

Mount Vernon Signal

Serving Rockcastle County

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Mount Vernon, Kentucky 40455 (606) 256-2244 Volume 11 Number 17 50 per copy Thursday, May 4, 2017



Gerome Dali, of Mount Vernon, fell down a 15-foot ledge while hiking at Anglin Falls near Climax Saturday. The Mount Vernon Fire Department responded to assist Rockcastle EMS to help get Dali out of the forest. Reports say it was a very lengthy rescue due to the location and difficulty reaching Dali. Dali was flown to the UK Medical Center with several injuries. Brindle Ridge Fire Department also assisted.

Local man rescued at Anglin Falls

By: Mike French
 Saturday, the Mount Vernon Fire Department responded to assist Rockcastle EMS and the Climax Fire Department with the rescue of an injured hiker at Anglin Falls.
 Reports say Gerome Dali fell at the falls and was injured too badly to get out. Reports say due to the terrain, and the remote location of the scene, this became a very lengthy rescue using ropes and a large number of personnel to physically carry the patient out to the waiting ambulance.

Officials say the patient was then transported to a waiting helicopter and air lifted to the University of Kentucky Medical Center.
 According to a post on social media by Dali's wife, he was home from the hospital by Sunday and suffered a broken ankle in three places, a broken clavicle and received 14 stitches.
 Brindle Ridge Fire Department also assisted at the scene with securing a landing zone for the helicopter.

Renfro Valley restructuring

Fires nearly a dozen entertainers

By: Mike French
 For 78 years, Renfro Valley has been the center of attention in Rockcastle County and, using average weekly attendance, over the years has brought over one million visitors to the county. Not to mention the millions who listened on the radio broadcasts from Renfro Valley.
 At one time, Renfro Valley had more listeners and more visitors than the Grand Old Opry and was the biggest, most popular county music show in the nation.
 This past week the well known house band, along with other entertainers, performed their Friday night show and two Saturday night shows as usual. But this week after the second show Saturday evening, members of the house band say they were handed termination notices firing them from their jobs at the Valley.
 In fact some of those fired have worked at the music complex for over 50 years.

Old Barn shows throughout the community. However, the Renfro Valley social media page and website say there will indeed be shows as scheduled this Friday and Saturday night.
 Rumors also circulated on social media that the legendary entertainer Pete Stamper, who started work at Renfro Valley in 1952, was also fired. However, Stamper says he was told he is not among those fired. "They told me they wanted me to stay. And I will see what they have in mind but I'm not going to stay past my 100th birthday," said Stamper with tongue in cheek.
 "I really don't know what

happened or why they let them go," he said.
 However, no one seems to know who will be performing those shows since most of the house band and entertainers were fired.
 The Mount Vernon/Rockcastle Co. Tourist Facebook page said the rumors that the music complex is closing are false and that Stamper will always be a part of the Barn Dance Show.
 Reynolds also told reporters that some of the musicians have retained lawyers' since they believe it was illegal to fire them in this manner.
 However, officials at

"The bad thing is, we had no idea it was coming...and they didn't even say thank you,"
Kimberly Reynolds

(See "Renfro" on A5)

The 225th Anniversary of Kentucky Celebration

On June 1st, Kentucky will celebrate her 225th anniversary of becoming a state.
 She became a state on June 1, 1791. Pioneers came through the Cumberland Gap only to meet Kentucky's first settlers, the Native Americans of the region.
 Since then, our state has grown to be a leader in industry, tourism, and education. All Kentuckians are encouraged to remember our proud heritage and celebrate our history.
 On Saturday night, May 20th there will be a celebration, "My Old Kentucky Home Iced Tea Social; Kentucky at 225 Years," held at Rockcastle Middle School beginning at 6 p.m.
 There will be a meal of

barbecue, baked beans, potato salad, and other Kentucky treats. Entertainment will include Appalachian dulcimer music, Native American history and stories, pioneer reenactors, gospel music, cloggers, and surprises.
 Tickets are on sale now. Proceeds will benefit the Livingston Community Lions Club and Christian Appalachian Project food bank. Tickets are \$12 or \$10 for children under 12. The dress is casual. Come prepared for a night of fun! Why not reserve a table for friends, family, and co-workers! Please bring a non-perishable food item or donate \$1 at the door.
 For tickets, contact Stanley or Tonya Cook at 453-2218, 308-1851, or 308-1971.

Job Fair at planned at Source HOV

By: Mike French
 According to the Ken-

tucky labor Force website, Rockcastle County has a 6.8% unemployment rate. However, SourceHOV in Mount Vernon is about to hold a public job fair that may help drop that rate somewhat.
 According to officials at Source HOV, the job fair will be held at the Rockcastle County Adult Education Center, 955 West Main Street in Mount Vernon, May 10 and 11. Wednesday the hours will be from 10 a.m. to 4 p.m. and Thursday's hours will be 11 a.m. to 7 p.m.

According to SourceHOV there are general clerk positions available for second shift from 3:30 p.m. to midnight.
 The base rate for the jobs is \$11.21 plus \$4.27 in health and welfare stipend which equals \$15.48. Referral bonuses are also available.
 Officials say job offers will be made on the spot during the job fair and full time positions are available.
 SourceHOV is a proud
 (See "Jobs" on A5)

Day of Prayer reminder

Don't forget the National Day of Prayer planned at the Rockcastle County Courthouse today (May 4) at noon.
 A free lunch will be provided by the Kiwanis Club, drinks will be provided in honor of Denver Miller and fruit will be provided by Rockcastle Regional Hospital.
 Special speaker will be Alan Dodson and Zachary Rice will provide special singing.
 Everyone is invited to attend the free event.

Founder's Day reminder

Remember to visit the annual Livingston Founder's Day Festival planned for May 12 and 13.
 The event will include a gun and knife show this year at the old Livingston School from 9-5 on Saturday and a Gospel Singing on Friday night, among many other activities.
 For more information, or vendor space, call (606) 453-2061.

Blood drive planned

Kentucky patients depend on blood donors. Blood transfusions are needed by many Kentuckians.
 Cancer patients, for instance, often require blood transfusions to help rebuild their blood supply during cancer treatments. Trauma patients need blood immediately to get them stable.
 Those with blood disorders like sickle cell anemia may also require transfusions, and organ transplants and other surgeries can't happen unless blood is readily available.
 These Kentucky patients depend on the generosity of blood donors to support them on their road to recovery.

Area donors are invited to give so others may live at the upcoming Kentucky Blood Center (KBC) Blood Drive:
Mt. Vernon Community: Tues., May 9 from 1:30 - 6:30 pm at the First Baptist Church in the gym at 340 W. Main St. in Mt. Vernon.
 Everyone who registers to donate will receive a short-sleeve gray t-shirt. Walk-ins are welcome, but appointments can be made by visiting kybloodcenter.org and clicking on the Donor Login
 (See "Blood" on A5)



The FFA Greenhouse is now open at RCHS with a wide variety of beautiful flowers and garden plants for sale. Elisha Blanton and Dalton Durham show off some of the flowers available to buy. The greenhouse is open through May 13th Monday - Friday from 3:00 - 4:30 and Saturday 8 a.m. to noon. Each dollar spent aids in opportunities for students of the community. Purchases could mean a new FFA jacket, the chance to attend a leadership workshop or a scholarship.

Of Special Note Inside

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- Church News Pg. A4
- Classifieds Pgs. B4&5

- Contact us at: mvsignal@windstream.net
 Deadline submission is Noon Tuesday
- Courthouse News Pg. B2
 - Obituaries Pg. A4
 - Sports Pg. A6&7

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ramblings

by: perlina m. anderkin

Spent most of last week in the beautiful city of Baton Rouge, LA. As I mentioned earlier, I was at the national women's bowling tournament and it was a hoot. Well, not really a hoot, I only bowled in the team event since I was under the weather and unable to compete in the doubles and singles part of the tournament which, of course, knocked out one of the other bowlers. But team member Evelyn Mitchell was thoughtful enough to relinquish her spot in those events to stay with me in the hotel room and care for me.

The team event was surprising in that there was no handicap involved. So much for asking me along, right? We bowled on the same lanes as a team from Wisconsin made up of elderly ladies, I'm talking median age probably on the north side of 80. They beat us like a red-headed stepchild. One of them, a lady of 85, was awaiting knee surgery and had macular degeneration in her right eye and she beat all eight bowlers a couple of games.

We had a group meeting before the tournament started and, during that, awards were handed out to bowlers who had attended 50, 55, 57 national tournaments. There were also pins handed out to first timers. I received one and the lady who was emceeding the meeting told us not to be concerned because everyone had to start with a first time -- I wanted to interject that the rest of the first timers were probably not 75 years old their first time but managed instead to just smile and take my seat.

All in all, it was a good trip but I think I'll pass on Reno next year, at my age you don't plan too far in advance.

It's a very worrying time in our country. I am concerned about the heightened tension between our country and North Korea. With a leader like North Korea has, you cannot depend on sanity prevailing but, at some point, you do have to say enough is enough. I certainly hope cooler heads will

prevail. There is no doubt that our country has the military superiority but I'm pretty sure there wouldn't be a winner in a military conflict between our countries but we do have to ensure South Korea's and Israel's safety, not to mention our own west coast.

It seems that the Democrats won big in the battle? over the continued spending resolution recently passed. There is no defunding for planned parenthood or sanctuary cities but, hopefully, these issues will be addressed in September when the official spending bill is up for passage.

President Donald Trump has to be one of the most frustrated Presidents in our history. Several of his important policies that, under our Constitution he has the authority to enact, are being blocked by federal judges, all of whom just happen to be Obama appointees. And, the violent left antifa protestors refuse to acknowledge that he is the President instead opting to continually cause disruptions (usually violent) and to try to fulfill their aim of obliterating freedom of speech, all the while calling the right fascists, although they are the ones wearing masks.

Anyway, we will see how this all shakes out but, believe me, sometimes the fact that the twilight years are upon me have an upside -- the chicken's way out, right?

Aces Over

By Mike French



Oh my. This is a dangerous column. I am probably going to get a lot of angry people yelling at me. But I can't help it. It's just the way I feel and after 50 years of thought, I can't help but wonder some things.

Now keep in mind that I don't really curse and I have complete respect for those who don't curse at all. But I must say that I don't understand why I don't curse other than to play the "socially correct" game that everyone plays to a certain extent.

The reason is, I can't for the life of me figure out what words are "dirty" words and which ones are fine to use in public.

One of the best examples is the four-letter word for poop that starts with an "s" and ends with a "t".

That's considered a "dirty" word and anyone that uses it in public is demeaned and considered a filthy fellow.

One would never use the word in a church building or in front of parents or in a business meeting. But I just can't understand why.

Why is that a curse word but "poopie" is not? Who made that decision?

We can say "excrement," "bowel movement," "waste," "droppings," "feces," or a host of other words to describe it. But that one little four-letter word is considered evil.

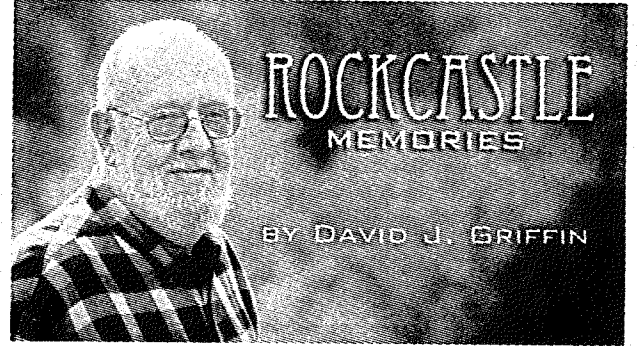
I am absolutely certain that if a person took a scoop of 's..t' and a scoop of excrement, and performed DNA tests and lab chemical analysis on each scoop, we would find them each to be the exact same substance, created by the exact same place, in the exact same way for the exact same reason.

But to use the "S-word" to describe it is somehow taboo and causes a person to be looked down upon for using the word.

It has to be a socially or politically correct thing because there is no other reason for it that I can find.

Apparently some rich

(Continued on A-3)



Instrumentals Often Hit a Chord

Now that my wife and I are both retired, I am amused and somewhat amazed by how much we love and enjoy the music of our youth. Because the stereo system in my Ford Explorer plays songs that are stored on a "flash drive," we can transport any of the 5,000 songs that I have stored on my personal computer into our chariot. Sometime ago, I selected approximately 500 songs that we regularly listen to on that Sony system in our

SUV. These days, I have been paying particular attention to the songs that were instrumental hits. During the 50s and 60s, instrumental tunes were a significant and perpetual portion of the Top 40 countdown on AM radio. The best Rock instrumentals of the 1950s happened because rock and roll evolved, in part, out of the "dance band" trends of the time.

Throughout most of the mid-fifties, I was listening to rock and roll on my transistor radio. Some of earliest instrumental songs that were playing on that radio still ring in my memory -- songs like "Autumn Leaves" by Roger Williams, which was huge in 1955 and continued on the play list for months. "Cherry Pink and Apple Blossom White" by Pérez Prado was another hit from 1955. It was more of a Top 40 hit and appealed to those who were my age.

"Raunchy" by Bill Justis in 1957 and "Teen Beat" by Sandy Nelson in 1959 brought instrumental hits to teenagers' attention. Such tunes were considered to be "too cool."

The early 60s brought a hefty portion of instrumentals to our attention, and my generation ate it up. In 1959, the movie A Summer Place, starring Troy Donahue and Sandra Dee, hit the screen at the Valley Drive In Theater, and teenagers turned out in massive numbers. The single, "Theme from a Summer Place" by Percy Faith became the top-selling single of 1960 and was the first movie theme to win that

(Continued on A-3)

Points East

By Ike Adams



I doubt that anybody keeps track of these things but I'd be willing to bet that there are consistently more small animal fatalities (road-kills) per mile on one 8 mile stretch of Highway 21 between Paint Lick and Berea than anywhere else in the state, if not the entire country.

I'm sure most of you have seen "Deer Crossing" signs alongside the highways. There's not one on 21 but if you are traveling that road at night, chances are pretty good that a deer will play chicken with you by seeing if run faster than you happen to be driving. If you want to have that "deer in headlights" experience, all you have to do is drive highway 21 right after dark for a week or so and it'll happen.

On the other hand, during the 30+ years we've lived here and traversed it several times each week, I can count on the fingers of one hand, the number of deer fatalities I've seen on 21. The road does not lend itself to driving speeds that severely endanger larger animals like deer and cattle even though both have suffered infrequent fatalities.

During that same time span, I've seen well over a dozen deer kills on US 52 between our place and Richmond, all within a few hundred yards of a deer crossing sign. Apparently the deer don't know they're supposed to cross right at the sign and drivers don't realize the difference between

(Continued on A-3)

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



What in This World?
Dear Journal,
I still recall my first encounter with something otherworldly. I was just a little girl playing in my grandparents' front yard. It was a warm summer day with a cloudless sky. I was under the supervision of my grandpa when we saw something very unusual. Across the road was a

farm with a barn and a pond in an open field. In the field around the pond were about six to eight horses. Two or three of those horses were sniffing and pawing at a white, shiny, metallic object about three to four feet in diameter. We stood in the yard watching all of this at least ten minutes or so. Then, all of a sudden, this object lifted from the ground and went completely straight up without any wind for assistance. It continued to go upward slowly and steadily until it got past the height of the trees when the underside of it flashed rows of white and red lights, like a bullseye that is used for a target. It continued straight up and then returned to its silver appearance. We watched until it became only a shiny dot in the sky.

In my early teenage years my mother and I watched several shiny objects in the western sky just after sunset. They always came about 7 PM and played their little games for about an hour. There were usually four but sometimes

(Continued on A-3)

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DIABETES EDUCATION PROGRAM
Get the tools you need to manage your diabetes successfully.
May 16 & May 23
5:00 - 9:00 p.m.
Rockcastle Regional Education Center
(3rd floor Outpatient Services Center)
This is a **free** event and dinner will be provided. People with diabetes and their families/caregivers are welcome. Special gift and a chance to win prizes for those that attend the full 2-day program. No referral required. Rockcastle Regional presents this program in coordination with the Rockcastle County Health Department.
To sign up, contact Teresa Brown at (606) 256-7714 by **Monday, May 12**



WELCOME to the community



Rockcastle Regional Hospital is pleased to welcome general surgeon **Dr. William Bakhos** to the medical community.

For consultations or for more information, call **(606) 256-7462**.



“Aces”

(Continued from A-2)

old lady, who drinks her tea with her pinky out, has decided that one word should never be used in public but the other hundred ways to describe it is okay. And all those sitting around trying to “fit in” served as her “yes men” and said things like “Oh, of course I would never say that word. What a terrible word that is...” attempting to get on her good side.

Now my King James version of The Bible says we should not curse or use the Lord’s name in vain. I don’t question that, of course.

My question is, who decided that one word is a curse word?

Even a preacher could stand in the pulpit and use the word “excrement” if it pertained to his sermon. But I’m betting if he used the “Sword” he would be thrown out of the church. Even though they are exactly identical in every imaginable way.

There are many such words that fit this scenario and I can’t for the life of me figure out why some are curse words and some are not, even if they are referring to identical substances or actions.

It may be because the “S-word” is offensive....but why is it offensive? Why any more offensive than any of the other words that describe that substance.

To me, the word “democrat” is offensive but that doesn’t mean I believe we should make it a taboo word and look down on people who say it out loud.

Just for my own opinion, I think what’s in one’s heart when they speak a word is what determines whether or not it’s a curse.

The word “crash” can be a curse word if the person speaking it says it with contempt or hatred or malice in his heart. If it is meant to hurt someone else or cause harm to another human being, that’s when it’s a curse word to me.

But it’s not a curse word to me just because someone, I never even heard of, decided it is supposed to be a “dirty word.”

Anyway, I don’t say the “S-word” in public (unless I smash my finger with a hammer or something) but not because I think it’s a bad word. Only because others seem to think it’s a bad word and I try to respect that.

But just so you know, if you say that word around me, I’m not going to consider you less Christian or less considerate or going to the “bad place” when you die.

“T.J.’s”

(Continued from A-2)

there were eight or nine. They would line up in various formations., stay for a minute or so, and then rearrange themselves. This lasted almost every night for about a month.

Then, last week, I saw something very unusual again. Stanely and I had been to London; he had already gone inside the house but I paused outside to enjoy the beautiful spring night. I was looking at the sky full of stars and noticed an airplane approaching

from the east and going west. It was flying along at a good pace and nothing out of the ordinary had happened. Then it stopped, paused a few seconds, and went dark. Then it became bright, continued a short distance, and did the same thing. It’s lights changed color with each stop. They went from red to white to orange. Then, it made a 90 degree angle turn and went straight up.

Shortly, there came another object even closer toward me. It came from the

east as well and flew in a very erratic pattern, and changed colors. I don’t know how long they played their games as I went on inside. I watched for about ten minutes or so.

I’m not one to believe in little green men from Mars and their flying saucers, but I’m certain I saw something in each episode. I think the government, hopefully ours, has devices we know nothing about to use in case of national defense. If not, what on Earth could it be?

“Memories”

(Continued from A-2)

award. That song stayed at the number one spot for nine weeks, the longest run of any instrumental song. It has always been one of my favorites.

Two more of my favorites hit the charts soon thereafter. “Wonderland by Night” by Bert Kaempfert climbed up the charts in 1961, followed by “Stranger on the Shore” by Mr. Aker

Bilk in 1962. Both of these tunes songs reached the number one spot on the Top 40 charts.

Throughout my high school and college years, instrumental hits continued to reach the Top 40 hit lists. Among those years, some of my own favorites included: “Wipe Out” (1963), “Telstar” (1962), “The Stripper” (1961), “Last

Date” (1960), “Walk Don’t Run” (1960), “Last Night” (1961), “Taste of Honey” (1965), “One Mint Julip” (1961), and “Our Winter Love” (1963). I was able to attend concerts to hear several of these hits performed live. I watched Herb Alpert and the Tijuana Brass, Floyd Cramer, Ray Charles, and Bill Purcell perform their hits in person.

I should probably include a few of my wife’s favorite instrumental hits, like “Theme from Romeo and Juliet” (1969), “Grazing in the Grass” (1968), “The Horse” (1968), “Classical Gas” (1968), “Green Onions” (1962), “Alley Cat” (1962), “Taste of Honey” (1965, and “Our Winter Love” (1963).

Here’s hoping that just mentioning some of these melodies from the past has prompted your own memory to recall favorites of your own.

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

“Points East”

(Continued from A-2)

tween a deer crossing and pedestrian crossing.

In the meantime, I’d like to take this opportunity to advise the folks who control such signage that a few “Buzzard Landing” signs might be helpful on 21 because, of all the critters I see on that road, buzzards are, by far, the most common and they seem to be present pretty much year round. Why fly south when you are guaranteed a ready meal 365 days a year if you hang out on 21?

Not only that, but you will have a lot of seasonal variety in your table fare. During cold weather there’s usually raccoon, possum, pole-cat and sometimes fox and wild turkey on the menu. If cannibalism appeals to you, there’s frequently a buzzard who didn’t get airborne fast enough from whatever it was chowing down on in the middle of the road.

During warm weather, count on heaping helpings of rabbit when the young ones emerge from May through June, along with groundhog and name your favorite snake. While squirrel is apt to be more prevalent during the late summer/early autumn harvest season, it’s always on the menu year round.

There’s even one (and only one) little spot wide enough for human scum to pull off the road and “drop” unwanted dogs or cats so that they can be killed by automobiles. As far as I’m concerned anybody who pulls a stunt like that deserves to get his or her own demise in the same way and the carcass left there to feed the buzzards.

My theory as to why highway 21 has so much road-kill is that the road is relatively narrow and if drivers let a wheel drop off the shoulder they are usually going to be in a ditch, over the hill or in the creek. In other words, if you swerve to miss the bunny, you run the risk of wrecking your automobile and becoming an altogether different-than-normal sort of road-kill.

The road also runs parallel to Paint Lick Creek for several miles and long stretches of it are bounded with other ideal wildlife habitat. Apparently small animals that live in the woods and pastures on one side of the road find much allure to the creek on the other side, and vice versa.

For whatever reason, they sure do spend a lot of time about looking both left and right. And that’s perfectly fine with the buzzards.

Rockcastle Community Bulletin Board

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Bookmobile Schedule

Monday, May 8th: Spiro, Level Green, Willailla. **Tuesday, May 9th:** Ottawa and Bee Lick. **Wednesday, May 10th:** Day Health/Senior Citizens, Cave Valley and Wayne Stewart Center.

Rockcastle Garden Club Event

The Rockcastle Garden Club will hold an event at the home of 96-year-old Thressel Owens, 4652 Spiro Road, on Saturday, May 6th from 2 to 5 p.m. There will not be a formal program. Come visit and see her Irises and Peonies. She will have Irises to share (10 colors) and there will be light refreshments served. Directions: From traffic light at 461 & 150 intersection go 2.1 miles on Hwy. 461, turn right on Doc Adams road, go 6 miles turn right on Spiro Road (Hwy. 1250), go .2 miles left into driveway - look for balloons.

