256-7703.

Recognized by women

By Jana Bray, Community Relations Director

Rockcastle Regional ranks 6th in nation

Rockcastle Regional Hospital and Respiratory Care Center has received the 2016 Women's Choice Award for the fourth year in a row and is ranked 6th in the nation for hospitals with up to 100 beds.

This distinction is the only award that identifies the country's best healthcare institutions based on robust criteria that consider female patient satisfaction and expectations.

"The best health outcomes are achieved when the highest level of care is provided with a focus on quality, safety, and patient experience," said Stephen A. Estes, president and CEO of Rockcastle Regional Hospital.

"Achieving this recognition for a fourth year is a testament to the dedication we have for providing excellent patient experiences in all levels of care."

Rockcastle Regional was also awarded the 2016 Women's Choice Award for America's

Best Hospitals for Emergency Care for a second year in a row. This designation was achieved by less than 10% of the emergency rooms that report data to the Centers for Medicare and Medicaid.

In addition to clinical treatment, throughout the year Rockcastle Regional provides resources, promotes awareness, and hosts events pertaining to women's

care and health issues. Such activities include providing yearly discounted mammograms during the month of October, the "Ladies' Night Out" event for breast cancer, and the annual "Love Your Heart" program for women's heart disease.

Being named as a hospital of choice among women represents the strongest and most important consumer message in today's healthcare marketplace, considering that women account for 90% of all healthcare decisions for her and her family, according to the American Academy of

Family Physicians.

The America's 100 Best Hospitals scoring process is unique in that it is the only national list that focuses on female patient satisfaction.

The qualification process begins with scores derived by the Centers for Medicare and Medicaid Services for each hospital in the Hospital Consumer Assessment of Healthcare Providers (HCAHPS) database. The survey, completed by patients at discharge, determines which questions are most important to women when determining their satisfaction with their hospital stay. A weight is given to each of the most important questions.

For 2016, the most important considerations were patients' willingness to recommend, doctor and nurse communications, staff help, pain management, cleanliness, and explanation of medications, in that order.

Rockcastle Regional Hospital and Respiratory Care Center is an eight-time Kentucky Hospital Association Quality Award winner, a two-time US News & World Report Best Nursing Home award winner, and a recipient of the 2014 Jackson Healthcare Charitable Services Award.



2013 - 2016
WOMEN'S CHOICE AWARD*
AMERICA'S 100 BEST HOSPITALS
FOR PATIENT EXPERIENCE

For more information, visit www.womenschoiceaward.com/awarded/healthcare

Rockcastle Regional receives eighth Quality Award

By Jana Bray, Community Relations Director

Rockcastle Regional Hospital and Respiratory Care Center has received the prestigious Kentucky Hospital Association Quality Award for the eighth time in the last 11 years.

Rockcastle Regional earned the award because of its efforts to enhance the overall patient experience while creating a culture focused on what is best for the patient.

“The idea goes beyond patient-centered care,” said Rockcastle Regional’s quality and patient safety director Tammy Brock. “It’s about improving the patient experience – showing compassion while delivering great care.”

Communication between patients and their care providers not only is key to achieving healthy outcomes, it’s essential to enhancing the patient experience. Rockcastle Regional’s personalized white boards in patient rooms, nurse leader rounding on patients, and bedside nurse shift reports engage patients in their own care, reducing anxiety and uncertainty.

Brock said efforts have also been made to improve the discharge process for patients.

“In addition to educating patients on discharge instructions,” Brock said, “we have also implemented discharge planning teams, nurse practitioner home visits, smoking cessation education, and ‘Meds-to-Beds,’ which delivers a patient’s prescription medicine to their bedside prior to discharge. All of these are aimed at equipping patients with the information and resources they need to stay healthy once they return home.”

Rockcastle Regional was also recognized for

its culture of service. Numerous studies have shown a direct correlation between engaged employees and positive patient outcomes. Rockcastle Regional has implemented multiple initiatives to increase employee engagement, reward employees who are doing excellent work, and provide opportunities for them to grow and develop professionally.

“As with any job, training is vital to the success of an organization, but to maintain a culture of service in healthcare you must reconnect with the passion of service for each employee,” said Cynthia Burton, RN and chief nursing officer.

All employees are trained to exhibit quality customer service which includes friendliness, helpfulness and a positive demeanor in all interactions. And “one of our tools to connect back to the passion of service is to share personal stories that illustrate the difference employees make in patient lives,” Burton said. “These stories reinforce why we are here and why we chose healthcare careers.”

While the hospital has created a culture of service within the facility, it has developed a culture of prevention in the community, providing education to empower Rockcastle County residents to become active participants in their own healthcare.

Rockcastle County has high rates of chronic illness such as cardiovascular disease, diabetes and COPD. To combat these issues, Rockcastle



Pictured receiving the KHA Quality Award on behalf of Rockcastle Regional are, from left, Claudia Adams, RN, Teresa Farris, RN, and Abby Woodall, RN.

Regional focuses on prevention and early detection at community events such as the annual Love Your Heart Women’s Health Fair and the Healthy Joe Expo.

In addition, surveys indicate patients are increasingly satisfied with their care at Rockcastle Regional. Since 2013, it has ranked in the top 10 percent nationally in patient satisfaction scores, and in 2015 was one of only six facilities in Kentucky to receive a five-star rating from the Centers for Medicare and Medicaid.

“The KHA Quality Award is not easily obtained,” said Stephen A. Estes, president and CEO. “That we’ve won it so often over the years speaks to the consistent focus of our physicians and staff on delivering the best possible care.”

The award is presented to honor hospital leadership and innovation in quality, safety and commitment in patient care. It is also meant as a way to inspire other healthcare organizations to use the winning hospitals’ programs as examples of how to improve their own quality and patient safety efforts.

Before this year, Rockcastle Regional won the KHA Quality Award in 2006, 2008, 2009, 2010, 2011, 2012, and 2015.

To learn more about the KHA Quality Award, visit www.kyha.com/patient-safety-quality.

An ounce of prevention

By Jana Bray, Community Relations Director

Fluoride varnish treatments can help prevent tooth decay

Healthy gums and teeth are important in a child's early development. This is why talking to your child's doctor about good dental habits even before your child's first tooth appears is important.

"Good oral health is an integral part of a child's overall health," says Dr. Sarah Oliver, pediatrician at Rockcastle Pediatrics and Adolescents.

"Giving your child the best start in life in terms of oral hygiene is vital for them to prevent tooth decay and to have healthy teeth and gums into adulthood."

Recommended by the American Academy of Pediatrics (AAP), fluoride varnish is one method pediatricians and dentists are using to help their patients prevent tooth decay, slow it down, or stop it from getting worse. Fluoride varnish is made with fluoride, a mineral that can strengthen tooth enamel, the outer coating on teeth.

Once your child has a tooth, your doctor may recommend that your child receive fluoride varnish treatments two to four times per year. The number of treatments depend on how likely your child is to get a cavity.

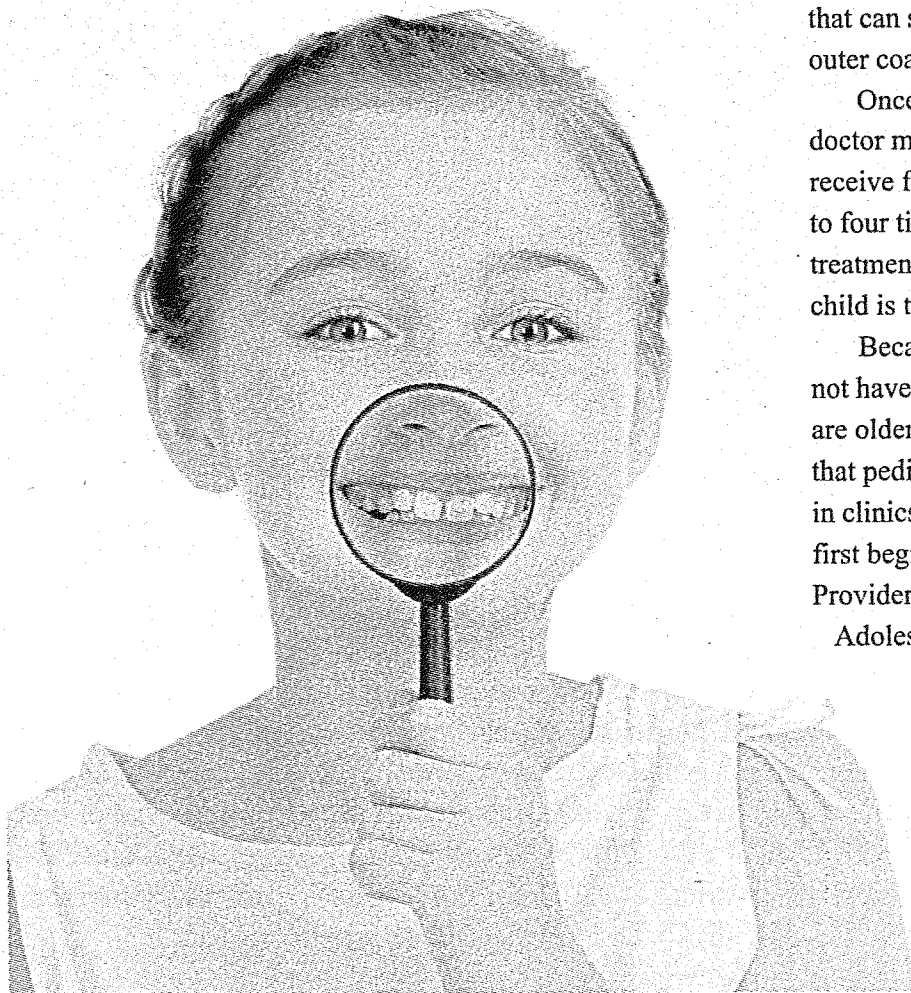
Because many young children do not have access to a dentist until they are older, the AAP now recommends that pediatricians perform this procedure in clinic visits for children when teeth first begin to appear through age six. Providers at Rockcastle Pediatrics and Adolescents have completed training in

fluoride varnish and are now offering this service to their patients.