Walk in the Woods

Saturday, May 6th at 10 a.m. will be the Walk in the Woods. The hike location is Camp Wildcat. Those that are unfamiliar with Camp Wildcat, can meet at Livingston School at 10 a.m. to drive to the location. The hike will begin at the battleground, then will resume on the upper portion of the property. The hike will be led by David Owens. The hike is free, register by calling the Extension Office at 256-2403.

KPR Meeting

The Cumberland Valley Chapter of the Kentucky Public Retirees (KPR) will meet Tuesday, May 9th at the Golden Corral Restaurant (next to Wal Mart) in London. Mealtime will begin at 11:30 a.m. with the meeting to follow. Guest speaker will be Larry Totten, state-wide president of the Kentucky Public Retirees. An election of chapter officers for the upcoming year will also be held during the meeting. Any retiree (and their spouse) receiving retirement benefits from KERS, CERS or SPRS is welcome to attend. Membership information will be available at the meeting or on the website kentuckypublicretirees.org. For more information, call 606-877-0079.

Healthy Living for Your Brain and Body

For centuries we’ve known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement and use hands-on tools to help you incorporate these recommendations into a plan for health aging. The program will be held at the Lincoln County Extension Office, 104 Metker Trail, Stanford on Tuesday, May 9th from 10 to 11 a.m. To register for this program, call 800-272-3900.

ERWA Board Nomination Meeting

Eastern Rockcastle Water Association will hold its board seat nomination meeting from 6 to 7 p.m. at the ERWA office on Monday, May 15th.

Veteran Suicide Awareness/Prevention Ride

There will be a Veteran Suicide Awareness/Prevention Ride Saturday, May 6th with kickstands up at Wildcat Harley-Davidson at 9 a.m. All vehicles welcome. There will be a short program in front of the London Courthouse starting at 9:20 a.m. This is open to the public.

Chamber of Commerce Meetings

The Rockcastle County Chamber of Commerce meets once a month, on the third Tuesday, at noon at Limestone Grille. All members are encouraged to attend.

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 7 Call 606-386-1490 for more information.

Rockcastle County Recovery Meetings

*Celebrate Recovery-Brodhead: Located in the Community Outreach Center (next to Fairgrounds), every Monday, 6 to 8 p.m. 606-308-3368 or 606-308-3099.
*Celebrate Recovery-Northside Baptist every Tuesday, 6 to 8 p.m. 606-256-5577.
*Celebrate Recovery-Step Studies. Northside Baptist, Wednesday at 7 p.m. 606-256-5577.
*Broken Chains Bible Study at Cruisers Motorcycle Sales on Hwy. 25 North, 4 miles north of Mt. Vernon every Thursday at 6:30 p.m. 859-302-2431.
*Celebrate Recovery-Livingston at Livingston School cafeteria. Friday, 6 to 8 p.m. 859-314-7828.

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 Catholic Church on Williams St. in Mt. Vernon.

Kiwanis Club Meetings

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

Historical Society Hours

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

American Legion Post 71

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

Letter to the Editor

Thank you...

Dear Editor,
The Rockcastle High School and Middle School boys golf teams would like to thank all of those who participated in the golf scramble fundraiser on April 29th at Cedar Rapids golf course.

In addition we also thank the following fundraiser sponsors: Rockcastle Regional hospital, Citizens bank, Community Trust

bank, Citizens Insurance, Ford Brothers, Inc., Coffey and Ford, P.S.C., Hon. Jeremy Rowe, Cummins Sporting Goods, Joe Clontz, C.P.A., Teresa Jackson State Farm, Kentucky Farm Bureau, Central Body, Cox Funeral Home, Pam’s Flowers and Gifts, Marcella’s Farm to Fork, and Cedar Rapids golf Course.

Jake Woodall
RCHS Boys Golf Coach



Jeff Cromer
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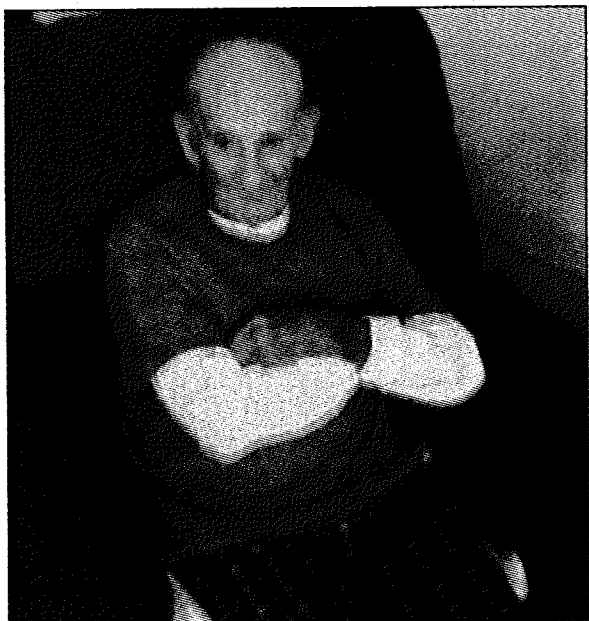


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Shelly Mullins - Agent • John Lawson - Agent
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KENTUCKY FARM BUREAU  **BIG ON COMMITMENT.**

102nd Birthday



The Lord has blessed Tafton Trap Carpenter with 102 years. He was born May 8, 1915. Let's wish him a happy birthday. We love you Trap - Family and Friends

Obituary

Edna Mae Middleton

Edna Mae (Brummett) Middleton, 93, of Crab Orchard, died peacefully Monday, May 1, 2017, at home with her family by her side. She was the widow of Ray Middleton who preceded her in death on February 14, 1992. She was born in Brodhead June 19, 1923, a daughter of the late Nate and Sallie (Bishop) Brummett. She was a member of the New Hope First Church of God and was a very kind hearted woman who helped raise many children in her lifetime. She truly loved babysitting and was known as Granny to many of those she kept. She also enjoyed gardening, canning and most of all she loved spending time with her family.

She leaves behind: her two sons, Tony (Kathy) Middleton and Jimmie Middleton, both of Crab Orchard; a sister, Mary Coffey of Arlington Heights, OH; two brothers, Dale and Frances Brummett, both of Crab Orchard; 13 grandchildren; 15 great grandchildren; and two great great grandchildren.

In addition to her parents and husband, she was preceded in death by: a daughter, Sheila Middleton; six brothers, Denver, Bob, Shelby, Dempsey, Donald, and Bernard Brummett; and two sisters, Geneva Delaney and Myrtle Helton.

Funeral services will be held at 11 a.m. Saturday, May 6, 2017 at McKnight Funeral Home Chapel with Bro. Andy Saylor officiating. Burial will be in Mt. Zion Church of Christ Cemetery.

Visitation will be after 5 p.m. Friday, May 5th at McKnight Funeral Home.

Pallbearers include: Stephanie Crowder, Jimmie Middleton, Bradlee Henson, Skyley Quinn, Earl and Jesse Abec, Jesse Coffey and Timmy Brummett.

Honorary pallbearers will be all of her grandchildren.

Cards of Thanks

Bethel Falin Hensley

The family of Bethel Falin Hensley would like to send our heartfelt thanks and appreciation to everyone for the love and kindness shown during the sickness and loss of our dear loved one.

Thank you for your prayers, visits, phone calls and condolences during this difficult time. Thank you to the hospital, nurses and staff that were so kind to her and our family during her stay. Thank you to our church families and other family and friends for the food that was prepared for us. Thank you for the beautiful flowers also. Thanks to the musicians, Jennifer and Glenn Thompson, for the beautiful songs, the ministers, Bro. Don Stayton and Jon and Chad Burdette for the consoling words, the pallbearers, which were her grandchildren, and anyone who was there for us.

Also, thanks to Dowell & Martin Funeral Home and Bible Baptist Church for the use of their facilities and the meal prepared for us.

Our family will always be grateful for the love and kindness shown to us.

The Family of
Bethel Falin Hensley

Arlie Renner, Sr.

The family of Arlie Renner would like to thank all those who showed such love and support for our precious Dad and family.

Thanks to all who sent

flowers and food, all your calls and visits and for all the beautiful cards. Thanks to Red Hill Baptist Church for the beautiful throw and, most of all, the prayers offered up during Dad's illness. Thanks to all the staff at Rockcastle Regional Hospital and to Drs. Hamilton, Rowe and Saylor.

Also, a special thank you to Marvin and Judy Owens and all their staff and to Bro. Wayne Harding for a beautiful service, for his words of love, comfort and encouragement. And, of course, to all the pallbearers, we thank you so much.

The Renner Family
Sheila, Judy, Vickie and
Arlie, Jr.

Nancy J. Wilson

The family of Nancy J. Wilson would like to thank everyone for your prayers, calls, flowers and for being there with us.

We would like to thank Hospice Care in Richmond for their wonderful treatment of our family and care of our mother. Thanks to Bro. Tim and his wife for the service and the singing, Roundstone Baptist Church and friends for the great meal prepared for our family. Thank you to Lakes Funeral Home for all the help through these times.

Again, thanks to everyone. May God bless you.

The Family of
Nancy J. Wilson



Free Bible Courses

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

Let the Bible Speak

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

Rockcastle County Recovery Meetings

*Celebrate Recovery-Brodhead: Located in the Community Outreach Center (next to Fairgrounds), every Monday, 6 to 8 p.m. 606-308-3368 or 606-308-3099.

*Celebrate Recovery-Northside Baptist every Tuesday, 6 to 8 p.m. 606-256-5577.

*Celebrate Recovery-Step Studies. Northside Baptist, Wednesday at 7 p.m. 606-256-5577.

*Broken Chains Bible Study at Cruisers Motorcycle Sales on Hwy. 25 North, 4 miles north of Mt. Vernon every Thursday at 6:30 p.m. 859-302-2431.

*Celebrate Recovery-Livingston at Livingston School cafeteria. Friday, 6 to 8 p.m. 859-314-7828.

Gospel Singing

Sand Springs Baptist Church will have a Gospel Singing on Saturday, May 13th, beginning at 6 p.m., featuring the Happy Travelers.

Bro. Eugene and congregation invite everyone.

Revival

Poplar Grove Baptist Church, 145 Richlands Road, Brodhead will be in revival May 21-24.

On Sunday morning, Randy McPherson will be preaching and special music will be brought by Phil and Katie Clontz. Sunday night, Jason Brown will preach

and Marilyn and Mike McKinney will provide special music. Monday Night, preaching will be by Jim Craig and Tony Shelton will bring the special music. On Tuesday night, Chris Martin will be preaching and special music will be by Janet Vaughn and Inas Leger. Barry Hurst will be preaching on Wednesday night and Macedonia Baptist Church will provide the special singing.

Sunday morning service starts at 11 o'clock and the evening service at 6 o'clock. All other services will begin at 7 p.m.

KCA Mayfest

The Kentucky Christian Assembly Mayfest will be held Sunday, May 7th. There will be inflatables for the children, beginning at 3:30 p.m., a potluck meal at 5:30 p.m. and the program will begin at 6:30 p.m.

For more information about our upcoming camp season, please visit our website www.kcacc.org.

Special Service

There will be a Special Service at the Berea Gospel Tabernacle, 231 U.S. 25, on Friday, May 12th at 7 p.m.

Special speaker will be Brian Smith and his son, Dakota.

Ralph Chasteen and congregation invite everyone.

Spring Revival

Spring Revival services at Valley Baptist Church, 4482 Copper Creek Rd., Berea, will continue through May 5th.

Speaker Thursday, May 4th will be Kenny Davis, Jr., Pastor Bethel Baptist Church and Friday, James Hardin, pastor Scaffold Cane Baptist Church.

For more information, call Bro. Randy at 308-2579.

McFerron/Bradley Reunion

The McFerron/Bradley Family Reunion will be held Saturday, May 13th at Quail Park beginning at 1 p.m. with a potluck meal served at 1:30 p.m.

If you are a descendant of either side, please join us! Please bring a dish (meat or side) and/or drinks. Can't wait to see everyone.

Cemetery Notices

Mareburg Cemetery

Please send donations for mowing and upkeep for the Mareburg Cemetery to: Gloria Seals, Mareburg Cemetery, 5394 Brindle Ridge Road, Brodhead, Ky. 40409.

Livesay Cemetery

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

Sand Hill Cemetery

Please send donations for mowing the Sand Hill Cemetery to: Brady Hensley, 2683 Sand Hill Rd., Livingston, Ky. 40445.

Call 606-453-4511 for more information.

Johnetta Cemetery

Donations for upkeep of Johnetta Cemetery may be sent to: Harold D. Ballinger, Sr., 5777 Three Links Road, McKee, Ky. 40447.

Oak Hill Cemetery

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

To contact Bill, his cell phone number is 606-308-3245.

Donations will also be accepted at the cemetery May 27-29.

Thanks to everyone for your support. It does not go unnoticed.

Briarfield Cemetery

Donations are needed for the upkeep of Briarfield Cemetery. Donations can be mailed to: Briarfield Cemetery, c/o Tim Robinson, 5408 Big Cave Road, Orlando, Ky. 40460 or can be given to Dean Carpenter or Tim Robinson.

Maret Cemetery

Maret Cemetery will hold a meeting May 27th at 12 noon at the cemetery. Donations for upkeep will be taken at meeting or should be mailed to: Sandra D. Ramsey, 245 Sunset Ridge, Mt. Vernon, Ky. 40456.

Checks should be made payable to Maret Cemetery.

Providence Cemetery

The Providence Cemetery Board will hold annual meeting on Thursday, May 4th at 6:30 p.m. at Quail Park Community Center. All cemetery plot owners and relatives are invited to attend. Please send donations for mowing and upkeep of Providence Cemetery to: Bill Long, 882 W. Level Green Road, Brodhead, Ky. 40409

Climax Cemetery

Donations are needed for the upkeep of Climax Cemetery. Please send to: Clifton and Kim Daugherty, P.O. Box 1667, Mt. Vernon, Ky. 40456.

Maple Grove

Donations for the upkeep of Maple Grove Cemetery should be sent to Michael Robinson, 503 Maple Grove Rd., Orlando, Ky. 40460. All donations appreciated.

For more info, call 606-308-5439.

Roberts Cemetery

Please help keep Roberts Cemetery (old Freedom Cemetery) mowed. Send donations to: Don Cummins, 67 School House Hill Road, Mt. Vernon, Ky. 40456.

ONLINE Auction

of DON CASH'S
MACHINE SHOP TOOLS
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Monday, May 8th & 15th
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TODAY!

Bible Talk

Our study this month will be on the plan of salvation in Christ, how to become a Christian.

Hear- Hearing the gospel is the first step in the plan of salvation. "So then faith cometh by hearing, and hearing by the word of God." Rom.10:17. Man cannot believe in what he has not heard. God has ordained that the gospel is to be preached to every creature, "And he said unto them, Go ye into all the world, and preach the gospel to every creature." Mark 16:15.

Believe- The next step is that we must believe in God and his Son Jesus Christ. God has given us plenty of evidence to convince any honest soul who will look into the scriptures and consider it. "And many other signs truly did Jesus in the presence of his disciples, which are not written in this book: But these are written, that ye might believe that Jesus is the Christ, the Son of God; and that believing ye might have life through his name." John 20:30-31.

Repent- This term repent means "to think differently or afterwards, i.e. reconsider." It involves a change of heart about sin, to turn from it; and to turn toward God and what is right. It is prompted by godly sorrow, "For godly sorrow worketh repentance to salvation not to be repented of: but the sorrow of the world worketh death." 2 Cor.7:10. Repentance is probably the most difficult command in God's plan of salvation because people don't like to change!

Confess- We must confess the name of Jesus before men. In Romans 10:9-10 we read, "That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved. For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation." Interestingly, we are confess the Lord Jesus, not our sins, nor confess that we are saved. We must confess with our mouth and the faith that is in our hearts, that Jesus is the Son of God.

Baptism- The final step in God's plan to becoming a child of God. We must be baptized. Take note that in Mark 16:16 the Lord did not say, he that believeth is saved and afterwards is baptized, as some men teach. Jesus said, "He that believeth and is baptized shall be saved; but he that believeth not shall be damned." Mark 16:16. Following, we need now to remain faithful to the Lord, "be thou faithful unto death, and I will give thee a crown of life."

We invite you to study and worship with us at the Providence Church of Christ.

Sunday 10am Bible Study, Worship 10:40 & 6:00pm; Wednesday 7:00pm.

Our Web Site: www.providencecoc.com

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Eight out of ten Honey Bee swarms will not survive without our help!

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When you see a swarm of honey bees call D & A Swarm Chasers

Doug Brock at 606-386-1890

Audy D. Faulkner at 606-758-8636

Doug & Audy

or Email us at: cdougbrock@hotmail.com!

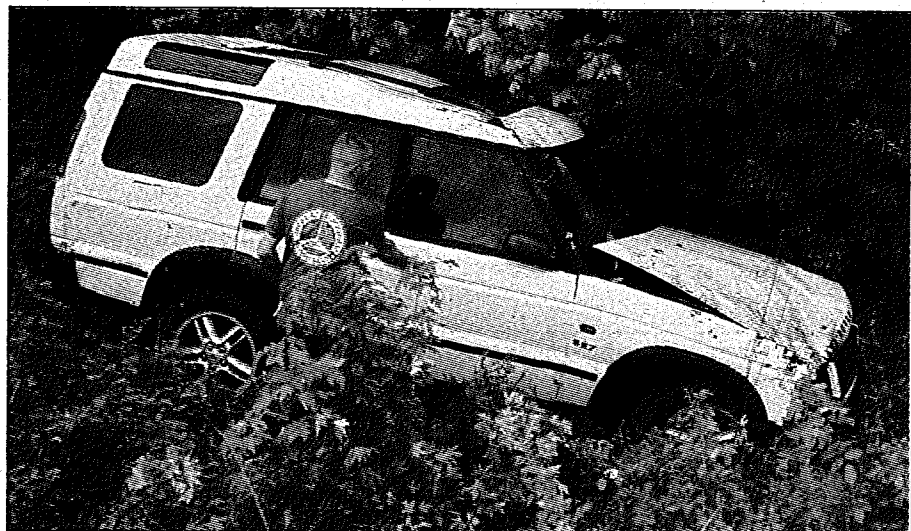
So Who You Gona Call? D & A Swarm Chasers

Doug at 386-1890 & Audy at 758-8636

This is a FREE community service by D & A Swarm Chasers

Bees will be relocated to a safe place!!!!

Crash on Big Cave Road



This vehicle, driven by Ben Richardson of Rockcastle County, slid on wet roads on Big Cave Road Monday morning. The vehicle left the roadway, went over an embankment and hit the ground head on. Mike Smith, shown here, saw the crash and took Richardson to the hospital before emergency crews arrived. He returned to the vehicle to retrieve Richardson's cell phone. Richardson had injuries to his face and head and Smith said he was very bloody when he picked him up.

“Renfro”

(Continued from front)
Renfro Valley have responded to the rumors and complaints, expressing that the changes were made for business purposes only. Officials said every decision made at Renfro Valley is made with the visitors, tourists and the best interests of the business in mind.

In a statement, sent by fax, from Jennie Martin, of Renfro Valley to *The Mt. Vernon Signal*, she said the entertain-

ment center is restructuring its business plan. “All of these changes have been made, and will continue to be made, with the best interests for Renfro Valley and our dedicated guests in our mind.”

The statement continued “Renfro Valley Entertainment Center will continue to operate with a full schedule which will include more headliner concerts in both theaters and our Renfro Valley shows will continue.”

The letter expresses

management’s desire to work with the entire community and asks for local support from citizens as “we move forth with our vision for the Valley”

Martin said that for more information and updates you may find that on Facebook, Instagram and Twitter and Renfro’s website at www.renfrovalley.com or call our ticket office at 1-800-765-7464.

“Blood”

(Continued from front)

button at the bottom of the page or by calling 800-775-2522, ext. 3758.

Blood donors must be 17-years-old (16 with parental consent), weigh at least 110 pounds and be in general good health. Donors must also show a photo I.D. with first and last name, such as a state-issued driver’s license. Sixteen-year-old donors must have a signed parental permission slip, which can be found at kybloodcenter.org.

The KBC was founded nearly 50 years ago, and is the largest independent, full-service, non-profit blood center in Kentucky.

Licensed by the FDA, KBC’s sole purpose is to collect, process and distribute blood for patients in Kentucky.

KBC has donor centers in Lexington, Louisville, Pikeville and Somerset.

“Jobs”

(Continued from front)
sponsor of the 100,000 Jobs Mission to employ America’s veterans. Officials said “We believe that hiring veterans is not only the right thing to do for veterans, but it is a great thing to do for our business.”

Subscribe to the *Mount Vernon Signal* 256-2244

Kentucky Afield Outdoors

Coyotes coexist in the urban areas

An expansion from its historic range in the interior plains brought the coyote to Kentucky where as recently as the early 1970s sightings of these animals were still considered rare.

Coyotes are now common across the state but their presence in urban and suburban areas can surprise residents.

“People in cities like Los Angeles, Chicago and Denver have grown accustomed to seeing a coyote strolling through a city park,” said Laura Palmer, furbearer biologist with the Kentucky Department of Fish and Wildlife Resources. “In Kentucky, people are still getting used to seeing them in urban areas.”

Reports of coyote sightings in residential areas increase in the spring and early summer as coyotes breed and give birth to pups.

Since total eradication of coyotes is not possible, having a basic understanding about these wild animals, which can range in color from reddish to tan to grizzled gray and black, can ease concerns and limit potential conflicts.

“Coyotes are often misunderstood,” Palmer said. “Most do not bother people. Many times, people do not even know coyotes are living near their homes.”

Coyotes tend to be more active from dusk to dawn when living in close proximity to people. Even in populated areas, nature typically provides ample food. Mice, deer, voles, rabbits, raccoons, fruit and goose eggs can be part of a coyote’s diet.

“Coyotes typically shy away from human activity, but they may take advantage of food around homes if natural prey is limiting, a coyote is injured or sick, or young have not learned to hunt effectively,” Palmer said.

Coyotes can lose their fear of humans if conditioned to depend on people for food, and conflicts can arise from people feeding them—either intentionally or unintentionally.

“Do not leave pet food outside and make sure garbage is secured,” Palmer said. “Discourage your neighbors from feeding feral cats, raccoons or coyotes themselves.”

She also recommends bringing bird feeders inside at night and removing seed that has fallen on the ground. Bird feeders attract animals that in turn attract coyotes. Plug any holes under fences, block access to crawl spaces and fence around gardens. Motion-activated lighting around the house can act as a coyote deterrent. Also, consider turning on outside lights and checking the yard for unwanted animals before letting a dog outside at night.