During a fluoride varnish, your child's pediatrician will paint the top and sides of each tooth with a small brush. The painless process is very quick. The fluoride hardens soon after it is applied and is brushed off after four to 12 hours.

While studies have shown that fluoride varnish helps to greatly reduce the risk of cavities, it cannot completely prevent them. The treatments are most effective when a child is also brushing their teeth using the right amount of toothpaste with fluoride, flossing regularly, getting regular dental care, and eating a healthy diet.

Dr. Oliver says that this new service is yet another resource parents can utilize to insure the overall health of their children. "By implementing the fluoride varnish program, not only are we following the most recent AAP guidelines, we also hope to emphasize the importance of good dental health to our patients that will carry them throughout their lives."



To learn more about fluoride varnish or to schedule an appointment for your child, please call **Rockcastle Pediatrics and Adolescents** at 606-256-4148 Option 5, or go to www.healthychildren.org.

Celebrating our passion for employee wellness

By Eli Haddix, Community Relations Intern

Employee wellness program wins again

Rockcastle Regional Hospital and Respiratory Care Center has been recognized by the Worksite Wellness Council of Louisville with their Worksite Wellness Platinum Award for the second consecutive year.

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

Rockcastle Regional employee wellness coordinator Morgan Bray says, "We are doing everything we can to ensure our employees are happy, healthy, and their wellness needs are met. Studies show that healthy employees have higher job satisfaction, and in turn can greatly contribute to even better patient care."

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

At its core, the program works by offering valuable, in-house wellness services to employees, in addition to the

benefits offered through the health insurance plan. And all additional services are free to the employee.

For example, employees are able to take advantage of a multitude of services such as annual well-checks, annual blood work such as cholesterol checks, mental health counseling, regular stroke screenings, disease management resources, and tobacco cessation classes. Employees are also encouraged to maintain a healthy lifestyle through incentive programs such as Rockcastle Regional's County-wide Stride Race Series and by regular use of the fitness center. Through participation in both of these incentive programs, employees are eligible to earn up to \$565 every year.

A new program available at Rockcastle Regional is the smokeless tobacco cessation program. Bray works with employees who are trying to kick the habit through a program focused on education and encouraging the benefits of living a



Morgan Bray, Rockcastle Regional Employee Wellness Coordinator

tobacco free life. And just as the smoking cessation program has helped 32 employees quit smoking since 2013, Bray is confident the new program will make a difference in the lives of employees striving to quit using all types of tobacco products.

"We operate with a 'no stone left unturned mentality,'" said Bray of the variety of programs offered. "If an employee has a need, we want to try and help them. Our goal is to address all aspects of wellness: the mental, emotional, physical, and spiritual needs."



**WORKSITE WELLNESS
COUNCIL OF LOUISVILLE**
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The journey to become a

By Jana Bray, Community Relations Director

Rockcastle Regional Hospital and Respiratory Care Center has started the process to become the first Breast Imaging Center of Excellence (BICOE) in South Central and Eastern Kentucky. It will become one of only fourteen accredited centers in Kentucky.

Certified by the American College of Radiology (ACR), a Breast Imaging Center of Excellence is an elite designation given to breast imaging facilities who have received accreditation in a rigorous set of programs and modules.

Rockcastle Regional director of radiology, John Mitchell says the process to become a BICOE will take about three years. "The benefits of earning this accreditation will make a significant impact to the level of care and diagnostic imaging we can offer to patients," said Mitchell.

In order to receive the ACR's Breast Imaging Center of Excellence designation, a center must be fully accredited in mammography, stereotactic breast biopsy, breast ultrasound, and breast MRI. Rockcastle Regional has been accredited by the ACR in mammography since the early nineties, and will begin seeking accreditation in the other four modalities.

In July, the next step to becoming a BICOE was taken when Dr. Bethanie Hammond joined the radiology team at Rockcastle Regional.

Educated at Transylvania University and the University of Louisville, Dr. Hammond brings a specialized set of skills to the imaging team. She completed her residency in diagnostic radiology at the Cleveland Clinic and her fellowship in breast imaging at Massachusetts General Hospital.

"I've spent my career specializing in breast imaging," said Dr. Hammond. "In addition to 2-D mammography, MRI, ultrasound, and breast image guided procedures, I also have experience with breast tomosynthesis in diagnostic imaging, screening examinations, and guided localization procedures."

Rockcastle Regional Hospital will also enhance the technology and equipment used for breast imaging and diagnostic procedures.

In July, more than \$235,000 was spent to upgrade existing technology and software that is now being used by both Dr. Hammond and Dr. Eduardo Gomez, the head of radiology at Rockcastle Regional.

The next phase of the process is scheduled for July 2017 which will be to transition from 2-D digital mammography to 3-D digital mammography, also known as digital tomosynthesis, and add the ability to perform stereotactic guided breast biopsies on-site.

These new services will be made possible by the addition of two new state-of-the-art breast technologies: a digital tomosynthesis



Dr. Bethanie Hammond

mammography unit and a stereotactic guided biopsy machine, combined totaling more than \$610,000.

The goal is that by 2019, Rockcastle Regional Hospital will receive the designation as an ACR Breast Imaging Center of Excellence. In total, the organization will have invested nearly \$1 million in an effort to fight breast cancer through early detection in central and southeastern Kentucky.

With this major announcement for diagnostic imaging at Rockcastle Regional, we sat down with Dr. Bethanie Hammond to discuss what this means in terms of early detection, diagnosis, treatment, and prognosis for breast cancer patients in the region.

"The benefits of earning this accreditation will make a significant impact to the level of care and diagnostic imaging we can offer to patients,"

*John Mitchell
Radiology Director*

Breast Center of Excellence

What is the difference between the 2-D digital mammogram currently performed and the 3-D (tomosynthesis) mammogram?

Approved by the FDA in 2011, digital tomosynthesis creates a three-dimensional picture of the breast using x-rays. It is different from a standard mammogram similar to the way a CT scan of the chest is different from a standard chest x-ray. Or, think of the difference between a ball and a circle – one is three-dimensional and one is flat.

Mammography usually takes two radiographs of each breast from different angles: top to bottom and then in an oblique projection. The breast is pulled away from the body, compressed, and held between two plates. Mammograms are sent from the unit to our PACS for storage before being read by a diagnostic radiology physician. Tomosynthesis captures images of the breast at multiple angles providing the radiologist with additional information. When reading mammograms, I look for signs of breast cancer, such as areas of distortion, suspicious calcifications, or changes in the breast tissue pattern when compared to older examinations.

If Rockcastle Regional is already accredited by the ACR in mammography, why is it important to be an ACR Breast Imaging Center of Excellence?

Being ACR accredited in mammography means that your services meet the rigorous

requirements set forth by the ACR and that you are providing mammography services at the highest level of quality. The Breast Imaging Center of Excellence designation means that your facility not only meets these quality standards in mammography, but also in other breast imaging modalities (breast ultrasound, ultrasound-guided breast biopsy, breast MRI, and stereotactic guided breast biopsy).

What does the new state-of-the-art technology mean to the patients seeking breast care at Rockcastle Regional?

The tomosynthesis unit will allow 3-D mammography to be performed, which can decrease false positive callbacks (unnecessary callbacks) and also contribute to earlier diagnosis by showing abnormalities that may not be visible on a 2-D mammogram.

The stereotactic guided biopsy table will allow patients to have minimally invasive breast biopsies for suspicious mammogram findings at Rockcastle Regional Hospital without having to travel to other counties for the procedure. During these procedures, I use image-guidance to remove small amounts of breast tissue in order to send it to the pathology lab for diagnosis.

Providing these services locally, in most cases, decreases the time between a screening mammogram and diagnostic evaluation, which may also include a biopsy, in comparison to referring these patients to multiple facilities at distant locations for the same procedures. Decreased wait time for

diagnostic evaluation and possible biopsy also decreases anxiety for many patients during an already stressful time in their lives.

This technology also contributes to our ability to detect breast cancer at early stages so that patients may begin treatment as soon as possible in hopes of achieving the best possible outcomes.

How do you anticipate becoming a Breast Center of Excellence will impact breast health in the region?

This is a wonderful opportunity to provide specialty care in the community. While medical screening examinations like mammograms do not prevent cancer, early detection is very important in improving prognosis.

What would you suggest is the most important thing patients can do for their breast health?

I recommend for patients to have an annual physical exam including breast evaluation and perform a monthly self-exam on their breasts. For women 40 years and older, an annual screening mammogram is also recommended. Screening mammography at an earlier age or additional screening with other modalities such as breast MRI is recommended in some patients based on risk factors. It is important to discuss with your primary physician if screening mammography before age 40, or other imaging studies, are needed based on risk factors.

[YOUR HEALTH: BACK TO SCHOOL]

Backpack Safety

It's time to lighten the load



When you move your child's backpack after he or she drops it at the door, does it feel like it contains 40 pounds of rocks? Maybe you've noticed your child struggling to put it on, bending forward while carrying it, or complaining of tingling or numbness.

If you've been concerned about the effects that extra weight might have on your child's still-growing body, your instincts are correct.

Backpacks that are too heavy can cause a lot of problems for kids, like back and shoulder pain, and poor posture. The problem has grabbed the attention of lawmakers in some states, who have pushed for legislation requiring school districts to lighten the load.

While we wait for solutions like digital textbooks to become widespread, there are things you can do to help prevent injury. While it's common these days to see children carrying as much as a quarter of their body weight, the American Chiropractic Association recommends a backpack weigh no more than 10 percent of a child's weight.

Remember: A roomy backpack may seem like a good idea, but the more space there is to fill, the more likely your child will fill it. Make sure your child uses both straps when carrying the backpack. Using one strap shifts the weight to one side and causes muscle pain and posture problems.

Help your child determine what is absolutely necessary to carry. If it's not essential, leave it at home.

What About Backpacks on Wheels?

Despite being very common these days, the ACA is still not giving them a strong endorsement.

Rolling backpacks should be used "cautiously and on a limited basis by only those students who are not physically able to carry a backpack," the ACA website reads. The reason? They clutter school corridors, replacing a potential back injury hazard with a tripping hazard.

So, pick up that pack from time to time, and let your children know you've got their back.

For more information visit the National Safety Council at www.nsc.org.