If you are concerned about pets being outside, keep them inside or kennel them when they are unattended, if possible. When walking a dog, use a short, non-retractable leash that is highly visible and vary your walking routine.

A coyote that does not flee upon encountering a person could be sick, injured or habituated to people. Do not panic if you see a coyote or one approaches you, Palmer said.

Coyotes are curious by nature and sometimes follow people or dogs to see what they are doing in their territories or to see that they do not get too close to their dens and pups, she said.

Other suggestions: Don’t turn your back on a coyote and don’t run. Running away can diminish the coyote’s fear of people and may trigger its chase instinct. Don’t harass a coyote if it is cornered, with pups or seems sick or injured. It’s best to back away slowly or try to scare it away with loud noises. Make yourself look bigger by waving your arms, widening your stance or waving a stick. Take a step or lunge toward the coyote to establish dominance. Throw a rock or a stick in its direction but not directly at it. Pick up small dogs and children. Keep scaring the coyote until it’s out of sight. It’s also a good idea to teach children to recognize coyotes, never approach one and scare them away.

If you happen upon what you suspect is a den, like a hollow tree or brush pile, slowly back away

and leave the area. Coyotes are protective of their pups, which stay in the den with the mother for about three weeks and learn to hunt when they are eight to 12 weeks old. Family groups typically break up and disperse in late summer and early fall.

Understanding coyotes can reduce potential conflicts with them.

If your community has a Facebook page, consider sharing tips for coexisting with coyotes and deterring these animals from becoming too bold. One resource Palmer recommends is the website urbancoyotereseearch.com. Kentucky Fish and Wildlife’s website at fw.ky.gov also offers helpful information.

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.

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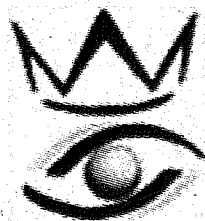
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May 20 - 21, 2017
Saturday & Sunday: 10am - 4pm

Free Cave Tours
Soup beans and corn bread
Food concession stand operated by the Livingston Fire Department

Directions: I-75 to Exit 59 (Mt. Vernon/Livingston). East on Highway 25, turn left immediately onto 1004. Turn right at the “T” intersection, just past railroad tracks and bridge. Continue on 1004 to Great Saltpetre Cave Preserve (past mile marker 9).



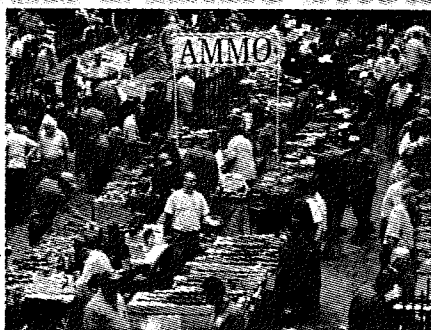
Great Saltpetre Cave Preserve
Route 1004 (Big Cave Road) Mt. Vernon, Kentucky
www.caves.org/conservancy/gsp
A preserve of the Rockcastle Karst Conservancy
www.rkc.org



Livingston FOUNDERS DAY

May 13th 2017

Gun & Knife Show!



Livingston School Gym

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Commonwealth of Kentucky 28th Judicial Circuit Rockcastle Circuit Court • Division II Civil Action No. 16-CI-00107

Mid South Capital Partners, LP Plaintiff

V.

Leonard Gabbard, Jr., unknown spouse, if any, of Leonard Gabbard, Jr., and Commonwealth of Kentucky, County of Rockcastle Defendants

NOTICE OF SALE

Pursuant to a judgment and order of sale entered in this action on April 14, 2017 for satisfying the judgment against the defendants in the amount of TWO THOUSAND EIGHT HUNDRED SIXTY EIGHT DOLLARS AND 57/100 (\$2,868.57) plus interest, costs and attorney fees. I will offer at public auction the hereinafter described real property in Rockcastle County, Kentucky.

At the Courthouse on East Main Street
Mt. Vernon, Kentucky
on Friday, May 19, 2017
Beginning at the Hour of 1:00 p.m.

Said property being more particularly described as follows:

Mullins Street Road,
PVA Map #0735W-00-048

The property shall be sold upon the following terms & conditions:

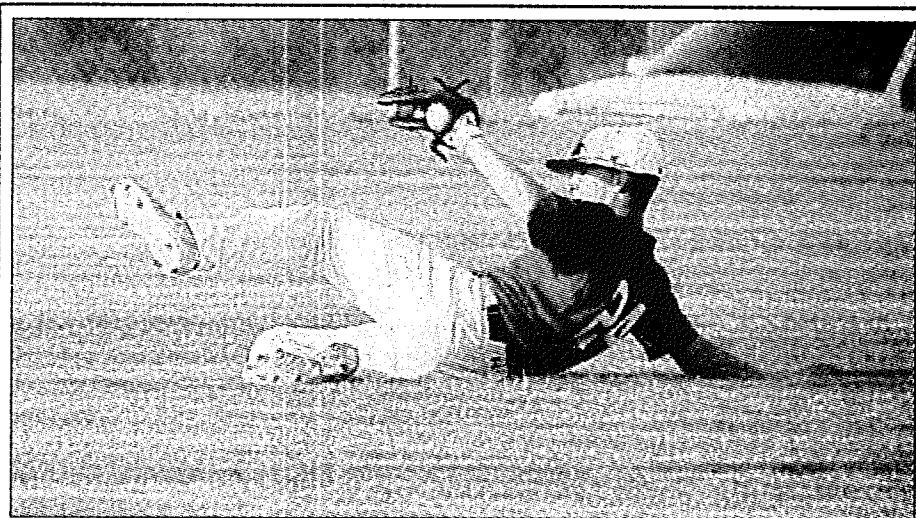
- The real property shall be sold for cash or upon a credit of thirty (30) days with the purchaser(s) required to pay a minimum of ten percent (10%) of the purchase price in cash on the date of sale and to secure the balance with a bond approved by the Master Commissioner.
- The bond shall bear interest at the rate of twelve percent (12%) per annum until paid in full. The bond shall have the force and effect of a judgment and shall be and remain a lien upon the property sold as additional surety for the payment of the purchase price.
- The purchaser shall pay the 2017 local, county and state property taxes.
- Unpaid delinquent State, County and/or City ad valorem real estate taxes shall be paid from the sale proceeds.
- Full satisfaction of the plaintiff’s judgment shall be paid from the proceeds of the sale.
- The purchaser shall have possession of the real property upon compliance with the terms of the sale.
- In the event that the plaintiff is the successful bidder and the sale price does not exceed the amount of the plaintiff’s judgment, no deposit or bond shall be required.
- The sale shall be made subject to all easements, set back lines, restrictions or covenants of record or otherwise and shall be sold “as is”.

John D. Ford
Master Commissioner
Rockcastle Circuit Court

SPORTS

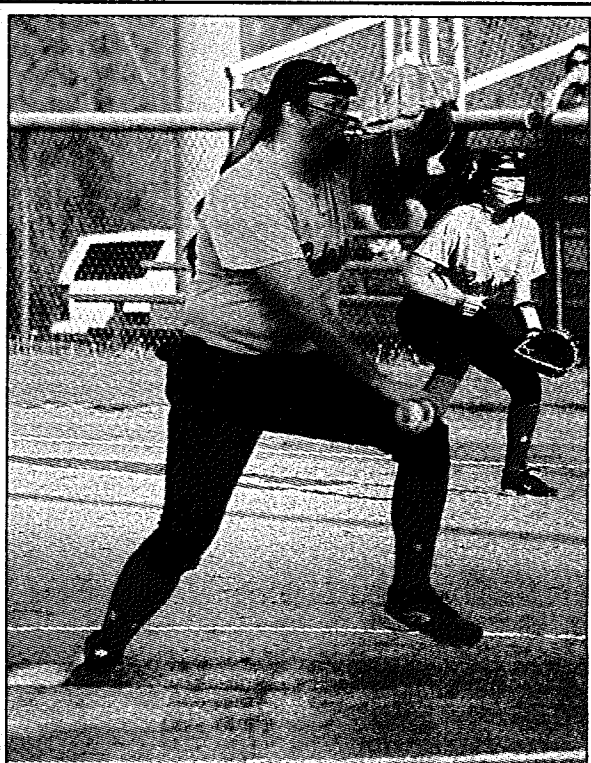


Five runs batted in from Jordyn Powell helped lead Rocket softball past Pulaski County 11-1 last Wednesday. Powell drove in runs on a single in the third, single in the fourth and a double in the fifth to end the game. The Rockets are scheduled to host Boyle County tonight at 6 p.m. After a few games on the road, the Rockets host North Laurel next Monday at 6 p.m.

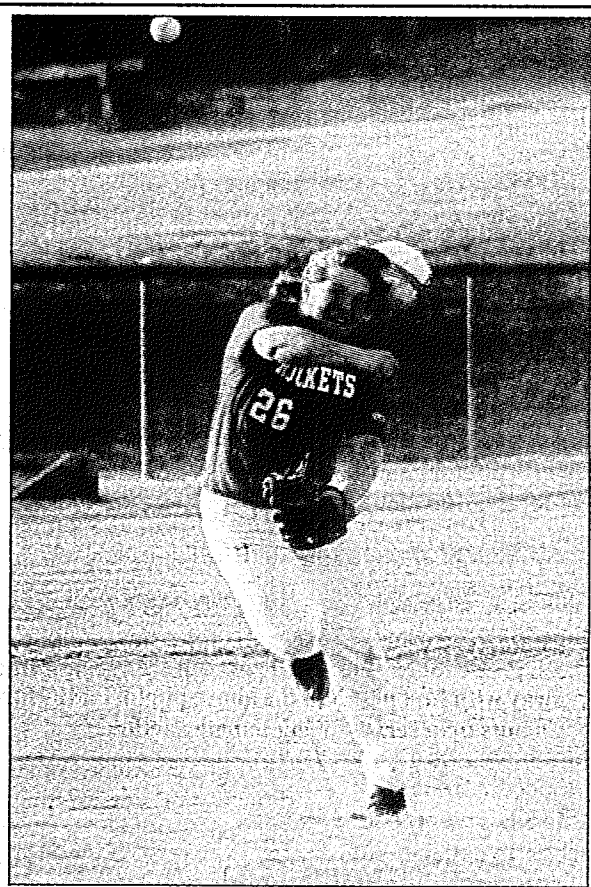


Right fielder Rylee Denney makes a sliding catch to end the top of the fifth inning during the Rockets' 11-1 win over Pulaski County last Wednesday. The Rockets picked up a 12-2 win over Montgomery Co. Tuesday night and host Boyle County tonight at 6 p.m.

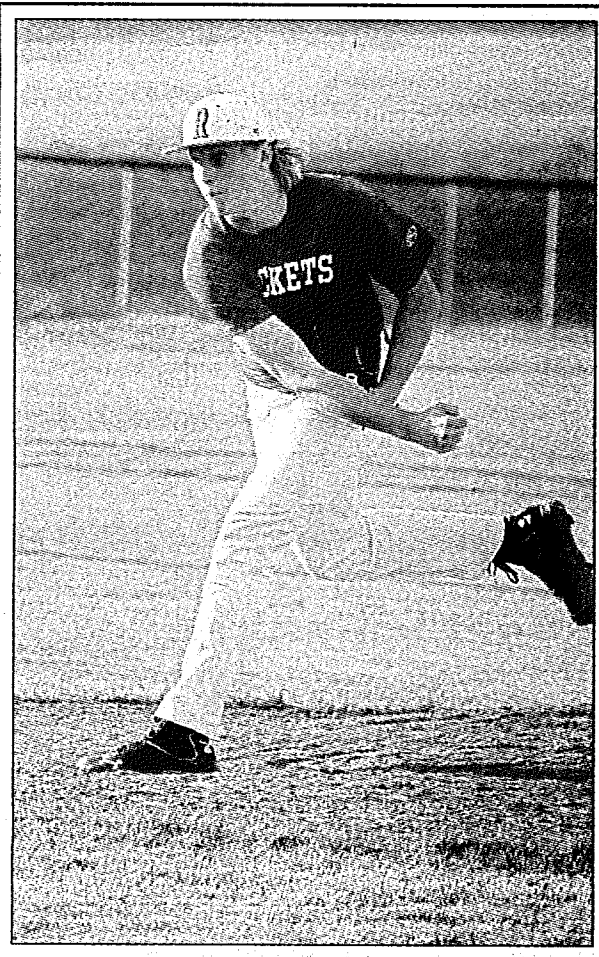
Next Week...
Several seniors still signing letters-of-intent



Kristin Holcomb picked up a win last Wednesday as the Rockets defeated Pulaski County 11-1. Holcomb threw five innings giving up one run on four hits and struck out five. Holcomb also picked up a win last Saturday as the Rockets defeated Franklin County 6-3. Holcomb also went 2 for 3 at the plate in the Rockets 2-1 loss to North Laurel last Saturday.



Third baseman Austin Saylor makes a throw to first in the Rockets' 11-1 win over Pulaski County last Wednesday.



Lucas Jones earned the win for the Rockets last Wednesday over Pulaski County. The Rockets won in five innings, 11-1. Jones went five innings allowing one run, four hits, struck out five and walked none. Jones also hit one of the four homeruns in the game and collected three RBI. Others blasting homers were Anthony Houk, Brent Lovell and Hunter Rigsby.

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Rockcastle County Recycling Center open for recycling drop-offs

The Rockcastle County Recycling Center is located at 2528 South Wilderness Rd (US 25 South) beside the Rockcastle County Road Department Garage and is open Monday thru Friday from 7 a.m. until 3 p.m. (closed on major holidays).

The following items may be recycled:

Newspapers w/inserts, magazines, catalogs, office paper, junk mail, shredded paper (needs to be bagged), books, phone books (paper products cannot be plastic lined or coated), cardboard (corrugated and slick), plastics #1 Pet or Pete, plastics #2 HDPE, plastic grocery store bags, bread bags, and shrink wrap (no other sheet plastics can be accepted), metal cans, aerosol cans, aluminum cans, aluminum foil, aluminum pie plates, glass bottles and glass jars (lids must be removed and discarded), old cell phones, car batteries, empty printer and toner cartridges, old computers (we no longer accept monitors of any kind) and all related accessories, telephones, radios, digital clocks, rechargeable batteries (if the battery says rechargeable on it, then it is recyclable), and large bulky metal items.

Clean used motor oil may also be dropped off at the Rockcastle County Road Department.

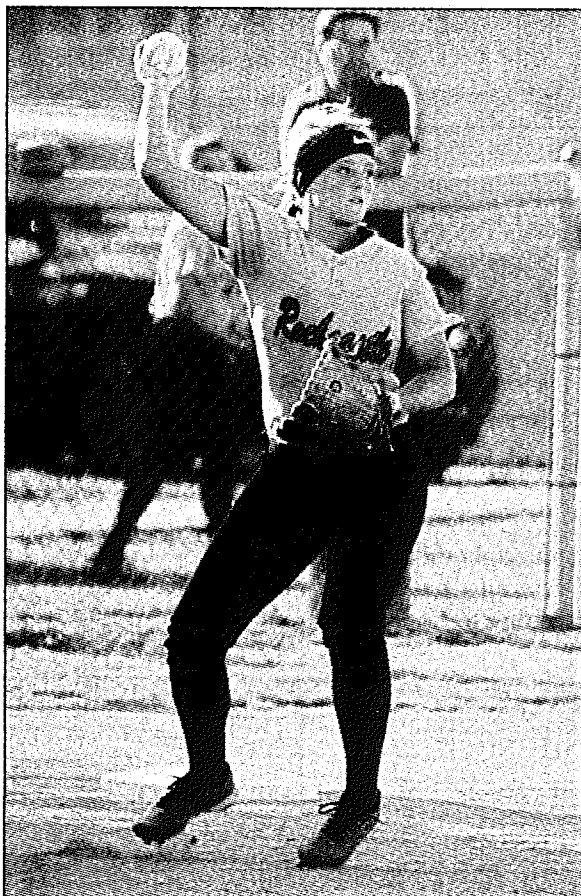
Recycling Drop-Off Trailers are available for use at:

- Brodhead (at the back baseball field)
- Conway (by Brindle Ridge Volunteer Fire Dept.)
- Livingston (gravel lot between City Hall & Fire Dept.)
- Pongo (by Pongo Volunteer Fire Dept.)
- Climax (by Climax Volunteer Fire Dept.)

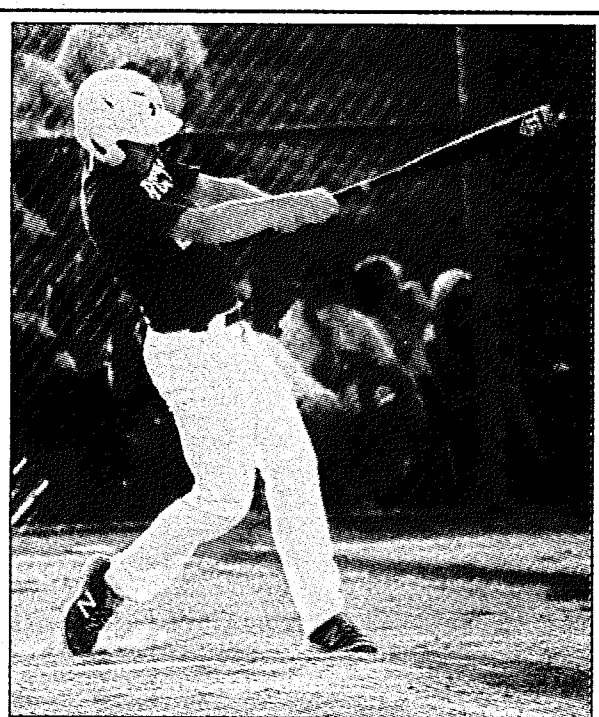
Violations will be issued for putting trash in the recycling trailers!!!

If you have any questions, you may call the Rockcastle Solid Waste Office at 606-256-1902.

Funded in part through a grant from the Kentucky Pride Fund, Division of Waste Management.



Third baseman Bailey Chasteen throws out a runner at second during the Rockets win over Pulaski County last Wednesday. Chasteen also pitched a strong game last Saturday against North Laurel throwing six and a third innings surrendering two runs, seven hits, struck out eight and walked none. The game was tied 1-1 in the bottom of the seventh before the Jaguars scored the winning run.



Keaton Renfro smacks a single for the Rockets in their 11-1 win over Pulaski County last Wednesday. The Rockets lost a back and forth game Saturday, 5-4 to North Laurel. In their second game of the day on Saturday, Anthony Houk threw a shutout to lead the Rockets to a 7-0 win over Allen Central. John Cornelius went 1 for 3 at the plate and led the team with three RBI.

Daniel Boone Community Action Agency, Inc. (DBCAA)

is seeking qualified contractors to add to the agency's approved list for housing construction.

Interested applicants may pick up a Contractor Application Monday through Friday from 8 am to 4:30 pm at DBCAA's central office located at 1535 Shamrock Rd, Manchester.

They may also contact Marthanna Dobson at 606-598-5127 or Marthanna.Dobson@DanielBooneCAA.org to request the application to be mailed or emailed.

Contractors not listed on DBCAA's approved list will not be eligible to work on agency projects.

DBCAA is an Equal Opportunity Employer and provides Fairs Housing opportunities.

Attention of bidders is called to Section 109 and Executive Order 11246, Title VI, Section 504, and Section 3 of the Housing and Urban Development Act of 1968 which states that HUD-funded jobs and contracts are to be directed, to the greatest extent feasible, to local low-income residents and the businesses that employ them.

Minority and Women-Owned Business enterprises are encouraged to apply.

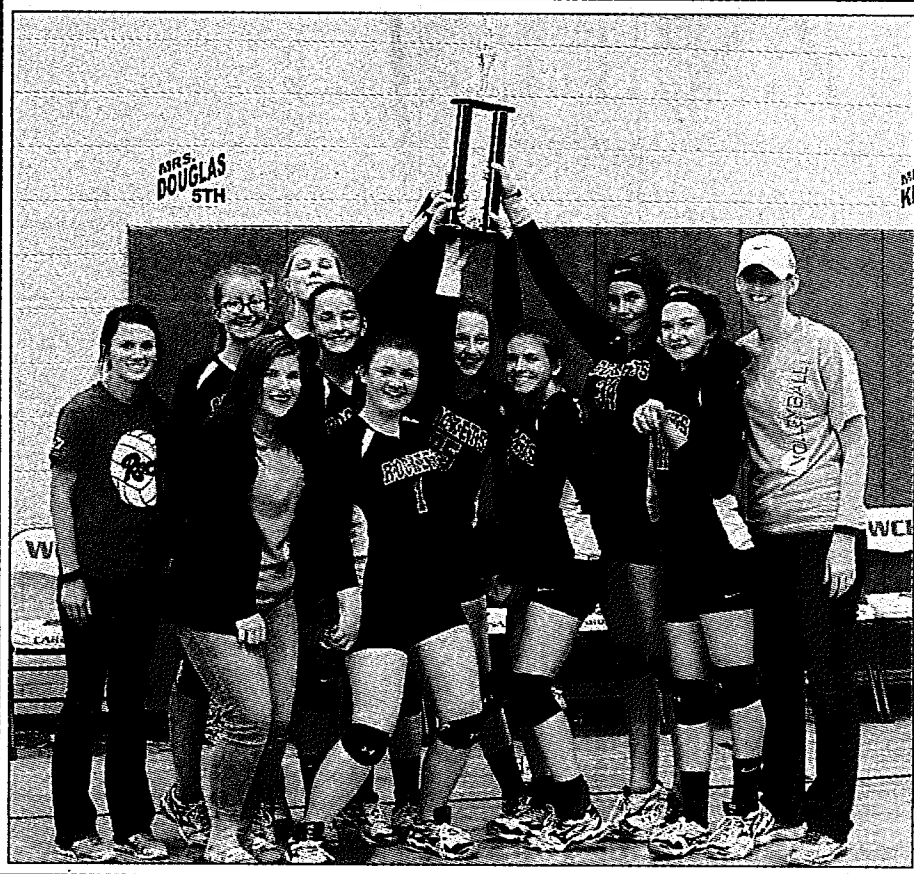
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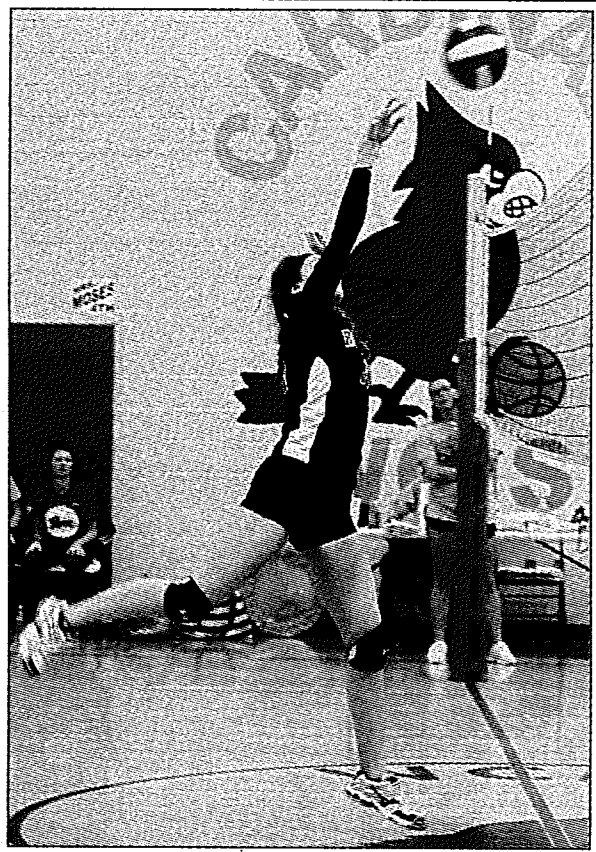
*PAYMENT BASED ON 7.99% A.P.R. UNSECURED LOANS. BANK APPROVAL NEEDED. ASK FOR DETAILS.