When selecting a backpack, look for:

- An ergonomic design
- The correct size: never wider or longer than your child's torso and never hanging more than 4 inches below the waist
- Padded back and shoulder straps
- Hip and chest belts to help transfer some of the weight to the hips and torso
- Multiple compartments to better distribute the weight
- Compression straps on the sides or bottom to stabilize the contents
- Reflective material

[YOUR HEALTH: BACK TO SCHOOL]

Slow down: Back to school means sharing the road

School days bring congestion: Yellow school buses are picking up their charges, kids on bikes are hurrying to get to school before the bell rings, harried parents are trying to drop their kids off before work.

It's never more important for drivers to slow down and pay attention than when kids are present – especially before and after school.

If You're Dropping Off

Schools often have very specific drop-off procedures for the school year. Make sure you know them for the safety of all kids. More children are hit by cars near schools than at any other location, according to the National Safe Routes to School program. The following apply to all school zones:

- Don't double park; it blocks visibility for other children and vehicles
- Don't load or unload children across the street from the school
- Carpool to reduce the number of vehicles at the school

Sharing the Road with Young Pedestrians

According to research by the National Safety Council, most of the children who lose their lives in bus-related incidents are 4 to 7 years old, and they're walking. They are hit by the bus, or by a motorist illegally passing a stopped bus. A few precautions go a long way toward keeping children safe:

- Don't block the crosswalk when stopped at a red light or waiting to make a turn, forcing pedestrians to go around you; this



could put them in the path of moving traffic

- In a school zone when flashers are blinking, stop and yield to pedestrians crossing the crosswalk or intersection
- Always stop for a school patrol officer or crossing guard holding up a stop sign
- Take extra care to look out for children in school zones, near playgrounds and parks, and in all residential areas
- Don't honk or rev your engine to scare a pedestrian, even if you have the right of way
- Never pass a vehicle stopped for pedestrians
- Always use extreme caution to avoid striking pedestrians wherever they may be, no matter who has the right of way

Sharing the Road with School Buses

If you're driving behind a bus, allow a greater following distance than if you were driving

behind a car. It will give you more time to stop once the yellow lights start flashing. It is illegal in all 50 states to pass a school bus that is stopped to load or unload children.

- Never pass a bus from behind – or from either direction if you're on an undivided road – if it is stopped to load or unload children
- If the yellow or red lights are flashing and the stop arm is extended, traffic must stop
- The area 10 feet around a school bus is the most dangerous for children; stop far enough back to allow them space to safely enter and exit the bus
- Be alert; children often are unpredictable, and they tend to ignore hazards and take risks

For more information visit the National Safety Council at www.nsc.org.

[UK CONNECTIONS]

Gill Heart Institute Earns American Heart Association Award

By Dr. George Fuchs • Courtesy of UK HealthCare Public Relations



PHYSICIANS VISITING AT ROCKCASTLE REGIONAL

Paul Anaya, M.D. • Cardiology
 Michael Anstead, M.D. • Adult & Pediatric Pulmonology
 Susanne Arnold, M.D. • Hematology & Oncology
 David C. Booth, M.D. • Cardiology
 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
 Abeer Hamdy, M.D. • Pediatric Cardiology
 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
 Stefan Kiessling, M.D. • Pediatric Nephrology
 John Kotter, M.D. • Cardiology
 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
 Ashish P. Maskey, M.D. • Pulmonology
 Rick McClure, M.D. • Cardiology
 Adrian Messerli, M.D. • Cardiology
 Amr E. Mohamed, M.D. • Nephrology
 Gustavo Morales, M.D. • Cardiology
 Timothy W. Mullett, M.D. • Cardiothoracic Surgery
 William Robertson, M.D. • Neurology
 Edward Romond, M.D. • Hematology & Oncology
 Sarah Rugg, M.D. • Cardiology
 Ana Ruzic, M.D. • Pediatric Surgery
 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 F. W. Weller, M.D. • Neurosurgery
 John Yozwiak, M.D. • Adolescent Medicine/Psychology
 Ali Ziada, M.D. • Pediatric Urology

All heart attacks are serious, but one type – called STEMI – is particularly deadly. “A STEMI, or ST Segment Elevation Myocardial Infarction, means an artery to the heart is 100 percent blocked, which is associated with a much higher short-term risk

of death or disability compared to other types of heart attack,” Dr. Adrian Messerli of the University of Kentucky’s Gill Heart Institute said.

More than 250,000 Americans suffer a STEMI each year and once heart muscle is damaged it will never grow back.

“That’s why immediate access to treatment for STEMI patients is critical to their recovery,” said Messerli.

The Gill Heart Institute has been recognized by the American Heart Association for their high quality treatment of STEMI patients with a 2016 Mission: Lifeline® Receiving Center BRONZE Recognition Award.

According to the AHA, the Gill is “part of an elite group of hospitals recognized... for quality heart attack care.... treating patients according to nationally accepted guidelines.”

The AHA requires award recipients to adhere to rigorous standards including time to treatment of 90 minutes or less, administration of certain medications to reduce the chance of



UK Gill Heart Institute cardiologist Dr. Adrian Messerli speaks at a recent heart health event in Rockcastle County.

another heart attack, and other counseling such as smoking cessation.

“We have an incredibly talented and hard-working team, including nurses, staff and emergency medical personnel, all of whom contribute to successful patient outcomes,” said

Susan Smyth, MD, PhD, Medical Director

of the Gill Heart Institute. “This award justly recognizes their work and ultimately is a reflection of the high standard of care we provide to the communities we serve.”

Gill Heart Institute cardiologists, **Rick R. McClure, MD** and **Adrian W. Messerli, MD**, see patients on Monday, Wednesday, and Friday at Rockcastle Regional.

To schedule an appointment, call **866-940-4938**.



[UK CONNECTIONS]

Know the signs to preventing and treating
joint pain

By Dr. Stephen Duncan • Courtesy of UK HealthCare Public Relations

In the past four weeks, more than one-third of people over the age of 55 in the United States have complained about hip or knee pain to their physician. In a lifetime, our hips and knees get a lot of use. There are various ways individuals can reduce the strain placed on their joints to maintain the health of their hips and knees.

Preventing Knee and Hip Pain

Individuals have some ability to reduce the strain put on their knees and hips. The relationship between being overweight and joint pain is a contentious one. If joint pain is rooted in being overweight, it is important to healthily lose weight. Developing a stronger core can also lessen the strain placed on joints.

People who engage in “high impact” activities, like running, basketball or Zumba, can take steps to prevent joint issues like torn ligaments and inflammation. Physical therapy, to strengthen the muscles surrounding the hips and knees, can do wonders in reducing and preventing joint pain.

Supplements can aid in improving joint health and reducing pain. Omega 3s block inflammatory cytokines and prostaglandins, reducing joint tenderness and stiffness. Also, ginger has been shown to be a natural anti-inflammatory while Capsaicin reduces substance P, a pain transmitter.

Treatment Options

In the United States, nearly 30 million people are treated for joint pain in their knees and hips each year. Too often, joint pain is considered



part of aging, and if a person has suffered over a long period of time, it can be considered part of life. Persistent joint pain, which lasts more than six months and is not responding to activity modification and/or anti-inflammatory medicines, means it's time to see an orthopedist.

Common treatments for knee and hip joint pain are arthroscopy and joint replacement. Arthroscopy can be done for patients with mild arthritis to remove a torn meniscus in the knee or a labrum in the hip. Recovery from this procedure is typically four to eight weeks. Hip or knee replacements are done for more advanced arthritis. Recovery for hip replacement is typically four

to eight weeks, but is largely dependent on the patient's health. Partial knee replacement recovery lasts approximately four to six weeks; a total knee replacement has a recovery time of six to 12 weeks.

Reducing the chances of needing orthopedic surgery is possible, but knowing the signs of pain that may require medical intervention is vital.

Dr. Stephen Duncan is assistant professor of orthopaedic surgery in the University of Kentucky Department of Orthopaedic Surgery and Sports Medicine.

It's not too late to start earning your County-Wide Stride incentive!

Visit rockcastleregional.org/race to learn more.

COUNTY-WIDE
Stride
Run/Walk Series

Upcoming Race Events



REN10
The Renfro Valley 10K Run &
5K Run/Walk by the Lake

August 20, 2016
8:00 a.m.

Renfro Valley

New!

We think 10Ks will be all the rage in 2016, and we're ready with the brand new Ren 10. It will be staged at Renfro Valley starting on Hwy. 25 and running around the lake and back. The best part about the race, besides the beautiful scenery, is the ease of the course. Other than one hump in the road near the end of the lake, it's pancake-flat. This will be great for anyone interested in a first-class 10K. Proceeds from the race benefit The Hope Fund for local cancer patients.

www.rockcastleregional.org/race/august

Race 8 of 14 in the 2016 County-Wide Stride Series



Livingston
LEAP

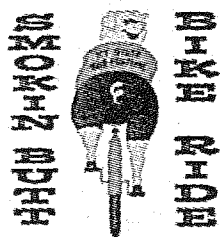
September 3, 2016
8:00 a.m.

Downtown Livingston

Talk about scenery – this course takes you near the Daniel Boone National Forest on some of the prettiest roadway you've ever seen. Livingston, one of Kentucky's few designated "Trailtowns," embraces this race and welcomes participants with open arms. Proceeds go to the Livingston Homecoming Committee.

www.rockcastleregional.org/race/september

Race 9 of 14 in the 2016 County-Wide Stride Series



September 10, 2016
10:00 a.m.

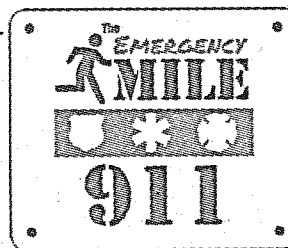
Danville, KY

New!

The "Smokin' Butt Bike Ride" on Saturday, September 10, 2016 will leave downtown Danville at 10:00 am for a leisurely 23 mile round trip out beautiful Bluegrass Pike to Harrodsburg, across the rolling terrain of Bellows Mills Road and returning to Danville via Buster Pike. Entry fee is \$25.00. A specially designed T-shirt will be afforded all registered riders.

www.kybbqf.com/smokin-butt-bike-ride

Race 10 of 14 in the 2016 County-Wide Stride Series



September 22, 2016
6:00 p.m.