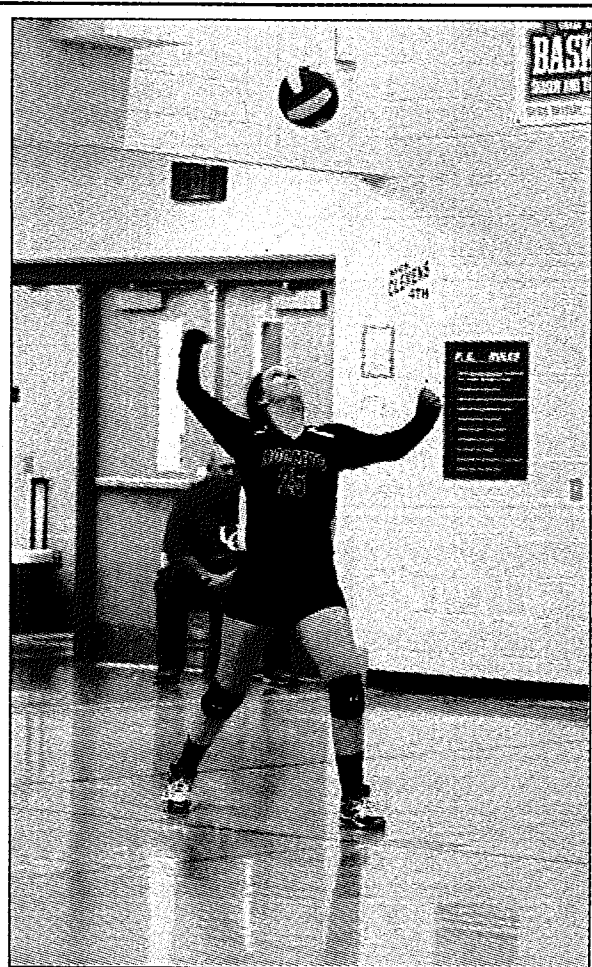
The RCMS eighth grade volleyball squad captured the Whitley County 8th grade tournament this past Saturday. Members of the squad are shown above, front row from left: Kelsey Carlton, Paige Ruppe, Kenzi Lunsford, Morgan Robinson and coach Jenni Ellis. Back row from left: coach Casey Hunt, Megan Ellis, Audrey Childress, Amy Cornelius, Faith Harris and Kyra Ramsey.



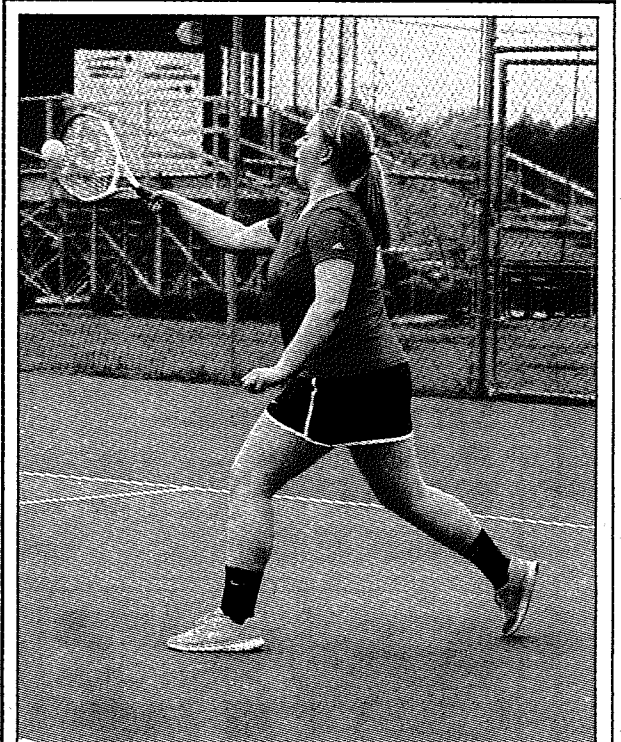
Senior tennis player Courtlyn Vanhook was recognized on senior night during the Rockets' match against Garrard County last Wednesday. She was escorted by her parents, Jeff and Sonya Vanhook and her brother, Jackson. Courtlyn has played tennis for four years and after graduation plans to attend ECU and major in elementary education.



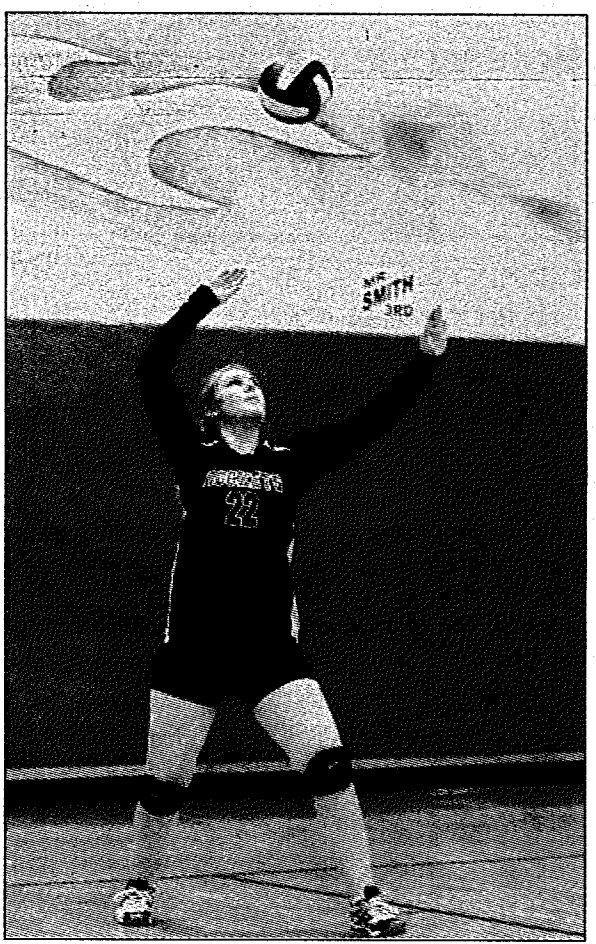
Eighth grader Kyra Ramsey hits the ball over the net in eighth grade tournament action at Whitley County last Saturday.



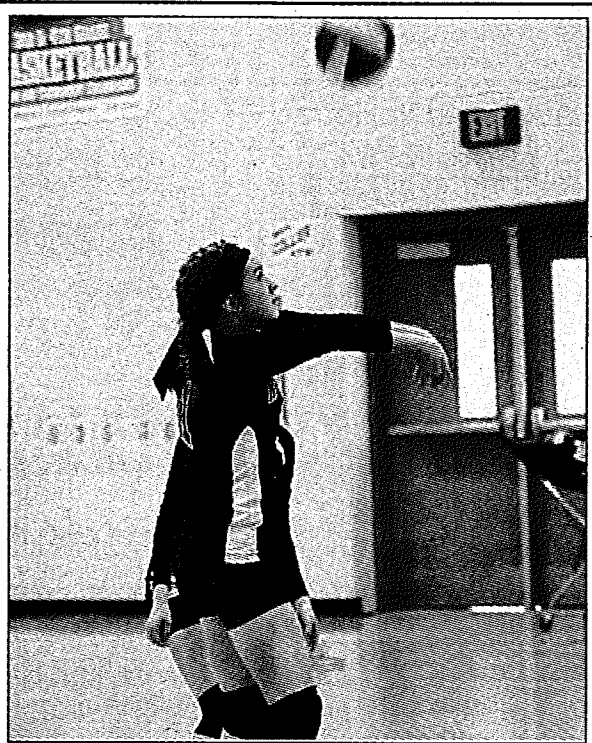
RCMS volleyball took part in the Whitley County 8th grade tournament this past Saturday and came away with first place. In the above photo, Faith Harris puts up a serve during tourney action.



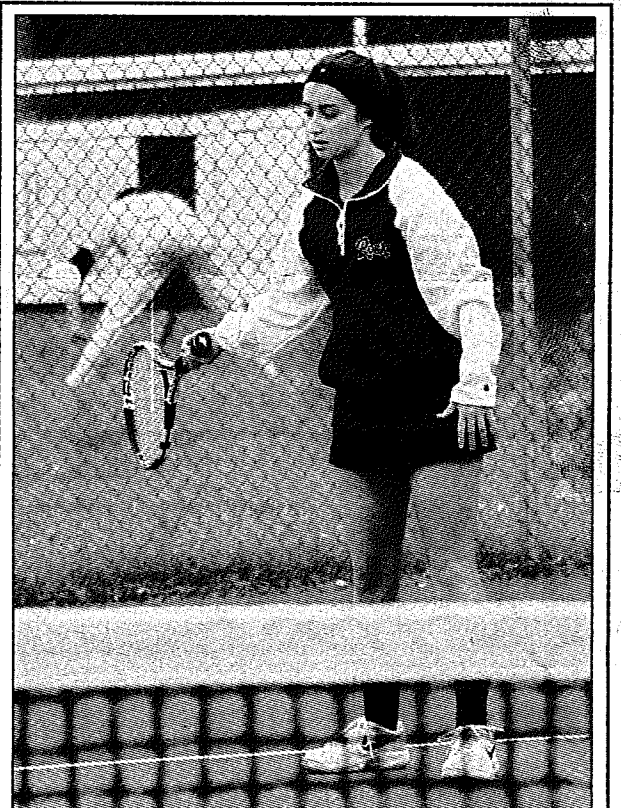
Rebekah Lake returns the ball in tennis doubles action at Lincoln County last week.



Eighth grader Aubrey Childress puts up a serve during tourney action in Whitley County Saturday.



Morgan Robinson makes a pass during eighth grade tournament action at Whitley County last Saturday. The girls took home first place in the tournament.



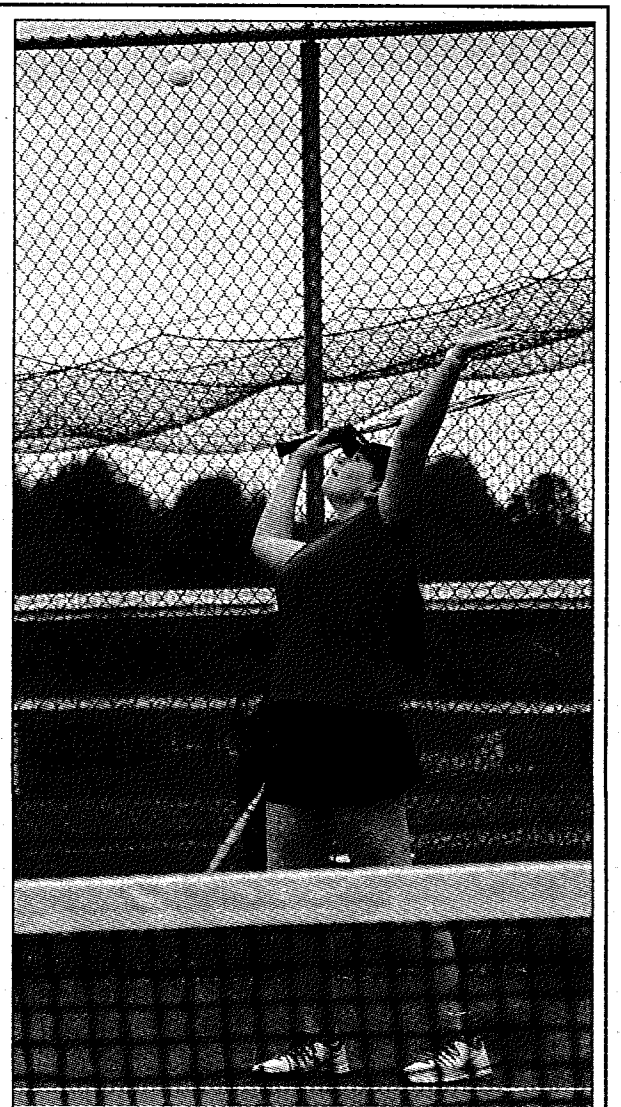
Courtlyn Vanhook hits the ball back in tennis action at Lincoln County last week. The girls travel to Danville this Friday for regional tournament action.



The RCMS softball team honored their eighth graders Tuesday night. The team went undefeated in conference play this season and will be the #1 seed heading into next week's conference tournament. Eighth graders honored are shown above, from left: Jordan Harper, Allison Coffey, Madison McIntosh, Casey Coleman, Natalie Kirby, Madison Yates and Raegan Chasteen.



The RCMS baseball team went 3-0 and won the Boyle County Tournament this past weekend. Players are shown at left, front row from left: Dalton Gibbs, Silas Shaffer, Landon Dillingham, Noah Fain and Ethan Fain. Back row from left: Xander Fletcher, Tanner Noel, Hunter Spivey, Riley Smith and Carson King.



Savannah Sweet puts up a serve in tennis action at Lincoln County recently. The girls travel to Danville Friday for regional tournament action.

Tennis team takes part in regional tournament action Friday in Danville

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food stores

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10 lb. bag

Fresh Bi-Color Sweet **Corn** .35 ear

Fresh Roma **Tomatoes** .99 lb.

Fresh Whole **Watermelons** \$3.99

Assorted Varieties **LITTLE DEBBIE**
Family Pack **SNACK CAKES** 2/\$3

Assorted Varieties **Lays** Potato Chips 2/\$6
9.5-10 oz bag

Assorted Varieties **Doritos** 2/\$5
10.5 oz bag

FRESH MEAT ITEMS!

Family Pack Bone-In Split **Fryer Breast** .99 lb.

Fresh Boneless Pork **Sirloin Roast** \$1.59 lb.

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

Family Pack Boneless Pork **Sirloin Chops** or Western Style **Pork Ribs** \$1.79 lb.

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

Family Pack Boneless Pork **Cubed Steaks** \$1.99 lb.

12 Pack 12 Oz. Cans **Pepsi** 4/\$12

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SPECIAL BUYS

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28 oz. can

SAVE TODAY Original or Honey **Barbecue Sauce** .99
19 oz. bottle

CHI-CHI'S **Tortilla CHIPS** or **Salsa** 2/\$4
11 oz. bag or 16 oz. jar

TOTINO'S **Stuffed Nachos Queso** or **Nachos Supreme** \$2.99
17.4 oz bag

ARIZONA **Green Tea or Arnold Palmer Half & Half** 2/\$5
128 oz. bottle

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

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160 ct. pkg.

SCOTT **Mega Roll Paper Towels** \$5.99
6 pack

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

LECOUR'S **Honey or Cinnamon GRAHAM CRACKERS** 2/\$3
14.4 oz. box

Cowboy Billy's **PORK N BEANS** 2/\$1
16 oz. can

LECOUR'S **Lemonies, Vanillas or Duplex Creme COOKIES** 2/\$3
25 oz. pkg.

Coburn Farms **American Pasteurized Singles** 2/\$3
12 oz. pkg.

Coburn Farms **Greek YOGURT** .69
5.3 oz. cup

CRYSTAL 2-0 **DRINKING WATER** 2.29
24 Pack 16.9 oz Bottles

KINDLE **Instant CHARCOAL BRIQUETS** \$3.49
6.2 lb. bag

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Mount Vernon Signal

Second Section

Thursday, May 4, 2017

During National Prescription Drug Take-Back Day

UNITE turns in nearly 1.5 tons of medications

Nearly 1.5 tons of medications were collected by Operation UNITE as part of the U.S. Drug Enforcement Administration's 13th National Prescription Drug Take-Back Day.

"This was the largest amount of pills that have been brought in for disposal by citizens across southern and eastern Kentucky," said Nancy Hale, president and CEO of UNITE. "According to the National Institute on Drug Abuse, two-thirds of teens who report abuse of prescription medicines are getting them from friends, family members and acquaintances, often without their knowledge."

Held Saturday, April 29, in communities across the country, the DEA's

Take-Back Day program aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse and medications.

During the most recent six-month period, UNITE collected 2,947 pounds of medications, surpassing the previous record by more than 600 pounds.

State and national Take-Back Day totals from April 29 were not immediately available, but through October 2016 more than 7.2 million pounds of medications – including opioid and other medications susceptible to diversion, misuse and abuse – have been safely removed and destroyed.

"Prescription drug misuse is a public health crisis that leads to addiction, and far too often overdose deaths," Hale said, noting in 2015 Kentucky was tied with Ohio for the third highest rate of overdose deaths (at 29.9 percent) in the nation – with neighboring West Virginia leading the way at 41.5 percent.

"Prescription drugs are the most commonly misused substances by Americans age 14 and older – after marijuana and alcohol," Hale continued. "We need to continue getting more expired, unused and unneeded prescription drugs out of circulation and disposed of properly."

To help with this effort, UNITE works in conjunction with local law enforcement agencies and anti-drug coalitions to promote medication drop-off locations at 42 sites in, or adjacent to, the 32-county UNITE service region.

These sites are available year-round, generally during regular business hours.

Citizens taking medications to a drop box are asked to remove all identifying labels from the container. Liquid products, illicit substances, and anything with a needle are not accepted.

For a list of locations, visit <http://operationunite.org/investigations/med-drop-box-sites/> or contact UNITE at 1-866-678-6483.

Since October 1, 2012, UNITE has now collected 19,454.7 pounds (more than 9.7 tons) of medications from these drop boxes.

"Prescription opioid pain medications are an important tool for managing the pain of people who have had surgery or other severe injuries," said Richard Baum, acting director of the Office of National Drug Control Policy, "but the misuse of these medications and the use of heroin have taken a heartbreaking toll on too many Americans and their families while also straining law enforcement and treatment programs."

Another reason for properly disposing of medications is to keep them from making their way into the water system and soil.

For years, the generally accepted method for disposing of old or left over medications was to flush them down the toilet.

This practice, however, has been strongly discouraged because of concerns about potential health and environmental effects of antibiotics, hormones, painkillers, depressants and stimulants making their way into our water system and soil.

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



Mrs. Laura Durham was recently honored with the Award of Merit from the Central District of the Kentucky Association of School Librarians (CKASL). Mrs. Durham (center) is shown receiving her certificate from RCHS Principal Jennifer Mattingly (left) and RCHS Librarian Janet Wells. The Award of Merit is awarded to one person who has shown outstanding support of school libraries, and Mrs. Durham through the Rockcastle Chapter of the Kentucky Society of the Daughters of the American Revolution (KSDAR) has partnered with the RCHS Library for many years by working with the RCHS Book Clubs and the annual Spring into Reading event. Mrs. Durham is now entered into competition for the state-level Award of Merit, to be presented in July at the KASL Awards Ceremony.

The Kentucky Association of Highway Contractors help support PRIDE efforts

The Kentucky Association of Highway Contractors (KAHC) has donated \$5,000 in support of PRIDE's 20-year anniversary, becoming a gold sponsor of PRIDE activities taking place throughout 2017. This includes the annual Spring Cleanup Campaign where more than 430,000 volunteers have donated nearly 1.5 million hours of time to clean up the landscape of southern and eastern Kentucky.

"We have been supporters of PRIDE for many years because we believe one of the gifts of living in Kentucky is the state's natural beauty and that our state should be shown in its best light," said Chad LaRue, Executive Director of the KAHC. "PRIDE helps make that happen through concentrated efforts to clean up the hillsides, highways and waterways of eastern Kentucky and educating the next generation on the importance of appreciating the gift we have in our natural environment and the work it takes to keep it."

The Kentucky Association of Highway Contractors operates as a nonprofit trade association that represents highway contractors in Kentucky. KAHC promotes the interests of its members by acting as a lobbying group and train-

ing service. KAHC's relationship with PRIDE dates back to 2002. The organizations have worked together on numerous Spring Cleanup events and other projects designed to keep Kentucky's roadways clean and inviting to both residents and visitors.

"We are excited to once again be working with KAHC," said PRIDE President and CEO Tammy Wilson. "We share the same vision for a clean and beautiful region and by working together we are able to make great strides toward that goal."

During Spring Cleanup Month, PRIDE works with communities to pick up roadside litter, clean up dumps and offer free trash drop-off events. Local governments organize Spring Cleanup activities, and PRIDE provides volunteers with cleanup supplies and funding assistance when available.

PRIDE will also host various activities throughout 2017 to celebrate their 20th Anniversary. The theme for this year's celebration is "A Generation of Change." In the two decades since PRIDE's founding, a new generation of environmental stewards has been created and PRIDE hopes to continue that legacy for years to come.

American Revolutionary War Patriot to be honored

By Karen Adams

The Rockcastle Chapter Daughters of the American Revolution will host a dedication ceremony honoring American Revolutionary War Veteran and Rockcastle County resident, Moses Farris on Sunday, 21 May 2017 at 2:00p.m.

Moses Farris (1759-1841) was a Patriot from Virginia who served out of Pittsylvania County under Captain Roberts and General Charles Scott. In 1781, Moses moved to Kentucky and served under Captain Morrison to fight against the Shawnee Indians. From 1783-1786, Moses served as an Indian scout on the Holston River and in Kentucky.

Farris families in the Rockcastle and surrounding counties are descended from Moses and many of his children: Elizabeth Farris married Morton Owens; Mary Farris married John Newcomb Jr.; Moses Farris married Betty Frazier and later Martha McNeill; George Farris married Eveline McCown; Robert Farris married Mary Tubbs; Benjamin Farris married Amanda Holmes; Sarah Farris married Jacob Harper; Louisa Farris married John Haggard; and Nancy Farris married unknown.

The ceremony will feature a presentation of colors by the Rockcastle Co. High School JROTC and military honors by the

DAV Honor Guard, Keavy Chapter 158 along with a musical tribute. The ceremony will be held in Negro Creek Cemetery in Brodhead and a reception will follow at Brodhead Baptist Church.

Descendants of Moses Farris are invited to see this colorful and dignified tribute to one of America's first veterans.

For additional information, please contact Debbie Brown (859) 582-3625. Directions to cemetery: Travel to Brodhead on Hwy 150 and turn at Hwy 3245 and travel 2.3 miles. The cemetery will be on the left. There is very limited parking at the cemetery but additional parking is available at the church.

Wildflower Photography Day at Camp Wildcat

The Camp Wildcat Preservation Foundation and the Appalachian Photography Society are sponsoring a photography contest on May 6th. Everyone is invited.

The contest will officially begin at 9 a.m. at the Camp Wildcat Civil War Battlefield on top of Wildcat Mountain. However, photographers can begin any time.

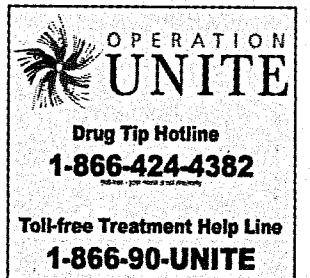
Connie Miller will explain the rules and any person needing advice, on taking a photo, will be given assistance by experienced photographers.

Light refreshments, including soft drinks and water, sandwiches, potato chips and cakes, will be provided to everyone at no cost. Also, cash prizes will be presented to the first, second and third place winners, as determined by three non-participating members of the Appalachian Photography Society.

If you have any questions, please call Jim Cass at 606-864-9776.

There are many photographic opportunities in the Camp Wildcat area. To get to the Camp Wildcat Battlefield, follow Interstate 75 to exit 49, about 12 miles north of London and follow the signs, or take US 25 to the Hazelpatch Road, also about 12 miles north of London and follow the signs to the top of Wildcat Mountain.

What
Photographic Contest
When
Saturday, May 6th
Where
On top of Wildcat Mountain



PLANT SALE!!

DATE: MAY 5th, 6th and 12th, 13th

TIME: 10:00 AM to 4:00PM

- Hanging Baskets ● Ferns ● House Plants
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- Vegetables ● Shrubs

LOCATION: From US25 in Renfro Valley, turn onto Lake Linville Rd; continue 1.9 miles, just past the restaurant and marina. Look for sign on right. PARKING ON THE LEFT.

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ERWA Board Nomination Meeting set for May 15th.

Eastern Rockcastle Water Association will hold its board seat nomination meeting from 6 to 7 p.m. at the ERWA office on Monday, May 15th.

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English: ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call 1 (859) 985-8473 (TTY: 711), 8 a.m. – 8 p.m., Monday – Friday.

Y0040_GHHHXDEEN17 Accepted

News from the Rockcastle Courthouse



Marriage Licenses

Jennifer Rebecca Ann Hardin, 30, Mt. Vernon, cosmetologist and Christopher Parsons, 33, Mt. Vernon, Avizion Glass. 4/24/17

Connie Sue Hurley, 49, London, health and family services and Shannon Lee York, 42, Mt. Vernon, self-employed. 4/24/17

Jamie Lynn Kirby, 21, Mt. Vernon, unemployed and Trevor Michael Warren, 23, Mt. Vernon, unemployed. 4/26/17

Lora Michelle Sowder, 21, Brodhead, unemployed and Elad Shushian, 24, Brodhead, unemployed. 4/26/17

Deanna Nicole Durham, 24, Brodhead, CERT surgical tech and Clay Allen Perkins, 25, Brodhead, sales associate. 4/27/17

Candice Nicole Emberlyn, 31, Crab Orchard, SourceHOV and Tyler Gene Burris, 25, Brodhead, RTEC. 4/28/17

Deeds Recorded

Johnny and Amy Hopkins, property in Lear Crest Subdv., to Horace Johnson, Jr. and Victoria J. Johnson. No tax

Chad and Cathy Payne, property on Sand Springs Road, to Robert and Samantha Payne. No tax

Joshua and Tawnya Bullock, property on KY 1505, to Heather Michelle McCracken. Tax \$73

Nicholas Ray and Amber Leger, property on Poplar Grove Road, to Keith D. Goff. Tax \$60

James L. and Pamela Burdette, property in Brindle Ridge Community, to Matthew and Mercedes Burkhardt. No tax

Ralph D. and Linda Durham, property in Quail Acres Subdv., to Kathy Lykins. Tax \$5

Classic Country Land LLC, property on Bullock Road, to Randy P. Wilson. Tax \$29

Mary Gregory, property in Rockcastle County, to William D. Gregory II and Shelli J. Gregory. No tax

Larry Durham, property on Hurricane and Conway Road, to William Howard. Tax \$48

James and Ina Taylor, property in Rockcastle County, to David Anthony Nicely. Tax \$20

Linda K. and Colson Wilson, property on West Street, Brodhead, to Cecil and Judy King. Tax \$50

Mattie Barron, property in Rockcastle County, to Bobby Joe and Carolyn Rose Barron. Tax \$15

District Civil Suits

Johnny Alcorn v. Theresa Manis, forcible detainer complaint.

L&N Federal Credit Union v. Robbie Carpenter, \$1,116.28 plus claimed due.

Jefferson Capital Systems LLC v. Douglas Benney, \$1,212.02 plus claimed due.

Valley View Apts. v. Gladys Higgins, forcible detainer complaint.

Midland Funding LLC v. Paula Dumond, \$594.19 plus claimed due.

Baptist Healthcare Systems, Inc. v. Audrey Clark, \$1,029.87 plus claimed due.

LVNV Funding LLC v. Carla Miller, \$608.16 plus claimed due.

LVNV Funding LLC v. Dwight Mink, \$1,061.80 plus claimed due.

Onemain Financial of America, Inc. v. Derek Clark, et al, \$2,831.43 plus claimed due. C-0007

Circuit Civil Suits

Robert Zachary Walker v. Genesis A. Hayes, petition for dissolution of marriage.

Commonwealth of Kentucky Cabinet for Health and Family Services, ex rel Robbie G. Barron v. Danielle M. Sowder, complaint for child support and medical support.

Courtney Payne v. Karlee Payne, petition for dissolution of marriage.

Jennifer Hughes v. Eric Hughes, petition for dissolution of marriage.

Ernestine Bretz v. Bentley Carpenter, Jr., complaint for child support.

State Farm Bank v. Joseph Smith, et al, \$77,745.32 plus claimed due.

Citizens Bank v. Fannie Wallin, \$96,826.29 plus claimed due. CI-00108

District Court

April 17-27, 2017
Hon. Jeffrey S. Lawless

Courtney Barnett: theft by unlawful taking, sentencing order entered.

Derrick Dewayne Bishop: alcohol intoxication, 90 days in jail/to serve.

Brandon Bullock: alcohol intoxication, \$100 fine plus costs.

Deana N. Childress: operating motor vehicle under influence of alcohol/drugs, sentencing order entered.

Roy Bobby Evans: operating motor vehicle under influence of alcohol/drugs, sentencing order entered.

Derrick Helton: operating motor vehicle under influence of alcohol/drugs and operating on suspended/revoked operators license, bench warrant (bw) issued for failure to appear (fta).

Joseph Miller: violation of Kentucky EPO/DVO, 30 days in jail/to serve.

James Mink: no/expired Kentucky registration receipt - plates, failure to produce insurance card, license suspended for fta.

Terry Wayne Newcomb: falsely reporting an incident, sentencing order entered.

Jamie Dean Oakes: speeding and operating motor vehicle under influence of alcohol/drugs, bw issued for fta.

Jesse J. Pingleton: failure of owner to maintain required insurance/security, bw issued for fta.

Joshua Dale Spurlock: public intoxication, 90 days/probated 24 months plus costs.

Andrew T. Whittemore: operating motor vehicle under influence of alcohol/drugs, sentencing order entered.

James Williams: failure to wear seat belts, \$25 fine.

Rebecca None Akers: failure to wear seat belts, license suspended for fta.

Karena G. Hembree: booster seat violations (two counts), \$25 fine each count.

Kenneth T. Lewis: traffic all others, license suspended for fta.

Brooke Bates: public intoxication and drug paraphernalia - buy/possess, bw issued for fta.

Bobby R. Bond: operating motor vehicle under influence of alcohol/drugs, sentencing order entered.

Nakota Clifford: terroristic threatening, sentencing order entered.

Shawn Patrick Davidson: assault, bw issued for fta.

Daron Lee Dooley: receiving stolen property, bw issued for fta.

Alexander C. Harvey-Ogentho: failure to wear seat belts, rim or frame obscuring lettering or decal on plate, license to be in possession, possession controlled substance, drug paraphernalia - buy/possess, bw issued for fta.

Justic E. Hemmerling: failure to or improper signal, harassment, menacing, criminal trespassing, failure to notify address change to dept. of transp., possessor of controlled substance, drug paraphernalia - buy/possess, operating motor vehicle under influence of alcohol/drugs, bw issued.

James A. Holdings II: theft by deception, sentencing order entered.

Susie J. Horn: alcohol intoxication and disorderly conduct, sentencing orders entered.

Anthony Ryan Powell: failure of owner to maintain required insurance/security, failure to produce insurance card, improper turning, bw issued for fta.

Timothy W. Puckett: operating on suspended/revoked operators license, failure to produce insurance card, license to be in possession, bw issued for fta.

William Clinton Singleton: assault, bw issued for fta.

Melissa N. Smith: fines/fees due (\$188), bw issued for fta/4 days in jail or payment in full.

Tamatha Lynn Stewart: criminal trespass, 10 days in jail.

James T. Williams: operating motor vehicle under influence of alcohol/drugs, sentencing order entered.

John Curtis York: fines/fees due (\$243), bw issued for fta/5 days in jail or payment in full.

Nicholas Joe Denny: fleeing or evading police, 90 days/concurrent w/state sentence/costs waived.

Kristopher B. Fletcher: fraudulent use of credit card, sentencing order entered.

Cassidy M. Ramsey: possession controlled substance, 90 days in jail/concurrent.

Devin Lee Adams: fines/fees due (\$268), bw issued for fta/6 days in jail or payment in full.

Byron J. Bond: booster seat violations, \$25 fine plus costs.

Johnny Bowling: fines/fees due (\$38), bw issued for fta/1 days in jail or payment in full.

Speeding: Taylor C. Cash, Michael W. Hardy, Jr, Willis A. Curtis, Patsy Edward, license suspended for fta; Matthew T. Baker, paid; John Hunt Rutledge, action slip;

Mira B. Weeks: failure to wear seat belts, paid.

Timothy A. Henson: disregarding traffic control device, action slip.

Donald Clarence Helton: failure to wear seat belts, \$25 fine.

Alisha A. Hollin: no/expired Kentucky registration receipt - plates, failure of owner to maintain required insurance/security, no operators/moped license, license to be in possession, bw issued for fta.

Amy L. Chapman: fines/fees due (\$868), bw issued for fta/18 days in jail or payment in full.

Michael W. Collins: fines/fees due (\$193), bw issued for fta/4 days in jail or payment in full.

William K. Combs: fines/fees due (\$743), bw issued for fta/15 days in jail or payment in full.

David J. Couch: careless driving, failure to produce insurance card, failure of owner to maintain req. insurance/security, no/expired Kentucky registration receipt - plates, bw issued for fta.

Ashley Deaton: fines/fees due (\$433), bw issued for fta/9 days in jail or payment in full.

Marcos Diaz: fines/fees due (\$213), bw issued for fta/5 days in jail or payment in full.

Erica Geane Gentry: no/expired Kentucky registration receipt - plates, failure to wear seat belts, license suspended for fta.

Josh Howard: fines/fees due (\$218), bw issued for fta/5 days in jail or payment in full.

James C. Linville: fines/fees due (\$311), bw issued for fta/7 days in jail or payment in full.

Jesse Aaron Roark: public intoxication, paid.

Westley Robinson: fines/fees due (\$173), bw issued for fta/4 days in jail or payment in full.

Jessica A. Sizemore: fines/fees due (\$263), 6 days in jail or payment in full.

Justin Corey Tyree: fines/fees due (\$183), bw issued for fta/4 days in jail or payment in full.

Jonathan Dwayne Wells: failure to wear seat belts, failure to produce insurance card, paid.

Amy Wylie: fines/fees due (\$180), bw issued for fta/4 days in jail or payment in full.

Anthony Barnett: assault, 30 days in jail/to serve/costs waived.

Angela D. Northern: failure of non-owner operator to maintain req. insurance and operating on suspended/revoked operators license, 90 days/to serve/each count/concurrent.

Brittany K. Zabala: fleeing or evading police, 3 days in jail/costs waived.

Jeffery Edward Conn: flagrant non-support, bw issued for fta.

Donna J. French: flagrant non-support, bw issued for fta.

Cody Ramsey: flagrant non-support, bw issued for fta.

STRUGGLING WITH ADDICTION?

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

Take control of your life TODAY!

May 20, 2017
Rockcastle County
FREE TRASH
DROP-OFF DAY

The Rockcastle County Fiscal Court is pleased to offer a **Free Trash and Bulk Goods Drop-Off Day**. This event will be held **Saturday, May 20th** from **8 a.m. to 3 p.m.** (rain or shine) at the **Brodhead Fairgrounds**.

This event is open to Rockcastle County residents only! Identification and sign in at the gate will be required!

We will be accepting the following items: household trash, bulk goods (such as couches, chairs, mattresses, etc), appliances, televisions, computer equipment, etc.

Personnel will be on hand to assist with unloading some items, **however**, you may have to unload yourself if we are either **shorthanded** or **getting behind**.

This is a service to our citizens, if you are able to unload, then you should be willing to do so!

We will **NOT** accept any tires, liquids, brush, clean wood, propane tanks or hazardous materials.

For more information, call the Rockcastle County Solid Waste Office at 606-256-1902

SourceHOV
PEOPLE | KNOWLEDGE | INNOVATION

MT VERNON, KY LOCATION

JOB FAIR!

WEDNESDAY AND THURSDAY
MAY 10TH & 11TH
WEDNESDAY-10AM-4PM
THURS-11AM-7PM

Full-Time Positions Available!

General Clerk Opportunities!
2nd shift Available-
3:30pm-12am

Base Rate: \$11.21 per hour
-plus \$4.27 in health and welfare stipend=\$15.48
Referral Bonuses available!!

Job Offers will be made on the spot!

Come see us in person at
Rockcastle Adult Education Center
955 W Main St. Mt Vernon, KY 40456

SourceHOV is a proud sponsor of the 100,000 jobs Mission to employ America's veterans. We believe that hiring veterans is not only the right thing to do for veterans, but it's a great thing to do for our business. Our Nation's military veterans represent the best this country has to offer and they bring meaningful skills to the workplace. Additionally we are an Equal Opportunity Employer. All qualified applicants will receive consideration for employment without regard to race, color, religion, gender, national origin, age, sexual orientation, gender identification, disability or veteran status. EOE/Minorities/Females/Veterans/Disabled

Rockcastle JROTC competes in Mountain Raider Challenge

On April 29th, the Raider team from Rockcastle County High School's JROTC Program, competed in the annual Mountain Raider Challenge. The event was hosted by the Knox County JROTC Program and the members of the National Guard on the Harold L. Disney National Guard Training Site in Artemus, Kentucky. Each school was allowed to bring ten cadets to compete in the events.

The cadets competed individually to earn their Mountain Raider Tab to wear on their uniforms. Although this was an individual competition, the school with the most cadets that earned the tab, would win a trophy.

To earn the tab, cadets had to pass a series of challenging tasks. They began with an APFT (Army Physical Fitness Test) where cadets had to score the same

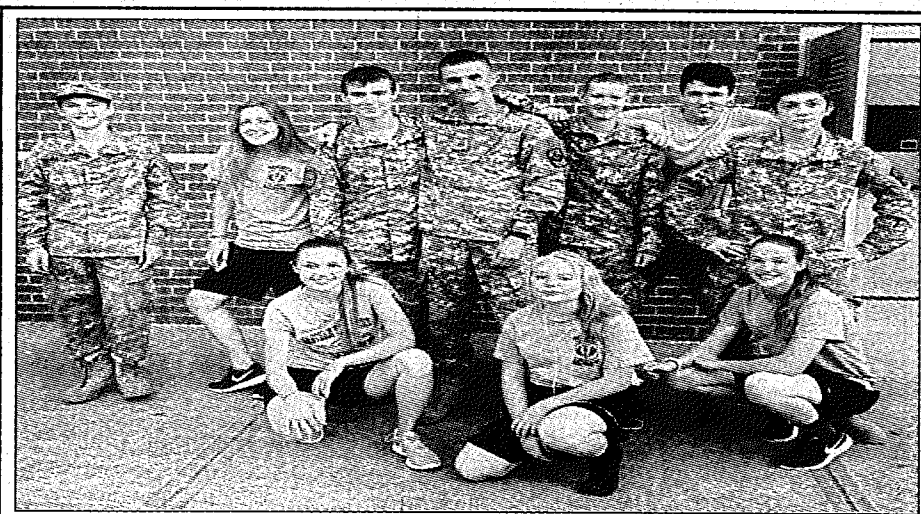
as a regular army soldier. The APFT included forty-two push-ups for the guys and 19 push-ups for the girls, fifty-three sit-ups for the boys and girls and a two mile run. After the APFT there were other difficult tasks that the cadets had to pass, these tasks include: the rappel tower (all cadets rappelled from a thirty foot tower wearing harnesses and helmets with no training practice), land navigation (cadets were given a compass and a heading along with a distance to travel, and told to find four points), and first aid testing (cadets were given a thirty question test on first aid). In addition the raiders had to complete an obstacle course with a series of obstacles.

The final task of the day was the road march. Cadets were issued full camel packs and full weight drill rifles which they had to carry at the "low and ready" position

throughout the duration of the three mile march. Six schools at a time went on the march and the only requirement was that each cadet had to finish the march with all their gear, and that they could not pass their guide. After the road march was the awards ceremony. Billy Boggs and David Peavie earned their well-deserved Mountain Raider Tab while Amber Doan and Lydia Walker earned their Raider Rope.

Mountain Raider Team: Jacob Lamb, Tyler Wood, Amber Doan, Cody Morris, Shawna Mink, Elizabeth Barron, Lydia Walker, Billy Boggs and David Peavie.

Other Cadets: Sebastian Poynter, Ethan Saylor, and Hannah Cloepfil.



The Raider team from Rockcastle County High School's JROTC Program, recently competed in the annual Mountain Raider Challenge. The event was hosted by the Knox County JROTC Program and the members of the National Guard on the Harold L. Disney National Guard Training Site in Artemus, Kentucky. Members are shown above, front row from left: Lydia Walker, Elizabeth Barron and Amber Doan. Back row from left: Jacob Lamb, Shawna Mink, Sebastian Poynter, Cody Morris, Billy Boggs, Tyler Wood and David Peavie.

"Jump Start" program at SCC offers no cost classes

Students graduating from high school in 2017 and attending Somerset Community College (SCC) in the fall, as well as adults who have a high school diploma or GED, have the opportunity to brush up on reading skills and earn college credit for free this summer.

Somerset Community College is offering two free summer sessions June 5-9 and July 17-21 for those who qualify. Classes will be held Monday through Friday from 9 a.m. to 1 p.m. on the SCC Somerset Campus.

Jump Start classes are completely free and will focus on two areas: general college preparedness and critical reading. The general college preparedness class will be offered during the first summer session, and the critical reading and thinking class will be offered as the second summer session. There is a limit to the number of students and applications must be submitted prior to June 1, 2017.

Jump Start is part of the Emerging Scholars Program sponsored by SCC's Student Support Services Program. The goal of this program is to focus on improving reading scores while also completing general strategies for academic success class. Participants for each class will have one elective credit hour awarded to their college transcript.

Students in the first session will discover campus resources, make new friends, get to know faculty and staff and participate in one-on-one mentoring and tutoring. Students in the first second will have the opportunity to gain confidence in college-level reading strategies. At the end of

both sessions, students will be register for fall semester classes. Students may apply for one or both sessions and there

is no cost for tuition or books. To find out more or apply, contact Dorothy Phillips (606) 451-6816,

Rebecca Thurman at (606) 451-6638, Kim Toby at (606) 451-6658 or Marci Randall (606) 451-6875.

Free booklet gives tips about financial literacy

Kentuckians can tap into free resources from the Kentucky Higher Education Assistance Authority (KHEAA).

"It's Money, Baby," a booklet about financial literacy, is available free from KHEAA.

The 32-page booklet includes sections about such topics as:

- Cash basics.
- Banking.
- Credit.
- Insurance.
- Fraud and identity theft.

To order a free copy, email publications@kheaa.com. Please include your mailing address. Only Kentucky schools and residents will be sent more than one copy.

An online version of the booklet is available on www.kheaa.com, while financial literacy

videos can be found at <http://itsmoney.kheaa.com>.

In addition, KHEAA's regional outreach counselors can provide "It's Money, Baby" presentations for schools and other agencies. Call 800-928-8926, ext. 7577, to schedule a presentation.

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.



William "Andy" Walker was recently awarded the Outstanding Student Technology Award by the Central District of the Kentucky Association of School Librarians (CKASL) for his contributions to students and staff with technology at Rockcastle County High School. RCHS Librarian Janet Wells is shown presenting Andy his certificate. Andy is now entered in the state competition, with winners to be announced in July.



Joanie Alexander (right), teacher at Rockcastle County Middle School and graduate student at Western Kentucky University, received the Eleanor Simmons Scholarship for library science students at the recent meeting of the Central District of the Kentucky Association of School Librarians (CKASL). The scholarship is for graduate students currently enrolled in a graduate program to pursue certification as a school library media specialist. Presently Joanie her check is Janet Wells, RCHS Librarian. Ms. Alexander is also entered at the state level for another graduate student scholarship, with winners announced in July.

Mt. Vernon Message

Thursday, May 4
 *KPREP Make Up
 Friday, May 5
 *KPREP Make Up
 Monday, May 8
 *KPREP Make Up
 May 8-12 is Teacher and Staff Appreciation Week.
 Monday, May 8
 *5th Grade, Reader's Theater presents "The Temper" at 8:00
 *RCMS Chorus performs at 9:30
 Tuesday, May 9
 *2nd Grade to Lewis' Farm
 *1st Grade to Snack Shack
 *Kindergarten Graduation 6:00
 Wednesday, May 10
 *4th Grade to City Park and Ms. Julie's House
 *1st Grade to RTLC
 *5th Grade Night until 5:30
 Friday, May 12
 Last Day of School...Dismissal at 11:00



The RCMS Builders Club along with the Youth Service Center recently headed up a drive to bless young, expectant mothers through the Baby Bottle Blessings fundraiser, in conjunction with the Pregnancy Help Center. This drive was to help bring awareness for Child Abuse Prevention month. Through the efforts of our students and staff, the Builders Club was able to raise \$251.25. Presenting Sarah Roof of the Pregnancy Help Center with the proceeds from the fundraiser are Builders Club members Tristan Bullens, Erin Hindman, Ashton Hansel, and Megan Ellis, and Mrs. Angie Payne and Mrs. Kim Hunter of the RCMS Youth Services Center.