SourceHOV Building
(Industrial Park)

New!

In honor of Rockcastle County's first responders, we have created a bonus County-wide Stride event for 2016 – the Emergency Mile. If you are an experienced runner, this is your chance to test your speed on a nearly level one-mile course. If you're new to run/walks, this is the perfect way to start – with a less challenging distance. Either way, you are honoring those in our county that we could not do without. Rockcastle County first responders participate free.

rockcastleregional.org/blog/events/emergencymile

Race 11 of 14 in the 2016 County-Wide Stride Series

NEWS AND NOTES FROM OUR TEAM



Chrissy Clark, MA, CF/SLP is a new speech-language pathologist in Outpatient Rehabilitation at Rockcastle Regional. She has a master's of arts in communication disorders from

Eastern Kentucky University. She lives in Somerset with her significant other, Eric, and daughter, Nadine. In her free time, she enjoys spending time with her daughter, boating on the lake, and supporting her family during football games and cheerleading activities. Chrissy enjoys her new job and the fast-paced environment. "I love working with my clients and families to enhance their communication and feeding skills."



Todd Day, PT, DPT has joined the team as a physical therapist at Rockcastle Regional's Outpatient Rehabilitation Services and says that it is the best organization he has ever been

a part of. Todd earned his doctorate of physical therapy degree from the University of Kentucky and is certified in Integrated Dry Needling. Originally

from Smilax, KY in Leslie County, Todd now resides in London with his wife, Melinda, where he enjoys hunting, fishing, hiking, woodworking, strength training, and going to church. Of his early thoughts on his new position in a new community, Todd says, "People want to work hard and improve here and that is something you won't find everywhere. I'm proud to be a part of 'The Rock.'"

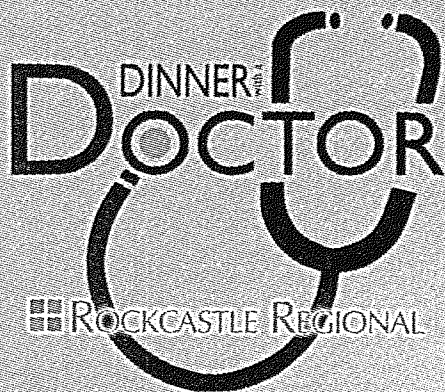


Angie Guffey, MS, RD, LD has been named a clinical dietitian at Rockcastle Regional Hospital and Respiratory Care Center. She has bachelor's of science degree in general dietetics and

a master's of science major in community nutrition. Originally from Mt. Vernon, Angie currently lives in Somerset with her husband, Greg. In her spare time, Angie enjoys relaxing in the pool, planning her next tropical vacation, and going to the gym. When asked about her new position, Angie says that she loves being able to work in her hometown with people who she has known for many years. "What I love most about my job is feeling like I have made a difference in patients' and residents' lives."

View our current job openings at rockcastleregional.org/careers

You're invited to a free catered dinner and presentation on patient safety.



Guest Speaker:
Dr. Karen Saylor
Rockcastle Family Wellness

Thursday, August 25
5:30 p.m. • First Baptist Church

To sign up, please call Kayla Rowe
at 256-7767 by Monday, August 22.

ROCKCASTLE REGIONAL

Physicians Based in Rockcastle County

Jon A. Arvin, M.D.	Family Practice
William Bakhos, M.D.	General Surgery
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
Bethanie Hammond, M.D.	Breast Imaging/Radiology
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