On-Site Computer Service

Call and let us come to you for all your computer needs!

Setup, Consultation, Software/Hardware Conflicts
Virus/Spyware Removal

Spencer Bengé • 606-308-5653

Livingston
FOUNDERS DAY
 2017

Friday May 12th.

Gospel Singing at Memorial Park.
 6pm - Gospel Music by our Local groups
 7pm - Awards Presentation
 8pm Felix Brock & the WGB Band.

Saturday May 13th.

9am - Gun & Knife Show in the Livingston school gym.
 12pm - Civil War Reenactment on main st.
 1pm - Open mic local music at trail head.
 5pm - Shaolin Do
 6pm - Cherry River String Band
 8pm - Uptown Blue

HORSE SHOE CONTEST @ LVFD

STREET VENDORS

Cherry River

Uptown Blue

GUN AND KNIFE SHOW

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

House and trailers. No pets. 758-4229. 15xntf
House in Brodhead. Living room, two bedrooms, kitchen, dining, bath. Electric heat. No pets. No appliances. \$400 month/\$400 deposit. 758-8491. 17x2
Chism Drive Thru Storage. 9 1/2 x 14 indoor units. \$50. 24 hr. access and security cameras. 859-559-9903. 3xntf
Trailers and house in Brodhead. No pets. 758-8922. ntf
Accepting applications at Mt. Vernon Housing Authority on Mondays 4 to 8 p.m. and Wednesdays and Fridays, 4 to 6 p.m. Rent based on income. 256-4185.
Accepting Applications: For 2 and 3 bedroom units at Valley View Apartments. Rent based on income. Call 256-5912. Equal Housing Opportunity, TDD for hearing impaired only. 1-800-247-2510. 36tfn

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

Posted

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. 5x51
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. 9x25
Posted: No hunting, trespassing, 4-wheeling on

property belonging to James and Juanita Chasteen, located on Little Hurricane Branch Road in Rockcastle County. Violators will be prosecuted. 44xntf

Posted: Absolutely no trespassing on land in Mt. Vernon on Richmond St./High St./Dailey St. 16x1

Posted: No hunting, trespassing or ATV's on land belonging to Victor and Debbie Francisco on 7194 S. Wilderness Rd. at Calloway. 16x5

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. 47fn

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. 25fn

Mobile Homes For Sale/Lease

Lease Purchase: Mobile Home on 1/2 acre lot. \$28,900 w/\$2,890 down with \$400 monthly payments. Three bedrooms/2 baths. Call 606-308-5459 or 606-256-8603. 17xntf

Help Wanted

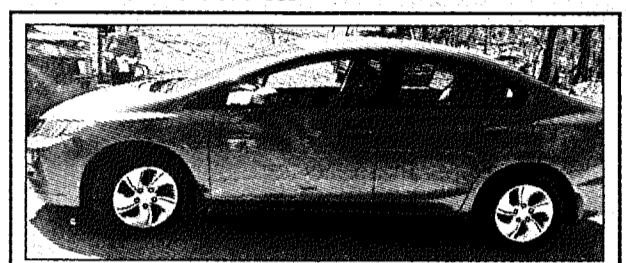
Rockcastle County Senior Citizens is seeking CNAs for Rockcastle, Laurel and Pulaski Counties. Please email resume to rockseniors@windstream.net or apply at RCSC, 1260 South Wilderness Road, Mt. Vernon, Ky. 40456. 16x2

Needed Handyman for repairs and general labor. \$8 hour cash. Must have transportation. 606-231-5498.

Need Someone to load and haul off two big burn piles. Must be hauled off 5/20 and be taken to Brodhead for

Trash Drop-Off Day. Call to schedule day and time of removal. 606-231-5498. 17x2

Jackson Propane Plus is now hiring. Full-time driver position. Minimum Class B CDL. Hazmat and tanker endorsement required. Pre-Employment drug test and background check will be done as well as random drug testing if hired. Duties will include delivering propane to residential and commercial customers. Other duties required at times. Email your resume to jacksonpropane@netzero.com or fax to 606-878-0287. For questions or further information, call 606-878-0690.



For Sale: 2013 Honda Civic 49,000 miles. \$9,000. Call 606-308-3536.

Position Available

The Cumberland Valley District Health Department is accepting applications for a Full Time Senior Support Services Associate I - Home Health position for our Rockcastle County Home Health site.

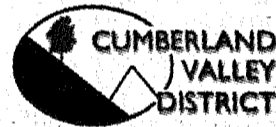
Starting Salary: \$10.10/hr (Grade 10). Applications and full listing of qualifications may be obtained at the Cumberland Valley District Health Department, P.O. Box 158, 470 Manchester Square Shopping Center, Suite 200, Manchester, KY 40962 (606) 598-5564 or online at <http://cvdhealthdept.com/employment-opportunities/>.

Completed application and verification of high school diploma or GED must be returned by close of business at 5 p.m. on Wednesday, May 10, 2017 to Cumberland Valley District Health Department.

Resume will not substitute for completed application. A successful applicant will be required to submit to a drug screening test and criminal/conviction record check. Offer of hire is conditioned upon these results. EOE

Nutritionist I

The Cumberland Valley District Health Department is accepting applications for a Full Time Nutritionist I for Rockcastle County Health Department.

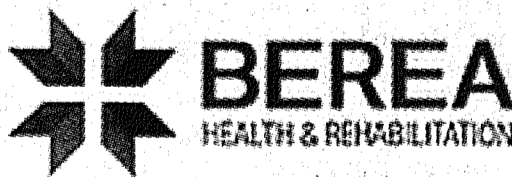


Starting Salary: Starting Salary: \$12.15 - \$15.17/hr negotiable with additional experience (Grade 15). Application

Application and full listing of qualifications may be obtained at the Cumberland Valley District Health Department, P.O. Box 158, 470 Manchester Square Shopping Center, Suite 200, Manchester, KY 40962 (606) 598-5564 OR online at <http://cvdhealthdept.com/employment-opportunities/>.

Completed application and transcript must be returned by 5 p.m. on Thursday, May 18, 2017 to Cumberland Valley District Health Department.

Resume will not substitute for completed application. Applicants and employees in this classification will be required to submit to a drug screening test and background check. Offer of hire is conditioned upon these results. EOE



NOW HIRING NURSES

Berea Health & Rehabilitation is seeking dedicated RNs & LPNs to join our night shift nursing team!

WE OFFER

- Competitive Wages
- Sign On Bonus * Paid Vacations
- 401-K Participation * Stat Pay
- Health, Dental, Vision & Life Insurance
- Educational Assistance/
- Student Loan Repayment Assistance

The culture at *Berea Health & Rehabilitation* fosters growth with immeasurable opportunities to advance your career and excel in the dynamic healthcare industry.

We invite you to apply in person at:
 601 Richmond Road North • Berea, KY
 (859) 986-4710

www.bereahealthcare.com

Full-Time Outpatient Therapist Position

available at
 Cumberland River Behavioral Health in Mt. Vernon. Excellent salary and benefits. KY State LPCA, LPCC, CSW or LCSW license needed.

Apply online at www.erigoes.com

We are an EOE.

New Opening!

INSIDE SALES POSITION

Lumber King, Inc. is accepting applications for an experienced Inside Sales Person. Qualified applicants should have organizational, computer and interpersonal skills. High school diploma or GED preferred. You may download an employment application from lumberking.com.

You may mail the completed application to:

Mike Bryant, Store Manager,
 P.O. Box 249, Mt. Vernon, KY 40456
 or email to: hr@lumberking.com.

You may also pick up employment applications at our store located at 1204 South Wilderness Road, Mt. Vernon, KY.

Lumber King, Inc. is an Equal Opportunity Employer.

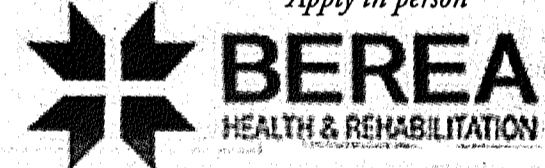
Join our Nursing Team!

Now Hiring KMA's (Kentucky Medication Aide)

BENEFITS INCLUDE:

- Sign On Bonus • Paid Vacations
- 401-K Participation
- Health, Dental, Vision & Life Insurance
- Educational Assistance
- Stat Pay • Baylor Plan Available

Apply in person



601 Richmond Rd. N • Berea
 859-986-4710

EOE



Rockcastle Regional Hospital and Respiratory Care Center is currently seeking:

DIETARY AIDES HOUSEKEEPERS JANITOR

Positions are full-time. High school diploma or equivalent required.

Apply on-line
rockcastleregional.org/careers

Equal Opportunity Employer



You became a nurse to care for others!

Big things are happening for our community at Rockcastle Regional. Be part of the team that is making a difference in the lives of our patients.

Rockcastle Regional Hospital & Respiratory Care Center is currently seeking:

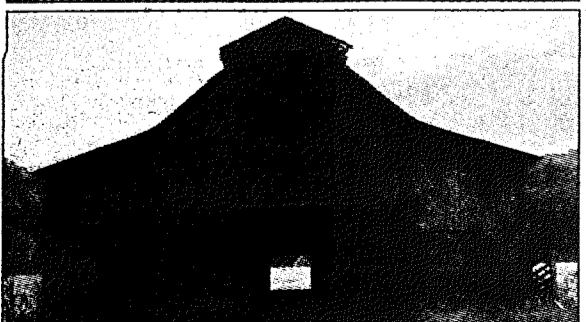
- REGISTERED NURSES (RN)
- LICENSED PRACTICAL NURSES (LPN)
- STATE REGISTERED NURSING ASSISTANTS (SRNA)

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

Apply on-line
rockcastleregional.org/careers

Equal Opportunity Employer

Farm For Sale



Approximately 60 Acres — \$245,000
Located in Wildie, Ky. - 1/2 mile from US 25

- Most of acreage is cleared & tillable
- Improved w/ large barn & equipment shed
- Will divide in smaller tracts

Call Willis Coffey @ 859-358-4941

Professional Services

Hayes Gravel Hauling & Driveway Spreading. 256-4695 or 859-544-7730. 8x13

J and R Pressure Washing. Pressure washing of all type homes, outbuildings, decks, sidewalks and concrete patios. Owner and operator Jonathan Collins. Free estimates. 606-308-3533. 49x4p

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. 49x4

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

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

Grave Markers & 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

Miscellaneous For Sale

Breed Bulls. Black Galvb. Polled 14 mos. to four years. 606-392-6128. 17x3p

17 ft. Runabout Boat, 1980 Bomber, 165 HP Mercury w/trailer. \$1500. 606-256-0001. Sold as is. 16x5p

One burial plot in Elmwood Cemetery. \$550. 513-886-0555. 44xntf

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

Notices

Accepting bids to remove wallpaper, prime and paint 50 rooms. Bids can be dropped off Monday-Friday, 7 a.m. to 3 p.m. at Baymont Inn, 2090 Richmond St., Mt. Vernon. Call 256-8600 for more info. 17x1

Notice is hereby given that Steve Coffey, 466 Cane Branch Road, Mt. Vernon, Ky. 40456 has been appointed Administrator of Ada J. Coffey on the 17th day of April, 2017. Any per-

NOW OPEN Amazing Buys Everyday 9245 N. Wilderness Rd., Conway Closed 10 to 5 - M, T, F, S. Wed., Sun.

son having claims against said estate shall present them, according to law, to the said Steve Coffey or to Hon. Willis G. Coffey, P.O. Box 247, Mt. Vernon, Ky. 40456 on or before Oct. 18, 2017 at 11 a.m. 17x3

Notice is hereby given that Danny McKinney, 152 McKinney Heights Road, Brodhead, Ky. 40409 has been appointed Administrator of the estate of Karen Michelle Mason on the 18th day of April, 2017. Any person having claims against said estate shall present them, according to law, to the said Danny McKinney or to Hon. John Clontz, P.O. Box 1350, Mt. Vernon, Ky. 40456 on or before Oct. 18, 2017 at 11 a.m. 17x3

Notice is hereby given that Danny McKinney, 152 McKinney Heights Road, Brodhead, Ky. 40409 has been appointed Executor of the estate of Ernest Mortimer Mason on the 18th day of April, 2017. Any person having claims against said estate shall present them, according to law, to the said Danny McKinney or to Hon. John Clontz, P.O. Box 1350, Mt. Vernon, Ky. 40456 on or before Oct. 18, 2017 at 11 a.m. 17x3

Notice is hereby given that Alice Moore, 328 Sigmon St., Brodhead, Ky. 40409 has been appointed Conservator of the estate of Lucinda Moore on the 17th day of April, 2017. Any person having claims against said estate shall present them, according to law, to the said Alice Moore or to Hon. Joseph P. Lambert, P.O. Box 989, Mt. Vernon, Ky. 40456 on or before Oct. 18, 2017 at 11 a.m. 17x3

Notice is hereby given that Dianna Bradley, 50 Mill St., Mt. Vernon, Ky. 40456 and Gail Burdette, 105 Crawford Lane, P.O. Box 1288, Mt. Vernon, Ky. 40456 has been appointed Co-Executors of the estate of Bethel Falin Hensley on the 19th day of April, 2017. Any person having claims against said estate shall present them, according to law, to the said Dianna Bradley and Gail Burdette on or before Oct. 23, 2017 at 11 a.m. 17x3

Notice is hereby given that Matthew Maples, 239 Napier Road, Brodhead, Ky. 40409 has been appointed Administrator of the estate of Frank Maples on the 19th day of April, 2017. Any person having claims against said estate shall present them, according to law, to the said Matthew Maples or to Hon. William Leger, 140 West Main St., P.O. Box 1250, Mt. Vernon, Ky. 40456 on or before Oct. 23, 2017 at 11 a.m. 17x3

Notice is given that Nancy Larcade has filed a final settlement of her accounts as Administratrix of the estate of Charles Wagner, deceased. A hearing on said settlement will be held May 22, 2017 at 9:30 a.m. Any exceptions to said settlement must be filed before said date. 17x1

Notice is given that Linda Williams has filed a Periodic Settlement as Guardian of Caleb W. Williams, a minor. A hearing on said settlement will be held May 29, 2017 at 9:30 a.m. Any exceptions to settlement must be filed before this date. 17x1

Wanted

Female Roommate to help with dog kennel and house in exchange for room and board. Includes fully furnished bedroom, cable/internet. No drug use. Background check and references required. 606-231-5498. 17x4

Yard Sales

Rain or Shine Garage/Yard Sale: At the home of Angela and John Ford, 314 Catfish Road, Mt. Vernon. Friday, May 5th from 4 p.m. to 6 p.m. and Sat., May 6th, 8 a.m. to 2 p.m. Baby items: bassinet, car seats, high chairs, strollers, jumpers, walker, bouncy seats. Bunk bed w/slide, lots of children's clothing for both girls and boys, tons of toys, miscellaneous household items. Directions: Take 461 toward Somerset, turn right on Doc Adams Road. Proceed .75 mile and turn right on Spiro Road, then proceed straight onto Wabd Jones Road (do not take curve around Skaggs Creek Baptist Church). Proceed .5 mile to Catfish Road. Signs will be posted at Catfish Road and driveway of home.

6 Family Garage Sale: Home of Mattie Miller, Houston Point Estates. Thurs., Fri., Saturday, 9 a.m. to ? Lots of sheet sets, blankets, quilts, pillows, rugs, lamps, like new bedroom suite, curtains, comforter sets. Men's and women's nice clothing, large and extra large shirts, old antique table, diamond rings, bracelets and sterling silver. Rain or shine. For more info 606-224-0501.

Yard Sale: Cave Valley Apartments inside Community Room next to office. May 5th, 8 a.m. to 6 p.m. and May 6th, 8 a.m. to 1 p.m. Something for everyone. Women's and men's clothing of all sizes, boys 8-14 and household items.

Three Family Yard Sale: Saturday, May 6th, 8 a.m. to ? Women's clothes sizes XS-LG, men's clothes, household items and some baby items. Given by Stephanie Hines, Katie Brown and Allison Hemsley. Located at Touch of Class Hair Design in Mt. Vernon.

6 Family Yard Sale 8 a.m. to 2 p.m. Saturday, May 6th at Mareburg - 30 Green Acres Lane, right off Hwy. 150. Clothes sizes include: small to plus size women's and men's. Young teen girls, boys and little girls. Recliner, kitchen and household items, bar stools, furniture, odds and ends.

Huge 6 Family In-Door Yard Sale Fri. & Sat., May 5-6 8 a.m. to 2 p.m. At the old Candle Shop at the corner of Doc Adams Road and Wabd Jones Road (old 461). Given by Virginia McKinney and her sisters. Designer children's clothes, women's and men's clothes, purses, linens, tart melters, candles, tarts, craft items, pictures, flower arrangements, jewelry and much more. Rain or shine.

Yard Sale Fri. & Sat., May 5-6 8 a.m. to 2 p.m. Also open Friday evening at 5 p.m. at Houston Point, 2 miles past country club on old Hwy. 150 towards Brodhead at Jeannine Parsons'. Lots of women's summer clothes, sizes 0-4 and 12-16. New Sorel waterproof boots, shoes, name brand purses/billfolds. Maui Jim sunglasses. Household items, home decor, including pictures, vases, floral arrangements, large baskets, comforters, curtains, 5x7 area rug, throw rugs, toss pillows, Southern Living wall sconces/shelf, director's chair, small table, end tables, bookcase. Longaberger tote basket and protector. Little boy's bike, 18" girl's bike, John Deere kid's riding tractor and trailer, Little Tyke basketball goal, Pottery Barn kid's table and four chairs, big kid's rocking chair, wooden 9-storage unit for toys or other uses, baseball glove, new girl's bike helmet. Casio keyboard with stand, DVD player, DVDs, electric correcting typewriter, NASA prints, Disney coffee mugs, metal flower cart, 2 wheels for lawn cart. New homemade aprons - 18" doll clothes - chair arm caddy, other craft items. Gothic-fantasy adventure and other books. Come on out! You'll find something you'll want. Lots of rain=closed.

Huge 5 Family Yard Sale: Friday, May 5th and Saturday, May 6th at Clebert and Oneida Robinson's, 2289 Big Cave Road (old 1004), Orlando. Too many items to list. Lots of baby things. Something for everyone. Cancelled in case of rain until next weekend.

2 Family Garage Sale. Saturday, May 6th on Hwy. 150 at Rockcastle County line. 7 a.m. to ? Clothes, furniture, salon equipment, etc.

3 Family Yard Sale: Sat., May 6th, 8 a.m. to ? at Crossroads Assembly of God in Brodhead. Name brand clothing, household items, toys and much more. Sizes will be in front of

clothing. Given by Julie Hines, Jennifer White and Gina Sherrow.
Yard Sale: Saturday, May 6th, 8 a.m. to 2 p.m. 110 West Main St., Mt. Vernon in front of Scott building. Huge multi-family. Kid/adult clothing, toys, furniture. Rain cancels.
Yard Sale: Given by Bible Baptist Church members. Saturday, May 6th, 8 a.m. to ? Coffey and Ford parking lot. Proceeds go to mission trip to Dominican Republic.
Yard Sale: on 70, close to Quail Park. May 4, 5 and 6, 9 to 5. Collectibles, antiques, dishes. Something for everyone. Rain or shine.

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Yards to Paradise

By Max Phelps
*Selecting New Trees,
 Maintaining Existing Trees*

It's not unusual to buy a new home with no trees, as it's quite rare for real estate developers to save good quality trees and build around them in a development. Perhaps if you owned the lot and hired your builder, you got to do it more to your liking. And many a homeowner buys a place with more mature trees that have been planted by a former owner, and wonders if they should be kept and how would they know how to care for them.

Let's take a moment to look at these situations and see if we can come away with more confidence in selecting and maintaining trees in our landscapes.

If you have the luxury of having a wooded property that you plan to build a home on, you have choices to make. Which trees will need to go, and which can stay? There is not one perfect answer, of course. (Just don't do like a neighbor of mine who cleared a tract and removed a native, natural-occurring pink dogwood that would have been 20 feet from the spot he chose for building. That was a bad selection of what needed to go or stay.)

For those with a house having few or no trees, you have the luxury of choosing what you would like. What are your favorite trees? Will they look good with this home? And will they grow well under the conditions that are present? It is still not as simple as going shopping for the trees you happen to like and planting them.

Right tree, right spot. That is a good rule to follow. If your yard has bed-rock or compacted clay soil just under the surface, will the tree you prefer do well in that spot? If the spot you need a tree stays wet all the time, do you go ahead and plant a tree that needs good drainage? Does your favorite tree need some shade; and if so, do you plan to put it in the front yard in full sun? Sometimes you need to think natives, or at least think what would do best in my spot—not go with the tree with pretty blooms or because you had one where you lived as a child.

When selecting trees, consider the various pros

and cons, and be willing to consider trees you'd not thought of or haven't seen in other people's yards. Let your spot, including location and soil and mature size help choose what would work well. Try to avoid impulse decisions, and get professional advice if you need to.

The homeowner who wants a lovely dogwood might ought to consider putting it on the shady side of the home away from midday sun. The one who wants an oak tree might want to consider the acorns, the roots, and how much space it will take up 40 years from now. The folks who live by a busy street that gets treated by salt trucks several times every winter when it snows might ought to ask the nursery some questions, such as "what is the salt tolerance of this plant" if they want to plant it near the street, or where highway runoff will be flowing across their property.

As real estate changes hands, so do the trees and other amenities. Often a new homeowner will have no idea if a tree is healthy, if it presents a hazard in a windstorm, or should they accept and love it even if not one of their favorites.

Quickly, some trees with disease or fungus issues that perhaps you should avoid, would include: Ash trees, walnut trees, native dogwoods, hemlocks, to name a few. But what if you have these trees and they are healthy?

Usually I would advise to keep a watch and be prepared to treat with a spray or systemic at the first sign of trouble. But, if you have badly diseased trees, prompt removal may be the best—with selection of something different and tough and disease resistant.

Problem soils, wet or rocky or dry locations, are all problems that can probably be solved with some good soil trucked in and plant in that.

Smaller trees, containerized trees, even little ones dug from the forest or fallow field often perform better than balled and burlapped large trees. Unless you're the impatient type, or have a terminal illness and want to enjoy trees right away, planting smaller sizes will be way cheaper,

and within 5 or 10 years will probably catch and pass the growth of the bigger trees.

Landscapers and nurserymen may try to sell you on the instant gratification. In practice, if a customer has me designing a landscape on a fairly small budget...I will often recommend one big, pretty tree, plus several much smaller ones. That way they get one lovely bit of instant shade or screening, and wait on the others to fill in, saving many dollars in the process.

Before you make decisions on existing trees, get to know what species it is. Learn if it's a good tree to have, or if it was a bad choice from the get-go. And, don't go cutting down or topping trees without seeking expert opinions. Topping is a very poor tree care practice, generally speaking. Removing a few select limbs and bringing shapes back into control would be preferred if a tree needs work.

When the desire for a problem tree wins out, due to sentimental factors or personal preferences, it's not the end of the world. Just find an appropriate place, plant with care, and give it a bit of TLC and hope for the best.

So many things can go into having a pretty landscape. If you have lovely trees, take good care not to harm them. And if you are in need of trees, or simply want some for shade, screening, attractive appearance, or whatever, carefully consider size and shape, how will it grow in your poor (or rich) soil, and will it look good in relation to the home and other elements both now, as well as many years from now, as it becomes a big tree?

Choose smartly, and select for diversity rather than what everybody else has in their yards.

Plant and maintain trees for a more valuable and more useful property. Only one special or specimen tree is needed; it will show off better (and you'll save money also) if the other trees and shrubs are ordinary in appearance. As with most things, some forethought before acting is the better course of action.

*The author is a landscaper.
 Feedback welcomed. Visit
 www.rockcastles.net*



Students receive \$400 scholarships

Four students from Rockcastle County High School were presented with \$400 scholarships from Rockcastle Co. Farm Bureau Federation. The students were selected from applications submitted to the office and were presented with a scholarship based on academic excellence. Kentucky Farm Bureau is happy to support our local school system and students in achieving their careers and proud of these students for their academic excellence and achievements. Pictured from left are: Garry Hurst, Rockcastle Farm Bureau Federation Vice President; Jonah Pillion; Alyssa Bustle; Madelyn Bullen; Arie-Anna Lawson; and Terry Lawson, Rockcastle Co. Farm Bureau Federation President.

Agricultural News

By: Warden Alexander, FSA Director

Change in Farming Operation

If you have bought or sold land, or if you have picked up or dropped rented land from your operation, make sure you report the changes to the office as soon as possible. You need to provide a copy of your deed or recorded land contract for purchased property. Failure to maintain accurate records with FSA on all land you have an interest in can lead to possible program ineligibility and penalties. Making the record changes now will save you time in the spring. Update signature authorization when changes in the operation occur. Producers are reminded to contact the office if there is a change in operations on

a farm so that records can be kept current and accurate.

Power of Attorney

For those who find it difficult to visit the county office personally because of work schedules, distance, health, etc., FSA has a power of attorney form available that enables you to designate another person to conduct your business at the office. If you are interested, please contact our office or any Farm Service Agency office near you for more information. Power of Attorney provisions do not apply to farm loan programs.

Next FSA County Committee Meeting Date: May 3, 2017 8:00 A.M. at the Mt. Vernon USDA Service Center.

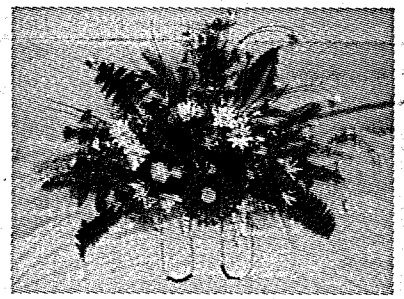
Office Closure Schedule

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: May 29, 2017-Memorial Day.

Important program dates and Interest Rates

Farm Operating Loans-Direct= 2.875%
 Farm Ownership Loans-Direct= 4.000%
 Limited Resource Loans= 5.000%
 Farm Ownership Loans Down Payment= 1.500%
 Farm Storage Loans= 3 yr. = 1.625%, 5 yr. = 2.000%, 7 yr. = 2.250%, 10 yr. = 2.500%, 12 yr. = 2.500%
 Commodity Loans= 2.000%

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Revised 3/15/17

Early Childhood & Kindergarten REGISTRATION & SCREENING

ELIGIBILITY

To be eligible for **Rockcastle County Public Preschool**, your child must be 4 years old by August 1st and meet one of the following requirements:

1. Be eligible for Free Lunch
2. Have a disability
3. Three year olds may be eligible with an identified disability
4. Non-qualifying four year olds may attend the Early Childhood program as space allows

To be eligible for **Head Start**, your child must be 4 years old by August 1st and meet one of the following requirements:

1. Meet Federal Income Guidelines
2. Have a disability
3. Be eligible for Public Assistance (SSI, K-TAP, Child Care Subsidy)
4. Meet guidelines for being considered a homeless family
5. Reside in a foster home

What is a disability?

A delay in one or more of the following areas is considered a disability:

1. Speech and language
2. Large and fine motor
3. Cognitive skills
4. Social and emotional
5. Self-help skills

REGISTRATION DATES

Students will only be enrolled by verifying residence within a school's attendance zone.

Early Childhood & Kindergarten
 Daily from 8:30 AM - 2:00 PM

Dates:
 Wednesday, May 3rd
 Thursday, May 4th
 Friday, May 5th
 Monday, May 8th
 Tuesday, May 9th

Brodhead Elementary School
 Please make an appointment by calling your school at (606) 758-9756.

Mt. Vernon Elementary School
 Please make an appointment by calling your school at (606) 256-2953.

Roundstone Elementary School
 Please make an appointment by calling your school at (606) 256-2235.

Registration for Mount Vernon and Roundstone Schools will be located at **Rockcastle Adult Education Center** 955 West Main Street Mt. Vernon, KY Beside Rockcastle Middle School

School News



PROGRAM OPTIONS

There are two programs in Rockcastle County that offer free early childhood education services to qualifying four year old children. (Three year old children may be eligible with an identified disability.) The programs are: The Rockcastle County Public Preschool and Kentucky River Foothills Head Start.

WHAT TO BRING FOR REGISTRATION

Please bring your child's state birth certificate (*hospital copy will not be accepted*), social security card (*optional*), immunization certificate, proof of income and proof of medical coverage (i.e. medical card or insurance card) to register. Call your school with any questions and to make an appointment to register your child.

HEALTH REQUIREMENTS

The following health requirements must be met in order to enroll in the early childhood program and kindergarten.

- Physical exam
- Blood pressure and lead screening
- Dental exam
- Vision exam
- Immunizations

BRODHEAD FAMILY CARE

Robert F. Hendrickson, MD
Barbara Prather, APRN

Coming home

Dr. Hendrickson & Barbara Prather
bring family health care
right inside Brookdale



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 20-bed inpatient acute hospital, outpatient services, a 99-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, CFO

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(606) 256-2195 • www.rockcastlehospital.org

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

Jana Bray, Director
Susan Turley, Designer

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Coming home

Finley Hendrickson, M.D., returns to Brodhead to practice family medicine

Rockcastle Regional Hospital and Dr. Finley Hendrickson, along with nurse practitioner Barbara Prather, are bringing family health care to the town of Brodhead.

Brodhead Family Care, part of Rockcastle Regional Hospital's healthcare system, is now open and offering the same quality services as the hospital's main campus in Mt. Vernon.

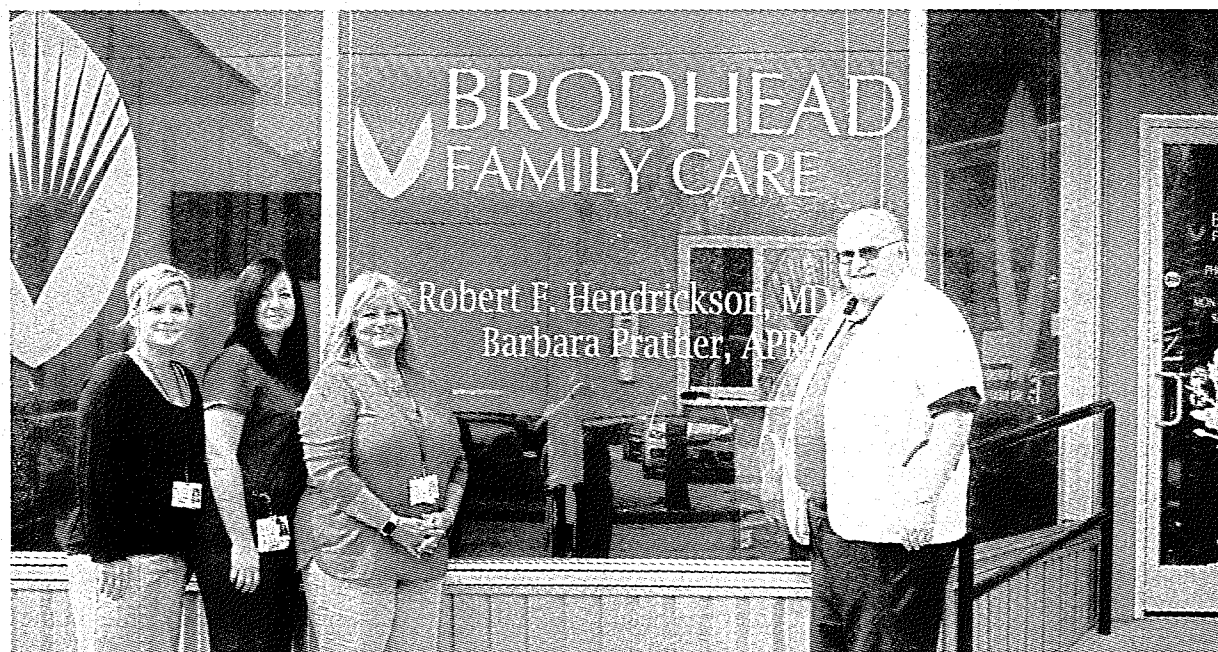
Dr. Hendrickson, a native of Brodhead, and Barbara Prather, an Advanced Practice Registered Nurse, are seeing patients there in a newly renovated office building at 46 West Main Street.

Dr. Hendrickson retired from his Danville practice in 2016, and when the opportunity arose, he was ready to begin practicing in his hometown.

"I always thought Brodhead is a place that needs a rural health clinic," he said. "This gives people in Brodhead and Crab Orchard a place they can go to get the care they need."

The practice, which is open 8 a.m. – 5 p.m. Monday through Friday, features new exam rooms and equipment. The staff – receptionist Heather Bustle and nurse Hope Johnson – are also from Brodhead.

"I've been impressed with the staff and facility," Dr. Hendrickson said, "and the



Heather Bussell, Hope Johnson, Barbara Prather, and Dr. Finley Hendrickson.

hospital has been very supportive."

"We're very pleased to be able to provide this level of quality care to the residents of Brodhead and Crab Orchard," said Stephen A. Estes, Rockcastle Regional president and CEO. "With Dr. Hendrickson's years of experience and the level of respect he has earned, and given that he is from Brodhead, we couldn't have found a better fit. Add to that the experience of Barbara Prather, and we feel confident that we are meeting the need for family care in Brodhead."

Prather brings more than 30 years of experience as a nurse in varied settings, but she's always been attracted to family practice, and she knew that's what she wanted to pursue once she became a nurse practitioner.

"I chose to be a family nurse practitioner so I could work directly with people of all ages," said Prather, who lives in Somerset. "I want to help them to live healthier lives."

To make an appointment or for more information, call 758-4748.

Rockcastle Regional ranked 4th in the nation for patient room cleanliness

By Jana Bray, Community Relations Director



Rockcastle Regional's environmental services/laundry day shift staff—Seated from left, Teresa Daugherty, Evie Marcum, Kim Wynn, Trina Coffey, Tiffany Smith, and Donna Shearer. Standing from left, Reda Hopkins, Debbie Johnson, Nancy Hart, Rhonda Stephens, Barb Wilmott, Gail King, Linda Martin, Darlene Smith, Christine Barnes, Vina Cain, Pat Childress, and Carol Bryant, Director.



Rockcastle Regional's environmental services/laundry second shift staff—Seated from left, Sandra Smith, Dina Hopkins, Janice Miller, Debbie Smith, Tabetha Johnson, and Lynn Adams. Standing from left, Carol Bryant, Judy Childress, Deborah Brown, Lou Gadd, Matthew Konradt, James Cain, Kathy Payne, Elisha Barron, and Gail Carpenter.

Rockcastle Regional Hospital and Respiratory Care Center has been ranked 4th in the nation for having the cleanest patient rooms, as reported by patients. Rockcastle Regional received an average score of 94 percent, while the national average of all hospitals is 74 percent.

Becker's Hospital Review released the list of hospitals based on data reported by The Centers for Medicare and Medicaid Services' (CMS) Consumer Assessment of Healthcare Providers (HCAHPS) survey. The results are based on patient feedback that their room and bathroom were always clean and reflect

"We are exceptionally proud of the work we do every day to keep our patients safe in a healthy environment,"

-Carol Bryant, director of environmental services

responses from April 2015 through March 2016, the most recent data available on the CMS Hospital Compare website.

"We are exceptionally proud of the work we do every day to keep our patients safe in a healthy environment," said Carol Bryant, Rockcastle Regional director of environmental services. "This recognition is a testament to our continued dedication and commitment to always providing our patients with the cleanest of rooms we can offer."

While patient response data provided on the CMS Hospital Compare website is helpful, it really only provides a snapshot of patient responses from more than a year

ago. As a standardized survey instrument to provide hospitals with patient feedback, CMS reports more up-to-date HCAHPS results to hospitals than is reported on Hospital Compare.

Looking at data from the last 24 months, Rockcastle Regional has received an average patient response score of 98 percent that their room and bathroom were always clean.

President and CEO of Rockcastle Regional, Stephen A. Estes attributes these sustained results to the hard work of the environmental services staff around the clock. "Patient safety is at the core of everything we do at Rockcastle Regional. Exceptional care and quality outcomes cannot be achieved for our patients if they are not provided in a clean and safe environment. This is at the heart of our patient care."

Rockcastle's future healthcare providers

By Dwain Harris, Director of Southern KY AHEC

So KY AHEC programs give future medical, dental students a boost

The Southern KY Area Health Education Center (So KY AHEC) is giving potential medical and dental students a boost through targeted enrichment programs, and Rockcastle County students are taking advantage.

Rebekah Ponder, a 2014 graduate of Rockcastle High School and pre-med student at Berea College, is a 2017 graduate of FutureDocs, a So KY AHEC program geared toward strengthening rural pre-medical students' medical school applications through education and networking.

Ponder has known she wanted to be a doctor ever since she started volunteering at Shriners Hospitals for Children at age 13. By 16, she was shadowing doctors and "loved the combination of science and patient-doctor interaction," she said. "So from a young age, I knew I wanted to go into the medical field."

FutureDocs, which lasts from January through April each year, gave Ponder a chance to interact with six other pre-med students from So KY AHEC's region, which is 15 counties primarily along and near I-75. Other

universities represented were Eastern Ky. University and Union College.

The students are given the opportunity to take a practice Medical College Admission Test (MCAT), develop their interviewing skills, and get guidance in making their written personal statements. They also heard from guest speakers such as medical school admissions counselors and practicing physicians such as Sara Oliver, M.D., pediatrician for Rockcastle Pediatrics.

"The Future Docs program was beyond helpful," Ponder said. "It gave me insight into what I need to do to be a successful applicant for medical school."

Another So KY AHEC program connects medical, dental and nursing students with undergrads wishing to go into those fields. AHEC Connect couples these students in a mentor/mentee relationship

in which they speak to each other at least monthly over a period of time. They are given conversation prompts such as admissions topics or recommended classes. They report back at the end of the time frame so the AHEC

can evaluate the progress made and track the students' success.

Lura Cash, a 2007 graduate of Rockcastle County High School, graduates from the University of Kentucky College of Dentistry this year. AHEC Connect didn't exist when she was an undergraduate, so she never was a mentee in the program, but she agreed to be a mentor this year. As such, she shared with her mentee information related to the Dental Admissions Test (DAT) preparation, the importance of establishing contacts at both in-state schools (UK and U of L), and elective class recommendations.

"The idea of programs such as FutureDocs and AHEC Connect is to connect these undergraduate students from our region with resources to maximize their chances of success," said Sherry Spragens, So KY AHEC Education Specialist. "We're finding that we've been able to help them advance along their educational paths in key ways at critical times."

For more info about the programs, go to http://soahec.org/health_careers/ or call 606-256-0950.

The So KY AHEC is a state and federally-funded program with the mission of improving health of the rural and underserved through education and workforce development. Though it serves a 15-county region, it has been hosted by Rockcastle Regional Hospital since 2004.



Rebekah Ponder



Lura Cash

Rockcastle Regional earns fifth *Women's Choice Award*

By Jana Bray, Community Relations Director

Rockcastle Regional Hospital & Respiratory Care Center has received the Women's Choice Award for the fifth year in a row.

This distinction is the only award that identifies the country's best healthcare institutions based on robust criteria that considers 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. "We are proud to be recognized with this award for the fifth year as it reflects our continued

commitment to women as our patients, and to their families."

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 2017, 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.

"The best health outcomes are achieved when the highest level of care is provided with a focus on quality, safety, and patient experience,"

-Stephen A. Estes, president and CEO



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

Celebrating National Hospital Week

May 7-13, 2017

In an ever-changing world of healthcare, we strive to maintain a passion and a focus on patient safety and quality care. Every day our employees report to work, ready to provide compassion and kindness to those for which they care. We are able to achieve all of this by working together, as a team.

May 7-13 is National Hospital Week. During this week, Rockcastle Regional Hospital & Respiratory Care Center will celebrate this teamwork and the dedication of all its employees. Activities planned for the week include a community appreciation day, a free breakfast for employees, and daily treats for each employee, among other things.

The week's celebrations will wrap-up with the annual cookout – a day that many employees look forward to all year. At the cookout, employees will enjoy a delicious meal prepared by the Rockcastle Regional dietary staff.

A tradition at this yearly cookout is to recognize specific employees for great efforts in promoting safety in the organization and for outstanding performance on the job, or what we like to call "WOW moments." There is also a special recognition for those employees who are retiring in 2016 and the dedication they have given to the hospital and their patients throughout their career.

Who should be tested for diabetes?

Diabetes is a disease in which blood glucose levels are above normal. Most of the food we eat is turned into glucose, or sugar, for our bodies to use for energy. The pancreas, an organ that lies near the stomach, makes a hormone called insulin to help glucose get into the cells of our bodies. When you have diabetes, your body either doesn't make enough insulin or can't use its own insulin as well as it should. This causes sugar to build up in your blood.

Diabetes can cause serious health complications including heart disease, blindness, kidney failure, and lower-extremity amputations. Diabetes is the seventh leading cause of death in the United States.

Prediabetes

A person with prediabetes has a blood sugar level higher than normal, but not high enough for a diagnosis of diabetes. He or she is at higher risk for developing type 2 diabetes and other serious health problems, including heart disease, and stroke.

A person with certain risk factors is more likely to develop prediabetes and type 2 diabetes. These risk factors include: age, especially after 45 years of age; being overweight or obese; a family history of diabetes; having an African American, Hispanic/Latino, American Indian, Asian American, or Pacific Islander racial or ethnic background; a history of diabetes while pregnant (gestational diabetes) or

having given birth to a baby weighing nine pounds or more; and being physically active less than three times a week.

If you do have prediabetes, research

shows that doing just two things can help you prevent or delay type 2 diabetes: Lose 5% to 7% of your body weight, which would be 10 to 14 pounds for a 200-pound person; and get at

least 150 minutes each week of physical activity, such as brisk walking.

When should I be tested for diabetes?

Anyone aged 45 years or older should consider getting tested for diabetes, especially if you are overweight. If you are younger than 45, but are overweight and have one or more additional risk factors, you should consider getting tested.

Additional risk factors include:

- Being overweight or obese.
- Having a parent, brother, or sister with diabetes.
- Being African American, American Indian, Asian American, Pacific Islander, or Hispanic American/Latino heritage.
- Having a prior history of gestational diabetes or birth of at least one baby weighing more than 9 pounds.
- Having high blood pressure measuring 140/90 or higher.
- Having abnormal cholesterol with HDL ("good") cholesterol is 35 or lower, or triglyceride level is 250 or higher.
- Being physically inactive—exercising fewer than three times a week.

Research studies have found that moderate weight loss and exercise can prevent or delay type 2 diabetes among adults at high-risk of diabetes.

DIABETES EDUCATION PROGRAM

Get the tools you need to manage your diabetes successfully.

May 16 & May 23
5:00 - 9:00 p.m.

Rockcastle Regional Education Center

(3rd floor Outpatient Services Center)

This is a **free** event and dinner will be provided. People with diabetes and their families/caregivers are welcome. Special gift and a chance to win prizes for those that attend the full 2-day program. No referral required. Rockcastle Regional present program in coordination with the Rockcastle County Health Department.

To sign up, please contact Teresa Brown at (606) 256-7714 by Monday, May 12



ROCKCASTLE REGIONAL
HOSPITAL ■ RESPIRATORY CARE CENTER

[ROCKPEDS NEWS]

The importance of vaccines

Carrie Mullins, RockPeds Office Manager

For RockPeds Nurse Practitioner Courtney Browning (APRN), the importance of infant immunization boils down to this: "For me, if there is anything I know that will protect my own kids, I'm going to do it. Vaccines are safe, and they keep you from getting serious illnesses."

That simple fact rings true for all the providers at RockPeds, who follow the American Academy of Pediatrics (AAP) recommended immunization schedule. Under that schedule, babies visit the office five times in the first fifteen months of life, and receive protection from up to fourteen diseases.

While immunizations have eliminated dread diseases like polio and diphtheria that once terrified our great-grandparents, RockPeds providers realize some parents today have concerns about vaccinations. "We always want to address those concerns, but it is vital for parents to know that we, as medical professionals and parents, have full confidence in the immunizations their children, and our own children, receive," says Dr. Callie Shaffer, RockPeds pediatrician.

Vaccinations are so important that about two years ago RockPeds decided to no longer accept new patients who refuse them.

"Vaccination is that important to the health of our children, and our community," Dr. Callie said of the clinic's decision.

Browning says fears about autism are the main concerns she hears from parents. However, the one published study linking



childhood immunizations to autism was discredited and even removed from the journal it was published in. The author of that study has since lost his license to practice medicine. "Now, we really have a whole lot of recent research that vaccines absolutely do not contribute to autism," says Browning.

Another worry of some parents is that their infant receives too many vaccines at one time. RockPeds does not recommend delaying any immunization and Browning advises to just get them over with. "Actually, it is more traumatic for the child to spread them out over time. While we do accommodate alternate schedules as long as the child has all the recommended vaccines by the age of two, it is totally safe and less traumatic for the child to get the vaccines according to the recommended schedule."

Ultimately, infant immunizations continue to be a safe and important part of keeping our children well. As Browning says, "I compare getting vaccines to putting your baby in a car seat. You should protect your baby in the car, and you should protect your baby from getting serious diseases. It is pretty simple."

Rockcastle Pediatrics & Adolescents

Providers:

Dr. Callie Shaffer

Dr. Sarah Oliver

Courtney Browning, APRN, PNP-BC

For appointments, call:
(606) 256-4148, Option 5

Join the fight against cancer

Rockcastle County Relay For Life 2017 is Friday, June 23

On Friday, June 23, Rockcastle County residents will join forces 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.