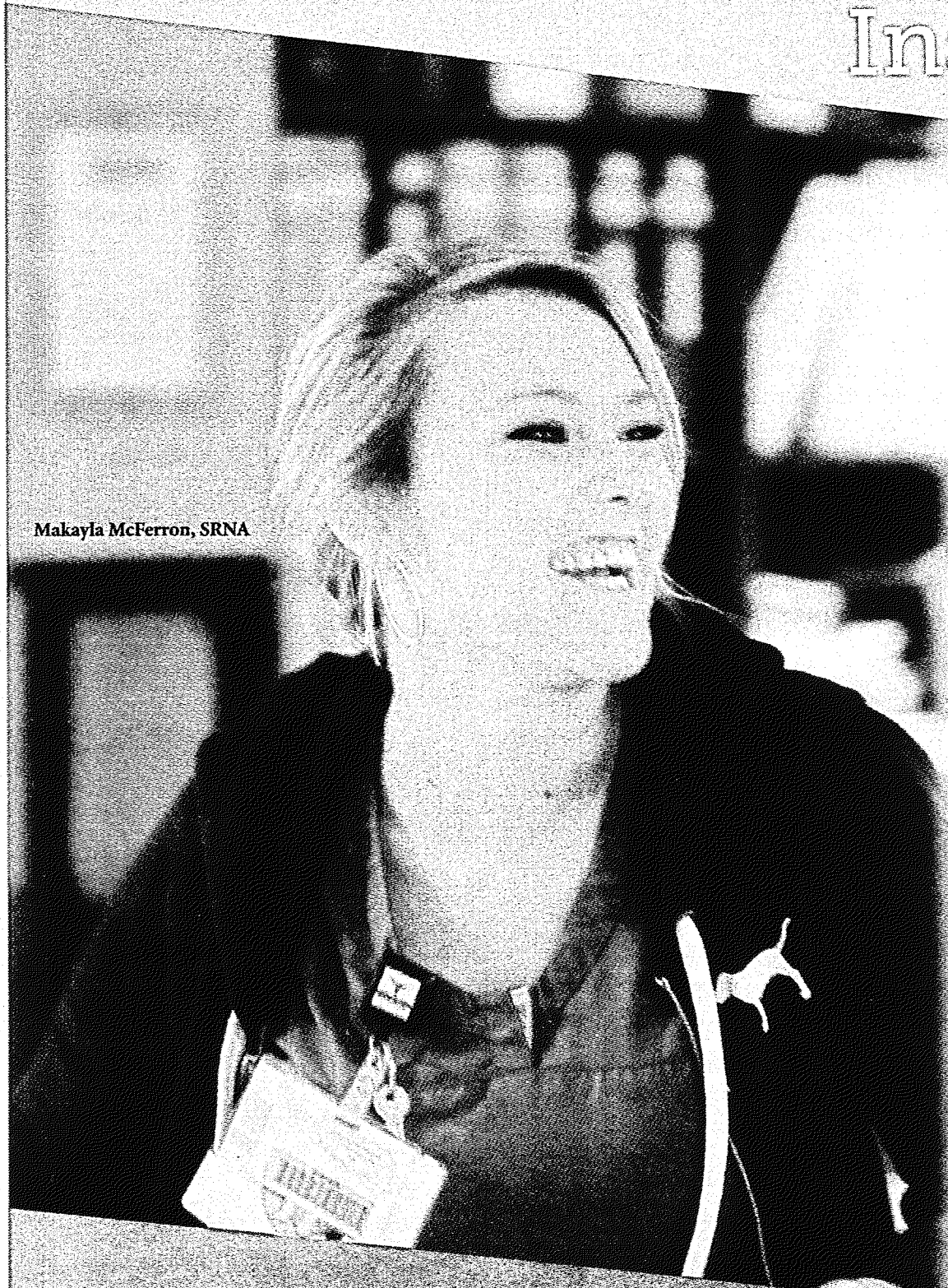
Mid-Level Providers Based in Rockcastle County

Courtney Browning, APRN	Pediatrics
Alicia Cook, PA-C	Family Practice
Chasity Frakes, APRN	Family Practice
Deana Gabbard, PA-C	Family Practice
Shelley Gover, APRN	Pediatrics
Chelsen Larkey, LPCA	Counseling
Ginger Mink-Cash, APRN	Family Practice
Joan Moore, APRN	QuickCare
Angela Parsons-Woods, PA-C	Family Practice
Brittany Perkins-Saylor, PA-C	Family Practice
Joyce Puckett, APRN	QuickCare

Visiting Physicians

Daniel Albertson, APRN	Podiatry
Michael Anstead, MD	Pulmonology
Azhar Aslam, M.D.	Cardiology
David Booth, M.D.	Cardiology
Ketan Buch, M.D.	Pulmonology
Lee Cain, O.D.	Optometry
Jamie Settles Carter, D.P.M.	Podiatry
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. Flomenhoff, M.D.	Pediatric Gastroenterology
Richard Goldman, M.D.	Eam, 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
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 Messeri, M.D.	Cardiology
Amr E. Mohamed, M.D.	Nephrology
Douglas Owen, M.D.	Ophthalmology
William Robertson, M.D.	Nerve Study
Anthony Rogers, M.D.	Thoracic Surgery
Mandakini Sachir, M.D.	Adolescent Medicine
Cameron S. Schaeffer, M.D.	Pediatric Urology/Plastic Surgery
Douglas Schneider, M.D.	Pediatric Cardiology
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 Yalcut, M.D.	Urology
Ali Ziada, M.D.	Pediatric Urology

Inspired care, Inspired career.



Makayla McFerron, SRNA

'I consider this place my second home'

As a state registered nursing assistant in the Respiratory Care Center at Rockcastle Regional, Makayla McFerron sees it as more than simply a job.

It's where she gets to live out her passion for taking care of others, a place where she is able to make a difference in the lives of her patients every day.

Such as the Halloween party when she helped residents dress in their costumes and joined them trick-or-treating throughout the hospital.

"It was so much fun being able to make it a special day for them. From putting their make-up on to showing off their costumes, we all had a great time together," she said. "It's so rewarding knowing that I am able to make special things like this happen for people."

But these rewarding times don't just happen during the holidays. Makayla said that it's the day-to-day where she feels like she makes the biggest difference.

Like the time she was sitting with one of her residents, looking out the window and watching it snow. "He told me he had never seen snow before and wanted to experience it. So that's exactly what we did. We spent the rest of the afternoon building a snowman."

The smile that Makayla saw on the residents face that day, she says is why she chose this career. And as she continues working towards her nursing degree at Somerset Community College, the Halloweens and the snow days are what keeps her connected to her passion for caring.

Apply now:

rockcastleregional.org/careers