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

The evening will begin with a Survivor’s Dinner, honoring those who have battled the disease. The dinner is co-sponsored by Rockcastle Regional Hospital and Grandtazztics: Grandmas for Awareness, and Rockcastle County Retired Teachers Association. To sign up for the Survivor’s Dinner call Morgan Bray at 256-7704 or Melissa Brock at 256-7703.

The Relay For Life cheerleaders will kick off the main event with several cheers and a routine. Following their performance, all survivors will join them for a special “Face Your Hope” ceremony, where those diagnosed with cancer more recently will be encouraged by longer-term survivors. New this year will be a special “first responders” lap.

The Rockcastle County Relay For Life is an annual community-wide event which culminates a season of team and individual fundraising. The

2016 Relay For Life raised \$34,171. The Event Leadership Team has set a goal of \$36,000 for 2017 fundraising.

“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 was

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,

RELAY FOR LIFE
American Cancer Society

Kentucky Inspired

ROCKCASTLE COUNTY
RELAY FOR LIFE

FRIDAY, JUNE 23, 2017

ROCKCASTLE MIDDLE SCHOOL

SURVIVOR DINNER 5:30 PM
OPENING CEREMONY 7:00 PM

[YOUR HEALTH]

Stay safe in the sun

Skin cancer is the most common cancer in the United States. Most cases of melanoma, the deadliest kind of skin cancer, are caused by exposure to ultraviolet (UV) light.

What Is Skin Cancer?

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

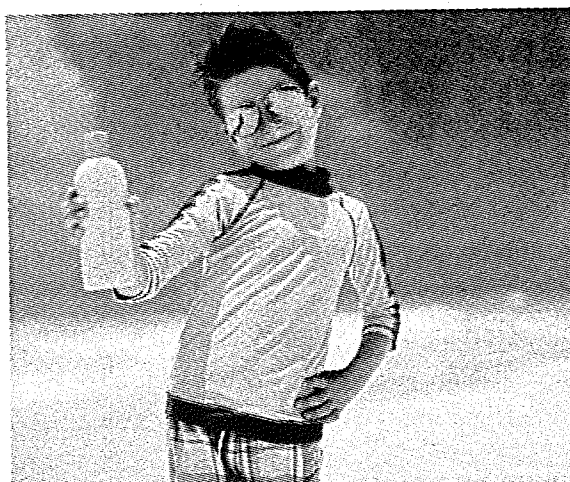
Skin cancer is the most common form of cancer in the United States. The two most common types of skin cancer—basal cell and squamous cell carcinomas—are highly curable, but can be disfiguring and costly. Melanoma, the third most common skin cancer, is more dangerous and causes the most deaths. The majority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

Ultraviolet (UV) Light

Ultraviolet (UV) rays are an invisible kind of radiation that comes from the sun, tanning beds, and sunlamps. UV rays can penetrate and change skin cells.

The three types of UV rays are ultraviolet A (UVA), ultraviolet B (UVB), and ultraviolet C (UVC)—

- UVA is the most common kind of sunlight at the earth's surface, and reaches beyond the top layer of human skin. Scientists believe that UVA rays can damage connective tissue and increase a person's risk of skin cancer.



- Most UVB rays are absorbed by the ozone layer, so they are less common at the earth's surface than UVA rays. UVB rays, which help produce vitamin D in the skin, don't reach as far into the skin as UVA rays, but they still can be damaging.
- UVC rays are very dangerous, but they are absorbed by the ozone layer and do not reach the ground.

In addition to sunburn, too much exposure to UV rays can change skin texture, cause the skin to age prematurely, and can lead to skin cancer. UV rays also have been linked to eye conditions such as cataracts.

The National Weather Service and the Environmental Protection Agency developed the UV Index to forecast the risk of overexposure to UV rays. It lets you know how much caution you should take when working, playing, or exercising outdoors.

The UV Index predicts exposure levels on a 1 to 15 scale; higher levels indicate a higher risk of overexposure. Calculated on a next-day basis for dozens of cities across the United States, the

UV Index takes into account clouds and other local conditions that affect the amount of UV rays reaching the ground.

What Are the Risk Factors for Skin Cancer?

People with certain risk factors are more likely than others to develop skin cancer. Risk factors vary for different types of skin cancer, but some general risk factors are having—

- A lighter natural skin color.
- Family history of skin cancer.
- A personal history of skin cancer.
- Exposure to the sun through work and play.
- A history of sunburns, especially early in life.
- A history of indoor tanning.
- Skin that burns, freckles, reddens easily, or becomes painful in the sun.
- Blue or green eyes.
- Blond or red hair.
- Certain types and a large number of moles.

Lower Your Risk of Skin Cancer

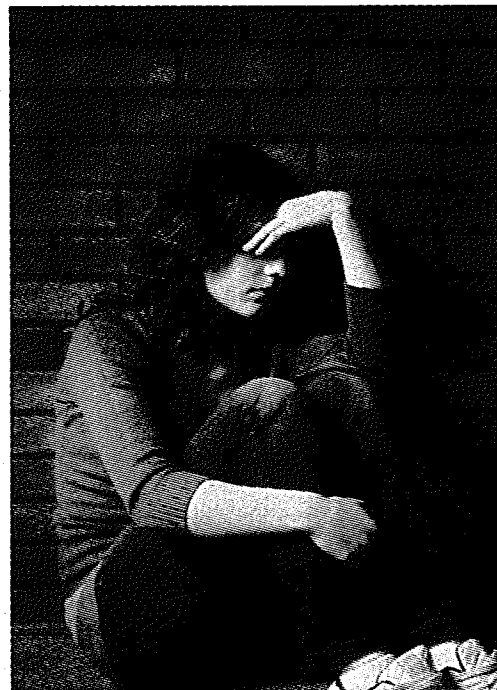
To lower your skin cancer risk, protect your skin from the sun and avoid indoor tanning. CDC recommends these easy options—

- Stay in the shade, especially during midday hours.
- Wear clothing that covers your arms and legs.
- Wear sunglasses that block both UVA and UVB rays.
- Use sunscreen with SPF 15 or higher and both UVA and UVB protection.
- Avoid indoor tanning.

[YOUR HEALTH]

Don't ignore signs of *depression*

Depression is a serious medical illness and an important public health issue. Depression is characterized by persistent sadness and sometimes irritability (particularly in children) and is one of the leading causes of disease or injury worldwide for both men and women. Depression can cause suffering for depressed individuals and can also have negative effects on their families and the



communities in which they live. The economic burden of depression, including workplace costs, direct costs and suicide-related costs, was estimated to be \$210.5 billion in 2010.

Depression is associated with significant healthcare needs, school problems, loss of work, and earlier mortality.

Depression...

- Is associated with an increased risk for mortality from suicide as well as other causes, such as heart disease
- Is associated with lower workplace

productivity and more absenteeism, which result in lower income and higher unemployment.

- Is associated with higher risk for other conditions and behaviors, including:
- Other mental disorders (anxiety disorders, substance use disorders, eating disorders)
- Smoking

Although effective treatments are available, many individuals with depression do not have

access to treatment or do not take advantage of services. If not effectively treated, depression is likely to become a chronic disease. Just experiencing one episode of depression places an individual at a 50% risk for experiencing another episode, and further increases the chances of having more depression episodes in the future.

Public health surveillance systems measure the prevalence and impact of depression providing valuable information that can be used to guide mental health promotion, mental illness

prevention, and treatment programs.

Diagnostic Criteria

According to the American Psychiatric Association's diagnostic criteria for Major Depressive Disorder, a person must experience five or more symptoms below for a continuous period of at least two weeks.

- Feelings of sadness, hopelessness, depressed mood
- Loss of interest or pleasure in activities that used to be enjoyable
- Change in weight or appetite (either increase or decrease)
- Change in activity: psychomotor agitation (being more active than usual) or psychomotor retardation (being less active than usual)
- Insomnia (difficulty sleeping) or sleeping too much
- Feeling tired or not having any energy
- Feelings of guilt or worthlessness
- Difficulties concentrating and paying attention
- Thoughts of death or suicide.

Most symptoms must be present every day or nearly every day and must cause significant distress or problems in daily life functioning.

For more information about depression, please visit MentalHealth.gov.

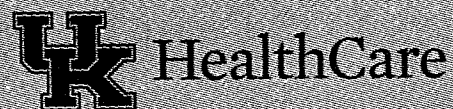
Depression Statistics

More than 1 out of 20 Americans 12 years of age and older reported current depression (moderate or severe depressive symptoms in the past 2 weeks) in 2009-2012.

Among Americans 12 years of age and over, a greater percentage of females reported depression than males. Almost 10% of adults aged 40-59 reported current depression.

Counseling Services are available at Rockcastle Regional

- Chelsen Larkey, Licensed Professional Counselor Associate
 - Jenny Collier, Clinical Social Worker
- Call (606) 256-7466 for more information



Paul Anaya, M.D. • Cardiology
 Michael Anstead, M.D. • Adult & Pediatric Pulmonology
 Juan-Carlos Aycinena, M.D. • Nephrology
 David C. Booth, M.D. • Cardiology
 Ketan Buch, M.D. • Pulmonology
 Mara Chambers, M.D. • Hematology & Oncology
 Kristopher Cumbermack, M.D. • Pediatric Cardiology
 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
 Amy Hessler, D.O. • Neurology
 Thomas W. Howard III, M.D. • Rheumatology
 Joseph A. Iacono, M.D. • Pediatric Surgery
 Mary Ireland, M.D. • Orthopaedic Surgery
 Kirk Jenkins, M.D. • Rheumatology
 Ashok Kanthawar, M.D. • Gastroenterology
 Stefan Klessling, M.D. • Pediatric Nephrology
 Lisa Klein, M.D. • Pediatric Cardiology
 Christian Lattenman, M.D. • Orthopaedic Surgery
 Aleksander Lenert, M.D. • Rheumatology
 Angela Mahan, M.D. • Cardiothoracic Surgery
 Majd Makhoul, M.D. • Pediatric Cardiology
 Jeremiah Martin, M.D. • Cardiothoracic Surgery
 Ashish P. Mastroy, M.D. • Pulmonology
 Rick McClure, M.D. • Cardiology
 Adrian Messeri, M.D. • Cardiology
 Javier A. Neyra-Lozano, M.D. • Nephrology
 William Robertson, M.D. • Neurology
 Mandakini Sadhir, M.D. • Adolescent Medicine
 Douglas Schneider, M.D. • Pediatric Cardiology
 Sean C. Skinner, M.D. • Pediatric Surgery
 Stephanie Stockburger, M.D. • Adolescent Medicine
 Ravnesh Thind, M.D. • Hematology & Oncology
 Mark Vranicar, M.D. • Pediatric Cardiology
 Thomas Whyne, M.D. • Cardiology
 Greg R. Wheeler, M.D. • Neurosurgery
 Ali Zaida, M.D. • Pediatric Urology

[UK CONNECTIONS]

Exercise and self-care important for parents

By Christina Studts, PhD • Courtesy UK HealthCare

For many parents, it's understandably difficult to find time to exercise. This can be especially true for parents with young children, all of whom have behavior problems from time to time. At the beginning or end of a long day, exercising often feels like the last thing we want to do. But, as parents, taking care of ourselves is necessary in order to have the energy, health, and disposition to be the best parents we can be. When we don't feel good, parenting is harder.

We are beginning to learn more about the relationship between physical activity and parenting outcomes. Research shows that parents with depression and/or poor physical health have a harder time practicing effective parenting strategies. Exercise, meanwhile, can have positive effects on both psychological and physical health. It's correlated with increased happiness, better moods, improved cognitive performance, and, of course, physical fitness. We know from extensive research that exercise can ease symptoms of depression and anxiety. It releases "feel good" hormones and increases body temperature, which can help calm us. Staying physically active can also help us maintain enough energy to keep up with our kids (especially those little ones!) and live long lives so that we're there for our children as they grow up. While it might be difficult to find ways to add physical activity to your life, there are significant potential benefits to your own wellbeing, your parenting, and your relationship with your children.

You don't have to get a gym membership or go to spin classes to get moving. One strategy to add more physical activity to your life is to do fun, active things as a family. Instead of watching a movie, you could play pretend and "chase" each other around your house. You can



go on a walk together, explore a new park (but don't sit on the bench while the kids play), take the stairs and count them together, or park as far away from the store and note all the colors of cars as you walk to the door. You could learn to jump rope, pogo stick or hula hoop together.

There are also many online, at-home exercise programs that are designed specifically for parents and playfully incorporate children into the exercising. A quick Google search will lead you to a variety of options, including free and low-cost video programs.

If you have low energy and/or are not enjoying time with your child, it is important to speak to your health care provider.

At the University of Kentucky, we are currently conducting a research study to learn more about the relationship between physical activity and parenting, and we're looking for parents to participate. If you are the parent of a 3-5 year old child, sometimes struggle with your child's behavior, and do not exercise regularly, you may be eligible for this study. To learn more about this opportunity, visit UKClinicalResearch.com, or call Meagan Pilar at 859-257-8911.

Christina Studts, PhD, is an assistant professor in the Department of Health, Behavior and Society in the UK College of Public Health.

[UK CONNECTIONS]

Spring cleaning?

Spring projects can pose hidden risks

By Wayne Sanderson • Courtesy UK HealthCare

The arrival of spring inspires fresh starts and clean slates. Longer daylight hours and warmer temperatures energize homeowners to empty out their garages, fertilize their lawns or start home improvement projects.

However, using chemicals, sprays and equipment to complete household projects always poses some level of risk. To stay safe during spring cleaning, follow simple safety measures:

Cleaning with chemicals

The state poison control office receives 10 percent of annual calls during the spring season. While working with cleaning products containing ammonium and chlorine, keep buckets and bottles out of a child's reach. If you suspect a child has ingested a cleaning product, call poison control immediately at 800-222-1222.

Cleaning solutions with an ammonium or chlorine base can also burn the skin and cause respiratory distress. Always wear impervious gloves while working directly with these products. Because these products release chemicals as mists and vapors, it's important to ventilate the area by opening a window or wearing a protective mask.

Serious chemical burns also occur when a cleaning solution is absorbed into clothing and remains in contact with the skin. If a cleaning solution is absorbed into clothing, change clothes right away. If the burning and reddening

of the skin persists, go to the emergency room.

Pressure washers

Pressure washers get rid of the grit and grime that builds up in garages, siding and decks. However, gasoline-powered pressure washers emit carbon monoxide and over-exposure to exhaust fumes can cause sudden death. Carbon monoxide is a tasteless, odorless gas that can cause confusion, fatigue and weakness in minutes. The safest practice is to never bring pressure washers indoors.

Yard work

While mowing the grass, remember to protect your ears. Recent research has shown younger yard workers who lacked ear protection while mowing were more likely to suffer from hearing loss. Weed eating poses risks to both the ears and the eyes, as debris can ricochet into a worker's face. Invest in a protective headset and protective eyewear, which are available at local hardware stores.

Asbestos

For larger-scale renovations, owners of older homes must consider the health risks associated with asbestos. Asbestos is a group of



minerals found in the insulation and floor tiles of homes built prior to the 1960s. Scientific evidence suggests an association between asbestos and certain types of cancer, such as lung cancer. When removing any insulation material that might contain asbestos, workers should wear a respirator approved by the National Institutes of Occupational Safety and Health. If there is a legitimate concern for asbestos contamination, the safest decision is to let the professionals handle the work.

With the right equipment and knowledge of household safety risks, you can have a productive spring season. For more information about home improvement risks, visit <https://www.cdc.gov/niosh/docs/97-125/>.

Wayne Sanderson is a professor of epidemiology in the UK College of Public Health.

Celebrating *Social Workers*

We honor the social workers at Rockcastle Regional Hospital and Respiratory Care Center for their dedication to our family of patients. Whether it's serving as patient advocates, assisting with personal shopping, facilitating voting in

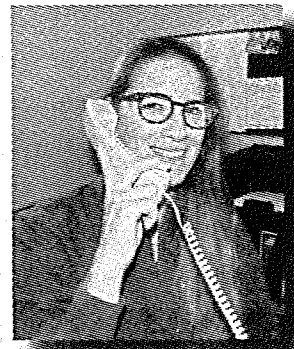
the patients' hometown, connecting pediatric residents to the classroom, or just being available to listen, our social work team is always there for our patients. We deeply appreciate their commitment and the difference they make in our patients' quality of life.



Pictured is Rockcastle Regional's social services and activities staff, from left: Emily Shepherd, Ann Abney, Lora Beth McKee, Carolyn Browning, Courtney Kirby, Brent Hasty, Angie Adams, Cali Parker, Mikhael Shaffer, Worth Anne Harris, and Jason Amyx.



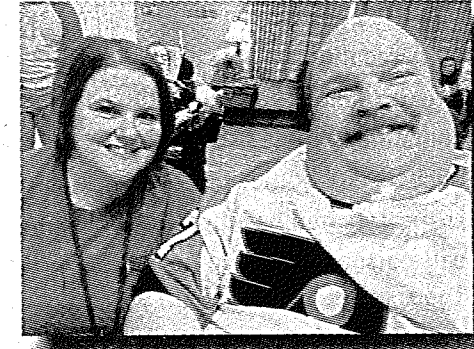
Dewayne, Worth Anne, and Brent



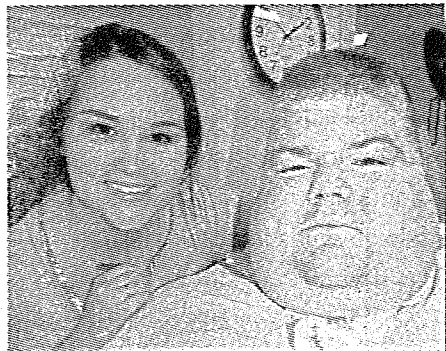
Carolyn



Angie and Patrick



Lora Beth and Terry



Cali and Brian



Jason, Danielle, and Mikhael



Bobbie and Courtney

NEWS AND NOTES FROM OUR TEAM



Claudia Adams is the new acute unit coordinator at Rockcastle Regional. She has a bachelor of science in nursing from Eastern Kentucky

University and is certified in ACLS, PALS, and TNCC. Originally from Mt. Vernon, Claudia now lives in Bee Lick with her husband, Brett and son, Beau. When asked what she loves most about her job, Claudia said, "I love working in my hometown. The best part is the people I work with. We are all like family."



Lindsay Garrett has been named the new unit coordinator for the east unit at Rockcastle Regional. She has an associate degree in nursing from Lincoln

Memorial University. She is certified in TNCC, PHTLS, ACLS instructor, and PALS instructor. Lindsay lives in London with her husband and children.



Jason Niceley has been named the new laboratory director at Rockcastle Regional. He has a bachelor's degree from the University of Kentucky

and is a certified medical technologist. Jason lives in Science Hill, Kentucky with his wife Whitley and sons, Jaylen and Zachary. When asked about his job at Rockcastle Regional, Jason says, "The family atmosphere at Rockcastle makes working here a dream job."

Want to join our team?
Apply online at:
rockcastleregional.org/careers



Jaime Smith has been named the new restorative nursing coordinator at Rockcastle Regional. She has an associate degree in nursing

from Somerset Community College. A Rockcastle County native, Jaime currently lives in Brodhead. Jamie is excited to take a new career path and loves helping others.



Tara Smith has been named laboratory supervisor at Rockcastle Regional. She has an associate of science degree from Somerset Community

College and is a certified medical laboratory technician. Tara lives in Mt. Vernon with her daughters Karlee and Addison.



Cynthia Vanwinkle is a new house supervisor at Rockcastle Regional. She has an associates in nursing from Somerset Community College

and a bachelors in nursing from Indiana Wesleyan University. Cynthia is certified in ACLS, PALS, TNCC and serves as a Faith Community Nurse. Cynthia lives in the Copper Creek area of Rockcastle County with her husband, Tim. She has three children and eight grandchildren. Cynthia loves traveling to historical sites and museums. When asked about her job at Rockcastle Regional, she said, "The thing I love most about my position at the hospital is getting to know the staff and encouraging them. Serving the community by providing excellent healthcare for our family and friends is one of my greatest joys."

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
John M. Gordon, M.D.	Gynecology
George W. Griffith, M.D.	Family Practice
Bethanie Hammond, M.D.	Breast Imaging/Radiology
Rebecca Hammond, M.D.	Family Practice
Robert F. Hendrickson, 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
Justin Williams, M.D.	Oncology

Mid-Level Providers Based in Rockcastle County

Courtney Browning, APRN	Pediatrics
Jenny Collier, CSW	Counseling
Anne Claire Compton, APRN	Family Practice
Alicia Cook, PA-C	Family Practice
Chasity Frakes, APRN	Family Practice
Deana Gabbard, PA-C	Family Practice
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
Rachel Powell, APRN	QuickCare
Joyce Puckett, APRN	QuickCare

Visiting Physicians

Paul Anaya, M.D.	Cardiology
Michael Anstead, M.D.	Pulmonology
Azhar Aslam, M.D.	Cardiology
Juan-Carlos Aycinena, M.D.	Nephrology
Amy Barko, M.D.	Podiatry
David Booth, M.D.	Cardiology
Ketan Buch, M.D.	Pulmonology
Mara C. Chambers, M.D.	Hematology & Oncology
Chad Cooper, M.D.	Podiatry
James K. Crager, M.D.	Cardiology
Kristopher Cumbermack, M.D.	Pediatric Cardiology
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. Flomenhoft, M.D.	Pediatric Gastroenterology
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
Lisa Klein, M.D.	Pediatric Cardiology
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
Zabeen Mahuwala, M.D.	Neurology
Majd Makhoul, M.D.	Pediatric Cardiology
Anne P. Marshall, M.D.	Pathology/Cytopathology
Ashish P. Maskey, M.D.	Pulmonology
Rick R. McClure, M.D.	Cardiology
Adrian Messeri, M.D.	Cardiology
Javier A. Neyra-Lozano, M.D.	Nephrology
Mary Phillips, APRN	Oncology
William Robertson, M.D.	Nerve Study
Anthony Rogers, M.D.	Thoracic Surgery
Mandakini Sathir, M.D.	Adolescent Medicine
Cameron S. Schaeffer, M.D.	Pediatric Urology/Plastic Surgery
Douglas Schneider, M.D.	Pediatric Cardiology
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
Thomas F. Wayne, M.D.	Cardiology
Greg Wheeler, M.D.	Neurosurgery
Denis Yalkut, M.D.	Urology
Ali Zlada, M.D.	Pediatric Urology

Longest Day

of Play 2017

June 15 • 5:30-8 PM

Join us at Rockcastle Middle School for this annual **FREE** event for Rockcastle County families featuring educational booths, inflatables, Rockcastle Shaolin Do Karate demonstration, and activities for children of all ages!

**Fit Family
Run @ Track**

Call Kayla at
(606) 256-7767

Health
Education

Inflatables
& Activities

For more information, contact Taylor Readnower at treadnower@soahcc.org or (606) 256-0950

